

San Diego County Health Briefs

North Central Region, 2016



Demographics ¹	North Central Region (%)	County (%)
Ages 0-14	16.4	18.4
Ages 15-24	14.0	14.6
Ages 25-44	33.2	29.4
Ages 45-64	23.4	24.5
Ages 65+	13.0	13.1
White	55.7	46.3
Black	3.2	4.8
Hispanic	19.9	33.4
Asian/Pacific Islander	17.3	11.9
Other	3.9	3.7
Households with income less than 100% Federal Poverty Level (FPL) [†]	10.6	14.0

Health Outcomes ^{2, 3, 4}	North Central Region		County	
	Number	Rate*	Number	Rate*
Coronary Heart Disease				
Death	458	70.3	2,921	88.8
Hospitalization	789	121.1	5,951	181.0
Emergency Department Discharge	189	29.0	1,261	38.3
Stroke				
Death	241	37.0	1,362	41.4
Hospitalization	1,031	158.3	6,248	190.0
Emergency Department Discharge	324	49.7	2,366	71.9
Diabetes				
Death	87	13.4	734	22.3
Hospitalization	420	64.5	4,155	126.3
Emergency Department Discharge	603	92.6	5,370	163.3
COPD				
Death	133	20.4	1,007	30.6
Hospitalization	390	59.9	3,234	98.3
Emergency Department Discharge	737	113.2	6,643	202.0
Asthma				
Death	5	0.8	20	0.6
Hospitalization	201	30.9	1,269	38.6
Emergency Department Discharge	1,142	175.3	8,696	264.4
Cancer, All Causes				
Death	922	141.6	5,096	155.0
Hospitalization	1,625	249.5	9,241	281.0
Emergency Department Discharge	140	21.5	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}	North Central Region		County	
	Number	Rate*	Number	Rate*
Parkinson's Disease				
Death	49	7.5	317	9.6
Hospitalization	26	4.0	139	4.2
Emergency Department Discharge	25	3.8	114	3.5
Primary Hypertension				
Death	41	6.3	238	7.2
Hospitalization	22	3.4	276	8.4
Emergency Department Discharge	734	112.7	5,320	161.8
Overall Hypertensive Diseases[~]				
Death	133	20.4	758	23.0
Hospitalization	349	53.6	2,848	86.6
Emergency Department Discharge	840	129.0	6,338	192.7
Rheumatoid Arthritis				
Death	<5	§	23	0.7
Hospitalization	9	1.4	103	3.1
Emergency Department Discharge	23	3.5	151	4.6
Osteoarthritis				
Death	<5	§	8	0.2
Hospitalization	1,755	269.5	9,085	276.3
Emergency Department Discharge	144	22.1	1,037	31.5
Lupus and Connective Tissue Disorders				
Death	12	1.8	41	1.2
Hospitalization	45	6.9	278	8.5
Emergency Department Discharge	15	2.3	130	4.0
Gout				
Hospitalization	26	4.0	168	5.1
Emergency Department Discharge	143	22.0	833	25.3
Access and Utilization⁵ (2014-2016)		North Central Region (%)		County (%)
No Usual Source of Care (ages 18-64)		15.3		17.0
Uninsured All or Part of Year (ages 18-64)		14.9		20.0
Visited Emergency Room in the Past Year (ages 18-64)		19.5		21.5
Health Behaviors⁵ (2014-2016)		North Central Region (%)		County (%)
Current Smoker (ages 18+)		11.2		11.0
Overweight/Obese (ages 18+)		54.0		60.4
Physically Active 5+ Days in Past Week (ages 5-11)		**		45.0
Ate Fast Food 3 or More Times in Past Week (all ages)		17.4		21.6
Binge Drinking in Past Year (ages 18+) (2015)		37.6		33.9
Ever Diagnosed with High Blood Pressure (ages 18+)		24.3		27.4
Ever Diagnosed with Diabetes (ages 18+)		6.5		8.2
Ever Diagnosed with Asthma (all ages)		14.1		14.7

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North 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.
- ** Indicates statistically unstable estimate.
- ~ Includes Primary Hypertension.

