

San Diego County Health Briefs

Central Region, 2016



Non-Communicable (Chronic) Disease



Demographics ¹	Central Region (%)	County (%)
Ages 0-14	18.3	18.4
Ages 15-24	14.9	14.6
Ages 25-44	34.0	29.4
Ages 45-64	22.3	24.5
Ages 65+	10.4	13.1
White	32.4	46.3
Black	9.6	4.8
Hispanic	41.6	33.4
Asian/Pacific Islander	12.8	11.9
Other	3.5	3.7
Households with income less than 100% Federal Poverty Level (FPL) [†]	22.1	14.0

Health Outcomes ^{2, 3, 4}	Central Region		County	
	Number	Rate*	Number	Rate*
Coronary Heart Disease				
Death	426	85.0	2,921	88.8
Hospitalization	945	188.5	5,951	181.0
Emergency Department Discharge	163	32.5	1,261	38.3
Stroke				
Death	174	34.7	1,362	41.4
Hospitalization	954	190.3	6,248	190.0
Emergency Department Discharge	293	58.5	2,366	71.9
Diabetes				
Death	146	29.1	734	22.3
Hospitalization	902	180.0	4,155	126.3
Emergency Department Discharge	1,322	263.8	5,370	163.3
COPD & Chronic Lower Respiratory Diseases				
Death	125	24.9	1,007	30.6
Hospitalization	622	124.1	3,234	98.3
Emergency Department Discharge	1,632	325.6	6,643	202.0
Asthma				
Death	5	1.0	20	0.6
Hospitalization	330	65.8	1,269	38.6
Emergency Department Discharge	2,410	480.8	8,696	264.4
Cancer, All Causes				
Death	647	129.1	5,096	155.0
Hospitalization	1,385	276.3	9,241	281.0
Emergency Department Discharge	136	27.1	919	27.9

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

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Non-Communicable (Chronic) Disease

Health Outcomes continued ^{2, 3, 4}	Central Region		County	
	Number	Rate*	Number	Rate*
Parkinson's Disease				
Death	30	6.0	317	9.6
Hospitalization	17	3.4	139	4.2
Emergency Department Discharge	14	2.8	114	3.5
Primary Hypertension				
Death	33	6.6	238	7.2
Hospitalization	78	15.6	276	8.4
Emergency Department Discharge	1,027	204.9	5,320	161.8
Overall Hypertensive Diseases[~]				
Death	94	18.8	758	23.0
Hospitalization	566	112.9	2,848	86.6
Emergency Department Discharge	1,239	247.2	6,338	192.7
Rheumatoid Arthritis				
Death	<5	§	23	0.7
Hospitalization	19	3.8	103	3.1
Emergency Department Discharge	35	7.0	151	4.6
Osteoarthritis				
Death	<5	§	8	0.2
Hospitalization	877	175.0	9,085	276.3
Emergency Department Discharge	285	56.9	1,037	31.5
Lupus and Connective Tissue Disorders				
Death	6	1.2	41	1.2
Hospitalization	50	10.0	278	8.5
Emergency Department Discharge	38	7.6	130	4.0
Gout				
Hospitalization	30	6.0	168	5.1
Emergency Department Discharge	191	38.1	833	25.3
Access and Utilization⁵ (2014-2016)				
	Central Region (%)		County (%)	
No Usual Source of Care (ages 18-64)	22.6		17.0	
Uninsured All or Part of Year (ages 18-64)	25.8		20.0	
Visited Emergency Room in the Past Year (ages 18-64)	21.5		21.5	
Health Behaviors⁵ (2014-2016)				
	Central Region (%)		County (%)	
Current Smoker (ages 18+)	14.3		11.0	
Overweight/Obese (ages 18+)	61.8		60.4	
Physically Active 5+ Days in Past Week (ages 5-11)	50.9		45.0	
Ate Fast Food 3 or More Times in Past Week (all ages)	19.9		21.6	
Binge Drinking in Past Year (ages 18+) (2015)	33.5		33.9	
Ever Diagnosed with High Blood Pressure (ages 18+)	25.6		27.4	
Ever Diagnosed with Diabetes (ages 18+)	8.3		8.2	
Ever Diagnosed with Asthma (all ages)	12.9		14.7	

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Central Region, 2016



Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 03/2017.
 2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2016.
 3. California Office of Statewide Health Planning & Development (OSHPD), Patient Discharge Data, 2016.
 4. California Office of Statewide Health Planning & Development (OSHPD), Emergency Department Data, 2016.
 5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2014-2016.
- † Source: U.S. Census Bureau; 2012-2016 American Community Survey 5-Year Estimates, Table B17024.
- Federal Poverty Level Thresholds for 2016 (\$12,228 for single person, \$24,339 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 April 19, 2019.
- * Rates are per 100,000 population.
- § Rates not calculated for fewer than 5 events.
- ~ Includes Primary Hypertension.

