



North Central Region Health Status Report Summary



SEPTEMBER 2023

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

North Central Region Health Status Report Summary

*A report on the demographic and health
information of San Diego County's
North Central Region*

September 2023

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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INTRODUCTION

North Central Region consists of seven subregional areas (SRAs): Coastal, Del Mar-Mira Mesa, Elliott-Navajo, Kearny Mesa, Miramar, Peninsula, and University. This health status report summary provides the most current information on demographic characteristics, socioeconomic factors, and health concerns in North Central Region and its SRAs.

The key segments of this report include:

- 1) **Demographic Characteristics:** This section includes an overview of the 2021 population characteristics (e.g., age, race/ethnicity, household income, health insurance coverage, disability status, etc.) for North Central Region. Characteristics for SRAs are reported in comparison with North Central Region and San Diego County.
- 2) **Mortality Measures:** This section includes a summary of the overall life expectancy for North Central Region and its SRAs in 2021. 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 section, additionally, lists the Top 10 Leading Causes of Death in 2021 for North Central Region, outlining the relative burden of a specific cause of death compared to other causes.
- 3) **Health Outcomes:** This section summarizes health-related information such as rates of death, emergency department (ED) discharge, and hospitalization for the following group of health conditions and indicators:
 - a) Non-Communicable (Chronic) Diseases,
 - b) Communicable (Infectious) Diseases,
 - c) Injury Indicators,
 - d) Behavioral Health Indicators,
 - e) Alzheimer's Disease and Related Dementias, and
 - f) Maternal and Child Health Indicators.

HEALTH STATUS OVERVIEW (2021): NORTH CENTRAL REGION

DEMOGRAPHIC CHARACTERISTICS

Population: 643,231

(19.5% of San Diego County's population)

Age Distribution:

- 0-4 years old (5.6%)
- 5-14 years old (10.2%)
- 15-24 years old (13.6%)
- 25-44 years old (33.1%)
- 45-64 years old (23.4%)
- 65+ years old (14.0%)

Median Household Income: \$112,092

Population Below 200% Federal Poverty Level (FPL): 19.1%

Population with Health Insurance: 94.9%

Population with Disability: 8.4%

Households Receiving Food Stamps/SNAP/CalFresh : 4.0%

MORTALITY MEASURES

Overall Life Expectancy: 86.6 years

Top 5 Leading Causes of Death:

- 1) Malignant Neoplasms (Cancers)
- 2) Diseases of the Heart
- 3) Cerebrovascular Diseases (Stroke)
- 4) Accidents/Unintentional Injuries
- 5) COVID-19

LEADING HEALTH OUTCOMES

	Death Rate	Emergency Department (ED) Discharge Rate	Hospitalization Rate
Non-Communicable (Chronic) Diseases	Overall Cancer 131.4 per 100,000	Overall Heart Disease 1,342.5 per 100,000	Overall Heart Disease 791.8 per 100,000
Communicable (Infectious) Diseases	Pneumonia 3.2 per 100,000	Urinary Tract Infection 386.9 per 100,000	Urinary Tract Infection 69.0 per 100,000
COVID-19	40.3 per 100,000	487.3 per 100,000	137.9 per 100,000
Injury Indicators	Poisoning 22.0 per 100,000	Falls 1,561.2 per 100,000	Falls 371.2 per 100,000
Behavioral Health Indicators	All Opioid Overdoses 18.3 per 100,000	Alcohol Related Disorders 256.2 per 100,000	Alcohol Related Disorders 55.1 per 100,000
Alzheimer's Disease and Related Dementias	85.4 per 100,000	23.2 per 100,000	19.8 per 100,000

Maternal and Child Health Indicators

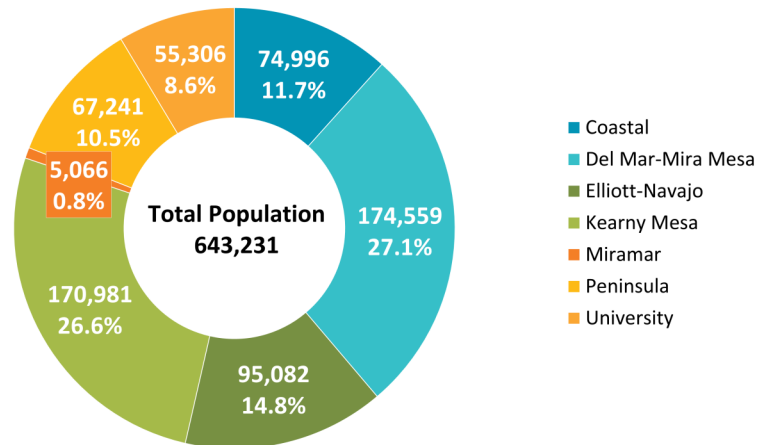
Total Live Births: 6,609	Preterm Births: 8.4% Low Weight Births: 7.0% Very Low Weight Births: 0.9% Teen Births: 0.1% Received Early Prenatal Care: 92.0%	Infant Mortality Rate (2020): 3.2 per 1,000 Total Live Births Fetal Mortality Rate: 4.1 per 1,000 Live Births and Fetal Deaths
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DEMOGRAPHIC CHARACTERISTICS

POPULATION CHARACTERISTICS

In 2021, North Central Region was home to an estimated 643,231 residents, the most populated region in San Diego County, representing 19.5% of San Diego County's population (3,296,317). The most populated subregional area (SRA) in North Central Region was Del Mar-Mira Mesa (27.1%), followed by Kearny Mesa (26.6%) in 2021.

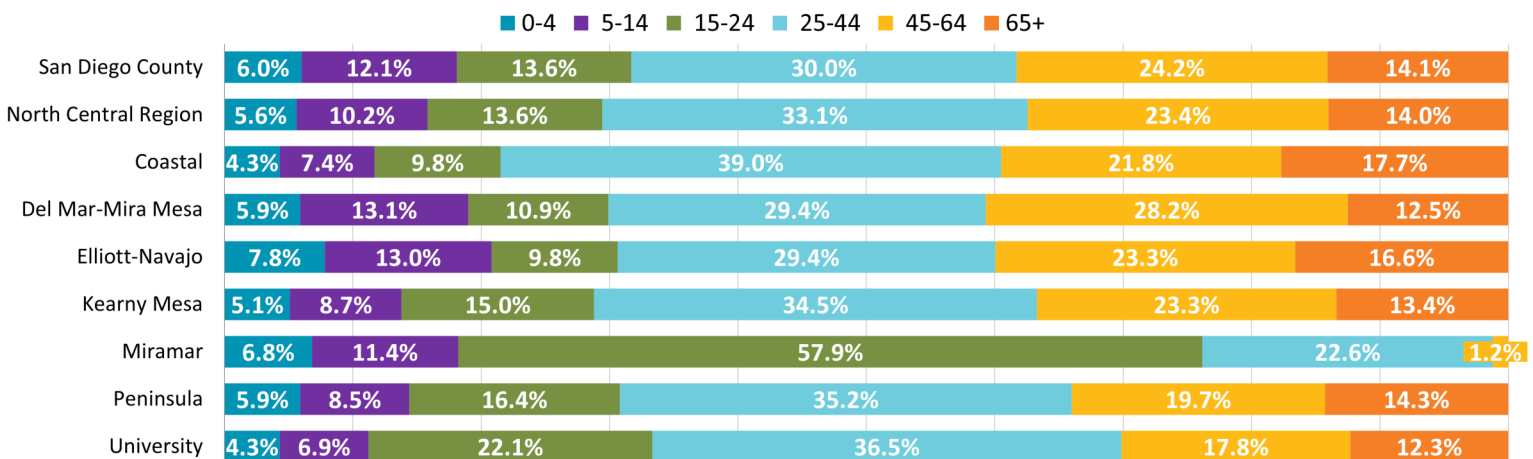
North Central Region Population Distribution* by Subregional Area (SRA), San Diego County, 2021



*Please note that percentages may not add up to 100% due to rounding.
Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B01001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

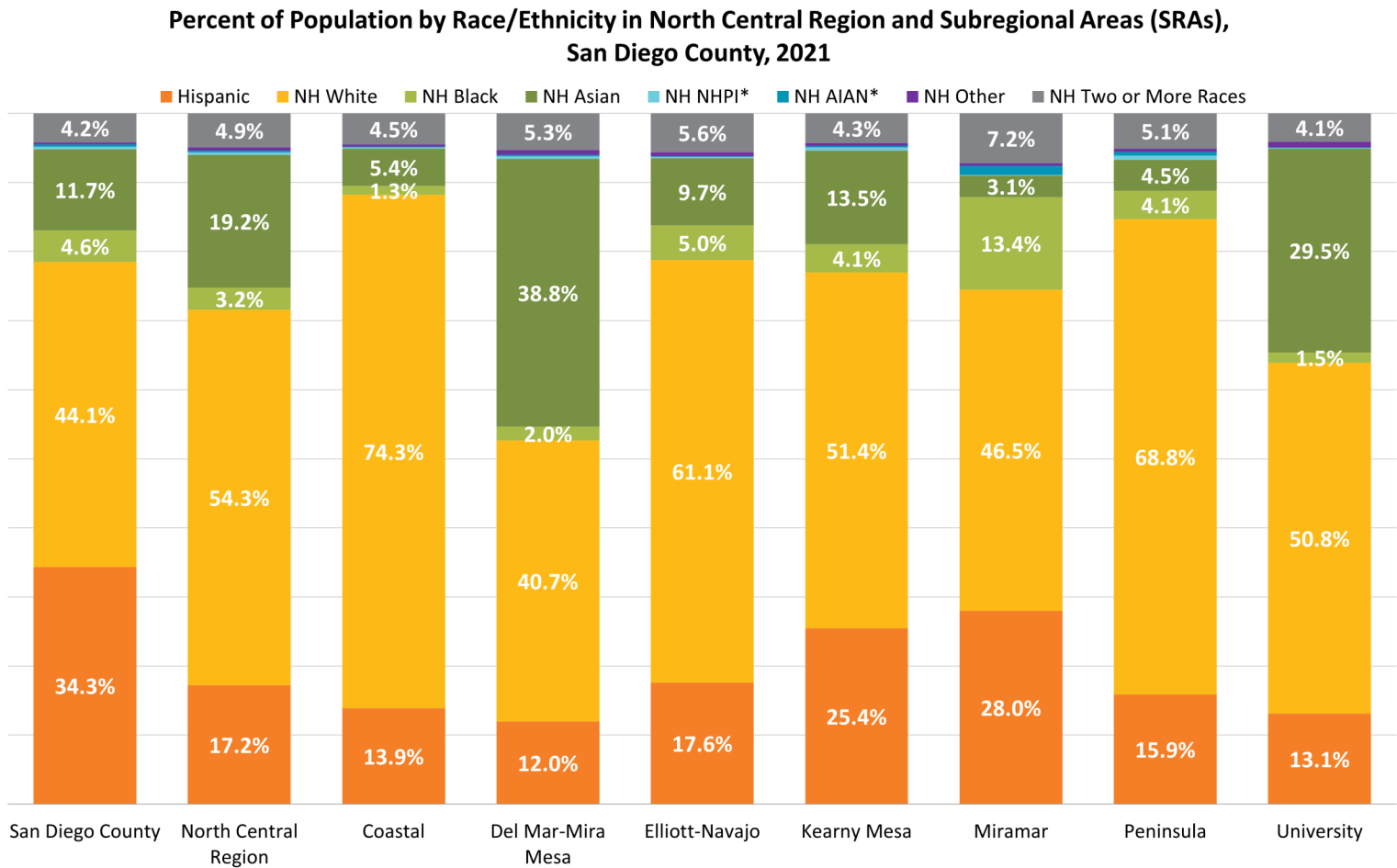
In 2021, residents in North Central Region between the ages of 25-44 years old made up the highest proportion (33.1%) of the population. The second highest proportion of residents were adults aged 45-64 years old (23.4%) in 2021. Among North Central Region SRAs, Coastal had the highest proportion of residents aged 25-44 years old (39.0%), followed by University (36.5%) in 2021. Moreover, Coastal SRA had the highest proportion of older adult residents, 65 years and older (17.7%). In 2021, over half of the residents in Miramar SRA were between 15-24 years old (57.9%), the highest proportion of residents within this age group compared to all other SRAs in San Diego County.

Percent of Population by Age Group in North Central Region and Subregional Areas (SRAs), San Diego County, 2021



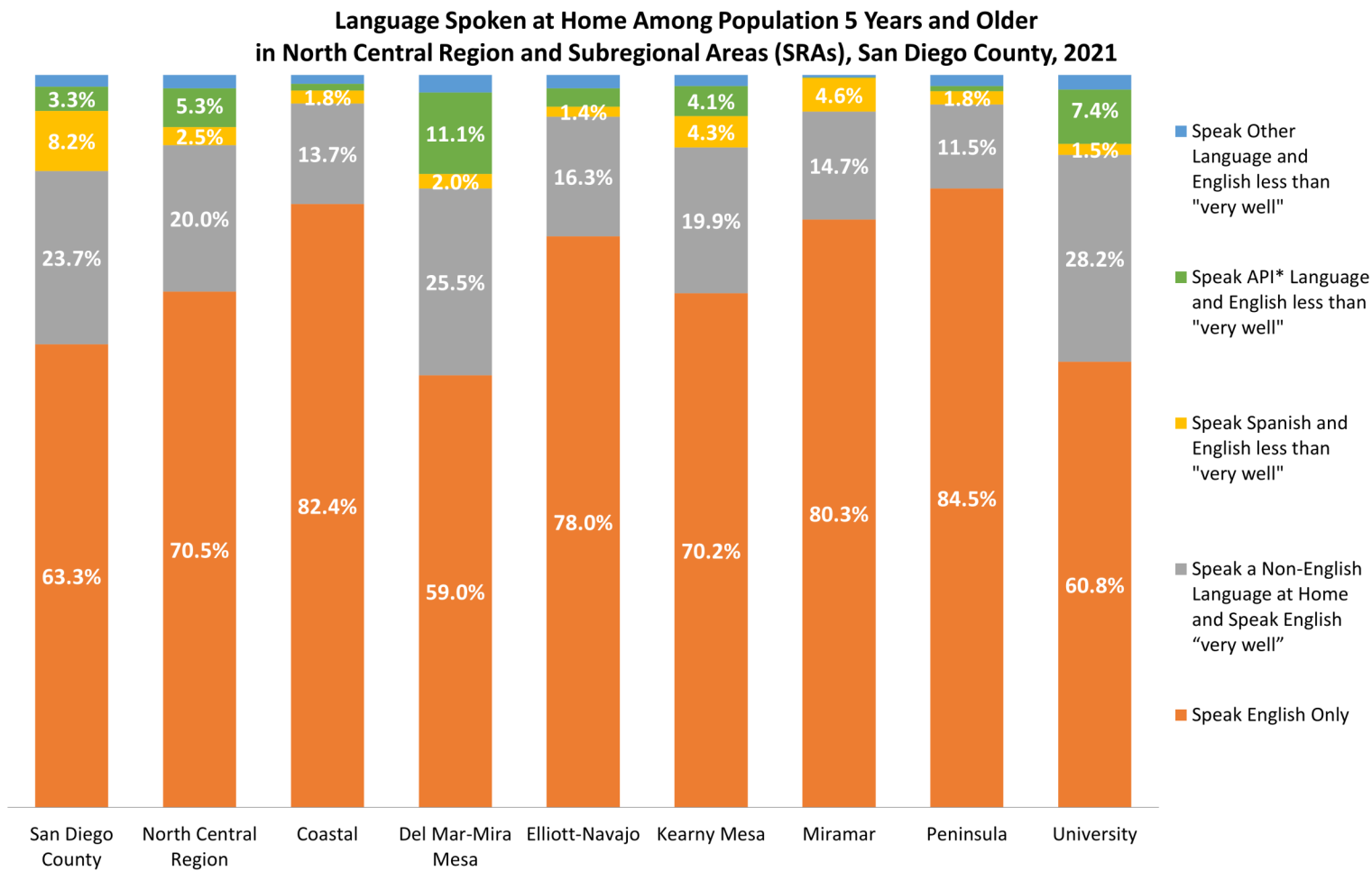
Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B01001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In 2021, residents in North Central Region were primarily White (54.3%), followed by Asian (19.2%), Hispanic (17.2%), residents with two or more races (4.9%), Black (3.2%), Native Hawaiian or Pacific Islander (0.4%), American Indian/Alaska Native (0.2%), and Other (0.5%). Among North Central Region SRAs, Coastal had the highest proportion of White (74.3%), Native Hawaiian or Pacific Islander (0.6%), and American Indian/Alaska Native (0.5%) residents than all other North Central Region SRAs in 2021. Meanwhile, Miramar SRA had the highest proportion of Hispanic (28.0%) and Black (13.4%) residents, and Del Mar Mira Mesa SRA had the highest proportion of Asian (38.8%) residents in 2021.



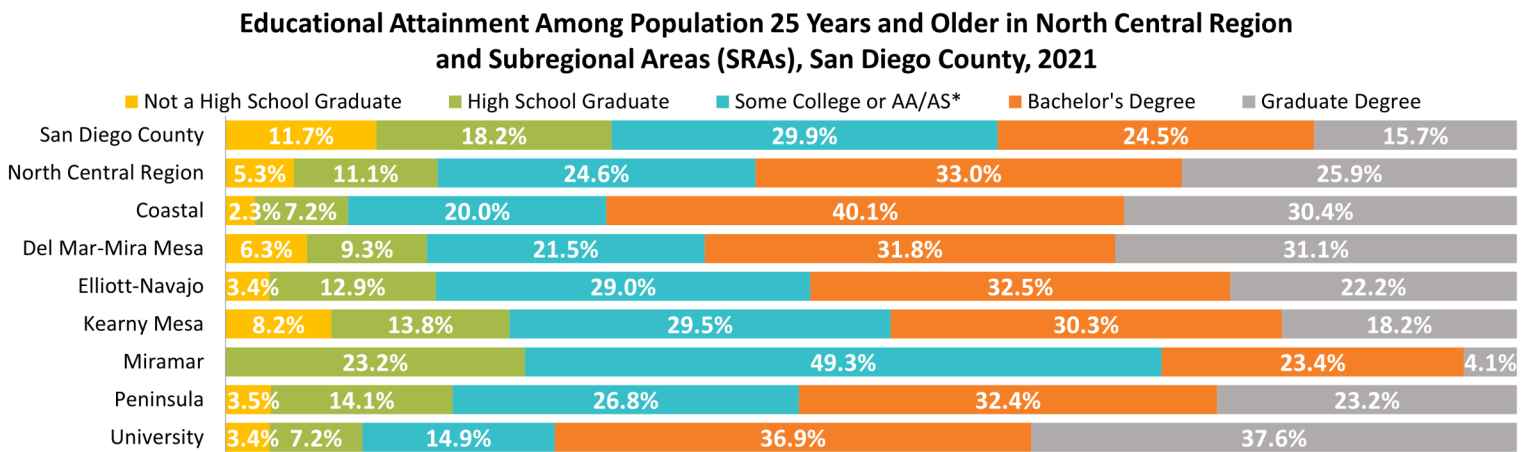
NH refers to Non-Hispanic or Latino.
 *NHPI refers to Native Hawaiian or Pacific Islander; AIAN refers to American Indian/Alaska Native.
 Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B03002.
 Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In 2021, 7 out of every 10 residents (70.5%) aged 5 years and older spoke only English at home in North Central Region. Moreover, 1 out of every 5 residents (20.0%), aged 5 years and older, in North Central Region spoke English "very well" and another language at home in 2021. Among North Central Region SRAs, Peninsula had the highest proportion of residents speaking only English at home (84.5%), while Del Mar Mira Mesa had the lowest proportion (59.0%).



