

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

July 2026



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



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Suggested citation: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. (2026). *Leading Health Conditions Among Older Adults in San Diego County, 2024*. Retrieved MM/DD/YY from www.SDHealthStatistics.com.

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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Overview: Leading Health Conditions Among Older Adults in San Diego County, 2024

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 2024, by age group.



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.

60-69

- **Cancer** was the leading cause of death, with **lung, breast, and female reproductive cancers** among the most common types.
- **Heart diseases**, such as **coronary heart disease, hypertensive disease, and acute myocardial infarctions**, also contributed notably to mortality.
- Hospitalizations and emergency department discharge in this age group frequently involved **heart disease, falls, UTI, and diabetes**.
- Encounters related to **alcohol use** appeared more prominently in this age group than in older age groups.

70-79

- **Cancer** remained the leading cause of death, followed by **heart disease, stroke, diabetes, and COPD**.
- Hospitalizations and emergency department visits were driven by **heart disease, falls, dementia, UTIs, stroke, and pneumonia**.
- Dementia began contributing substantially to hospital and emergency department encounters in this age group.

80+

- Mortality was led by **heart disease, cancer, non-Alzheimer's dementia, stroke, and Alzheimer's disease**.
- Hospitalizations were most commonly due to **non-Alzheimer's dementia, heart disease** (such as **heart failure and hypertensive disease**), and **falls**.
- Emergency department discharges were overwhelmingly due to **falls**, which occurred at high rates and represented the single largest cause of emergency department visits for any condition in any age group.
- **Infections (UTI, pneumonia, and COVID-19)** and **dementia-related conditions** also produced a large share of morbidity encounters, reflecting increased frailty and care needs in this population.

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 (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 60+

Deaths Among Ages 60+, San Diego County, 2024

Conditions	Rate per 100,000	Cases
Overall Cancer	616.6	4,373
Prostate Cancer^	100.7	326
Lung Cancer	100.2	711
Female Breast Cancer*	75.0	289
Overall Heart Disease	604.6	4,288
Coronary Heart Disease (CHD)	290.3	2,059
Overall Hypertensive Diseases	144.4	1,024
Heart Failure	113.5	805
Non-Alzheimer's Dementia	228.8	1,623
Stroke	211.5	1,500
Alzheimer's Disease	161.2	1,143
Diabetes	114.6	813
COPD/Chronic Lower Respiratory Diseases	111.7	792
Parkinson's Disease	57.8	410
COVID-19 (multiple cause of death)	49.2	349
Falls	47.7	338

^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 60+

Hospitalizations Among Ages 60+, San Diego County, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	3,981.0	28,235
Overall Hypertensive Diseases	1,117.5	7,926
Heart Failure	980.8	6,956
Coronary Heart Disease (CHD)	576.0	4,085
Non-Alzheimer's Dementia (any mention)	2,498.3	17,719
Falls	1,857.7	13,176
Overall Cancer	828.8	5,878
Colorectal Cancer	98.8	701
Lung Cancer	91.8	651
Female Reproductive Cancer*	72.9	281
Stroke	782.4	5,549
Alzheimer's Disease (any mention)	484.2	3,434
Urinary Tract Infection	437.2	3,101
Diabetes	414.9	2,943
Pneumonia	401.4	2,847
Hip Fractures	339.1	2,405

*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 60+

Emergency Department Discharges Among Ages 60+, San Diego County, 2024



Conditions	Rate per 100,000	Cases
Falls	5,601.8	39,731
Overall Heart Disease	5,268.3	37,365
Overall Hypertensive Diseases	1,262.5	8,954
Heart Failure	523.9	3,716
Coronary Heart Disease (CHD)	221.4	1,570
Non-Alzheimer's Dementia (any mention)	2,547.1	18,065
Urinary Tract Infection	1,583.9	11,234
COVID-19	704.4	4,996
Pneumonia	587.5	4,167
Stroke	482.9	3,425
Alzheimer's Disease (any mention)	479.4	3,400
Diabetes	473.5	3,358
Motor Vehicle Injuries	442.0	3,135

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 60-69

Deaths Among Ages 60-69, San Diego County, 2024



Conditions	Rate per 100,000	Cases
Overall Cancer	301.0	1,072
Lung Cancer	49.4	176
Female Breast Cancer*	46.3	86
Female Reproductive Cancer*	38.8	72
Overall Heart Disease	184.2	656
Coronary Heart Disease (CHD)	117.9	420
Overall Hypertensive Diseases	40.2	143
Acute Myocardial Infarction	28.4	101
Diabetes	59.2	211
Chronic Alcohol Consumption	39.3	140
Stroke	35.7	127
Poisoning	35.4	126
COPD/Chronic Lower Respiratory Diseases	34.8	124
Chronic Kidney Disease Due to Diabetes	23.6	84
Traumatic Brain Injury	18.0	64
Suicide	15.2	54

*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 60-69

Hospitalizations Among Ages 60-69, San Diego County, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	2,263.3	8,061
Overall Hypertensive Diseases	587.1	2,091
Heart Failure	480.1	1,710
Coronary Heart Disease (CHD)	441.9	1,574
Falls	721.9	2,571
Overall Cancer	640.7	2,282
Colorectal Cancer	73.0	260
Female Reproductive Cancer*	64.1	119
Lung Cancer	62.3	222
Stroke	449.2	1,600
Non-Alzheimer's Dementia (any mention)	445.0	1,585
Diabetes	390.0	1,389
Pneumonia	190.6	679
Urinary Tract Infection	183.6	654
COPD/Chronic Lower Respiratory Diseases	182.2	649
Alcohol Use/Abuse/Dependency	149.7	533