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Communicable Disease



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White	32.4	46.3
Black	9.6	4.8
Hispanic	41.6	33.4
Asian/Pacific Islander	12.8	11.9
Other	3.5	3.7
Households with income less than 100% Federal Poverty Level (FPL) [†]	22.1	14.0

Health Outcomes ^{2,3,4,5,6}	Central Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	66	13.2	258	7.8
Chlamydia Reported, Underestimate‡	3,468	691.9	18,904	574.8
Gonorrhea Reported, Underestimate‡	1,787	356.5	4,992	151.8
Primary and Secondary Syphilis Reported	268	53.5	523	15.9
Deaths				
Influenza (Flu) and Pneumonia	60	12.0	359	10.9
Hospitalizations				
Influenza	135	26.9	660	20.1
Pneumonia	660	131.7	4,222	128.4
Emergency Department Discharges				
Influenza	1,105	220.5	5,013	152.4
Pneumonia	1,116	222.7	6,511	198.0
Health Behaviors & Related Health Factors⁷ (2014-2016)				
Binge Drinking in Past Year (ages 18+) (2015)	33.5		33.9	
Has had Flu Vaccination in Past 12 Months (ages 18+)	44.4		44.4	
Has had Flu Vaccination in Past 12 Months (ages 0-11)	52.2		52.7	
Access and Utilization⁷ (2014-2016)				
No Usual Source of Care (ages 18-64)	22.6		17.0	
Uninsured All or Part of Year (ages 18-64)	25.8		20.0	
Visited Emergency Room in the Past Year (ages 18-64)	21.5		21.5	

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COUNTY OF SAN DIEGO
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Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 03/2017.
2. County of San Diego, Health & Human Services Agency, Tuberculosis Control Program, County TB Registry; SANDAG, Current Population Estimates, released 03/2017.
3. County of San Diego, Health & Human Services Agency, HIV, STD and Hepatitis Branch, Morbidity Database; SANDAG, Current Population Estimates, released 03/2017.
4. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System, (VRBIS) 2016.
5. California Office of Statewide Health Planning & Development (OSHPD), Patient Discharge Data, 2016.
6. California Office of Statewide Health Planning & Development (OSHPD), Emergency Department Data, 2016.
7. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2014-2016.

† Source: U.S. Census Bureau; 2012-2016 American Community Survey 5-Year Estimates, Table B17024.

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* Rates are per 100,000 population.

‡ Underestimate due to cases with unknown residence. Approximately 30% of chlamydia and gonorrhea cases have missing residence data each year.

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Maternal & Child Health



Demographics ¹	Central Region (%)	County (%)
Ages 0-14	18.3	18.4
Ages 15-24	14.9	14.6
Ages 25-44	34.0	29.4
Ages 45-64	22.3	24.5
Ages 65+	10.4	13.1
White	32.4	46.3
Black	9.6	4.8
Hispanic	41.6	33.4
Asian/Pacific Islander	12.8	11.9
Other	3.5	3.7
Households with income less than 100% Federal Poverty Level (FPL) [†]	22.1	14.0

