

San Diego County Health Briefs

North Inland Region, 2021



| Demographics ¹ | North Inland Region (%) | County (%) |
|--|-------------------------|------------|
| Ages 0-9 | 13.3% | 12.9% |
| Ages 10-19 | 14.3% | 13.8% |
| Ages 20-29 | 13.1% | 14.0% |
| Ages 30-39 | 11.9% | 12.9% |
| Ages 40-49 | 11.7% | 12.4% |
| Ages 50-59 | 12.4% | 12.1% |
| Ages 60-69 | 11.6% | 11.0% |
| Ages 70-79 | 7.5% | 7.0% |
| Ages 80+ | 4.2% | 3.9% |
| White | 49.9% | 45.8% |
| Black | 2.4% | 4.8% |
| Hispanic | 31.2% | 34.3% |
| Asian/Pacific Islander | 12.1% | 11.0% |
| Other | 4.3% | 4.1% |
| Population with income less than 100% Federal Poverty Level (FPL) [†] | 8.7% | 10.7% |

| Health Outcomes ^{2, 3, 4} | North Inland Region | | County | |
|---|---------------------|---------|--------|---------|
| | Number | Rate* | Number | Rate* |
| Coronary Heart Disease | | | | |
| Death | 459 | 76.2 | 2,604 | 78.5 |
| Hospitalization | 963 | 159.8 | 5,640 | 170.1 |
| Emergency Department Discharge | 312 | 51.8 | 1,205 | 36.3 |
| Stroke | | | | |
| Death | 357 | 59.2 | 1,710 | 51.6 |
| Hospitalization | 1,060 | 175.9 | 6,607 | 199.3 |
| Emergency Department Discharge | 643 | 106.7 | 2,614 | 78.8 |
| Overall Heart Disease[^] | | | | |
| Death | 925 | 153.5 | 4,961 | 149.6 |
| Hospitalization | 5,131 | 851.4 | 31,941 | 963.4 |
| Emergency Department Discharge | 9,253 | 1,535.4 | 58,124 | 1,753.1 |
| Acute Myocardial Infarction (Heart Attack) | | | | |
| Death | 112 | 18.6 | 670 | 20.2 |
| Hospitalization | 639 | 106.0 | 3,735 | 112.7 |
| Emergency Department Discharge | 134 | 22.2 | 484 | 14.6 |
| Heart Failure | | | | |
| Death | 239 | 39.7 | 1,090 | 32.9 |
| Hospitalization | 1,076 | 178.6 | 7,023 | 211.8 |
| Emergency Department Discharge | 250 | 41.5 | 2,095 | 63.2 |

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

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Non-Communicable (Chronic) Disease

