LIFE EXPECTANCY IN SAN DIEGO COUNTY, 2010-2022

Areas of Influence	Definition	Top 10 Indicators
HEALTH	Enjoying good health and expecting to live a full life	Life Expectancy Quality of Life
KNOWLEDGE	Learning throughout the lifespan	Knowledge
STANDARD OF LIVING	Having enough resources for a quality life	Unemployment Rate Income
COMMUNITY	Living in a clean and safe neighborhood	Security Physical Environment Built Environment
SOCIAL	Helping each other to live well	Vulnerable Population Community Involvement

Figure 1: Live Well San Diego Areas of Influence and Top 10 Indicators

Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. This measure is a widely used indicator for the capability to live a long and healthy life and reflects the overall mortality of a population. Evaluations, such as Blue Zones, Healthy People 2030, and County Health Rankings all measure life expectancy as an indicator for success.

This document is meant to provide data regarding life expectancy in San Diego County. This measure is presented here as the average number of years a person born a certain year is expected to live, given the current age-specific mortality rates applied to each age group of the current population.

Over time, the trends in life expectancy have experienced positive increases in the US and in San Diego County. In 1960, the US life expectancy at birth was 69.7 years.[1] The US life expectancy at birth has risen to 77.5 years in 2022 in part, due to improvements in public hygiene, childhood immunizations, and the increase in awareness in positive health behaviors.[2,3] The same can be said in San Diego County. A baby born in 1990 in San Diego County was expected to live 77 years. The life expectancy has since risen to 80.8 years in 2022 in San Diego County.

While life expectancy is increasing across the board, there is variation in estimates by communities within the San Diego County region. People are less likely to live longer if they are economically disadvantaged, get little exercise and lack access to health care, but according to many studies, even accounting for these factors, geography matters.[4,5] A baby born in San Diego County in 2022, has a life expectancy of 80.8 years, but within the county, there is currently a 12.5 year gap in life expectancy between some communities.

Although the overall U.S. average life expectancy at birth has been steadily increasing, with exception to recent years, there are differences in life expectancy between racial and ethnic groups. In addition, great variations in life expectancy exist worldwide. These variations are mostly caused by differences in public health infrastructure, distribution of wealth, medical care, and diet.[5]

In the following pages, are a listing of the life expectancy by gender, race/ethnicity, geography, and overall for San Diego County.

2010 LIFE EXPECTANCY IN SAN DIEGO COUNTY

Overall: 81.7 years

Sex		Race / Ethnicity				HHSA Region					
Male	79.3	Asian	86.4	Hispanic	84.0	North Coastal	82.6	North Central	83.8	East	79.6
Female	83.6	Black	77.1	White	80.8	North Inland	82.1	Central	80.5	South	81.7

Geography	2010 Life Expectancy
Central Region	**80.5**
Central San Diego	80.3
Mid City	79.7
Southeastern San Diego	81.6
East Region	**79.6**
Alpine	79.0
El Cajon	81.8
Harbison Crest	NA
Jamul	NA
La Mesa	79.7
Laguna Pine Valley	NA
Lakeside	81.4
Lemon Grove	80.4
Mountain Empire	NA
Santee	79.1
Spring Valley	85.9
North Central Region	**83.8**
Coastal	84.4
Del Mar-Mira Mesa	85.1
Elliott Navajo	83.6
Kearny Mesa	80.2
Miramar	NA
Peninsula	85.8
University	86.7

Geography	2010 Life Expectancy
North Coastal Region	**82.6**
Carlsbad	86.5
Oceanside	79.6
Pendleton	NA
San Dieguito	86.4
Vista	79.0
North Inland Region	**82.1**
Anza-Borrego	NA
Escondido	78.7
Fallbrook	82.0
North San Diego	81.9
Palomar-Julian	NA
Pauma	NA
Poway	85.7
Ramona	79.9
San Marcos	83.8
Valley Center	85.5
South Region	**81.7**
Chula Vista	77.4
Coronado	83.5
National City	79.3
South Bay	83.1
Sweetwater	89.9
San Diego County	**81.7**

NA=Not Available, censored due to variance in population size.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Death Statistical Master Files.

SANDAG January 1 population estimates.

Prepared by County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2018.

