

Leading Health Conditions Among Older Adults in San Diego County by Supervisorial District, 2023



September 2025

**County of San Diego, Health and Human Services Agency,
Public Health Services, Community Health Statistics Unit**

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This document was developed by the Community Health Statistics Unit of County of San Diego and is in support of *Live Well San Diego*.

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Inquiries regarding this document may be directed to:

Community Health Statistics Unit

5530 Overland Ave., Suite 210

San Diego, CA 92123

(619) 692-6667

www.SDHealthStatistics.com

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COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY



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Overview: Leading Health Conditions Among Older Adults in San Diego County by Supervisorial District, 2023

Below is a summary of the leading health conditions (LHCs) among older adults, aged 60 years and over, in San Diego County in 2023. The tables in this report provide the LHCs for each Supervisorial District by health outcome (death, hospitalization, and emergency department discharge).

Older Adults in San Diego County

- Among all older adults, aged 60 and over in San Diego County in 2023, **Overall Heart Disease** and **Non-Alzheimer's Dementia (any mention)** were the only LHCs found across all health outcomes in the Supervisorial Districts. The most common heart diseases impacting older adults in San Diego County were **Overall Hypertensive Diseases**, **Heart Failure**, and **Coronary Heart Disease (CHD)**.
- In 2023, **Overall Cancer** was a leading cause of death and hospitalization among all older adults aged 60 and over in San Diego County. The most common cancers impacting older adults in San Diego County were **Lung Cancer**, **Colorectal Cancer**, and **Pancreatic Cancer**.
- In San Diego County, **Falls** were a leading cause of hospitalization and emergency department discharges among older adults aged 60 and over in 2023. **COVID-19**, **Urinary Tract Infection**, and **Pneumonia** were other common conditions causing hospitalization and emergency department discharge among the Supervisorial Districts.

Death

- In 2023, **Overall Heart Disease** was the number one LHC for deaths among older adults in Supervisorial Districts 1, 2, and 5, while **Overall Cancer** was the number one LHC for death in Supervisorial Districts 3 and 4.
- Among the Supervisorial Districts, the highest rates of death due to **Overall Cancer** and **Overall Heart Disease** were among older adults residing in Supervisorial District 5 in 2023.

Hospitalization

- In 2023, **Overall Heart Disease** and **Non-Alzheimer's Dementia (any mention)** were the first and second LHC for hospitalizations among older adults in all Supervisorial Districts.
- Older adults in Supervisorial District 1 experienced both the highest rate of hospitalization due to **Overall Heart Disease** and the highest rate of **Non-Alzheimer's Dementia (any mention)**, compared to the other districts.

Emergency Department Discharge

- Across all Supervisorial Districts in 2023, the five leading causes of emergency department discharge were ranked in the same order—**Falls**, **Overall Heart Disease**, **Non-Alzheimer's Dementia (any mention)**, **Urinary Tract Infection**, and **COVID-19**.
- Among older adults, across all districts, Supervisorial District 1 had the highest rates of emergency department discharge due to **Falls**, **Overall Heart Disease**, **Urinary Tract Infection**, and **COVID-19**, while Supervisorial District 2 had the highest rate of discharges among residents with **Non-Alzheimer's Dementia (any mention)**.

Resources

Aging & Independence Services

Call the Aging & Independence Services (AIS) Call Center at (800) 339-4661 or visit <http://aging.sandiegocounty.gov> to find more information on:

- Help with living at home
- Healthy living
- Meals and senior dining
- Safety
- Mental health
- Transportation
- Social participation
- Caregiver support
- Financial/legal and health insurance services
- Additional programs and resources

Live Well San Diego and the Aging Roadmap

Live Well San Diego is a vision for a region that is Building Better Health, Living Safely, and Thriving. Through collective impact and the diverse resources and backbone support of the County of San Diego, the vision aligns efforts across sectors to help all 3.3 million San Diego County residents live well.

The Aging Roadmap is the County's regional vision and framework for supporting healthy aging for people of all ages. It is the product of ongoing community input and collaboration that began in 2016 when the County joined the AARP Network of Age-Friendly Communities. Building upon initial age-friendly efforts, the Aging Roadmap was approved by the San Diego County Board of Supervisors on September 24, 2019 and serves as the local "Master Plan for Aging" for our region. Within the Aging Roadmap are programs and initiatives designed to create age-friendly and dementia-friendly communities so that we can all age well. For more information, visit: <http://aging.sandiegocounty.gov>.

