

# San Diego County Health Briefs

## North Inland Region, 2019



LIVE WELL  
SAN DIEGO



Demographics <sup>1</sup>	North Inland Region (%)	County (%)
Ages 0-14	19.8%	19.1%
Ages 15-24	14.9%	15.3%
Ages 25-44	25.9%	27.8%
Ages 45-64	24.3%	23.7%
Ages 65+	15.1%	14.1%
White	49.1%	45.1%
Black	2.4%	5.0%
Hispanic	29.9%	32.6%
Asian/Pacific Islander	14.3%	13.2%
Other	4.3%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	9.2%	11.6%

Health Outcomes <sup>2, 3, 4</sup>	North Inland Region		County	
	Number	Rate*	Number	Rate*
<b>Coronary Heart Disease</b>				
Death	425	69.0	2,501	74.6
Hospitalization	1,100	178.6	6,183	184.5
Emergency Department Discharge	336	54.6	1,363	40.7
<b>Stroke</b>				
Death	353	57.3	1,620	48.3
Hospitalization	1,098	178.3	6,500	193.9
Emergency Department Discharge	622	101.0	2,828	84.4
<b>Overall Heart Disease<sup>^</sup></b>				
Death	846	137.4	4,689	139.9
Hospitalization	5,526	897.4	33,316	994.0
Emergency Department Discharge	9,763	1,585.5	61,736	1,841.9
<b>Acute Myocardial Infarction (Heart Attack)</b>				
Death	129	20.9	677	20.2
Hospitalization	690	112.1	3,917	116.9
Emergency Department Discharge	115	18.7	518	15.5
<b>Heart Failure</b>				
Death	192	31.2	940	28.0
Hospitalization	1,167	189.5	7,760	231.5
Emergency Department Discharge	399	64.8	2,705	80.7
<b>Overall Hypertensive Diseases<sup>~</sup></b>				
Death	158	25.7	837	25.0
Hospitalization	1,458	236.8	10,559	315.0
Emergency Department Discharge	1,749	284.0	10,070	300.4

For more data and statistics, visit [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

# San Diego County Health Briefs

## North Inland Region, 2019



LIVE WELL  
SAN DIEGO

### Non-Communicable (Chronic) Disease

Health Outcomes continued <sup>2, 3, 4</sup>	North Inland Region		County	
	Number	Rate*	Number	Rate*
Cancer, All Causes				
Death	992	161.1	5,018	149.7
Hospitalization	1,637	265.8	8,602	256.6
Emergency Department Discharge	237	38.5	1,267	37.8
Diabetes				
Death	124	20.1	760	22.7
Hospitalization	669	108.6	4,854	144.8
Emergency Department Discharge	941	152.8	5,905	176.2
COPD & Chronic Lower Respiratory Diseases				
Death	180	29.2	985	29.4
Hospitalization	352	57.2	2,538	75.7
Emergency Department Discharge	514	83.5	3,899	116.3
Asthma				
Death	9	1.5	22	0.7
Hospitalization	189	30.7	1,388	41.4
Emergency Department Discharge	1,004	163.1	8,383	250.1
Parkinson's Disease				
Death	94	15.3	380	11.3
Hospitalization	37	6.0	164	4.9
Emergency Department Discharge	42	6.8	138	4.1
Lupus and Connective Tissue Disorders				
Death	5	0.8	31	0.9
Hospitalization	56	9.1	351	10.5
Emergency Department Discharge	26	4.2	155	4.6
Access and Utilization <sup>5</sup> (2016-2019)	North Inland Region (%)		County (%)	
No Usual Source of Care (ages 18-64)	14.9%		14.5%	
Uninsured All or Part of Year (ages 18-64)	14.4%		14.3%	
Visited Emergency Room in the Past Year (ages 18-64)	21.7%		20.4%	
Health Behaviors <sup>5</sup> (2016-2019)	North Inland Region (%)		County (%)	
Current Smoker (ages 18+)	7.8%		9.4%	
Overweight/Obese (ages 18+)	57.2%		58.8%	
Spent 5 or More Hours on Sedentary Activities on Typical Weekend Days (ages 2-11)	38.9%		31.2%	
Rated Overall Health as Fair or Poor (18+)	13.7%		15.6%	
Ever Diagnosed with High Blood Pressure (ages 18+) (2019)	23.9%		22.9%	
Ever Diagnosed with Diabetes (ages 18+)	8.5%		9.1%	
Ever Diagnosed with Asthma (all ages)	14.0%		14.6%	

For more data and statistics, visit [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

# San Diego County Health Briefs

## North Inland Region, 2019



COUNTY OF SAN DIEGO  
**HHSA**  
HEALTH AND HUMAN SERVICES AGENCY



**LIVE WELL**  
SAN DIEGO

### 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.
- ^ Includes entire ICD-10-CM diagnosis chapter for diseases of the circulatory system.
- ~ Includes Primary Hypertension.