| Health Outcomes continued ^{2, 3, 4} | North Inland Region | | County | |
|--|---------------------|--------------------------------|--------|-------------------|
| | Number | Rate* | Number | Rate* |
| Overall Hypertensive Diseases~ | | | | |
| Death | 160 | 26.6 | 1,055 | 31.8 |
| Hospitalization | 1,473 | 244.4 | 10,192 | 307.4 |
| Emergency Department Discharge | 1,275 | 211.6 | 9,153 | 276.1 |
| Cancer, All Causes | | | | |
| Death | 977 | 162.1 | 5,050 | 152.3 |
| Hospitalization | 1,548 | 256.9 | 8,532 | 257.3 |
| Emergency Department Discharge | 220 | 36.5 | 1,357 | 40.9 |
| Diabetes | | | | |
| Death | 150 | 24.9 | 895 | 27.0 |
| Hospitalization | 648 | 107.5 | 4,943 | 149.1 |
| Emergency Department Discharge | 688 | 114.2 | 4,847 | 146.2 |
| COPD & Chronic Lower Respiratory Diseases | | | | |
| Death | 163 | 27.0 | 870 | 26.2 |
| Hospitalization | 183 | 30.4 | 1,453 | 43.8 |
| Emergency Department Discharge | 299 | 49.6 | 2,473 | 74.6 |
| Asthma | | | | |
| Death | § | § | 17 | 0.5 |
| Hospitalization | 101 | 16.8 | 846 | 25.5 |
| Emergency Department Discharge | 661 | 109.7 | 4,833 | 145.8 |
| Parkinson's Disease | | | | |
| Death | 87 | 14.4 | 399 | 12.0 |
| Hospitalization | 22 | 3.7 | 179 | 5.4 |
| Emergency Department Discharge | 28 | 4.6 | 116 | 3.5 |
| Lupus and Connective Tissue Disorders | | | | |
| Death | § | § | 29 | 0.9 |
| Hospitalization | 46 | 7.6 | 314 | 9.5 |
| Emergency Department Discharge | 18 | 3.0 | 129 | 3.9 |
| Health Behaviors⁵ (2019-2021) | | North Inland Region (%) | | County (%) |
| Current Smoker (ages 18+) | | 4.1% | | 5.9% |
| Overweight/Obese (ages 18+) | | 57.2% | | 58.1% |
| Rated Overall Health as Fair or Poor (ages 18+) | | 8.7% | | 12.1% |
| Ever Diagnosed with High Blood Pressure (ages 18+) | | 24.3% | | 24.1% |
| Ever Diagnosed with Diabetes (ages 18+) | | 7.3% | | 8.4% |
| Ever Diagnosed with Asthma (all ages) | | 15.6% | | 14.4% |

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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.

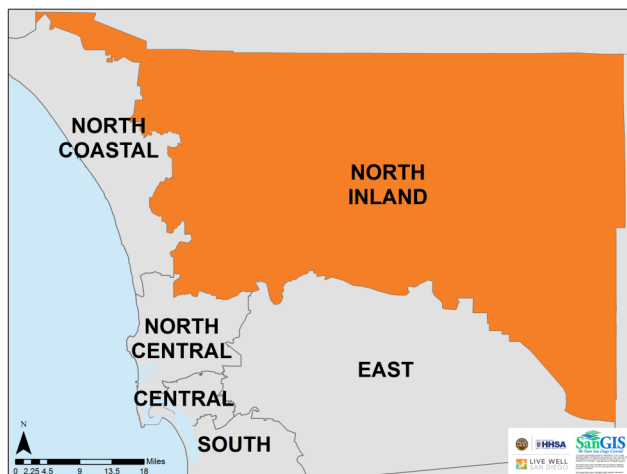
~ Includes Primary Hypertension.

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Communicable Disease



| Demographics ¹ | North Inland Region (%) | County (%) |
|--|-------------------------|------------|
| Ages 0-9 | 13.3% | 12.9% |
| Ages 10-19 | 14.3% | 13.8% |
| Ages 20-29 | 13.1% | 14.0% |
| Ages 30-39 | 11.9% | 12.9% |
| Ages 40-49 | 11.7% | 12.4% |
| Ages 50-59 | 12.4% | 12.1% |
| Ages 60-69 | 11.6% | 11.0% |
| Ages 70-79 | 7.5% | 7.0% |
| Ages 80+ | 4.2% | 3.9% |
| White | 49.9% | 45.8% |
| Black | 2.4% | 4.8% |
| Hispanic | 31.2% | 34.3% |
| Asian/Pacific Islander | 12.1% | 11.0% |
| Other | 4.3% | 4.1% |
| Population with income less than 100% Federal Poverty Level (FPL) [†] | 8.7% | 10.7% |

