

Leading Health Conditions Among Older Adults in San Diego County by Health and Human Services Agency Region, 2024

July 2026



**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 by Health and Human Services Agency Region, 2024



Below is a summary of the leading health conditions (LHCs) among older adults, aged 60 years and over, in San Diego County in 2024. The tables in this report provide the LHCs for each Health and Human Services Agency (HHSA) Region by health outcome (death, hospitalization, and emergency department discharge).

Older Adults (60+) in San Diego County

- Across all adults aged 60 and older in San Diego County, **heart disease** and **cancer** consistently ranked as leading health conditions contributing to deaths.
- **Falls** were the foremost cause of emergency department discharges and contributed substantially to hospitalizations.
- **Non-Alzheimer's dementia, Alzheimer's disease, stroke, diabetes, COPD/chronic lower respiratory diseases, and infections** (particularly **urinary tract infections (UTI), pneumonia, and COVID-19**) were also prominent across outcomes.
- The burden of chronic disease increased with age, and the severity of fall-related injuries and dementia-related care needs grew significantly with age.

Death

- Across all HHSA regions, **cancer** and **heart disease** were consistently the top causes of death.
- **Lung, prostate, and female breast cancers** frequently appeared among the most common cancer-related deaths.
- **Stroke, non-Alzheimer's dementia, Alzheimer's disease, diabetes, and COPD** also appeared across every region's top conditions.

Hospitalization

- **Heart disease** was the leading cause of hospitalization in every region, including **hypertensive diseases, heart failure, and coronary heart disease**.
- **Non-Alzheimer's dementia** and **falls** also appeared prominently across all regions, reflecting widespread needs related to cognitive decline and injury.
- Additional major contributors included **cancer, stroke, UTI, pneumonia, and diabetes**.

Emergency Department Discharge

- In all regions, except South Region, **falls** were the leading cause of emergency department discharges, with high rates and case counts.
- **Heart disease** ranked close behind, specifically due to hypertensive diseases, heart failure, and coronary heart disease.
- **Non-Alzheimer's dementia, infections** such as **UTI, pneumonia, and COVID-19**, as well as **diabetes** and **COPD** also appeared consistently across regions.

Resources

Aging & Independence Services (AIS)

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

Aging Dashboard

The Aging Dashboard serves as a centralized data resource for San Diego County's older adult population. Modeled after California's Master Plan for Aging (MPA), the dashboard includes more than 50 metrics framed within five primary goals: demographics, housing, health, inclusion and equity, caregiving, and affordability. Metric selection, while following the MPA framework, expands beyond those outlined in California's model to reflect the local San Diego County older adult needs and demographics.

View the dashboard at

https://public.tableau.com/app/profile/chsu/viz/AgingDashboard_17707672641420/Home

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

To explore additional morbidity and mortality data, visit www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_health_statistics/health-data.html. Data are available 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+, Central Region, 2024



Conditions	Rate per 100,000	Cases
Overall Cancer	638.7	553
Lung Cancer	108.6	94
Prostate Cancer [^]	105.3	42
Female Breast Cancer [*]	70.7	33
Overall Heart Disease	611.0	529
Coronary Heart Disease (CHD)	324.5	281
Overall Hypertensive Diseases	131.7	114
Heart Failure	105.1	91
Stroke	195.2	169
Non-Alzheimer's Dementia	167.5	145
Diabetes	151.3	131
Alzheimer's Disease	123.6	107
COPD/Chronic Lower Respiratory Diseases	102.8	89
Chronic Kidney Disease Due to Diabetes	55.4	48
COVID-19 (multiple cause of death)	50.8	44
Poisoning	49.7	43

[^]Among the male population. Sex may, or may not, match sex assigned to the decedent at birth.

^{*}Among the female population. Sex may, or may not, match sex assigned to the decedent at birth.

Deaths in this report are the underlying cause of death, except for COVID-19 (multiple cause of death), which refers 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), 2024. SANDAG 2024 Population Estimates (v24/2025).

