



North Coastal Region Health Status Report Summary



SEPTEMBER 2023

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

North Coastal Region Health Status Report Summary

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

All materials in this document are in the public domain and may be reproduced and copied without permission. However, citation to source is appreciated.

Suggested citation: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. (2023). *North Coastal Region Health Status Report Summary*. Retrieved MM/DD/YY from www.SDHealthStatistics.com.

Inquiries regarding this document may be directed to:

Community Health Statistics Unit
5469 Kearny Villa Road
San Diego, CA 92123
(619) 692-6667
www.SDHealthStatistics.com





Table of Contents

Section	Page #
Introduction	1
Health Status Overview	2
Demographic Characteristics	
Population Characteristics	3
Insurance, Access, and Utilization	9
Disability Status	11
Mortality Measures	
Life Expectancy	12
Top 10 Leading Causes of Death	13
Health Outcomes	
Non-Communicable (Chronic) Diseases	14
3-4-50: Chronic Diseases	17
Communicable (Infectious) Diseases	19
Injury Indicators	22
Behavioral Health Indicators	25
Alzheimer's Disease and Related Dementias	28
Maternal and Child Health Indicators	29
Conclusion	32

PAGE INTENTIONALLY LEFT BLANK



INTRODUCTION

North Coastal Region consists of five subregional areas (SRAs): Carlsbad, Oceanside, Pendleton, San Dieguito, and Vista. This health status report summary provides the most current information on demographic characteristics, socioeconomic factors, and health concerns in North Coastal 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 Coastal Region. Characteristics for SRAs are reported in comparison with North Coastal Region and San Diego County.
- 2) **Mortality Measures:** This section includes a summary of the overall life expectancy for North Coastal 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 Coastal 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 COASTAL REGION

DEMOGRAPHIC CHARACTERISTICS

Population: 533,978

(16.2% of San Diego County's population)

Age Distribution:

- 0-4 years old (6.1%)
- 5-14 years old (12.7%)
- 15-24 years old (14.9%)
- 25-44 years old (27.4%)
- 45-64 years old (24.5%)
- 65+ years old (14.5%)

Median Household Income: \$103,979

Population Below 200% Federal Poverty Level (FPL): 22.4%

Population with Health Insurance: 92.3%

Population with Disability: 9.2%

Households Receiving Food Stamps/SNAP/CalFresh: 4.7%

MORTALITY MEASURES

Overall Life Expectancy: 81.5 years

Top 5 Leading Causes of Death:

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

LEADING HEALTH OUTCOMES

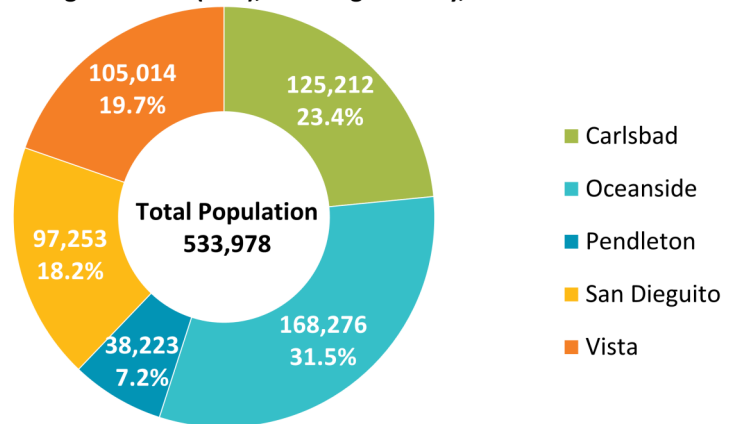
	Death Rate	Emergency Department (ED) Discharge Rate	Hospitalization Rate
Non-Communicable (Chronic) Diseases	Overall Heart Disease 144.4 per 100,000	Overall Heart Disease 1,407.8 per 100,000	Overall Heart Disease 871.0 per 100,000
Communicable (Infectious) Diseases	Pneumonia 6.3 per 100,000	Urinary Tract Infection 448.5 per 100,000	Urinary Tract Infection 80.4 per 100,000
COVID-19	75.2 per 100,000	553.3 per 100,000	223.0 per 100,000
Injury Indicators	Poisoning 29.2 per 100,000	Falls 1,528.2 per 100,000	Falls 395.1 per 100,000
Behavioral Health Indicators	All Opioid Overdoses 21.9 per 100,000	Alcohol Related Disorders 221.0 per 100,000	Alcohol Related Disorders 56.9 per 100,000
Alzheimer's Disease and Related Dementias	102.8 per 100,000	23.1 per 100,000	22.2 per 100,000
Maternal and Child Health Indicators			
Total Live Births: 6,045	Preterm Births: 8.3% Low Weight Births: 6.3% Very Low Weight Births: 1.0% Teen Births: 0.5% Received Early Prenatal Care: 88.8%	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	

DEMOGRAPHIC CHARACTERISTICS

POPULATION CHARACTERISTICS

In 2021, North Coastal Region was home to an estimated 533,978 residents, representing 16.2% of San Diego County's population (3,296,317). The most populated subregional area (SRA) in North Coastal Region was Oceanside (31.5%), followed by Carlsbad (23.4%) in 2021.

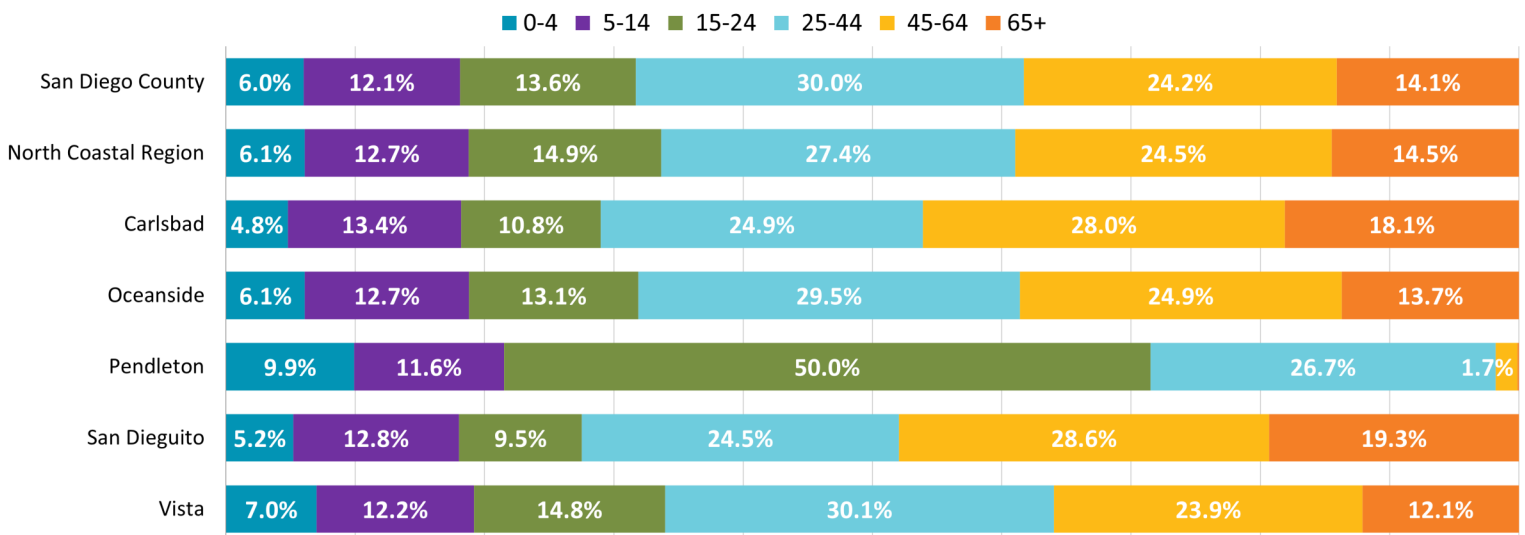
North Coastal Region Population Distribution*
by Subregional Area (SRA), San Diego County, 2021



*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, adults aged 25-44 years old constituted the highest proportion of North Coastal Region residents (27.4%), followed by residents aged 45-64 years old (24.5%). Among North Coastal Region SRAs, Vista had the highest proportion of residents aged 25-44 years old (30.1%), followed by Oceanside (29.5%) in 2021. Notably, in Pendleton SRA, 50% of residents were 15-24 years old in 2021. Moreover, San Dieguito SRA had the highest proportion of older adult residents 65 years and older (19.3%).

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



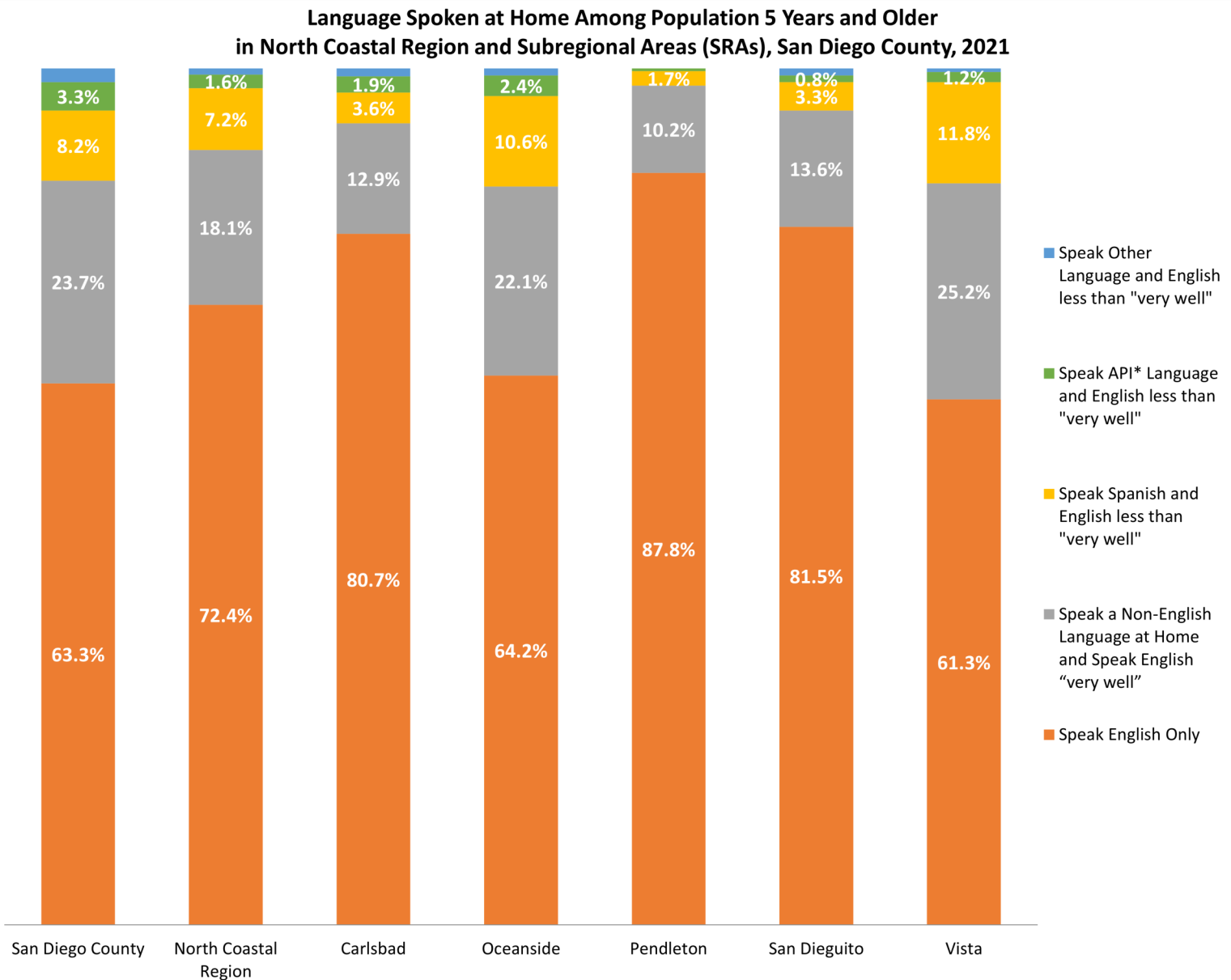
Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B01001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In 2021, residents in North Coastal Region were primarily White (53.7%), followed by Hispanic (31.5%), Asian (6.4%), residents with two or more races (4.4%), Black (3.0%), Native Hawaiian or Pacific Islander (0.4%), American Indian/Alaska Native (0.3%), and Other (0.3%). Among North Coastal Region SRAs, Pendleton had the highest proportion of Black (7.8%) and American Indian/Alaska Native (0.7%) residents than all other North Coastal Region SRAs in 2021. Nearly 3 out of every 4 residents in San Dieguito SRA were White (72.4%) and almost half of the residents in Vista SRA were Hispanic (47.6%).



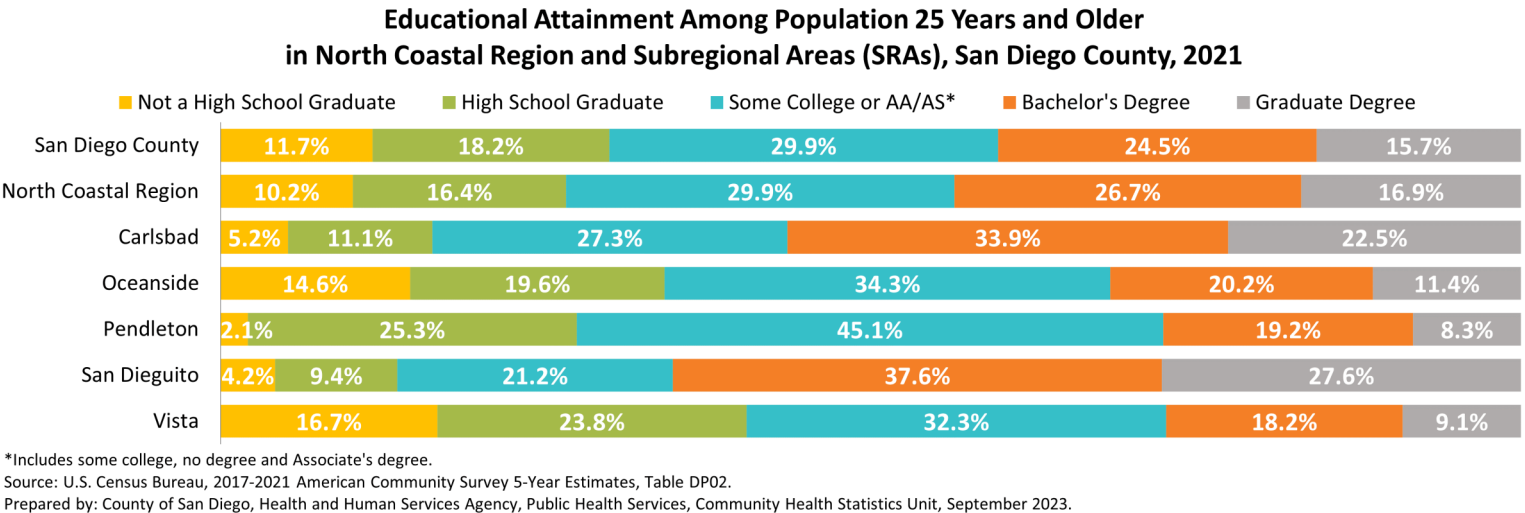
NH refers to Non-Hispanic or Latino.
*NHPI refers to Native Hawaiian or Pacific Islander; AIAN refers to American Indian/Alaska Native.
Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B03002.
Prepared by: County of San Diego, Health and Human Services Agency, Public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

In 2021, nearly 3 out of every 4 (72.4%) residents aged 5 years and older in North Coastal Region spoke only English at home. About 1 out of every 5 residents (18.1%), aged 5 years and older, in North Coastal Region spoke English "very well" and another language at home in 2021.

