

Leading Health Conditions Among Older Adults in San Diego County by Supervisorial District, 2024

July 2026



**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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Overview: Leading Health Conditions Among Older Adults in San Diego County by Supervisorial District, 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 Supervisorial District by health outcome (death, hospitalization, and emergency department discharge).

Older Adults 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

- **Cancer** and **heart disease** were the leading causes of death among adults 60+ in every supervisorial district.
- Other major contributors included **stroke, non-Alzheimer's dementia, Alzheimer's disease, diabetes,** and **COPD.**

Hospitalization

- **Heart disease** was the leading cause of hospitalization among older adults across all districts, most notably due to **hypertensive diseases** and **heart failure.**
- **Non-Alzheimer's dementia** and **falls** accounted for a substantial share of hospitalizations in all districts, reflecting consistent patterns across the county.
- Chronic conditions such as **diabetes** and **Alzheimer's disease,** as well as infections from **pneumonia** or **UTI** also contributed heavily to hospital use.

Emergency Department Discharge

- **Falls** were the leading cause of emergency department discharges in every supervisorial district, except District 1, indicating a countywide burden of injury among older adults.
- **Heart disease,** specifically **hypertensive diseases,** and **non-Alzheimer's dementia** made up a large portion of emergency department visits across districts.
- **UTI, pneumonia, COVID-19, diabetes,** and **stroke** were also frequent reasons for emergency department visits among the districts.

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+, Supervisorial District 1, 2024



Conditions	Rate per 100,000	Cases
Overall Cancer	634.5	752
Prostate Cancer^	103.4	55
Lung Cancer	95.4	113
Colorectal Cancer	62.6	74
Overall Heart Disease	624.6	741
Coronary Heart Disease (CHD)	338.7	402
Overall Hypertensive Diseases	149.9	178
Heart Failure	101.0	120
Stroke	230.3	273
Non-Alzheimer's Dementia	202.0	240
Diabetes	167.3	198
Alzheimer's Disease	134.6	160
COPD/Chronic Lower Respiratory Diseases	101.4	120
Chronic Kidney Disease Due to Diabetes	51.5	61
COVID-19 (multiple cause of death)	45.2	54
Parkinson's Disease	44.4	53

^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.

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+, Supervisorial District 1, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	5,011.0	5,942
Overall Hypertensive Diseases	1,709.9	2,027
Heart Failure	1,352.7	1,604
Coronary Heart Disease (CHD)	711.6	844
Non-Alzheimer's Dementia (any mention)	3,158.1	3,745
Falls	1,980.0	2,348
Stroke	1,051.6	1,247
Overall Cancer	971.7	1,152
Colorectal Cancer	117.7	140
Lung Cancer	88.3	105
Female Reproductive Cancer*	69.1	45
Diabetes	772.9	916
Alzheimer's Disease (any mention)	659.8	782
Urinary Tract Infection	602.2	714
Pneumonia	517.9	614
COVID-19	349.5	414

*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+, Supervisorial District 1, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	6,773.3	8,031
Overall Hypertensive Diseases	1,913.8	2,269
Heart Failure	822.1	975
Coronary Heart Disease (CHD)	312.6	371
Falls	6,384.4	7,570
Non-Alzheimer's Dementia (any mention)	3,265.6	3,872
Urinary Tract Infection	2,333.7	2,767
COVID-19	1,092.8	1,296
Pneumonia	870.7	1,032
Diabetes	839.0	995
Stroke	672.1	797
Motor Vehicle Injuries	611.1	725
Alzheimer's Disease (any mention)	607.9	721

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+, Supervisorial District 2, 2024



Conditions	Rate per 100,000	Cases
Overall Cancer	602.3	928
Lung Cancer	93.3	144
Prostate Cancer [^]	87.6	62
Female Breast Cancer [*]	73.0	61
Overall Heart Disease	589.3	908
Coronary Heart Disease (CHD)	286.3	441
Overall Hypertensive Diseases	148.6	229
Heart Failure	104.9	162
Non-Alzheimer's Dementia	230.3	355
Stroke	179.3	276
Alzheimer's Disease	159.3	246
COPD/Chronic Lower Respiratory Diseases	133.7	206
Diabetes	120.6	186
Parkinson's Disease	57.0	88
COVID-19 (multiple cause of death)	56.7	87
Chronic Kidney Disease Due to Diabetes	46.8	72