Health Outcomes ^{2, 3, 4, 5}	Central Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Live Births, % of County Births [^]	6,900	16.1%	42,741	100.0%
Live Births to Girls, Ages 15-17, % of County births [^]	92	27.3%	337	100.0%
Live Births with Early Prenatal Care, % of Known Prenatal Care	5,502	80.3%	35,881	84.2%
Live Births born Preterm, % of County births	606	8.8%	3,628	8.5%
Low Birth Weight Births, % of County births	471	6.8%	2,851	6.7%
Very Low Birth Weight Births, % of County births	86	1.2%	506	1.2%
Infant Mortality, Rate per 1,000 live births (2015)	31	4.5	161	3.7
Child Restraint Use, % of MVO Injured+++ ^{†††} , Ages 0-5 (2015)	142	97.3%	1,006	97.0%
Access and Utilization ⁶ (2014-2016)	Central Region (%)		County (%)	
No Usual Source of Care (ages 18-64)	22.6		17.0	
Uninsured All or Part of Year (ages 18-64)	25.8		20.0	
Visited Emergency Room in the Past Year (ages 18-64)	21.5		21.5	
Currently Receiving Supplemental Security Income (SSI)	9.0		7.4	
Currently Receiving TANF or CalWORKS (all ages, up to 300% of FPL)	12.7		9.6	
Children Age 6 and Under Currently on WIC	**		41.7	
Residents 0-199% FPL Receiving Food Stamps (all ages)	29.7		28.8	
Women Below 200% FPL (ages 18-64)	43.8		35.0	
Health Behaviors ⁶ (2014-2016)	Central Region (%)		County (%)	
Adults Under 200% FPL Unable to Afford Enough Food	47.0		41.0	
Ate Fast Food 3 or More Times in Past Week (ages 2-17)	**		18.7	
Children Who Eat Less Than 5 Servings of Fruits and Vegetables Daily (ages 2-11)	**		60.1	

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Health Behaviors continued ⁶ (2014-2016)	Central Region (%)	County (%)
Women with a High School Degree or Less Education (ages 25+)	32.9	30.1
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages <6)	**	16.4
Agree or Strongly Agree that People in Neighborhood can be Trusted (ages 12-17)	**	77.5
No Dental Insurance Coverage in the Past Year (ages 3-11)	**	8.6
Has had Flu Vaccination in Past 12 Months (ages 0-11)	52.2	52.7

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 03/2017.
2. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2016.
3. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth and Fetal Death Statistical Master Files, 2016.
4. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Cohort Statistical Master Files, 2016.
5. Statewide Integrated Traffic Records System (SWITRS) Database, California Highway Patrol (CHP), County of San Diego, Health & Human Services Agency, Public Health Services, Emergency Medical Services; SANDAG, Current Population Estimates, released 03/2017.

-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), 2014-2016.

† Source: U.S. Census Bureau; 2012-2016 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2016 (\$12,228 for single person, \$24,339 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 April 19, 2019.

* Rates are per 1,000 population.

+++ Child Restraint Use number and percent of victims (ages 0-7 years) in injury collisions who were in a child restraint (including helmet for motorcyclists). Percent based on known restraint use. This metric includes all individuals for whom restraint use was known, and the individual may, or may not have been injured.

** Indicates statistically unstable estimate.

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Ages 0-14	18.3	18.4
Ages 15-24	14.9	14.6
Ages 25-44	34.0	29.4
Ages 45-64	22.3	24.5
Ages 65+	10.4	13.1
White	32.4	46.3
Black	9.6	4.8
Hispanic	41.6	33.4
Asian/Pacific Islander	12.8	11.9
Other	3.5	3.7
Households with income less than 100% Federal Poverty Level (FPL) [†]	22.1	14.0

Injury

Health Outcomes ^{2, 3, 4, 5}	Central Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Unintentional Injury (All Causes)				
Deaths	215	42.9	1,201	36.5
Hospitalizations	5,900	1,177.2	35,386	1,076.0
Emergency Department Discharges	36,090	7,200.6	184,405	5,607.4
Fall-Related Injury				
Deaths	43	8.6	307	9.3
Hospitalizations	1,790	357.1	11,725	356.5
Emergency Department Discharges	11,009	2196.5	63,176	1,921.1
Poisoning				
Deaths	86	17.2	389	11.8
Hospitalizations	222	44.3	1,080	32.8
Emergency Department Discharges	1,373	273.9	5,381	163.6
Motor Vehicle Injuries				
Deaths due to Motor Vehicle Crash (MVC) Injury	38	7.6	242	7.4
Hospitalizations due to MV Injury	519	103.6	2,620	79.7
Emergency Department Discharges due to MV Injury	3,866	771.3	18,967	576.7
Motor Vehicle Crash (MVC) Injuries (2015)	3,366	676.9	20,385	624.6
Alcohol-Involved MVC Injuries (2015)	375	75.4	2,454	75.2
Drinking Drivers Involved in MV Crashes (2015)	251	50.5	1,659	50.8
Active Restraint Use, % of Motor Vehicle Occupants (MVO) Injured ^{††} , Ages 6+ (2015)	3,337	95.6	21,607	95.5
Child Restraint Use, % of MVO Injured ^{†††} , Ages 0-5 (2015)	142	97.3	1,006	97.0
Pedestrian Injuries				
Deaths due to motor vehicle crashes (MVC)	17	3.4	65	2.0
Hospitalizations due to MVC	88	17.6	247	7.5
Emergency Department Discharges due to MVC	177	35.3	685	20.8
Injuries due to MVC (2015)	352	70.8	1,199	36.7