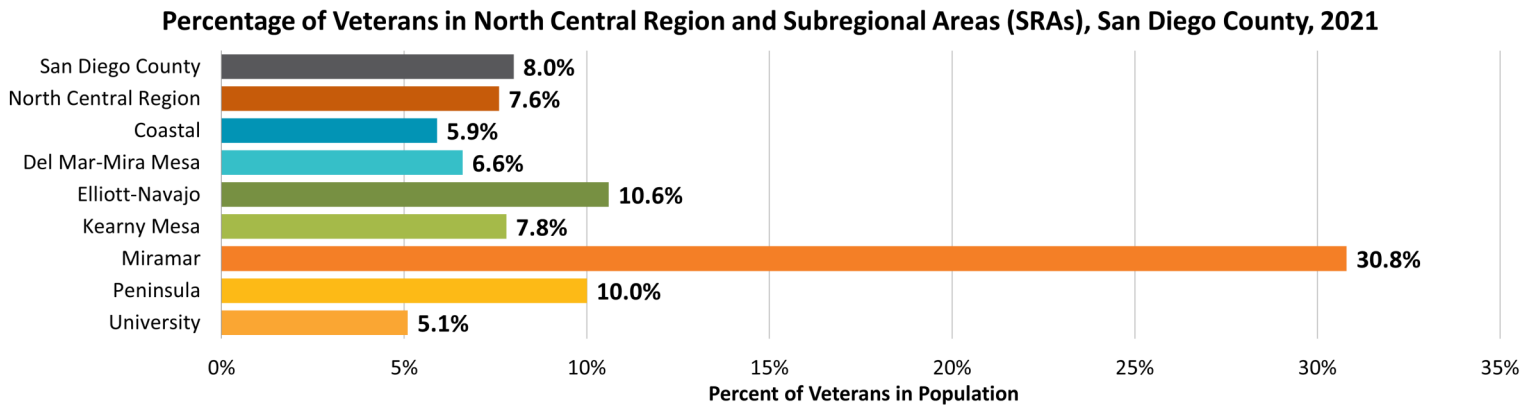
*API refers to Asian/Pacific Islander.
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Educational attainment refers to the highest level of education completed in terms of the highest degree, or the highest level of schooling, completed for the population 25 years and older. In 2021, over 9 out of every 10 adults (94.6%) aged 25 years and older had at least a high school diploma or General Educational Diploma (GED), while nearly 3 out of every 5 adults (58.9%) held a bachelor's or graduate degree in North Central Region. Among North Central Region SRAs, Kearny Mesa had the highest proportion of adults 25 years and older without a high school diploma (8.2%), followed by Del Mar-Mira Mesa (6.3%) in 2021.



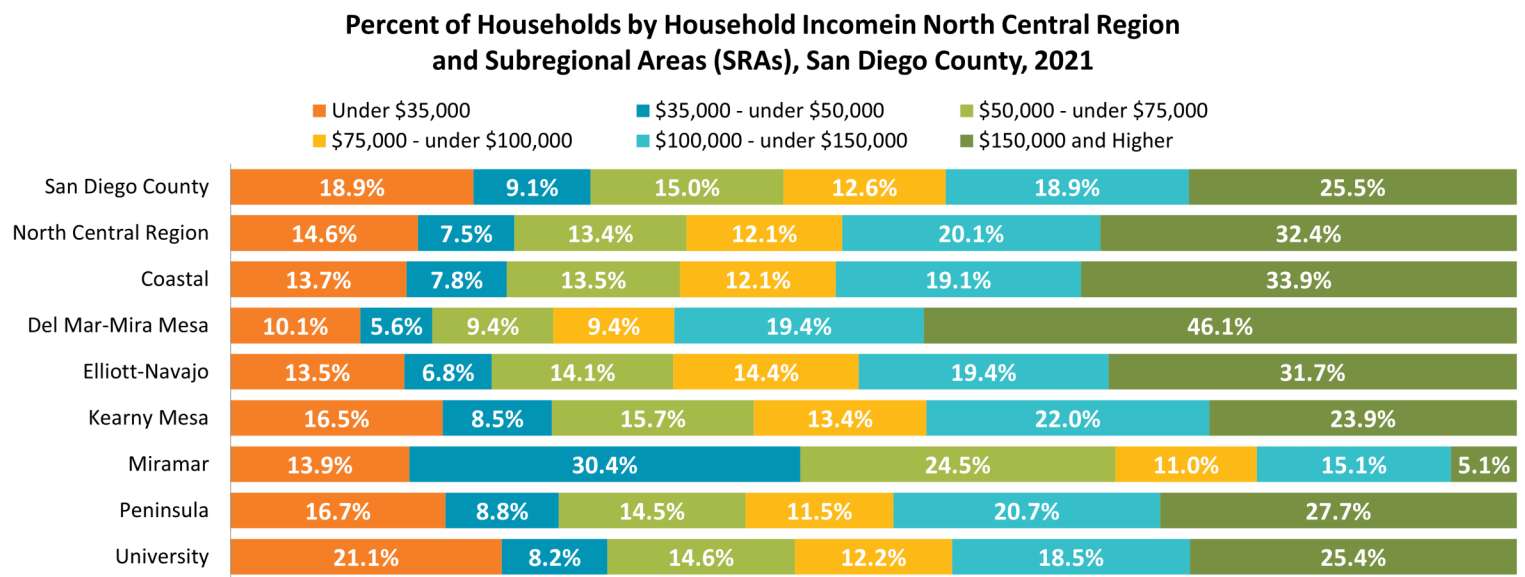
*Includes some college, no degree and Associate's degree.
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Veterans are civilians who have served officially or non-officially domestically or at war, but are not currently serving on active duty in the U.S. Army, Navy, Air Force, Marine Corps, or the Coast Guard, or who served in the U.S. Merchant Marine during World War II. People who served in the National Guard or Reserves are classified as veterans only if they were ever called or ordered to active duty, not counting the 4-6 months for initial training or yearly summer camps. In 2021, 7.6% of residents in North Central Region were veterans. In 2021, Miramar SRA had the highest proportion of veterans (30.8%) compared to all other SRAs in San Diego County.



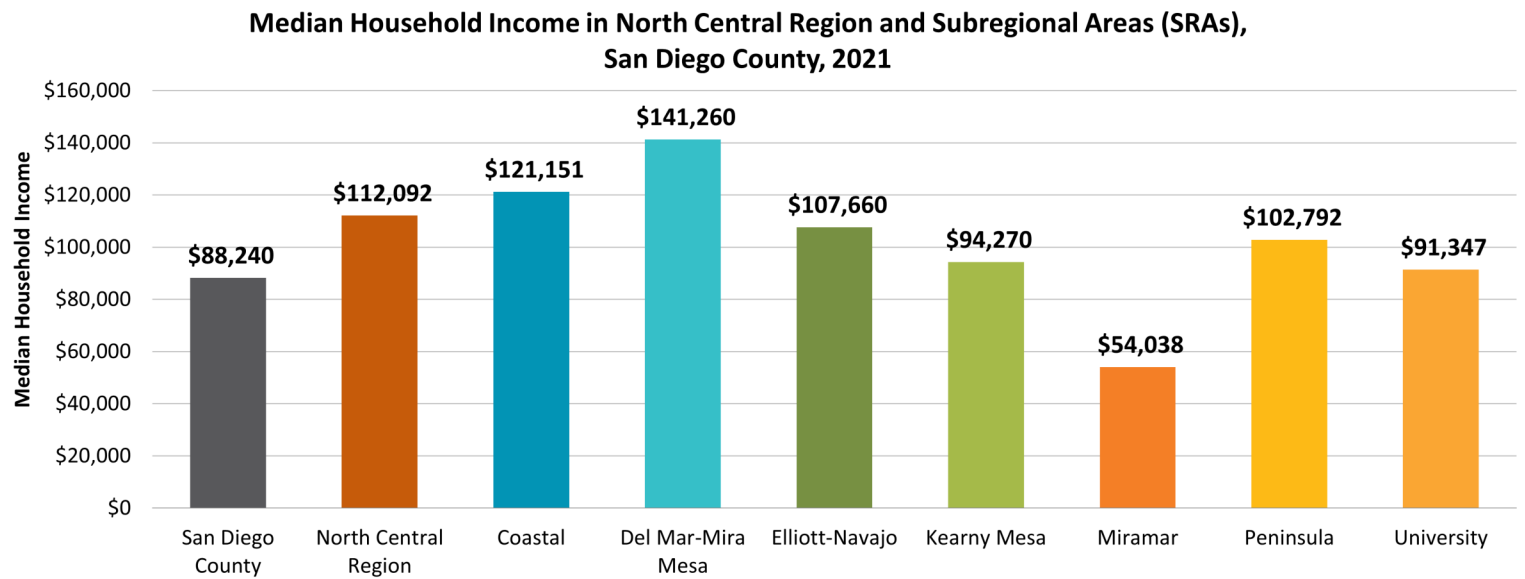
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table S2101.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Household income includes the income of the householder, and all other individuals 15 years and older in the household, whether they are related to the householder or not. In 2021, 14.6% of households in North Central Region had an annual income of less than \$35,000. Among Central Region SRAs, University had the highest proportion of households with an annual income of less than \$35,000 (21.1%), followed by Peninsula (16.7%) in 2021.



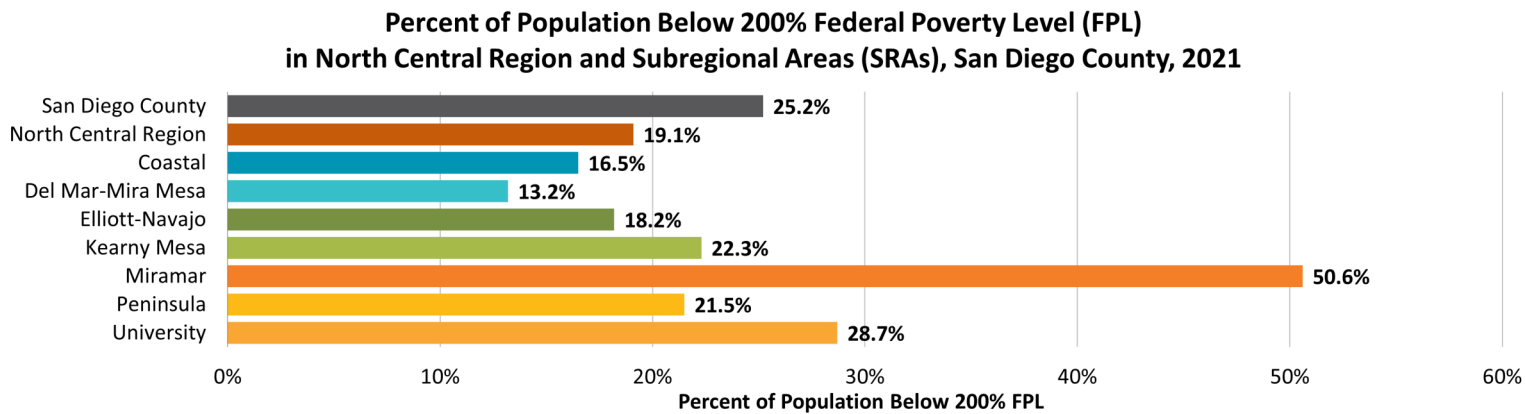
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

The median household income in North Central Region was \$112,092 in 2021. Among North Central Region SRAs, Miramar had the lowest median household income (\$54,038), while Del Mar-Mira Mesa had the highest (\$141,260).



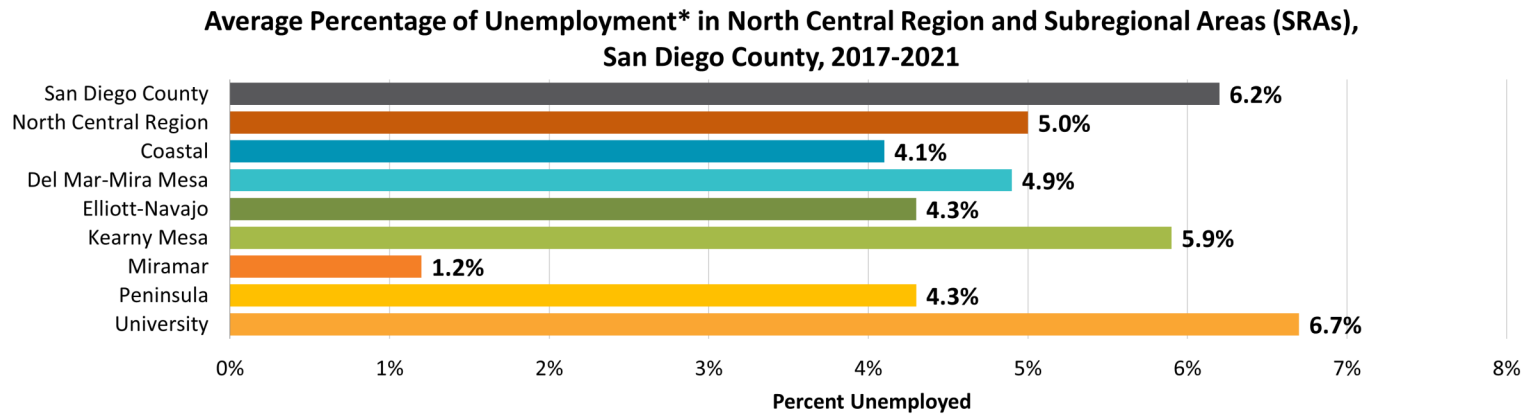
Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table DP03, DP04.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In 2021, 19% of residents in North Central Region lived below 200% FPL, which was the lowest proportion among all Health and Human Services Agency (HHSA) regions. Among North Central Region SRAs, Miramar had the highest proportion of residents (50.6%) living below 200% FPL, followed by University (28.7%) in 2021. Additionally, Miramar SRA had the highest proportion of residents living below 200% FPL (50.6%) compared to all other SRAs in San Diego County.



Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table B17024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

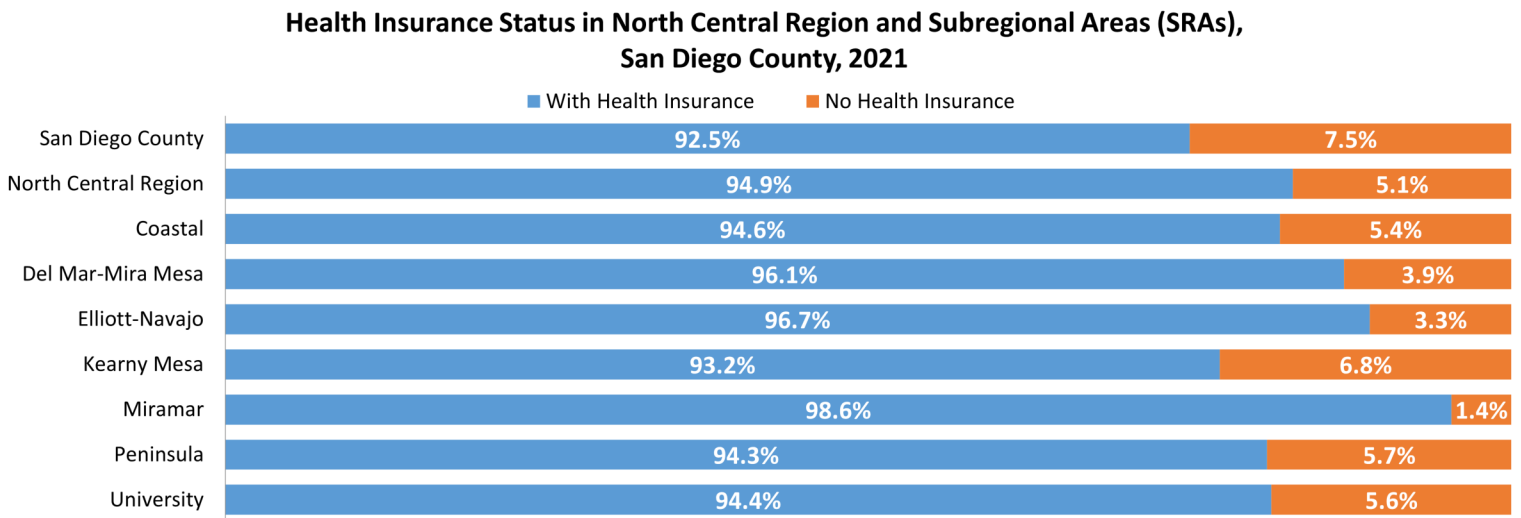
The average 5-year percentage of unemployment was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed, and persons in the armed forces. Between 2017-2021, the 5-year average unemployment rate in North Central Region was 5.0%. Among North Central Region SRAs, University had the highest 5-year average unemployment rate (6.7%), while Miramar had the lowest (1.2%) between 2017-2021. Among HHSA regions, North Central Region had the lowest 5-year average unemployment rate (5.0%) between 2017-2021.