Additional Health Data

Visit www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_health_statistics/health-data.html to explore additional morbidity and mortality data by the lenses of health equity: age, sex, geography, socioeconomic status, and race/ethnicity. There are dashboards with over 70 conditions with four outcomes available (death, hospitalization, emergency department discharge, and in-patient treatment). Data are available for the Health and Human Services Agency (HHS) Regions and their respective subregional areas (SRAs), as well as for the 18 municipalities and the unincorporated area of San Diego County. For technical notes, see the Community Morbidity and Mortality Profile Data Guides and Data Dictionaries in the section linked above.



Leading Health Conditions Among Older Adults

Deaths Among Ages 60+, Supervisorial District 1, 2023



Conditions	Deaths	
	Rate per 100,000	Cases
Overall Heart Disease	579.3	753
Coronary Heart Disease (CHD)	321.9	418
Overall Hypertensive Diseases	144.1	187
Heart Failure	80.1	104
Overall Cancer	546.0	709
Lung Cancer	110.1	143
Liver Cancer	48.8	63
Colorectal Cancer	45.7	59
Stroke	189.3	246
Non-Alzheimer's Dementia	168.0	218
Diabetes	156.3	203
Alzheimer's Disease	141.1	183
COPD/Chronic Lower Respiratory Diseases	100.9	131
COVID-19 (multiple cause of death)	90.8	118
Chronic Kidney Disease Due to Diabetes	65.0	85
Falls	43.9	57

Deaths in this report are the underlying cause of death, except for COVID-19 (multiple cause of death) and all opioid overdose, which refer to the multiple or contributing cause of death.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023. SANDAG 2023 Population Estimates (v1/2025).

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Leading Health Conditions Among Older Adults

Hospitalizations Among Ages 60+, Supervisorial District 1, 2023



Conditions	Hospitalizations	
	Rate per 100,000	Cases
Overall Heart Disease	4,330.0	5,626
Overall Hypertensive Diseases	1,425.4	1,852
Heart Failure	1,135.8	1,476
Coronary Heart Disease (CHD)	677.6	880
Non-Alzheimer's Dementia (any mention)	2,803.0	3,642
Falls	1,829.8	2,377
Stroke	882.1	1,146
Overall Cancer	846.8	1,100
Colorectal Cancer	99.6	129
Lung Cancer	77.9	101
Non-Hodgkin's Lymphoma	50.8	66
Diabetes	573.6	745
Alzheimer's Disease (any mention)	505.8	657
Urinary Tract Infection	442.1	574
COVID-19	418.1	543
Pneumonia	371.8	483

Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for non-Alzheimer's dementia (any mention), Alzheimer's disease (any mention), falls, and motor vehicle injury, which may appear anywhere in the medical record.

Source: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2023. SANDAG 2023 Population Estimates (v1/2025).

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Leading Health Conditions Among Older Adults

Emergency Department Discharges Among Ages 60+, Supervisorial District 1, 2023



Conditions	Emergency Department Discharges	
	Rate per 100,000	Cases
Falls	4,968.0	6,455
Overall Heart Disease	4,535.9	5,893
Overall Hypertensive Diseases	1,097.1	1,425
Heart Failure	291.0	378
Coronary Heart Disease (CHD)	93.1	121
Non-Alzheimer's Dementia (any mention)	1,790.8	2,327
Urinary Tract Infection	1,616.3	2,100
COVID-19	1,077.9	1,401
Diabetes	482.3	627
Motor Vehicle Injuries	468.2	608
Pneumonia	448.1	582
COPD/Chronic Lower Respiratory Diseases	380.3	494
Alzheimer's Disease (any mention)	314.4	408

Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for non-Alzheimer's dementia (any mention), Alzheimer's disease (any mention), falls, and motor vehicle injury, which may appear anywhere in the medical record.

Source: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2023. SANDAG 2023 Population Estimates (v1/2025).

