

San Diego County Health Briefs

North Coastal Region, 2019



COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY



Demographics ¹	North Coastal Region (%)	County (%)
Ages 0-14	18.9%	19.1%
Ages 15-24	15.8%	15.3%
Ages 25-44	26.3%	27.8%
Ages 45-64	24.0%	23.7%
Ages 65+	15.0%	14.1%
White	56.6%	45.1%
Black	3.6%	5.0%
Hispanic	28.0%	32.6%
Asian/Pacific Islander	8.1%	13.2%
Other	3.7%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) [†]	8.8%	11.6%

Health Outcomes ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Coronary Heart Disease				
Death	388	69.2	2,501	74.6
Hospitalization	1,033	184.3	6,183	184.5
Emergency Department Discharge	195	34.8	1,363	40.7
Stroke				
Death	267	47.6	1,620	48.3
Hospitalization	916	163.4	6,500	193.9
Emergency Department Discharge	521	92.9	2,828	84.4
Overall Heart Disease[^]				
Death	775	138.2	4,689	139.9
Hospitalization	4,925	878.5	33,316	994.0
Emergency Department Discharge	8,547	1,524.5	61,736	1,841.9
Acute Myocardial Infarction (Heart Attack)				
Death	113	20.2	677	20.2
Hospitalization	706	125.9	3,917	116.9
Emergency Department Discharge	68	12.1	518	15.5
Heart Failure				
Death	192	34.2	940	28.0
Hospitalization	1,033	184.3	7,760	231.5
Emergency Department Discharge	291	51.9	2,705	80.7
Overall Hypertensive Diseases[~]				
Death	122	21.8	837	25.0
Hospitalization	1,302	232.2	10,559	315.0
Emergency Department Discharge	1,228	219.0	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 Coastal Region		County	
	Number	Rate*	Number	Rate*
Cancer, All Causes				
Death	844	150.5	5,018	149.7
Hospitalization	1,304	232.6	8,602	256.6
Emergency Department Discharge	227	40.5	1,267	37.8
Diabetes				
Death	83	14.8	760	22.7
Hospitalization	524	93.5	4,854	144.8
Emergency Department Discharge	655	116.8	5,905	176.2
COPD & Chronic Lower Respiratory Diseases				
Death	161	28.7	985	29.4
Hospitalization	347	61.9	2,538	75.7
Emergency Department Discharge	423	75.5	3,899	116.3
Asthma				
Death	<5	§	22	0.7
Hospitalization	164	29.3	1,388	41.4
Emergency Department Discharge	831	148.2	8,383	250.1
Parkinson's Disease				
Death	68	12.1	380	11.3
Hospitalization	14	2.5	164	4.9
Emergency Department Discharge	16	2.9	138	4.1
Lupus and Connective Tissue Disorders				
Death	7	1.2	31	0.9
Hospitalization	49	8.7	351	10.5
Emergency Department Discharge	21	3.7	155	4.6
Access and Utilization ⁵ (2016-2019)	North Coastal Region (%)		County (%)	
No Usual Source of Care (ages 18-64)	13.6%		14.5%	
Uninsured All or Part of Year (ages 18-64)	16.7%		14.3%	
Visited Emergency Room in the Past Year (ages 18-64)	16.4%		20.4%	
Health Behaviors ⁵ (2016-2019)	North Coastal Region (%)		County (%)	
Current Smoker (ages 18+)	8.1%		9.4%	
Overweight/Obese (ages 18+)	55.3%		58.8%	
Spent 5 or More Hours on Sedentary Activities on Typical Weekend Days (ages 2-11)	28.7%		31.2%	
Rated Overall health as Fair or Poor (18+)	14.0%		15.6%	
Ever Diagnosed with High Blood Pressure (ages 18+) (2019)	30.0%		22.9%	
Ever Diagnosed with Diabetes (ages 18+)	6.7%		9.1%	
Ever Diagnosed with Asthma (all ages)	13.4%		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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Asian/Pacific Islander	8.1%	13.2%
Other	3.7%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) [†]	8.8%	11.6%

Health Outcomes ^{2, 3, 4, 5, 6}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	20	3.6	265	7.9
Chlamydia Reported	3,005	536.0	22,993	686.0
Gonorrhea Reported	538	96.0	6,394	190.8
Primary and Secondary Syphilis Reported	84	15.0	1,154	34.4
Deaths				
Influenza (Flu) and Pneumonia	45	8.0	286	8.5
Hospitalizations				
Influenza	110	19.6	771	23.0
Pneumonia	644	114.9	3,958	118.1
Emergency Department Discharges				
Influenza	1,084	193.4	8,466	252.6
Pneumonia	1,342	239.4	8,014	239.1