# San Diego County Health Briefs

## North Inland Region, 2019



Demographics <sup>1</sup>	North Inland Region (%)	County (%)
Ages 0-14	19.8%	19.1%
Ages 15-24	14.9%	15.3%
Ages 25-44	25.9%	27.8%
Ages 45-64	24.3%	23.7%
Ages 65+	15.1%	14.1%
White	49.1%	45.1%
Black	2.4%	5.0%
Hispanic	29.9%	32.6%
Asian/Pacific Islander	14.3%	13.2%
Other	4.3%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	9.2%	11.6%

Health Outcomes <sup>2, 3, 4, 5, 6</sup>	North Inland Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	23	3.7	265	7.9
Chlamydia Reported	2,346	381.0	22,993	686.0
Gonorrhea Reported	489	79.4	6,394	190.8
Primary and Secondary Syphilis Reported	84	13.6	1,154	34.4
<b>Deaths</b>				
Influenza (Flu) and Pneumonia	60	9.7	286	8.5
<b>Hospitalizations</b>				
Influenza	127	20.6	771	23.0
Pneumonia	736	119.5	3,958	118.1
<b>Emergency Department Discharges</b>				
Influenza	1,362	221.2	8,466	252.6
Pneumonia	1,396	226.7	8,014	239.1
<b>Health Behaviors &amp; Related Health Factors<sup>7</sup> (2017-2019)</b>		<b>North Inland Region (%)</b>	<b>County (%)</b>	
Has had Flu Vaccination in Past 12 Months (ages 18+)		45.0%	42.7%	
<b>Access and Utilization<sup>8</sup> (2016-2019)</b>		<b>North Inland Region (%)</b>	<b>County (%)</b>	
No Usual Source of Care (ages 18-64)		14.9%	14.5%	
Uninsured All or Part of Year (ages 18-64)		14.4%	14.3%	
Visited Emergency Room in the Past Year (ages 18-64)		21.7%	20.4%	

For more data and statistics, visit [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

# San Diego County Health Briefs

## North Inland Region, 2019



COUNTY OF SAN DIEGO  
**HHSA**  
HEALTH AND HUMAN SERVICES AGENCY



**LIVE WELL**  
SAN DIEGO

### 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.
- 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.

# San Diego County Health Briefs

## North Inland Region, 2019



Demographics <sup>1</sup>	North Inland Region (%)	County (%)
Ages 0-14	19.8%	19.1%
Ages 15-24	14.9%	15.3%
Ages 25-44	25.9%	27.8%
Ages 45-64	24.3%	23.7%
Ages 65+	15.1%	14.1%
White	49.1%	45.1%
Black	2.4%	5.0%
Hispanic	29.9%	32.6%
Asian/Pacific Islander	14.3%	13.2%
Other	4.3%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	9.2%	11.6%

Health Outcomes <sup>2, 3, 4</sup>	North Inland Region			County	
	Number	% of Region	% of County	Number	(%)
Live Births	6,615	100.0%	17.2%	38,445	100.0%
Live Births to Teens, Ages 15-17	49	0.7%	23.6%	208	0.5%
Live Births with Early Prenatal Care, % of Known Prenatal Care	6,102	92.3%	18.0%	33,880	88.2%
Live Births Born Preterm	558	8.4%	16.7%	3,336	8.7%
Low Birth Weight Births	447	6.8%	17.0%	2,630	6.8%
Very Low Birth Weight Births	66	1.0%	16.9%	391	1.0%

Health Outcomes <sup>3</sup>	Number	Rate*	Number	Rate*
Infant Mortality, Rate per 1,000 live births	29	4.4	141	3.7

Access and Utilization <sup>5</sup> (2016-2019)	North Inland Region (%)	County (%)
No Usual Source of Care (ages 18-64)	14.9%	14.5%
Uninsured All or Part of Year (ages 18-64)	14.4%	14.3%
Visited Emergency Room in the Past Year (ages 18-64)	21.7%	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)	33.5%	33.5%