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Leading Health Conditions Among Older Adults

Deaths Among Ages 60+, Supervisorial District 2, 2023



Conditions	Deaths	
	Rate per 100,000	Cases
Overall Heart Disease	555.8	925
Coronary Heart Disease (CHD)	269.4	448
Overall Hypertensive Diseases	122.8	204
Heart Failure	104.2	173
Overall Cancer	544.5	906
Lung Cancer	105.6	176
Prostate Cancer	48.4	80
Pancreatic Cancer	44.9	75
Non-Alzheimer's Dementia	198.0	330
Stroke	191.1	318
Alzheimer's Disease	152.9	254
COPD/Chronic Lower Respiratory Diseases	134.1	223
Diabetes	87.7	146
COVID-19 (multiple cause of death)	65.2	109
Parkinson's Disease	54.2	90
Falls	47.1	78

Deaths in this report are the underlying cause of death, except for COVID-19 (multiple cause of death) and all opioid overdose, which refer to the multiple or contributing cause of death.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023. SANDAG 2023 Population Estimates (v1/2025).

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Leading Health Conditions Among Older Adults

Hospitalizations Among Ages 60+, Supervisorial District 2, 2023



Conditions	Hospitalizations	
	Rate per 100,000	Cases
Overall Heart Disease	3,660.8	6,093
Overall Hypertensive Diseases	969.6	1,614
Heart Failure	852.5	1,419
Coronary Heart Disease (CHD)	532.4	886
Non-Alzheimer's Dementia (any mention)	2,261.8	3,764
Falls	1,621.5	2,699
Overall Cancer	755.2	1,257
Lung Cancer	92.4	154
Colorectal Cancer	87.2	145
Pancreatic Cancer	38.6	64
Stroke	696.3	1,159
Urinary Tract Infection	400.4	666
Pneumonia	376.8	627
Alzheimer's Disease (any mention)	370.2	616
Hip Fractures	355.4	591
Diabetes	339.4	565

Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for non-Alzheimer's dementia (any mention), Alzheimer's disease (any mention), falls, and motor vehicle injury, which may appear anywhere in the medical record.

Source: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2023. SANDAG 2023 Population Estimates (v1/2025).

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Leading Health Conditions Among Older Adults

Emergency Department Discharges Among Ages 60+, Supervisorial District 2, 2023



Conditions	Emergency Department Discharges	
	Rate per 100,000	Cases
Falls	4,622.9	7,694
Overall Heart Disease	3,787.0	6,303
Overall Hypertensive Diseases	782.5	1,302
Heart Failure	255.6	425
Coronary Heart Disease (CHD)	136.4	227
Non-Alzheimer's Dementia (any mention)	1,832.8	3,050
Urinary Tract Infection	1,047.8	1,744
COVID-19	666.3	1,109
Motor Vehicle Injuries	369.2	615
Pneumonia	326.6	544
Stroke	320.0	533
COPD/Chronic Lower Respiratory Diseases	313.6	522
Alzheimer's Disease (any mention)	297.4	495

Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for non-Alzheimer's dementia (any mention), Alzheimer's disease (any mention), falls, and motor vehicle injury, which may appear anywhere in the medical record.

Source: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2023. SANDAG 2023 Population Estimates (v1/2025).

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Leading Health Conditions Among Older Adults

Deaths Among Ages 60+, Supervisorial District 3, 2023



Conditions	Deaths	
	Rate per 100,000	Cases
Overall Cancer	514.1	851
Lung Cancer	84.3	140
Pancreatic Cancer	49.7	82
Colorectal Cancer	45.0	74
Overall Heart Disease	484.1	801
Coronary Heart Disease (CHD)	212.9	352
Overall Hypertensive Diseases	109.5	181
Heart Failure	97.6	161
Non-Alzheimer's Dementia	181.6	301
Stroke	147.1	243
Alzheimer's Disease	139.8	231
COPD/Chronic Lower Respiratory Diseases	80.5	133
Parkinson's Disease	69.8	116
COVID-19 (multiple cause of death)	60.8	101
Falls	50.1	83
Diabetes	48.7	81

Deaths in this report are the underlying cause of death, except for COVID-19 (multiple cause of death) and all opioid overdose, which refer to the multiple or contributing cause of death.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023. SANDAG 2023 Population Estimates (v1/2025).

