

San Diego County Health Briefs

North Central Region, 2019



LIVE WELL
SAN DIEGO



Demographics ¹	North Central Region (%)	County (%)
Ages 0-14	16.9%	19.1%
Ages 15-24	15.0%	15.3%
Ages 25-44	29.6%	27.8%
Ages 45-64	23.9%	23.7%
Ages 65+	14.6%	14.1%
White	53.6%	45.1%
Black	3.8%	5.0%
Hispanic	17.4%	32.6%
Asian/Pacific Islander	20.6%	13.2%
Other	4.6%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) [†]	10.0%	11.6%

Health Outcomes ^{2, 3, 4}	North Central Region		County	
	Number	Rate*	Number	Rate*
Coronary Heart Disease				
Death	457	68.3	2,501	74.6
Hospitalization	957	143.1	6,183	184.5
Emergency Department Discharge	180	26.9	1,363	40.7
Stroke				
Death	272	40.7	1,620	48.3
Hospitalization	1,021	152.6	6,500	193.9
Emergency Department Discharge	393	58.7	2,828	84.4
Overall Heart Disease[^]				
Death	865	129.3	4,689	139.9
Hospitalization	5,218	780.0	33,316	994.0
Emergency Department Discharge	9,333	1,395.1	61,736	1,841.9
Acute Myocardial Infarction (Heart Attack)				
Death	113	16.9	677	20.2
Hospitalization	647	96.7	3,917	116.9
Emergency Department Discharge	75	11.2	518	15.5
Heart Failure				
Death	169	25.3	940	28.0
Hospitalization	1,196	178.8	7,760	231.5
Emergency Department Discharge	410	61.3	2,705	80.7
Overall Hypertensive Diseases[~]				
Death	121	18.1	837	25.0
Hospitalization	1,549	231.6	10,559	315.0
Emergency Department Discharge	1,464	218.8	10,070	300.4

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*
Cancer, All Causes				
Death	879	131.4	5,018	149.7
Hospitalization	1,538	229.9	8,602	256.6
Emergency Department Discharge	173	25.9	1,267	37.8
Diabetes				
Death	104	15.5	760	22.7
Hospitalization	502	75.0	4,854	144.8
Emergency Department Discharge	631	94.3	5,905	176.2
COPD & Chronic Lower Respiratory Diseases				
Death	147	22.0	985	29.4
Hospitalization	281	42.0	2,538	75.7
Emergency Department Discharge	492	73.5	3,899	116.3
Asthma				
Death	<5	§	22	0.7
Hospitalization	199	29.7	1,388	41.4
Emergency Department Discharge	1,130	168.9	8,383	250.1
Parkinson’s Disease				
Death	82	12.3	380	11.3
Hospitalization	33	4.9	164	4.9
Emergency Department Discharge	29	4.3	138	4.1
Lupus and Connective Tissue Disorders				
Death	8	1.2	31	0.9
Hospitalization	70	10.5	351	10.5
Emergency Department Discharge	25	3.7	155	4.6
Access and Utilization ⁵ (2016-2019)	North Central Region (%)		County (%)	
No Usual Source of Care (ages 18-64)	15.0%		14.5%	
Uninsured All or Part of Year (ages 18-64)	9.3%		14.3%	
Visited Emergency Room in the Past Year (ages 18-64)	20.1%		20.4%	
Health Behaviors ⁵ (2016-2019)	North Central Region (%)		County (%)	
Current Smoker (ages 18+)	7.6%		9.4%	
Overweight/Obese (ages 18+)	50.4%		58.8%	
Spent 5 or More Hours on Sedentary Activities on Typical Weekend Days (ages 2-11)	25.0%		31.2%	
Rated Overall health as Fair or Poor (18+)	12.0%		15.6%	
Ever Diagnosed with High Blood Pressure (ages 18+) (2019)	17.7%		22.9%	
Ever Diagnosed with Diabetes (ages 18+)	5.4%		9.1%	
Ever Diagnosed with Asthma (all ages)	15.7%		14.6%	

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Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 05/2020.
 2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2019.
 3. California Office of Statewide Health Planning & Development (OSHPD), Patient Discharge Data, 2019.
 4. California Office of Statewide Health Planning & Development (OSHPD), Emergency Department Data, 2019.
 5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2016-2019.
- † Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-Year Estimates, Table B17024.
- Federal Poverty Level Thresholds for 2019 (\$13,011 for single person, \$25,926 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 October 20, 2021.
- * Rates are per 100,000 population.
- § Rates not calculated for fewer than 5 events.
- ^ Includes entire ICD-10-CM diagnosis chapter for diseases of the circulatory system.
- ~ Includes Primary Hypertension.