2011 LIFE EXPECTANCY IN SAN DIEGO COUNTY

Overall: 82.0 years

Sex		Race / Ethnicity				HHSA Region						
Male	79.6	Asian	87.3	Hispanic	84.8	North Coastal	83.3	North Central	83.9	East	79.4
Female	84.0	Black	76.9	White	81.1	North Inland	82.9	Central	80.6	South	81.6

Geography	2011 Life Expectancy
Central Region	**80.6**
Central San Diego	81.2
Mid City	79.9
Southeastern San Diego	80.7
East Region	**79.4**
Alpine	81.7
El Cajon	81.5
Harbison Crest	NA
Jamul	NA
La Mesa	78.2
Laguna Pine Valley	NA
Lakeside	82.4
Lemon Grove	80.3
Mountain Empire	NA
Santee	80.9
Spring Valley	87.0
North Central Region	**83.9**
Coastal	84.6
Del Mar-Mira Mesa	85.2
Elliott Navajo	84.2
Kearny Mesa	80.6
Miramar	NA
Peninsula	85.8
University	84.9

Geography	2011 Life Expectancy
North Coastal Region	**83.3**
Carlsbad	86.9
Oceanside	80.4
Pendleton	NA
San Dieguito	86.7
Vista	80.0
North Inland Region	**82.9**
Anza-Borrego	NA
Escondido	80.3
Fallbrook	82.2
North San Diego	82.4
Palomar-Julian	NA
Pauma	NA
Poway	87.4
Ramona	81.2
San Marcos	83.1
Valley Center	87.0
South Region	**81.6**
Chula Vista	77.0
Coronado	83.7
National City	79.3
South Bay	81.6
Sweetwater	91.2
San Diego County	**82.0**

NA=Not Available, censored due to variance in population size.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Death Statistical Master Files.

SANDAG January 1 population estimates.

Prepared by County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2018.

2012 LIFE EXPECTANCY IN SAN DIEGO COUNTY

Overall: 81.9 years

Sex		Race / Ethnicity				HHSA Region					
Male	79.5	Asian	87.5	Hispanic	85.0	North Coastal	82.9	North Central	83.9	East	79.5
Female	84.3	Black	77.0	White	81.0	North Inland	82.7	Central	80.5	South	81.7

Geography	2012 Life Expectancy
Central Region	**80.5**
Central San Diego	80.9
Mid City	80.4
Southeastern San Diego	80.2
East Region	**79.5**
Alpine	81.3
El Cajon	81.2
Harbison Crest	NA
Jamul	NA
La Mesa	78.1
Laguna Pine Valley	NA
Lakeside	83.2
Lemon Grove	81.1
Mountain Empire	NA
Santee	79.9
Spring Valley	88.6
North Central Region	**83.9**
Coastal	85.0
Del Mar-Mira Mesa	85.4
Elliott Navajo	85.1
Kearny Mesa	80.1
Miramar	NA
Peninsula	85.1
University	84.3

Geography	2012 Life Expectancy
North Coastal Region	**82.9**
Carlsbad	87.2
Oceanside	79.6
Pendleton	NA
San Dieguito	86.2
Vista	79.4
North Inland Region	**82.7**
Anza-Borrego	NA
Escondido	79.1
Fallbrook	80.9
North San Diego	82.4
Palomar-Julian	NA
Pauma	NA
Poway	87.6
Ramona	79.7
San Marcos	84.4
Valley Center	89.1
South Region	**81.7**
Chula Vista	77.4
Coronado	85.1
National City	79.5
South Bay	80.9
Sweetwater	93.5
San Diego County	**81.9**

NA=Not Available, censored due to variance in population size.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Death Statistical Master Files.

SANDAG January 1 population estimates.

Prepared by County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2018.

2013 LIFE EXPECTANCY IN SAN DIEGO COUNTY

Overall: 82.3 years

Sex		Race / Ethnicity				HHSA Region					
Male	80.1	Asian	88.3	Hispanic	86.1	North Coastal	83.5	North Central	84.2	East	79.9
Female	84.5	Black	76.2	White	81.1	North Inland	83.4	Central	80.9	South	82.1

Geography	2013 Life Expectancy
Central Region	**80.9**
Central San Diego	81.7
Mid City	79.9
Southeastern San Diego	80.9
East Region	**79.9**
Alpine	82.9
El Cajon	81.8
Harbison Crest	NA
Jamul	NA
La Mesa	78.3
Laguna Pine Valley	NA
Lakeside	83.6
Lemon Grove	80.7
Mountain Empire	NA
Santee	82.0
Spring Valley	87.0
North Central Region	**84.2**
Coastal	84.6
Del Mar-Mira Mesa	86.3
Elliott Navajo	84.6
Kearny Mesa	80.9
Miramar	NA
Peninsula	85.6
University	84.6