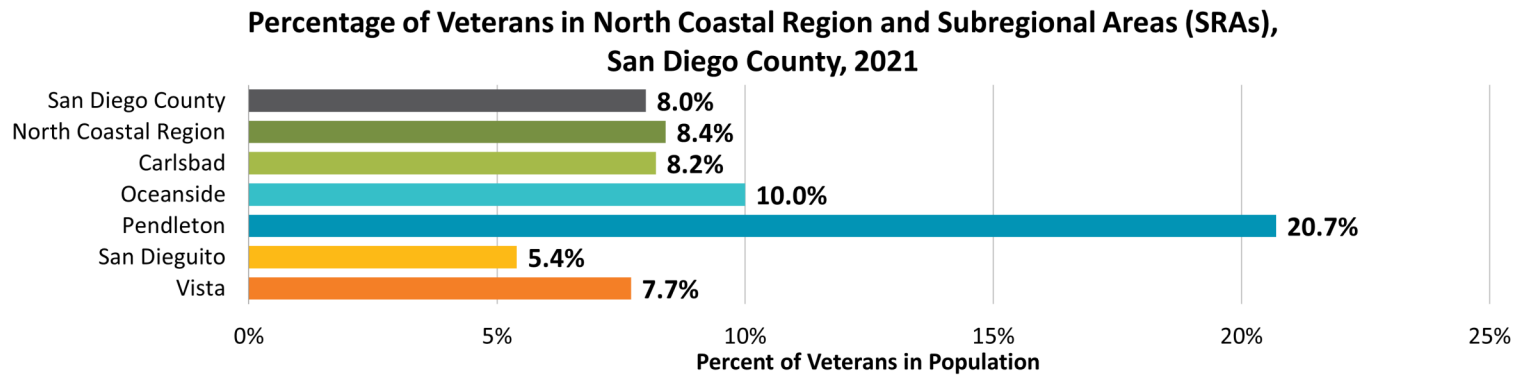


*API refers to Asian/Pacific Islander.
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

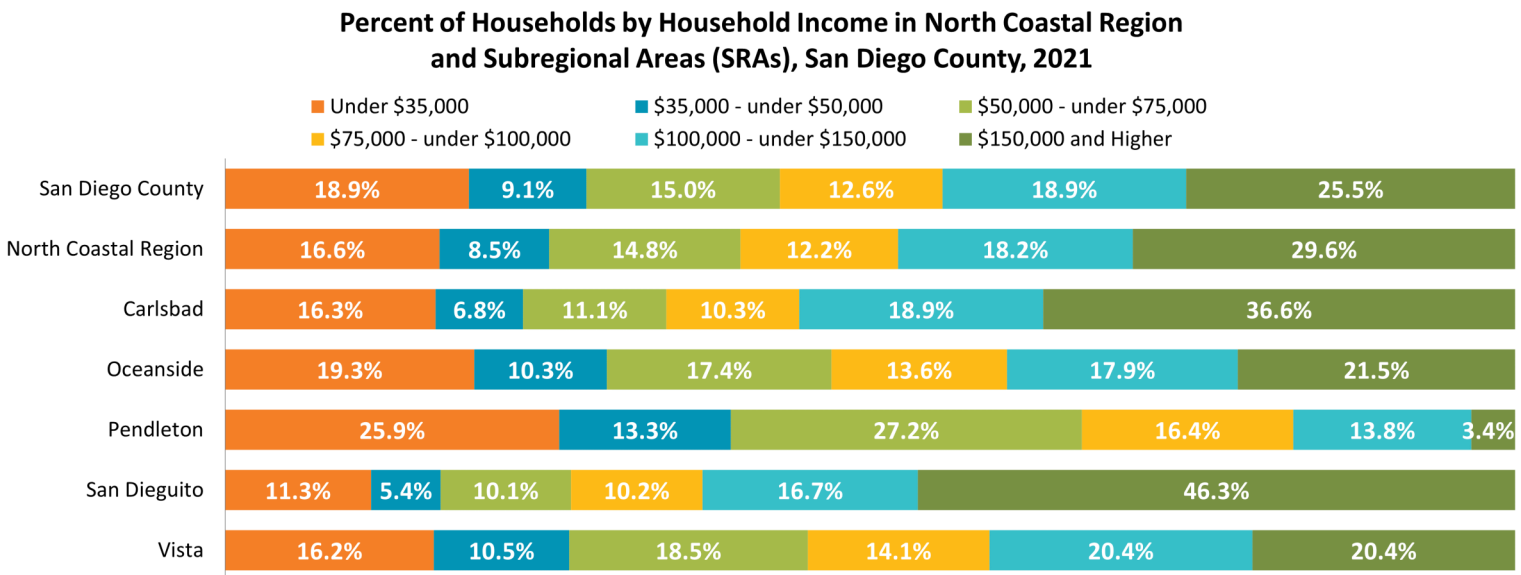
Educational attainment refers to the highest level of education completed in terms of the highest degree, or the highest level of schooling, completed for the population 25 years and older. In 2021, nearly 9 out of every 10 adults (89.9%), aged 25 years and older, had at least a high school diploma or General Educational Diploma (GED), while over 2 out of every 5 adults (43.6%) held a bachelor's or graduate degree in North Coastal Region. Among North Coastal Region SRAs, Vista had the highest proportion of adults 25 years and older without a high school diploma (16.7%), followed by Oceanside (14.6%) in 2021.



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, 8.4% of residents in North Coastal Region were veterans. Among North Coastal Region SRAs, Pendleton had the highest proportion of veterans (20.7%), while San Dieguito had the lowest (5.4%).

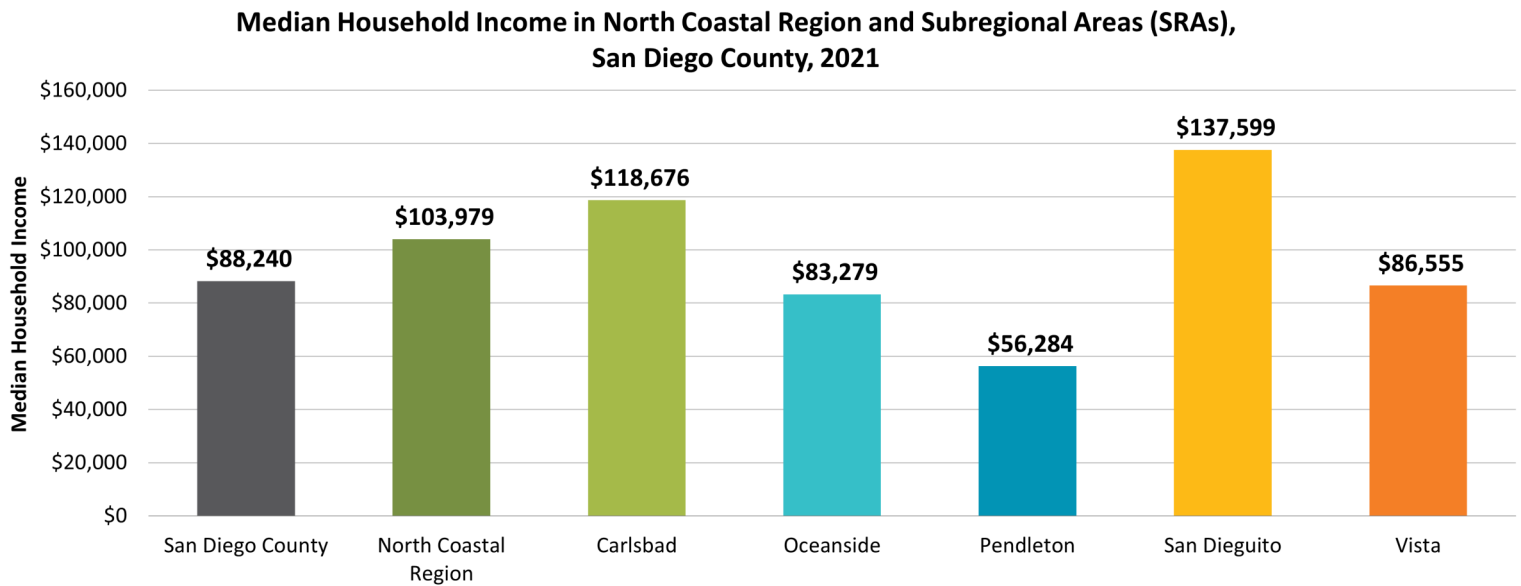


Household income includes the income of the householder, and all other individuals 15 years and older in the household, whether they are related to the householder or not. In 2021, 16.6% of households in North Coastal Region had an annual income of less than \$35,000. Among North Coastal Region SRAs, Pendleton had the highest proportion of households with an annual income of less than \$35,000 (25.9%) in 2021.



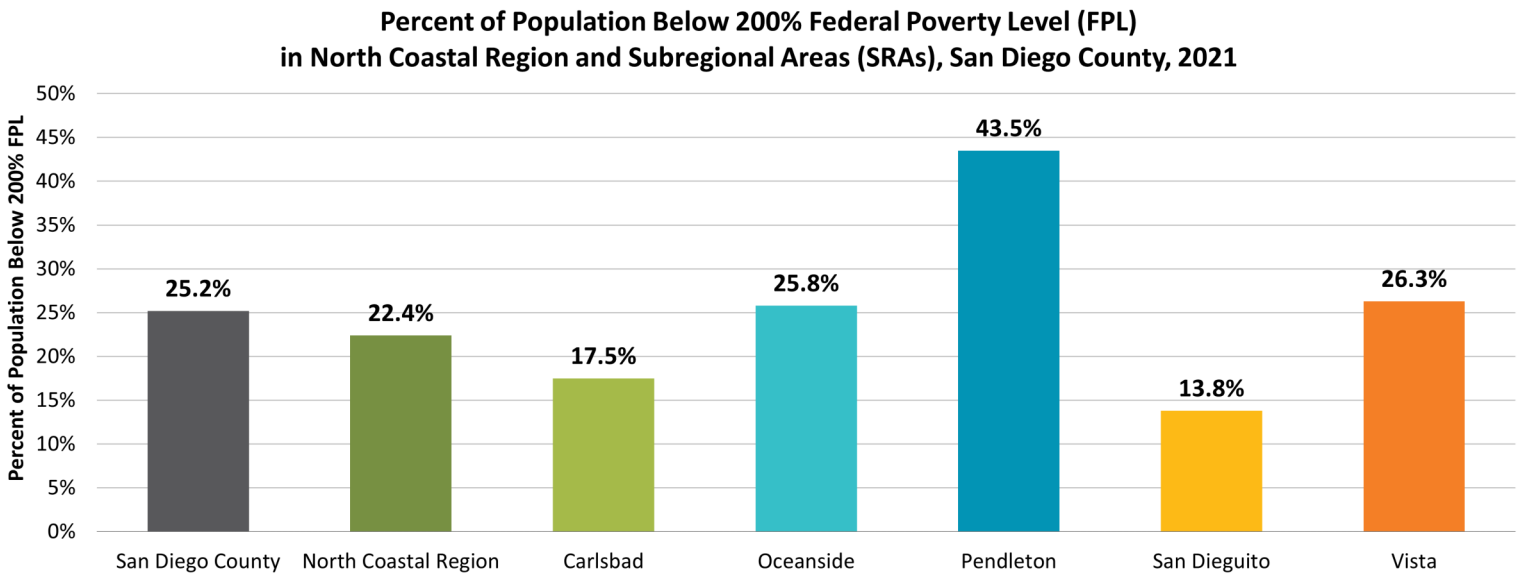
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

The median household income in North Coastal Region was \$103,979 in 2021. Among North Coastal Region SRAs, San Dieguito had the highest median household income (\$137,599), while Pendleton had the lowest (\$56,284) in 2021.



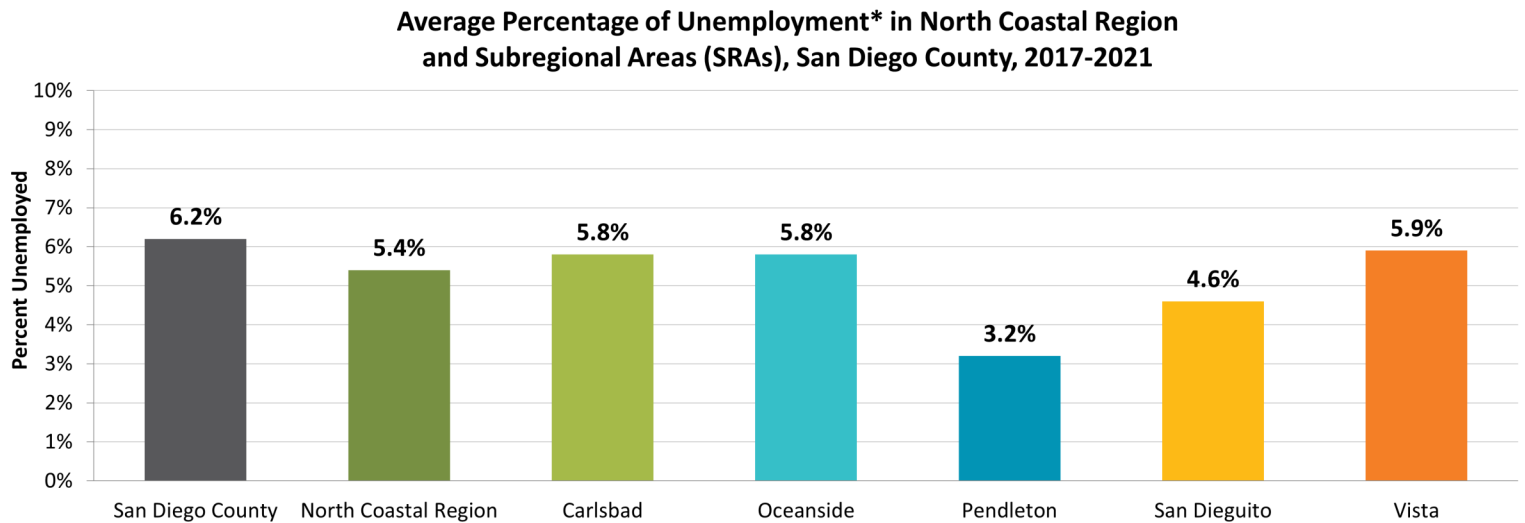
Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table DP03, DP04.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In North Coastal Region, nearly 1 out of every 4 residents (22.4%) lived below 200% FPL in 2021. Among North Coastal Region SRAs, Pendleton had the highest proportion of residents (43.5%) living below 200% FPL, followed by Vista (26.3%).



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.

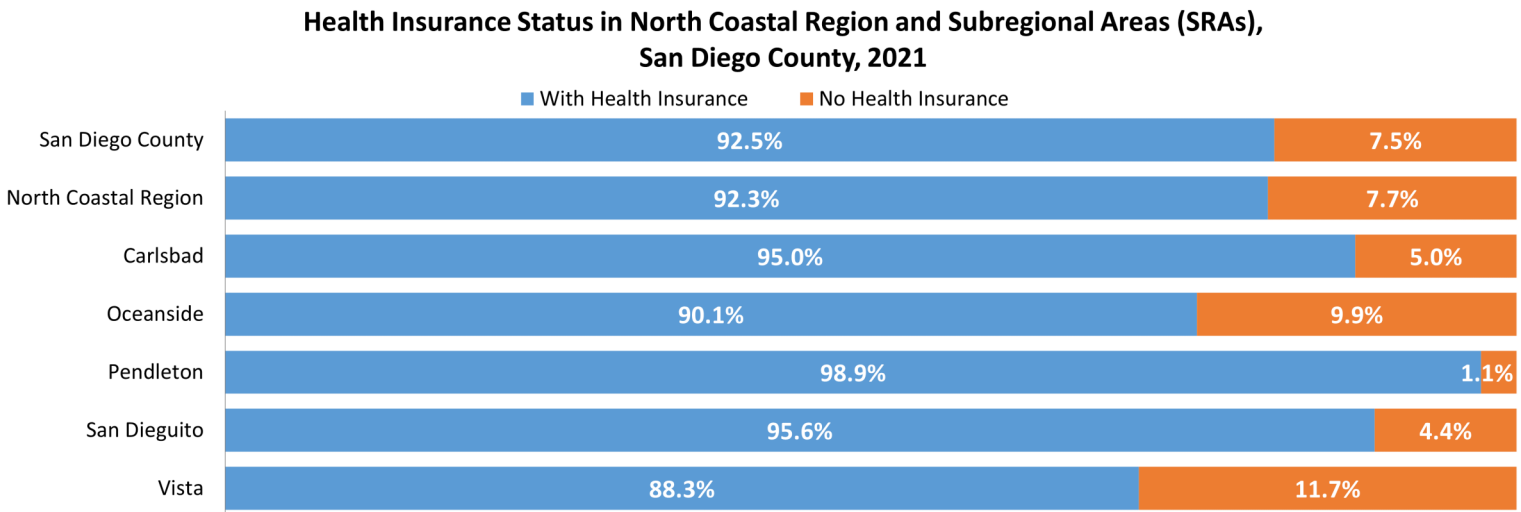
The average 5-year percentage of unemployment was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed, and persons in the armed forces. Between 2017-2021, the 5-year average unemployment rate in North Coastal Region was 5.4%. Among North Coastal Region SRAs, Vista had the highest 5-year average unemployment rate (5.9%), while Pendleton had the lowest (3.2%) 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.