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Communicable Disease



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Hispanic	19.9	33.4
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Other	3.9	3.7
Households with income less than 100% Federal Poverty Level (FPL) [†]	10.6	14.0

Health Outcomes ^{2, 3, 4, 5, 6}	North Central Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	41	6.3	258	7.8
Chlamydia Reported, Underestimate‡	2,028	311.4	18,904	574.8
Gonorrhea Reported, Underestimate‡	692	106.2	4,992	151.8
Primary and Secondary Syphilis Reported	75	11.5	523	15.9
Deaths				
Influenza (Flu) and Pneumonia	63	9.7	359	10.9
Hospitalizations				
Influenza	89	13.7	660	20.1
Pneumonia	655	100.6	4,222	128.4
Emergency Department Discharges				
Influenza	644	98.9	5,013	152.4
Pneumonia	939	144.2	6,511	198.0
Health Behaviors & Related Health Factors⁷ (2014-2016)				
Binge Drinking in Past Year (ages 18+) (2015)	37.6		33.9	
Has had Flu Vaccination in Past 12 Months (ages 18+)	44.1		44.4	
Has had Flu Vaccination in Past 12 Months (ages 0-11)	**		52.7	
Access and Utilization⁷ (2014-2016)				
No Usual Source of Care (ages 18-64)	15.3		17.0	
Uninsured All or Part of Year (ages 18-64)	14.9		20.0	
Visited Emergency Room in the Past Year (ages 18-64)	19.5		21.5	

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COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY



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.
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Rates are per 100,000 population.

** Indicates statistically unstable estimate.

‡ 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

Health Outcomes ^{2, 3, 4, 5}	North Central Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Live Births, % of County Births	7,462	17.5%	42,471	100.0%
Live Births to Girls, Ages 15-17, % of County births	11	3.3%	337	100.0%
Live Births with Early Prenatal Care, % of Known Prenatal Care	6,637	89.1%	35,881	84.2%
Live Births born Preterm, % of County births	601	8.1%	3,628	8.5%
Low Birth Weight Births, % of County births	527	7.1%	2,851	6.7%
Very Low Birth Weight Births, % of County births	85	1.1%	506	1.2%
Infant Mortality, Rate per 1,000 live births (2015)	23	3.0	161	3.7
Child Restraint Use, % of MVO Injured ⁺⁺⁺ , Ages 0-5 (2015)	128	98.5%	1,006	97.0%

Access and Utilization ⁶ (2014-2016)	North Central Region (%)	County (%)
No Usual Source of Care (ages 18-64)	15.3	17.0
Uninsured All or Part of Year (ages 18-64)	14.9	20.0
Visited Emergency Room in the Past Year (ages 18-64)	19.5	21.5
Currently Receiving Supplemental Security Income (SSI)	**	7.4
Currently Receiving TANF or CalWORKS (all ages, up to 300% of FPL)	**	9.6
Children Age 6 and Under Currently on WIC	**	41.7
Residents 0-199% FPL Receiving Food Stamps (all ages)	**	28.8
Women Below 200% FPL (ages 18-64)	19.2	35.0

Health Behaviors ⁶ (2014-2016)	North Central Region (%)	County (%)
Adults Under 200% FPL Unable to Afford Enough Food	31.4	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)	52.9	60.1

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Health Behaviors ⁶ (2014-2016)	North Central Region (%)	County (%)
Women with a High School Degree or Less Education (ages 25+)	19.3	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)	**	52.7

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.

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* 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.

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Ages 0-14	16.4	18.4
Ages 15-24	14.0	14.6
Ages 25-44	33.2	29.4
Ages 45-64	23.4	24.5
Ages 65+	13.0	13.1
White	55.7	46.3
Black	3.2	4.8
Hispanic	19.9	33.4
Asian/Pacific Islander	17.3	11.9
Other	3.9	3.7
Households with income less than 100% Federal Poverty Level (FPL) [†]	10.6	14.0

Injury

Health Outcomes ^{2, 3, 4, 5}	North Central Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Unintentional Injury (All Causes)				
Deaths	186	28.6	1,201	36.5
Hospitalizations	5,769	885.7	35,386	1,076.0
Emergency Department Discharges	28,805	4,422.5	184,405	5,607.4
Fall-Related Injury				
Deaths	57	8.8	307	9.3
Hospitalizations	2,139	328.4	11,725	356.5
Emergency Department Discharges	10,104	1,551.3	63,176	1,921.1
Poisoning				
Deaths	57	8.8	389	11.8
Hospitalizations	146	22.4	1,080	32.8
Emergency Department Discharges	881	135.3	5,381	163.6
Motor Vehicle Injuries				
Deaths due to Motor Vehicle Crash (MVC) Injury	33	5.1	242	7.4
Hospitalizations due to MV Injury	395	60.6	2,620	79.7
Emergency Department Discharges due to MV Injury	2,648	406.6	18,967	576.7
Motor Vehicle Crash (MVC) Injuries (2015)	4,332	672.7	20,385	624.6
Alcohol-Involved MVC Injuries (2015)	500	77.6	2,454	75.2
Drinking Drivers Involved in MV Crashes (2015)	325	50.5	1,659	50.8
Active Restraint Use, % of Motor Vehicle Occupants (MVO) Injured ^{††} , Ages 6+ (2015)	4,559	96.2	21,607	95.5
Child Restraint Use, % of MVO Injured ^{†††} , Ages 0-5 (2015)	128	98.5	1,006	97.0
Pedestrian Injuries				
Deaths due to motor vehicle crashes (MVC)	9	1.4	65	2.0
Hospitalizations due to MVC	42	6.4	247	7.5
Emergency Department Discharges due to MVC	92	14.1	685	20.8
Injuries due to MVC (2015)	227	35.2	1,199	36.7