[^]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

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Leading Health Conditions Among Older Adults

Hospitalizations Among Ages 60+, Supervisorial District 2, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	4,056.1	6,252
Overall Hypertensive Diseases	1,099.7	1,695
Heart Failure	1,007.0	1,552
Coronary Heart Disease (CHD)	534.9	824
Non-Alzheimer's Dementia (any mention)	2,592.2	3,996
Falls	1,785.7	2,752
Overall Cancer	819.4	1,263
Lung Cancer	102.6	158
Colorectal Cancer	92.3	142
Female Reproductive Cancer*	63.6	53
Stroke	760.0	1,171
Urinary Tract Infection	456.0	703
Alzheimer's Disease (any mention)	447.1	689
Pneumonia	438.7	676
Diabetes	368.9	569
Hip Fractures	341.0	526

*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+, Supervisorial District 2, 2024



Conditions	Rate per 100,000	Cases
Falls	5,877.9	9,060
Overall Heart Disease	5,667.5	8,736
Overall Hypertensive Diseases	1,334.1	2,056
Heart Failure	653.1	1,007
Coronary Heart Disease (CHD)	271.2	418
Non-Alzheimer's Dementia (any mention)	3,084.2	4,754
Urinary Tract Infection	1,590.1	2,451
COVID-19	641.8	989
Pneumonia	622.0	959
Stroke	587.5	906
Alzheimer's Disease (any mention)	542.4	836
COPD/Chronic Lower Respiratory Diseases	515.0	794
Diabetes	458.3	706

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+, Supervisorial District 3, 2024



Conditions	Rate per 100,000	Cases
Overall Cancer	580.7	878
Lung Cancer	91.2	138
Prostate Cancer^	86.9	61
Female Breast Cancer*	72.4	59
Overall Heart Disease	503.5	761
Coronary Heart Disease (CHD)	208.6	315
Overall Hypertensive Diseases	129.8	196
Heart Failure	105.8	160
Non-Alzheimer's Dementia	236.2	357
Stroke	188.2	284
Alzheimer's Disease	171.7	259
COPD/Chronic Lower Respiratory Diseases	78.6	119
Parkinson's Disease	67.6	102
Diabetes	52.5	79
Falls	44.5	67
COVID-19 (multiple cause of death)	39.7	60

^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

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Leading Health Conditions Among Older Adults

Hospitalizations Among Ages 60+, Supervisorial District 3, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	3,306.6	4,997
Overall Hypertensive Diseases	761.3	1,151
Heart Failure	708.2	1,070
Coronary Heart Disease (CHD)	521.7	788
Non-Alzheimer's Dementia (any mention)	2,056.4	3,108
Falls	1,904.8	2,879
Overall Cancer	804.6	1,216
Colorectal Cancer	87.8	133
Female Reproductive Cancer*	87.5	71
Lung Cancer	87.3	132
Stroke	643.8	973
Alzheimer's Disease (any mention)	470.0	710
Hip Fractures	316.2	478
Pneumonia	278.6	421
Urinary Tract Infection	265.6	401
Traumatic Brain Injury	232.3	351

*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+, Supervisorial District 3, 2024



Conditions	Rate per 100,000	Cases
Falls	4,583.6	6,927
Overall Heart Disease	3,947.7	5,966
Overall Hypertensive Diseases	793.1	1,199
Heart Failure	255.1	385
Coronary Heart Disease (CHD)	150.5	227
Non-Alzheimer's Dementia (any mention)	1,707.0	2,580
Urinary Tract Infection	942.5	1,424
COVID-19	503.3	761
Alzheimer's Disease (any mention)	395.2	597
Pneumonia	365.6	552
Stroke	316.3	478
Motor Vehicle Injuries	289.0	437
COPD/Chronic Lower Respiratory Diseases	204.8	309