| Health Outcomes ^{2, 3, 4, 5, 6} | North Inland Region | | County | |
|--|---------------------|-------|--------|-------|
| | Number | Rate* | Number | Rate* |
| Tuberculosis | 21 | 3.5 | 201 | 6.1 |
| Chlamydia Reported | 2,050 | 340.2 | 18,074 | 545.2 |
| Gonorrhea Reported | 608 | 100.9 | 7,883 | 237.8 |
| Primary and Secondary Syphilis Reported | 77 | 12.8 | 1,262 | 38.1 |
| Deaths | | | | |
| Influenza (Flu) and Pneumonia | 45 | 7.5 | 164 | 4.9 |
| Hospitalizations | | | | |
| Influenza | § | § | 18 | 0.5 |
| Pneumonia | 395 | 65.5 | 2,014 | 60.7 |
| Emergency Department Discharges | | | | |
| Influenza | 49 | 8.1 | 621 | 18.7 |
| Pneumonia | 632 | 104.9 | 3,459 | 104.3 |

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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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- § Rates not calculated for fewer than 11 events.

San Diego County Health Briefs

North Inland Region, 2021



Maternal & Child Health



| Demographics ¹ | North Inland Region (%) | County (%) |
|--|-------------------------|------------|
| Ages 0-9 | 13.3% | 12.9% |
| Ages 10-19 | 14.3% | 13.8% |
| Ages 20-29 | 13.1% | 14.0% |
| Ages 30-39 | 11.9% | 12.9% |
| Ages 40-49 | 11.7% | 12.4% |
| Ages 50-59 | 12.4% | 12.1% |
| Ages 60-69 | 11.6% | 11.0% |
| Ages 70-79 | 7.5% | 7.0% |
| Ages 80+ | 4.2% | 3.9% |
| White | 49.9% | 45.8% |
| Black | 2.4% | 4.8% |
| Hispanic | 31.2% | 34.3% |
| Asian/Pacific Islander | 12.1% | 11.0% |
| Other | 4.3% | 4.1% |
| Population with income less than 100% Federal Poverty Level (FPL) [†] | 8.7% | 10.7% |

| Health Outcomes ^{2, 3, 4} | North Inland Region | | | County | |
|--|---------------------|-------------|-------------|--------|-------|
| | Number | % of Region | % of County | Number | (%) |
| Live Births | 6,633 | 100% | 17.7% | 37,436 | 100% |
| Live Births to Teens, Ages 15-17 | 41 | 0.6% | 24.8% | 165 | 0.4% |
| Live Births with Early Prenatal Care, % of Known Prenatal Care | 6,117 | 92.5% | 18.4% | 33,270 | 89.2% |
| Live Births Born Preterm | 530 | 8.0% | 16.2% | 3,279 | 8.8% |
| Low Birth Weight Births | 392 | 5.9% | 15.2% | 2,581 | 6.9% |
| Very Low Birth Weight Births | 52 | 0.8% | 12.9% | 404 | 1.1% |

| Health Outcomes ³ | Number | Rate* | Number | Rate* |
|--|--------|-------|--------|-------|
| Infant Mortality, Rate per 1,000 live births | 14 | 2.1 | 102 | 2.7 |

| Health Behaviors ⁵ (2019-2021) | North Inland Region (%) | County (%) |
|--|-------------------------|------------|
| Adults Under 200% FPL Unable to Afford Enough Food | 28.3% | 32.0% |
| Rated Overall Health as Fair or Poor (18+) | 8.7% | 12.1% |
| Women with a High School Degree or Less Education (ages 25+) | 29.8% | 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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North Inland 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.

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North Inland Region, 2021



Injury



| Demographics ¹ | North Inland Region (%) | County (%) |
|--|-------------------------|------------|
| Ages 0-9 | 13.3% | 12.9% |
| Ages 10-19 | 14.3% | 13.8% |
| Ages 20-29 | 13.1% | 14.0% |
| Ages 30-39 | 11.9% | 12.9% |
| Ages 40-49 | 11.7% | 12.4% |
| Ages 50-59 | 12.4% | 12.1% |
| Ages 60-69 | 11.6% | 11.0% |
| Ages 70-79 | 7.5% | 7.0% |
| Ages 80+ | 4.2% | 3.9% |
| White | 49.9% | 45.8% |
| Black | 2.4% | 4.8% |
| Hispanic | 31.2% | 34.3% |
| Asian/Pacific Islander | 12.1% | 11.0% |
| Other | 4.3% | 4.1% |
| Population with income less than 100% Federal Poverty Level (FPL) [†] | 8.7% | 10.7% |

