San Diego County Health Briefs
North Central Region, 2021

Demographics[1]	North Central Region (%)	County (%)
Ages 0-9	11.4%	12.9%
Ages 10-19	12.6%	13.8%
Ages 20-29	13.1%	14.0%
Ages 30-39	13.9%	12.9%
Ages 40-49	13.4%	12.4%
Ages 50-59	12.4%	12.1%
Ages 60-69	11.4%	11.0%
Ages 70-79	7.6%	7.0%
Ages 80+	4.2%	3.9%
White	54.9%	45.8%
Black	3.4%	4.8%
Hispanic	19.8%	34.3%
Asian/Pacific Islander	17.5%	11.0%
Other	4.4%	4.1%
Population with income less than 100% Federal Poverty Level (FPL)†	9.1%	10.7%

Health Outcomes[2,3,4]	North Central Region		County	
	Number	Rate*	Number	Rate*
Coronary Heart Disease				
Death	438	66.1	2,604	78.5
Hospitalization	935	141.1	5,640	170.1
Emergency Department Discharge	189	28.5	1,205	36.3
Stroke				
Death	312	47.1	1,710	51.6
Hospitalization	1,152	173.8	6,607	199.3
Emergency Department Discharge	349	52.7	2,614	78.8
Overall Heart Disease^				
Death	817	123.3	4,961	149.6
Hospitalization	5,247	791.8	31,941	963.4
Emergency Department Discharge	8,896	1,342.5	58,124	1,753.1
Acute Myocardial Infarction (Heart Attack)				
Death	96	14.5	670	20.2
Hospitalization	601	90.7	3,735	112.7
Emergency Department Discharge	73	11.0	484	14.6
Heart Failure				
Death	170	25.7	1,090	32.9
Hospitalization	1,025	154.7	7,023	211.8
Emergency Department Discharge	299	45.1	2,095	63.2

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

San Diego County Health Briefs
North Central Region, 2021

Non-Communicable (Chronic) Disease

Health Outcomes continued [2, 3, 4]	North Central Region		County	
	Number	Rate*	Number	Rate*
Overall Hypertensive Diseases~				
Death	158	23.8	1,055	31.8
Hospitalization	1,497	225.9	10,192	307.4
Emergency Department Discharge	1,243	187.6	9,153	276.1
Cancer, All Causes				
Death	871	131.4	5,050	152.3
Hospitalization	1,521	229.5	8,532	257.3
Emergency Department Discharge	228	34.4	1,357	40.9
Diabetes				
Death	116	17.5	895	27.0
Hospitalization	547	82.5	4,943	149.1
Emergency Department Discharge	534	80.6	4,847	146.2
COPD & Chronic Lower Respiratory Diseases				
Death	135	20.4	870	26.2
Hospitalization	198	29.9	1,453	43.8
Emergency Department Discharge	324	48.9	2,473	74.6
Asthma				
Death	§	§	17	0.5
Hospitalization	111	16.8	846	25.5
Emergency Department Discharge	597	90.1	4,833	145.8
Parkinson's Disease				
Death	73	11.0	399	12.0
Hospitalization	31	4.7	179	5.4
Emergency Department Discharge	19	2.9	116	3.5
Lupus and Connective Tissue Disorders				
Death	§	§	29	0.9
Hospitalization	32	4.8	314	9.5
Emergency Department Discharge	21	3.2	129	3.9

Health Behaviors[5] (2019-2021)	North Central Region (%)	County (%)
Current Smoker (ages 18+)	5.6%	5.9%
Overweight/Obese (ages 18+)	46.5%	58.1%
Rated Overall health as Fair or Poor (ages 18+)	6.9%	12.1%
Ever Diagnosed with High Blood Pressure (ages 18+)	17.3%	24.1%
Ever Diagnosed with Diabetes (ages 18+)	5.6%	8.4%
Ever Diagnosed with Asthma (all ages)	14.5%	14.4%