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Leading Health Conditions Among Older Adults

Hospitalizations Among Ages 60+, Central Region, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	4,310.3	3,732
Overall Hypertensive Diseases	1,395.2	1,208
Heart Failure	1,165.3	1,009
Coronary Heart Disease (CHD)	630.6	546
Non-Alzheimer's Dementia (any mention)	2,501.6	2,166
Falls	1,933.4	1,674
Overall Cancer	899.7	779
Lung Cancer	116.6	101
Colorectal Cancer	103.9	90
Female Reproductive Cancer*	89.9	42
Stroke	867.4	751
Diabetes	549.8	476
Alzheimer's Disease (any mention)	487.4	422
Urinary Tract Infection	447.0	387
Pneumonia	399.6	346
COPD/Chronic Lower Respiratory Diseases	339.6	294

*Among the female population. For hospitalization, sex determined on admission is male, female, or unknown (2017 and later).

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), Patient Discharge Database, 2024. SANDAG 2024 Population Estimates (v24/2025).

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Leading Health Conditions Among Older Adults

Emergency Department Discharges Among Ages 60+, Central Region, 2024



Conditions	Rate per 100,000	Cases
Falls	5,901.8	5,110
Overall Heart Disease	5,799.0	5,021
Overall Hypertensive Diseases	1,478.3	1,280
Heart Failure	616.7	534
Coronary Heart Disease (CHD)	216.0	187
Non-Alzheimer's Dementia (any mention)	2,301.8	1,993
Urinary Tract Infection	1,809.8	1,567
COVID-19	839.6	727
COPD/Chronic Lower Respiratory Diseases	724.2	627
Diabetes	701.1	607
Pneumonia	689.5	597
Motor Vehicle Injuries	617.9	535
Alcohol Use/Abuse/Dependency	545.1	472

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, 2024. SANDAG 2024 Population Estimates (v24/2025).

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Leading Health Conditions Among Older Adults

Deaths Among Ages 60+, East Region, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	681.4	787
Coronary Heart Disease (CHD)	335.1	387
Overall Hypertensive Diseases	185.3	214
Heart Failure	116.9	135
Overall Cancer	647.6	748
Lung Cancer	104.8	121
Prostate Cancer^	98.6	52
Female Reproductive Cancer*	76.5	48
Non-Alzheimer's Dementia	250.2	289
Stroke	220.8	255
COPD/Chronic Lower Respiratory Diseases	172.3	199
Diabetes	165.4	191
Alzheimer's Disease	152.4	176
COVID-19 (multiple cause of death)	76.2	88
Chronic Kidney Disease Due to Diabetes	59.7	69
Parkinson's Disease	55.4	64

^Among the male population. Sex may, or may not, match sex assigned to the decedent at birth.

*Among the female population. Sex may, or may not, match sex assigned to the decedent at birth.

Deaths in this report are the underlying cause of death, except for COVID-19 (multiple cause of death), which refers 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), 2024. SANDAG 2024 Population Estimates (v24/2025).

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Leading Health Conditions Among Older Adults

Hospitalizations Among Ages 60+, East Region, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	4,859.6	5,613
Overall Hypertensive Diseases	1,419.0	1,639
Heart Failure	1,272.7	1,470
Coronary Heart Disease (CHD)	629.4	727
Non-Alzheimer's Dementia (any mention)	3,334.9	3,852
Falls	2,003.4	2,314
Stroke	902.1	1,042
Overall Cancer	869.2	1,004
Lung Cancer	113.4	131
Colorectal Cancer	112.6	130
Female Reproductive Cancer*	70.1	44
Urinary Tract Infection	603.4	697
Diabetes	536.8	620
Alzheimer's Disease (any mention)	528.1	610
Pneumonia	485.7	561
COPD/Chronic Lower Respiratory Diseases	434.6	502

*Among the female population. For hospitalization, sex determined on admission is male, female, or unknown (2017 and later).

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), Patient Discharge Database, 2024. SANDAG 2024 Population Estimates (v24/2025).

