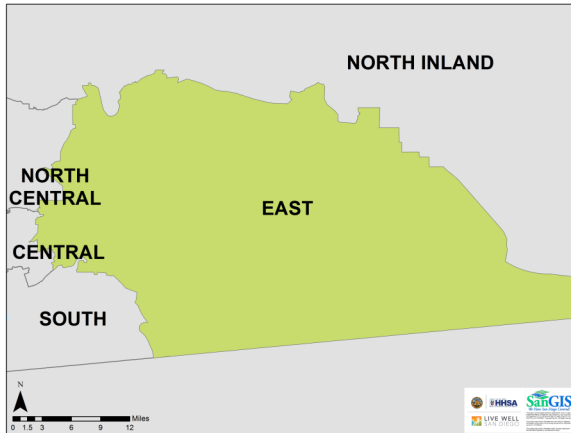


# San Diego County Health Briefs

## East Region, 2021



Demographics <sup>1</sup>	East Region (%)	County (%)
Ages 0-9	12.7%	12.9%
Ages 10-19	13.4%	13.8%
Ages 20-29	12.7%	14.0%
Ages 30-39	12.4%	12.9%
Ages 40-49	11.8%	12.4%
Ages 50-59	12.7%	12.1%
Ages 60-69	12.3%	11.0%
Ages 70-79	7.9%	7.0%
Ages 80+	4.2%	3.9%
White	55.1%	45.8%
Black	5.8%	4.8%
Hispanic	29.1%	34.3%
Asian/Pacific Islander	5.6%	11.0%
Other	4.4%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	12.1%	10.7%

Health Outcomes <sup>2, 3, 4</sup>	East Region		County	
	Number	Rate*	Number	Rate*
<b>Coronary Heart Disease</b>				
Death	481	101.7	2,604	78.5
Hospitalization	1,086	229.6	5,640	170.1
Emergency Department Discharge	239	50.5	1,205	36.3
<b>Stroke</b>				
Death	253	53.5	1,710	51.6
Hospitalization	1,196	252.9	6,607	199.3
Emergency Department Discharge	455	96.2	2,614	78.8
<b>Overall Heart Disease<sup>^</sup></b>				
Death	930	196.7	4,961	149.6
Hospitalization	6,156	1,301.7	31,941	963.4
Emergency Department Discharge	11,338	2,397.5	58,124	1,753.1
<b>Acute Myocardial Infarction (Heart Attack)</b>				
Death	120	25.4	670	20.2
Hospitalization	679	143.6	3,735	112.7
Emergency Department Discharge	82	17.3	484	14.6
<b>Heart Failure</b>				
Death	222	46.9	1,090	32.9
Hospitalization	1,370	289.7	7,023	211.8
Emergency Department Discharge	521	110.2	2,095	63.2

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

# San Diego County Health Briefs

## East Region, 2021



### Non-Communicable (Chronic) Disease

Health Outcomes continued <sup>2, 3, 4</sup>	East Region		County	
	Number	Rate*	Number	Rate*
<b>Overall Hypertensive Diseases~</b>				
Death	241	51.0	1,055	31.8
Hospitalization	2,014	425.9	10,192	307.4
Emergency Department Discharge	1,870	395.4	9,153	276.1
<b>Cancer, All Causes</b>				
Death	965	204.1	5,050	152.3
Hospitalization	1,532	323.9	8,532	257.3
Emergency Department Discharge	283	59.8	1,357	40.9
<b>Diabetes</b>				
Death	198	41.9	895	27.0
Hospitalization	1,101	232.8	4,943	149.1
Emergency Department Discharge	920	194.5	4,847	146.2
<b>COPD &amp; Chronic Lower Respiratory Diseases</b>				
Death	208	44.0	870	26.2
Hospitalization	412	87.1	1,453	43.8
Emergency Department Discharge	640	135.3	2,473	74.6
<b>Asthma</b>				
Death	§	§	17	0.5
Hospitalization	202	42.7	846	25.5
Emergency Department Discharge	943	199.4	4,833	145.8
<b>Parkinson's Disease</b>				
Death	49	10.4	399	12.0
Hospitalization	40	8.5	179	5.4
Emergency Department Discharge	31	6.6	116	3.5
<b>Lupus and Connective Tissue Disorders</b>				
Death	§	§	29	0.9
Hospitalization	45	9.5	314	9.5
Emergency Department Discharge	19	4.0	129	3.9
<b>Health Behaviors<sup>5</sup> (2019-2021)</b>		<b>East Region (%)</b>		<b>County (%)</b>
Current Smoker (ages 18+)		7.9%		5.9%
Overweight/Obese (ages 18+)		68.0%		58.1%
Rated Overall Health as Fair or Poor (18+)		13.1%		12.1%
Ever Diagnosed with High Blood Pressure (ages 18+)		29.1%		24.1%
Ever Diagnosed with Diabetes (ages 18+)		11.0%		8.4%
Ever Diagnosed with Asthma (all ages)		15.3%		14.4%