| Health Outcomes ^{2, 3, 4, 5} | North Inland Region | | County | |
|--|---------------------|---------|---------|---------|
| | Number | Rate* | Number | Rate* |
| Unintentional Injury (All Causes) | | | | |
| Death | 297 | 49.3 | 1,795 | 54.1 |
| Hospitalization | 4,503 | 747.2 | 28,792 | 868.4 |
| Emergency Department Discharge | 26,355 | 4,373.4 | 157,155 | 4,740.1 |
| Fall-Related Injury | | | | |
| Death | 73 | 12.1 | 355 | 10.7 |
| Hospitalization | 2,317 | 384.5 | 14,062 | 424.1 |
| Emergency Department Discharge | 10,891 | 1,807.3 | 61,585 | 1,857.5 |
| Poisoning | | | | |
| Death | 122 | 20.2 | 963 | 29.0 |
| Hospitalization | 353 | 58.6 | 2,651 | 80.0 |
| Emergency Department Discharge | 1,153 | 191.3 | 6,405 | 193.2 |
| Motor Vehicle Injuries | | | | |
| Deaths due to Motor Vehicle (MV) Injury Collision | 70 | 11.6 | 317 | 9.6 |
| Hospitalizations due to MV Injury Collision | 464 | 77.0 | 2,587 | 78.0 |
| Emergency Department Discharges due to MV Injury Collision | 2,536 | 420.8 | 15,993 | 482.4 |
| Injuries due to MV Injury Collision (2020) ⁵ | 2,789 | 461.7 | 15,042 | 451.5 |

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North Inland Region, 2021



Injury

| Health Outcomes continued ^{2, 3, 4, 5} | North Inland Region | | County | | |
|--|---------------------|---------------------|------------|--------|-------|
| | Number | Rate* | Number | Rate* | |
| Pedestrian Injuries | | | | | |
| Deaths due to Motor Vehicle (MV) Injury Collision | 17 | 2.8 | 101 | 3.0 | |
| Hospitalizations due to MV Injury Collision | 35 | 5.8 | 282 | 8.5 | |
| Emergency Department Discharges due to MV Injury Collision | 90 | 14.9 | 663 | 20.0 | |
| Injuries due to MV Injury Collision (2020) ⁵ | 90 | 14.9 | 920 | 27.6 | |
| Assault | | | | | |
| Homicide | § | § | 113 | 3.4 | |
| Hospitalization | 72 | 11.9 | 935 | 28.2 | |
| Emergency Department Discharge | 854 | 141.7 | 6,956 | 209.8 | |
| Suicide (or Suicide Attempt) | | | | | |
| Death | 66 | 11.0 | 344 | 10.4 | |
| Hospitalization | 124 | 20.6 | 719 | 21.7 | |
| Emergency Department Discharge | 1,432 | 237.6 | 7,630 | 230.1 | |
| Firearm-Related Injuries | | | | | |
| Death | 34 | 5.6 | 205 | 6.2 | |
| Hospitalization | 19 | 3.2 | 231 | 7.0 | |
| Emergency Department Discharge | 30 | 5.0 | 199 | 6.0 | |
| Health Behaviors⁵ (2020) | | | | | |
| | | North Inland Region | County | | |
| | | Number | Rate* | Number | Rate* |
| Alcohol-Involved MV Injury Collisions | | 410 | 67.9 | 2,262 | 67.9 |
| Drinking Drivers Involved in MV Injury Collisions | | 292 | 48.3 | 1,582 | 47.5 |
| Health Behaviors^{6,7} (2019-2021) | | | | | |
| | | North Inland Region | County (%) | | |
| | | (%) | | | |
| Ever Seriously Thought About Committing Suicide (ages 18+) | | 13.7% | 15.8% | | |
| Binge Drinking in Past 30 Days (ages 18+) | | 13.4% | 20.5% | | |