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Leading Health Conditions Among Older Adults

Emergency Department Discharges Among Ages 60+, East Region, 2024



Conditions	Rate per 100,000	Cases
Falls	7,020.5	8,109
Overall Heart Disease	7,012.7	8,100
Overall Hypertensive Diseases	1,787.8	2,065
Heart Failure	971.4	1,122
Coronary Heart Disease (CHD)	346.3	400
Non-Alzheimer's Dementia (any mention)	4,253.5	4,913
Urinary Tract Infection	2,017.2	2,330
COVID-19	800.8	925
Pneumonia	789.6	912
Stroke	757.5	875
COPD/Chronic Lower Respiratory Diseases	703.9	813
Alzheimer's Disease (any mention)	681.4	787
Diabetes	629.4	727

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, 2024. SANDAG 2024 Population Estimates (v24/2025).

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Leading Health Conditions Among Older Adults

Deaths Among Ages 60+, North Central Region, 2024



Conditions	Rate per 100,000	Cases
Overall Cancer	605.7	811
Prostate Cancer [^]	105.1	65
Lung Cancer	90.4	121
Female Breast Cancer*	84.7	61
Overall Heart Disease	559.4	749
Coronary Heart Disease (CHD)	247.9	332
Overall Hypertensive Diseases	139.7	187
Heart Failure	134.4	180
Non-Alzheimer's Dementia	230.8	309
Stroke	201.6	270
Alzheimer's Disease	170.3	228
COPD/Chronic Lower Respiratory Diseases	94.1	126
Diabetes	82.2	110
Parkinson's Disease	62.7	84
COVID-19 (multiple cause of death)	46.3	62
Falls	41.8	56

[^]Among the male population. Sex may, or may not, match sex assigned to the decedent at birth.

*Among the female population. Sex may, or may not, match sex assigned to the decedent at birth.

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Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024. SANDAG 2024 Population Estimates (v24/2025).

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Leading Health Conditions Among Older Adults

Hospitalizations Among Ages 60+, North Central Region, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	3,515.4	4,707
Overall Hypertensive Diseases	892.5	1,195
Heart Failure	827.5	1,108
Coronary Heart Disease (CHD)	476.5	638
Non-Alzheimer's Dementia (any mention)	2,130.7	2,853
Falls	1,877.5	2,514
Overall Cancer	746.8	1,000
Colorectal Cancer	73.9	99
Lung Cancer	73.2	98
Female Reproductive Cancer*	69.4	50
Stroke	713.2	955
Alzheimer's Disease (any mention)	445.9	597
Hip Fractures	324.9	435
Pneumonia	300.2	402
Urinary Tract Infection	271.8	364
Diabetes	262.9	352

*Among the female population. For hospitalization, sex determined on admission is male, female, or unknown (2017 and later).

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), Patient Discharge Database, 2024. SANDAG 2024 Population Estimates (v24/2025).

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Leading Health Conditions Among Older Adults

Emergency Department Discharges Among Ages 60+, North Central Region, 2024



Conditions	Rate per 100,000	Cases
Falls	4,970.2	6,655
Overall Heart Disease	4,526.6	6,061
Overall Hypertensive Diseases	997.8	1,336
Heart Failure	444.4	595
Coronary Heart Disease (CHD)	175.5	235
Non-Alzheimer's Dementia (any mention)	2,018.7	2,703
Urinary Tract Infection	1,109.8	1,486
COVID-19	576.6	772
Pneumonia	461.5	618
Alzheimer's Disease (any mention)	436.2	584
Stroke	366.7	491
Motor Vehicle Injuries	328.6	440
COPD/Chronic Lower Respiratory Diseases	312.2	418

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, 2024. SANDAG 2024 Population Estimates (v24/2025).