Geography	2013 Life Expectancy
North Coastal Region	**83.5**
Carlsbad	87.5
Oceanside	80.5
Pendleton	NA
San Dieguito	86.9
Vista	80.3
North Inland Region	**83.4**
Anza-Borrego	NA
Escondido	80.4
Fallbrook	82.7
North San Diego	82.8
Palomar-Julian	NA
Pauma	NA
Poway	88.1
Ramona	82.3
San Marcos	83.5
Valley Center	88.9
South Region	**82.1**
Chula Vista	77.1
Coronado	83.2
National City	79.1
South Bay	82.4
Sweetwater	93.1
San Diego County	**82.3**

NA=Not Available, censored due to variance in population size.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Death Statistical Master Files.

SANDAG January 1 population estimates.

Prepared by County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2018.

2014 LIFE EXPECTANCY IN SAN DIEGO COUNTY

Overall: 82.4 years

Sex		Race / Ethnicity				HHSA Region					
Male	80.0	Asian	86.6	Hispanic	84.6	North Coastal	83.5	North Central	84.0	East	80.4
Female	84.7	Black	77.2	White	81.6	North Inland	83.3	Central	80.7	South	82.1

Geography	2014 Life Expectancy
Central Region	**80.7**
Central San Diego	81.1
Mid City	81.8
Southeastern San Diego	79.2
East Region	**80.4**
Alpine	81.9
El Cajon	79.6
Harbison Crest	NA
Jamul	NA
La Mesa	81.2
Laguna Pine Valley	NA
Lakeside	79.5
Lemon Grove	78.0
Mountain Empire	NA
Santee	81.2
Spring Valley	81.7
North Central Region	**84.0**
Coastal	84.8
Del Mar-Mira Mesa	85.8
Elliott Navajo	84.1
Kearny Mesa	81.9
Miramar	NA
Peninsula	83.5
University	84.4

Geography	2014 Life Expectancy
North Coastal Region	**83.5**
Carlsbad	84.3
Oceanside	82.4
Pendleton	NA
San Dieguito	86.0
Vista	81.1
North Inland Region	**83.3**
Anza-Borrego	NA
Escondido	81.2
Fallbrook	81.7
North San Diego	85.4
Palomar-Julian	NA
Pauma	NA
Poway	84.4
Ramona	81.9
San Marcos	83.8
Valley Center	82.8
South Region	**82.1**
Chula Vista	81.3
Coronado	84.5
National City	80.3
South Bay	81.4
Sweetwater	84.6
San Diego County	**82.4**

NA=Not Available, censored due to variance in population size.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS).

SANDAG January 1 population estimates.

Prepared by County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2018.

2015 LIFE EXPECTANCY IN SAN DIEGO COUNTY

Overall: 82.1 years

Sex		Race / Ethnicity				HHSA Region					
Male	79.8	Asian	87.2	Hispanic	84.2	North Coastal	82.7	North Central	83.9	East	80.1
Female	84.2	Black	77.3	White	81.3	North Inland	82.7	Central	80.8	South	81.7

Geography	2015 Life Expectancy
Central Region	**80.8**
Central San Diego	80.9
Mid City	80.7
Southeastern San Diego	80.5
East Region	**80.1**
Alpine	80.8
El Cajon	80.0
Harbison Crest	NA
Jamul	NA
La Mesa	79.9
Laguna Pine Valley	NA
Lakeside	78.4
Lemon Grove	77.9
Mountain Empire	NA
Santee	80.5
Spring Valley	81.0
North Central Region	**83.9**
Coastal	86.2
Del Mar-Mira Mesa	84.5
Elliott Navajo	83.8
Kearny Mesa	82.2
Miramar	NA
Peninsula	82.0
University	83.8

Geography	2015 Life Expectancy
North Coastal Region	**82.7**
Carlsbad	83.8
Oceanside	80.7
Pendleton	NA
San Dieguito	85.1
Vista	81.9
North Inland Region	**82.7**
Anza-Borrego	NA
Escondido	80.9
Fallbrook	81.6
North San Diego	84.9
Palomar-Julian	NA
Pauma	NA
Poway	83.2
Ramona	83.8
San Marcos	82.5
Valley Center	82.8
South Region	**82.0**
Chula Vista	80.7
Coronado	84.6
National City	80.1
South Bay	82.1
Sweetwater	84.6
San Diego County	**82.1**

NA=Not Available, censored due to variance in population size.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS).

SANDAG January 1 population estimates.