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

# San Diego County Health Briefs

## East 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. 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.

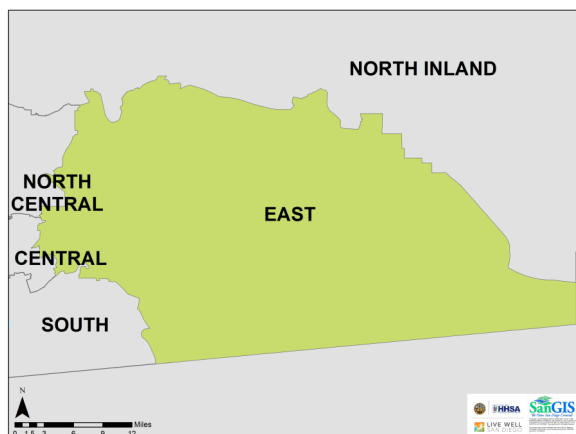
~ Includes Primary Hypertension.

# San Diego County Health Briefs

## East Region, 2021



### Communicable Disease



Demographics <sup>1</sup>	East Region (%)	County (%)
Ages 0-9	12.7%	12.9%
Ages 10-19	13.4%	13.8%
Ages 20-29	12.7%	14.0%
Ages 30-39	12.4%	12.9%
Ages 40-49	11.8%	12.4%
Ages 50-59	12.7%	12.1%
Ages 60-69	12.3%	11.0%
Ages 70-79	7.9%	7.0%
Ages 80+	4.2%	3.9%
White	55.1%	45.8%
Black	5.8%	4.8%
Hispanic	29.1%	34.3%
Asian/Pacific Islander	5.6%	11.0%
Other	4.4%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	12.1%	10.7%

Health Outcomes <sup>2, 3, 4, 5, 6</sup>	East Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	18	3.8	201	6.1
Chlamydia Reported	2,087	441.3	18,074	545.2
Gonorrhea Reported	994	210.2	7,883	237.8
Primary and Secondary Syphilis Reported	133	28.1	1,262	38.1
<b>Deaths</b>				
Influenza (Flu) and Pneumonia	14	3.0	164	4.9
<b>Hospitalizations</b>				
Influenza	§	§	18	0.5
Pneumonia	404	85.4	2,014	60.7
<b>Emergency Department Discharges</b>				
Influenza	103	21.8	621	18.7
Pneumonia	569	120.3	3,459	104.3

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

# San Diego County Health Briefs

## East 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.

-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.

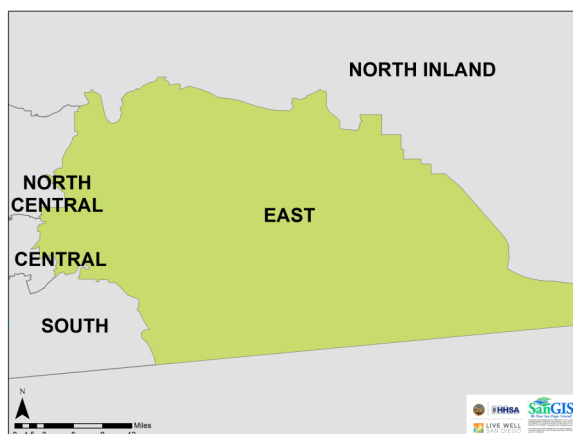
§ Rates not calculated for fewer than 11 events.