Health Behaviors & Related Health Factors ⁷ (2017-2019)	North Coastal Region (%)	County (%)
Has had Flu Vaccination in Past 12 Months (ages 18+)	45.5%	42.7%
Access and Utilization⁸ (2016-2019)		
No Usual Source of Care (ages 18-64)	13.6%	14.5%
Uninsured All or Part of Year (ages 18-64)	16.7%	14.3%
Visited Emergency Room in the Past Year (ages 18-64)	16.4%	20.4%

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Sources

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.

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

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Households with income less than 100% Federal Poverty Level (FPL) [†]	8.8%	11.6%

Health Outcomes ^{2, 3, 4}	North Coastal Region			County	
	Number	% of Region	% of County	Number	(%)
Live Births	5,958	100.0%	15.50%	38,445	100.0%
Live Births to Teens, Ages 15-17	37	0.6%	17.8%	208	0.5%
Live Births with Early Prenatal Care, % of Known Prenatal Care	5,248	88.1%	15.5%	33,880	88.2%
Live Births born Preterm	491	8.2%	14.7%	3,336	8.7%
Low Birth Weight Births	387	6.5%	14.7%	2,630	6.8%
Very Low Birth Weight Births	53	0.9%	13.6%	391	1.0%

Health Outcomes ³	Number	Rate*	Number	Rate*
Infant Mortality, Rate per 1,000 live births	15	2.5	141	3.7

Access and Utilization ⁵ (2016-2019)	North Coastal Region (%)	County (%)
No Usual Source of Care (ages 18-64)	13.6%	14.5%
Uninsured All or Part of Year (ages 18-64)	16.7%	14.3%
Visited Emergency Room in the Past Year (ages 18-64)	16.4%	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 0-200% FPL Receiving Food Stamps (all ages)	**	20.0%
Women Below 200% FPL (ages 18-64)	34.4%	33.5%

Health Behaviors ^{5, 6} (2016-2019)	North Coastal Region (%)	County (%)
Child Restraint Use, % of MVO Injured+++ (2018)	97.3%	94.0%
Adults Under 200% FPL Unable to Afford Enough Food	41.6%	37.6%
Rated Overall Health as Fair or Poor (18+)	14.0%	15.6%

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Health Behaviors continued ⁵ (2016-2019)	North Coastal Region (%)	County (%)
Children Who Eat Less Than 5 Servings of Fruits and Vegetables Daily (ages 2-11)	56.4%	67.0%
Women with a High School Degree or Less Education (ages 25+)	23.3%	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)	74.7%	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 25-44	26.3%	27.8%
Ages 45-64	24.0%	23.7%
Ages 65+	15.0%	14.1%
White	56.6%	45.1%
Black	3.6%	5.0%
Hispanic	28.0%	32.6%
Asian/Pacific Islander	8.1%	13.2%
Other	3.7%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) [†]	8.8%	11.6%

Injury

Health Outcomes ^{2, 3, 4, 5}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Unintentional Injury (All Causes)				
Death	219	39.1	1,273	38.0
Hospitalization	3,258	581.1	23,310	695.5
Emergency Department Discharge	23,864	4,256.6	173,014	5,161.8
Fall-Related Injury				
Death	78	13.9	404	12.1
Hospitalization	1,971	351.6	13,562	404.6
Emergency Department Discharge	9,863	1,759.3	68,274	2,036.9
Poisoning				
Death	76	13.6	468	14.0
Hospitalization	298	53.2	2,583	77.1
Emergency Department Discharge	817	145.7	5,894	175.8
Motor Vehicle Injuries				
Deaths due to Motor Vehicle Crash (MVC) Injury	40	7.1	258	7.7
Hospitalizations due to MV Injury	295	52.6	2,349	70.1
Emergency Department Discharges due to MV Injury	2,242	399.9	19,340	577.0
Motor Vehicle Crash (MVC) Injuries (2018)	2,742	487.7	20,270	607.4
Pedestrian Injuries				
Deaths due to Motor Vehicle Crashes (MVC)	8	1.4	84	2.5
Hospitalizations due to MVC	28	5.0	301	9.0
Emergency Department Discharges due to MVC	96	17.1	890	26.6
Injuries due to MVC (2018)	129	22.9	1,200	36.0
Assault				
Homicide	7	1.2	86	2.6
Hospitalization	87	15.5	939	28.0
Emergency Department Discharge	807	143.9	7,441	222.0