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Households with income less than 100% Federal Poverty Level (FPL) [†]	10.0%	11.6%

Health Outcomes ^{2, 3, 4, 5, 6}	North Central Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	45	6.7	265	7.9
Chlamydia Reported	3,476	519.6	22,993	686.0
Gonorrhea Reported	947	141.6	6,394	190.8
Primary and Secondary Syphilis Reported	154	23.0	1,154	34.4
Deaths				
Influenza (Flu) and Pneumonia	41	6.1	286	8.5
Hospitalizations				
Influenza	116	17.3	771	23.0
Pneumonia	582	87.0	3,958	118.1
Emergency Department Discharges				
Influenza	1,099	164.3	8,466	252.6
Pneumonia	1,123	167.9	8,014	239.1

Health Behaviors & Related Health Factors ⁷ (2017-2019)	North Central Region (%)	County (%)
Has had Flu Vaccination in Past 12 Months (ages 18+)	44.2%	42.7%

Access and Utilization ⁸ (2016-2019)	North Central Region (%)	County (%)
No Usual Source of Care (ages 18-64)	15.0%	14.5%
Uninsured All or Part of Year (ages 18-64)	9.3%	14.3%
Visited Emergency Room in the Past Year (ages 18-64)	20.1%	20.4%

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1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 05/2020.
2. County of San Diego, Health & Human Services Agency, Tuberculosis Control Program, County TB Registry; SANDAG, Current Population Estimates, released 06/2020.
3. County of San Diego, Health & Human Services Agency, HIV, STD and Hepatitis Branch, Morbidity Database; SANDAG, Current Population Estimates, released 06/2020.
4. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2019.
5. California Office of Statewide Health Planning & Development (OSHPD), Patient Discharge Data, 2019.
6. California Office of Statewide Health Planning & Development (OSHPD), Emergency Department Data, 2019.
7. Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey (BRFSS) Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2017-2019.
8. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2016-2019.

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Households with income less than 100% Federal Poverty Level (FPL) [†]	10.0%	11.6%

Health Outcomes ^{2, 3, 4}	North Central Region			County	
	Number	% of Region	% of County	Number	(%)
Live Births	6,946	100.0%	18.1%	38,445	100.0%
Live Births to Teens, Ages 15-17	12	0.2%	5.8%	208	0.5%
Live Births with Early Prenatal Care, % of Known Prenatal Care	6,427	92.7%	19.0%	33,880	88.2%
Live Births born Preterm	534	7.7%	16.0%	3,336	8.7%
Low Birth Weight Births	434	6.3%	16.5%	2,630	6.8%
Very Low Birth Weight Births	65	0.9%	16.6%	391	1.0%

Health Outcomes ³	Number	Rate*	Number	Rate*
Infant Mortality, Rate per 1,000 live births (2018)	28	4.0	141	3.7

Access and Utilization ⁵ (2016-2019)	North Central Region (%)	County (%)
No Usual Source of Care (ages 18-64)	15.0%	14.5%
Uninsured All or Part of Year (ages 18-64)	9.3%	14.3%
Visited Emergency Room in the Past Year (ages 18-64)	20.1%	20.4%
Currently Receiving Supplemental Security Income (SSI) (2019)	**	11.0%
Currently Receiving TANF or CalWORKS (all ages, up to 200% of FPL) (2019)	**	5.8%
Children Age 6 and Under Currently on WIC (2016, 2018-2019)	**	40.7%
Residents 0-199% FPL Receiving Food Stamps (all ages) (2019)	**	20.0%
Women Below 200% FPL (ages 18-64)	24.9%	33.5%