# San Diego County Health Briefs

## East Region, 2021



### Maternal & Child Health



Demographics <sup>1</sup>	East Region (%)	County (%)
Ages 0-9	12.7%	12.9%
Ages 10-19	13.4%	13.8%
Ages 20-29	12.7%	14.0%
Ages 30-39	12.4%	12.9%
Ages 40-49	11.8%	12.4%
Ages 50-59	12.7%	12.1%
Ages 60-69	12.3%	11.0%
Ages 70-79	7.9%	7.0%
Ages 80+	4.2%	3.9%
White	55.1%	45.8%
Black	5.8%	4.8%
Hispanic	29.1%	34.3%
Asian/Pacific Islander	5.6%	11.0%
Other	4.4%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	12.1%	10.7%

Health Outcomes <sup>2, 3, 4</sup>	East Region			County	
	Number	% of Region	% of County	Number	(%)
Live Births	5,903	100%	15.8%	37,436	100%
Live Births to Teens, Ages 15-17	17	0.3%	10.3%	165	0.4%
Live Births with Early Prenatal Care, % of Known Prenatal Care	5,180	88.0%	15.6%	33,270	89.2%
Live Births Born Preterm	534	9.0%	16.3%	3,279	8.8%
Low Birth Weight Births	416	7.0%	16.1%	2,581	6.9%
Very Low Birth Weight Births	84	1.4%	20.8%	404	1.1%
Health Outcomes <sup>3</sup>	Number	Rate*		Number	Rate*
Infant Mortality, Rate per 1,000 live births	18	3.1		102	2.7
Health Behaviors <sup>5</sup> (2019-2021)	East Region (%)		County (%)		
Adults Under 200% FPL Unable to Afford Enough Food	41.3%		32.0%		
Rated Overall Health as Fair or Poor (18+)	13.1%		12.1%		
Women with a High School Degree or Less Education (ages 25+)	34.1%		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%		

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

# San Diego County Health Briefs

## East 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.

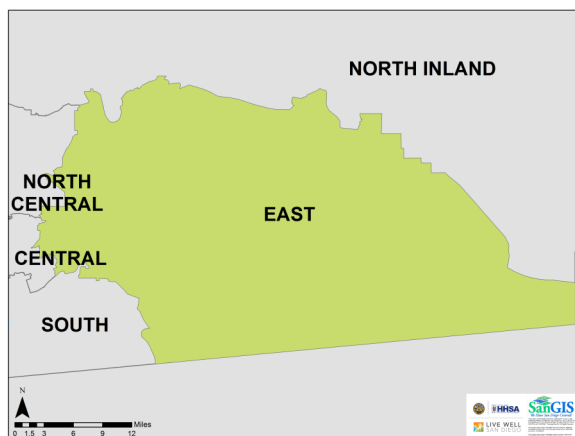
\*\* Indicates statistically unstable estimate.

# San Diego County Health Briefs

## East Region, 2021



### Injury



Demographics <sup>1</sup>	East Region (%)	County (%)
Ages 0-9	12.7%	12.9%
Ages 10-19	13.4%	13.8%
Ages 20-29	12.7%	14.0%
Ages 30-39	12.4%	12.9%
Ages 40-49	11.8%	12.4%
Ages 50-59	12.7%	12.1%
Ages 60-69	12.3%	11.0%
Ages 70-79	7.9%	7.0%
Ages 80+	4.2%	3.9%
White	55.1%	45.8%
Black	5.8%	4.8%
Hispanic	29.1%	34.3%
Asian/Pacific Islander	5.6%	11.0%
Other	4.4%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	12.1%	10.7%

