



# North Coastal Region Health Status Report Summary



**NOVEMBER 2024**

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*

**November 2024**

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A young man with short brown hair and sunglasses is looking out at the ocean from a boat. He is wearing a white shirt and a watch. The background shows a clear blue sky and the sea.

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# INTRODUCTION

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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 2022 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 2022. 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 leading causes of death in 2022 for North Coastal Region, outlining the relative burden of a specific cause of death compared to other causes.
- 3) **Health Outcomes:** Deaths on this report refer to the underlying cause of death, except for all opioid overdoses, chronic kidney disease, and traumatic brain injury which are multiple cause of death. Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for certain causes of external injury, which may appear anywhere in the medical record. This section summarizes health-related information such as rates of death, emergency department (ED) discharge, and hospitalization for the following groups 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 (2022): NORTH COASTAL REGION

## DEMOGRAPHIC CHARACTERISTICS

**Population:** 532,546

(16.2% of San Diego County's population)

**Age Distribution:**

- 0-4 years old (5.9%)
- 5-14 years old (12.6%)
- 15-24 years old (15.1%)
- 25-44 years old (27.3%)
- 45-64 years old (24.0%)
- 65+ years old (15.1%)

**Median Household Income:** \$112,698

**Population Below 200% Federal Poverty Level (FPL):** 21.6%

**Population with Health Insurance:** 92.5%

**Population with Disability:** 9.6%

**Households Receiving Food Stamps/SNAP/CalFresh:** 5.0%

## MORTALITY MEASURES

**Overall Life Expectancy:** 81.4 years

**Top 5 Leading Causes of Death:**

- 1) Malignant Neoplasms (Cancers)
- 2) Diseases of the Heart
- 3) Accidents/Unintentional Injuries
- 4) Cerebrovascular Diseases (Strokes)
- 5) Alzheimer's Disease

## LEADING HEALTH OUTCOMES

	Death Rate	Emergency Department (ED) Discharge Rate	Hospitalization Rate
Non-Communicable (Chronic) Diseases	Overall Cancer 155.8 per 100,000	Overall Heart Disease 1,485.0 per 100,000	Overall Heart Disease 920.1 per 100,000
Communicable (Infectious) Diseases	COVID-19 35.3 per 100,000	COVID-19 708.0 per 100,000	COVID-19 154.5 per 100,000
Injury Indicators	Poisoning 24.9 per 100,000	Falls 1,623.0 per 100,000	Falls 437.5 per 100,000
Behavioral Health Indicators	All Opioid Overdoses 19.2 per 100,000	Alcohol Related Disorders 255.1 per 100,000	Alcohol Related Disorders 61.0 per 100,000
Alzheimer's Disease and Related Dementias	91.2 per 100,000	21.2 per 100,000	15.6 per 100,000

## Maternal and Child Health Indicators

Total Live Births: 6,219	Preterm Births: 8.5% Low Weight Births: 6.4% Very Low Weight Births: 0.9% Teen Births: 0.4% Received Early Prenatal Care: 90.4%	Infant Mortality Rate (2021): 2.7 per 1,000 Total Live Births Fetal Mortality Rate: 3.7 per 1,000 Live Births and Fetal Deaths
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# DEMOGRAPHIC CHARACTERISTICS