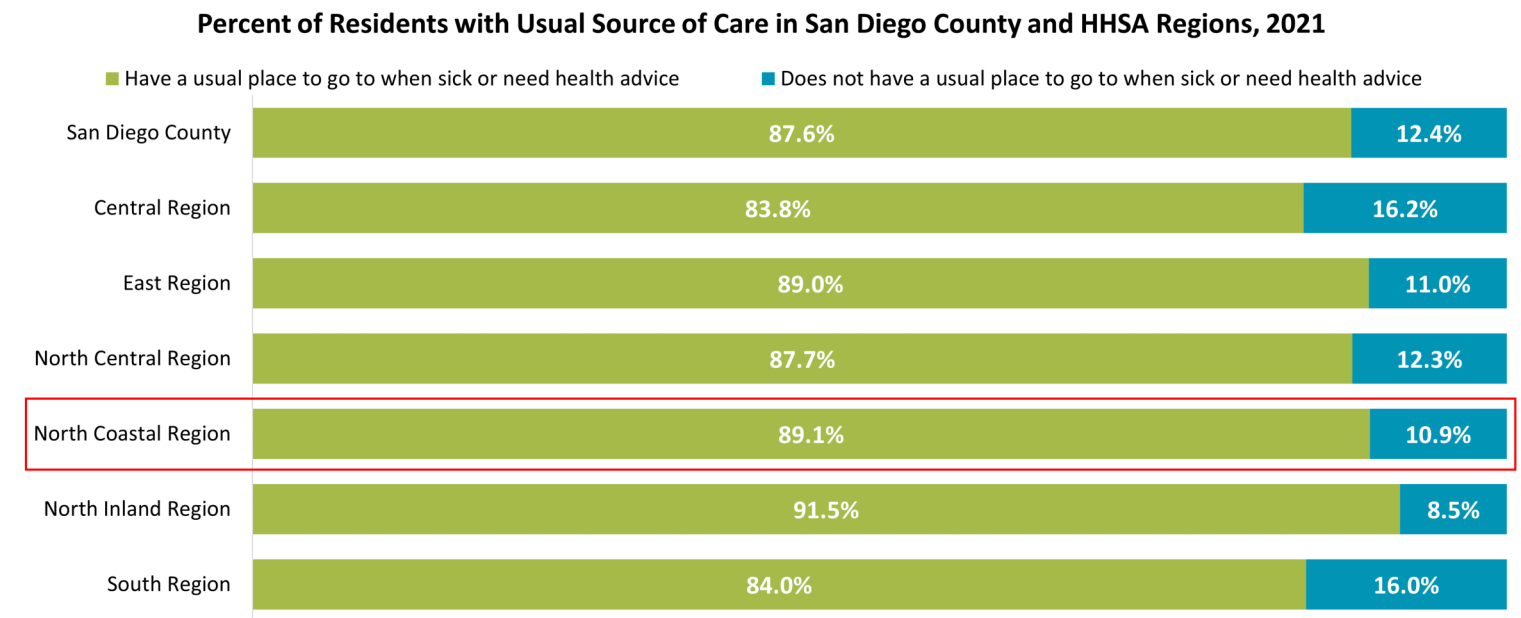
INSURANCE, ACCESS, AND UTILIZATION

In 2021, 92.3% of residents in North Coastal Region were insured through private or public programs, while 7.7% had no health insurance coverage. Among North Coastal Region subregional areas (SRAs), Vista had the highest proportion of residents without health insurance (11.7%), followed by Oceanside (9.9%).



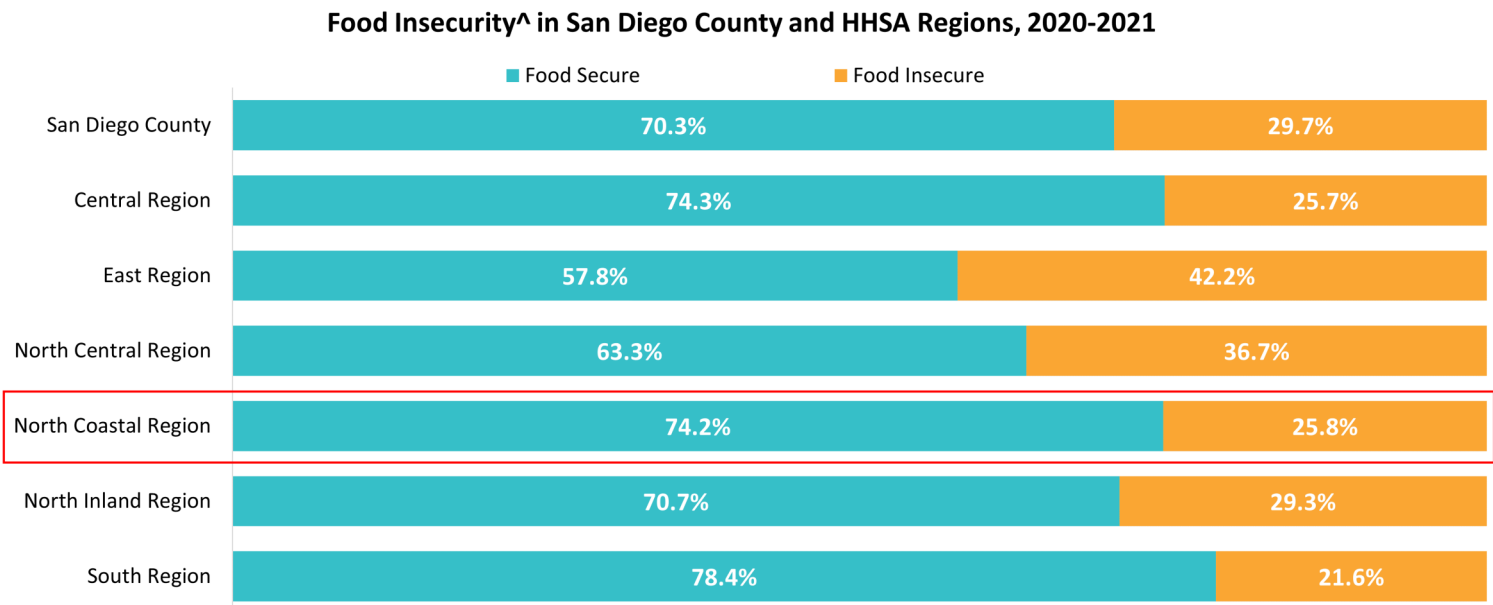
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table B27001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In 2021, nearly 9 out of every 10 residents (89.1%) in North Coastal Region reported having a usual place to go when sick or needing health advice. Nevertheless, 10.9% of residents in North Coastal Region reported not having a usual place to go when sick or needing health advice in 2021.



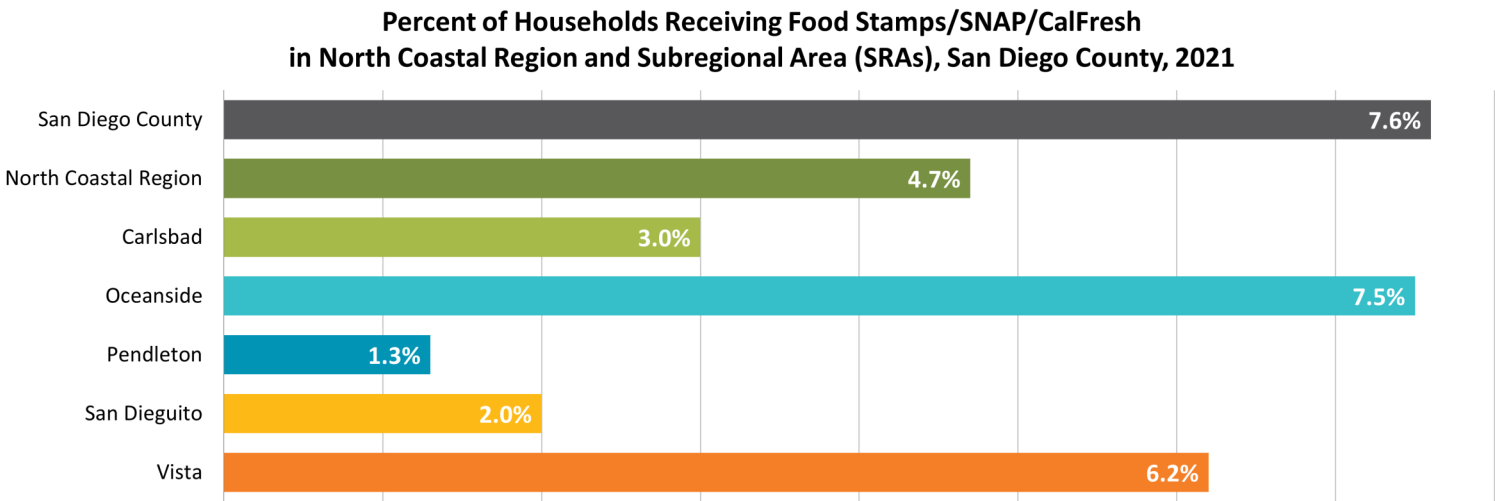
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2021. Available at <http://ask.chis.ucla.edu>. Exported on June 22, 2023.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics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

Between 2020-2021, nearly 3 out of every 4 adults (74.2%) in North Coastal Region, with income less than 200% of the Federal Poverty Level (FPL), reported having food security. However, over a quarter of adults, with income less than 200% FPL, reported an inability to afford enough food (25.8%) between 2020-2021.



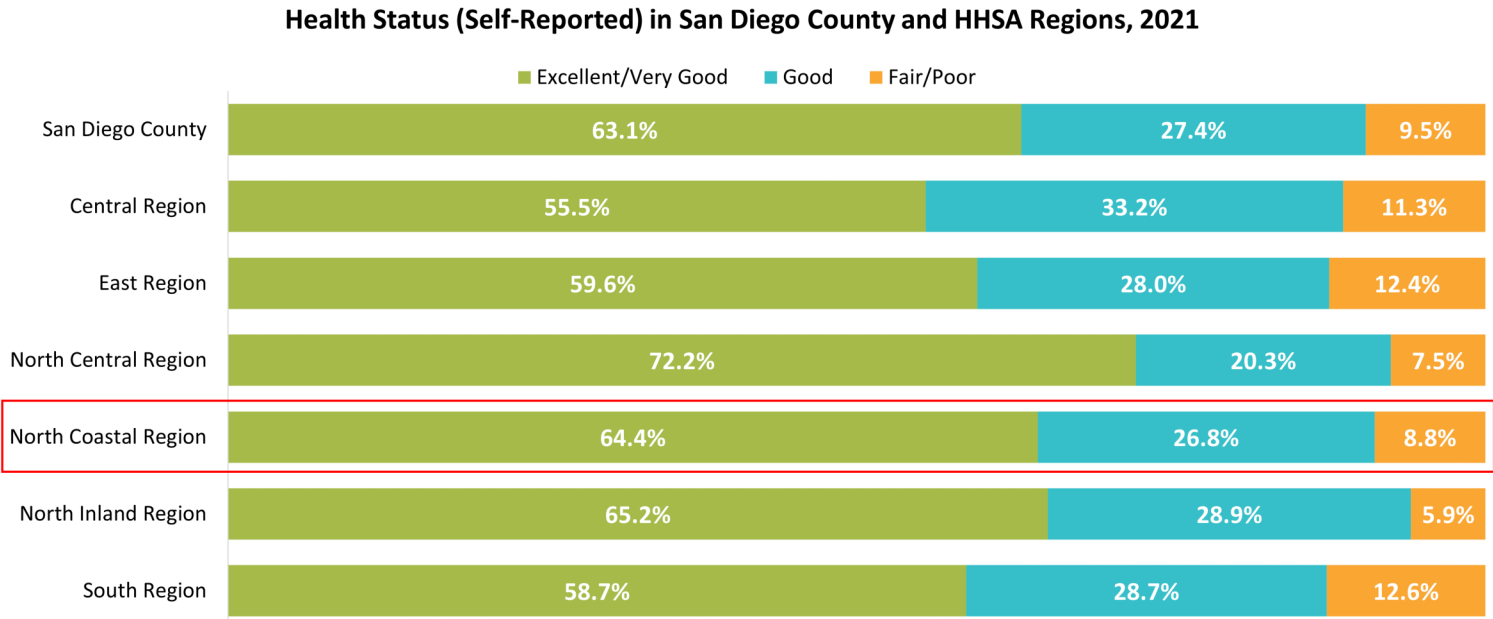
^Asked of adults whose income is less than 200% of the Federal Poverty Level.
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2020-2021. Available at <http://ask.chis.ucla.edu>. Exported on June 28, 2023.
Prepared by: County of San Diego, Health 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, 4.7% of all households in North Coastal Region reported receipt of SNAP. Among North Coastal Region SRAs, Oceanside had the highest proportion of households who reported receipt of SNAP (7.5%), followed by Vista (6.2%).



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.

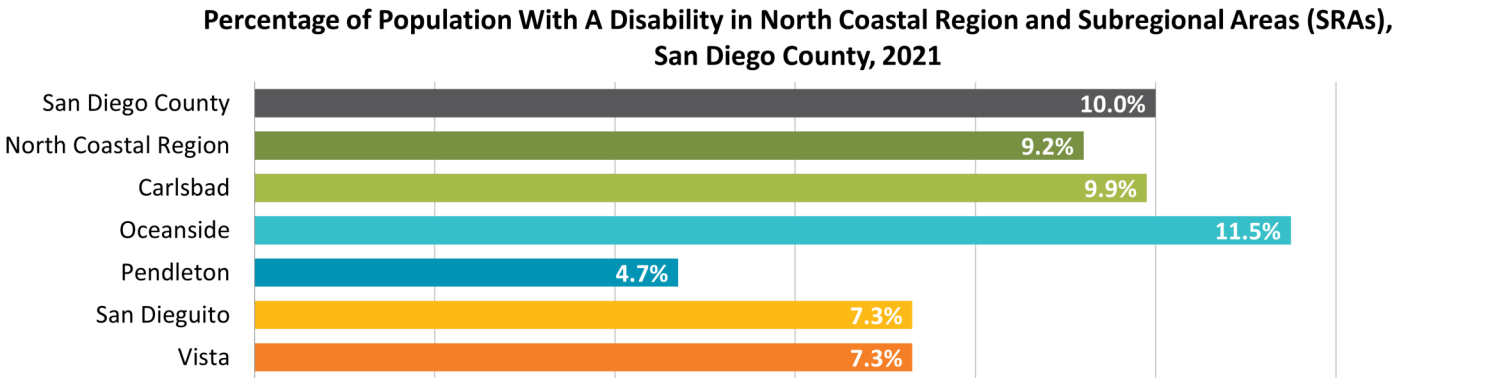
In 2021, most residents in North Coastal Region reported having excellent/very good health (64.4%) or good health (26.8%). However, nearly 1 out of every 10 residents (8.8%) in North Coastal Region reported having fair or poor health in 2021.



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, 9.2% of North Coastal Region residents reported having one or more disabilities. Among North Coastal Region subregional areas (SRAs), Oceanside had the highest proportion of the population with a disability (11.5%), which was higher than North Coastal Region (9.2%) and San Diego County overall (10.0%) in 2021.

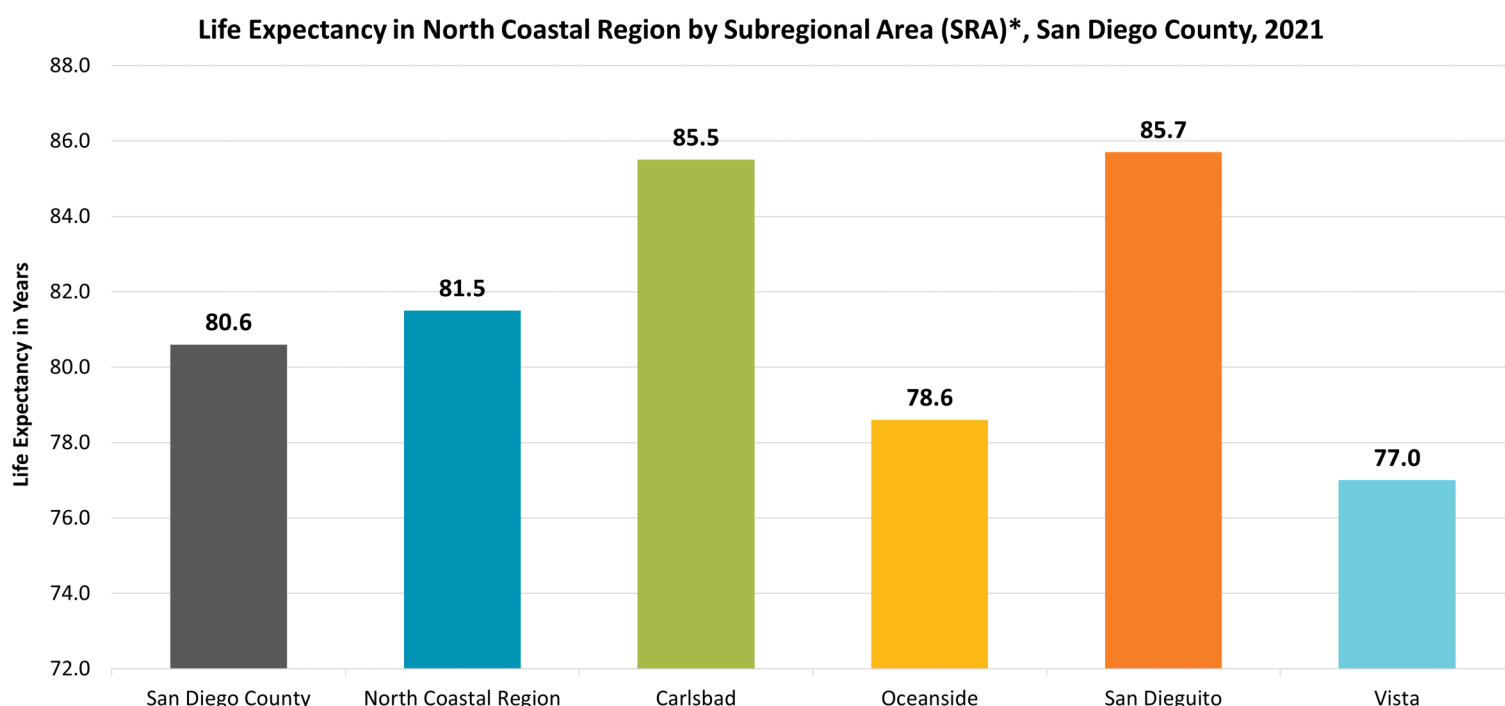


Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table S1810.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

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 Coastal Region had a life expectancy of 81.5 years. Among North Coastal Region subregional areas (SRAs), Vista had the lowest life expectancy (77.0 years), followed by Oceanside (78.6 years). In 2021, San Dieguito (85.7 years) and Carlsbad (85.5 years) had higher life expectancies than North Coastal Region (81.5 years) and San Diego County overall (80.6 years).