Health Outcomes <sup>2, 3, 4, 5</sup>	East Region		County	
	Number	Rate*	Number	Rate*
<b>Unintentional Injury (All Causes)</b>				
Death	307	64.9	1,795	54.1
Hospitalization	5,876	1,242.5	28,792	868.4
Emergency Department Discharge	29,818	6,305.1	157,155	4,740.1
<b>Fall-Related Injury</b>				
Death	59	12.5	355	10.7
Hospitalization	2,683	567.3	14,062	424.1
Emergency Department Discharge	11,291	2,387.5	61,585	1,857.5
<b>Poisoning</b>				
Death	167	35.3	963	29.0
Hospitalization	659	139.3	2,651	80.0
Emergency Department Discharge	1,112	235.1	6,405	193.2
<b>Motor Vehicle Injuries</b>				
Deaths due to Motor Vehicle (MV) Injury Collision	52	11.0	317	9.6
Hospitalizations due to MV Injury Collision	468	99.0	2,587	78.0
Emergency Department Discharges due to MV Injury Collision	3,300	697.8	15,993	482.4
Injuries due to MV Injury Collision (2020) <sup>5</sup>	2,719	571.3	15,042	451.5

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# San Diego County Health Briefs

## East Region, 2021



### Injury

Health Outcomes continued <sup>2, 3, 4, 5</sup>	East Region		County	
	Number	Rate*	Number	Rate*
<b>Pedestrian Injuries</b>				
Deaths due to Motor Vehicle (MV) Injury Collision	12	2.5	101	3.0
Hospitalizations due to MV Injury Collision	40	8.5	282	8.5
Emergency Department Discharges due to MV Injury Collision	109	23.0	663	20.0
Injuries due to MV Injury Collision (2020) <sup>5</sup>	151	31.7	920	27.6
<b>Assault</b>				
Homicide	22	4.7	113	3.4
Hospitalization	160	33.8	935	28.2
Emergency Department Discharge	1,275	269.6	6,956	209.8
<b>Suicide (or Suicide Attempt)</b>				
Death	62	13.1	344	10.4
Hospitalization	138	29.2	719	21.7
Emergency Department Discharge	1,616	341.7	7,630	230.1
<b>Firearm-Related Injuries</b>				
Death	48	10.1	205	6.2
Hospitalization	52	11.0	231	7.0
Emergency Department Discharge	45	9.5	199	6.0
<b>Health Behaviors<sup>5</sup> (2020)</b>				
Alcohol-Involved MV Injury Collisions	336	70.6	2,262	67.9
Drinking Drivers Involved in MV Injury Collisions	229	48.1	1,582	47.5
<b>Health Behaviors<sup>6</sup> (2019-2021)</b>				
Ever Seriously Thought About Committing Suicide (ages 18+)	17.7%		15.8%	
Binge Drinking in Past 30 Days (ages 18+) (2021)	15.1%		20.5%	

# San Diego County Health Briefs

## East Region, 2021



### Sources

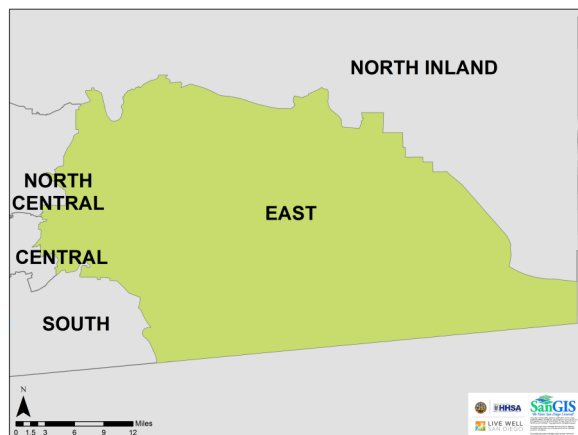
1. San Diego Association of Governments (SANDAG) Population Estimates, 2021 (v09/2022). **Population estimates were derived using the 2010 Census and data should be considered preliminary.**
  2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, 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. 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

