LIFE EXPECTANCY IN SAN DIEGO COUNTY, 2023

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. Life expectancy is a widely used indicator in evaluations to measure 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 78.4 years in 2023 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 81.0 years in 2023 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 2023, has a life expectancy of 81.0 years, but within the county, there is currently a 8.5 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]

The following page lists life expectancy by gender, race/ethnicity, geography, and overall for San Diego County.

2023 LIFE EXPECTANCY IN SAN DIEGO COUNTY

Overall: 81.0 years

Sex		Race / Ethnicity				HHSA Region					
Male	78.3	Asian	86.5	Hispanic	82.4	North Coastal	83.4	North Central	84.2	East	80.6
Female	83.6	Black	75.3	White	80.2	North Inland	82.1	Central	80.4	South	81.0

Geography	2023 Life Expectancy
Central Region	**80.4**
Central San Diego	82.7
Mid-City	79.9
Southeastern San Diego	78.2
East Region	**80.6**
Alpine	81.3
El Cajon	79.9
Harbison Crest	NA
Jamul	NA
La Mesa	82.2
Laguna-Pine Valley	NA
Lakeside	81.0
Lemon Grove	81.1
Mountain Empire	NA
Santee	82.3
Spring Valley	79.3
North Central Region	**84.2**
Coastal	86.7
Del Mar-Mira Mesa	84.3
Elliott-Navajo	83.3
Kearny Mesa	82.4
Miramar	NA
Peninsula	83.5
University	86.6

Geography	2023 Life Expectancy
North Coastal Region	**83.4**
Carlsbad	83.6
Oceanside	80.9
Pendleton	NA
San Dieguito	85.5
Vista	80.8
North Inland Region	**82.1**
Anza-Borrego Springs	NA
Escondido	80.2
Fallbrook	82.0
North San Diego	85.3
Palomar-Julian	NA
Pauma	NA
Poway	82.0
Ramona	79.2
San Marcos	83.1
Valley Center	81.6
South Region	**81.0**
Chula Vista	81.0
Coronado	86.1
National City	80.1
South Bay	79.1
Sweetwater	82.1
San Diego County	**81.0**

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

References

1. National Center for Health Statistics. Life expectancy at birth, at age 65, and at age 75, by sex, race, and Hispanic origin: United States, selected years 1900-2016. https://www.cdc.gov/nchs/data/hus/2017/015.pdf (Accessed July 21, 2021).

2. Murphy SL, Kochanek KD, Xu JQ, Arias E. Mortality in the United States, 2023. NCHS Data Brief, no 521. Hyattsville, MD: National Center for Health Statistics. 2024. DOI: https://dx.doi.org/10.15620/cdc/170564 (Accessed February 14, 2025).

3. Centers for Disease Control and Prevention. Morbidity and Mortality Weekly Report (MMWR). *Ten Great Public Health Achievements —- United States, 2001-2010*. https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6019a5.htm (Accessed July 23, 2021).

4. Pollack C., Sadegh-Nobari T., Dekker M., Egerter S., Braveman P. Robert Wood Johnson Foundation, Commission to Build a Healthier America. *Where we live matters for our health: the links between housing and health*. https://nchh.org/resource-library/rwjf_issue-brief_where-we-live-matters-for-our-health_the-links-between-housing-and-health.pdf (Accessed July 23, 2021).

5. World Health Organization. Social Determinants of Health. https://www.who.int/health-topics/social-determinants-of-health#tab=tab_1 (Accessed October 20, 2022).

Methodology

Life expectancies are constructed by taking death rates from the population in question, and calculating abridged life tables. The probability of surviving to certain ages can be calculated from the life table. Life expectancy estimates in this document may differ from state and federal life expectancy estimates. Additionally, starting in data year 2023, population estimates utilized to estimate life expectancy, changed from San Diego Association of Governments (SANDAG) to California Department of Finance and Esri population estimates. 2023 life expectancy should not be trended back to previous years.

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