Prepared by County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2018.

2016 LIFE EXPECTANCY IN SAN DIEGO COUNTY

Overall: 82.1 years

Sex		Race / Ethnicity				HHSA Region					
Male	79.9	Asian	87.7	Hispanic	83.8	North Coastal	83.3	North Central	84.1	East	79.5
Female	84.2	Black	77.6	White	81.3	North Inland	82.7	Central	80.8	South	81.7

Geography	2016 Life Expectancy
Central Region	**80.8**
Central San Diego	81.8
Mid City	80.5
Southeastern San Diego	80.1
East Region	**79.5**
Alpine	81.2
El Cajon	79.7
Harbison Crest	NA
Jamul	NA
La Mesa	79.4
Laguna Pine Valley	NA
Lakeside	78.6
Lemon Grove	78.3
Mountain Empire	NA
Santee	80.8
Spring Valley	78.3
North Central Region	**84.1**
Coastal	86.3
Del Mar-Mira Mesa	85.2
Elliott Navajo	83.5
Kearny Mesa	82.0
Miramar	NA
Peninsula	84.6
University	84.3

Geography	2016 Life Expectancy
North Coastal Region	**83.3**
Carlsbad	83.7
Oceanside	81.9
Pendleton	NA
San Dieguito	85.6
Vista	82.2
North Inland Region	**82.7**
Anza-Borrego	NA
Escondido	81.0
Fallbrook	81.5
North San Diego	85.2
Palomar-Julian	NA
Pauma	NA
Poway	83.5
Ramona	82.8
San Marcos	82.4
Valley Center	82.5
South Region	**81.7**
Chula Vista	81.4
Coronado	84.8
National City	79.3
South Bay	80.9
Sweetwater	84.0
San Diego County	**82.1**

NA=Not Available, censored due to variance in population size.

2017 LIFE EXPECTANCY IN SAN DIEGO COUNTY

Overall: 82.5 years

Sex		Race / Ethnicity				HHSA Region					
Male	80.2	Asian	86.5	Hispanic	85.1	North Coastal	83.5	North Central	84.7	East	80.7
Female	84.8	Black	77.2	White	81.8	North Inland	82.9	Central	82.3	South	80.9

Geography	2017 Life Expectancy
Central Region	**82.3**
Central San Diego	84.1
Mid City	83.3
Southeastern San Diego	78.9
East Region	**80.7**
Alpine	82.1
El Cajon	80.8
Harbison Crest	NA
Jamul	NA
La Mesa	81.6
Laguna Pine Valley	NA
Lakeside	80.9
Lemon Grove	76.6
Mountain Empire	NA
Santee	81.1
Spring Valley	80.5
North Central Region	**84.7**
Coastal	87.6
Del Mar-Mira Mesa	85.3
Elliott Navajo	83.9
Kearny Mesa	82.8
Miramar	NA
Peninsula	83.6
University	85.6

Geography	2017 Life Expectancy
North Coastal Region	**83.5**
Carlsbad	84.5
Oceanside	81.6
Pendleton	NA
San Dieguito	85.3
Vista	82.7
North Inland Region	**82.9**
Anza-Borrego	NA
Escondido	81.4
Fallbrook	82.3
North San Diego	85.4
Palomar-Julian	NA
Pauma	NA
Poway	84.1
Ramona	82.0
San Marcos	83.0
Valley Center	80.3
South Region	**80.9**
Chula Vista	80.3
Coronado	82.6
National City	78.7
South Bay	79.8
Sweetwater	84.2
San Diego County	**82.5**

NA=Not Available, censored due to variance in population size.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS).

SANDAG January 1 population estimates.

Prepared by County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2019.

2018 LIFE EXPECTANCY IN SAN DIEGO COUNTY

Overall: 82.6 years

Sex		Race / Ethnicity				HHSA Region					
Male	80.3	Asian	88.7	Hispanic	84.8	North Coastal	83.4	North Central	85.1	East	80.2
Female	84.8	Black	78.8	White	81.4	North Inland	83.0	Central	83.0	South	80.8

Geography	2018 Life Expectancy
Central Region	**83.0**
Central San Diego	86.7
Mid City	83.9
Southeastern San Diego	78.3
East Region	**80.2**
Alpine	78.3
El Cajon	82.8
Harbison Crest	NA
Jamul	NA
La Mesa	79.1
Laguna Pine Valley	NA
Lakeside	84.1
Lemon Grove	78.8
Mountain Empire	NA
Santee	80.1
Spring Valley	83.2
North Central Region	**85.1**
Coastal	85.6
Del Mar-Mira Mesa	84.8
Elliott Navajo	86.3
Kearny Mesa	81.8
Miramar	NA
Peninsula	87.9
University	89.3