## East Region, 2021



### Behavioral Health



Demographics <sup>1</sup>	East Region (%)	County (%)
Ages 0-9	12.7%	12.9%
Ages 10-19	13.4%	13.8%
Ages 20-29	12.7%	14.0%
Ages 30-39	12.4%	12.9%
Ages 40-49	11.8%	12.4%
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Hispanic	29.1%	34.3%
Asian/Pacific Islander	5.6%	11.0%
Other	4.4%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	12.1%	10.7%

Health Outcomes <sup>2, 3, 4</sup>	East Region		County	
	Number	Rate*	Number	Rate*
<b>Schizophrenia</b>				
Hospitalization	76	16.1	324	9.8
Emergency Department Discharge	899	190.1	4,267	128.7
In-Patient Treatment Facility Discharge	820	173.4	3,999	120.6
<b>Suicide (or Suicide Attempt)</b>				
Death	62	13.1	344	10.4
Hospitalization	138	29.2	719	21.7
Emergency Department Discharge	1,616	341.7	7,630	230.1
<b>Mood Disorders</b>				
Hospitalization	39	8.2	180	5.4
Emergency Department Discharge	619	130.9	3,400	102.6
In-Patient Treatment Facility Discharge	1,167	246.8	6,297	189.9
<b>Depression</b>				
Hospitalization	27	5.7	116	3.5
Emergency Department Discharge	396	83.7	2,169	65.4
In-Patient Treatment Facility Discharge	769	162.6	3,971	119.8
<b>Alcohol-Related Disorders<sup>~</sup></b>				
Death	134	28.3	591	17.8
Hospitalization	488	103.2	2,004	60.4
Emergency Department Discharge	1,455	307.7	8,185	246.9
In-Patient Treatment Facility Discharge	242	51.2	1,449	43.7

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# San Diego County Health Briefs

## East Region, 2021



### Behavioral Health

Health Outcomes continued <sup>2, 3, 4</sup>	East Region		County	
	Number	Rate*	Number	Rate*
<b>Substance-Related Disorders~</b>				
Death	§	§	41	1.2
Hospitalization	49	10.4	274	8.3
Emergency Department Discharge	805	170.2	4,026	121.4
In-Patient Treatment Facility Discharge	92	19.5	498	15.0
<b>Opioid-Related Disorders~</b>				
Hospitalization	§	§	97	2.9
Emergency Department Discharge	265	56.0	1,258	37.9
In-Patient Treatment Facility Discharge	57	12.1	245	7.4
<b>Cannabis-Related Disorders~</b>				
Hospitalization	§	§	29	0.9
Emergency Department Discharge	134	28.3	669	20.2
In-Patient Treatment Facility Discharge	§	§	25	0.8
<b>All Opioid Overdoses^</b>				
Multiple Cause of Death	117	24.7	727	21.9
<b>Sedative Overdoses^</b>				
Multiple Cause of Death	31	6.6	152	4.6
<b>Stimulant Overdoses^</b>				
Multiple Cause of Death	119	25.2	630	19.0
<b>Mental Health Behaviors &amp; Related Health Factors<sup>5</sup> (2019-2021)</b>		<b>East Region (%)</b>	<b>County (%)</b>	
Likely Has Had Serious Psychological Distress During Past Year (ages 18+)		14.2%	14.2%	
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)		6.5%	7.0%	
Emotions Severely Impaired Social Life in Past Year (ages 18+ with moderate to severe psychological distress in past year)		11.5%	11.2%	
Emotions Severely Impaired Work in Past 12 Months (ages 18-70)		7.7%	8.5%	
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress in past year)		39.6%	57.7%	
Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)		14.8%	16.8%	
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+)		10.6%	10.8%	
Ever Seriously Thought About Committing Suicide (ages 18+)		17.7%	15.8%	
<b>Substance Abuse Health Behaviors &amp; Related Health Factors<sup>5,6</sup> (2019-2021)</b>		<b>East Region (%)</b>	<b>County (%)</b>	
Ever Tried Marijuana or Hashish (ages 18+)		55.9%	52.3%	
Binge Drinking in Past 30 Days (ages 18+) (2021)		15.1%	20.5%	
Binge Drinking in Past 30 Days (11th grade)		—	6.0%	