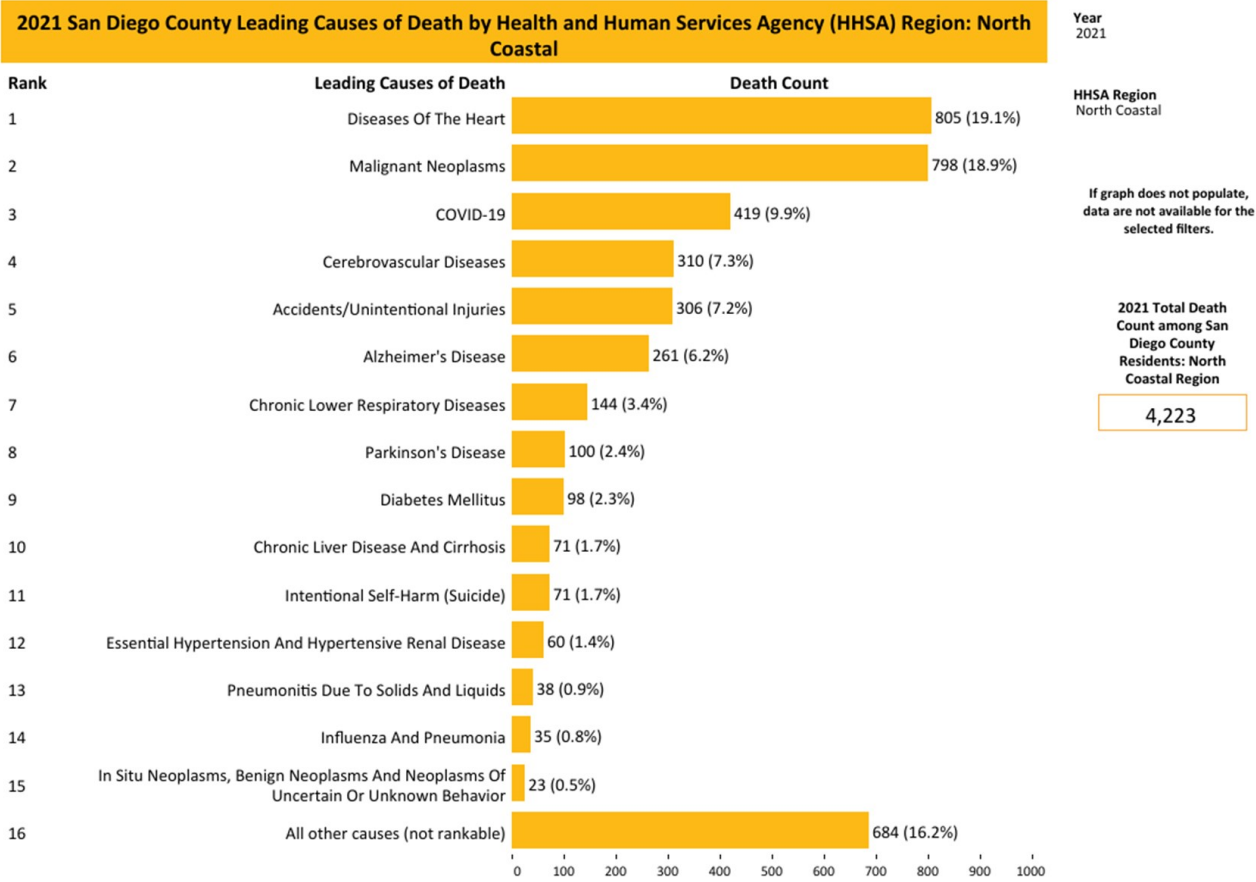
*Only SRAs with life expectancies are displayed on graph.

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, diseases of the heart were the number one leading cause of death in North Coastal Region, followed by malignant neoplasms (cancers). In North Coastal Region, 3 out of the top 5 leading causes of death were non-communicable (chronic) diseases (heart disease, cancer, 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.

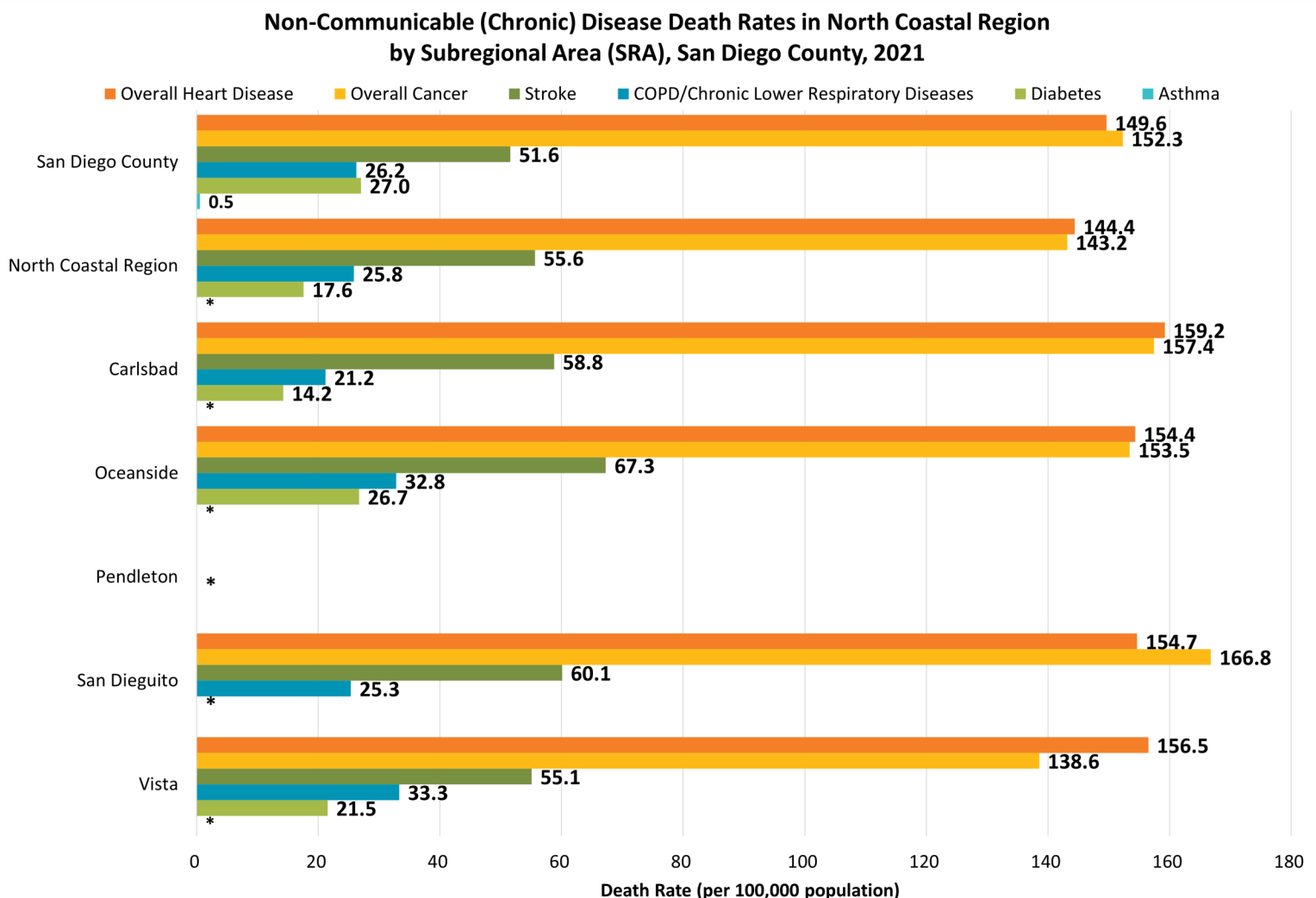
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, January 2023.



HEALTH OUTCOMES

NON-COMMUNICABLE (CHRONIC) DISEASES

Among non-communicable (chronic) diseases, in 2021, overall heart disease was the leading cause of death rates in North Coastal Region and its subregional areas (SRAs), except San Dieguito, where overall cancer was the leading cause. Among North Coastal Region SRAs, Carlsbad had the highest death rate due to overall heart disease (159.2 per 100,000), while San Dieguito had the highest death rate due to overall cancer (166.8 per 100,000). Moreover, Oceanside SRA had the highest death rates due to stroke (67.3 per 100,000) and diabetes (26.7 per 100,000) compared to all other North Coastal Region SRAs.

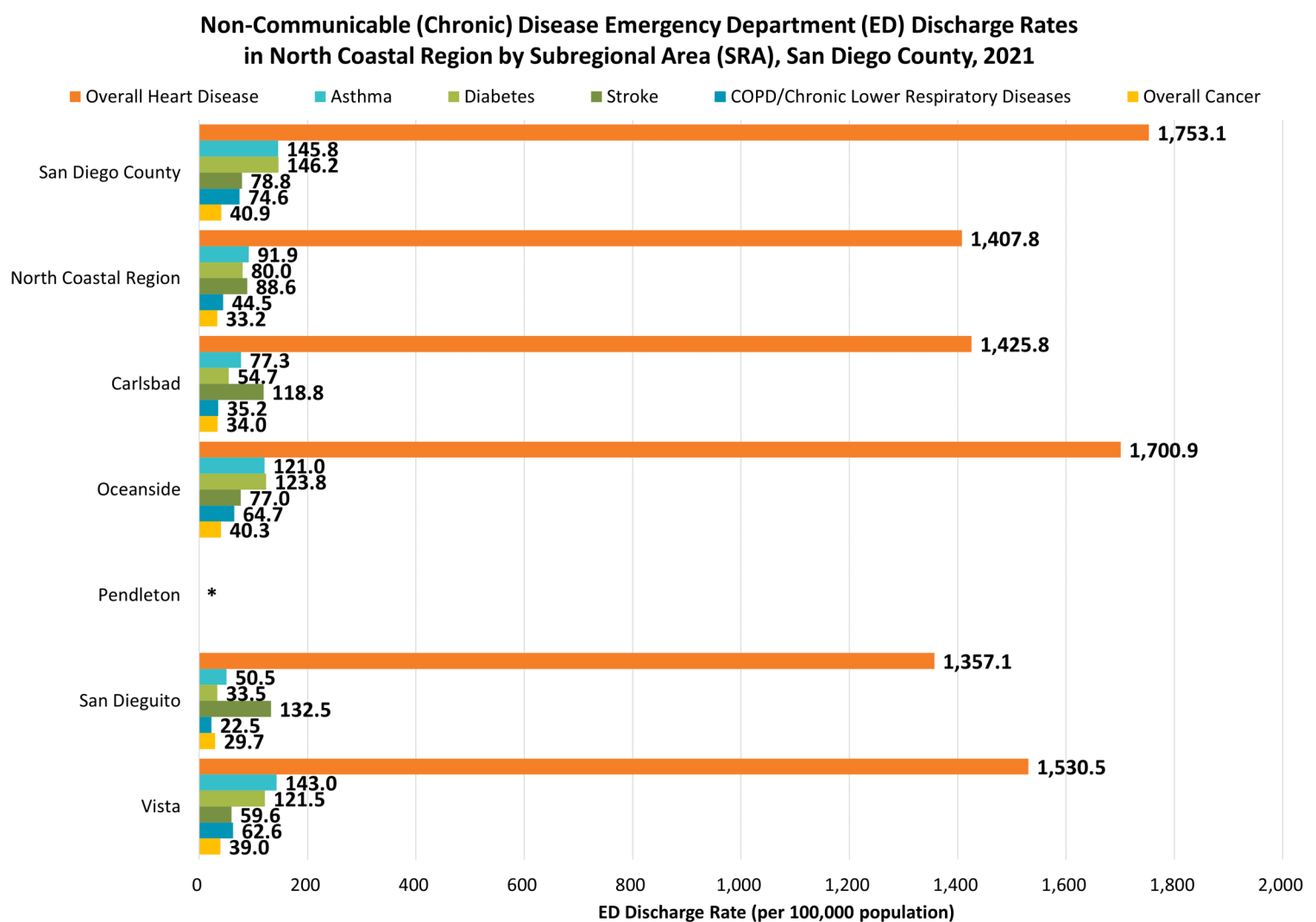


*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Public Health, Center for 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.

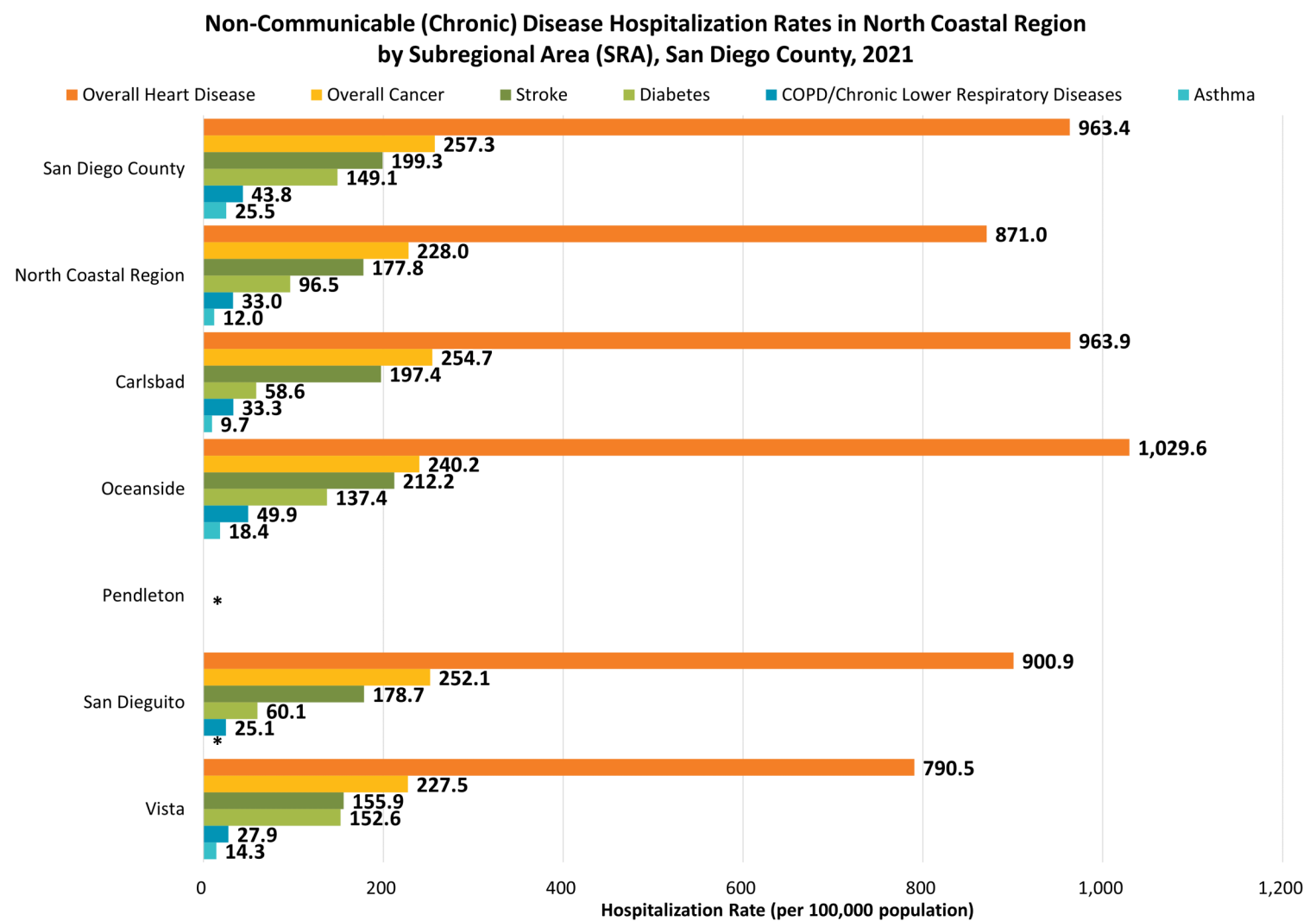
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In 2021, the highest emergency department (ED) discharge rates among non-communicable (chronic) diseases in North Coastal Region and its SRAs were due to overall heart disease. Among North Coastal Region SRAs, San Dieguito had the highest ED discharge rate due to stroke (132.5 per 100,000), 1.7 times higher overall than San Diego County (78.8 per 100,000). Moreover, Oceanside SRA had the highest ED discharge rates due to chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases, diabetes, overall cancer, and overall heart disease, as well as the second-highest ED discharge rate due to asthma. Similarly, Vista SRA had the highest ED discharge rate due to asthma and the second-highest ED discharge rate due to COPD/chronic lower respiratory diseases, diabetes, overall cancer, and overall heart disease 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.