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

Non-Communicable (Chronic) Disease

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
North Central Region, 2021

Communicable Disease

Demographics[1]	North Central Region (%)	County (%)
Ages 0-9	11.4%	12.9%
Ages 10-19	12.6%	13.8%
Ages 20-29	13.1%	14.0%
Ages 30-39	13.9%	12.9%
Ages 40-49	13.4%	12.4%
Ages 50-59	12.4%	12.1%
Ages 60-69	11.4%	11.0%
Ages 70-79	7.6%	7.0%
Ages 80+	4.2%	3.9%
White	54.9%	45.8%
Black	3.4%	4.8%
Hispanic	19.8%	34.3%
Asian/Pacific Islander	17.5%	11.0%
Other	4.4%	4.1%
Population with income less than 100% Federal Poverty Level (FPL)†	9.1%	10.7%

Health Outcomes[2,3,4,5,6]	North Central Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	35	5.3	201	6.1
Chlamydia Reported	3,010	454.2	18,074	545.2
Gonorrhea Reported	1,304	196.8	7,883	237.8
Primary and Secondary Syphilis Reported	194	29.3	1,262	38.1
Deaths				
Influenza (Flu) and Pneumonia	22	3.3	164	4.9
Hospitalizations				
Influenza	§	§	18	0.5
Pneumonia	276	41.7	2,014	60.7
Emergency Department Discharges				
Influenza	96	14.5	621	18.7
Pneumonia	468	70.6	3,459	104.3

San Diego County Health Briefs
North 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.

   -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.

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San Diego County Health Briefs
North Central Region, 2021

Maternal & Child Health

Demographics[1]	North Central Region (%)	County (%)
Ages 0-9	11.4%	12.9%
Ages 10-19	12.6%	13.8%
Ages 20-29	13.1%	14.0%
Ages 30-39	13.9%	12.9%
Ages 40-49	13.4%	12.4%
Ages 50-59	12.4%	12.1%
Ages 60-69	11.4%	11.0%
Ages 70-79	7.6%	7.0%
Ages 80+	4.2%	3.9%
White	54.9%	45.8%
Black	3.4%	4.8%
Hispanic	19.8%	34.3%
Asian/Pacific Islander	17.5%	11.0%
Other	4.4%	4.1%
Population with income less than 100% Federal Poverty Level (FPL)†	9.1%	10.7%

Health Outcomes[2,3,4]	North Central Region			County	
	Number	% of Region	% of County	Number	(%)
Live Births	6,609	100%	17.7%	37,436	100%
Live Births to Teens, Ages 15-17	9	0.1%	5.5%	165	0.4%
Live Births with Early Prenatal Care, % of Known Prenatal Care	6,055	92.0%	18.2%	33,270	89.2%
Live Births born Preterm	556	8.4%	17.0%	3,279	8.8%
Low Birth Weight Births	462	7.0%	17.9%	2,581	6.9%
Very Low Birth Weight Births	57	0.9%	14.1%	404	1.1%

Health Outcomes[3]	Number	Rate*	Number	Rate*
Infant Mortality, Rate per 1,000 live births (2020)	15	2.3	102	2.7

Health Behaviors[5] (2019-2021)	North Central Region (%)	County (%)
Adults Under 200% FPL Unable to Afford Enough Food	35.6%	32.0%
Rated Overall Health as Fair or Poor (18+)	6.9%	12.1%
Women with a High School Degree or Less Education (ages 25+)	14.8%	30.0%
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages 6 and under)	19.1%	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)	11.6%	7.5%

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

Maternal & Child Health

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
North Central Region, 2021

Demographics[1]	North Central Region (%)	County (%)
Ages 0-9	11.4%	12.9%
Ages 10-19	12.6%	13.8%
Ages 20-29	13.1%	14.0%
Ages 30-39	13.9%	12.9%
Ages 40-49	13.4%	12.4%
Ages 50-59	12.4%	12.1%
Ages 60-69	11.4%	11.0%
Ages 70-79	7.6%	7.0%
Ages 80+	4.2%	3.9%
White	54.9%	45.8%
Black	3.4%	4.8%
Hispanic	19.8%	34.3%
Asian/Pacific Islander	17.5%	11.0%
Other	4.4%	4.1%
Population with income less than 100% Federal Poverty Level (FPL)†	9.1%	10.7%