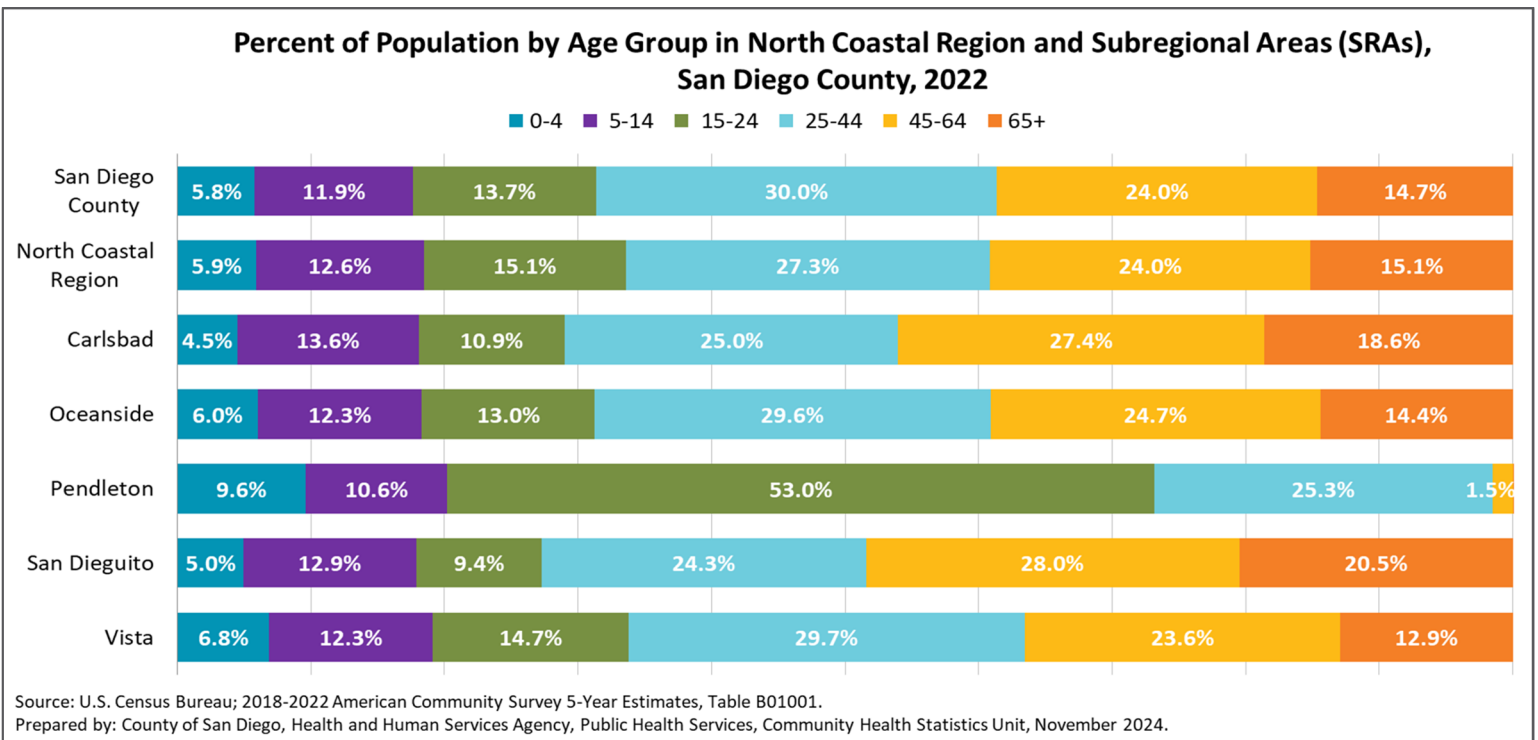
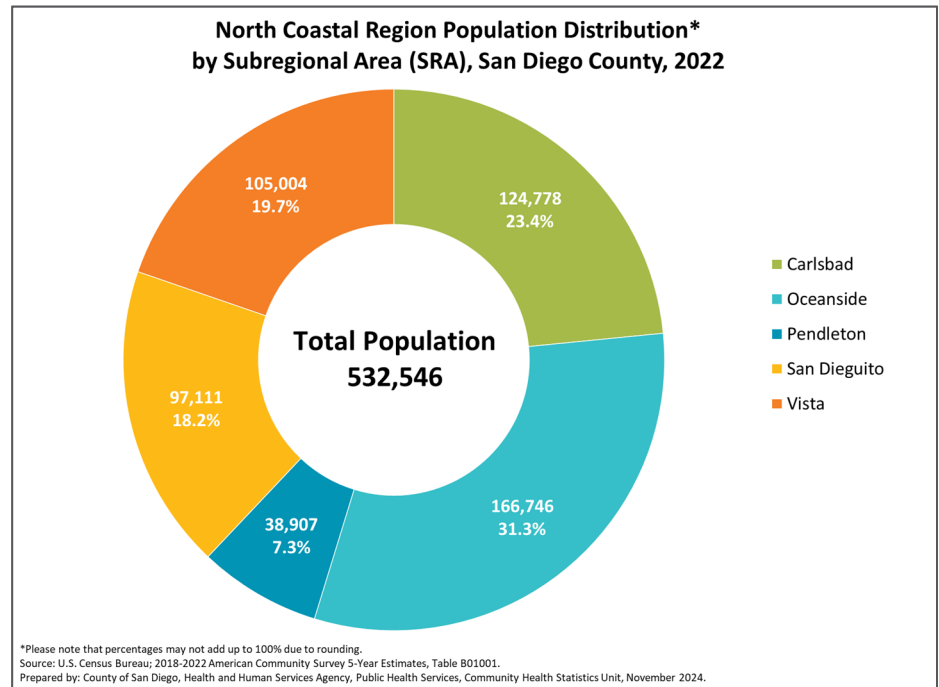
## POPULATION CHARACTERISTICS

In 2022, North Coastal Region was home to an estimated 532,546 residents, representing 16.2% of San Diego County's population (3,289,701).