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Leading Health Conditions Among Older Adults

Hospitalizations Among Ages 60+, Supervisorial District 3, 2023



Conditions	Hospitalizations	
	Rate per 100,000	Cases
Overall Heart Disease	2,908.0	4,813
Overall Hypertensive Diseases	667.8	1,105
Heart Failure	624.9	1,034
Coronary Heart Disease (CHD)	469.9	778
Non-Alzheimer's Dementia (any mention)	1,868.2	3,092
Falls	1,656.0	2,741
Overall Cancer	759.3	1,257
Lung Cancer	80.2	133
Colorectal Cancer	74.9	124
Pancreatic Cancer	44.7	74
Stroke	595.8	986
Alzheimer's Disease (any mention)	410.0	679
Hip Fractures	324.6	537
COVID-19	266.1	440
Pneumonia	211.0	349
Traumatic Brain Injury	207.8	344

Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for non-Alzheimer's dementia (any mention), Alzheimer's disease (any mention), falls, and motor vehicle injury, which may appear anywhere in the medical record.

Source: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2023. SANDAG 2023 Population Estimates (v1/2025).

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Leading Health Conditions Among Older Adults

Emergency Department Discharges Among Ages 60+, Supervisorial District 3, 2023



Conditions	Emergency Department Discharges	
	Rate per 100,000	Cases
Falls	3,709.7	6,140
Overall Heart Disease	3,018.5	4,996
Overall Hypertensive Diseases	558.0	924
Heart Failure	130.5	216
Coronary Heart Disease (CHD)	97.3	161
Non-Alzheimer's Dementia (any mention)	1,272.1	2,106
Urinary Tract Infection	641.4	1,062
COVID-19	506.9	839
Alzheimer's Disease (any mention)	277.8	460
Pneumonia	252.6	418
Motor Vehicle Injuries	240.1	397
Stroke	210.8	349
COPD/Chronic Lower Respiratory Diseases	149.1	247

Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for non-Alzheimer's dementia (any mention), Alzheimer's disease (any mention), falls, and motor vehicle injury, which may appear anywhere in the medical record.

Source: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2023. SANDAG 2023 Population Estimates (v1/2025).

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Leading Health Conditions Among Older Adults

Deaths Among Ages 60+, Supervisorial District 4, 2023



Conditions	Deaths	
	Rate per 100,000	Cases
Overall Cancer	608.1	888
Lung Cancer	103.0	150
Pancreatic Cancer	54.8	80
Colorectal Cancer	52.6	77
Overall Heart Disease	595.2	869
Coronary Heart Disease (CHD)	303.1	442
Overall Hypertensive Diseases	138.0	201
Heart Failure	99.9	146
Non-Alzheimer's Dementia	225.8	330
Stroke	198.4	290
Alzheimer's Disease	148.9	217
Diabetes	134.7	197
COPD/Chronic Lower Respiratory Diseases	111.8	163
COVID-19 (multiple cause of death)	79.2	116
Chronic Kidney Disease Due to Diabetes	57.9	84
Parkinson's Disease	44.5	65

Deaths in this report are the underlying cause of death, except for COVID-19 (multiple cause of death) and all opioid overdose, which refer to the multiple or contributing cause of death.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023. SANDAG 2023 Population Estimates (v1/2025).

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Leading Health Conditions Among Older Adults

Hospitalizations Among Ages 60+, Supervisorial District 4, 2023



Conditions	Hospitalizations	
	Rate per 100,000	Cases
Overall Heart Disease	4,010.8	5,855
Overall Hypertensive Diseases	1,177.4	1,719
Heart Failure	1,039.1	1,517
Coronary Heart Disease (CHD)	607.1	886
Non-Alzheimer's Dementia (any mention)	2,451.6	3,579
Falls	1,824.7	2,664
Overall Cancer	841.8	1,229
Colorectal Cancer	115.3	168
Lung Cancer	101.2	148
Non-Hodgkin's Lymphoma	42.8	63
Stroke	829.4	1,211
Diabetes	504.3	736
Alzheimer's Disease (any mention)	410.0	599
Pneumonia	392.7	573
Urinary Tract Infection	380.9	556
COVID-19	357.0	521

Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for non-Alzheimer's dementia (any mention), Alzheimer's disease (any mention), falls, and motor vehicle injury, which may appear anywhere in the medical record.

Source: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2023. SANDAG 2023 Population Estimates (v1/2025).