Health Outcomes[2,3,4,5]	North Central Region		County	
	Number	Rate*	Number	Rate*
Unintentional Injury (All Causes)				
Death	283	42.7	1,795	54.1
Hospitalization	5,342	806.2	28,792	868.4
Emergency Department Discharge	25,106	3,788.8	157,155	4,740.1
Fall-Related Injury				
Death	76	11.5	355	10.7
Hospitalization	2,460	371.2	14,062	424.1
Emergency Department Discharge	10,345	1,561.2	61,585	1,857.5
Poisoning				
Death	146	22.0	963	29.0
Hospitalization	359	54.2	2,651	80.0
Emergency Department Discharge	987	148.9	6,405	193.2
Motor Vehicle Injuries				
Deaths due to Motor Vehicle (MV) Injury Collision	32	4.8	317	9.6
Hospitalizations due to MV Injury Collision	373	56.3	2,587	78.0
Emergency Department Discharges due to MV Injury Collision	2,168	327.2	15,993	482.4
Injuries due to MV Injury Collision (2020)[5]	2,437	364.7	15,042	451.5

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

San Diego County Health Briefs
North Central Region, 2021

Injury

Health Outcomes continued[2, 3, 4, 5]	North Central Region		County	
	Number	**Rate***	**Number**	**Rate***
Pedestrian Injuries				
Deaths due to Motor Vehicle (MV) Injury Collision	17	2.6	101	3.0
Hospitalizations due to MV Injury Collision	50	7.5	282	8.5
Emergency Department Discharges due to MV Injury Collision	88	13.3	663	20.0
Injuries due to MV Injury Collision (2020)[5]	155	23.2	920	27.6
Assault				
Homicide	§	§	113	3.4
Hospitalization	119	18.0	935	28.2
Emergency Department Discharge	964	145.5	6,956	209.8
Suicide (or Suicide Attempt)				
Suicide	58	8.8	344	10.4
Hospitalization	129	19.5	719	21.7
Emergency Department Discharge	1,271	191.8	7,630	230.1
Firearm-Related Injuries				
Death	24	3.6	205	6.2
Hospitalization	18	2.7	231	7.0
Emergency Department Discharge	12	1.8	199	6.0

Health Behaviors[5] (2020)	North Central Region		County	
	Number	**Rate***	**Number**	**Rate***
Alcohol-Involved MV Injury Collisions	426	63.8	2,262	67.9
Drinking Drivers Involved in MV Injury Collisions	291	43.5	1,582	47.5

Health Behaviors[5,6,] (2019-2021)	North Central Region (%)	County (%)
Ever Seriously Thought About Committing Suicide (ages 18+)	18.3%	15.8%
Binge Drinking in Past 30 Days (ages 18+) (2021)	27.2%	20.5%

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.

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§ Rates not calculated for fewer than 11 events.

Injury

San Diego County Health Briefs
North Central Region, 2021

Behavioral Health

Demographics[1]	North Central Region (%)	County (%)
Ages 0-9	11.4%	12.9%
Ages 10-19	12.6%	13.8%
Ages 20-29	13.1%	14.0%
Ages 30-39	13.9%	12.9%
Ages 40-49	13.4%	12.4%
Ages 50-59	12.4%	12.1%
Ages 60-69	11.4%	11.0%
Ages 70-79	7.6%	7.0%
Ages 80+	4.2%	3.9%
White	54.9%	45.8%
Black	3.4%	4.8%
Hispanic	19.8%	34.3%
Asian/Pacific Islander	17.5%	11.0%
Other	4.4%	4.1%
Population with income less than 100% Federal Poverty Level (FPL)†	9.1%	10.7%