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Leading Health Conditions Among Older Adults

Deaths Among Ages 60+, North Coastal Region, 2024



Conditions	Rate per 100,000	Cases
Overall Cancer	599.9	743
Lung Cancer	117.1	145
Prostate Cancer^	92.1	52
Female Breast Cancer*	75.7	51
Overall Heart Disease	578.1	716
Coronary Heart Disease (CHD)	259.2	321
Overall Hypertensive Diseases	124.3	154
Heart Failure	106.6	132
Non-Alzheimer's Dementia	261.6	324
Stroke	214.0	265
Alzheimer's Disease	177.6	220
COPD/Chronic Lower Respiratory Diseases	100.1	124
Diabetes	81.5	101
Parkinson's Disease	75.1	93
Falls	52.5	65
COVID-19 (multiple cause of death)	37.1	46

^Among the male population. Sex may, or may not, match sex assigned to the decedent at birth.

*Among the female population. Sex may, or may not, match sex assigned to the decedent at birth.

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Leading Health Conditions Among Older Adults

Hospitalizations Among Ages 60+, North Coastal Region, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	3,586.4	4,442
Overall Hypertensive Diseases	807.4	1,000
Heart Failure	763.0	945
Coronary Heart Disease (CHD)	618.5	766
Non-Alzheimer's Dementia (any mention)	2,005.5	2,484
Falls	1,849.7	2,291
Overall Cancer	794.5	984
Colorectal Cancer	99.3	123
Lung Cancer	96.1	119
Female Reproductive Cancer*	75.7	51
Stroke	627.3	777
Alzheimer's Disease (any mention)	469.1	581
Hip Fractures	335.9	416
Urinary Tract Infection	318.9	395
Diabetes	293.9	364
Pneumonia	279.4	346

*Among the female population. For hospitalization, sex determined on admission is male, female, or unknown (2017 and later).

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), Patient Discharge Database, 2024. SANDAG 2024 Population Estimates (v24/2025).

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Leading Health Conditions Among Older Adults

Emergency Department Discharges Among Ages 60+, North Coastal Region, 2024



Conditions	Rate per 100,000	Cases
Falls	4,757.1	5,892
Overall Heart Disease	4,204.8	5,208
Overall Hypertensive Diseases	782.4	969
Heart Failure	185.7	230
Coronary Heart Disease (CHD)	147.8	183
Non-Alzheimer's Dementia (any mention)	1,448.4	1,794
Urinary Tract Infection	1,206.2	1,494
COVID-19	550.6	682
Pneumonia	392.4	486
Alzheimer's Disease (any mention)	356.1	441
Motor Vehicle Injuries	331.8	411
Stroke	307.6	381
COPD/Chronic Lower Respiratory Diseases	269.7	334

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, 2024. SANDAG 2024 Population Estimates (v24/2025).

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Leading Health Conditions Among Older Adults

Deaths Among Ages 60+, North Inland Region, 2024



Conditions	Rate per 100,000	Cases
Overall Cancer	587.8	880
Prostate Cancer^	95.9	66
Lung Cancer	94.9	142
Female Breast Cancer*	81.6	66
Overall Heart Disease	580.5	869
Coronary Heart Disease (CHD)	265.9	398
Overall Hypertensive Diseases	138.9	208
Heart Failure	106.2	159
Non-Alzheimer's Dementia	224.4	336
Stroke	207.7	311
Alzheimer's Disease	177.7	266
COPD/Chronic Lower Respiratory Diseases	100.9	151
Diabetes	74.1	111
Parkinson's Disease	59.4	89
Falls	51.4	77
COVID-19 (multiple cause of death)	45.4	68

^Among the male population. Sex may, or may not, match sex assigned to the decedent at birth.