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# San Diego County Health Briefs East Region, 2021

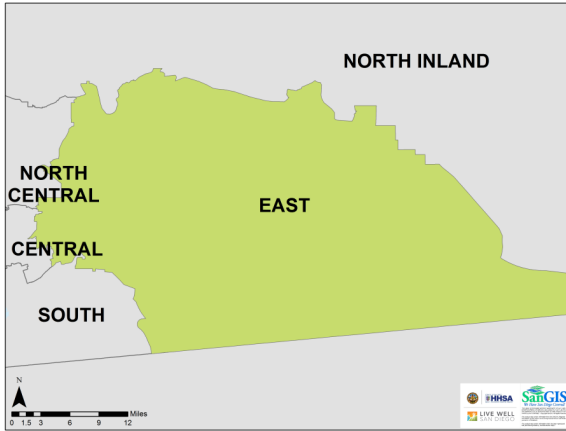


## Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2021 (v 09/2022). **Population estimates were derived using the 2010 Census and data should be considered preliminary.**
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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. 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.
- 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.
- 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.

# San Diego County Health Briefs

## East Region, 2021

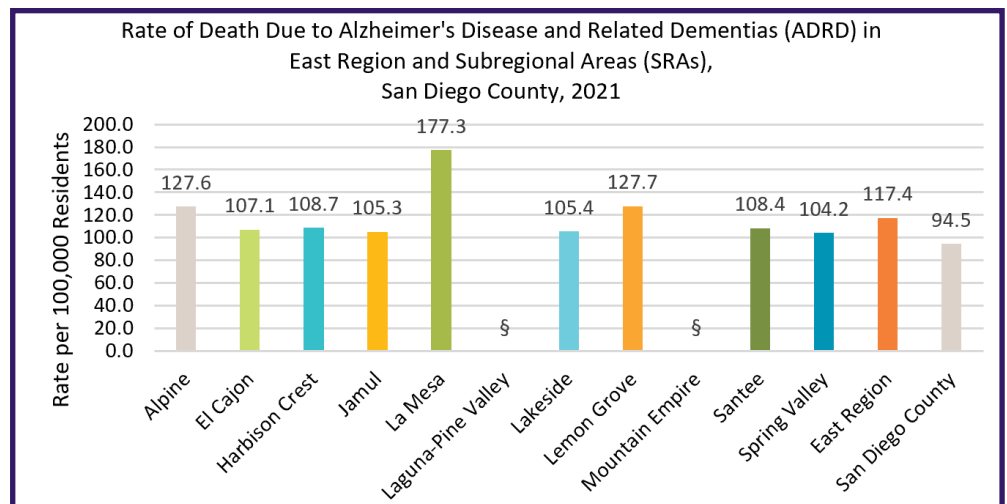


Demographics <sup>1</sup>	East Region (%)	County (%)
Ages 0-9	12.7%	12.9%
Ages 10-19	13.4%	13.8%
Ages 20-29	12.7%	14.0%
Ages 30-39	12.4%	12.9%
Ages 40-49	11.8%	12.4%
Ages 50-59	12.7%	12.1%
Ages 60-69	12.3%	11.0%
Ages 70-79	7.9%	7.0%
Ages 80+	4.2%	3.9%
White	55.1%	45.8%
Black	5.8%	4.8%
Hispanic	29.1%	34.3%
Asian/Pacific Islander	5.6%	11.0%
Other	4.4%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	12.1%	10.7%

Health Outcomes <sup>2, 3, 4</sup>	East Region		County	
	Number	Rate*	Number	Rate*
<b>Alzheimer's Disease and Related Dementias (ADRD)</b>				
Death	555	117.4	3,133	94.5
Hospitalization	167	35.3	751	22.7
Emergency Department Discharge	212	44.8	917	27.7

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

- In San Diego County, East Region had the highest rate of death due to Alzheimer's Disease and Related Dementias (ADRD) compared to the other regions in 2021.
- Within East Region, La Mesa subregional area (SRA) had the highest rate of death due to ADRD in 2021, with a rate of 177.3 deaths per 100,000 residents.