Health Outcomes[2,3,4]	North Central Region		County	
	Number	Rate*	Number	Rate*
Schizophrenia				
Hospitalization	32	4.8	324	9.8
Emergency Department Discharge	498	75.2	4,267	128.7
In-Patient Treatment Facility Discharge	538	81.2	3,999	120.6
Suicide (or Suicide Attempt)				
Death	58	8.8	344	10.4
Hospitalization	129	19.5	719	21.7
Emergency Department Discharge	1,271	191.8	7,630	230.1
Mood Disorders				
Hospitalization	19	2.9	180	5.4
Emergency Department Discharge	577	87.1	3,400	102.6
In-Patient Treatment Facility Discharge	1,263	190.6	6,297	189.9
Depression				
Hospitalization	12	1.8	116	3.5
Emergency Department Discharge	382	57.6	2,169	65.4
In-Patient Treatment Facility Discharge	780	117.7	3,971	119.8
Alcohol-Related Disorders~				
Death	91	13.7	591	17.8
Hospitalization	365	55.1	2,004	60.4
Emergency Department Discharge	1,698	256.2	8,185	246.9
In-Patient Treatment Facility Discharge	369	55.7	1,449	43.7

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

San Diego County Health Briefs
North Central Region, 2021

Behavioral Health

Health Outcomes continued[2, 3, 4]	North Central Region		County	
	Number	**Rate***	**Number**	**Rate***
Substance-Related Disorders~				
Death	§	§	41	1.2
Hospitalization	30	4.5	274	8.3
Emergency Department Discharge	619	93.4	4,026	121.4
In-Patient Treatment Facility Discharge	102	15.4	498	15.0
Opioid-Related Disorders~				
Hospitalization	11	1.7	97	2.9
Emergency Department Discharge	199	30.0	1,258	37.9
In-Patient Treatment Facility Discharge	47	7.1	245	7.4
Cannabis-Related Disorders~				
Hospitalization	§	§	29	0.9
Emergency Department Discharge	96	14.5	669	20.2
In-Patient Treatment Facility Discharge	§	§	25	0.8
All Opioid Overdoses^				
Multiple Cause of Death	121	18.3	727	21.9
Sedative Overdoses^				
Multiple Cause of Death	28	4.2	152	4.6
Stimulant Overdoses^				
Multiple Cause of Death	81	12.2	630	19.0

Mental Health Behaviors & Related Health Factors[5] (2019-2021)	North Central Region (%)	County (%)
Likely Has Had Serious Psychological Distress During Past Year (ages 18+)	17.6%	14.2%
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)	7.8%	7.0%
Emotions Severely Impaired Social Life in Past Year (ages 18+ with moderate to severe psychological distress in past year)	12.9%	11.2%
Emotions Severely Impaired Work in Past 12 Months (ages 18-70)	11.0%	8.5%
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress in past year)	53.4%	57.7%
Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)	19.5%	16.8%
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+)	11.7%	10.8%
Ever Seriously Thought About Committing Suicide (ages 18+)	18.3%	15.8%

Substance Abuse Health Behaviors & Related Health Factors[5,6] (2019-2021)	North Central Region (%)	County (%)
Ever Tried Marijuana or Hashish (ages 18+)	58.2%	52.3%
Binge Drinking in Past 30 Days (ages 18+) (2021)	27.2%	20.5%
Binge Drinking in Past 30 Days (11th grade)	—	6.0%

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San Diego County Health Briefs
North Central Region, 2021

Sources

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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.

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.

San Diego County Health Briefs
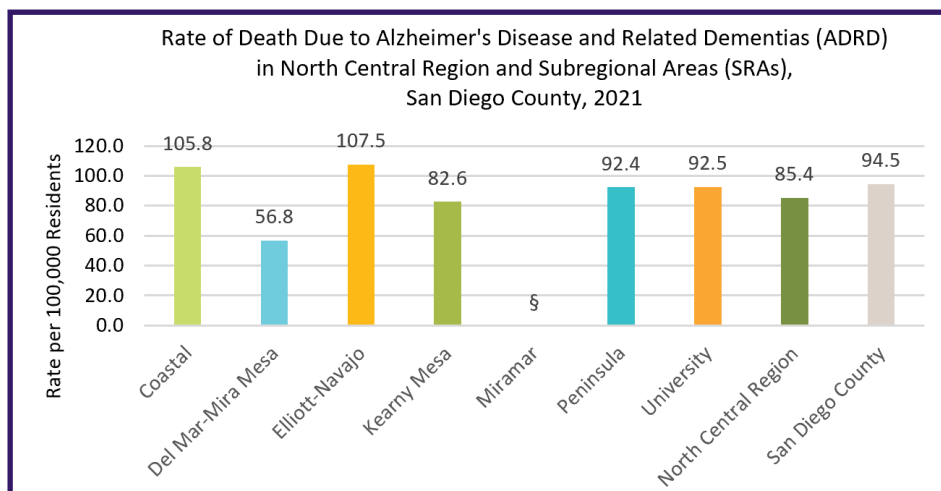# North Central Region, 2021