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San Diego County Health Briefs

Central Region, 2016



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Injury

Health Outcomes ^{2, 3, 4, 5}	Central Region		County	
	Number	Rate*	Number	Rate*/(%)
Assault				
Homicides	26	5.2	100	3.0
Hospitalizations	363	72.4	986	30.0
Emergency Department Discharges	2,174	433.8	7,476	227.3
Self-Inflicted Injuries				
Suicides	80	16.0	406	12.3
Hospitalizations	199	39.7	926	28.2
Emergency Department Discharges	1,152	229.8	5,692	173.1
Firearm-Related Injuries				
Deaths	16	3.2	49	1.5
Hospitalizations	60	12.0	178	5.4
Emergency Department Discharges	45	9.0	170	5.2
Access and Utilization⁶ (2014-2016)		Central Region (%)		County (%)
No Usual Source of Care (ages 18-64)		22.6		17.0
Uninsured All or Part of Year (ages 18-64)		25.8		20.0
Visited Emergency Room in the Past Year (ages 18-64)		21.5		21.5
Health Behaviors⁶ (2014-2016)		Central Region (%)		County (%)
Binge Drinking in Past Year (ages 18+) (2015)		33.5		33.9
Ever Seriously Thought About Committing Suicide (ages 18+)		12.3		10.0

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 03/2017.
2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2016.
3. California Office of Statewide Health Planning & Development (OSHPD), Patient Discharge Data, 2016.
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* Rates are per 100,000 population.

†† Active Restraint Use number and percent (ages 6+ years) in injury collisions who were using active restraint. Percent based on known restraint use. Includes lap belt, shoulder harness, lap/shoulder harness for vehicle occupants injured.

††† Child Restraint Use number and percent of victims (ages 0-7 years) in injury collisions who were in a child restraint (including helmet for motorcyclists). Percent based on known restraint use. This metric includes all individuals for whom restraint use was known, and the individual may, or may not have been injured.

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Other	3.5	3.7
Households with income less than 100% Federal Poverty Level (FPL) [†]	22.1	14.0

Behavioral Health

Health Outcomes ^{2, 3, 4}	Central Region		County	
	Number	Rate*	Number	Rate*
Schizophrenia				
Hospitalization	74	14.8	187	5.7
Emergency Department Discharge	1,795	358.1	5,154	156.7
In-Patient Treatment Facility Discharge	2,974	593.4	8,224	250.1
Suicide/Self-Inflicted Injury				
Death	80	16.0	406	12.3
Hospitalization	199	39.7	926	28.2
Emergency Department Discharge	1,152	229.8	5,692	173.1
Alcohol-Related Disorders[~]				
Death	71	14.2	472	14.4
Hospitalization	568	113.3	2,522	76.7
Emergency Department Discharge	3,301	658.6	10,838	329.6
Substance-Related Disorders[~]				
Death	39	7.8	194	5.9
Hospitalization	108	21.5	467	14.2
Emergency Department Discharge	1,301	259.6	4,524	137.6
Anxiety				
Hospitalization	18	3.6	83	2.5
Emergency Department Discharge	2,210	440.9	9,431	286.8
Opioid-Related Disorders				
Hospitalization	96	19.2	514	15.6
Emergency Department Discharge	298	59.5	1,523	46.3
In-Patient Treatment Facility Discharge	72	14.4	666	20.3
Mood Disorders				
Hospitalization	29	5.8	127	3.9
Emergency Department Discharge	1,634	326.0	6,370	193.7
In-Patient Treatment Facility Discharge	2,010	401.0	9,404	286.0