*Percent unemployed was derived from the number of unemployed persons out of the 16 year and older eligible labor force. Eligible labor force includes employed civilians, unemployed and persons in the armed forces.
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

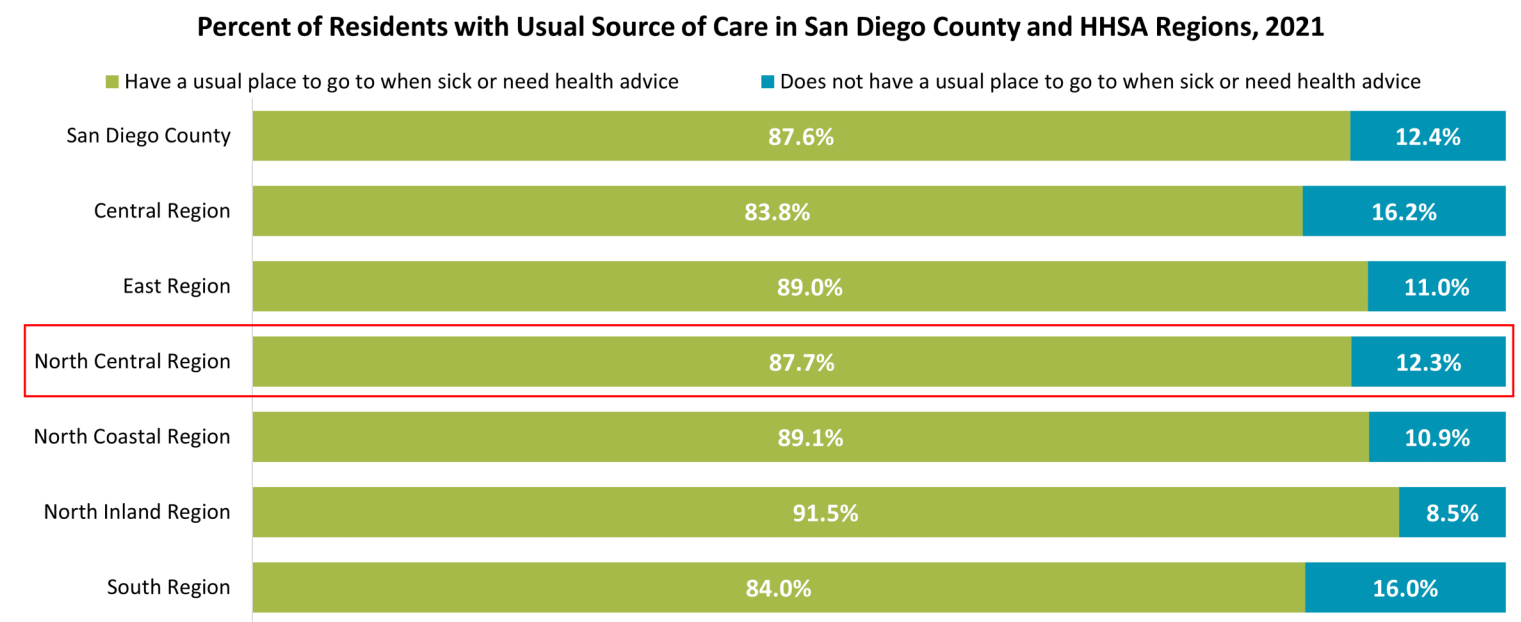
INSURANCE, ACCESS, AND UTILIZATION

In 2021, 94.9% of residents in North Central Region were insured through private or public programs, while 5.1% had no health insurance coverage. Among North Central Region subregional areas (SRAs), Kearny Mesa had the highest proportion of residents without health insurance (6.8%), followed by Peninsula (5.7%). Among Health and Human Services Agency (HHSA) regions, North Central Region had the lowest proportion of uninsured residents (5.1%) in 2021.



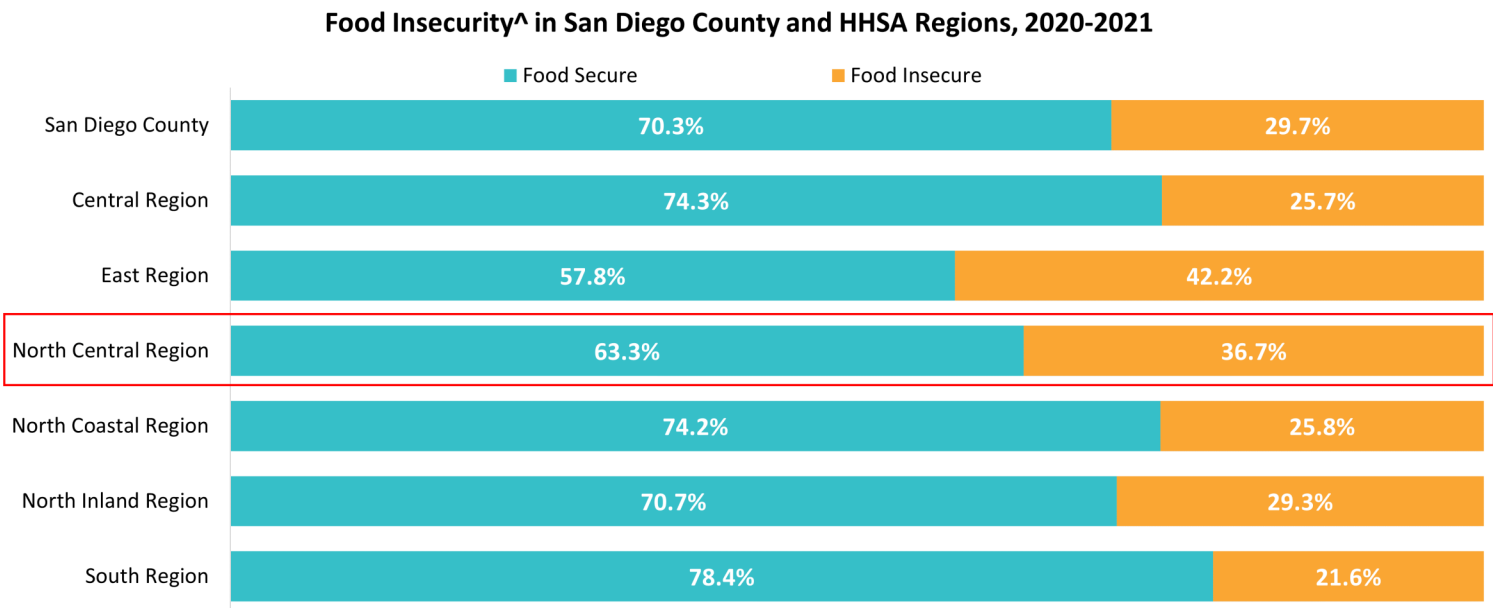
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table B27001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In 2021, nearly 9 out of every 10 residents (87.7%) in North Central Region reported having a usual place to go when sick or needing health advice. Nevertheless, 12.3% of residents in North Central Region reported not having a usual place to go when sick or needing health advice in 2021.



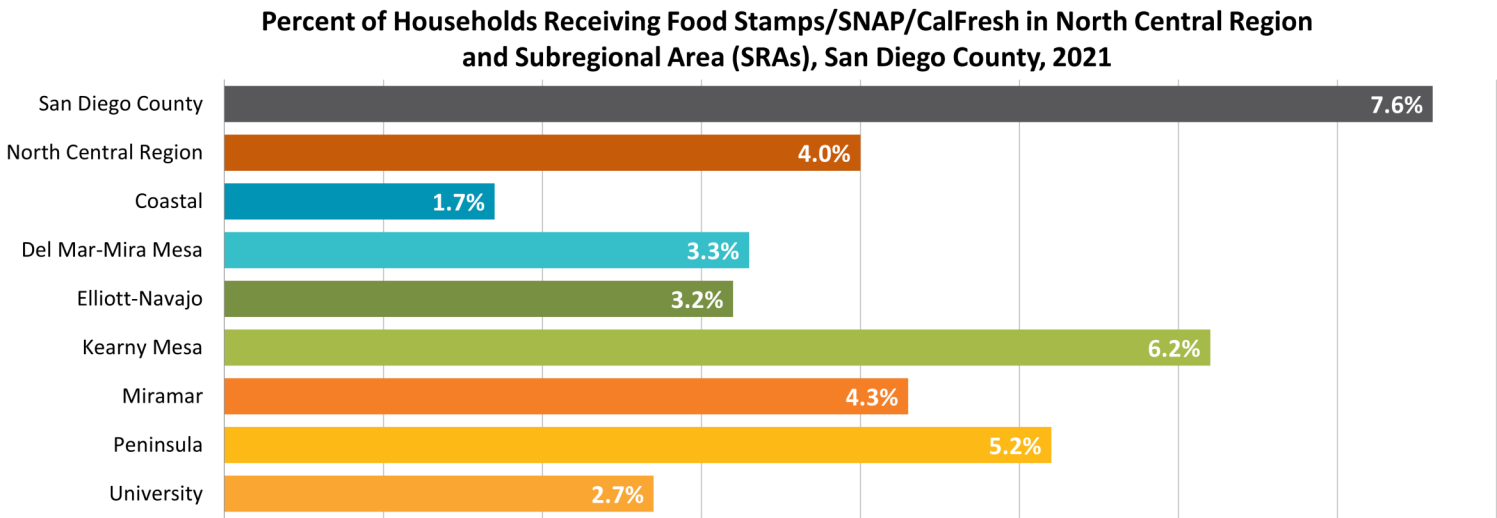
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2021. Available at <http://ask.chis.ucla.edu>. Exported on June 22, 2023.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Among HHSA regions, North Central Region had the second highest proportion of adults, with income less than 200% of the Federal Poverty Level (FPL), reporting food insecurity (36.7%) between 2020-2021. In North Central Region, over 1 out of every 3 adults (36.7%), with income less than 200% FPL, reported an inability to afford enough food.



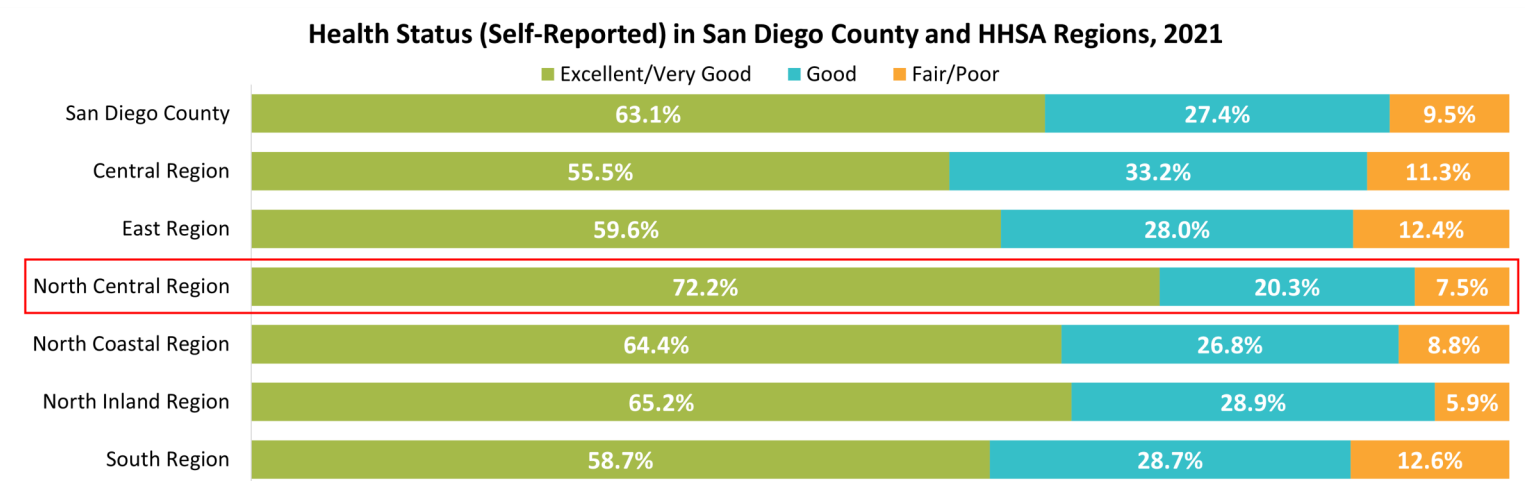
[^]Asked of adults whose income is less than 200% of the Federal Poverty Level.
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2020-2021. Available at <http://ask.chis.ucla.edu>. Exported on June 28, 2023.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, is a federally-funded program aimed to increase the potential of a nutritious diet in low-income households. In 2021, 4.0% of all households in North Central Region reported receipt of SNAP. Among North Central Region SRAs, Kearny Mesa had the highest proportion of households who reported receipt of SNAP (6.2%), followed by Peninsula (5.2%).



Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table B22002, B22007, B17024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

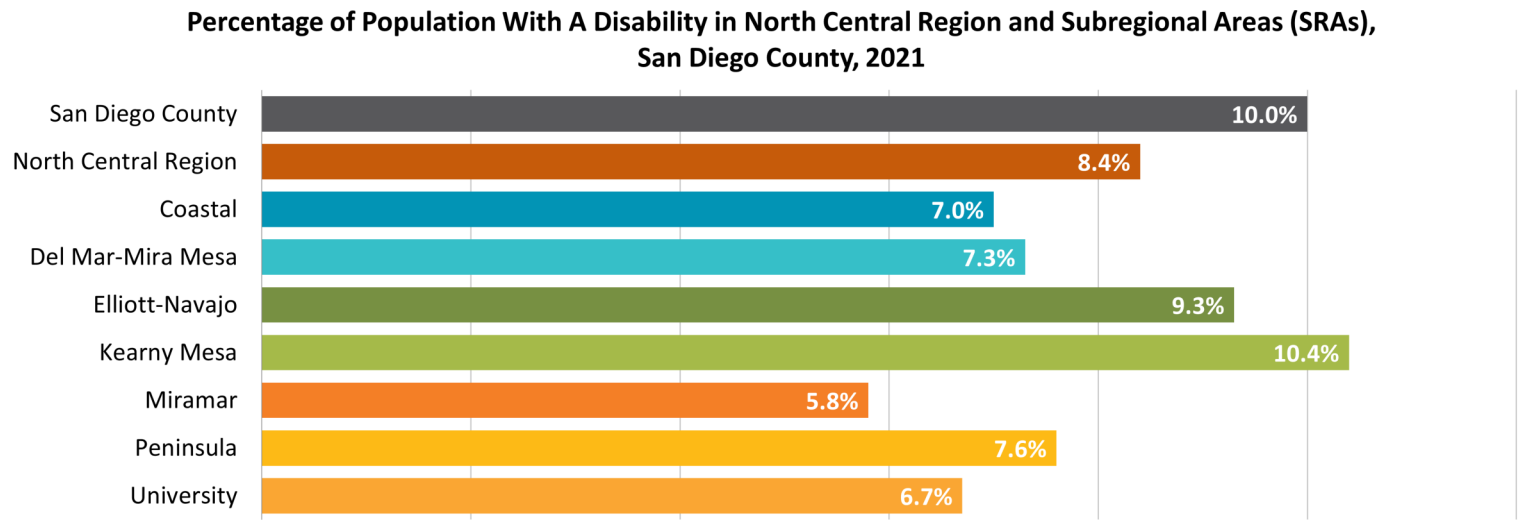
Among HHSA regions, North Central Region had the highest proportion of residents (72.2%) reporting excellent or very good health in 2021. Compared to all other HHSA regions, North Central Region had the lowest proportion of residents reporting good health (20.3%) and the second lowest proportion reporting fair or poor health (7.5%) in 2021.



Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2021. Available at <http://ask.chis.ucla.edu>. Exported on June 22, 2023.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

DISABILITY STATUS

Disability is a dynamic concept that changes over time as one's health improves or declines, as technology advances, and as social structures adapt. Individuals who report any of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2021, 8.4% of North Central Region residents reported having one or more disabilities. Among North Central Region subregional areas (SRAs), Kearny Mesa had the highest proportion of the population with a disability (10.4%), followed by Elliott-Navajo (9.3%).



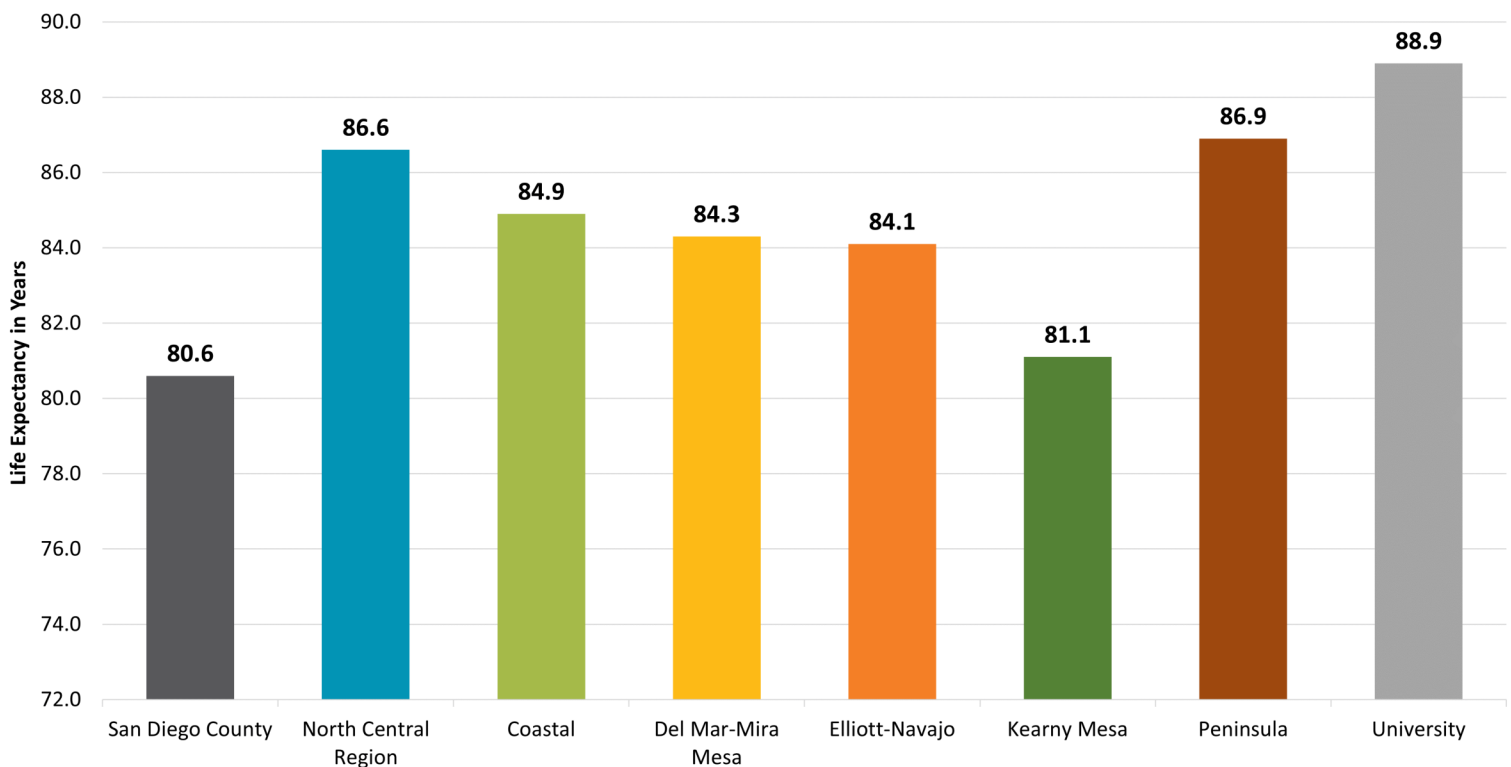
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table S1810.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

MORTALITY MEASURES

LIFE EXPECTANCY

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. In 2021, a baby born in San Diego County had a life expectancy of 80.6 years, while a baby born in North Central Region had a life expectancy of 86.6 years. Among North Central Region subregional areas (SRAs), University (88.9 years) had the highest life expectancy, followed by Peninsula (86.9 years).