Demographics[1]	North Central Region (%)	County (%)
Ages 0-9	11.4%	12.9%
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Ages 60-69	11.4%	11.0%
Ages 70-79	7.6%	7.0%
Ages 80+	4.2%	3.9%
White	54.9%	45.8%
Black	3.4%	4.8%
Hispanic	19.8%	34.3%
Asian/Pacific Islander	17.5%	11.0%
Other	4.4%	4.1%
Population with income less than 100% Federal Poverty Level (FPL)†	9.1%	10.7%

Health Outcomes[2,3,4]	North Central Region		County	
	Number	Rate*	Number	Rate*
Alzheimer's Disease and Related Dementias (ADRD)				
Death	566	85.4	3,133	94.5
Hospitalization	131	19.8	751	22.7
Emergency Department Discharge	154	23.2	917	27.7

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

- In San Diego County, North Central Region had a slightly lower rate of death due to Alzheimer's Disease and Related Dementias (ADRD) compared to the county overall in 2021, with a rate of 85.4 deaths per 100,000 residents.

- Among North Central Region subregional areas (SRAs), Elliot-Navajo SRA had the highest rate of death due to ADRD in 2021, with a rate of 107.5 deaths per 100,000 residents.

Rate of Death Due to Alzheimer's Disease and Related Dementias (ADRD) in North Central Region and Subregional Areas (SRAs), San Diego County, 2021

SRA	Rate per 100,000 Residents
Coastal	105.8
Del Mar-Mira Mesa	56.8
Elliot-Navajo	107.5
Kearny Mesa	82.6
Miramar	§
Peninsula	92.4
University	92.5
North Central Region	85.4
San Diego County	94.5

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

San Diego County Health Briefs
North Central Region, 2021

Health Behaviors[5] (2019-2021)	North Central Region (%)	County (%)
Current Smoker (ages 18+)	5.6%	5.9%
Overweight/Obese (ages 18+)	46.5%	58.1%
Rated Overall Health as Fair or Poor (ages 18+)	6.9%	12.1%
Ever Diagnosed with High Blood Pressure (ages 18+)	17.3%	24.1%
Ever Diagnosed with Diabetes (ages 18+)	5.6%	8.4%
Ever Diagnosed with Asthma (all ages)	14.5%	14.4%

Sources

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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.

† 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
North Central Region, 2021

Demographics[1]	North Central Region (%)	County (%)
Ages 0-9	11.4%	12.9%
Ages 10-19	12.6%	13.8%
Ages 20-29	13.1%	14.0%
Ages 30-39	13.9%	12.9%
Ages 40-49	13.4%	12.4%
Ages 50-59	12.4%	12.1%
Ages 60-69	11.4%	11.0%
Ages 70-79	7.6%	7.0%
Ages 80+	4.2%	3.9%
White	54.9%	45.8%
Black	3.4%	4.8%
Hispanic	19.8%	34.3%
Asian/Pacific Islander	17.5%	11.0%
Other	4.4%	4.1%
Population with income less than 100% Federal Poverty Level (FPL)†	9.1%	10.7%

Health Outcomes[2,3,4]	North Central Region		County	
	Number	Rate*	Number	Rate*
Asthma				
Death	§	§	17	0.5
Hospitalization	111	16.8	846	25.5
Emergency Department Discharge	597	90.1	4,833	145.8
Coronary Heart Disease				
Death	438	66.1	2,604	78.5
Hospitalization	935	141.1	5,640	170.1
Emergency Department Discharge	189	28.5	1,205	36.3
Cancer, All Causes				
Death	871	131.4	5,050	152.3
Hospitalization	1,521	229.5	8,532	257.3
Emergency Department Discharge	228	34.4	1,357	40.9
COPD & Chronic Lower Respiratory Diseases				
Death	135	20.4	870	26.2
Hospitalization	198	29.9	1,453	43.8
Emergency Department Discharge	324	48.9	2,473	74.6
Diabetes				
Death	116	17.5	895	27.0
Hospitalization	547	82.5	4,943	149.1
Emergency Department Discharge	534	80.6	4,847	146.2