# San Diego County Health Briefs

## East Region, 2021



Health Behaviors <sup>5</sup> (2019-2021)	East Region (%)	County (%)
Current Smoker (ages 18+)	7.9%	5.9%
Overweight/Obese (ages 18+)	68.0%	58.1%
Rated Overall Health as Fair or Poor (18+)	13.1%	12.1%
Ever Diagnosed with High Blood Pressure (ages 18+)	29.1%	24.1%
Ever Diagnosed with Diabetes (ages 18+)	11.0%	8.4%
Ever Diagnosed with Asthma (all ages)	15.3%	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.

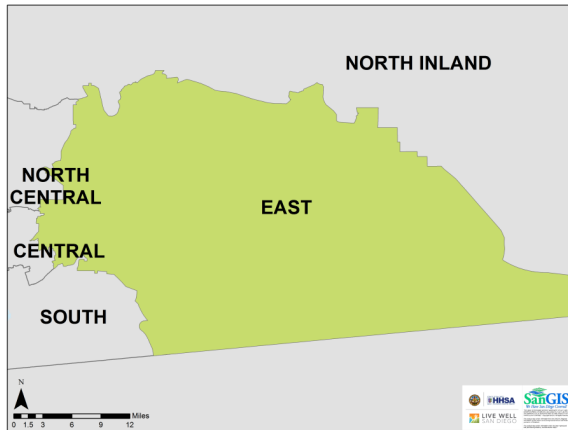
† Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B17024.

-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

## East Region, 2021



Demographics <sup>1</sup>	East Region (%)	County (%)
Ages 0-9	12.7%	12.9%
Ages 10-19	13.4%	13.8%
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Asian/Pacific Islander	5.6%	11.0%
Other	4.4%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	12.1%	10.7%

Health Outcomes <sup>2, 3, 4</sup>	East Region		County	
	Number	Rate*	Number	Rate*
<b>Asthma</b>				
Death	§	§	17	0.5
Hospitalization	202	42.7	846	25.5
Emergency Department Discharge	943	199.4	4,833	145.8
<b>Coronary Heart Disease</b>				
Death	481	101.7	2,604	78.5
Hospitalization	1,086	229.6	5,640	170.1
Emergency Department Discharge	239	50.5	1,205	36.3
<b>Cancer, All Causes</b>				
Death	965	204.1	5,050	152.3
Hospitalization	1,532	323.9	8,532	257.3
Emergency Department Discharge	283	59.8	1,357	40.9
<b>COPD &amp; Chronic Lower Respiratory Diseases</b>				
Death	208	44.0	870	26.2
Hospitalization	412	87.1	1,453	43.8
Emergency Department Discharge	640	135.3	2,473	74.6
<b>Diabetes</b>				
Death	198	41.9	895	27.0
Hospitalization	1,101	232.8	4,943	149.1
Emergency Department Discharge	920	194.5	4,847	146.2



# San Diego County Health Briefs

## East Region, 2021



### Environmental Health

Health Outcomes <sup>2, 3, 4</sup>	East Region		County	
	Number	Rate*	Number	Rate*
<b>Depression</b>				
Hospitalization	27	5.7	116	3.5
Emergency Department Discharge	396	83.7	2,169	65.4
In-Patient Treatment Facility Discharge	769	162.6	3,971	119.8
<b>Heat Illness/Injury</b>				
Hospitalization	§	§	46	1.4
Emergency Department Discharge	34	7.2	153	4.6
Air Quality <sup>5</sup> (2019-2021)	East 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)	—		—	
3-Year Average of the 98th Percentile of Collected Samples for a 24 hr Standard (Particulate Matter 2.5) (2019)	—		—	
Place of Residence <sup>5, 6</sup> (2019-2021)	East Region		County	
Feels Safe in the Neighborhood All or Most of the Time (among adults 18+)	90.9%		91.0%	
Agree or Strongly Agree that People in the Neighborhood can be Trusted (among adults 18+)	85.3%		82.9%	
Agree or Strongly Agree that People in the Neighborhood are Willing to Help (among adults 18+)	78.6%		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)	51.7%		62.0%	
Rate of Recreational Facilities per 100,000 People (2020)	—		21.8	
Percent of Population using Public Transportation to Work (2020)	2.1%		2.6%	
Percent of Population with Travel Time to Work over 60 Minutes (2020)	8.6%		7.3%	