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Injury

Health Outcomes ^{2, 3, 4, 5}	Central Region		County	
	Number	Rate*	Number	Rate*/(%)
Assault				
Homicides	13	2.0	100	3.0
Hospitalizations	116	17.8	986	30.0
Emergency Department Discharges	1,102	169.2	7,476	227.3
Self-Inflicted Injuries				
Suicides	81	12.4	406	12.3
Hospitalizations	140	21.5	926	28.2
Emergency Department Discharges	932	143.1	5,692	173.1
Firearm-Related Injuries				
Deaths	7	1.1	49	1.5
Hospitalizations	5	0.8	178	5.4
Emergency Department Discharges	15	2.3	170	5.2
Access and Utilization⁶ (2014-2016)		North Central Region (%)		County (%)
No Usual Source of Care (ages 18-64)		15.3		17.0
Uninsured All or Part of Year (ages 18-64)		14.9		20.0
Visited Emergency Room in the Past Year (ages 18-64)		19.5		21.5
Health Behaviors⁶ (2014-2016)		North Central Region (%)		County (%)
Binge Drinking in Past Year (ages 18+) (2015)		37.6		33.9
Ever Seriously Thought About Committing Suicide (ages 18+)		9.4		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	3.9	3.7
Households with income less than 100% Federal Poverty Level (FPL) [†]	10.6	14.0

Behavioral Health

Health Outcomes ^{2, 3, 4}	North Central Region		County	
	Number	Rate*	Number	Rate*
Schizophrenia				
Hospitalization	12	1.8	187	5.7
Emergency Department Discharge	461	70.8	5,154	156.7
In-Patient Treatment Facility Discharge	808	124.1	8,224	250.1
Suicide/Self-Inflicted Injury				
Death	81	12.4	406	12.3
Hospitalization	140	21.5	926	28.2
Emergency Department Discharge	932	143.1	5,692	173.1
Alcohol-Related Disorders[~]				
Death	81	12.4	472	14.4
Hospitalization	383	58.8	2,522	76.7
Emergency Department Discharge	1,801	276.5	10,838	329.6
Substance-Related Disorders[~]				
Death	29	4.5	194	5.9
Hospitalization	61	9.4	467	14.2
Emergency Department Discharge	660	101.3	4,524	137.6
Anxiety				
Hospitalization	8	1.2	83	2.5
Emergency Department Discharge	1,249	191.8	9,431	286.8
Opioid-Related Disorders				
Hospitalization	64	9.8	514	15.6
Emergency Department Discharge	240	36.8	1,523	46.3
In-Patient Treatment Facility Discharge	132	20.3	666	20.3
Mood Disorders				
Hospitalization	22	3.4	127	3.9
Emergency Department Discharge	868	133.3	6,370	193.7
In-Patient Treatment Facility Discharge	1,605	246.4	9,404	286.0

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Behavioral Health

Mental Health Behaviors & Related Health Factors ⁵ (2014-2016)	North Central Region (%)	County (%)
Likely Has Had Serious Psychological Distress During Past Year (ages 18+)	9.4	8.7
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)	**	3.5
Emotions Severely Impaired Social Life in Past 12 Months (ages 18+)	7.8	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)	60.5	56.5
Saw Any healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)	17.0	15.0
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+)	14.2	13.0
Ever Seriously Thought About Committing Suicide (ages 18+)	9.4	10.0
Substance Abuse Health Behaviors & Related Health Factors	North Central Region (%)	County (%)
Binge Drinking in Past Year (ages 18+) (only 2015) ⁵	37.6	33.9
Ever Tried Marijuana (11th grade) (2013-2015) ⁶	**	34.2
Ever Had an Alcoholic Drink (11th grade) (2013-2015) ⁶	**	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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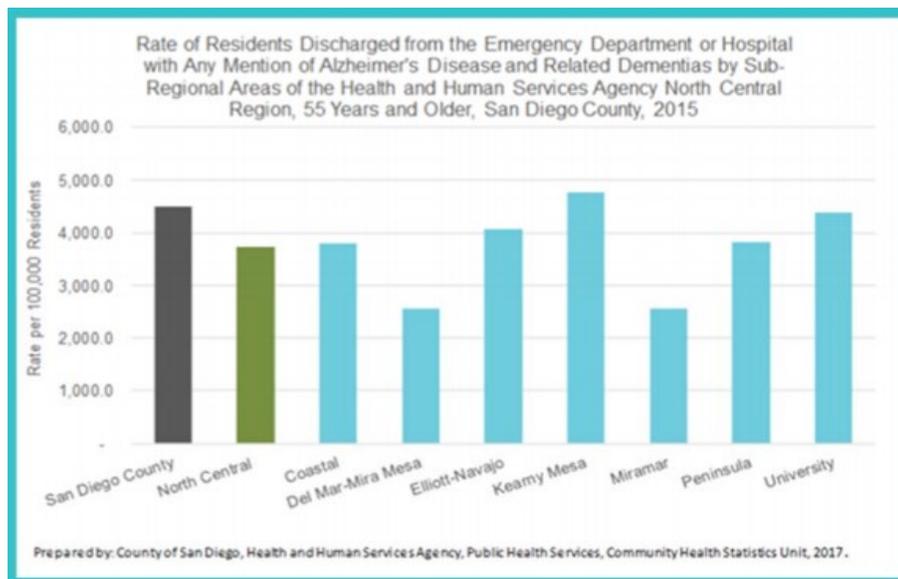