Health Behaviors <sup>5, 6</sup> (2016-2019)	North Inland Region (%)	County (%)
Child Restraint Use, % of MVO Injured+++ (2018)	95.0%	94.0%
Adults Under 200% FPL Unable to Afford Enough Food	36.3%	37.6%
Rated Overall Health as Fair or Poor (18+)	13.7%	15.6%

For more data and statistics, visit [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

# San Diego County Health Briefs

## North Inland Region, 2019



LIVE WELL  
SAN DIEGO

Health Behaviors continued <sup>5</sup> (2016-2019)	North Inland Region (%)	County (%)
Children Who Eat Less Than 5 Servings of Fruits and Vegetables Daily (ages 2-11)	68.9%	67.0%
Women with a High School Degree or Less Education (ages 25+)	25.6%	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.

-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 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.

# San Diego County Health Briefs

## North Inland Region, 2019



Demographics <sup>1</sup>	North Inland Region (%)	County (%)
Ages 0-14	19.8%	19.1%
Ages 15-24	14.9%	15.3%
Ages 25-44	25.9%	27.8%
Ages 45-64	24.3%	23.7%
Ages 65+	15.1%	14.1%
White	49.1%	45.1%
Black	2.4%	5.0%
Hispanic	29.9%	32.6%
Asian/Pacific Islander	14.3%	13.2%
Other	4.3%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	9.2%	11.6%

### Injury

Health Outcomes <sup>2, 3, 4, 5</sup>	North Inland Region		County	
	Number	Rate*	Number	Rate*
<b>Unintentional Injury (All Causes)</b>				
Deaths	260	42.2	1,273	38.0
Hospitalization	3,850	625.2	23,310	695.5
Emergency Department Discharge	29,523	4,794.6	173,014	5,161.8
<b>Fall-Related Injury</b>				
Death	97	15.8	404	12.1
Hospitalization	2,311	375.3	13,562	404.6
Emergency Department Discharge	12,107	1,966.2	68,274	2,036.9
<b>Poisoning</b>				
Death	67	10.9	468	14.0
Hospitalization	381	61.9	2,583	77.1
Emergency Department Discharge	1,080	175.4	5,894	175.8
<b>Motor Vehicle Injuries</b>				
Deaths due to Motor Vehicle Crash (MVC) Injury	68	11.0	258	7.7
Hospitalizations due to MV Injury	400	65.0	2,349	70.1
Emergency Department Discharges due to MV Injury	3,191	518.2	19,340	577.0
Motor Vehicle Crash (MVC) Injuries (2018)	3,875	637.8	20,270	607.4
<b>Pedestrian Injuries</b>				
Deaths due to motor vehicle crashes (MVC)	19	3.1	84	2.5
Hospitalizations due to MVC	29	4.7	301	9.0
Emergency Department Discharges due to MVC	120	19.5	890	26.6
Injuries due to MVC (2018)	133	21.9	1,200	36.0
<b>Assault</b>				
Homicide	16	2.6	86	2.6
Hospitalization	80	13.0	939	28.0
Emergency Department Discharge	874	141.9	7,441	222.0

For more data and statistics, visit [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)



# San Diego County Health Briefs

## North Inland Region, 2019



LIVE WELL  
SAN DIEGO

### Injury

Health Outcomes continued <sup>2, 3, 4, 5</sup>	North Inland Region		County	
	Number	Rate*	Number	Rate*
<b>Suicide (or Suicide Attempt)</b>				
Death	89	14.5	417	12.4
Hospitalizations	92	14.9	666	19.9
Emergency Department Discharge	914	148.4	6,757	201.6
<b>Firearm-Related Injuries</b>				
Death	46	7.5	215	6.4
Hospitalization	20	3.2	144	4.3
Emergency Department Discharge	25	4.1	124	3.7
<b>Access and Utilization<sup>6</sup> (2016-2019)</b>		<b>North Inland Region (%)</b>	<b>County (%)</b>	
No Usual Source of Care (ages 18-64)		14.9%	14.5%	
Uninsured All or Part of Year (ages 18-64)		14.4%	14.3%	
Visited Emergency Room in the Past Year (ages 18-64)		21.7%	20.4%	
Health Behaviors <sup>5</sup> (2018)	North Inland Region		County	
	Number	Rate*	Number	Rate*
Alcohol-Involved Motor Vehicle Crash (MVC) Injuries	503	82.8	2,446	73.3
Drinking Drivers Involved in MV Crashes	318	52.3	1,634	49.0
<b>Health Behaviors<sup>5,6,7</sup> (2016-2019)</b>		<b>North Inland Region (%)</b>	<b>County (%)</b>	
Active Restraint Use, % of Motor Vehicle Occupants (MVO) Injured <sup>††</sup> , Ages 6+ (2018)		96.3%	94.9%	
Child Restraint Use, % of MVO Injured <sup>†††</sup> (2018)		95.0%	94.0%	
Ever Seriously Thought About Committing Suicide (ages 18+)		11.5%	13.1%	
Binge Drinking in Past 30 Days (ages 18+)		14.7%	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.
  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.