In North Coastal Region and its SRAs, overall heart disease was the leading cause of hospitalization rates among non-communicable (chronic) diseases in 2021. Among North Coastal SRAs, Oceanside had the highest hospitalization rates due to asthma, COPD/chronic lower respiratory diseases, overall heart disease, and stroke. In 2021, Carlsbad SRA had the highest hospitalization rate due to overall cancer (254.7 per 100,000), followed by San Dieguito SRA (252.1 per 100,000). Among North Coastal SRAs, Vista had the highest hospitalization rate due to diabetes (152.6 per 100,000), which was higher than North Central Region (96.5 per 100,000) and San Diego County overall (149.1 per 100,000).

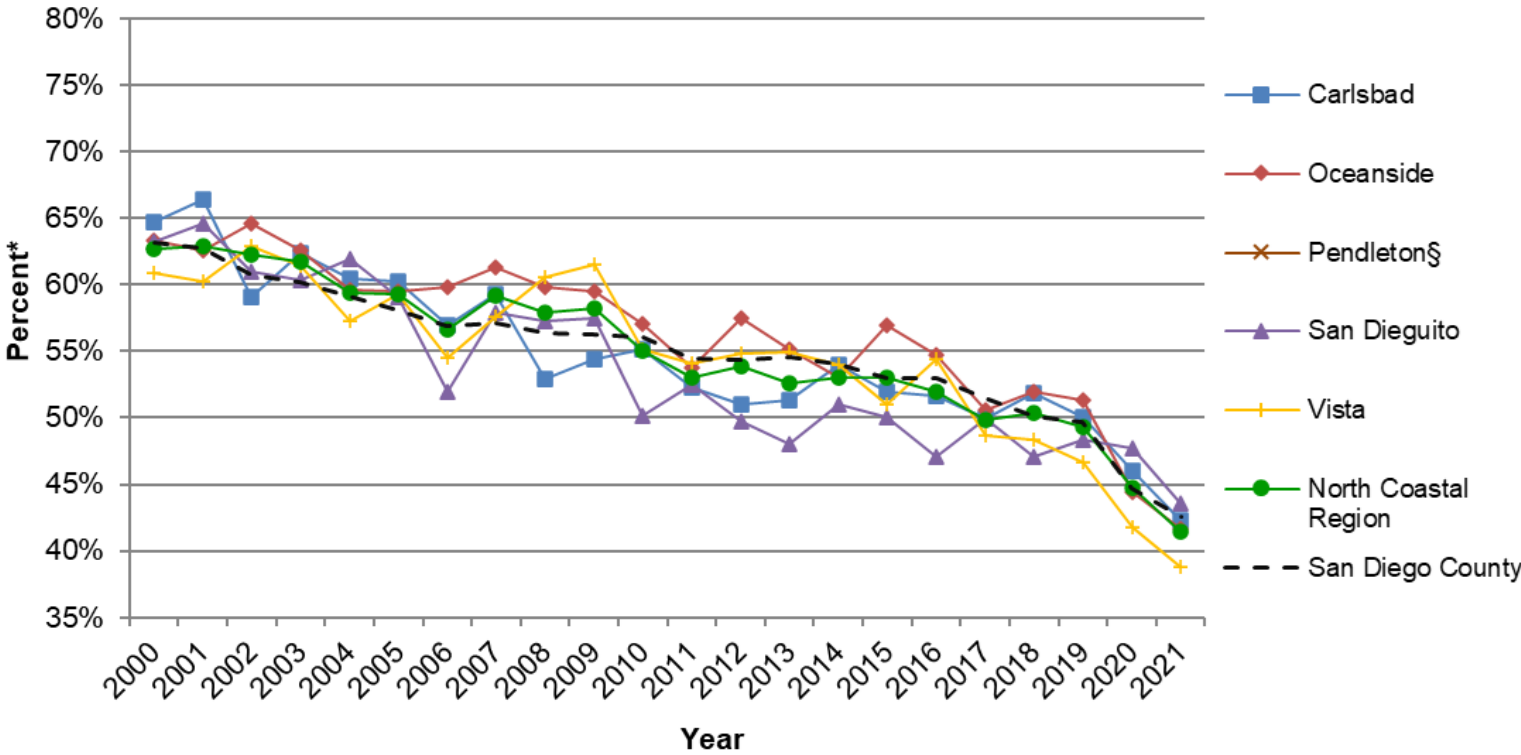


*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived 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 Coastal 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 41% of all deaths in North Coastal Region. Among North Coastal Region subregional areas (SRAs), San Dieguito had the highest percentage of deaths due to 3-4-50 chronic diseases in 2021. Additionally, Vista SRA had the greatest decrease (36.3%) in the percentage of deaths due to 3-4-50 chronic diseases, from 61% in 2000 to 39% in 2021.

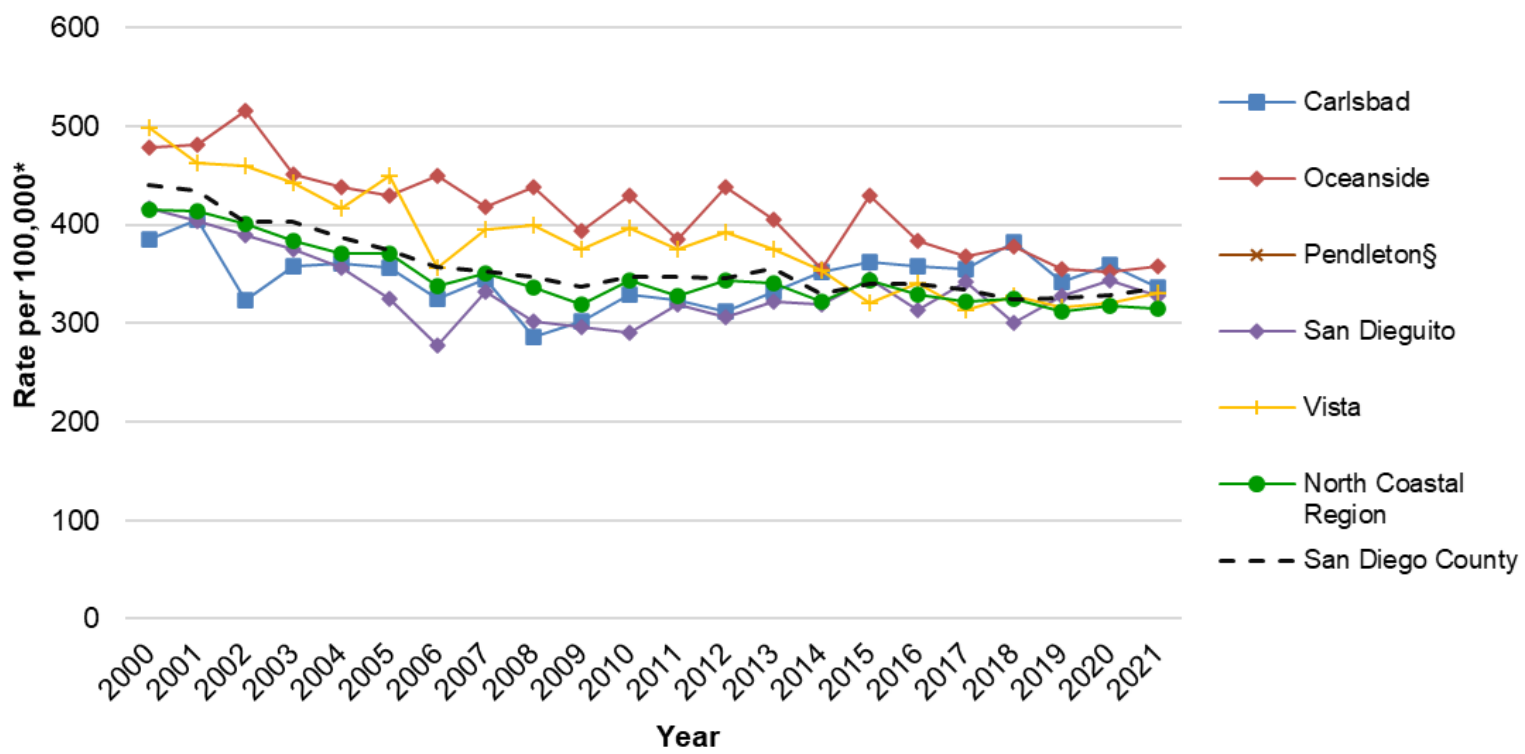
3-4-50 Death† Percentages
Among San Diego County Residents -
North Coastal Region, 2000-2021**



*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 due to 3-4-50 chronic diseases decreased in North Coastal Region and its SRAs from 2000 to 2021. Among North Coastal Region SRAs, Oceanside had the highest death rate due to 3-4-50 chronic diseases (358.4 per 100,000) in 2021, while San Dieguito had the lowest (327.3 per 100,000). Moreover, from 2000-2021, Vista SRA had the greatest decrease (33.6%) in death rates due to 3-4-50 chronic diseases, while Carlsbad had the lowest (12.8%).

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

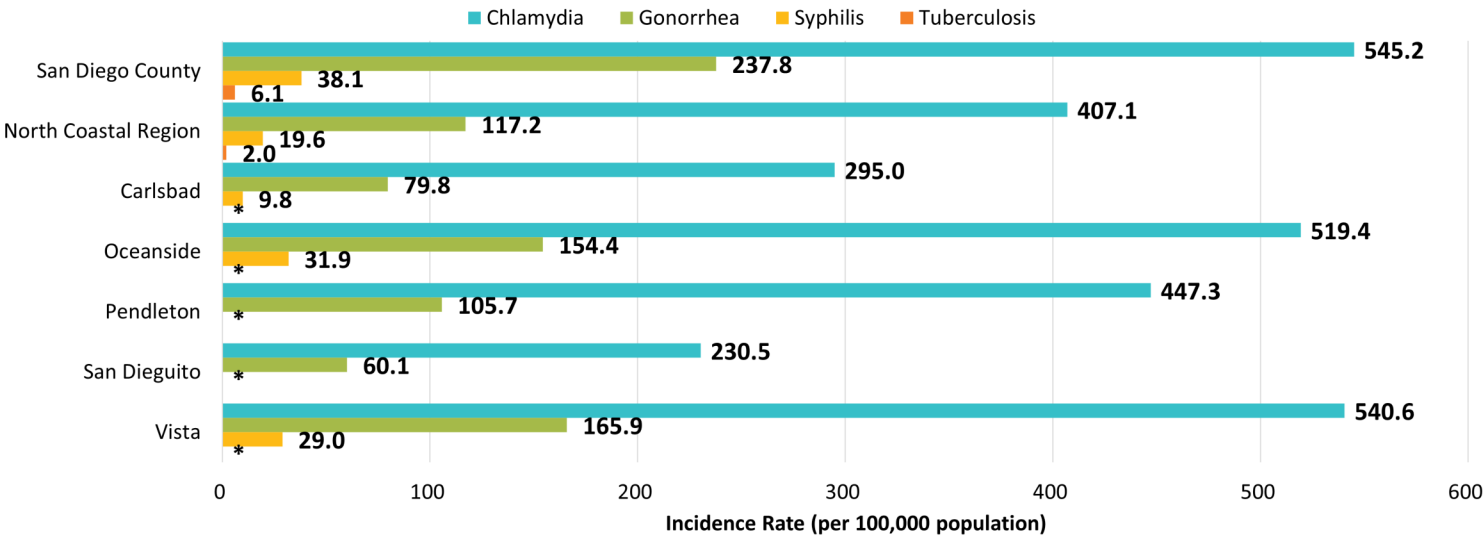


*Rates per 100,000 population. Population estimates for 2020 and 2021 were derived using the 2010 Census and data should be considered preliminary.
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory 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 Coastal Region were lower than in San Diego County overall. In North Coastal Region and its subregional areas (SRAs), the highest incidence rates among communicable (infectious) diseases were due to chlamydia in 2021. Among North Coastal Region SRAs, Vista had the highest incidence rate of chlamydia (540.6 per 100,000) and gonorrhea (165.9 per 100,000). Moreover, Oceanside SRA had the highest incidence rate of syphilis (31.9 per 100,000) in North Coastal Region.

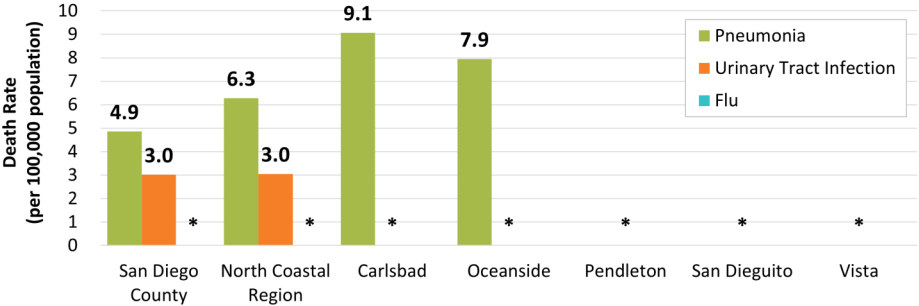
Incidence Rates of Chlamydia, Gonorrhea, Syphilis, and Tuberculosis in North Coastal Region by Subregional Area (SRA), San Diego County, 2021



*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 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.

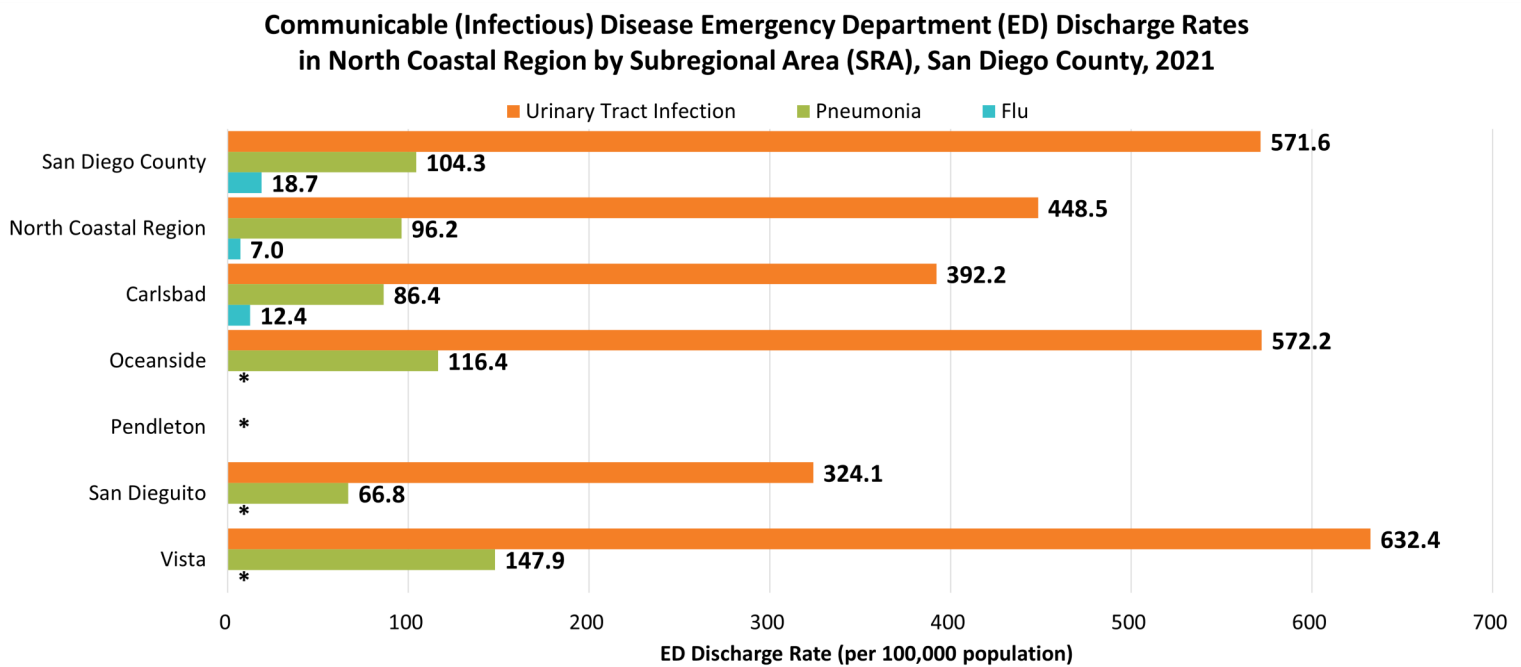
Among communicable (infectious) diseases, the highest death rate in North Coastal Region was due to pneumonia (6.3 per 100,000), followed by urinary tract infection (3.0 per 100,000). Among North Coastal Region SRAs, Carlsbad had the highest death rate due to pneumonia (9.1 per 100,000), which was nearly twice the rate in San Diego County overall (4.9 per 100,000).

Communicable (Infectious) Disease Death Rates in North Coastal 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.

