Leading Health Conditions Among Older Adults in San Diego County, 2021

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August 2023

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Leading Health Conditions Among Older Adults, 60+, San Diego County, 2021

Conditions	Deaths	
	Cases	Rates*
Overall Heart Disease	**4,466**	**615.8**
Coronary Heart Disease (CHD)	2,315	319.2
Heart Failure	1,039	143.3
Overall Hypertensive Diseases	914	126.0
Overall Cancer	**4,278**	**589.9**
Lung Cancer	743	102.5
Pancreatic Cancer	350	48.3
Colorectal Cancer	339	46.7
Alzheimer's Disease and Related Dementias (ADRD)	**3,113**	**429.3**
COVID-19**	**2,261**	**342.6**
Stroke	**1,613**	**222.4**
COPD/Chronic Lower Respiratory Diseases	**841**	**116.0**
Diabetes	**766**	**105.6**
Unintentional Injuries	**657**	**90.6**
Falls	323	44.5
Poisoning	157	21.6
Motor Vehicle Injuries	86	11.9
Alcohol Related Disorders	**272**	**37.5**
Flu/Pneumonia	**143**	**19.7**
Suicide	**110**	**15.2**

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Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, June 2023.

Leading Health Conditions Among Older Adults, 60+, San Diego County, 2021

Conditions	Emergency Department Discharges	
	Cases	Rates*
Unintentional Injuries	**42,052**	**5,798.7**
Falls	27,254	3,758.1
Motor Vehicle Injuries	2,111	291.1
Poisoning	775	106.9
Overall Heart Disease	**25,439**	**3,507.8**
Overall Hypertensive Diseases	5,497	758.0
Heart Failure	1,612	222.3
Coronary Heart Disease (CHD)	885	122.0
Urinary Tract Infection	**6,734**	**928.6**
Diabetes	**2,115**	**291.6**
Stroke	**2,095**	**288.9**
COPD/Chronic Lower Respiratory Diseases	**1,853**	**255.5**
Flu/Pneumonia	**1,458**	**201.0**
Alcohol Related Disorders	**1,420**	**195.8**
Anxiety and Fear Related Disorders	**973**	**134.2**
Overall Cancer	**941**	**129.8**
Lung Cancer	96	13.2
Leukemia	59	8.1
Colorectal Cancer	55	7.6

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Leading Health Conditions Among Older Adults, 60+, San Diego County, 2021

Conditions	Hospitalizations	
	Cases	**Rates***
Overall Heart Disease	**24,452**	**3,371.7**
Overall Hypertensive Diseases	6,409	883.8
Heart Failure	5,582	769.7
Coronary Heart Disease (CHD)	4,181	576.5
Unintentional Injuries	**17,329**	**2,389.5**
Falls	10,884	1,500.8
Poisoning	748	103.1
Motor Vehicle Injuries	670	92.4
COVID-19**	**6,739**	**1,021.0**
Overall Cancer	**5,587**	**770.4**
Colorectal Cancer	677	93.4
Lung Cancer	601	82.9
Pancreatic Cancer	277	38.2
Stroke	**5,151**	**710.3**
Hip Fractures	**2,368**	**326.5**
Urinary Tract Infection	**2,235**	**308.2**
Diabetes	**2,155**	**297.2**
Flu/Pneumonia	**1,425**	**196.5**
COPD/Chronic Lower Respiratory Diseases	**1,178**	**162.4**
Alzheimer's Disease and Related Dementias (ADRD)	**722**	**99.6**

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Leading Health Conditions Among Older Adults, 60-69, San Diego County, 2021

Conditions	Deaths	
	Cases	Rates*
Overall Cancer	**1,121**	**307.6**
Lung Cancer	180	49.4
Pancreatic Cancer	106	29.1
Liver Cancer	94	25.8
Overall Heart Disease	**764**	**209.6**
Coronary Heart Disease (CHD)	500	137.2
Overall Hypertensive Diseases	158	43.4
Acute Myocardial Infarction	118	32.4
COVID-19**	**615**	**180.7**
Unintentional Injuries	**239**	**65.6**
Poisoning	136	37.3
Falls	35	9.6
Motor Vehicle Injuries	34	9.3
Diabetes	**210**	**57.6**
Alcohol Related Disorders	**188**	**51.6**
Stroke	**163**	**44.7**
COPD/Chronic Lower Respiratory Diseases	**130**	**35.7**
Alzheimer's Disease and Related Dementias (ADRD)	**89**	**24.4**
Suicide	**46**	**12.6**
Flu/Pneumonia	**24**	**6.6**

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Leading Health Conditions Among Older Adults, 60-69, San Diego County, 2021

Conditions	Emergency Department Discharges	
	Cases	Rates*
Unintentional Injuries	**15,010**	**4,118.7**
Falls	7,358	2,019.0
Motor Vehicle Injuries	1,283	352.1
Poisoning	422	115.8
Overall Heart Disease	**10,335**	**2,835.9**
Overall Hypertensive Diseases	1,950	535.1
Heart Failure	399	109.5
Coronary Heart Disease (CHD)	346	94.9
Urinary Tract Infection	**2,227**	**611.1**
Alcohol Related Disorders	**1,075**	**295.0**
Diabetes	**998**	**273.9**
COPD/Chronic Lower Respiratory Diseases	**844**	**231.6**
Stroke	**557**	**152.8**
Anxiety and Fear Related Disorders	**547**	**150.1**
Flu/Pneumonia	**537**	**147.4**
Assault	**374**	**102.6**