-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.

†† 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.

For more data and statistics, visit [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

# San Diego County Health Briefs

## North Inland Region, 2019



LIVE WELL  
SAN DIEGO



Demographics <sup>1</sup>	North Inland Region (%)	County (%)
Ages 0-14	19.8%	19.1%
Ages 15-24	14.9%	15.3%
Ages 25-44	25.9%	27.8%
Ages 45-64	24.3%	23.7%
Ages 65+	15.1%	14.1%
White	49.1%	45.1%
Black	2.4%	5.0%
Hispanic	29.9%	32.6%
Asian/Pacific Islander	14.3%	13.2%
Other	4.3%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	9.2%	11.6%

Health Outcomes <sup>2, 3, 4</sup>	North Inland Region		County	
	Number	Rate*	Number	Rate*
<b>Schizophrenia</b>				
Hospitalization	17	2.8	227	6.8
Emergency Department Discharge	794	128.9	4,170	124.4
In-Patient Treatment Facility Discharge	551	89.5	5,126	152.9
<b>Suicide (or Suicide Attempt)</b>				
Death	89	14.5	417	12.4
Hospitalization	92	14.9	666	19.9
Emergency Department Discharge	914	148.4	6,757	201.6
<b>Mood Disorders</b>				
Hospitalization	17	2.8	201	6.0
Emergency Department Discharge	889	144.4	4,937	147.3
In-Patient Treatment Facility Discharge	1,179	191.5	7,654	228.4
<b>Depression</b>				
Hospitalization	9	1.5	126	3.8
Emergency Department Discharge	624	101.3	3,473	103.6
In-Patient Treatment Facility Discharge	706	114.7	4,777	142.5
<b>Alcohol-Related Disorders<sup>~</sup></b>				
Death	76	12.3	435	13.0
Hospitalization	258	41.9	1,694	50.5
Emergency Department Discharge	1,269	206.1	9,055	270.2
In-Patient Treatment Facility Discharge	210	34.1	1,494	44.6
<b>Substance-Related Disorders<sup>~</sup></b>				
Death	6	1.0	61	1.8
Hospitalization	24	3.9	244	7.3
Emergency Department Discharge	518	84.1	3,829	114.2
In-Patient Treatment Facility Discharge	118	19.2	701	20.9

For more data and statistics, visit [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

# San Diego County Health Briefs

## North Inland Region, 2019



### Behavioral Health

Health Outcomes continued <sup>2, 3, 4</sup>	North Inland Region		County	
	Number	Rate*	Number	Rate*
Opioid-Related Disorders~				
Hospitalization	13	2.1	80	2.4
Emergency Department Discharge	127	20.6	925	27.6
In-Patient Treatment Facility Discharge	72	11.7	403	12.0
Cannabis-Related Disorders~				
Hospitalization	<5	\$	33	1.0
Emergency Department Discharge	131	21.3	724	21.6
In-Patient Treatment Facility Discharge	8	1.3	48	1.4
Opioid Overdose				
Multiple Cause of Death	54	8.8	306	9.1
Sedative Overdose				
Multiple Cause of Death	27	4.4	125	3.7
Stimulant Overdose				
Multiple Cause of Death	34	5.5	292	8.7
Mental Health Behaviors & Related Health Factors <sup>5</sup> (2016-2019)		North Inland Region (%)	County (%)	
Likely Has Had Serious Psychological Distress During Past Year (ages 18+)		7.8%	10.1%	
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)		3.4%	4.3%	
Emotions Severely Impaired Social Life in Past 12 Months (ages 18+)		8.8%	9.4%	
Emotions Severely Impaired Work in Past 12 Months (ages 18+)		**	5.4%	
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress)		52.1%	58.9%	
Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)		15.3%	16.8%	
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/ Mental Health Issues in Past Year (ages 18+)		11.0%	12.3%	
Ever Seriously Thought About Committing Suicide (ages 18+)		11.5%	13.1%	
Substance Abuse Health Behaviors & Related Health Factors <sup>5,6,7</sup> (2017-2019)		North Inland Region (%)	County (%)	
Ever Tried Marijuana or Hashish (ages 18+)		49.3%	54.1%	
Binge Drinking in Past 30 Days (ages 18+)		14.7%	19.1%	
Ever Had an Alcoholic Drink (11th grade)		—	33.3%	

For more data and statistics, visit [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

# San Diego County Health Briefs

## North Inland Region, 2019



### 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.
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.

-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.