Life Expectancy in North Central Region by Subregional Area (SRA), San Diego County, 2021



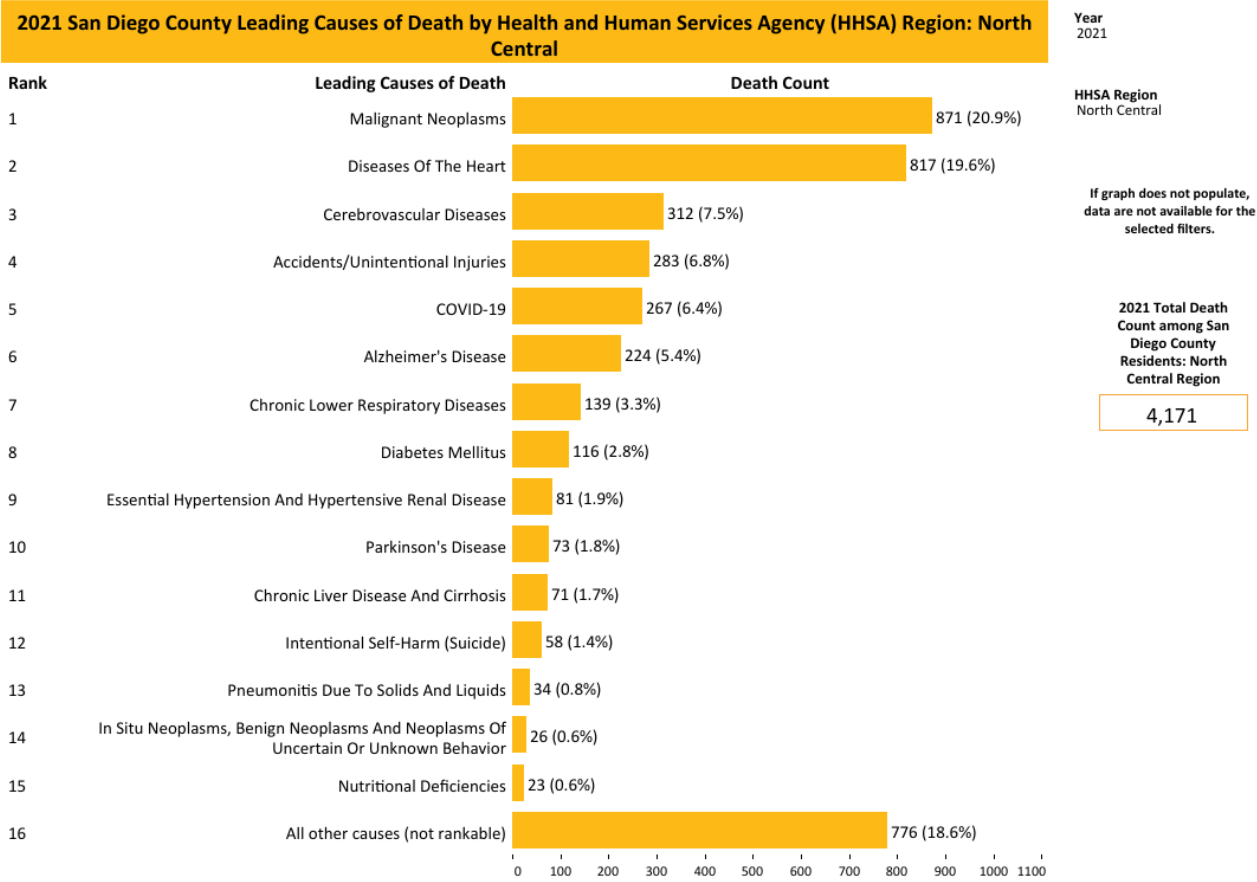
Miramar life expectancy is not available, censored due to variance in population size.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

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

LEADING CAUSES OF DEATH

The Leading Causes of Death rankings represent the most frequently occurring causes of death. These rankings help assess the relative burden of a specific cause of death compared to all other causes. In 2021, malignant neoplasms (cancers) were the number one leading cause of death in North Central Region, followed by diseases of the heart. In North Central Region, 3 out of the top 5 leading causes of death were non-communicable (chronic) diseases (cancer, heart disease, and stroke).



Rank is based on total number of deaths in each of the National Center for Health Statistics (NCHS) "rankable" categories. The top 15 leading causes of death presented here are based on the San Diego County residents for their respective years.

Cause of death is based on the underlying cause of death reported on death certificates as classified by ICD-10 codes.

Deaths for specific demographics or geographic area may not equal the total deaths for San Diego County due to missing data.

The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including Leading Causes of Death.

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

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

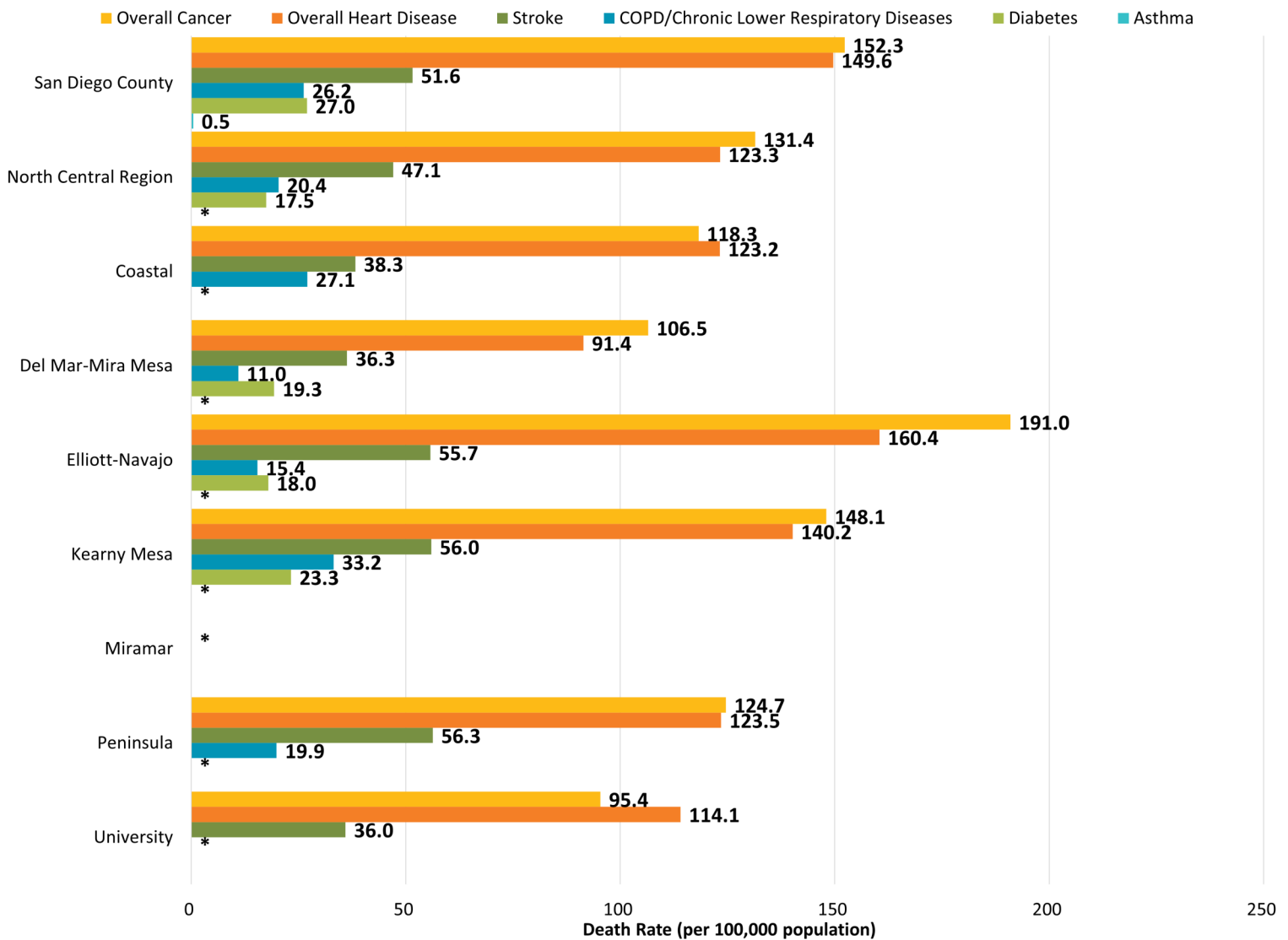


HEALTH OUTCOMES

NON-COMMUNICABLE (CHRONIC) DISEASES

In 2021, the highest death rates among non-communicable (chronic) diseases were due to overall cancer in North Central Region and all its subregional areas (SRAs), except Coastal and University, where the highest death rates were due to overall heart disease. Among North Central Region SRAs, Elliott-Navajo had the highest death rate due to overall cancer (191.0 per 100,000) and overall heart disease (160.4 per 100,000) in 2021. Moreover, Kearny Mesa SRA had the highest death rates due to chronic obstructive pulmonary disease (COPD)/chronic lower respiratory disease (33.2 per 100,000) and diabetes (23.3 per 100,000) compared to all other SRAs in North Central Region.

**Non-Communicable (Chronic) Disease Death Rates in North Central Region
by Subregional Area (SRA), San Diego County, 2021**

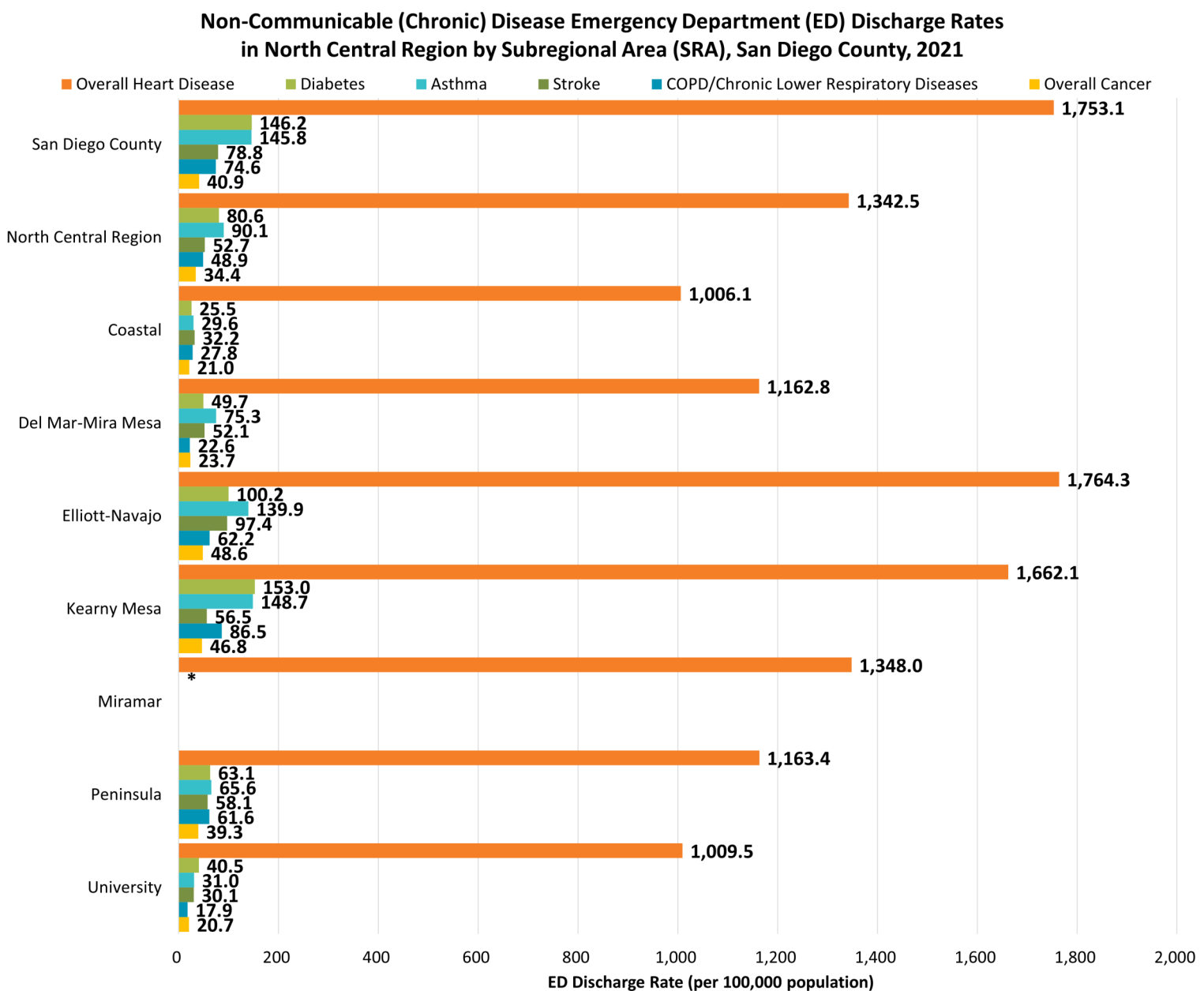


*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

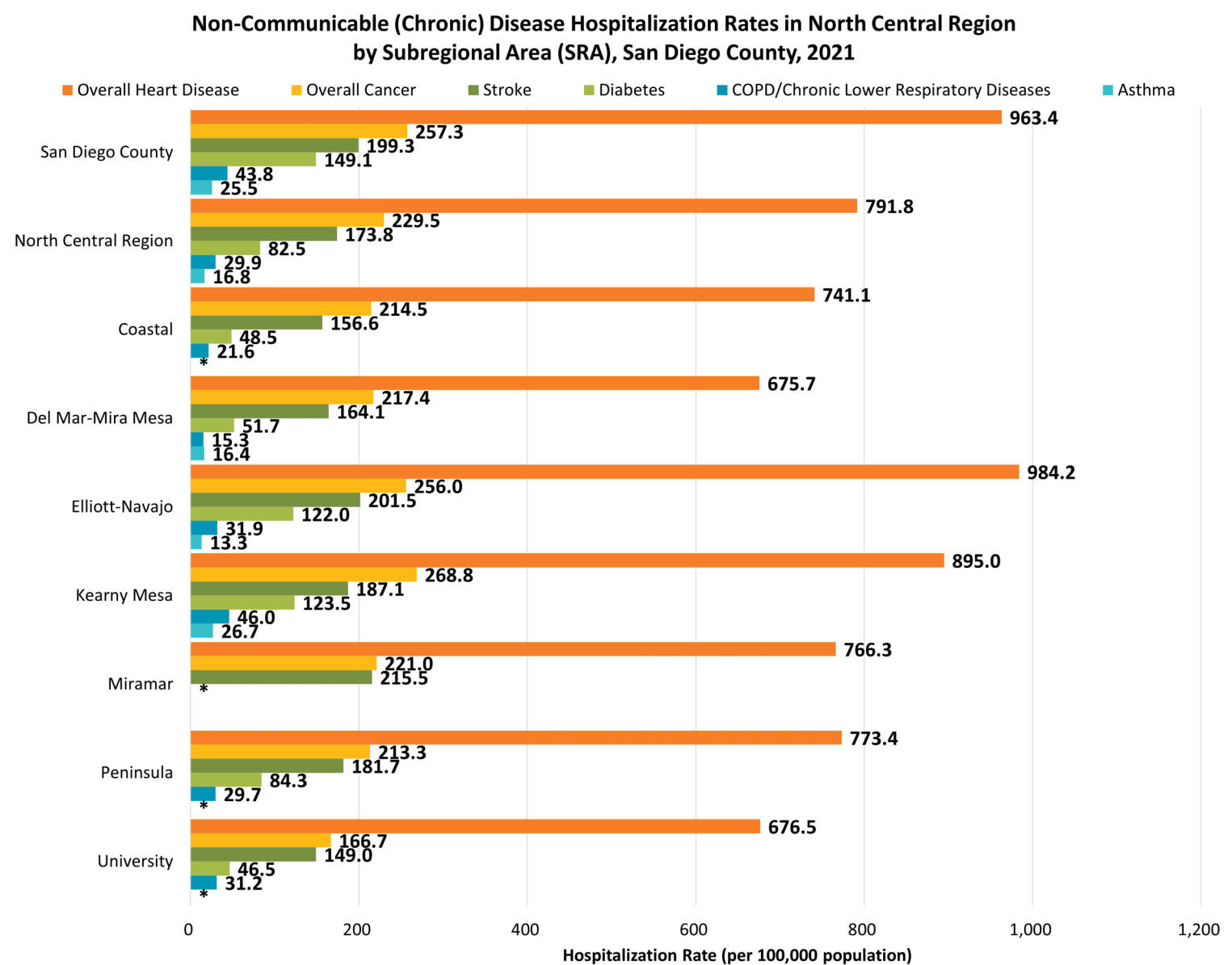
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Among non-communicable (chronic) diseases in 2021, the highest emergency department (ED) discharge rates were due to overall heart disease in North Central Region and all its SRAs. Among North Central Region SRAs, Elliott-Navajo had the highest ED discharge rate due to overall heart disease (1,764.3 per 100,000), stroke (97.4 per 100,000), and overall cancer (48.6 per 100,000) compared to all other SRAs in North Central Region. Furthermore, Kearny Mesa SRA had the highest ED discharge rates due to diabetes (153.0 per 100,000), asthma (148.7 per 100,000), and COPD/chronic lower respiratory disease (86.5 per 100,000) among North Central Region SRAs. In 2021, the ED discharge rate due to diabetes in Kearny Mesa SRA (153.0 per 100,000) was nearly twice the rate of North Central Region (80.6 per 100,000).



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In 2021, the highest hospitalization rates among non-communicable (chronic) diseases were due to overall heart disease, followed by overall cancer, in North Central Region and all its SRAs. Among North Central Region SRAs, Elliott-Navajo had the highest hospitalization rate due to overall heart disease (984.2 per 100,000), which was also higher than North Central Region (791.8 per 100,000) and San Diego County overall (963.4 per 100,000). In 2021, Kearny Mesa SRA had the highest hospitalization rates due to overall cancer, diabetes, COPD/chronic lower respiratory diseases, and asthma compared to all other North Central Region SRAs.