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Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business

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Leading Health Conditions Among Older Adults

Hospitalizations Among Ages 60+, North Inland Region, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	3,172.2	4,749
Overall Hypertensive Diseases	789.5	1,182
Heart Failure	729.4	1,092
Coronary Heart Disease (CHD)	471.6	706
Non-Alzheimer's Dementia (any mention)	2,085.4	3,122
Falls	1,637.9	2,452
Overall Cancer	754.8	1,130
Colorectal Cancer	92.8	139
Lung Cancer	78.8	118
Female Reproductive Cancer*	64.3	52
Stroke	630.6	944
Pneumonia	428.2	641
Urinary Tract Infection	415.5	622
Alzheimer's Disease (any mention)	362.0	542
Hip Fractures	322.0	482
Diabetes	263.2	394

*Among the female population. For hospitalization, sex determined on admission is male, female, or unknown (2017 and later).

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.

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Leading Health Conditions Among Older Adults

Emergency Department Discharges Among Ages 60+, North Inland Region, 2024



Conditions	Rate per 100,000	Cases
Falls	5,050.5	7,561
Overall Heart Disease	4,149.4	6,212
Overall Hypertensive Diseases	905.8	1,356
Heart Failure	273.9	410
Coronary Heart Disease (CHD)	159.0	238
Non-Alzheimer's Dementia (any mention)	2,068.7	3,097
Urinary Tract Infection	1,322.6	1,980
COVID-19	497.0	744
Pneumonia	438.9	657
Motor Vehicle Injuries	376.1	563
Alzheimer's Disease (any mention)	366.0	548
Stroke	356.7	534
Diabetes	353.4	529

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, 2024. SANDAG 2024 Population Estimates (v24/2025).

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Leading Health Conditions Among Older Adults

Deaths Among Ages 60+, South Region, 2024



Conditions	Rate per 100,000	Cases
Overall Cancer	623.9	622
Prostate Cancer^	109.1	48
Lung Cancer	87.3	87
Pancreatic Cancer	60.2	60
Overall Heart Disease	616.9	615
Coronary Heart Disease (CHD)	327.0	326
Overall Hypertensive Diseases	143.4	143
Heart Failure	104.3	104
Stroke	227.7	227
Non-Alzheimer's Dementia	214.6	214
Diabetes	167.5	167
Alzheimer's Disease	143.4	143
COPD/Chronic Lower Respiratory Diseases	98.3	98
Chronic Kidney Disease Due to Diabetes	53.2	53
Parkinson's Disease	49.1	49
COVID-19 (multiple cause of death)	40.1	40

^Among the male population. Sex may, or may not, match sex assigned to the decedent at birth.

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

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Leading Health Conditions Among Older Adults

Hospitalizations Among Ages 60+, South Region, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	5,007.1	4,992
Overall Hypertensive Diseases	1,707.2	1,702
Heart Failure	1,336.0	1,332
Coronary Heart Disease (CHD)	704.1	702
Non-Alzheimer's Dementia (any mention)	3,251.8	3,242
Falls	1,936.8	1,931
Stroke	1,083.3	1,080
Overall Cancer	984.0	981
Colorectal Cancer	120.4	120
Lung Cancer	84.3	84
Female Reproductive Cancer*	75.4	42
Diabetes	739.2	737
Alzheimer's Disease (any mention)	684.1	682
Urinary Tract Infection	637.9	636
Pneumonia	552.7	551
COVID-19	356.1	355

*Among the female population. For hospitalization, sex determined on admission is male, female, or unknown (2017 and later).

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), Patient Discharge Database, 2024. SANDAG 2024 Population Estimates (v24/2025).

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, July 2026.



Leading Health Conditions Among Older Adults

Emergency Department Discharges Among Ages 60+, South Region, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	6,783.5	6,763
Overall Hypertensive Diseases	1,953.9	1,948
Heart Failure	827.5	825
Coronary Heart Disease (CHD)	328.0	327
Falls	6,423.4	6,404
Non-Alzheimer's Dementia (any mention)	3,575.8	3,565
Urinary Tract Infection	2,384.2	2,377
COVID-19	1,149.5	1,146
Pneumonia	899.7	897
Diabetes	801.4	799
Stroke	745.3	743
Alzheimer's Disease (any mention)	663.0	661
Motor Vehicle Injuries	591.8	590

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, 2024. SANDAG 2024 Population Estimates (v24/2025).

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