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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.
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San Diego County Health Briefs

North Inland Region, 2021



Behavioral Health



| Demographics ¹ | North Inland Region (%) | County (%) |
|--|-------------------------|------------|
| Ages 0-9 | 13.3% | 12.9% |
| Ages 10-19 | 14.3% | 13.8% |
| Ages 20-29 | 13.1% | 14.0% |
| Ages 30-39 | 11.9% | 12.9% |
| Ages 40-49 | 11.7% | 12.4% |
| Ages 50-59 | 12.4% | 12.1% |
| Ages 60-69 | 11.6% | 11.0% |
| Ages 70-79 | 7.5% | 7.0% |
| Ages 80+ | 4.2% | 3.9% |
| White | 49.9% | 45.8% |
| Black | 2.4% | 4.8% |
| Hispanic | 31.2% | 34.3% |
| Asian/Pacific Islander | 12.1% | 11.0% |
| Other | 4.3% | 4.1% |
| Population with income less than 100% Federal Poverty Level (FPL) [†] | 8.7% | 10.7% |

| Health Outcomes ^{2, 3, 4} | North Inland Region | | County | |
|--|---------------------|-------|--------|-------|
| | Number | Rate* | Number | Rate* |
| Schizophrenia | | | | |
| Hospitalization | 19 | 3.2 | 324 | 9.8 |
| Emergency Department Discharge | 765 | 126.9 | 4,267 | 128.7 |
| In-Patient Treatment Facility Discharge | 417 | 69.2 | 3,999 | 120.6 |
| Suicide (or Suicide Attempt) | | | | |
| Death | 66 | 11.0 | 344 | 10.4 |
| Hospitalization | 124 | 20.6 | 719 | 21.7 |
| Emergency Department Discharge | 1,432 | 237.6 | 7,630 | 230.1 |
| Mood Disorders | | | | |
| Hospitalization | 12 | 2.0 | 180 | 5.4 |
| Emergency Department Discharge | 493 | 81.8 | 3,400 | 102.6 |
| In-Patient Treatment Facility Discharge | 984 | 163.3 | 6,297 | 189.9 |
| Depression | | | | |
| Hospitalization | § | § | 116 | 3.5 |
| Emergency Department Discharge | 266 | 44.1 | 2,169 | 65.4 |
| In-Patient Treatment Facility Discharge | 626 | 103.9 | 3,971 | 119.8 |
| Alcohol-Related Disorders[~] | | | | |
| Death | 91 | 15.1 | 591 | 17.8 |
| Hospitalization | 272 | 45.1 | 2,004 | 60.4 |
| Emergency Department Discharge | 994 | 164.9 | 8,185 | 246.9 |
| In-Patient Treatment Facility Discharge | 183 | 30.4 | 1,449 | 43.7 |

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San Diego County Health Briefs

North Inland Region, 2021



Behavioral Health

| Health Outcomes continued ^{2, 3, 4} | North Inland Region | | County | |
|--|---------------------|-------|--------|-------|
| | Number | Rate* | Number | Rate* |
| Substance-Related Disorders~ | | | | |
| Death | § | § | 41 | 1.2 |
| Hospitalization | 31 | 5.1 | 274 | 8.3 |
| Emergency Department Discharge | 454 | 75.3 | 4,026 | 121.4 |
| In-Patient Treatment Facility Discharge | 84 | 13.9 | 498 | 15.0 |
| Opioid-Related Disorders~ | | | | |
| Hospitalization | 11 | 1.8 | 97 | 2.9 |
| Emergency Department Discharge | 156 | 25.9 | 1,258 | 37.9 |
| In-Patient Treatment Facility Discharge | 37 | 6.1 | 245 | 7.4 |
| Cannabis-Related Disorders~ | | | | |
| Hospitalization | § | § | 29 | 0.9 |
| Emergency Department Discharge | 66 | 11.0 | 669 | 20.2 |
| In-Patient Treatment Facility Discharge | § | § | 25 | 0.8 |
| All Opioid Overdoses^ | | | | |
| Multiple Cause of Death | 93 | 15.4 | 727 | 21.9 |
| Sedative Overdoses^ | | | | |
| Multiple Cause of Death | 24 | 4.0 | 152 | 4.6 |
| Stimulant Overdoses^ | | | | |
| Multiple Cause of Death | 65 | 10.8 | 630 | 19.0 |