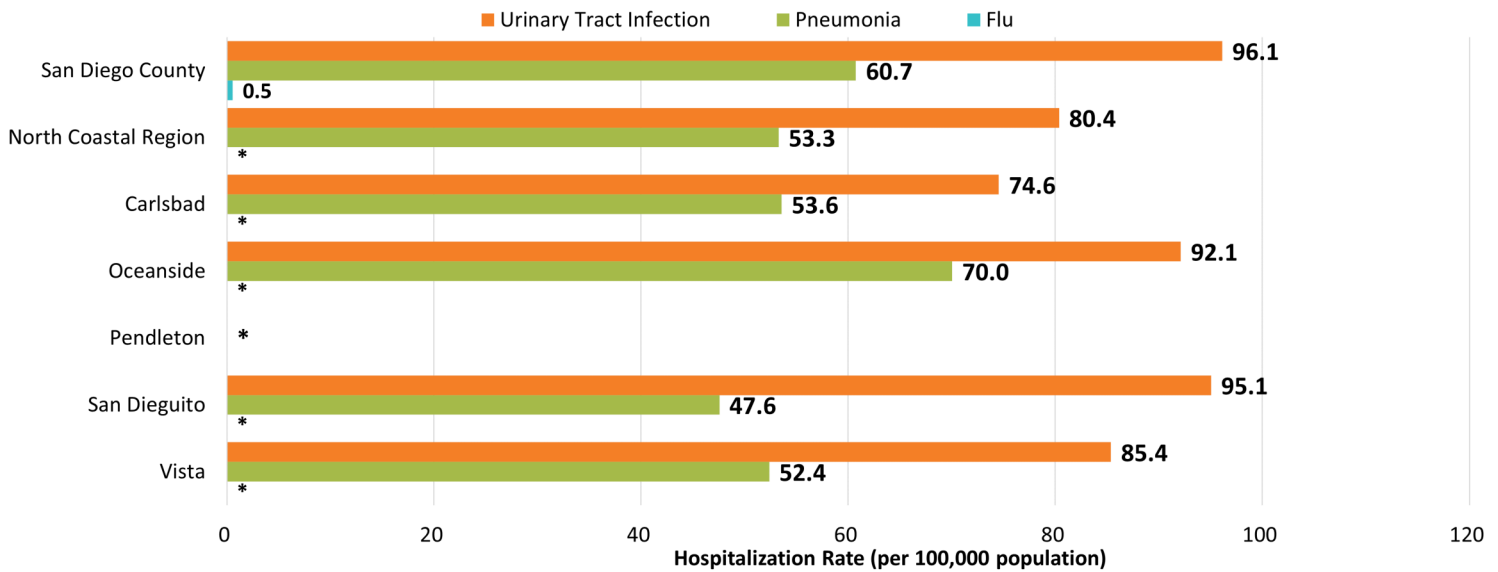
In 2021, urinary tract infection was the leading condition among communicable (infectious) disease emergency department (ED) discharge rates in North Coastal Region and its SRAs. Among North Coastal Region SRAs, Vista had the highest ED discharge rate due to urinary tract infection (632.4 per 100,000), followed by Oceanside (572.2 per 100,000). Similarly, Vista SRA had the highest ED discharge rate due to pneumonia (147.9 per 100,000), followed by Oceanside (116.4 per 100,000). In 2021, the ED discharge rate due to the flu in Carlsbad SRA was 1.8 times higher than in North Coastal Region (7.0 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.

Among communicable (infectious) diseases, the highest hospitalization rates in North Coastal Region and its SRAs were due to urinary tract infection, followed by pneumonia in 2021. Among North Coastal Region SRAs, San Dieguito had the highest hospitalization rate due to urinary tract infection (95.1 per 100,000). In 2021, Oceanside SRA had the highest hospitalization rate due to pneumonia (70.0 per 100,000), which was higher than the rate in North Central Region (53.3 per 100,000) and San Diego County overall (60.7 per 100,000).

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



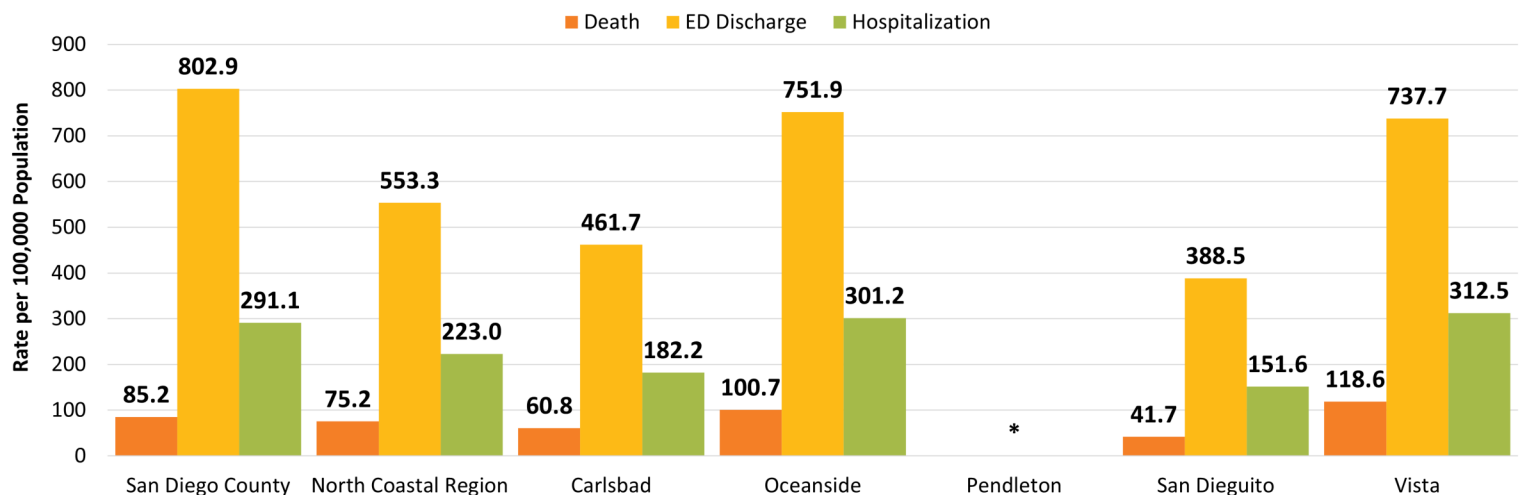
*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

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 Coastal Region were lower than the rates in San Diego County. Among North Coastal Region SRAs, Vista had the highest death (118.6 per 100,000) and hospitalization (312.5 per 100,000) rates due to COVID-19. Moreover, Oceanside SRA had the highest ED discharge rate due to COVID-19 (751.9 per 100,000).

COVID-19 Health Outcome Rates in North Coastal 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.

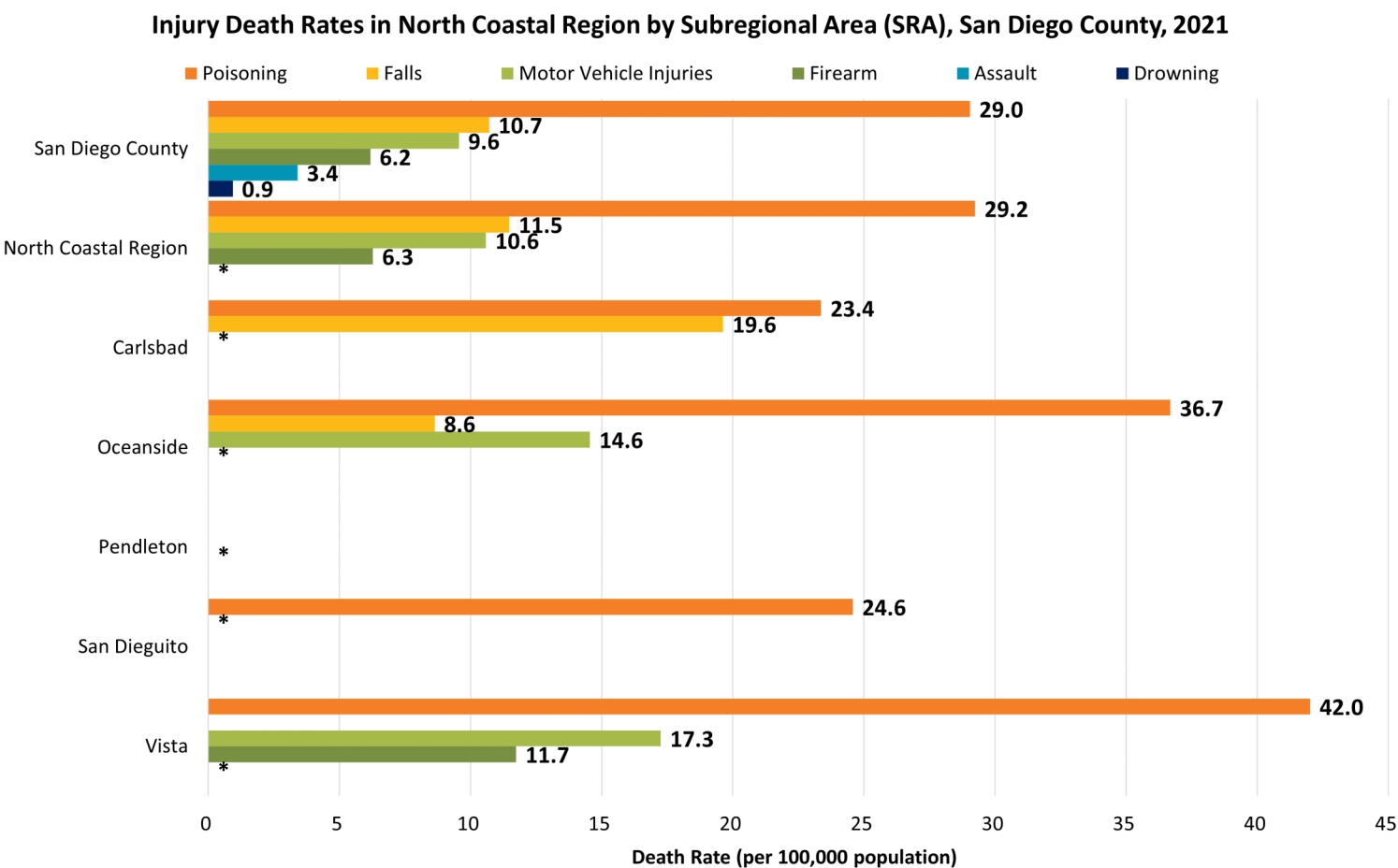
Most recent COVID-19 data are available from the Epidemiology and Immunization Services Branch (EISB) at:

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.

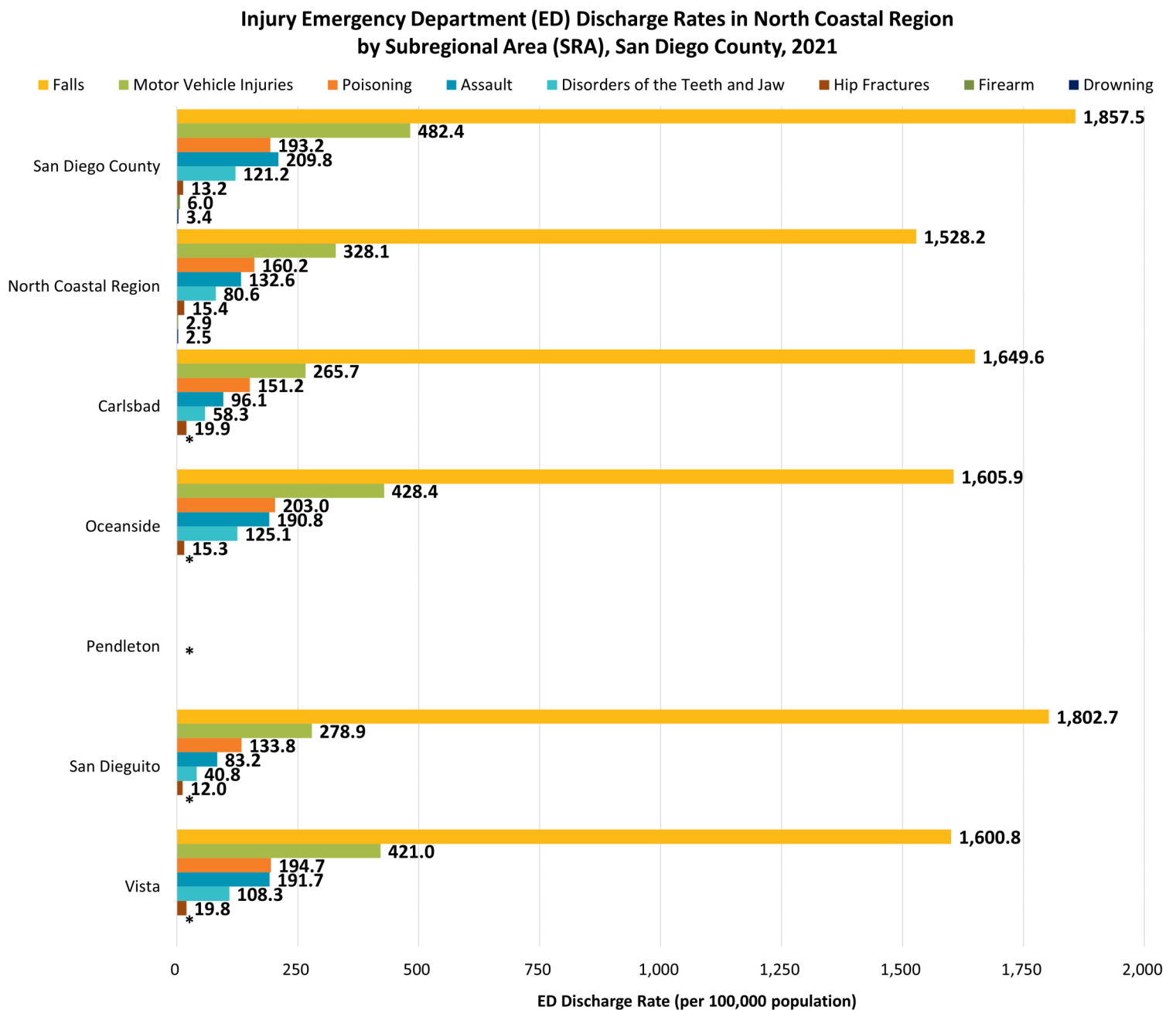
INJURY INDICATORS

In North Coastal Region and its SRAs, the highest death rates among injury indicators were due to poisoning in 2021. Among North Coastal Region subregional areas (SRAs), Vista had the highest death rate due to poisoning (42.0 per 100,000), followed by Oceanside (36.7 per 100,000). In 2021, the death rates due to motor vehicle injuries (17.3 per 100,000) and firearms (11.7 per 100,000) in Vista SRA were nearly twice as high as the death rates for motor vehicle injuries (9.6 per 100,000) and firearms (6.2 per 100,000) in San Diego County overall. Moreover, Carlsbad SRA had the highest death rate due to falls (19.6 per 100,000) compared to all other SRAs in San Diego County.



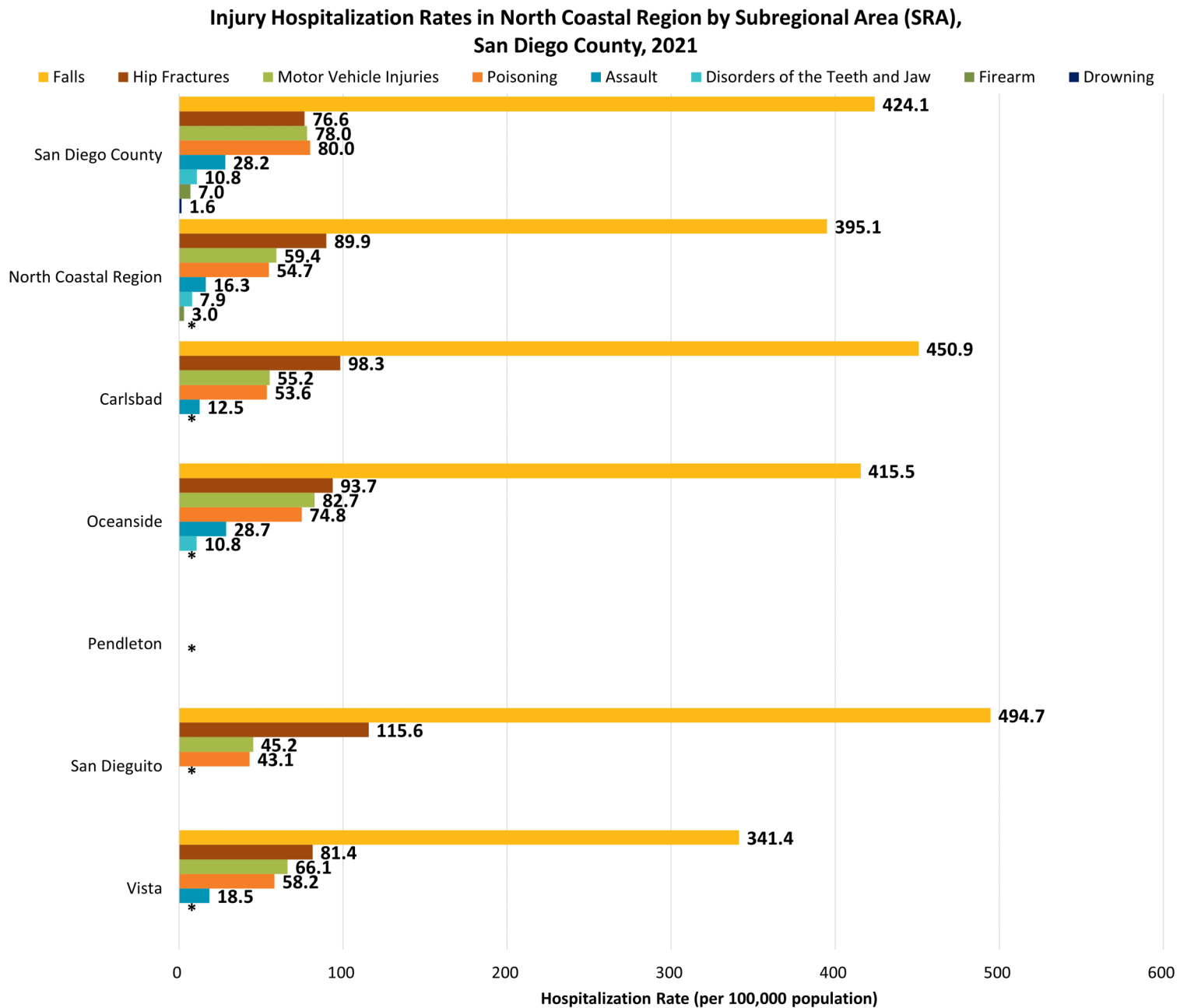
*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic 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 in North Coastal Region and its SRAs were due to falls. Among North Coastal Region SRAs, San Dieguito had the highest ED discharge rate due to falls (1,802.7 per 100,000). In 2021, Oceanside SRA had the highest ED discharge rates due to disorders of the teeth and jaw, motor vehicle injuries, and poisoning in North Coastal Region.