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Leading Health Conditions Among Older Adults, 60-69, San Diego County, 2021

Conditions	Hospitalizations	
	Cases	Rates*
Overall Heart Disease	**7,214**	**1,979.5**
Overall Hypertensive Diseases	1,749	479.9
Coronary Heart Disease (CHD)	1,595	437.7
Heart Failure	1,408	386.4
Unintentional Injuries	**4,868**	**1,335.8**
Falls	2,209	606.1
Poisoning	424	116.3
Motor Vehicle Injuries	345	94.7
COVID-19**	**2,620**	**770.0**
Overall Cancer	**2,412**	**661.9**
Colorectal Cancer	274	75.2
Lung Cancer	228	62.6
Non-Hodgkin's Lymphoma	114	31.3
Stroke	**1,528**	**419.3**
Diabetes	**1,069**	**293.3**
COPD/Chronic Lower Respiratory Diseases	**505**	**138.6**
Urinary Tract Infection	**470**	**129.0**
Alcohol Related Disorders	**384**	**105.4**
Flu/Pneumonia	**379**	**104.0**
Hip Fractures	**291**	**79.9**

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Leading Health Conditions Among Older Adults, 70-79, San Diego County, 2021

Conditions	Deaths	
	Cases	Rates*
Overall Cancer	**1,419**	**610.9**
Lung Cancer	270	116.2
Pancreatic Cancer	123	53.0
Liver Cancer	107	46.1
Overall Heart Disease	**969**	**417.2**
Coronary Heart Disease (CHD)	618	266.1
Overall Hypertensive Diseases	182	78.4
Heart Failure	161	69.3
COVID-19**	**623**	**311.7**
Alzheimer's Disease and Related Dementias (ADRD)	**490**	**211.0**
Stroke	**308**	**132.6**
Diabetes	**255**	**109.8**
COPD/Chronic Lower Respiratory Diseases	**247**	**106.3**
Unintentional Injuries	**154**	**66.3**
Falls	80	34.4
Motor Vehicle Injuries	27	11.6
Poisoning	18	7.7
Alcohol Related Disorders	**58**	**25.0**
Flu/Pneumonia	**38**	**16.4**
Suicide	**38**	**16.4**

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Leading Health Conditions Among Older Adults, 70-79, San Diego County, 2021

Conditions	Emergency Department Discharges	
	Cases	Rates*
Unintentional Injuries	**12,186**	**5,246.4**
Falls	8,025	3,455.0
Motor Vehicle Injuries	582	250.6
Poisoning	221	95.1
Overall Heart Disease	**8,178**	**3,520.9**
Overall Hypertensive Diseases	1,755	755.6
Heart Failure	433	186.4
Coronary Heart Disease (CHD)	292	125.7
Urinary Tract Infection	**2,050**	**882.6**
Stroke	**732**	**315.1**
Diabetes	**688**	**296.2**
COPD/Chronic Lower Respiratory Diseases	**565**	**243.2**
Flu/Pneumonia	**437**	**188.1**
Overall Cancer	**336**	**144.7**
Lung Cancer	33	14.2
Pancreatic Cancer	22	9.5
Leukemia	21	9.0
Alcohol Related Disorders	**300**	**129.2**
Anxiety and Fear Related Disorders	**282**	**121.4**

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Leading Health Conditions Among Older Adults, 70-79, San Diego County, 2021

Conditions	Hospitalizations	
	Cases	Rates*
Overall Heart Disease	**8,034**	**3,458.9**
Overall Hypertensive Diseases	1,923	827.9
Heart Failure	1,607	691.9
Coronary Heart Disease (CHD)	1,474	634.6
Unintentional Injuries	**5,196**	**2,237.0**
Falls	3,151	1,356.6
Poisoning	223	96.0
Motor Vehicle Injuries	211	90.8
COVID-19 **	**2,108**	**1,055.0**
Overall Cancer	**1,964**	**845.6**
Lung Cancer	232	99.9
Colorectal Cancer	226	97.3
Pancreatic Cancer	107	46.1
Stroke	**1,703**	**733.2**
Diabetes	**710**	**305.7**
Urinary Tract Infection	**672**	**289.3**
Hip Fractures	**664**	**285.9**
Flu/Pneumonia	**451**	**194.2**
COPD/Chronic Lower Respiratory Diseases	**362**	**155.9**
Alzheimer's Disease and Related Dementias (ADRD)	**238**	**102.5**

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Leading Health Conditions Among Older Adults, 80+, San Diego County, 2021