| Mental Health Behaviors & Related Health Factors ⁵ (2019-2021) | North Inland Region (%) | County (%) |
|--|-------------------------|------------|
| Likely Has Had Serious Psychological Distress During Past Year (ages 18+) | 10.8% | 14.2% |
| Likely Has Had Serious Psychological Distress During Past Month (ages 18+) | 5.1% | 7.0% |
| Emotions Severely Impaired Social Life in Past Year (ages 18+ with moderate to severe psychological distress in past year) | 8.5% | 11.2% |
| Emotions Severely Impaired Work in Past 12 Months (ages 18-70) | 6.4% | 8.5% |
| Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress in past year) | 60.7% | 57.7% |
| Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+) | 14.1% | 16.8% |
| Has Taken Prescription Medicine for 2 or More Weeks for Emotional/ Mental Health Issues in Past Year (ages 18+) | 8.9% | 10.8% |
| Ever Seriously Thought About Committing Suicide (ages 18+) | 13.7% | 15.8% |

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North Inland Region, 2021



| Substance Abuse Health Behaviors & Related Health Factors ^{5,6} (2019-2021) | North Inland Region (%) | County (%) |
|---|----------------------------|------------|
| Ever Tried Marijuana or Hashish (ages 18+) | 46.7% | 52.3% |
| Binge Drinking in Past 30 Days (ages 18+) (2021) | 13.4% | 20.5% |
| Binge Drinking in Past 30 Days (11th grade) | — | 6.0% |

Sources

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- 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.
- UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2019-2021. Accessed October 31, 2022.
- 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 Inland Region, 2021