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

§ Rates not calculated for fewer than 5 events.

\*\* Indicates statistically unstable estimate.

— Data unavailable.

## San Diego County Health Briefs North Inland Region, 2019

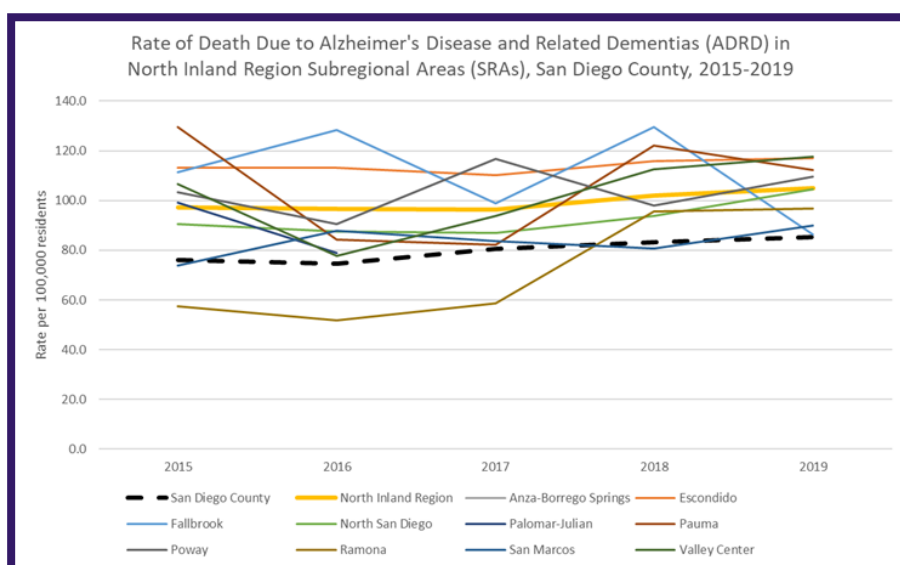


Demographics <sup>1</sup>	North Inland Region (%)	County (%)
Ages 0-14	19.8%	19.1%
Ages 15-24	14.9%	15.3%
Ages 25-44	25.9%	27.8%
Ages 45-64	24.3%	23.7%
Ages 65+	15.1%	14.1%
White	49.1%	45.1%
Black	2.4%	5.0%
Hispanic	29.9%	32.6%
Asian/Pacific Islander	14.3%	13.2%
Other	4.3%	4.1%
Households with income less than 100% Federal Poverty Level (FPL) <sup>†</sup>	9.2%	11.6%

Health Outcomes <sup>2, 3, 4</sup>	North Inland Region		County	
	Number	Rate*	Number	Rate*
<b>Alzheimer's Disease and Related Dementias (ADRD)</b>				
Death	646	104.9	2,857	85.2
Hospitalization	133	21.6	710	21.2
Emergency Department Discharge	296	48.1	1,208	36.0

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

- In San Diego County, North Inland Region had the highest rate of death due to Alzheimer's Disease and Related Dementias (ADRD) compared to the other regions from 2015 to 2018. In 2019, North Inland Region had the second highest rate of death due to ADRD, behind East Region.
- Within North Inland Region, the majority of subregional areas (SRAs) had a higher rate of death due to ADRD compared to the county overall from 2015 to 2019.



# San Diego County Health Briefs

## North Inland Region, 2019



**LIVE WELL**  
SAN DIEGO

Health Behaviors <sup>5</sup> (2016-2019)	North Inland Region (%)	County (%)
Current Smoker (ages 18+)	7.8%	9.4%
Overweight/Obese (ages 18+)	57.2%	58.8%
Spent 5 or More Hours on Sedentary Activities on Typical Weekend Days (ages 2-11)	38.9%	31.2%
Rated Overall Health as Fair or Poor (18+)	13.7%	15.6%
Ever Diagnosed with High Blood Pressure (ages 18+) (2019)	23.9%	22.9%
Ever Diagnosed with Diabetes (ages 18+)	8.5%	9.1%
Ever Diagnosed with Asthma (all ages)	14.0%	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.