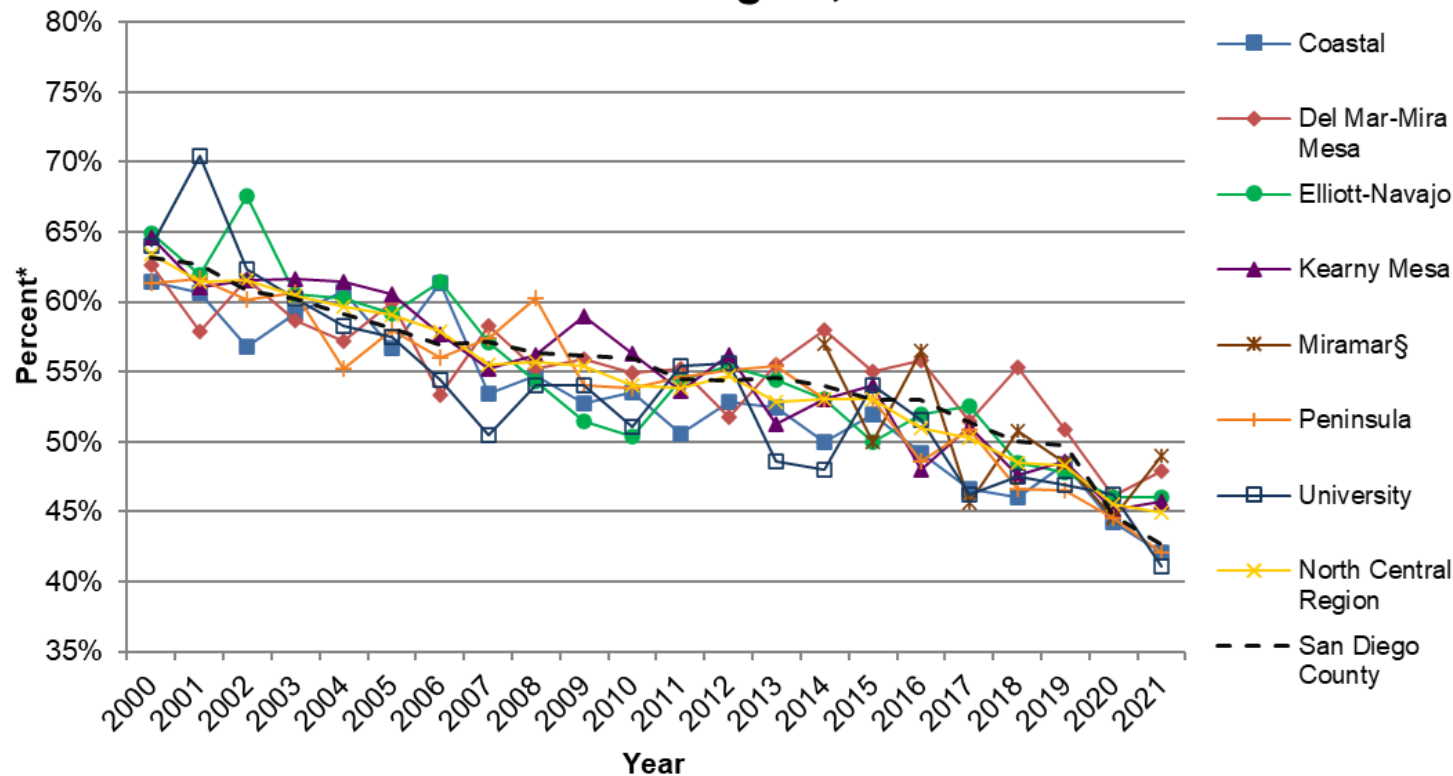


*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

3-4-50: CHRONIC DISEASES

Three behaviors (poor diet, physical inactivity, and tobacco use) contribute to four chronic diseases (cancer, heart disease and stroke, type 2 diabetes, and lung diseases such as asthma) that result in over 50% of all deaths worldwide. Overall, the percentage of deaths due to 3-4-50 chronic diseases decreased in North Central Region from 2000 to 2021. In 2021, stroke, coronary heart disease (CHD), diabetes, chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases, asthma, and cancer caused 45% of all deaths in North Central Region. Among North Central Region subregional areas (SRAs), Miramar had the highest percentage of deaths due to 3-4-50 chronic diseases (49%) in 2021. Additionally, University SRA had a 35.9% decrease in deaths from 3-4-50 chronic diseases, which was the greatest decrease among North Central Region SRAs, from 2000 to 2021.

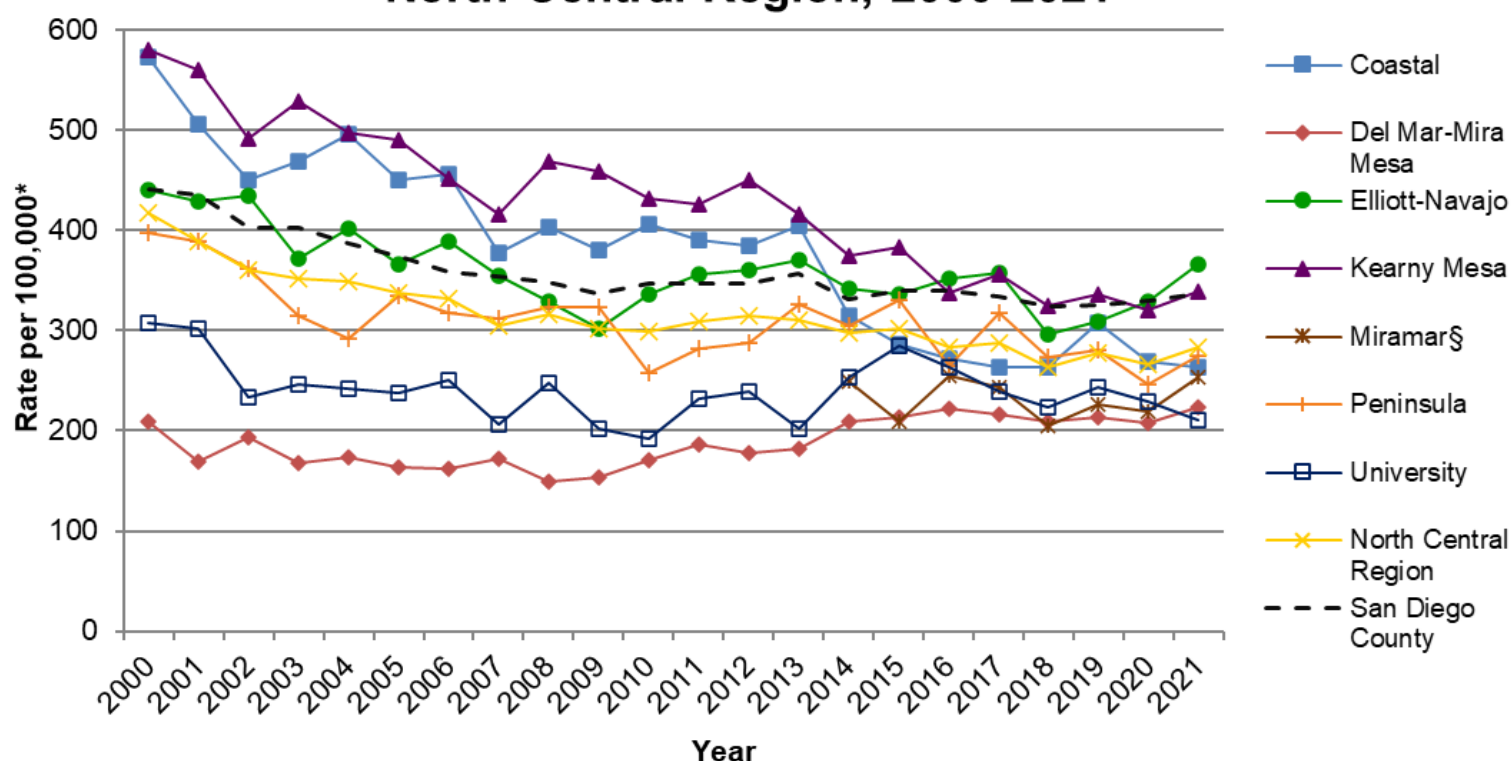
3-4-50 Death[†] Percentages
Among San Diego County Residents -
North Central Region, 2000-2021^{**}



^{*}3-4-50 deaths as a percentage of all cause deaths.
[†]3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).
[§]Percents not calculated for fewer than 5 events for the years 2000 to 2019. Percents not calculated for fewer than 11 events for the years 2020 and 2021. Percents not calculated in cases where zip code is unknown.
^{**}The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2021 California Vital Records Business Intelligence System (VRBIS). Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, April 2023.

Overall, the death rates from 3-4-50 chronic diseases decreased in North Central Region and its SRAs, except for Del Mar-Mira Mesa, from 2000 to 2021. Among North Central Region SRAs, Elliott-Navajo had the highest death rate due to 3-4-50 chronic diseases in 2021 (365.5 per 100,000), while University had the lowest (211.1 per 100,000). Moreover, Coastal SRA had the greatest decrease (54%) in the death rate from 3-4-50 chronic diseases, from 572.7 per 100,000 in 2000 to 262.9 per 100,000 in 2021.

3-4-50 Death[†] Rates Among San Diego County Residents - North Central Region, 2000-2021**



*Rates per 100,000 population. Population estimates for 2020 and 2021 were derived using the 2010 Census and data should be considered preliminary.

†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).

§Rates not calculated for fewer than 5 events for the years 2000 to 2019. Rates not calculated for fewer than 11 events for the years 2020 and 2021. Rates not calculated in cases where zip code is unknown.

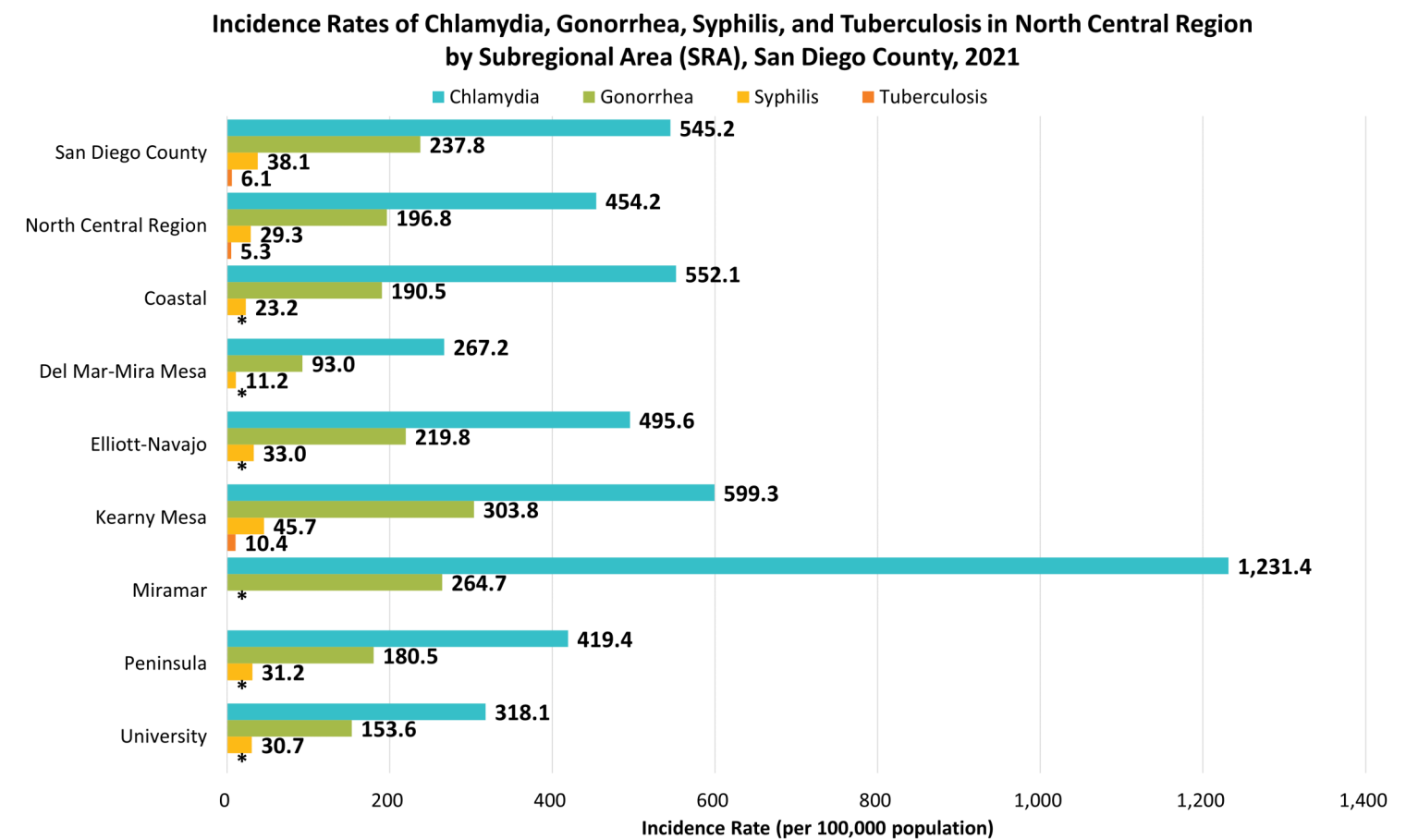
**The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.

Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2021 California Vital Records Business Intelligence System (VRBIS). SANDAG, Current Population Estimates.

Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, April 2023.

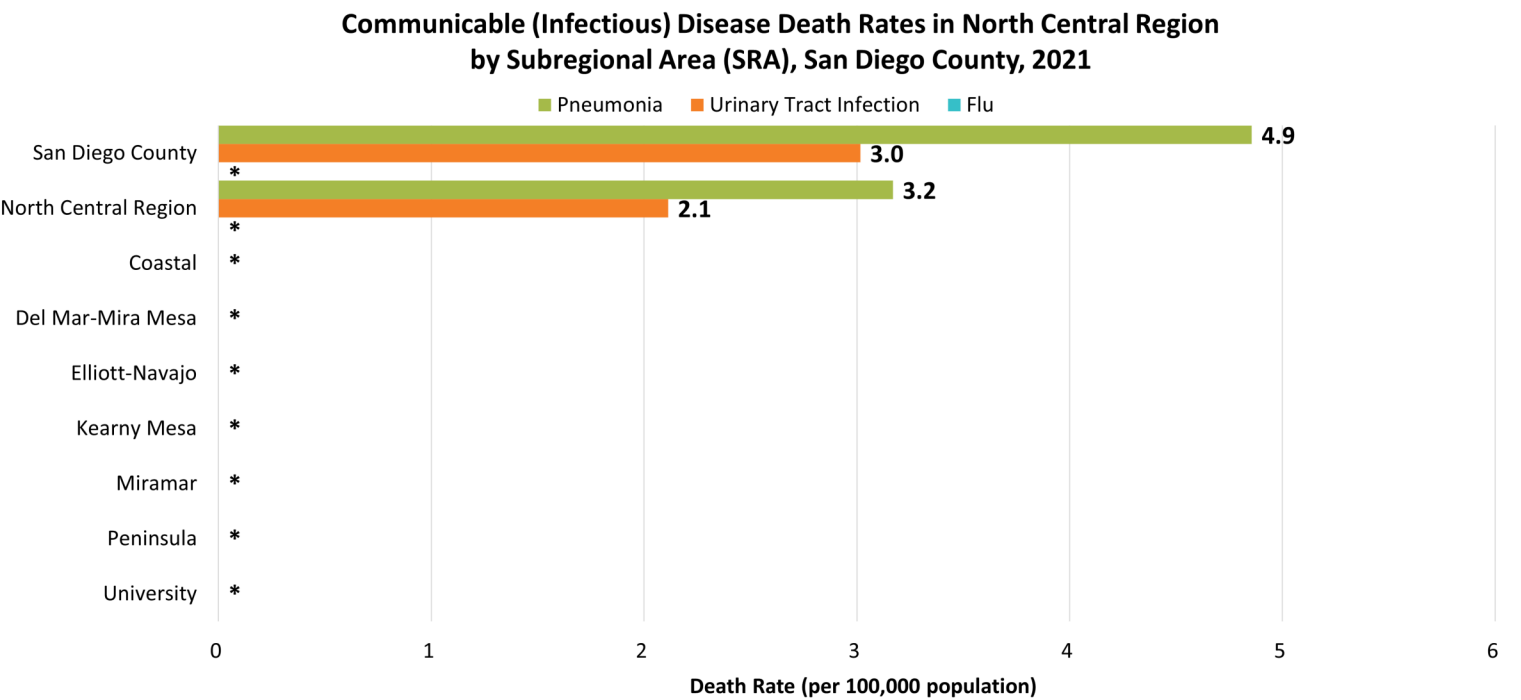
COMMUNICABLE (INFECTIOUS) DISEASES

In 2021, the incidence rates of communicable (infectious) diseases (chlamydia, gonorrhea, syphilis, and tuberculosis) in North Central Region were lower than in San Diego County overall. In North Central Region and its subregional areas (SRAs), the highest incidence rates among communicable (infectious) diseases were due to chlamydia in 2021. Among North Central Region SRAs, Miramar had the highest incidence rate of chlamydia (1,231.4 per 100,000), which was nearly three times higher than North Central Region (454.2 per 100,000) and over two times higher than San Diego County overall (545.2 per 100,000). In 2021, Kearny Mesa SRA had the highest incidence rates of gonorrhea (303.8 per 100,000), syphilis (45.7 per 100,000), and tuberculosis (10.4 per 100,000) compared to all other North Central Region SRAs.



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Infectious Diseases, Division of Communicable Disease Control, California Reportable Disease Information Exchange (CalREDIE) and Report of Verified Case of Tuberculosis (RVCT), 2021. County of San Diego, Health and Human Services Agency, Public Health Services, HIV, STD and Hepatitis Branch. County of San Diego, Health and Human Services Agency, Public Health Services, Tuberculosis Control and Refugee Health Branch. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

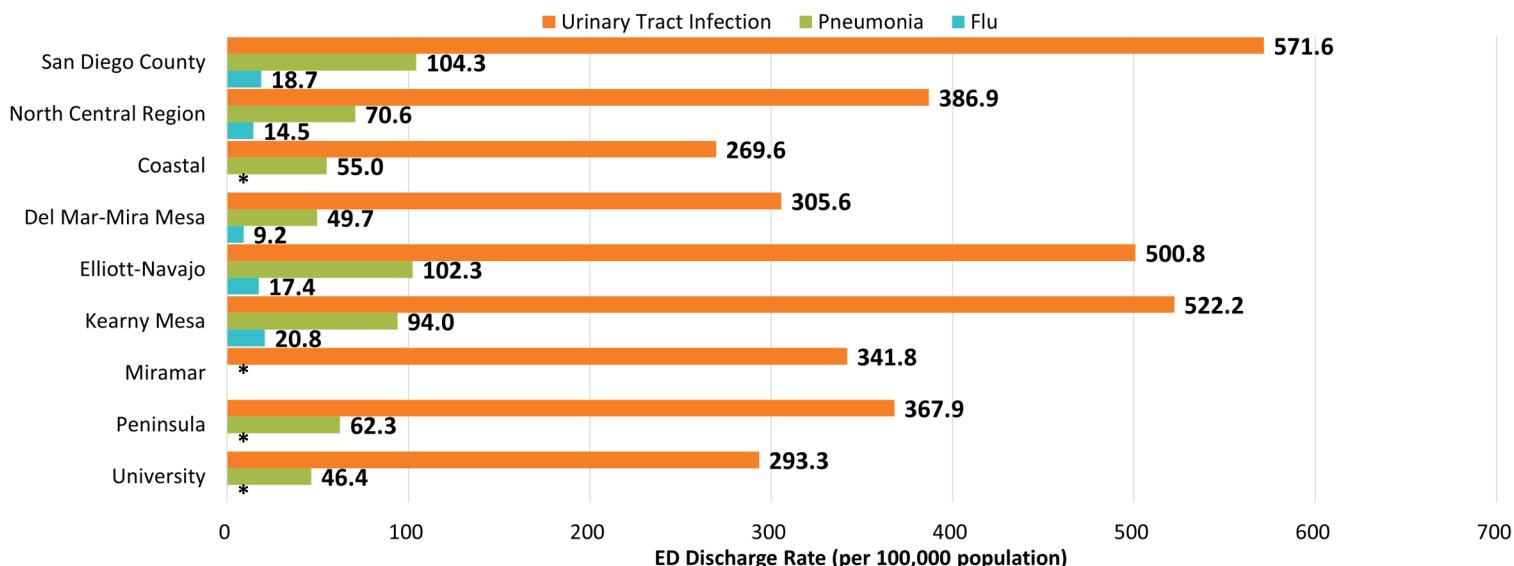
In North Central Region, the highest death rate among communicable (infectious) diseases was due to pneumonia (3.2 per 100,000), followed by urinary tract infection (2.1 per 100,000) in 2021.