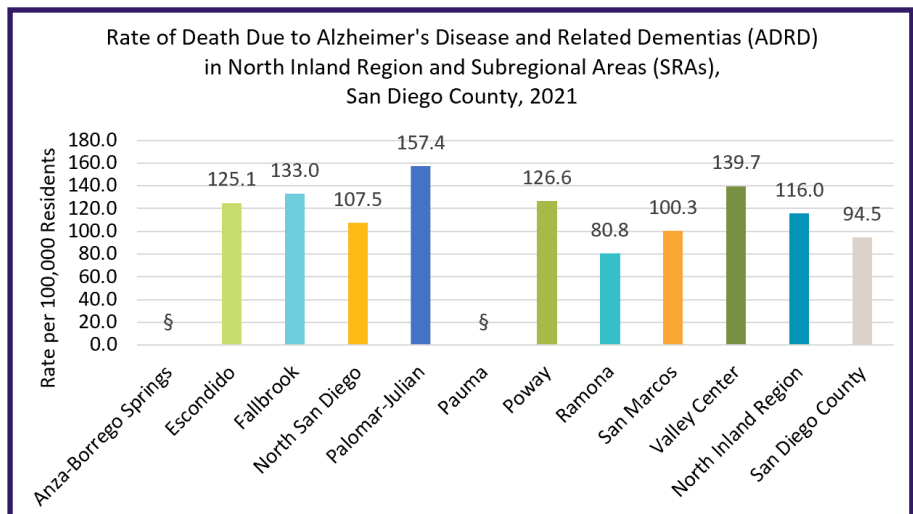


| Demographics ¹ | North Inland Region (%) | County (%) |
|--|-------------------------|------------|
| Ages 0-9 | 13.3% | 12.9% |
| Ages 10-19 | 14.3% | 13.8% |
| Ages 20-29 | 13.1% | 14.0% |
| Ages 30-39 | 11.9% | 12.9% |
| Ages 40-49 | 11.7% | 12.4% |
| Ages 50-59 | 12.4% | 12.1% |
| Ages 60-69 | 11.6% | 11.0% |
| Ages 70-79 | 7.5% | 7.0% |
| Ages 80+ | 4.2% | 3.9% |
| White | 49.9% | 45.8% |
| Black | 2.4% | 4.8% |
| Hispanic | 31.2% | 34.3% |
| Asian/Pacific Islander | 12.1% | 11.0% |
| Other | 4.3% | 4.1% |
| Population with income less than 100% Federal Poverty Level (FPL) [†] | 8.7% | 10.7% |

| Health Outcomes ^{2, 3, 4} | North Inland Region | | County | |
|---|---------------------|-------|--------|-------|
| | Number | Rate* | Number | Rate* |
| Alzheimer's Disease and Related Dementias (ADRD) | | | | |
| Death | 699 | 116.0 | 3,133 | 94.5 |
| Hospitalization | 84 | 13.9 | 751 | 22.7 |
| Emergency Department Discharge | 177 | 29.4 | 917 | 27.7 |

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

- In San Diego County, North Inland Region had the second highest rate of death due to Alzheimer's Disease and Related Dementias (ADRD) compared to other regions in 2021.
- Within North Inland Region, Palomar-Julian subregional area (SRA) had the highest rate of death due to ADRD in 2021, with a rate of 157.4 deaths per 100,000 residents, and Ramona SRA had the lowest rate of death due to ADRD, with a rate of 80.8 deaths per 100,000 residents.



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| Health Behaviors ⁵ (2019-2021) | North Inland Region (%) | County (%) |
|--|-------------------------|------------|
| Current Smoker (ages 18+) | 4.1% | 5.9% |
| Overweight/Obese (ages 18+) | 57.2% | 58.1% |
| Rated Overall Health as Fair or Poor (ages 18+) | 8.7% | 12.1% |
| Ever Diagnosed with High Blood Pressure (ages 18+) | 24.3% | 24.1% |
| Ever Diagnosed with Diabetes (ages 18+) | 7.3% | 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.

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| Health Outcomes ^{2, 3, 4} | North Inland Region | | County | |
|--|---------------------|-------|--------|-------|
| | Number | Rate* | Number | Rate* |
| Asthma | | | | |
| Death | § | § | 17 | 0.5 |
| Hospitalization | 101 | 16.8 | 846 | 25.5 |
| Emergency Department Discharge | 661 | 109.7 | 4,833 | 145.8 |
| Coronary Heart Disease | | | | |
| Death | 459 | 76.2 | 2,604 | 78.5 |
| Hospitalization | 963 | 159.8 | 5,640 | 170.1 |
| Emergency Department Discharge | 312 | 51.8 | 1,205 | 36.3 |
| Cancer, All Causes | | | | |
| Death | 977 | 162.1 | 5,050 | 152.3 |
| Hospitalization | 1,548 | 256.9 | 8,532 | 257.3 |
| Emergency Department Discharge | 220 | 36.5 | 1,357 | 40.9 |
| COPD & Chronic Lower Respiratory Diseases | | | | |
| Death | 163 | 27.0 | 870 | 26.2 |
| Hospitalization | 183 | 30.4 | 1,453 | 43.8 |
| Emergency Department Discharge | 299 | 49.6 | 2,473 | 74.6 |
| Diabetes | | | | |
| Death | 150 | 24.9 | 895 | 27.0 |
| Hospitalization | 648 | 107.5 | 4,943 | 149.1 |
| Emergency Department Discharge | 688 | 114.2 | 4,847 | 146.2 |