*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 60-69

Emergency Department Discharges Among Ages 60-69, San Diego County, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	3,943.8	14,046
Overall Hypertensive Diseases	799.4	2,847
Heart Failure	274.6	978
Coronary Heart Disease (CHD)	168.5	600
Falls	2,858.6	10,181
Urinary Tract Infection	1,023.4	3,645
Motor Vehicle Injuries	520.8	1,855
Diabetes	450.6	1,605
COVID-19	444.2	1,582
Alcohol Use/Abuse/Dependency	417.0	1,485
Pneumonia	397.0	1,414
Non-Alzheimer's Dementia (any mention)	391.4	1,394
COPD/Chronic Lower Respiratory Diseases	355.7	1,267

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 70-79

Deaths Among Ages 70-79, San Diego County, 2024



Conditions	Rate per 100,000	Cases
Overall Cancer	654.8	1,563
Lung Cancer	110.2	263
Prostate Cancer [^]	92.5	100
Female Breast Cancer [*]	70.5	92
Overall Heart Disease	423.1	1,010
Coronary Heart Disease (CHD)	245.1	585
Overall Hypertensive Diseases	89.2	213
Heart Failure	62.0	148
Stroke	128.2	306
Diabetes	116.9	279
COPD/Chronic Lower Respiratory Diseases	98.0	234
Non-Alzheimer's Dementia	95.9	229
Alzheimer's Disease	74.6	178
Parkinson's Disease	46.5	111
Chronic Kidney Disease Due to Diabetes	43.2	103
COVID-19 (multiple cause of death)	40.2	96

[^]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 70-79

Hospitalizations Among Ages 70-79, San Diego County, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	3,997.3	9,541
Overall Hypertensive Diseases	964.9	2,303
Heart Failure	833.3	1,989
Coronary Heart Disease (CHD)	630.9	1,506
Non-Alzheimer's Dementia (any mention)	1,968.7	4,699
Falls	1,685.0	4,022
Overall Cancer	951.0	2,270
Lung Cancer	121.9	291
Colorectal Cancer	106.8	255
Female Reproductive Cancer*	86.5	113
Stroke	787.6	1,880
Urinary Tract Infection	402.2	960
Diabetes	390.9	933
Pneumonia	385.4	920
Alzheimer's Disease (any mention)	333.1	795
Hip Fractures	289.1	690

*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 70-79

Emergency Department Discharges Among Ages 70-79, San Diego County, 2024



Conditions	Rate per 100,000	Cases
Falls	5,268.8	12,576
Overall Heart Disease	5,267.1	12,572
Overall Hypertensive Diseases	1,252.7	2,990
Heart Failure	455.8	1,088
Coronary Heart Disease (CHD)	236.7	565
Non-Alzheimer's Dementia (any mention)	1,923.4	4,591
Urinary Tract Infection	1,507.0	3,597
COVID-19	709.3	1,693
Pneumonia	599.9	1,432
Stroke	486.0	1,160
Diabetes	452.1	1,079
COPD/Chronic Lower Respiratory Diseases	441.2	1,053
Motor Vehicle Injuries	380.4	908

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 80+

Deaths Among Ages 80+, San Diego County, 2024



Conditions	Rate per 100,000	Cases
Overall Heart Disease	2,291.9	2,622
Coronary Heart Disease (CHD)	921.3	1,054
Overall Hypertensive Diseases	583.9	668
Heart Failure	521.8	597
Overall Cancer	1,519.2	1,738
Prostate Cancer^	397.9	180
Lung Cancer	237.8	272
Female Breast Cancer*	160.5	111
Non-Alzheimer's Dementia	1,178.3	1,348
Stroke	932.7	1,067
Alzheimer's Disease	818.1	936
COPD/Chronic Lower Respiratory Diseases	379.4	434
Diabetes	282.3	323
Parkinson's Disease	243.9	279
COVID-19 (multiple cause of death)	187.1	214
Falls	182.7	209

^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 80+

Hospitalizations Among Ages 80+, San Diego County, 2024



Conditions	Rate per 100,000	Cases
Non-Alzheimer's Dementia (any mention)	9,995.2	11,435
Overall Heart Disease	9,294.2	10,633
Overall Hypertensive Diseases	3,087.3	3,532
Heart Failure	2,846.9	3,257
Coronary Heart Disease (CHD)	878.5	1,005
Falls	5,754.1	6,583
Alzheimer's Disease (any mention)	2,173.9	2,487
Stroke	1,808.5	2,069
Urinary Tract Infection	1,299.8	1,487
Hip Fractures	1,214.1	1,389
Overall Cancer	1,159.0	1,326
Colorectal Cancer	162.6	186
Lung Cancer	120.6	138
Non-Hodgkin's Lymphoma	76.0	87
Pneumonia	1,090.9	1,248
COVID-19	925.7	1,059

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 80+

Emergency Department Discharges Among Ages 80+, San Diego County, 2024



Conditions	Rate per 100,000	Cases
Falls	14,836.8	16,974
Non-Alzheimer's Dementia (any mention)	10,559.0	12,080
Overall Heart Disease	9,393.8	10,747
Overall Hypertensive Diseases	2,724.5	3,117
Heart Failure	1,442.2	1,650
Coronary Heart Disease (CHD)	354.0	405
Urinary Tract Infection	3,489.4	3,992
Alzheimer's Disease (any mention)	2,069.0	2,367
COVID-19	1,504.3	1,721
Pneumonia	1,154.7	1,321
Stroke	1,093.5	1,251
COPD/Chronic Lower Respiratory Diseases	643.3	736
Diabetes	589.1	674

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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