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Health Outcomes continued ^{2, 3, 4, 5}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Suicide (or Suicide Attempt)				
Death	84	15.0	417	12.4
Hospitalization	78	13.9	666	19.9
Emergency Department Discharge	849	151.4	6,757	201.6
Firearm-Related Injuries				
Death	30	5.4	215	6.4
Hospitalization	14	2.5	144	4.3
Emergency Department Discharge	12	2.1	124	3.7
Access and Utilization⁶ (2016-2019)		North Coastal Region (%)	County (%)	
No Usual Source of Care (ages 18-64)		13.6%	14.5%	
Uninsured All or Part of Year (ages 18-64)		16.7%	14.3%	
Visited Emergency Room in the Past Year (ages 18-64)		16.4%	20.4%	
Health Behaviors ⁵ (2018)	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Alcohol-Involved Motor Vehicle Crash (MVC) Injuries	378	67.2	2,446	73.3
Drinking Drivers Involved in MV Crashes	263	46.8	1,634	49.0
Health Behaviors^{5,6,7} (2016-2019)		North Coastal Region (%)	County (%)	
Active Restraint Use, % of Motor Vehicle Occupants (MVO) Injured ^{††} , Ages 6+ (2018)		95.2%	94.9%	
Child Restraint Use, % of MVO Injured ^{†††} , Ages 0-5 (2018)		97.3%	94.0%	
Ever Seriously Thought About Committing Suicide (ages 18+)		12.6%	13.1%	
Binge Drinking Past 30 Days (ages 18+)		16.0%	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.
 4. California Office of Statewide Health Planning & Development (OSHPD), Emergency Department Data, 2019.
 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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Households with income less than 100% Federal Poverty Level (FPL) ^{††}	8.8%	11.6%

Health Outcomes ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Schizophrenia				
Hospitalization	14	2.5	227	6.8
Emergency Department Discharge	564	100.6	4,170	124.4
In-Patient Treatment Facility Discharge	388	69.2	5,126	152.9
Suicide (or Suicide Attempt)				
Death	84	15.0	417	12.4
Hospitalization	78	13.9	666	19.9
Emergency Department Discharge	849	151.4	6,757	201.6
Mood Disorders				
Hospitalization	24	4.3	201	6.0
Emergency Department Discharge	900	160.5	4,937	147.3
In-Patient Treatment Facility Discharge	998	178.0	7,654	228.4
Depression				
Hospitalization	14	2.5	126	3.8
Emergency Department Discharge	633	112.9	3,473	103.6
In-Patient Treatment Facility Discharge	591	105.4	4,777	142.5
Alcohol-Related Disorders[~]				
Death	84	15.0	435	13.0
Hospitalization	281	50.1	1,694	50.5
Emergency Department Discharge	1,332	237.6	9,055	270.2
In-Patient Treatment Facility Discharge	189	33.7	1,494	44.6
Substance-Related Disorders[~]				
Death	<5	\$	61	1.8
Hospitalization	20	3.6	244	7.3
Emergency Department Discharge	512	91.3	3,829	114.2
In-Patient Treatment Facility Discharge	105	18.7	701	20.9

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Behavioral Health

Health Outcomes continued ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Opioid-Related Disorders~				
Hospitalization	8	1.4	80	2.4
Emergency Department Discharge	95	16.9	925	27.6
In-Patient Treatment Facility Discharge	51	9.1	403	12.0
Cannabis-Related Disorders~				
Hospitalization	<5	\$	33	1.0
Emergency Department Discharge	88	15.7	724	21.6
In-Patient Treatment Facility Discharge	8	1.4	48	1.4
Opioid Overdose				
Multiple Cause of Death	57	10.2	306	9.1
Sedative Overdose				
Multiple Cause of Death	23	4.1	125	3.7
Stimulant Overdose				
Multiple Cause of Death	46	8.2	292	8.7