San Diego County Health Briefs

North Inland Region, 2021



Environmental Health

| Health Outcomes ^{2, 3, 4} | North Inland Region | | County | |
|--|---------------------|-------|--------|-------|
| | Number | Rate* | Number | Rate* |
| Depression | | | | |
| Hospitalization | § | § | 116 | 3.5 |
| Emergency Department Discharge | 266 | 44.1 | 2,169 | 65.4 |
| In-Patient Treatment Facility Discharge | 626 | 103.9 | 3,971 | 119.8 |
| Heat Illness/Injury | | | | |
| Hospitalization | § | § | 46 | 1.4 |
| Emergency Department Discharge | 24 | 4.0 | 153 | 4.6 |
| Air Quality ⁶ (2019-2021) | North Inland 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) | 0.076 | | — | |
| 3-Year Average of the 98th Percentile of Collected Samples for a 24 hr Standard (Particulate Matter 2.5) (2019) | 17.2 | | — | |
| Place of Residence ^{5, 6} (2019-2021) | North Inland Region | | County | |
| Feels Safe in the Neighborhood All or Most of the Time (among adults 18+) | 93.2% | | 91.0% | |
| Agree or Strongly Agree that People in the Neighborhood can be Trusted (among adults 18+) | 87.5% | | 82.9% | |
| Agree or Strongly Agree that People in the Neighborhood are Willing to Help (among adults 18+) | 86.0% | | 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) | 42.6% | | 62.0% | |
| Rate of Recreational Facilities per 100,000 People (2020) | — | | 21.8 | |
| Percent of Population using Public Transportation to Work (2020) | 1.0% | | 2.6% | |
| Percent of Population with Travel Time to Work over 60 Minutes (2020) | 8.1% | | 7.3% | |

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

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North Inland Region, 2021



Environmental Health

| Climate Change ⁵ (2021) | North Inland Region (%) | County (%) |
|--|-------------------------|------------|
| Experienced Extreme Weather-Related Event in the Past 2 Years (among adults 18+) | 38.5% | 30.3% |
| Mental Health was Affected by Extreme Weather-Related Event in Past 2 Years (among adults 18+) | 5.6% | 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+) | 3.2% | 2.1% |
| Climate Change Makes you Nervous/Depressed/Stressed (among teens ages 12-17) | 39.5% | 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.**
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- 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.

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Access to Care



| Demographics ¹ | North Inland Region (%) | County (%) |
|--|-------------------------|------------|
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| Other | 4.3% | 4.1% |
| Population with income less than 100% Federal Poverty Level (FPL) [†] | 8.7% | 10.7% |

| Access and Utilization ² (2019-2021) | North Inland Region (%) | County (%) |
|--|-------------------------|------------|
| No Usual Source of Care (ages 18-64) | 11.7% | 16.1% |
| Visited Emergency Room in the Past Year (ages 18-64) | 15.7% | 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) | 9.0% | 13.6% |
| Delayed or Didn't get Other Medical Care (all ages) | 11.7% | 15.4% |
| Delayed or Didn't get Prescription Medicine (all ages) | 6.6% | 8.2% |
| Insurance ² (2019-2021) | North Inland Region (%) | County (%) |
| Uninsured All or Part of Year (ages 18-64) | 12.2% | 14.3% |
| Covered by Medi-Cal (all ages) | 17.0% | 19.1% |
| Insurance Not Accepted by General Doctor in Past Year (adults 18+ with health insurance) | 2.1% | 4.1% |

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| Medical Debt ² (2019-2021) | North Inland Region (%) | County (%) |
|--|-------------------------|------------|
| Ever Had Problems Paying for Self or Household family's Medical Bills in the Past Year (adults 18+) | 7.2% | 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) | 33.2% | 32.8% |
| Public Program Participation ² (2019-2021) | North Inland 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) | 23.1% | 23.7% |
| Women Below 200% FPL (ages 18-64) | 28.6% | 29.7% |

Sources

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