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In North Central Region and its SRAs, the highest emergency department (ED) discharge rates among communicable (infectious) diseases were due to urinary tract infection. Among North Central Region SRAs, Kearny Mesa and Elliott-Navajo had higher ED discharge rates due to urinary tract infection, with rates of 522.2 per 100,000 and 500.8 per 100,000, respectively, than North Central Region and San Diego County overall. Similarly, Kearny Mesa SRA had the highest ED discharge rate due to flu (20.8 per 100,000), followed by Elliott-Navajo (17.4 per 100,000). In 2021, Elliott-Navajo SRA had the highest ED discharge rate due to pneumonia (102.3 per 100,000) in North Central Region, followed by Kearney Mesa SRA (94.0 per 100,000).

Communicable (Infectious) Disease Emergency Department (ED) Discharge Rates in North Central Region by Subregional Area (SRA), San Diego County, 2021



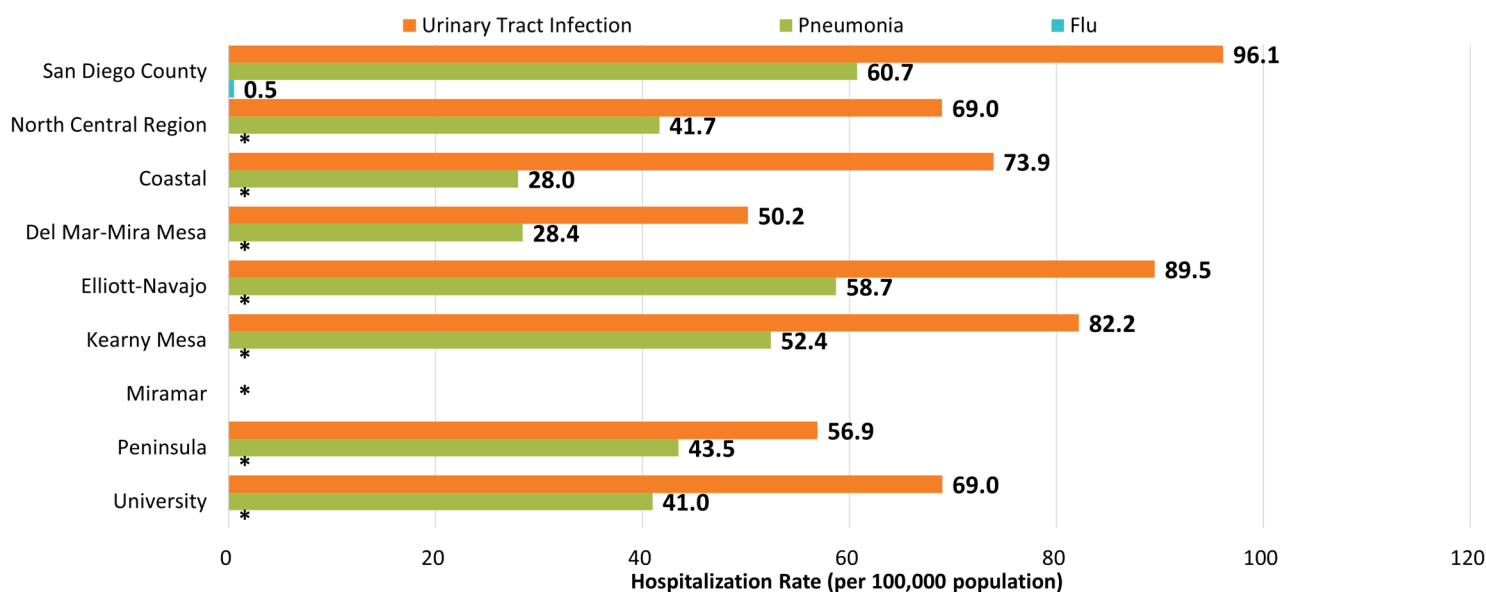
*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

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

In 2021, the highest hospitalization rates among communicable (infectious) diseases were due to urinary tract infection in North Central Region and its SRAs. Among North Central Region SRAs, Elliott-Navajo had the highest hospitalization rate due to urinary tract infection (89.5 per 100,000) in 2021, while Del Mar-Mira Mesa had the lowest (50.2 per 100,000). Furthermore, Elliott-Navajo SRA had the highest hospitalization rate due to pneumonia (58.7 per 100,000), while Coastal SRA had the lowest (28.0 per 100,000).

Communicable (Infectious) Disease Hospitalization Rates in North Central Region by Subregional Area (SRA), San Diego County, 2021

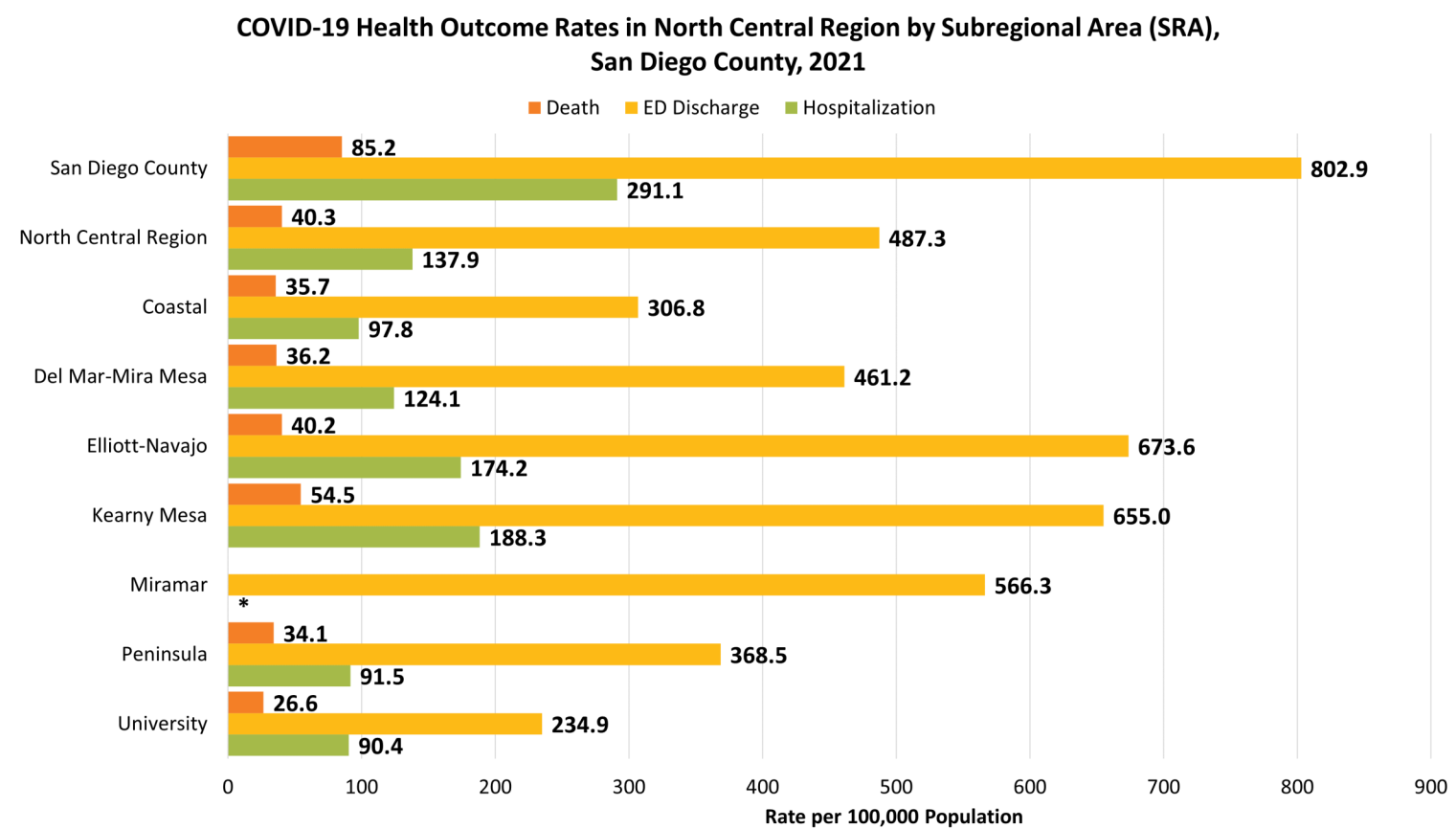


*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

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

In 2021, the death, ED discharge, and hospitalization rates due to COVID-19 in North Central Region and its subregional areas (SRAs) were lower than in San Diego County overall. Among North Central Region SRAs, Kearny Mesa had the highest death (54.5 per 100,000) and hospitalization (188.3 per 100,000) rates due to COVID-19. Furthermore, Elliott-Navajo SRA had the highest ED discharge rate due to COVID-19 (673.6 per 100,000), followed by Kearny Mesa SRA (655.0 per 100,000). In 2021, North Central Region had lower death, ED discharge, and hospitalization rates than all other Health and Human Services Agency (HHS) regions.



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

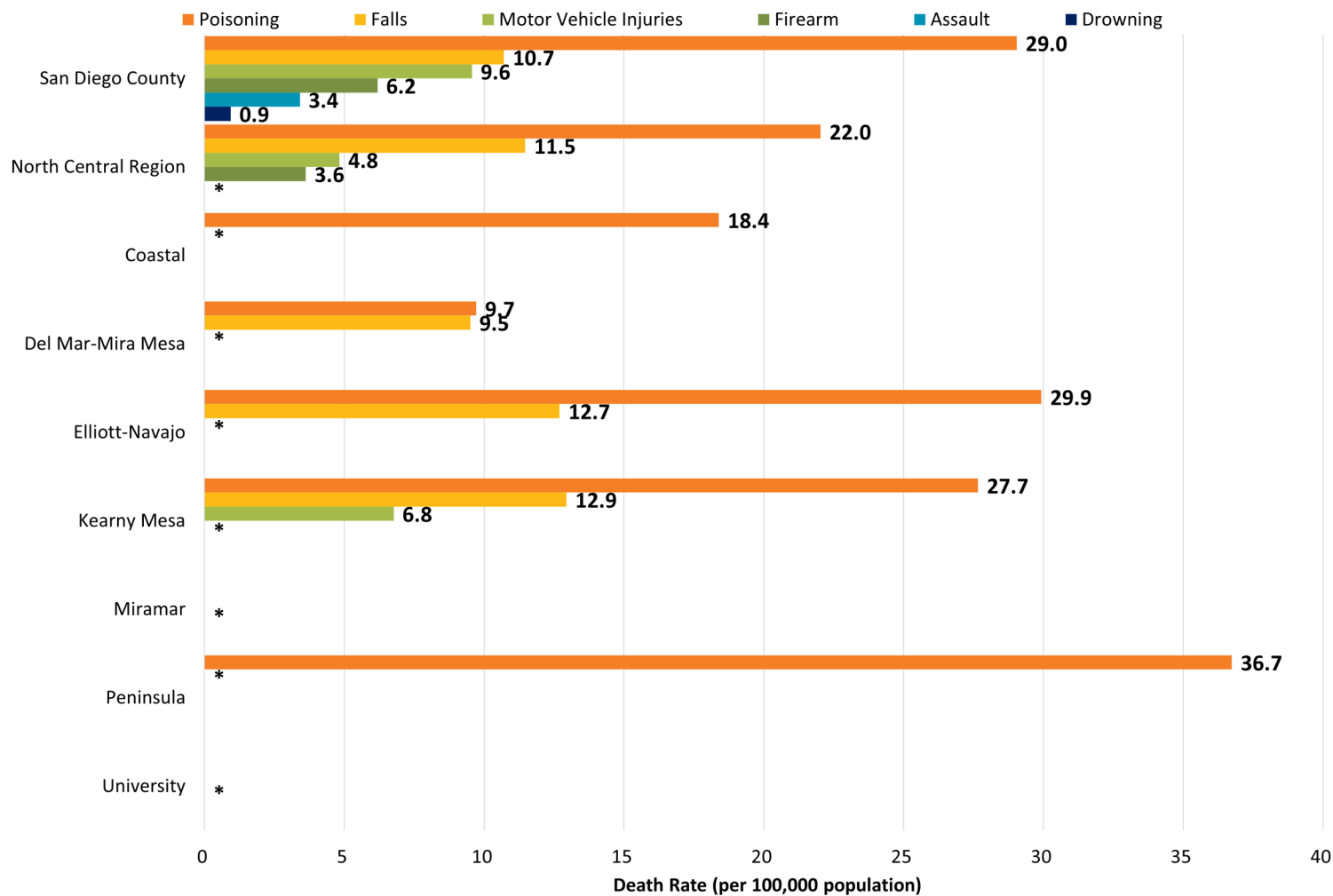
Most recent COVID-19 data are available from the Epidemiology and Immunization Services Branch (EISB) at: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/status/COVID19_Cases_Hospitalizations_Deaths_by_Demographics.html.

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

INJURY INDICATORS

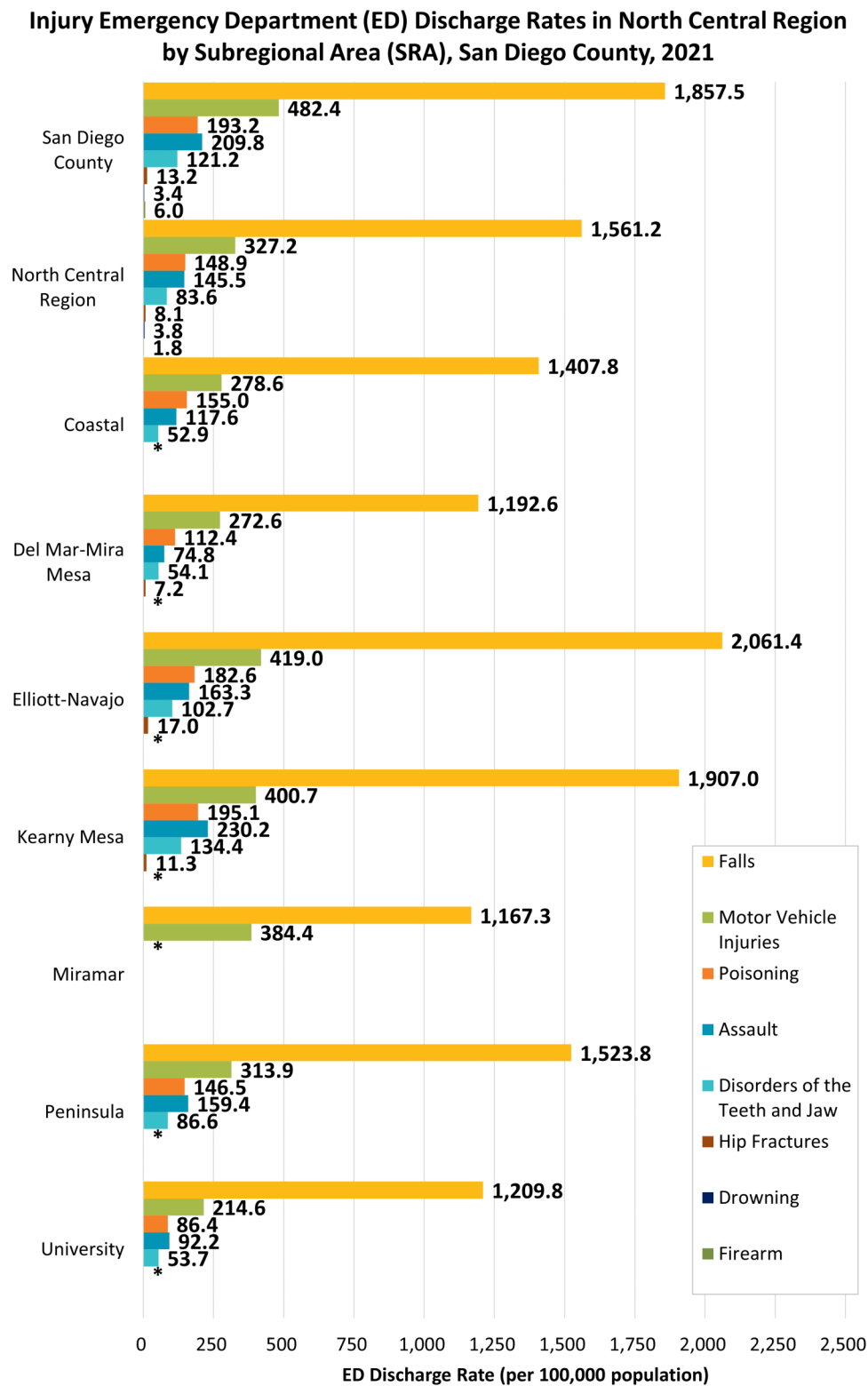
In North Central Region, the highest death rate among injury indicators was due to poisoning, followed by falls in 2021. Among North Central Region SRAs, Peninsula had the highest death rate due to poisoning (36.7 per 100,000), which was higher than North Central Region (22.0 per 100,000) and San Diego County overall (29.0 per 100,000). In 2021, Kearny Mesa had the highest death rate due to falls (12.9 per 100,000), followed by Elliott-Navajo (12.7 per 100,000).

