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

September 2025

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

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

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

Older Adults in San Diego County

- In 2023, among all older adult age groups in San Diego County, **Overall Heart Disease** was the only condition found across all health outcomes. The most common heart diseases impacting older adults in San Diego County were **Overall Hypertensive Diseases**, **Heart Failure**, and **Coronary Heart Disease (CHD)**.

- **Overall Cancer** was a leading cause of death and hospitalization among all older adult age groups in San Diego County in 2023. The most common cancers impacting older adults in San Diego County were **Lung Cancer**, **Colorectal Cancer**, and **Pancreatic Cancer**.

- **Non-Alzheimer's Dementia** and **Alzheimer's Disease** were a leading cause of death, hospitalization, and emergency department discharge among the 60 and older age group.

- In San Diego County, **Falls** were a leading cause of hospitalization and emergency department discharges in all older adult age groups in 2023. **COVID-19**, **Urinary Tract Infection**, and **Pneumonia** were other common conditions causing hospitalization and emergency department discharge among all age groups.

60+

- Among all older adults 60 years and over, **Overall Heart Disease** was the number one LHC for deaths and hospitalizations, while **Falls** were the number one LHC for emergency department discharges in San Diego County in 2023.

60-69

- In 2023, **Overall Cancer** was the number one LHC for deaths among older adults aged 60-69 years in San Diego County.
- In 2023, medical encounters due to **Drug Overdose** or **Alcohol Use** were most common among older adults aged 60-69 years in San Diego County.

70-79

- In 2023, **Overall Cancer** was the number one LHC for deaths among older adults aged 70-79 years in San Diego County.

80+

- **Alzheimer's Disease** and **Non-Alzheimer's Dementias** were most prevalent among older adults 80 years and over in San Diego County in 2023.
- Among older adults 80 years and over, **Falls** were more likely to be fatal, compared to those aged 60-69 or 70-79 in 2023.

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 (HHSA) 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+, San Diego County, 2023

Conditions	Deaths	
	Rate per 100,000	Cases
Overall Heart Disease	**576.0**	**4,374**
Coronary Heart Disease (CHD)	285.5	2,168
Overall Hypertensive Diseases	130.8	993
Heart Failure	99.0	752
Overall Cancer	**575.1**	**4,367**
Lung Cancer	103.2	784
Pancreatic Cancer	49.5	376
Colorectal Cancer	48.6	369
Non-Alzheimer's Dementia	**199.0**	**1,511**
Stroke	**189.6**	**1,440**
Alzheimer's Disease	**154.1**	**1,170**
COPD/Chronic Lower Respiratory Diseases	**115.0**	**873**
Diabetes	**103.4**	**785**
COVID-19 (multiple cause of death)	**70.5**	**535**
Parkinson's Disease	**52.7**	**400**
Falls	**48.6**	**369**

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.

Leading Health Conditions Among Older Adults

Hospitalizations Among Ages 60+, San Diego County, 2023

Conditions	Hospitalizations	
	Rate per 100,000	Cases
Overall Heart Disease	**3,506.1**	**26,625**
Overall Hypertensive Diseases	973.3	7,391
Heart Failure	853.7	6,483
Coronary Heart Disease (CHD)	542.0	4,116
Non-Alzheimer's Dementia (any mention)	**2,201.2**	**16,716**
Falls	**1,661.9**	**12,620**
Overall Cancer	**775.4**	**5,888**
Colorectal Cancer	89.9	683
Lung Cancer	85.6	650
Pancreatic Cancer	39.1	297
Stroke	**691.1**	**5,248**
Alzheimer's Disease (any mention)	**403.1**	**3,061**
Diabetes	**357.1**	**2,712**
Urinary Tract Infection	**340.4**	**2,585**
Pneumonia	**327.2**	**2,485**
Hip Fractures	**323.4**	**2,456**

Leading Health Conditions Among Older Adults

Emergency Department Discharge Among Ages 60+, San Diego County, 2023

Conditions	Emergency Department Discharges	
	Rate per 100,000	Cases
Falls	**4,349.6**	**33,030**
Overall Heart Disease	**3,699.2**	**28,091**
Overall Hypertensive Diseases	770.4	5,850
Heart Failure	219.8	1,669
Coronary Heart Disease (CHD)	113.5	862
Non-Alzheimer's Dementia (any mention)	**1,621.4**	**12,313**
Urinary Tract Infection	**1,057.3**	**8,029**
COVID-19	**695.2**	**5,279**
Motor Vehicle Injuries	**365.8**	**2,778**
Pneumonia	**330.8**	**2,512**
Diabetes	**295.6**	**2,245**
Alzheimer's Disease (any mention)	**290.2**	**2,204**
COPD/Chronic Lower Respiratory Diseases	**290.0**	**2,202**

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).

Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, September 2025.

Leading Health Conditions Among Older Adults

Deaths Among Ages 60-69, San Diego County, 2023

Conditions	Deaths	
	Rate per 100,000	Cases
Overall Cancer	**285.2**	**1,063**
Lung Cancer	45.9	171
Colorectal Cancer	30.9	115
Pancreatic Cancer	24.9	93
Overall Heart Disease	**184.8**	**689**
Coronary Heart Disease (CHD)	115.6	431
Overall Hypertensive Diseases	41.6	155
Acute Myocardial Infarction	29.0	108
Diabetes	**56.1**	**209**
Poisoning	**46.4**	**173**
Chronic Alcohol Consumption	**46.1**	**172**
All Drug Overdoses	**44.3**	**165**
Stroke	**39.4**	**147**
COPD/Chronic Lower Respiratory Diseases	**34.6**	**129**
All Opioid Overdoses	**25.8**	**96**
Chronic Kidney Disease Due to Diabetes	**23.9**	**89**

Leading Health Conditions Among Older Adults

Hospitalizations Among Ages 60-69, San Diego County, 2023

Conditions	Hospitalizations	
	Rate per 100,000	Cases
Overall Heart Disease	**2,100.3**	**7,829**
Overall Hypertensive Diseases	550.5	2,052
Heart Failure	446.9	1,666
Coronary Heart Disease (CHD)	417.4	1,556
Falls	**693.0**	**2,583**
Overall Cancer	**645.5**	**2,406**
Colorectal Cancer	70.0	261
Lung Cancer	57.1	213
Kidney Cancer	32.7	122
Non-Alzheimer's Dementia (any mention)	**426.3**	**1,589**
Stroke	**426.3**	**1,589**
Diabetes	**336.1**	**1,253**
Pneumonia	**161.0**	**600**
COPD/Chronic Lower Respiratory Diseases	**155.3**	**579**
Urinary Tract Infection	**138.7**	**517**
COVID-19	**118.0**	**440**

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 60-69, San Diego County, 2023

Conditions	Emergency Department Discharges	
	Rate per 100,000	Cases
Overall Heart Disease	**3,054.8**	**11,387**
Overall Hypertensive Diseases	534.4	1,992
Heart Failure	119.1	444
Coronary Heart Disease (CHD)	87.5	326
Falls	**2,369.1**	**8,831**
Urinary Tract Infection	**715.8**	**2,668**
COVID-19	**505.7**	**1,885**
Motor Vehicle Injuries	**435.7**	**1,624**
Alcohol Use/Abuse/Dependency	**273.4**	**1,019**
Diabetes	**271.5**	**1,012**
Pneumonia	**246.5**	**919**
COPD/Chronic Lower Respiratory Diseases	**242.3**	**903**
Non-Alzheimer's Dementia (any mention)	**230.2**	**858**

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 70-79, San Diego County, 2023

Conditions	Deaths	
	Rate per 100,000	Cases
Overall Cancer	**610.8**	**1,529**
Lung Cancer	117.4	294
Pancreatic Cancer	69.1	173
Colorectal Cancer	41.1	103
Overall Heart Disease	**402.2**	**1,007**
Coronary Heart Disease (CHD)	233.3	584
Overall Hypertensive Diseases	82.7	207
Acute Myocardial Infarction	55.1	138
Stroke	**110.2**	**276**
Diabetes	**107.5**	**269**
COPD/Chronic Lower Respiratory Diseases	**89.9**	**225**
Non-Alzheimer's Dementia	**75.1**	**188**
Alzheimer's Disease	**74.3**	**186**
Parkinson's Disease	**52.3**	**131**
COVID-19 (multiple cause of death)	**47.5**	**119**
Chronic Kidney Disease Due to Diabetes	**43.5**	**109**

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.