Condition	Deaths	
	Cases	Rates*
Overall Heart Disease	**2,733**	**2,126.9**
CHD	1,197	931.5
Heart Failure	798	621.0
Overall Hypertensive Diseases	574	446.7
Alzheimer's Disease and Related Dementias (ADRD)	**2,534**	**1,972.0**
Overall Cancer	**1,738**	**1,352.5**
Lung Cancer	293	228.0
Colorectal Cancer	142	110.5
Pancreatic Cancer	121	94.2
Stroke	**1,142**	**888.7**
COVID-19**	**1,023**	**853.7**
COPD/Chronic Lower Respiratory Diseases	**464**	**361.1**
Diabetes	**301**	**234.2**
Unintentional Injuries	**264**	**205.4**
Falls	208	161.9
Motor Vehicle Injuries	25	19.5
Flu/Pneumonia	**81**	**63.0**
Urinary Tract Infection	**63**	**49.0**
Hyperlipidemia	**59**	**45.9**
Suicide	**26**	**20.2**

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Leading Health Conditions Among Older Adults, 80+, San Diego County, 2021

Conditions	Emergency Department Discharges	
	Cases	Rates*
Unintentional Injuries	**14,856**	**11,561.2**
Falls	11,871	9,238.2
Motor Vehicle Injuries	246	191.4
Poisoning	132	102.7
Overall Heart Disease	**6,926**	**5,389.9**
Overall Hypertensive Diseases	1,792	1,394.6
Heart Failure	780	607.0
Coronary Heart Disease (CHD)	247	192.2
Urinary Tract Infection	**2,457**	**1,912.1**
Stroke	**806**	**627.2**
Alzheimer's Disease and Related Dementias (ADRD)	**532**	**414.0**
Flu/Pneumonia	**484**	**376.7**
COPD/Chronic Lower Respiratory Diseases	**444**	**345.5**
Diabetes	**429**	**333.9**
Hip Fractures	**251**	**195.3**
Overall Cancer	**246**	**191.4**
Lung Cancer	30	23.3
Leukemia	18	14.0
Bladder Cancer	13	10.1

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Leading Health Conditions Among Older Adults, 80+, San Diego County, 2021

Conditions	Hospitalizations	
	Cases	Rates*
Overall Heart Disease	**9,204**	**7,162.7**
Overall Hypertensive Diseases	2,737	2,130.0
Heart Failure	2,567	1,997.7
Coronary Heart Disease (CHD)	1,112	865.4
Unintentional Injuries	**7,265**	**5,653.7**
Falls	5,524	4,298.9
Motor Vehicle Injuries	114	88.7
Poisoning	101	78.6
COVID-19**	**2,011**	**1,678.0**
Stroke	**1,920**	**1,494.2**
Hip Fractures	**1,413**	**1,099.6**
Overall Cancer	**1,211**	**942.4**
Colorectal Cancer	177	137.7
Lung Cancer	141	109.7
Leukemia	78	60.7
Urinary Tract Infection	**1,093**	**850.6**
Flu/Pneumonia	**595**	**463.0**
Alzheimer's Disease and Related Dementias (ADRD)	**384**	**298.8**
Diabetes	**376**	**292.6**
COPD/Chronic Lower Respiratory Diseases	**311**	**242.0**

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Summary: Leading Health Conditions Among Older Adults in San Diego County, 2021

In 2021, the majority of leading health conditions (LHCs) impacting older adults, aged 60 years and over, in San Diego County were chronic diseases. Below is a summary of the leading health conditions among older adults in San Diego County, by health outcome (death, emergency department discharge, hospitalization) and age group in 2021.

Older Adults in San Diego County

- Among all older adult age groups in 2021, COPD/Chronic Lower Respiratory Diseases, Diabetes, Flu/Pneumonia, Overall Heart Disease, Stroke, and Unintentional Injuries were LHCs found across all health outcomes.

- In San Diego County, Unintentional Injury was the number one LHC for emergency department (ED) discharges in all older adult age groups in 2021.

- Among hospitalizations in San Diego County, COVID-19 was the third LHC impacting all older adults age groups in 2021.

- In 2021, Falls, Lung Cancer, Colorectal Cancer, CHD, and Overall Hypertensive Diseases were the top sub conditions impacting older adults in San Diego County.

60+

- Among older adults 60 years and over, Overall Heart Disease was the number one LHC for deaths and hospitalizations, while Unintentional Injury was the number one LHC for ED discharges in San Diego County in 2021.

- In San Diego County, Overall Heart Disease was one of the top three LHC among older adults aged 60 years and over in 2021.

60-69

- In 2021, Overall Cancer was the number one LHC for deaths among older adults aged 60-69 years in San Diego County.

- In 2021, Alcohol Related Disorders were a LHC found in all health outcomes among older adults aged 60-69 years in San Diego County.

70-79

- In 2021, Overall Cancer was the number one LHC for deaths among older adults aged 70-79 years in San Diego County.

- Older adults aged 70-79 years had the highest hospitalization rate due to diabetes than any other age group in San Diego County in 2021.

80+

- In 2021, Alzheimer's Disease and Related Dementias (ADRD) was a LHC found in all health outcomes among older adults 80 years and over in San Diego County.

- Older adults aged 80 years and over had the highest rate of suicide than any other age group in San Diego County in 2021.