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Leading Health Conditions Among Older Adults

Emergency Department Discharges Among Ages 60+, Supervisorial District 4, 2023



Conditions	Emergency Department Discharges	
	Rate per 100,000	Cases
Falls	4,919.3	7,181
Overall Heart Disease	4,193.7	6,122
Overall Hypertensive Diseases	901.2	1,315
Heart Failure	282.4	412
Coronary Heart Disease (CHD)	105.3	154
Non-Alzheimer's Dementia (any mention)	1,711.1	2,498
Urinary Tract Infection	1,271.2	1,856
COVID-19	822.9	1,201
Motor Vehicle Injuries	480.8	702
COPD/Chronic Lower Respiratory Diseases	430.7	629
Diabetes	391.0	571
Pneumonia	384.6	561
Alcohol Use/Abuse/Dependency	309.6	452

Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for non-Alzheimer's dementia (any mention), Alzheimer's disease (any mention), falls, and motor vehicle injury, which may appear anywhere in the medical record.

Source: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2023. SANDAG 2023 Population Estimates (v1/2025).

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Leading Health Conditions Among Older Adults

Deaths Among Ages 60+, Supervisorial District 5, 2023



Conditions	Deaths	
	Rate per 100,000	Cases
Overall Heart Disease	673.9	1,021
Coronary Heart Disease (CHD)	332.9	505
Overall Hypertensive Diseases	142.3	216
Heart Failure	110.3	167
Overall Cancer	662.4	1,004
Lung Cancer	113.0	171
Prostate Cancer	61.9	94
Pancreatic Cancer	60.6	92
Stroke	222.4	337
Non-Alzheimer's Dementia	219.1	332
Alzheimer's Disease	185.1	281
COPD/Chronic Lower Respiratory Diseases	144.8	219
Diabetes	104.7	159
Falls	59.9	91
COVID-19 (multiple cause of death)	59.6	90
Parkinson's Disease	52.1	79

Deaths in this report are the underlying cause of death, except for COVID-19 (multiple cause of death) and all opioid overdose, which refer to the multiple or contributing cause of death.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023. SANDAG 2023 Population Estimates (v1/2025).

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Leading Health Conditions Among Older Adults

Hospitalizations Among Ages 60+, Supervisorial District 5, 2023



Conditions	Hospitalizations	
	Rate per 100,000	Cases
Overall Heart Disease	2,797.0	4,239
Overall Hypertensive Diseases	726.8	1,102
Heart Failure	684.5	1,037
Coronary Heart Disease (CHD)	452.4	686
Non-Alzheimer's Dementia (any mention)	1,741.4	2,639
Falls	1,411.8	2,140
Overall Cancer	689.8	1,045
Colorectal Cancer	76.7	116
Lung Cancer	75.5	114
Female Reproductive Cancer	38.9	59
Stroke	492.4	746
Alzheimer's Disease (any mention)	336.9	511
Pneumonia	298.5	452
Urinary Tract Infection	296.0	449
Diabetes	281.7	427
Hip Fractures	273.3	414

Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for non-Alzheimer's dementia (any mention), Alzheimer's disease (any mention), falls, and motor vehicle injury, which may appear anywhere in the medical record.

Source: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2023. SANDAG 2023 Population Estimates (v1/2025).

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Leading Health Conditions Among Older Adults

Emergency Department Discharges Among Ages 60+, Supervisorial District 5, 2023



Conditions	Emergency Department Discharges	
	Rate per 100,000	Cases
Falls	3,669.1	5,561
Overall Heart Disease	3,152.4	4,777
Overall Hypertensive Diseases	582.7	883
Heart Failure	156.5	237
Coronary Heart Disease (CHD)	131.4	199
Non-Alzheimer's Dementia (any mention)	1,539.4	2,333
Urinary Tract Infection	836.6	1,268
COVID-19	481.3	729
Motor Vehicle Injuries	300.8	456
Pneumonia	268.4	407
Stroke	266.8	404
Alzheimer's Disease (any mention)	257.1	390
Diabetes	250.5	380

Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for non-Alzheimer's dementia (any mention), Alzheimer's disease (any mention), falls, and motor vehicle injury, which may appear anywhere in the medical record.

Source: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2023. SANDAG 2023 Population Estimates (v1/2025).

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