Mental Health Behaviors & Related Health Factors ⁵ (2016-2019)	North Coastal Region (%)	County (%)
Likely Has Had Serious Psychological Distress During Past Year (ages 18+)	11.2%	10.1%
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)	5.2%	4.3%
Emotions Severely Impaired Social Life in Past 12 Months (ages 18+)	8.2%	9.4%
Emotions Severely Impaired Work in Past 12 Months (ages 18+)	6.9%	5.4%
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress)	60.3%	58.9%
Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)	18.1%	16.8%
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/ Mental Health Issues in Past Year (ages 18+)	12.4%	12.3%
Ever Seriously Thought About Committing Suicide (ages 18+)	12.6%	13.1%
Substance Abuse Health Behaviors & Related Health Factors ^{5,6,7} (2017-2019)	North Coastal Region (%)	County (%)
Ever Tried Marijuana or Hashish (ages 18+)	54.2%	54.1%
Binge Drinking in Past 30 Days (ages 18+)	16.0%	19.1%
Ever Had an Alcoholic Drink (11th grade)	—	33.3%

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6. 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.
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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~Related Disorders groups contain specific abuse, dependence, use, and poisoning ICD-10 codes.

— Data is unavailable.

San Diego County Health Briefs North Coastal Region, 2019

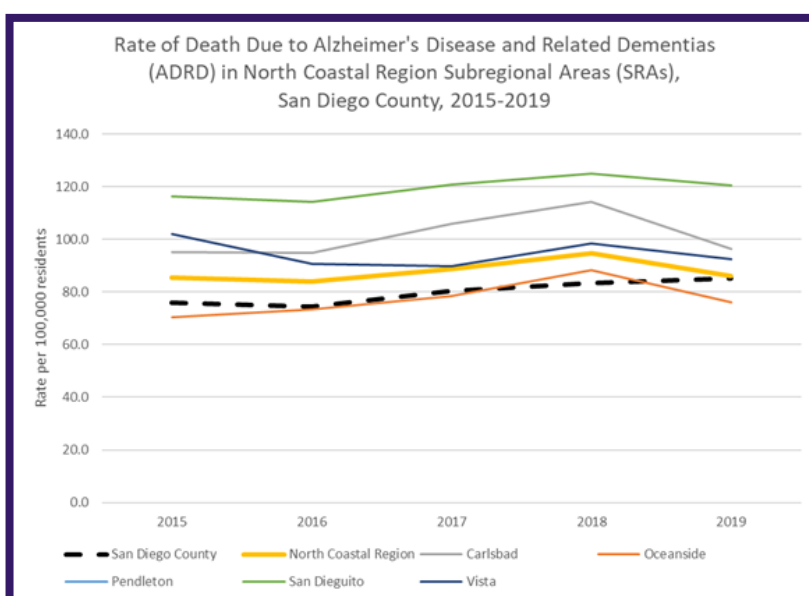


Demographics ¹	North Coastal Region (%)	County (%)
Ages 0-14	18.9%	19.1%
Ages 15-24	15.8%	15.3%
Ages 25-44	26.3%	27.8%
Ages 45-64	24.0%	23.7%
Ages 65+	15.0%	14.1%
White	56.6%	45.1%
Black	3.6%	5.0%
Hispanic	28.0%	32.6%
Asian/Pacific Islander	8.1%	13.2%
Other	3.7%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) [†]	8.8%	11.6%

Health Outcomes ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Alzheimer's Disease and Related Dementias (ADRD)				
Death	482	86.0	2,857	85.2
Hospitalization	76	13.6	710	21.2
Emergency Department Discharge	169	30.1	1,208	36.0

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

- In San Diego County, North Coastal Region had a slightly higher rate death due to Alzheimer's Disease and Related Dementias (ADRD) compared to the county overall from 2015 to 2018, before falling to nearly the same rate as the county overall in 2019.
- Among the North Coastal Region subregional areas (SRAs), San Dieguito SRA had the highest rate of death due to ADRD from 2015 to 2019 and had a rate of 120.5 deaths per 100,000 residents in 2019.
- From 2015 to 2019, the majority of SRAs in North Coastal Region had a higher rate of death due to ADRD compared to the county overall.



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LIVE WELL
SAN DIEGO

Health Behaviors ⁵ (2016-2019)	North Coastal Region (%)	County (%)
Current Smoker (ages 18+)	8.1%	9.4%
Overweight/Obese (ages 18+)	55.3%	58.8%
Spent 5 or More Hours on Sedentary Activities on Typical Weekend Days (ages 2-11)	28.7%	31.2%
Rated Overall Health as Fair or Poor (18+)	14.0%	15.6%
Ever Diagnosed with High Blood Pressure (ages 18+)	30.0%	22.9%
Ever Diagnosed with Diabetes (ages 18+)	6.7%	9.1%
Ever Diagnosed with Asthma (all ages)	13.4%	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.