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Ages 65+	13.0	13.1
White	55.7	46.3
Black	3.2	4.8
Hispanic	19.9	33.4
Asian/Pacific Islander	17.3	11.9
Other	3.9	3.7
Households with income less than 100% Federal Poverty Level (FPL) [†]	10.6	14.0

Health Outcomes ^{2, 3, 4}	North Central Region		County	
	Number	Rate*	Number	Rate*
ADRD				
Death	451	69.2	2,450	74.5
Hospitalization	128	19.7	633	19.2
Emergency Department Discharge	169	25.9	1,024	31.1

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

- In 2015, 84,405 San Diegans age 55 years and older were living with ADRD.
- In 2015, just over 5,800 North Central Region residents were discharged from the emergency department (ED) or hospital with any mention of ADRD, accounting for 16.6% of the county's ED or hospital discharges among residents age 55 years and older with any mention of ADRD.
- Compared to the county, North Central Region had a lower rate of discharge from the ED or hospital with any mention of ADRD among its 55 years and older residents .

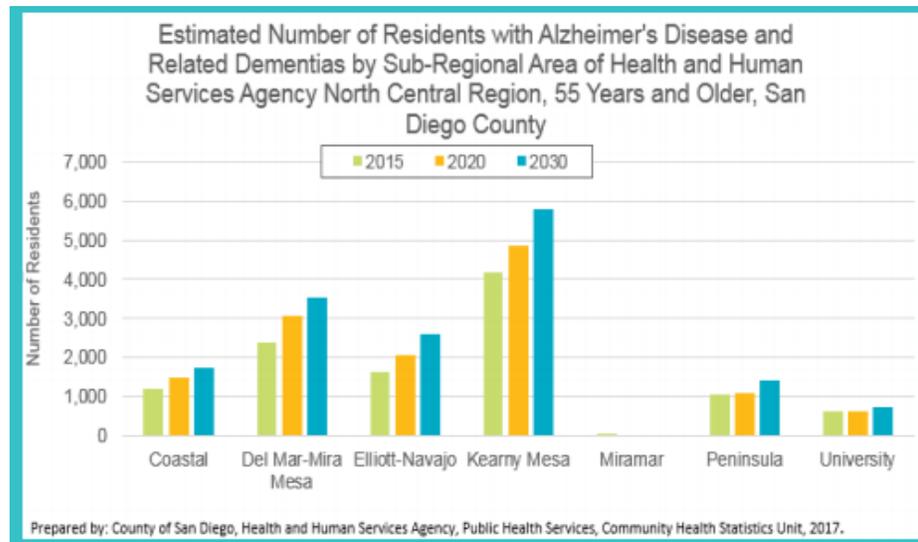


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- By 2030, there will be over 15,000 North Central Region residents 55 years and older, living with ADRD, a 41.2% increase from 2015.
- In 2030 an estimated 38.3% of North Central Region residents age 55 years and older with ADRD will be living in Kearny Mesa.
- The proportion of San Diego County residents 55 years and older, discharged from the ED or hospital with any mention of ADRD living in North Central Region will remain the same between 2015 and 2030, at about 16.5%.



Health Behaviors ⁵ (2014-2016)	North Central Region (%)	County (%)
Current Smoker (ages 18+)	11.2	11.0
Overweight/Obese (ages 18+)	54.0	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+)	20.3	22.4
Binge Drinking in Past Year (ages 18+) (only 2015)	37.6	33.9
Ever Diagnosed with High Blood Pressure (ages 18+)	24.3	27.4
Ever Diagnosed with Diabetes (ages 18+)	6.5	8.2

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.

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