Health Behaviors ^{5, 6} (2016-2019)	North Central Region (%)	County (%)
Child Restraint Use, % of MVO Injured+++ (2018)	96.6%	94.0%
Adults Under 200% FPL Unable to Afford Enough Food	35.3%	37.6%
Rated Overall Health as Fair or Poor (18+)	12.0%	15.6%

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Health Behaviors continued ⁵ (2016-2019)	North Central Region (%)	County (%)
Children Who Eat Less Than 5 Servings of Fruits and Vegetables Daily (ages 2-11)	61.8%	67.0%
Women with a High School Degree or Less Education (ages 25+)	17.1%	27.7%
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages <6)	**	19.7%
Agree or Strongly Agree that People in Neighborhood can be Trusted (ages 12-17)	**	86.3%
No Dental Insurance Coverage in the Past Year (ages 3-11)	**	9.8%

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 05/2020.
2. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2019.
3. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth and Fetal Death Statistical Master Files, 2019.
4. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Cohort Statistical Master Files, 2019.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2016-2019.
6. Transportation Injury Mapping System (TIMS), accessed 10/2020. 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.

† Source: U.S. Census Bureau; 2015-2019 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.

** Indicates statistically unstable estimate.

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Ages 65+	14.6%	14.1%
White	53.6%	45.1%
Black	3.8%	5.0%
Hispanic	17.4%	32.6%
Asian/Pacific Islander	20.6%	13.2%
Other	4.6%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) [†]	10.0%	11.6%

Health Outcomes ^{2, 3, 4, 5}	North Central Region		County	
	Number	Rate*	Number	Rate*
Unintentional Injury (All Causes)				
Death	196	29.3	1,273	38.0
Hospitalization	3,858	576.7	23,310	695.5
Emergency Department Discharge	26,714	3,993.3	173,014	5,161.8
Fall-Related Injury				
Death	68	10.2	404	12.1
Hospitalization	2,436	364.1	13,562	404.6
Emergency Department Discharge	11,146	1,666.2	68,274	2,036.9
Poisoning				
Death	81	12.1	468	14.0
Hospitalization	401	59.9	2,583	77.1
Emergency Department Discharge	897	134.1	5,894	175.8
Motor Vehicle Injuries				
Deaths due to Motor Vehicle Crash (MVC) Injury	29	4.3	258	7.7
Hospitalizations due to MV Injury	357	53.4	2,349	70.1
Emergency Department Discharges due to MV Injury	2,631	393.3	19,340	577.0
Motor Vehicle Crash (MVC) Injuries (2018)	4,123	619.7	20,270	607.4
Pedestrian Injuries				
Deaths due to motor vehicle crashes (MVC)	11	1.6	84	2.5
Hospitalizations due to MVC	52	7.8	301	9.0
Emergency Department Discharges due to MVC	117	17.5	890	26.6
Injuries due to MVC (2018)	200	30.1	1,200	36.0
Assault				
Homicide	8	1.2	86	2.6
Hospitalization	106	15.8	939	28.0
Emergency Department Discharge	1,014	151.6	7,441	222.0

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Injury

Health Outcomes continued ^{2, 3, 4, 5}	North Central Region		County	
	Number	Rate*	Number	Rate*
Self-Inflicted Injuries				
Suicide	84	12.6	417	12.4
Hospitalization	142	21.2	666	19.9
Emergency Department Discharge	1,028	153.7	6,757	201.6
Firearm-Related Injuries				
Death	36	5.4	215	6.4
Hospitalization	12	1.8	144	4.3
Emergency Department Discharge	11	1.6	124	3.7
Access and Utilization⁶ (2016-2019)		North Central Region (%)	County (%)	
No Usual Source of Care (ages 18-64)		15.0%	14.5%	
Uninsured All or Part of Year (ages 18-64)		9.3%	14.3%	
Visited Emergency Room in the Past Year (ages 18-64)		20.1%	20.4%	
Health Behaviors ⁵ (2018)	North Central Region		County	
	Number	Rate*	Number	Rate*
Alcohol-Involved Motor Vehicle Crash (MVC) Injuries	421	63.3	2,446	73.3
Drinking Drivers Involved in MV Crashes	289	43.4	1,634	49.0
Health Behaviors^{5,6,7} (2016-2019)		North Central Region (%)	County (%)	
Active Restraint Use, % of Motor Vehicle Occupants (MVO) Injured ^{††} , Ages 6+ (2018)		96.1%	94.9%	
Child Restraint Use, % of MVO Injured ^{†††} , Ages 0-5 (2018)		96.6%	94.0%	
Ever Seriously Thought About Committing Suicide (ages 18+)		15.6%	13.1%	
Binge Drinking in Past 30 Days (ages 18+) (2017-2019)		24.6%	19.1%	