*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.

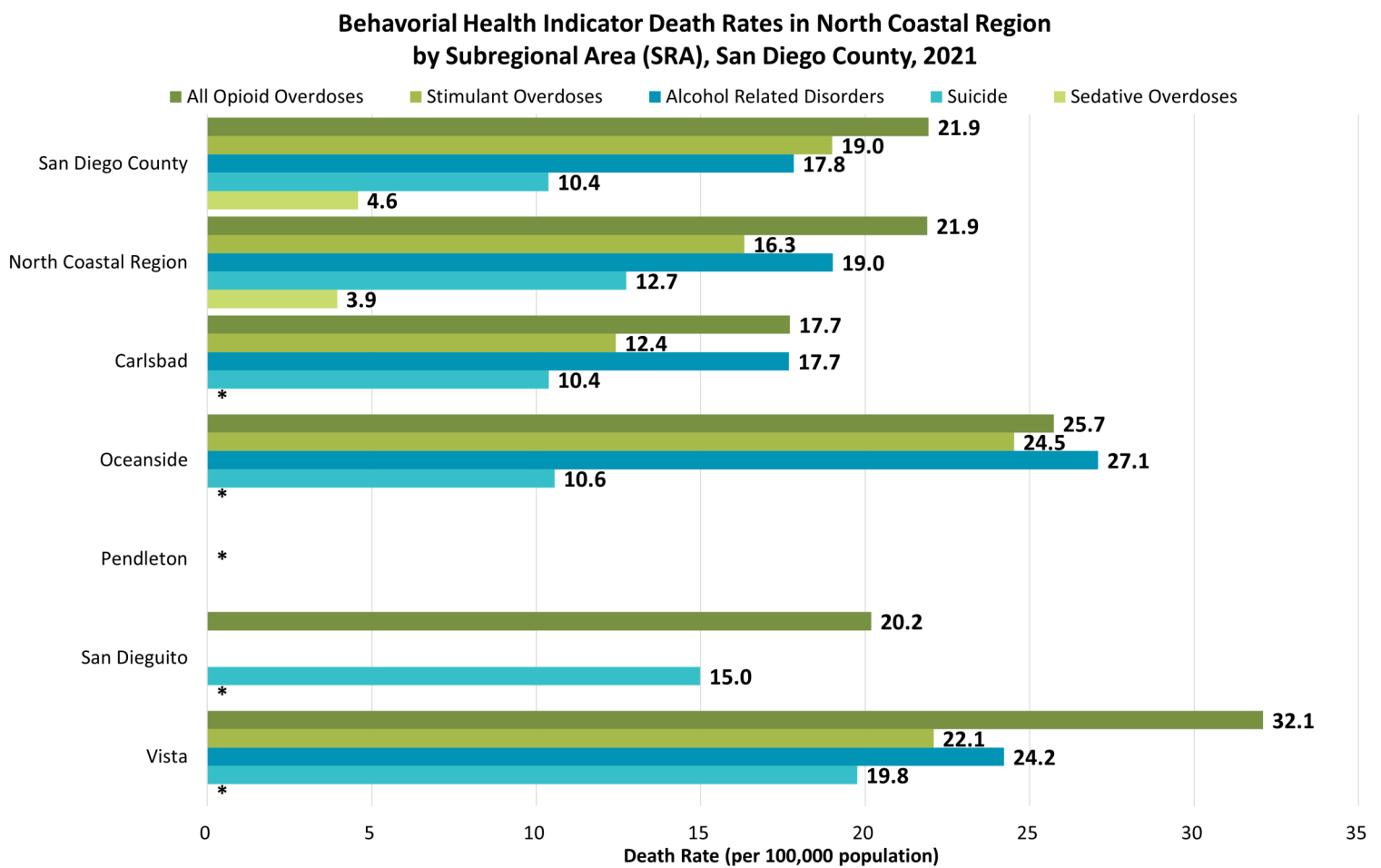
Among Health and Human Services Agency (HHS) regions, North Coastal Region had the second-highest hospitalization rate due to hip fractures in 2021. In North Coastal Region and its SRAs, the highest hospitalization rates among injury indicators were due to falls, followed by hip fractures. Among North Coastal SRAs, San Dieguito had the highest hospitalization rates due to falls (494.7 per 100,000) and hip fractures (115.6 per 100,000). Furthermore, compared to all other SRAs in North Coastal Region, the highest hospitalization rates due to assault, disorders of the teeth and jaw, motor vehicle injuries, and poisoning were in Oceanside SRA 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

In North Coastal Region, the highest death rate among behavioral health indicators was due to all opioid overdoses in 2021. Among North Coastal Region subregional area (SRAs), Vista had the highest death rate due to all opioid overdoses (32.1 per 100,000). Moreover, Vista SRA had the highest death rate due to suicide (19.8 per 100,000), higher than all other SRAs in San Diego County. Among Health and Human Services Agency (HHSA) regions, North Coastal Region had the second-highest death rates due to alcohol related disorders (19.0 per 100,000) and suicide (12.7 per 100,000) in 2021.



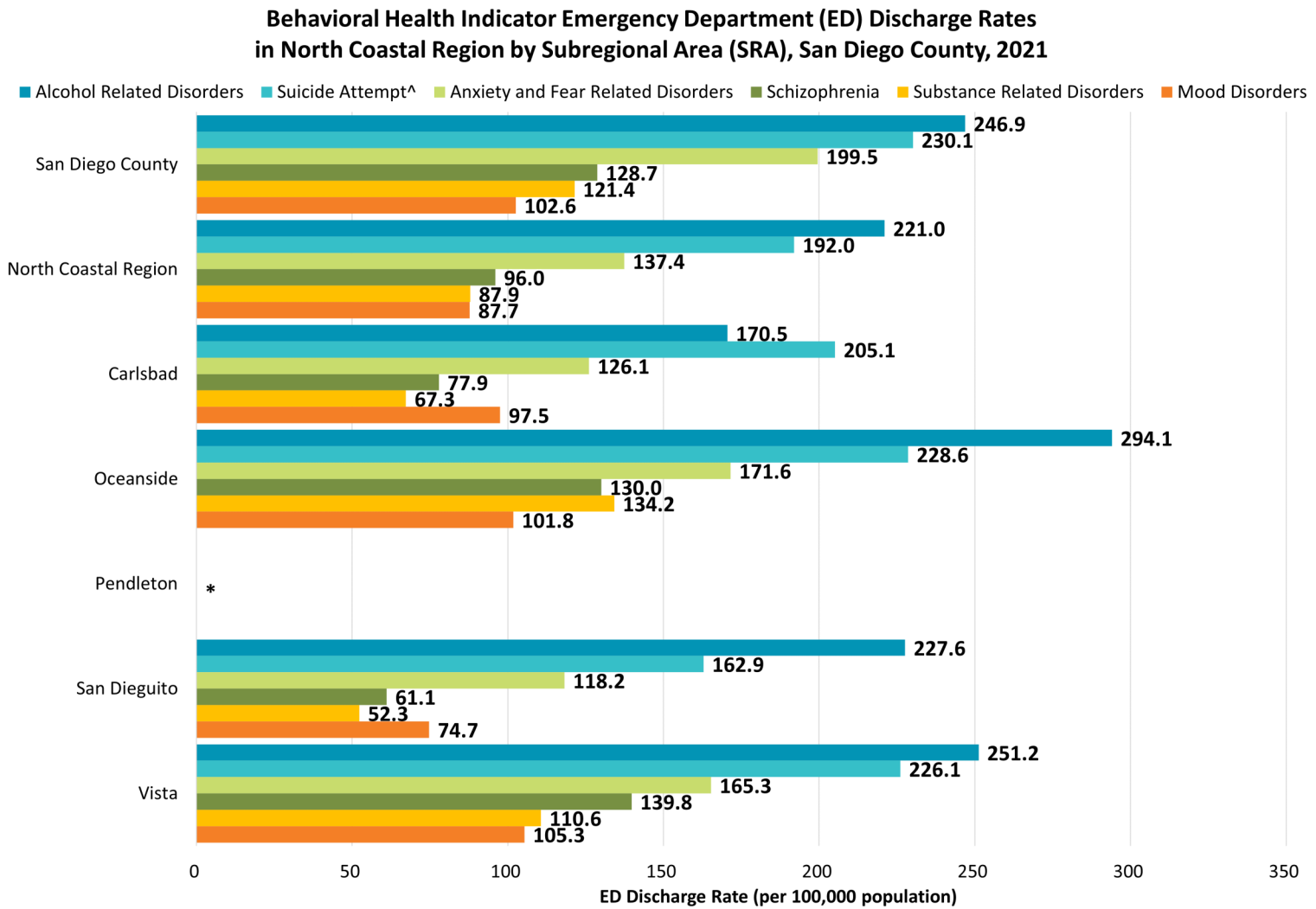
Beginning with data year 2021, the “All Opioid Overdoses” indicator is an expansion of the “Opioid Overdoses” indicator that includes specific synthetic narcotic ICD-10cm codes (fentanyl, tramadol, other synthetic narcotics) in addition to the general codes, to reflect morbidity more broadly. Mortality 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.

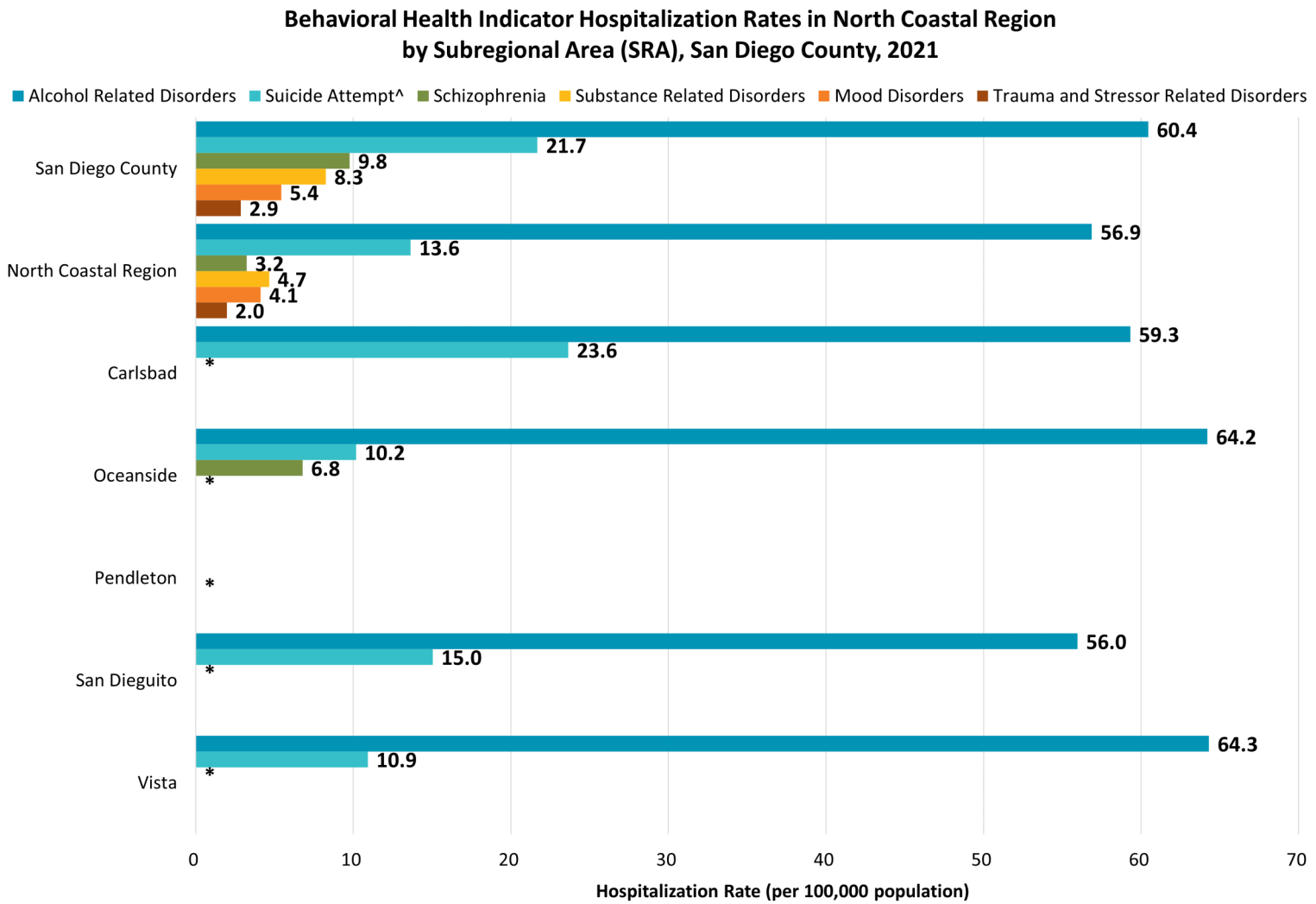
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Among behavioral health indicators, the highest emergency department (ED) discharge rate was due to alcohol related disorders in North Coastal Region and its SRAs, except Carlsbad, where the highest ED discharge rate was due to suicide attempt in 2021. Among North Coastal Region SRAs, Oceanside and Vista had the highest ED discharge rates among behavioral health indicators. In 2021, Oceanside SRA had the highest ED discharge rates due to alcohol related disorders, suicide attempt, anxiety and fear related disorders, and substance related disorders. Moreover, Vista SRA had the highest ED discharge rates due to mood disorders and schizophrenia.



*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.

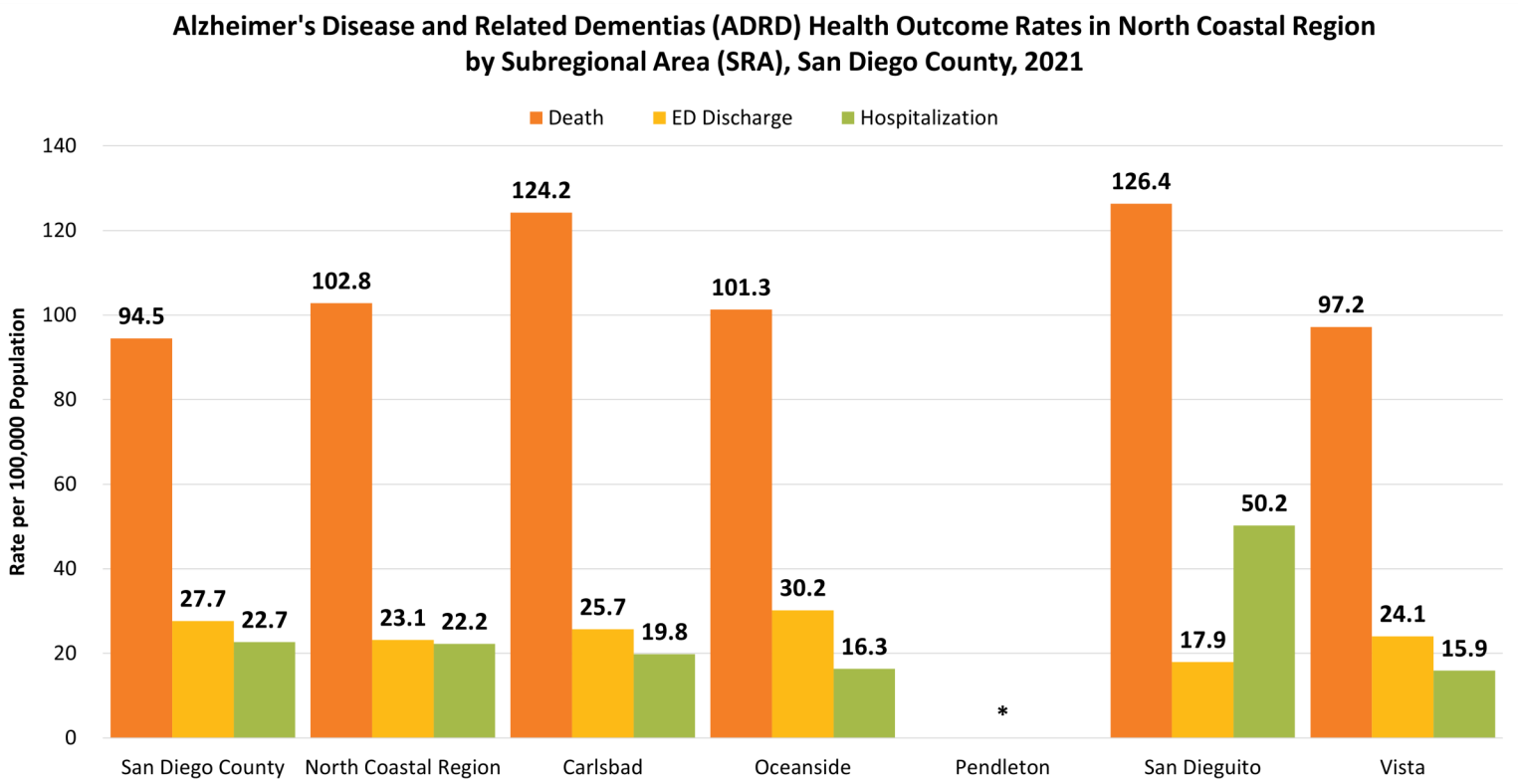
In 2021, the highest hospitalization rate among behavioral health indicators was due to alcohol related disorders in North Coastal Region and its SRAs. Among North Coastal Region SRAs, Vista had the highest hospitalization rate due to alcohol related disorders (64.3 per 100,000), followed by Oceanside (64.2 per 100,000). In 2021, Carlsbad SRA had the highest hospitalization rate due to suicide attempt (23.6 per 100,000), which was higher than North Coastal Region (13.6 per 100,000) and San Diego County overall (21.7 per 100,000). Overall, North Coastal Region had the lowest hospitalization rate due to suicide attempt compared to all other HHSA regions 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), 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 Coastal Region had a higher rate of death and lower rates of emergency department (ED) discharge and hospitalization due to Alzheimer's Disease and Related Dementias (ADRD) than San Diego County overall. Among North Coastal Region subregional areas (SRAs), San Dieguito had the highest death rate due to ADRD (126.4 per 100,000), followed by Carlsbad (124.2 per 100,000). In 2021, among North Coastal Region SRAs, Oceanside had the highest ED discharge rate due to ADRD (30.2 per 100,000), while San Dieguito had the lowest (17.9 per 100,000). Additionally, in 2021, San Dieguito SRA had the highest hospitalization rate due to ADRD compared to all other SRAs in San Diego County.