Geography	2018 Life Expectancy
North Coastal Region	**83.4**
Carlsbad	85.4
Oceanside	80.4
Pendleton	NA
San Dieguito	87.4
Vista	80.3
North Inland Region	**83.0**
Anza-Borrego	NA
Escondido	80.2
Fallbrook	80.0
North San Diego	86.1
Palomar-Julian	NA
Pauma	NA
Poway	86.4
Ramona	81.3
San Marcos	83.8
Valley Center	85.3
South Region	**80.8**
Chula Vista	76.6
Coronado	81.0
National City	78.9
South Bay	80.1
Sweetwater	89.0
San Diego County	**82.6**

NA=Not Available, censored due to variance in population size.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS).

SANDAG January 1 population estimates.

Prepared by County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2020.

2019 LIFE EXPECTANCY IN SAN DIEGO COUNTY

Overall: 82.7 years

Sex		Race / Ethnicity				HHSA Region					
Male	80.2	Asian	89.0	Hispanic	84.9	North Coastal	83.9	North Central	84.5	East	80.4
Female	85.2	Black	79.2	White	81.5	North Inland	83.0	Central	83.7	South	81.0

Geography	2019 Life Expectancy
Central Region	**83.7**
Central San Diego	88.2
Mid City	84.3
Southeastern San Diego	78.2
East Region	**80.4**
Alpine	78.6
El Cajon	83.6
Harbison Crest	NA
Jamul	NA
La Mesa	79.6
Laguna Pine Valley	NA
Lakeside	82.8
Lemon Grove	78.0
Mountain Empire	NA
Santee	80.7
Spring Valley	84.3
North Central Region	**84.5**
Coastal	84.9
Del Mar-Mira Mesa	84.0
Elliott Navajo	85.7
Kearny Mesa	81.6
Miramar	NA
Peninsula	87.9
University	88.0

Geography	2019 Life Expectancy
North Coastal Region	**83.9**
Carlsbad	86.4
Oceanside	81.2
Pendleton	NA
San Dieguito	86.6
Vista	80.4
North Inland Region	**83.0**
Anza-Borrego	NA
Escondido	79.9
Fallbrook	80.7
North San Diego	85.7
Palomar-Julian	NA
Pauma	NA
Poway	86.7
Ramona	81.8
San Marcos	83.7
Valley Center	83.7
South Region	**81.0**
Chula Vista	76.6
Coronado	85.6
National City	78.2
South Bay	80.3
Sweetwater	89.1
San Diego County	**82.7**

NA=Not Available, censored due to variance in population size.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS).

SANDAG January 1 population estimates.

Prepared by County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

2020* LIFE EXPECTANCY IN SAN DIEGO COUNTY

Overall: 80.7 years

Sex		Race / Ethnicity				HHSA Region					
Male	78.1	Asian	85.3	Hispanic	80.5	North Coastal	81.1	North Central	86.1	East	78.0
Female	83.3	Black	73.5	White	80.5	North Inland	78.8	Central	79.3	South	79.4

Geography	2020 Life Expectancy
Central Region	**79.3**
Central San Diego	81.8
Mid City	77.7
Southeastern San Diego	77.7
East Region	**78.0**
Alpine	77.4
El Cajon	80.9
Harbison Crest	NA
Jamul	NA
La Mesa	77.1
Laguna Pine Valley	NA
Lakeside	83.6
Lemon Grove	75.1
Mountain Empire	NA
Santee	79.8
Spring Valley	80.6
North Central Region	**86.1**
Coastal	84.0
Del Mar-Mira Mesa	81.8
Elliott Navajo	84.9
Kearny Mesa	81.2
Miramar	NA
Peninsula	85.5
University	90.7

Geography	2020 Life Expectancy
North Coastal Region	**81.1**
Carlsbad	84.9
Oceanside	78.8
Pendleton	NA
San Dieguito	85.8
Vista	76.2
North Inland Region	**78.8**
Anza-Borrego	NA
Escondido	77.4
Fallbrook	78.7
North San Diego	84.1
Palomar-Julian	NA
Pauma	NA
Poway	84.1
Ramona	76.7
San Marcos	83.6
Valley Center	80.8
South Region	**79.4**
Chula Vista	73.8
Coronado	83.4
National City	77.8
South Bay	78.5
Sweetwater	88.3
San Diego County	**80.7**

NA=Not Available, censored due to variance in population size.

Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS). State of California, Department of Public Health, California Comprehensive Birth Files. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (www.sdmcfhs.org), 12/28/2021. California Department of Public Health, Center for Health Statistics and Informatics, California Vital Data (Cal-Vida) (Accessed October 2022). California Department of Finance. Demographic Research Unit. Report P-3: Population Projections, California, 2010-2060 (Baseline 2019 Population Projections; Vintage

*SANDAG Population Estimates, 2020 (vintage: 11/2023) were derived from the 2020 decennial census. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including Life Expectancy.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2023.

2021* LIFE EXPECTANCY IN SAN DIEGO COUNTY

Overall: 79.8 years

Sex		Race / Ethnicity				HHSA Region					
Male	76.9	Asian	84.7	Hispanic	78.9	North Coastal	80.3	North Central	85.0	East	77.4
Female	82.9	Black	71.7	White	79.9	North Inland	78.3	Central	77.8	South	78.8

Geography	2021 Life Expectancy
Central Region	**77.8**
Central San Diego	80.5
Mid City	76.7
Southeastern San Diego	75.7
East Region	**77.4**
Alpine	77.6
El Cajon	82.2
Harbison Crest	NA
Jamul	NA
La Mesa	76.2
Laguna Pine Valley	NA
Lakeside	82.9
Lemon Grove	75.4
Mountain Empire	NA
Santee	79.1
Spring Valley	79.4
North Central Region	**85.0**
Coastal	83.9
Del Mar-Mira Mesa	80.9
Elliott Navajo	83.6
Kearny Mesa	79.8
Miramar	NA
Peninsula	83.7
University	89.0

Geography	2021 Life Expectancy
North Coastal Region	**80.3**
Carlsbad	85.4
Oceanside	77.4
Pendleton	NA
San Dieguito	85.4
Vista	74.7
North Inland Region	**78.3**
Anza-Borrego	NA
Escondido	76.7
Fallbrook	78.8
North San Diego	84.8
Palomar-Julian	NA
Pauma	NA
Poway	82.7
Ramona	77.2
San Marcos	81.7
Valley Center	79.2
South Region	**78.8**
Chula Vista	73.2
Coronado	84.2
National City	76.8
South Bay	77.2
Sweetwater	88.1
San Diego County	**79.8**

NA=Not Available, censored due to variance in population size.

2022* LIFE EXPECTANCY IN SAN DIEGO COUNTY

Overall: 80.8 years

Sex		Race / Ethnicity				HHSA Region					
Male	78.2	Asian	85.4	Hispanic	81.3	North Coastal	81.4	North Central	85.3	East	78.5
Female	83.6	Black	72.8	White	80.3	North Inland	79.1	Central	79.8	South	80.0

Geography	2022 Life Expectancy
Central Region	**79.8**
Central San Diego	83.5
Mid City	78.0
Southeastern San Diego	77.9
East Region	**78.5**
Alpine	77.5
El Cajon	82.5
Harbison Crest	NA
Jamul	NA
La Mesa	76.9
Laguna Pine Valley	NA
Lakeside	85.3
Lemon Grove	75.6
Mountain Empire	NA
Santee	80.5
Spring Valley	80.0
North Central Region	**85.3**
Coastal	83.4
Del Mar-Mira Mesa	80.6
Elliott Navajo	84.9
Kearny Mesa	80.5
Miramar	NA
Peninsula	84.6
University	87.8

Geography	2022 Life Expectancy
North Coastal Region	**81.4**
Carlsbad	86.1
Oceanside	77.8
Pendleton	NA
San Dieguito	87.5
Vista	77.2
North Inland Region	**79.1**
Anza-Borrego	NA
Escondido	78.0
Fallbrook	79.4
North San Diego	84.6
Palomar-Julian	NA
Pauma	NA
Poway	82.6
Ramona	77.5
San Marcos	82.6
Valley Center	81.7
South Region	**80.0**
Chula Vista	75.3
Coronado	83.7
National City	77.8
South Bay	79.3
Sweetwater	87.0
San Diego County	**80.8**

NA=Not Available, censored due to variance in population size.

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Methodology

Life expectancies are constructed by taking death rates from the population in question, and calculating abridged life tables. From the life table, you can calculate the probability of surviving to certain ages.

For more detailed information on how we calculate life expectancy, please contact the Community Health Statistics Unit at www.sdhealthstatistics.com.