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 05/2020.
 2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2019.
 3. California Office of Statewide Health Planning & Development (OSHPD), Patient Discharge Data, 2019.
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 5. Transportation Injury Mapping System (TIMS), accessed 10/2020. 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), 2016-2019.
 7. Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey (BRFSS) Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2017-2019.
- † Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-Year Estimates, Table B17024.
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†† 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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Health Outcomes ^{2, 3, 4}	North Central Region		County	
	Number	Rate*	Number	Rate*
Schizophrenia				
Hospitalization	13	1.9	227	6.8
Emergency Department Discharge	434	64.9	4,170	124.4
In-Patient Treatment Facility Discharge	548	81.9	5,126	152.9
Suicide (or Suicide Attempt)				
Death	84	12.6	417	12.4
Hospitalization	142	21.2	666	19.9
Emergency Department Discharge	1,028	153.7	6,757	201.6
Mood Disorders				
Hospitalization	23	3.4	201	6.0
Emergency Department Discharge	799	119.4	4,937	147.3
In-Patient Treatment Facility Discharge	1,463	218.7	7,654	228.4
Depression				
Hospitalization	10	1.5	126	3.8
Emergency Department Discharge	546	81.6	3,473	103.6
In-Patient Treatment Facility Discharge	892	133.3	4,777	142.5
Alcohol-Related Disorders[~]				
Death	78	11.7	435	13.0
Hospitalization	294	43.9	1,694	50.5
Emergency Department Discharge	1,623	242.6	9,055	270.2
In-Patient Treatment Facility Discharge	355	53.1	1,494	44.6
Substance-Related Disorders[~]				
Death	10	1.5	61	1.8
Hospitalization	26	3.9	244	7.3
Emergency Department Discharge	548	81.9	3,829	114.2
In-Patient Treatment Facility Discharge	142	21.2	701	20.9

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Behavioral Health

Health Outcomes continued ^{2, 3, 4}	North Central Region		County	
	Number	Rate*	Number	Rate*
Opioid-Related Disorders~				
Hospitalization	6	0.9	80	2.4
Emergency Department Discharge	147	22.0	925	27.6
In-Patient Treatment Facility Discharge	82	12.3	403	12.0
Cannabis-Related Disorders~				
Hospitalization	5	0.7	33	1.0
Emergency Department Discharge	105	15.7	724	21.6
In-Patient Treatment Facility Discharge	11	1.6	48	1.4
Opioid Overdose				
Multiple Cause of Death	58	8.7	306	9.1
Sedative Overdose				
Multiple Cause of Death	32	4.8	125	3.7
Stimulant Overdose				
Multiple Cause of Death	38	5.7	292	8.7

Mental Health Behaviors & Related Health Factors ⁵ (2016-2019)	North Central Region (%)	County (%)
Likely Has Had Serious Psychological Distress During Past Year (ages 18+)	12.4%	10.1%
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)	4.6%	4.3%
Emotions Severely Impaired Social Life in Past 12 Months (ages 18+)	13.1%	9.4%
Emotions Severely Impaired Work in Past 12 Months (ages 18+)	8.6%	5.4%
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress)	59.1%	58.9%
Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)	17.8%	16.8%
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+)	13.2%	12.3%
Ever Seriously Thought About Committing Suicide (ages 18+)	15.6%	13.1%

Substance Abuse Health Behaviors & Related Health Factors ^{5,6,7} (2017-2019)	North Central Region (%)	County (%)
Ever Tried Marijuana or Hashish (ages 18+)	59.7%	54.1%
Binge Drinking in Past 30 Days (ages 18+)	24.6%	19.1%
Ever Had an Alcoholic Drink (11th grade)	—	33.3%

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7. California Department of Education, California Healthy Kids Survey (CHKS), 2017-2019.

† Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-Year Estimates, Table B17024.

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— Data is unavailable

~Related Disorders groups contain specific abuse, dependence, use, and poisoning ICD-10 codes.

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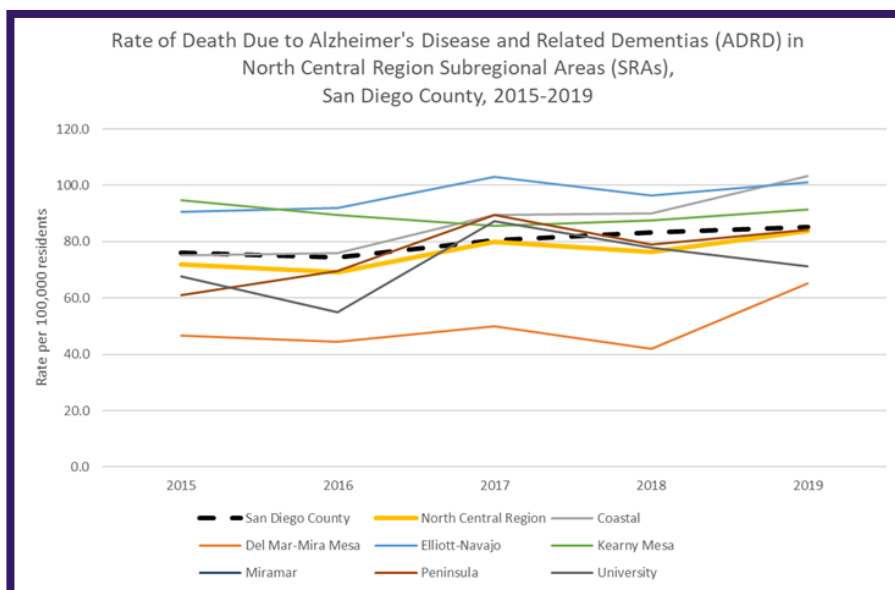


Demographics ¹	North Central Region (%)	County (%)
Ages 0-14	16.9%	19.1%
Ages 15-24	15.0%	15.3%
Ages 25-44	29.6%	27.8%
Ages 45-64	23.9%	23.7%
Ages 65+	14.6%	14.1%
White	53.6%	45.1%
Black	3.8%	5.0%
Hispanic	17.4%	32.6%
Asian/Pacific Islander	20.6%	13.2%
Other	4.6%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) [†]	10.0%	11.6%

Health Outcomes ^{2, 3, 4}	North Central Region		County	
	Number	Rate*	Number	Rate*
Alzheimer's Disease and Related Dementias (ADRD)				
Death	560	83.7	2,857	85.2
Hospitalization	151	22.6	710	21.2
Emergency Department Discharge	215	32.1	1,208	36.0

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

- In San Diego County, North Central Region had a comparable rate of death due to Alzheimer's Disease and Related Dementias (ADRD) compared to the county overall from 2015 to 2019.
- Among North Central Region subregional areas (SRAs), Coastal SRA had the highest rate of death due to ADRD in 2019, with a rate of 103.3 deaths per 100,000 residents.



San Diego County Health Briefs

North Central Region, 2019



LIVE WELL
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Health Behaviors ⁵ (2016-2019)	North Central Region (%)	County (%)
Current Smoker (ages 18+)	7.6%	9.4%
Overweight/Obese (ages 18+)	50.4%	58.8%
Spent 5 or More Hours on Sedentary Activities on Typical Weekend Days (ages 2-11)	25.0%	31.2%
Rated Overall Health as Fair or Poor (18+)	12.0%	15.6%
Ever Diagnosed with High Blood Pressure (ages 18+)	17.7%	22.9%
Ever Diagnosed with Diabetes (ages 18+)	5.4%	9.1%
Ever Diagnosed with Asthma (all ages)	15.7%	14.6%

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 05/2020.
2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2019.
3. California Office of Statewide Health Planning & Development (OSHPD), Patient Discharge Data, 2019.
4. California Office of Statewide Health Planning & Development (OSHPD), Emergency Department Data, 2019.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2016-2019.

† Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2019 (\$13,011 for single person, \$25,926 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 October 20, 2021.

*Rates are per 100,000 population.