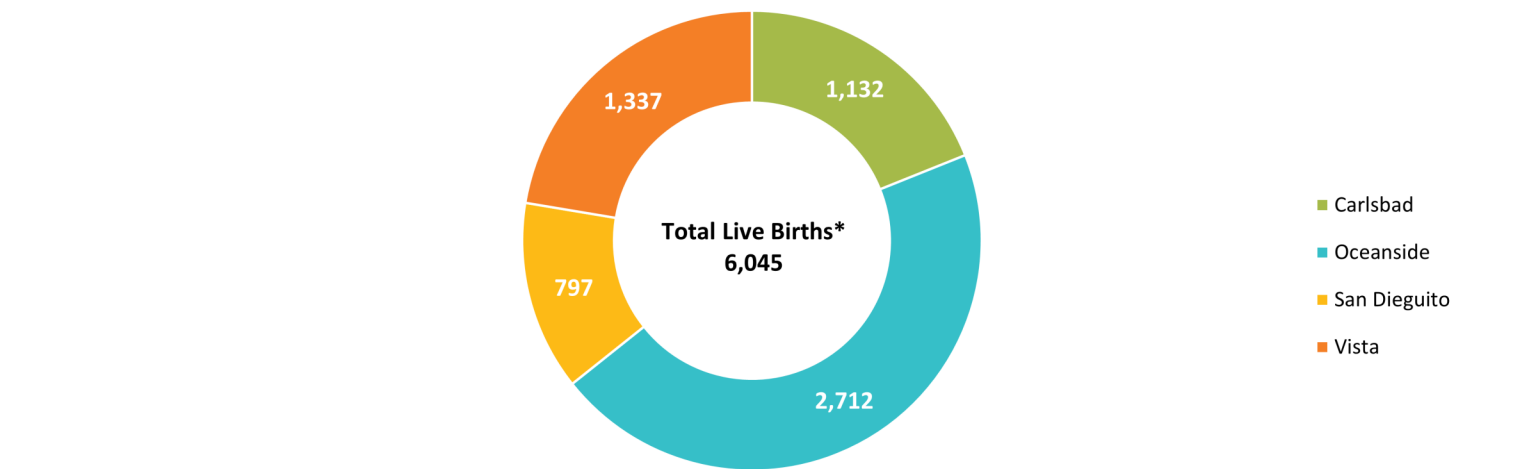


*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. California Department 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 6,045 total live births in North Coastal Region, which represented 16.1% of the total live births in San Diego County (37,436). Among North Coastal Region subregional areas (SRAs), Oceanside (44.9%) had nearly half of the total live births in North Coastal Region.

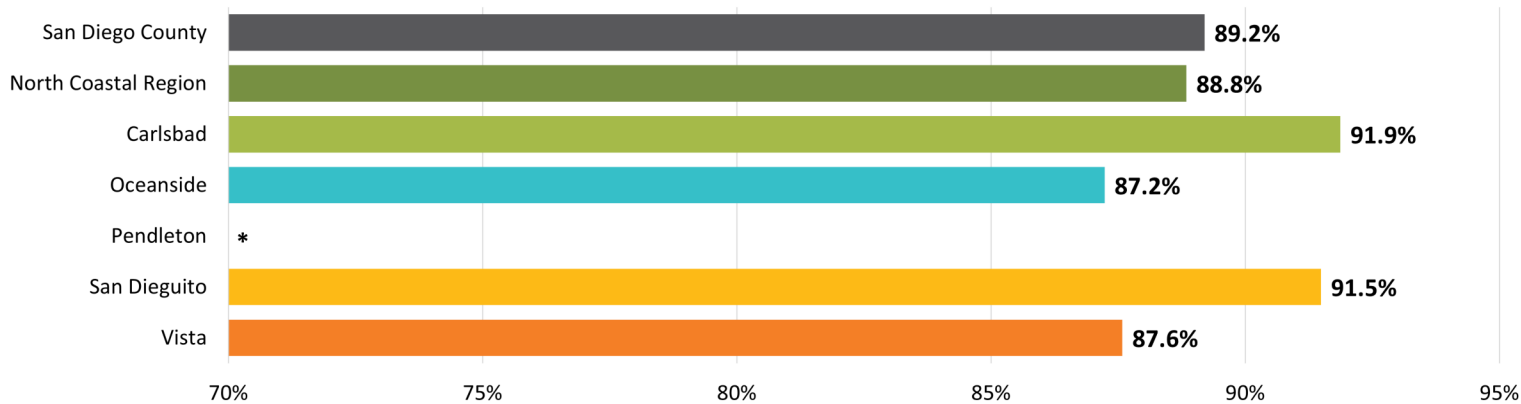
Distribution of Live Births in North Coastal Region by Subregional Area (SRA), San Diego County, 2021



*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.

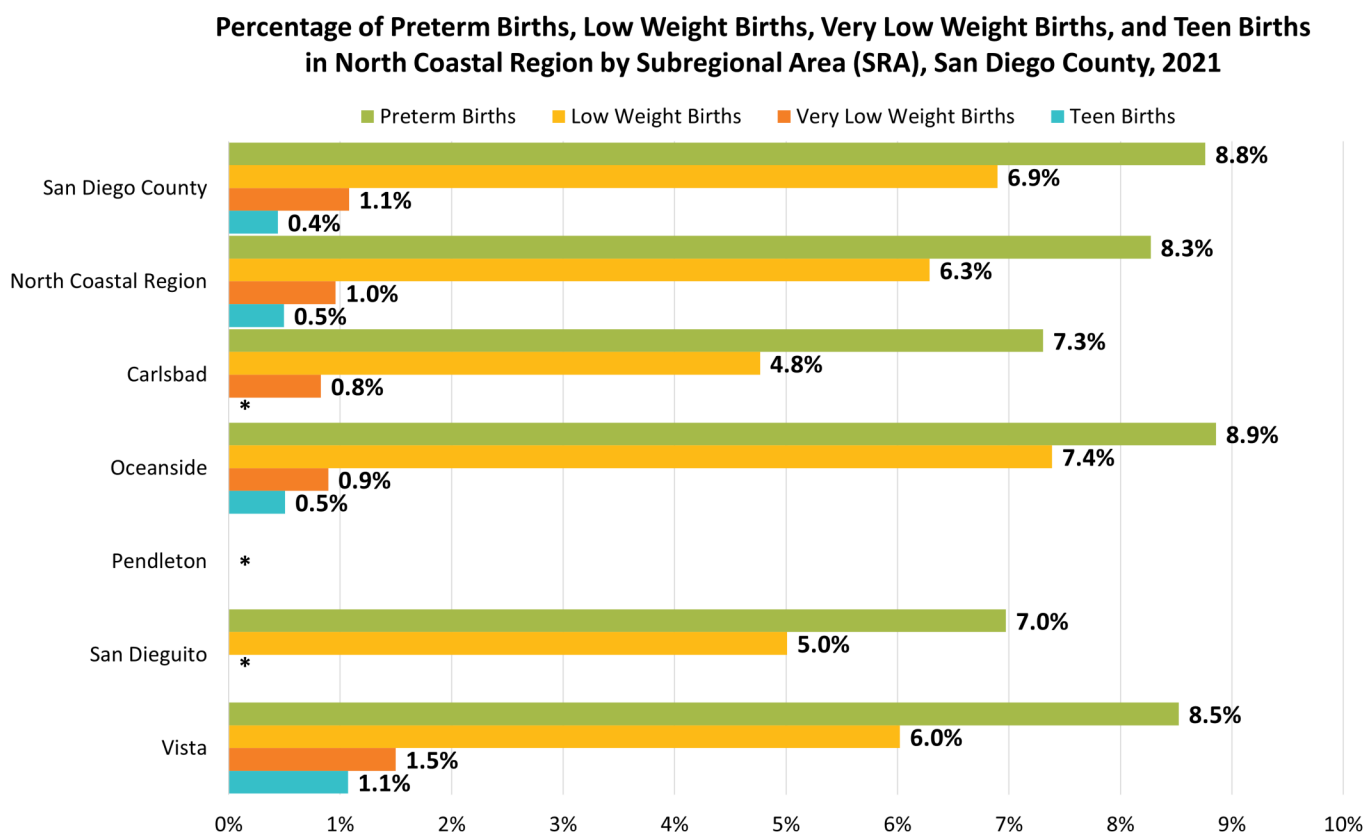
Early prenatal care is defined as care beginning during the 1st trimester of pregnancy, however, it does not account for frequency of care. In North Coastal Region, the proportion of mothers who received early prenatal care was lower than in San Diego County. Among North Central Region SRAs, Oceanside (87.2%) and Vista (87.6%) had lower proportions of early prenatal care compared to North Coastal Region (88.8%) and San Diego County overall (89.2%).

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

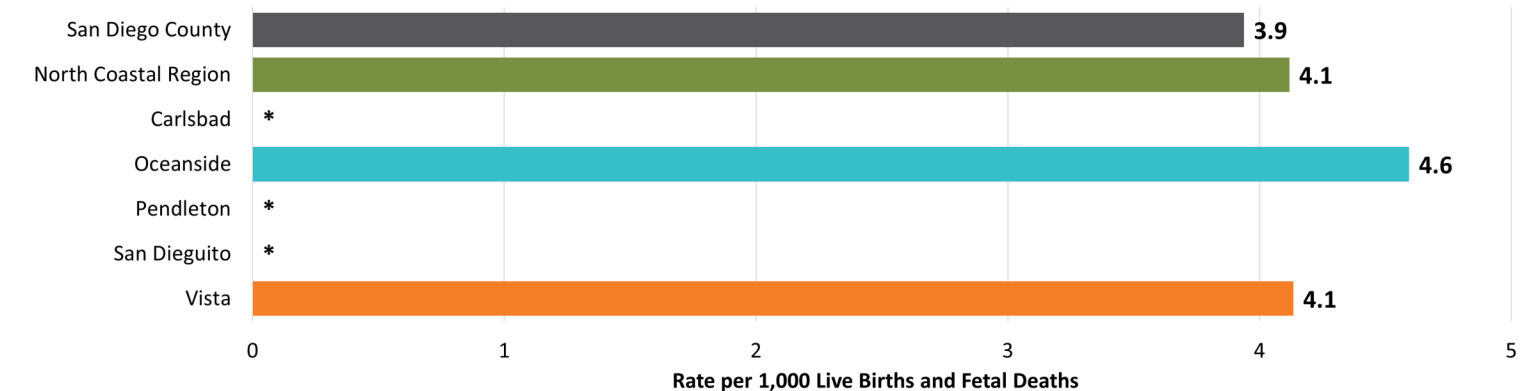
Preterm birth is the delivery of a baby before completing 37 weeks of gestation. In 2021, the proportion of preterm births in North Coastal Region (8.3%) was lower than in San Diego County overall (8.8%). Among North Coastal Region SRAs, Oceanside had the highest proportion of preterm births (8.9%), while San Dieguito had the lowest (7.0%). 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. Among North Central Region SRAs, in 2021, Oceanside had the highest proportion of low weight births (7.4%), followed by Vista (6.0%). Moreover, Vista SRA had the highest proportion of very low weight births (1.5%), which was higher than North Coastal Region (1.0%) and San Diego County overall (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. In 2021, the proportion of teen births in Vista SRA (1.1%) was higher than all other SRAs in North Coastal Region.



*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 Coastal Region (4.1 per 1,000 live births and fetal deaths) was higher than in San Diego County overall (3.9 per 1,000 live births and fetal deaths). Among North Coastal Region SRAs, Oceanside had the highest fetal mortality rate (4.6 per 1,000 live births and fetal deaths), followed by Vista (4.1 per 1,000 live births and fetal deaths).

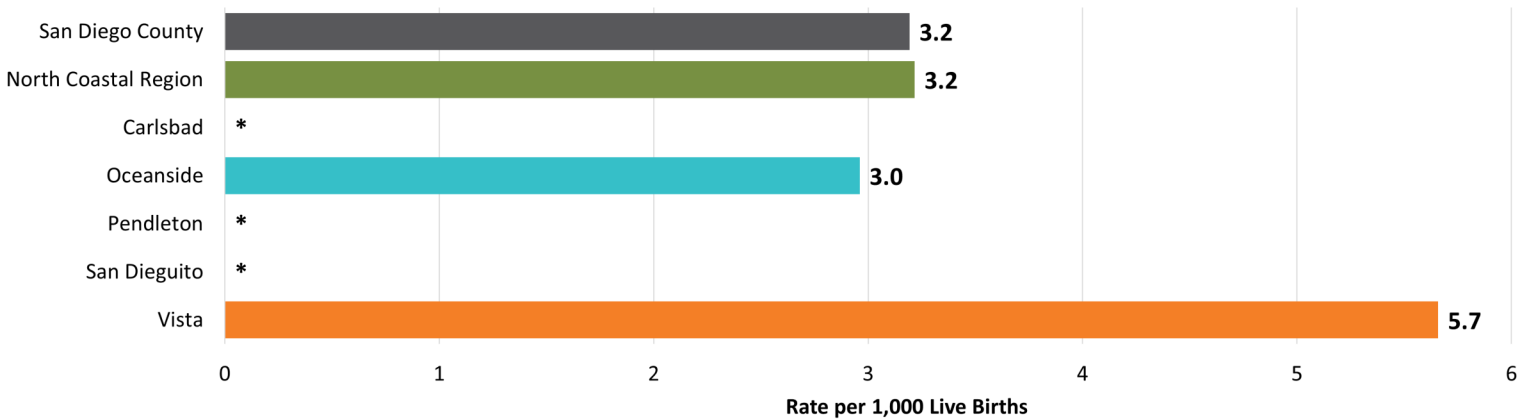
Fetal Mortality Rates in North Coastal Region by Subregional Area (SRA), San Diego County, 2021



*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 Coastal Region (3.2 per 1,000 live births) was similar to that in San Diego County overall (3.2 per 1,000 live births). Among North Coastal Region SRAs, Vista had the highest infant mortality rate (5.7 per 1,000 live births), followed by Oceanside (3.0 per 1,000 live births) in 2020.

Infant Mortality Rates in North Coastal Region by Subregional Area (SRA), San Diego County, 2020



*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 Coastal 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 Coastal Region and its SRAs.

Demographic Characteristics

- In 2021, North Coastal Region was the third most populous region, representing 16.2% of San Diego County's population.
- In San Diego County, North Coastal Region had the highest proportion of residents aged 15-24 years (14.9%) in 2021.

Socioeconomic Factors

- In 2021, North Coastal Region had the second lowest proportion of households who reported receipt of Supplemental Nutrition Assistance Program (SNAP) (11.2%).

Health Outcomes

- In San Diego County, the death, emergency department (ED) discharge, and hospitalization rates in North Coastal Region were among the lowest in 2021.
- Among North Coastal Region SRAs, the death, emergency department (ED) discharge, and hospitalization rates among health indicators were generally higher in Oceanside 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 Coastal Region.



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