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+, Supervisorial District 4, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	666.0	889
Coronary Heart Disease (CHD)	317.8	424
Overall Hypertensive Diseases	163.3	218
Heart Failure	132.1	176
Overall Cancer	636.7	850
Prostate Cancer^	113.6	69
Lung Cancer	101.0	135
Female Breast Cancer*	77.8	57
Stroke	228.3	305
Non-Alzheimer's Dementia	222.1	297
Diabetes	149.9	200
Alzheimer's Disease	147.5	197
COPD/Chronic Lower Respiratory Diseases	129.9	173
COVID-19 (multiple cause of death)	62.5	83
Falls	55.1	74
Chronic Kidney Disease Due to Diabetes	54.6	73

^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+, Supervisorial District 4, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	4,363.1	5,826
Overall Hypertensive Diseases	1,340.8	1,790
Heart Failure	1,170.5	1,563
Coronary Heart Disease (CHD)	599.1	800
Non-Alzheimer's Dementia (any mention)	2,818.4	3,763
Falls	1,982.7	2,647
Stroke	880.2	1,175
Overall Cancer	835.0	1,115
Lung Cancer	103.8	139
Colorectal Cancer	101.1	135
Female Reproductive Cancer*	80.6	59
Alzheimer's Disease (any mention)	510.0	681
Urinary Tract Infection	493.9	659
Diabetes	480.5	642
Pneumonia	415.0	554
Hip Fractures	363.3	485

*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+, Supervisorial District 4, 2024



Conditions	Rate per 100,000	Cases
Falls	6,381.5	8,520
Overall Heart Disease	6,117.8	8,168
Overall Hypertensive Diseases	1,570.5	2,097
Heart Failure	734.2	980
Coronary Heart Disease (CHD)	264.3	353
Non-Alzheimer's Dementia (any mention)	3,091.8	4,128
Urinary Tract Infection	1,808.3	2,414
COVID-19	825.0	1,101
Pneumonia	694.1	927
Diabetes	597.4	798
COPD/Chronic Lower Respiratory Diseases	595.3	795
Stroke	574.8	767
Alzheimer's Disease (any mention)	540.5	722

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+, Supervisorial District 5, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	636.0	966
Coronary Heart Disease (CHD)	304.4	462
Overall Hypertensive Diseases	131.0	199
Heart Failure	120.8	183
Overall Cancer	624.5	949
Lung Cancer	118.7	180
Prostate Cancer [^]	113.3	79
Female Breast Cancer [*]	85.8	71
Non-Alzheimer's Dementia	242.9	369
Stroke	235.9	358
Alzheimer's Disease	183.2	278
COPD/Chronic Lower Respiratory Diseases	110.8	168
Diabetes	97.0	147
Parkinson's Disease	67.5	102
Falls	53.0	81
Chronic Kidney Disease Due to Diabetes	44.7	68

[^]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.

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+, Supervisorial District 5, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	3,435.6	5,219
Overall Hypertensive Diseases	831.3	1,263
Heart Failure	768.2	1,167
Coronary Heart Disease (CHD)	545.4	828
Non-Alzheimer's Dementia (any mention)	2,046.1	3,108
Falls	1,678.8	2,550
Overall Cancer	745.2	1,132
Colorectal Cancer	99.7	151
Lung Cancer	77.5	118
Female Reproductive Cancer*	64.2	53
Stroke	646.8	982
Urinary Tract Infection	410.3	623
Pneumonia	382.8	581
Alzheimer's Disease (any mention)	376.0	571
Diabetes	363.3	552
Hip Fractures	349.2	530

*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+, Supervisorial District 5, 2024



Conditions	Rate per 100,000	Cases
Falls	5,038.5	7,653
Overall Heart Disease	4,255.2	6,464
Overall Hypertensive Diseases	877.4	1,333
Heart Failure	242.7	369
Coronary Heart Disease (CHD)	132.3	201
Non-Alzheimer's Dementia (any mention)	1,798.0	2,731
Urinary Tract Infection	1,433.3	2,177
COVID-19	558.8	849
Pneumonia	458.5	696
Motor Vehicle Injuries	413.4	628
Diabetes	366.6	557
Alzheimer's Disease (any mention)	345.2	524
COPD/Chronic Lower Respiratory Diseases	325.4	494

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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