Injury Death Rates in North Central Region by Subregional Area (SRA), San Diego County, 2021



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

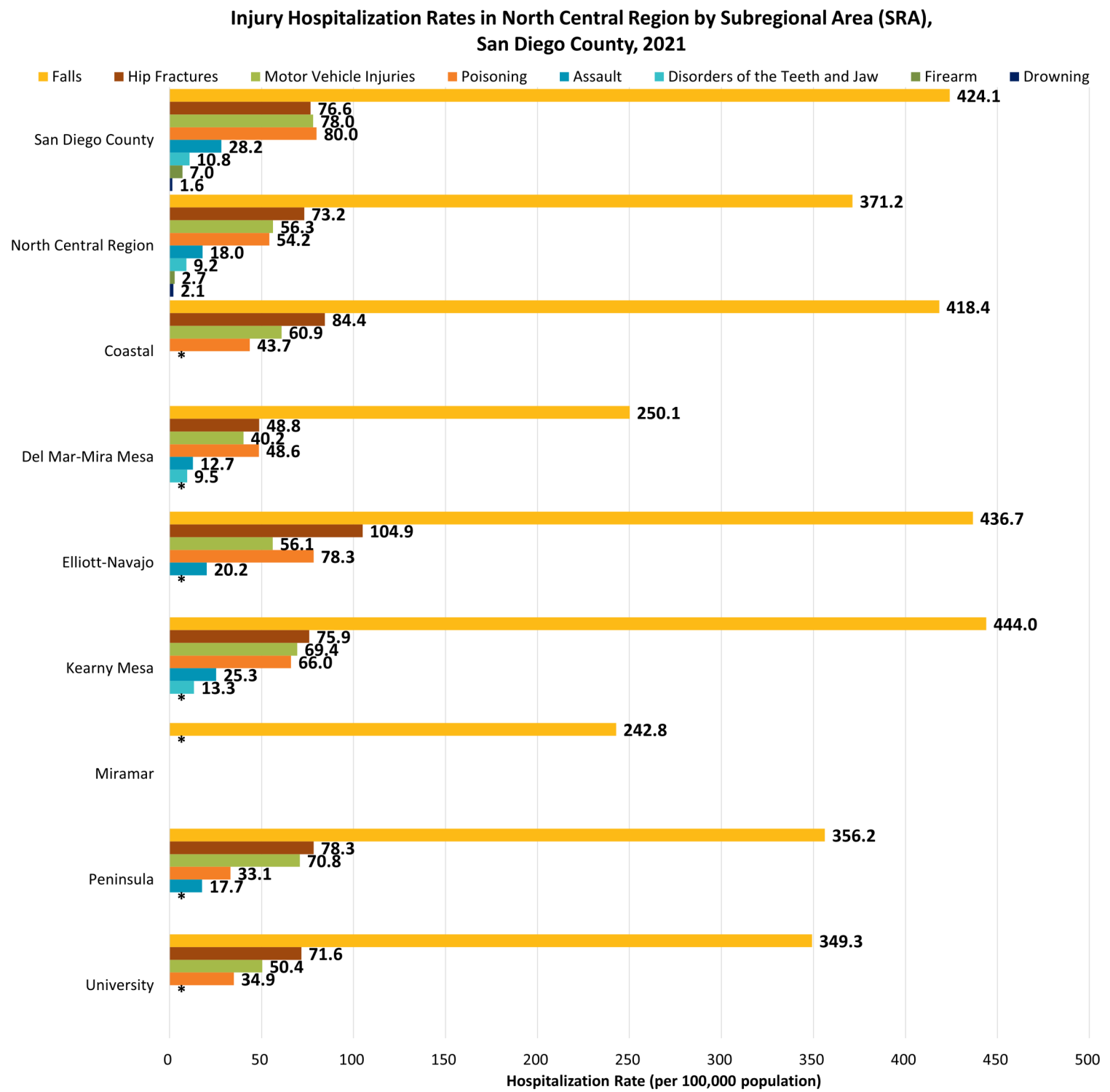
In 2021, the highest emergency department (ED) discharge rates among injury indicators were due to falls in North Central Region and its SRAs. Among North Central Region SRAs, Elliott-Navajo had the highest ED discharge rate due to falls (2,061.4 per 100,000). Additionally, the ED discharge rate



due to hip fractures in Elliott-Navajo SRA (17.0 per 100,000) was over two times higher than the ED discharge rate due to hip fractures in North Central Region (8.1 per 100,000). In 2021, Kearny Mesa SRA had the highest ED discharge rates due to assault, disorders of the teeth and jaw, and poisoning compared to all other SRAs in North Central Region. The second-highest ED discharge rates among injury indicators in North Central Region and its SRAs were due to motor vehicle injuries in 2021. Among North Central Region SRAs, Elliott-Navajo had the highest ED discharge rate due to motor vehicle injuries (419.0 per 100,000), while University had the lowest (214.6 per 100,000) in 2021.

*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2021.
SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

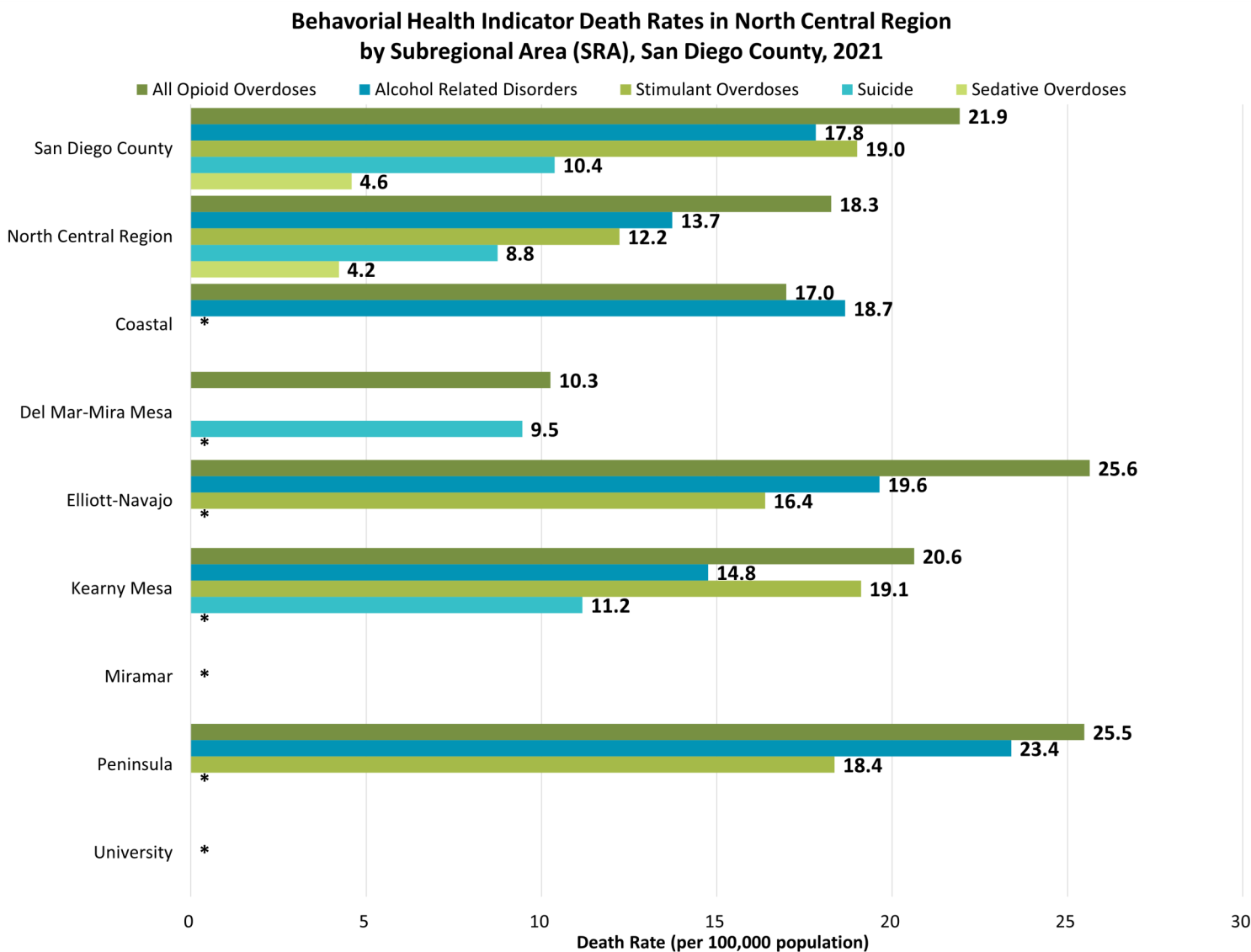
Among injury indicators, in North Central Region and its SRAs, the highest hospitalization rates were due to falls, followed by hip fractures. Among North Central Region SRAs, Kearny Mesa had the highest hospitalization rate due to falls (444.0 per 100,000), followed by Elliott-Navajo (436.7 per 100,000) in 2021. In addition to falls, Kearny Mesa SRA had the highest hospitalization rates due to assault (25.3 per 100,000) and disorders of the teeth and jaw (13.3 per 100,000) in 2021.



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

BEHAVIORAL HEALTH INDICATORS

Among behavioral health indicators, the highest death rates were due to all opioid overdoses in North Central Region and its SRAs, except Coastal, where the highest death rate was due to alcohol related disorders in 2021. Among North Central Region SRAs, Elliott-Navajo had the highest death rate due to all opioid overdoses (25.6 per 100,000), followed by Peninsula (25.5 per 100,000). Moreover, Peninsula SRA had the highest death rate due to alcohol related disorders (23.4 per 100,000). In 2021, the highest death rates due to stimulant overdoses (19.1 per 100,000) and suicide (11.2 per 100,000) were in Kearny Mesa SRA.



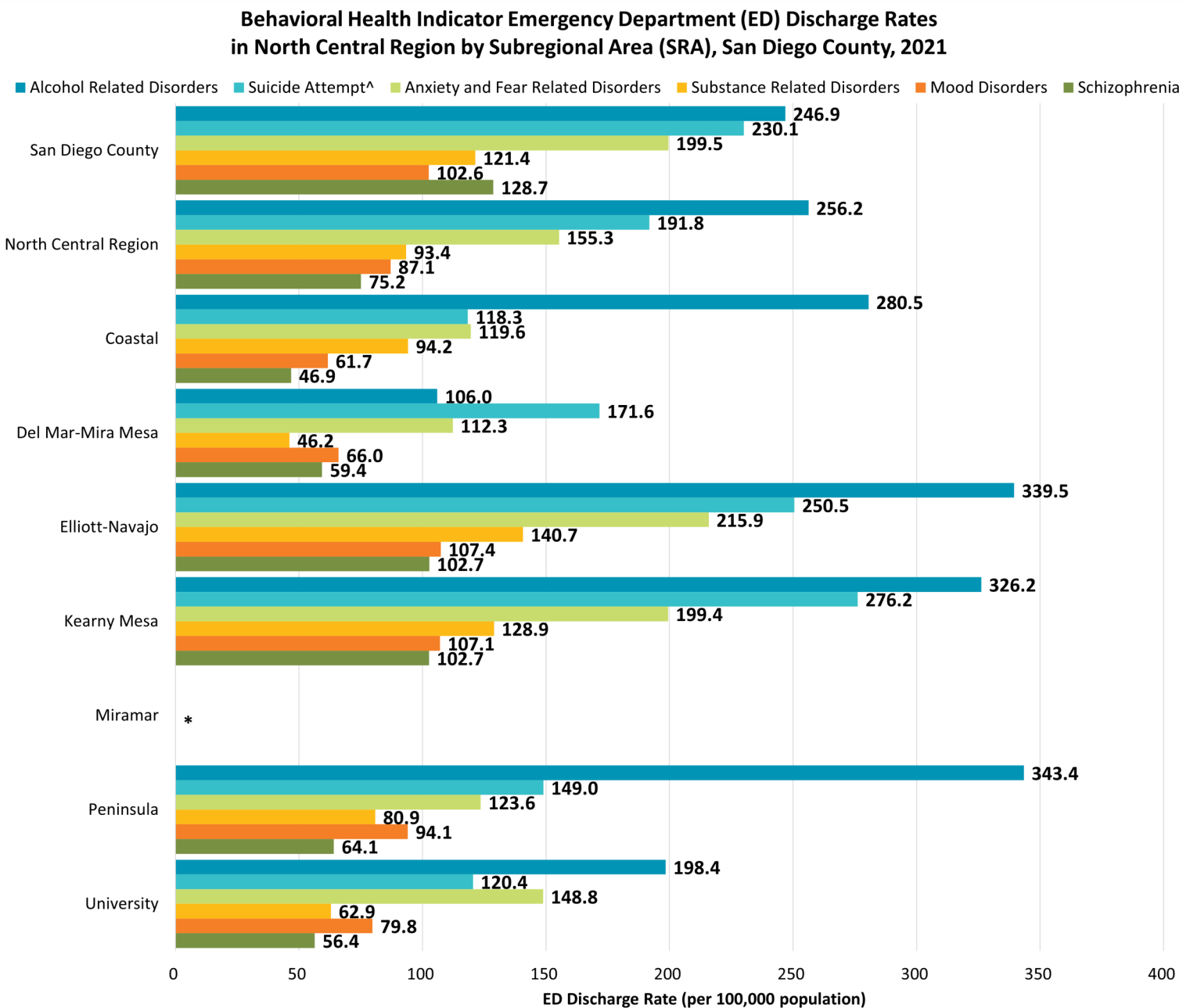
Beginning with data year 2021, the “All Opioid Overdoses” indicator is an expansion of the “Opioid Overdoses” indicator that includes specific synthetic narcotic ICD-10cm codes (fentanyl, tramadol, other synthetic narcotics) in addition to the general codes, to reflect morbidity more broadly. Mortality is the same for both indicators due to no changes in ICD-10 mortality codes.

*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

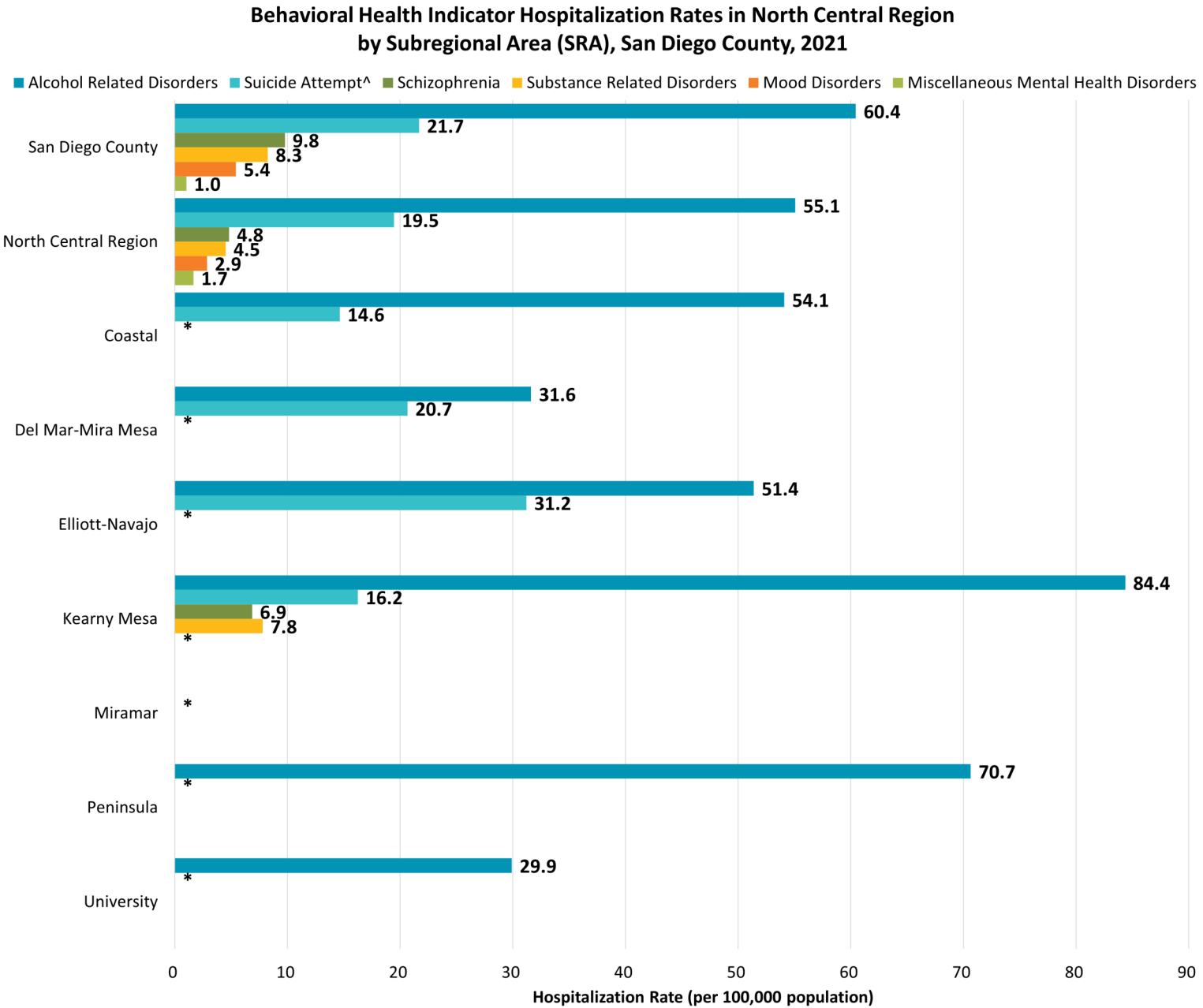
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In North Central Region and its SRAs, except Del Mar-Mira Mesa, the highest emergency department (ED) discharge rates were due to alcohol related disorders in 2021. Among North Central Region SRAs, Peninsula had the highest ED discharge rate due to alcohol related disorders (343.4 per 100,000), followed by Elliott-Navajo (339.5 per 100,000). While suicide attempt was the leading condition among ED discharge rates in Del Mar-Mira Mesa SRA, Kearny Mesa SRA had the highest ED discharge rate due to suicide attempt in 2021.



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
^Suicide Attempt includes ideation/attempt/intentional self-harm.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In 2021, the highest hospitalization rates among behavioral health indicators in North Central Region and its SRAs were due to alcohol related disorders. Among North Central Region SRAs, Kearny Mesa (84.4 per 100,000) and Peninsula (70.7 per 100,000) had higher hospitalization rates than North Central Region (55.1 per 100,000) and San Diego County overall (60.4 per 100,000). In 2021, Elliott-Navajo SRA had the highest hospitalization rate due to suicide attempt compared to all other SRAs in North Central Region.