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

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Environmental Health

Health Outcomes[2, 3, 4]	North Central Region		County	
	Number	**Rate***	**Number**	**Rate***
Depression				
Hospitalization	12	1.8	116	3.5
Emergency Department Discharge	382	57.6	2,169	65.4
In-Patient Treatment Facility Discharge	780	117.7	3,971	119.8
Heat Illness/Injury				
Hospitalization	§	§	46	1.4
Emergency Department Discharge	19	2.9	153	4.6

Air Quality [5] (2019-2021)	North 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)	0.072	—
3-Year Average of the 98th Percentile of Collected Samples for a 24 hr Standard (Particulate Matter 2.5) (2019)	21.8	—

Place of Residence[5, 6] (2019-2021)	North Central Region	County
Feels Safe in the Neighborhood All or Most of the Time (among adults 18+)	94.2%	91.0%
Agree or Strongly Agree that People in the Neighborhood can be Trusted (among adults 18+)	87.1%	82.9%
Agree or Strongly Agree that People in the Neighborhood are Willing to Help (among adults 18+)	78.3%	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)	71.5%	62.0%
Rate of Recreational Facilities per 100,000 People (2020)	—	21.8
Percent of Population using Public Transportation to Work (2020)	2.3%	2.6%
Percent of Population with Travel Time to Work over 60 Minutes (2020)	3.7%	7.3%

San Diego County Health Briefs
North Central Region, 2021

Environmental Health

Climate Change[6] (2021)	North Central Region (%)	County (%)
Experienced Extreme Weather-Related Event in the Past 2 Years (among adults 18+)	30.9%	30.3%
Mental Health was Affected by Extreme Weather-Related Event in Past 2 Years (among adults 18+)	4.8%	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

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. Live Well San Diego, Built Environment, 2022. Accessed January 4, 2023. https://www.livewellsd.org/i-want-to/learn-more/data-indicators/built-environment

6. 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
North Central Region, 2021

Demographics[1]	North Central Region (%)	County (%)
Ages 0-9	11.4%	12.9%
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Hispanic	19.8%	34.3%
Asian/Pacific Islander	17.5%	11.0%
Other	4.4%	4.1%
Population with income less than 100% Federal Poverty Level (FPL)†	9.1%	10.7%

Access and Utilization[2] (2019-2021)	North Central Region (%)	County (%)
No Usual Source of Care (ages 18-64)	18.7%	16.1%
Visited Emergency Room in the Past Year (ages 18-64)	12.2%	14.5%
Had a Routine Check-Up with a Doctor in Past Year (adults 18+)	66.8%	65.8%
Had Difficulty Finding Specialty Care (asked of adults who needed specialty care)	14.0%	13.6%
Delayed or Didn't get Other Medical Care (all ages)	17.4%	15.4%
Delayed or Didn't get Prescription Medicine (all ages)	8.2%	8.2%

Insurance[2] (2019-2021)	North Central Region (%)	County (%)
Uninsured All or Part of Year (ages 18-64)	9.8%	14.3%
Covered by Medi-Cal (all ages)	11.5%	19.1%
Insurance Not Accepted by General Doctor in Past Year (adults 18+ with health insurance)	4.4%	4.1%

Access to Care

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North Central Region, 2021

Access to Care

Medical Debt[2] (2019-2021)	North Central Region (%)	County (%)
Ever Had Problems Paying for Self or Household family's Medical Bills in the Past Year (adults 18+)	7.0%	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)	25.3%	32.8%

Public Program Participation[2] (2019-2021)	North Central Region (%)	County (%)
Currently Receiving Supplemental Security Income (SSI) (ages 18+, up to 200% FPL)	6.9%	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)	19.5%	23.7%
Women Below 200% FPL (ages 18-64)	22.1%	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.

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