# San Diego County Health Briefs

## East Region, 2021



### Environmental Health

Climate Change <sup>6</sup> (2021)	East Region (%)	County (%)
Experienced Extreme Weather-Related Event in the Past 2 Years (among adults 18+)	33.5%	30.3%
Mental Health was Affected by Extreme Weather-Related Event in Past 2 Years (among adults 18+)	**	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 01/04/2023. <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.

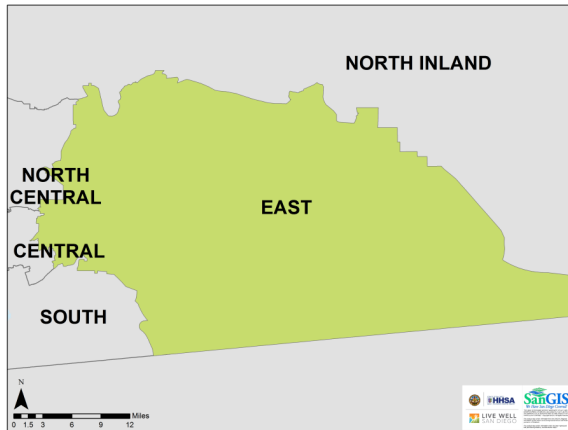
— Data are unavailable.

# San Diego County Health Briefs

## East Region, 2021



### Access to Care



Demographics <sup>1</sup>	East Region (%)	County (%)
Ages 0-9	12.7%	12.9%
Ages 10-19	13.4%	13.8%
Ages 20-29	12.7%	14.0%
Ages 30-39	12.4%	12.9%
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White	55.1%	45.8%
Black	5.8%	4.8%
Hispanic	29.1%	34.3%
Asian/Pacific Islander	5.6%	11.0%
Other	4.4%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	12.1%	10.7%

Access and Utilization <sup>2</sup> (2019-2021)	East Region (%)	County (%)
No Usual Source of Care (ages 18-64)	15.7%	16.1%
Visited Emergency Room in the Past Year (ages 18-64)	16.0%	14.5%
Had a Routine Check-Up with a Doctor in Past Year (adults 18+)	65.3%	65.8%
Had Difficulty Finding Specialty Care (asked of adults who needed specialty care)	13.7%	13.6%
Delayed or Didn't get Other Medical Care (all ages)	16.6%	15.4%
Delayed or Didn't get Prescription Medicine (all ages)	7.9%	8.2%
Insurance <sup>2</sup> (2019-2021)	East Region (%)	County (%)
Uninsured All or Part of Year (ages 18-64)	17.8%	14.3%
Covered by Medi-Cal (all ages)	21.2%	19.1%
Insurance Not Accepted by General Doctor in Past Year (adults 18+ with health insurance)	4.4%	4.1%
Medical Debt <sup>2</sup> (2019-2021)	East Region (%)	County (%)
Ever Had Problems Paying for Self or Household family's Medical Bills in the Past Year (adults 18+)	9.5%	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)	36.8%	32.8%

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

# San Diego County Health Briefs

## East Region, 2021



Public Program Participation <sup>2</sup> (2019-2021)	East Region (%)	County (%)
Currently Receiving Supplemental Security Income (SSI) (ages 18+, up to 200% FPL)	**	12.0%
Currently Receiving TANF or CalWORKS (all ages, up to 200% FPL)	**	7.2%
Children Age 6 and Under Currently on WIC (up to 200% FPL)	**	44.5%
Residents Receiving Food Stamps (all ages, up to 200% FPL )	26.6%	23.7%
Women Below 200% FPL (ages 18-64)	25.6%	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 23, 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.

\*\* Indicates statistically unstable estimate.