Leading Health Conditions Among Older Adults

Hospitalizations Among Ages 70-79, San Diego County, 2023

Conditions	Hospitalizations	
	Rate per 100,000	Cases
Overall Heart Disease	**3,524.7**	**8,824**
Overall Hypertensive Diseases	864.0	2,163
Heart Failure	734.6	1,839
Coronary Heart Disease (CHD)	612.0	1,532
Non-Alzheimer's Dementia (any mention)	**1,691.7**	**4,235**
Falls	**1,521.5**	**3,809**
Overall Cancer	**880.0**	**2,203**
Lung Cancer	112.6	282
Colorectal Cancer	93.5	234
Non-Hodgkin's Lymphoma	49.1	123
Stroke	**686.3**	**1,718**
Diabetes	**353.9**	**886**
Urinary Tract Infection	**321.6**	**805**
Pneumonia	**318.0**	**796**
COVID-19	**283.6**	**710**
Hip Fractures	**277.6**	**695**

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 Discharge Among Ages 70-79, San Diego County, 2023

Conditions	Emergency Department Discharges	
	Rate per 100,000	Cases
Falls	**4,027.6**	**10,083**
Overall Heart Disease	**3,660.5**	**9,164**
Overall Hypertensive Diseases	768.5	1,924
Heart Failure	183.3	459
Coronary Heart Disease (CHD)	121.4	304
Non-Alzheimer's Dementia (any mention)	**1,187.2**	**2,972**
Urinary Tract Infection	**1,022.6**	**2,560**
COVID-19	**700.2**	**1,753**
Pneumonia	**324.4**	**812**
Motor Vehicle Injuries	**313.6**	**785**
Diabetes	**311.6**	**780**
COPD/Chronic Lower Respiratory Diseases	**297.6**	**745**
Stroke	**272.0**	**681**

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 80+, San Diego County, 2023

Condition	Deaths	
	Rate per 100,000	Cases
Overall Heart Disease	**1,964.9**	**2,678**
Coronary Heart Disease (CHD)	846.0	1,153
Overall Hypertensive Diseases	463.0	631
Heart Failure	428.5	584
Overall Cancer	**1,302.4**	**1,775**
Lung Cancer	234.1	319
Colorectal Cancer	110.8	151
Pancreatic Cancer	80.7	110
Non-Alzheimer's Dementia	**938.4**	**1,279**
Stroke	**746.2**	**1,017**
Alzheimer's Disease	**696.3**	**949**
COPD/Chronic Lower Respiratory Diseases	**380.8**	**519**
COVID-19 (multiple cause of death)	**244.3**	**333**
Diabetes	**225.3**	**307**
Parkinson's Disease	**184.9**	**252**
Falls	**183.4**	**250**

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 80+, San Diego County, 2023

Conditions	Hospitalizations	
	Rate per 100,000	**Cases**
Non-Alzheimer's Dementia (any mention)	**7,991.7**	**10,892**
Overall Heart Disease	**7,316.7**	**9,972**
Overall Hypertensive Diseases	2,330.3	3,176
Heart Failure	2,185.0	2,978
Coronary Heart Disease (CHD)	754.3	1,028
Falls	**4,569.6**	**6,228**
Alzheimer's Disease (any mention)	**1,632.5**	**2,225**
Stroke	**1,424.2**	**1,941**
Hip Fractures	**1,062.4**	**1,448**
Overall Cancer	**938.4**	**1,279**
Colorectal Cancer	137.9	188
Lung Cancer	113.7	155
Pancreatic Cancer	49.9	68
Urinary Tract Infection	**926.7**	**1,263**
COVID-19	**925.2**	**1,261**
Pneumonia	**799.0**	**1,089**

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 Discharge Among Ages 80+, San Diego County, 2023

Conditions	Emergency Department Discharges	
	Rate per 100,000	Cases
Falls	**10,357.3**	**14,116**
Non-Alzheimer's Dementia (any mention)	**6,224.2**	**8,483**
Overall Heart Disease	**5,532.3**	**7,540**
Overall Hypertensive Diseases	1,419.0	1,934
Heart Failure	562.0	766
Coronary Heart Disease (CHD)	170.2	232
Urinary Tract Infection	**2,055.2**	**2,801**
COVID-19	**1,204.0**	**1,641**
Alzheimer's Disease (any mention)	**1,124.1**	**1,532**
Pneumonia	**573.0**	**781**
Stroke	**547.4**	**746**
COPD/Chronic Lower Respiratory Diseases	**406.5**	**554**
Diabetes	**332.4**	**453**

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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