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Behavioral Health

Mental Health Behaviors & Related Health Factors ⁵ (2014-2016)	Central Region (%)	County (%)
Likely Has Had Serious Psychological Distress During Past Year (ages 18+)	11.0	8.7
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)	5.4	3.5
Emotions Severely Impaired Social Life in Past 12 Months (ages 18+)	9.5	7.6
Emotions Severely Impaired Work in Past 12 Months (ages 18+)	**	3.9
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress)	55.1	56.5
Saw Any healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)	17.8	15.0
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+)	16.1	13.0
Ever Seriously Thought About Committing Suicide (ages 18+)	12.3	10.0
Substance Abuse Health Behaviors & Related Health Factors ^{5,6}	Central Region (%)	County (%)
Binge Drinking in Past Year (ages 18+) (only 2015)	33.5	33.9
Ever Tried Marijuana (11th grade) (2013-2015)	**	34.2
Ever Had an Alcoholic Drink (11th grade) (2013-2015)	**	48.3

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), 2016.
 3. California Office of Statewide Health Planning & Development (OSHPD), Patient Discharge Data, 2016.
 4. California Office of Statewide Health Planning & Development (OSHPD), Emergency Department Data, 2016.
 5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2014-2016
 6. California Department of Education, California Healthy Kids Survey (CHKS), 2013-2016
- † Source: U.S. Census Bureau; 2012-2016 American Community Survey 5-Year Estimates, Table B17024.

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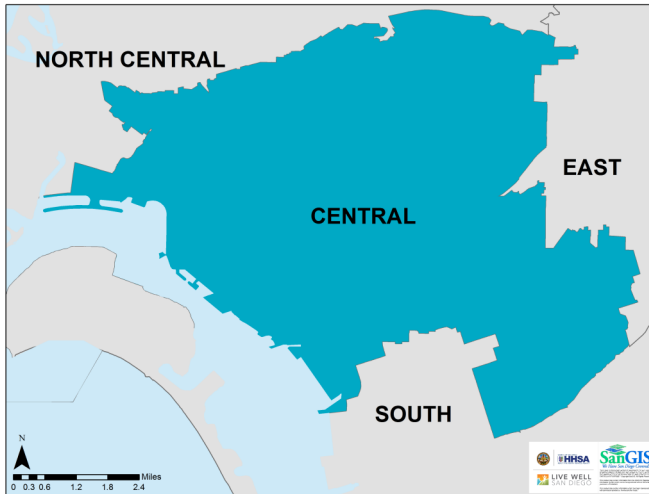
*Rates are per 100,000 population.

** Indicates statistically unstable estimate.

~Includes acute and chronic disorders.

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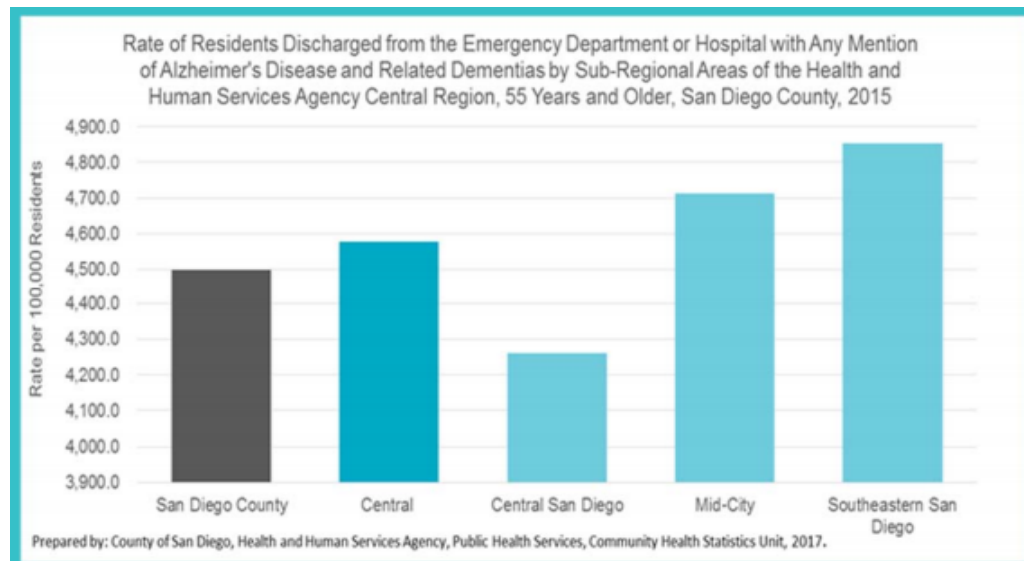