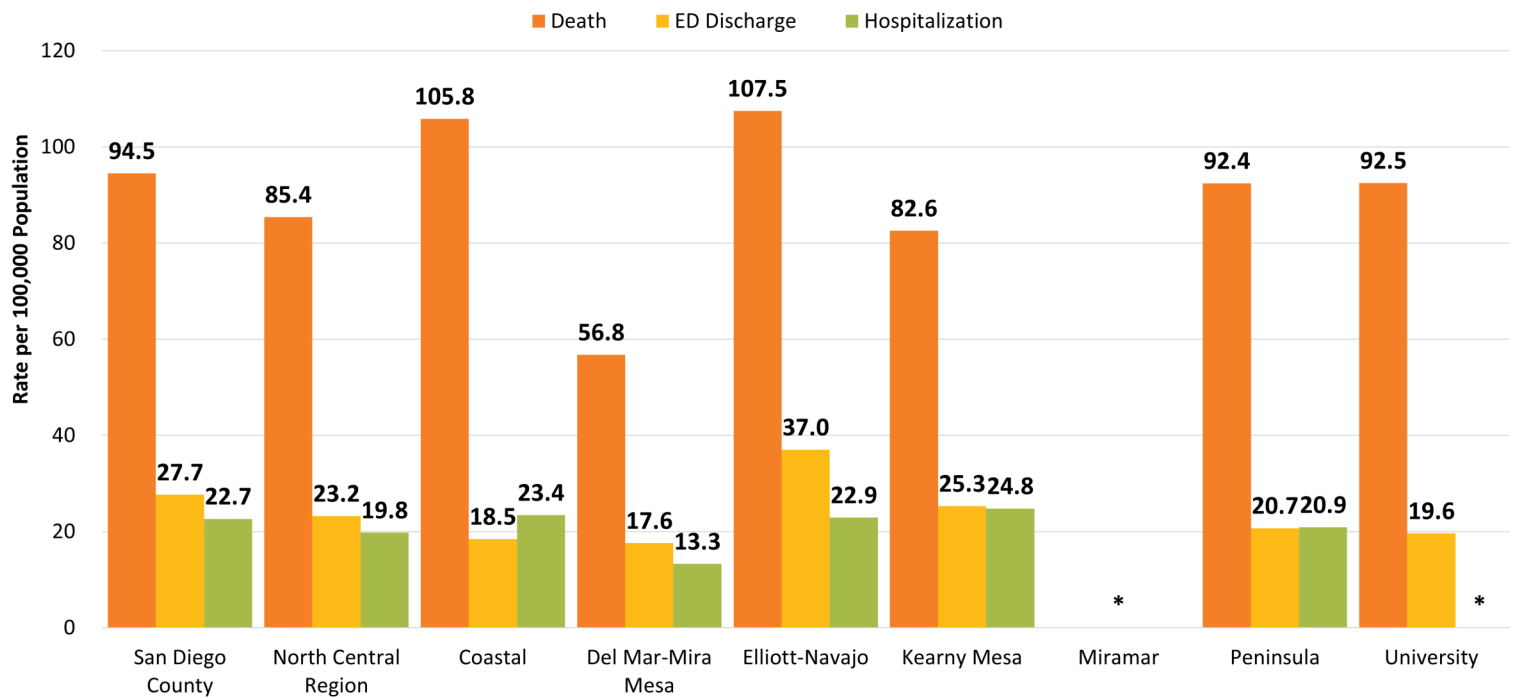


*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
^Suicide Attempt includes ideation/attempt/intentional self-harm.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

ALZHEIMER’S DISEASE AND RELATED DEMENTIAS

In 2021, North Central Region had lower rates of death, emergency department (ED) discharge, and hospitalization due to Alzheimer's Disease and Related Dementias (ADRD) than San Diego County overall. Among North Central Region SRAs, Elliott-Navajo had the highest rates of death (107.5 per 100,000) and emergency department (ED) discharge (37.0 per 100,000) due to ADRD, while Kearny Mesa had the highest hospitalization rate due to ADRD (24.8 per 100,000).

Alzheimer's Disease and Related Dementias (ADRD) Health Outcome Rates in North Central Region by Subregional Area (SRA), San Diego County, 2021

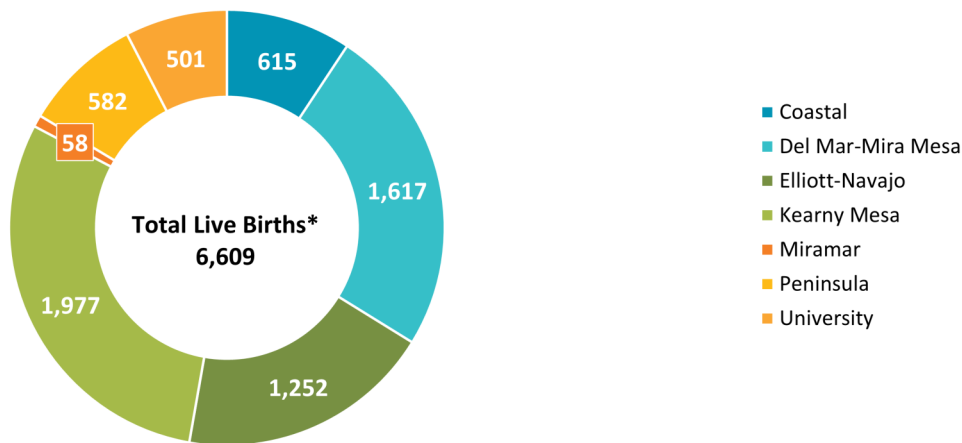


*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

MATERNAL AND CHILD HEALTH INDICATORS

In 2021, there were 6,609 total live births in North Central Region, which represented 17.7% of the total live births in San Diego County (37,436). Among North Central Region subregional areas (SRAs), Kearny Mesa (29.9%) and Del Mar-Mira Mesa (24.5%) made up over half of the total live births in North Central Region in 2021.

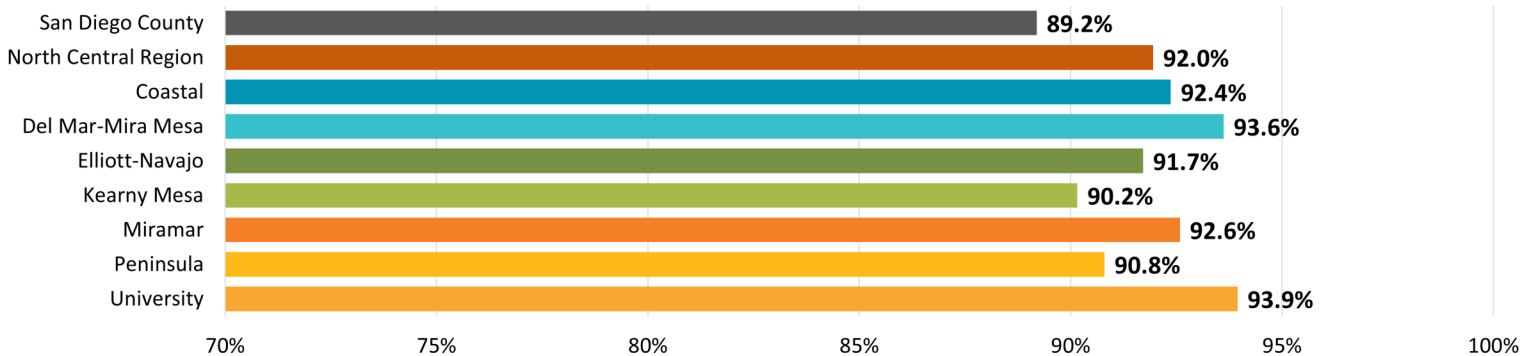
Distribution of Live Births in North Central Region by Subregional Area (SRA), San Diego County, 2021



*Total live births in subregional areas (SRAs) may not add up to the regional total live births due to allocation.
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2021. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

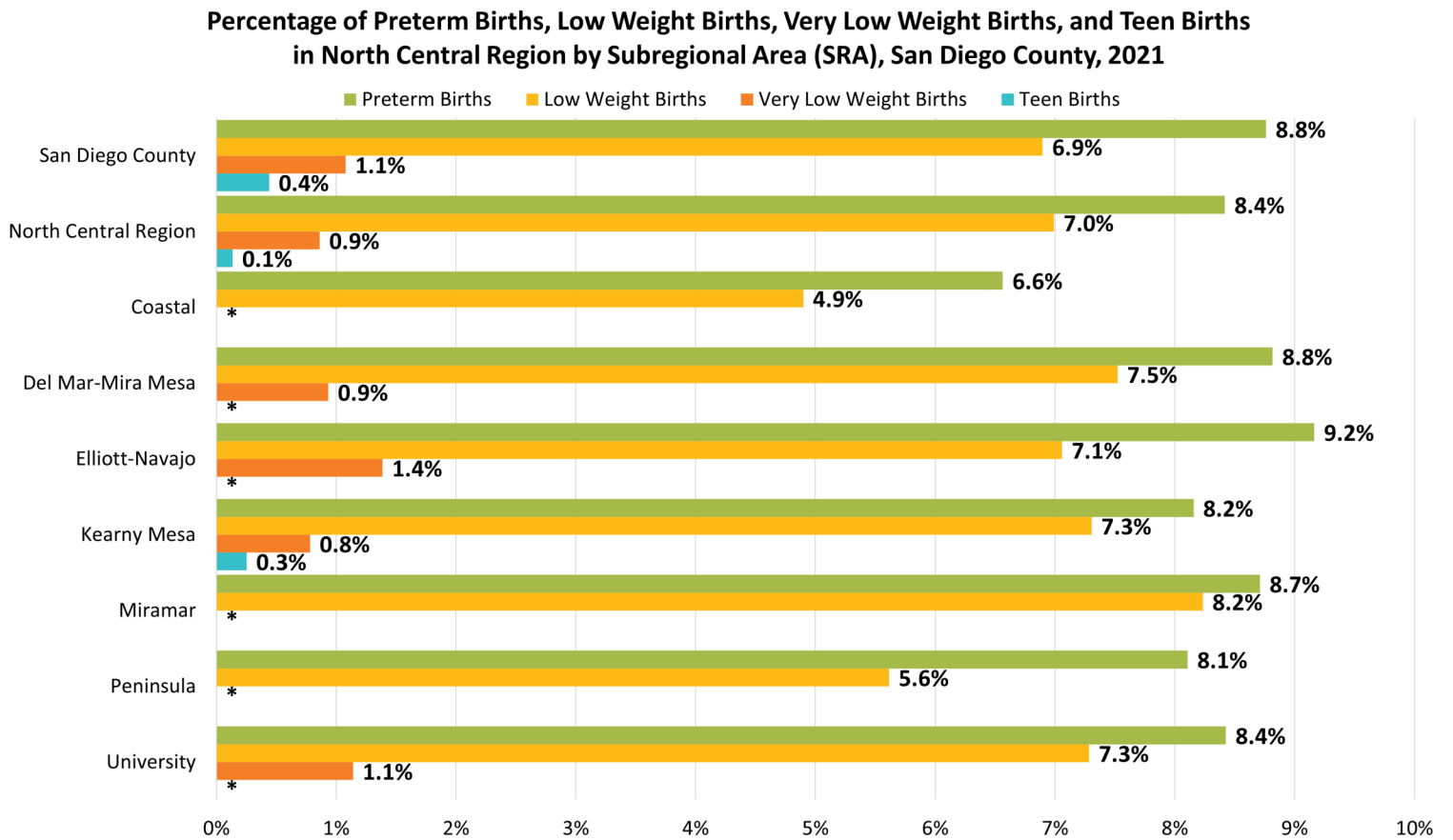
Early prenatal care is defined as care beginning during the 1st trimester of pregnancy, however, it does not account for frequency of care. In North Central Region, the proportion of mothers who received early prenatal care (92.0%) was higher than in San Diego County overall (89.2%). Among North Central Region SRAs, Kearny Mesa had the lowest proportion of births that received early prenatal care (90.2%), followed by Peninsula (90.8%).

Percentage of Early Prenatal Care Among Births in North Central Region by Subregional Areas (SRAs), San Diego County, 2021



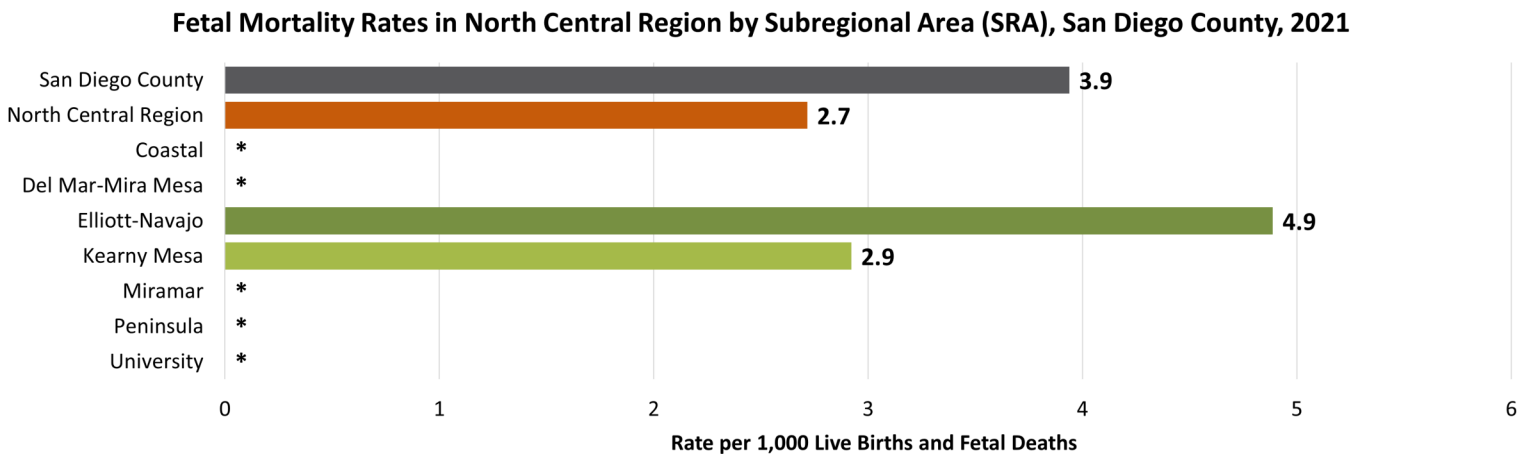
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2021. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Preterm birth is the delivery of a baby before completing 37 weeks of gestation. In 2021, the proportion of preterm births in North Central Region (8.4%) was lower than in San Diego County overall (8.8%). Among North Central Region SRAs, Elliott-Navajo had the highest proportion of preterm births (9.2%), while Peninsula had the lowest (8.1%). A baby with a birth weight less than 2,500 g (approximately 5 lbs., 8 oz.) is considered to have low birth weight, while a baby with a birth weight less than 1,500 g (approximately 3 lbs., 5 oz.) is classified as very low birth weight. In North Central Region, the proportion of low weight births (7.0%) was higher than in San Diego County overall (6.9%), while the proportion of very low weight births (0.9%) was lower than in San Diego County overall (1.0%). Among North Central Region SRAs, Miramar had the highest proportion of low weight births (8.2%), followed by Del Mar-Mira Mesa (7.5%). In 2021, Elliott-Navajo SRA had the highest proportion of very low weight births (1.4%), followed by University (1.1%). The percentage of teen births (aged 15-17 years) out of all live births in a specific area is referred to as the teen birth percentage. The proportion of teen births in North Central Region (0.1%) was lower than in San Diego County overall (0.4%) in 2021.



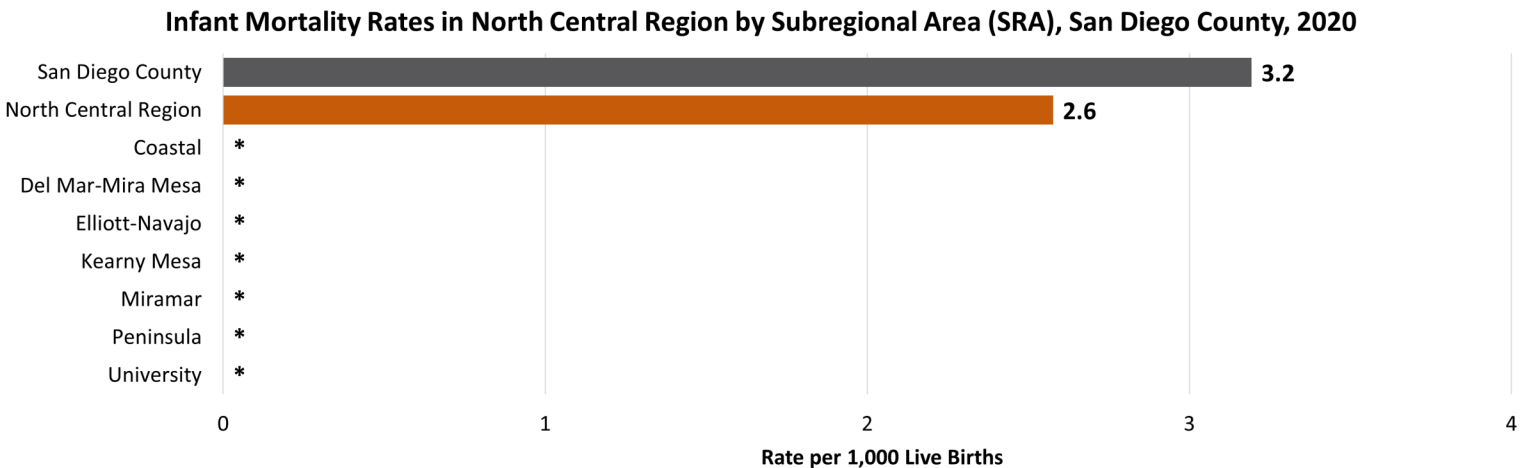
*Percentages not calculated for fewer than 5 events. Percentages not calculated in cases where zip code is unknown.
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2021. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Fetal mortality refers to a fetal death during a pregnancy with at least 20 complete weeks of gestation. In 2021, the fetal mortality rate in North Central Region (2.7 per 1,000 live births and fetal deaths) was lower than in San Diego County overall (3.9 per 1,000 live births and fetal deaths). Among North Central Region SRAs, Elliott-Navajo had the highest fetal mortality rate (4.9 per 1,000 live births and fetal deaths), followed by Kearny Mesa (2.9 per 1,000 live births and fetal deaths).



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Sources: VRBIS: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System, 2021. Cohort file: State of California, Department of Public Health, California Comprehensive Death Files (2014 and later), and Birth Statistical Master Files, 2021. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Infant mortality refers to an infant's death before one year of age. In 2020, the infant mortality rate in North Central Region (2.6 per 1,000 live births) was lower than in San Diego County overall (3.2 per 1,000 live births).



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Sources: State of California, Department of Public Health, California Comprehensive Death Files (2014 and later), and Birth Statistical Master Files, 2020. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

CONCLUSION

The North Central Region Health Status Report Summary provides descriptive information on demographic and socioeconomic characteristics, as well as morbidity/mortality rates for various health conditions. Below is a summary of the demographic characteristics, socioeconomic factors, and health concerns in North Central Region and its SRAs.

Demographic Characteristics

- In 2021, North Central Region was the most populated region, representing 19.5% of San Diego County's population.
- In San Diego County, North Central Region had the second highest proportion of residents aged 25-44 years (33.1%) in 2021.

Socioeconomic Factors

- In 2021, North Central Region had the lowest proportion of residents living below 200% of the Federal Poverty Level (FPL) (19.1%).
- Miramar SRA had the highest proportion of residents living below 200% FPL (50.6%) compared to all other SRAs in North Central Region and San Diego County in 2021.

Health Outcomes

- Among North Central Region SRAs, Elliott-Navajo and Kearny Mesa generally had the highest death, emergency department (ED) discharge, and hospitalization rates among several health conditions and indicators in 2021.

This information can be used by both Health and Human Services Agency (HHSA) internal as well as external stakeholders, such as local community organizations, in the process of identifying evidence-based decisions to inform health policy by assessing the health status and factors that may contribute to the overall health and well-being of North Central Region.



Live Well San Diego focuses on creating an environment that encourages all San Diego County residents to live healthy, safe, and thriving lives.