Demographics ¹	Central Region (%)	County (%)
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Ages 25-44	34.0	29.4
Ages 45-64	22.3	24.5
Ages 65+	10.4	13.1
White	32.4	46.3
Black	9.6	4.8
Hispanic	41.6	33.4
Asian/Pacific Islander	12.8	11.9
Other	3.5	3.7
Households with income less than 100% Federal Poverty Level (FPL) [†]	22.1	14.0

Health Outcomes ^{2, 3, 4}	Central Region		County	
	Number	Rate*	Number	Rate*
ADRD				
Death	248	49.5	2,450	74.5
Hospitalization	96	19.2	633	19.2
Emergency Department Discharge	147	29.3	1,024	31.1

Alzheimer's Disease and Related Dementias in Central Region (2015)

- In 2015, 84,405 San Diegans age 55 years and older were living with ADRD.
- In 2015, over 4,500, or nearly one in eight, San Diego County residents discharged from the hospital or emergency department (ED) with any mention of ADRD lived in Central Region.
- The community with the highest rate of residents discharged with any mention of ADRD among residents age 55 years and older was Southeastern San Diego with a rate of 4,853.7 per 100,000 in 2015.

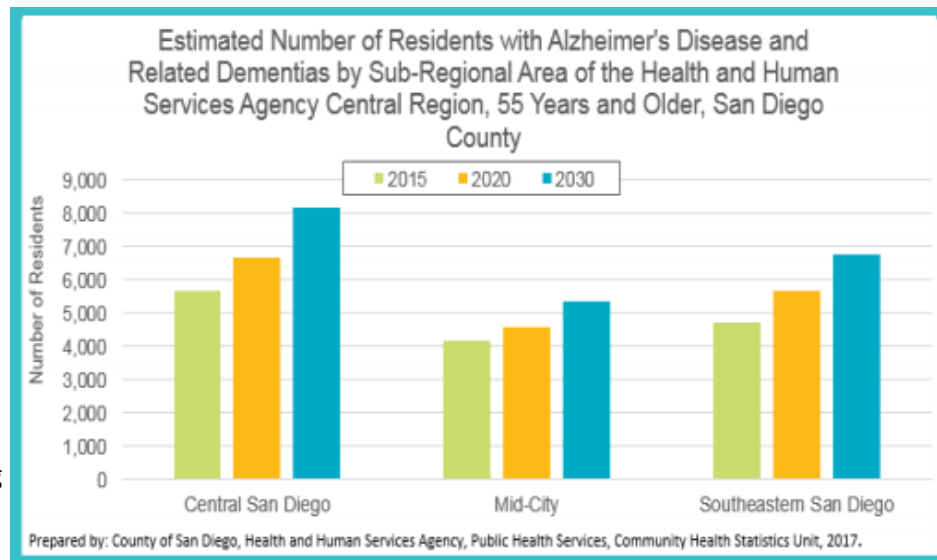


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Central Region, 2016~



- Central Region had the second highest proportion of 55 years and older residents with ADRD, following East Region.
- By 2030, there will be over 20,000 Central Region residents, 55 years and older, living with ADRD; a 44% increase from 2015.
- In 2030, nearly 40.0% of Central Region residents ages 55 years and older with ADRD will be living in the community of Central San Diego.



Health Behaviors ⁵ (2014-2016)	Central Region (%)	County (%)
Current Smoker (ages 18+)	14.3	11.0
Overweight/Obese (ages 18+)	61.8	60.4
Physically Active 1+ Hours Per Day in Past Week (ages 5-11)	**	24.9
Ate Fast Food 3 or More Times in Past Week (ages 18+)	20.7	22.4
Binge Drinking in Past Year (ages 18+) (only 2015)	33.5	33.9
Ever Diagnosed with High Blood Pressure (ages 18+)	25.6	27.4

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 03/2017.
2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2016.
3. California Office of Statewide Health Planning & Development (OSHPD), Patient Discharge Data, 2016.
4. California Office of Statewide Health Planning & Development (OSHPD), Emergency Department Data, 2016.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2014-2016.

† Source: U.S. Census Bureau; 2012-2016 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2016 (\$12,228 for single person, \$24,339 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 April 19, 2019.

*Rates are per 100,000 population.

** Indicates statistically unstable estimate.

~ADRD prevalence data reflects 2015 estimates.