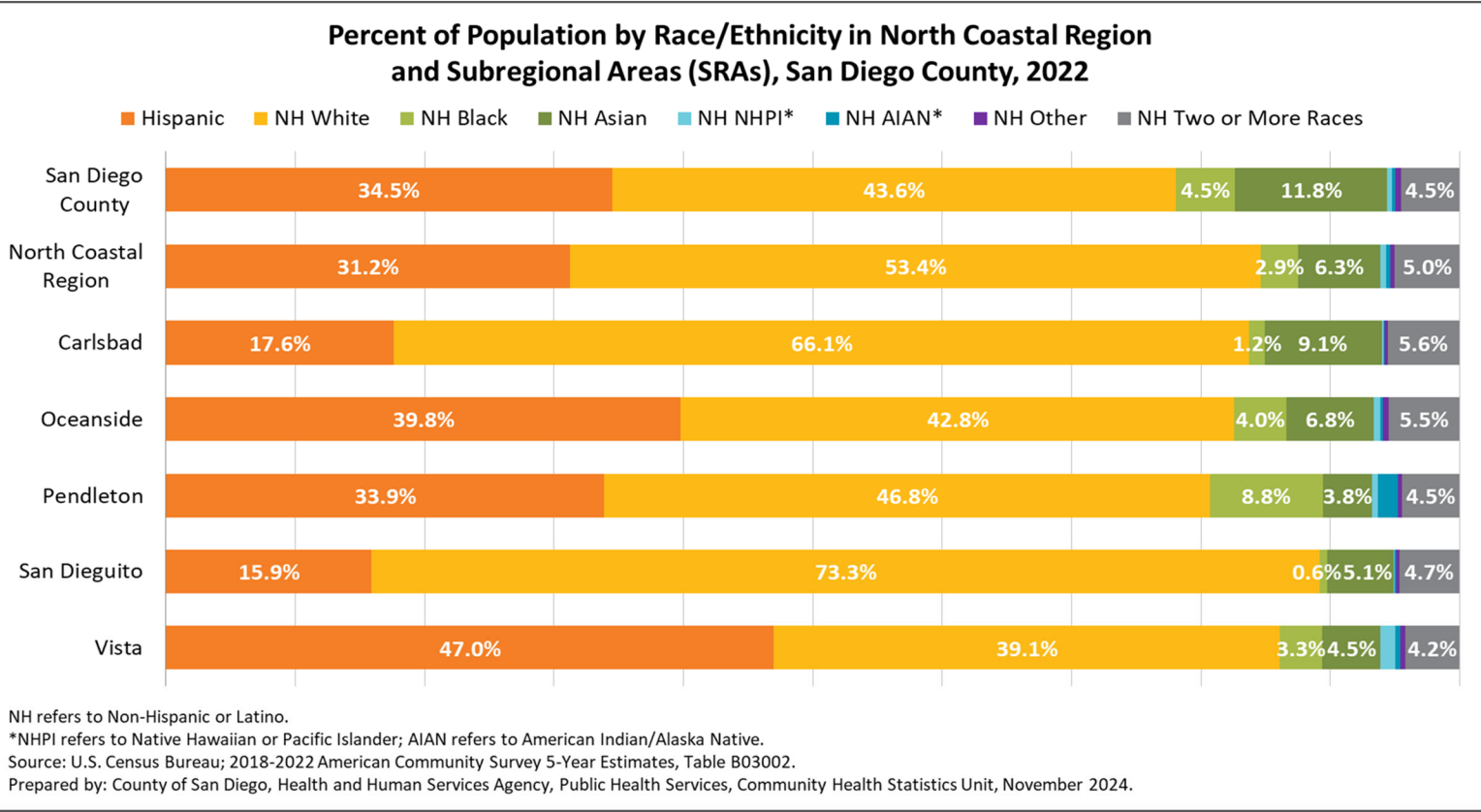
The most populated subregional area (SRA) in North Coastal Region in 2022 was Oceanside (31.3%), followed by Carlsbad (23.4%).

Adults aged 25-44 years old constituted the highest proportion of

North Coastal Region residents (27.3%), followed by residents aged 45-64 years old (24.0%) in 2022. Among North Coastal Region SRAs, Vista had the highest proportion of residents aged 25-44 years old (29.7%), followed by Oceanside (29.6%) in 2022. Notably, in Pendleton SRA, 53.0% of residents were 15-24 years old in 2022. Moreover, San Dieguito SRA had the highest proportion of older adult residents 65 years and older (20.5%).

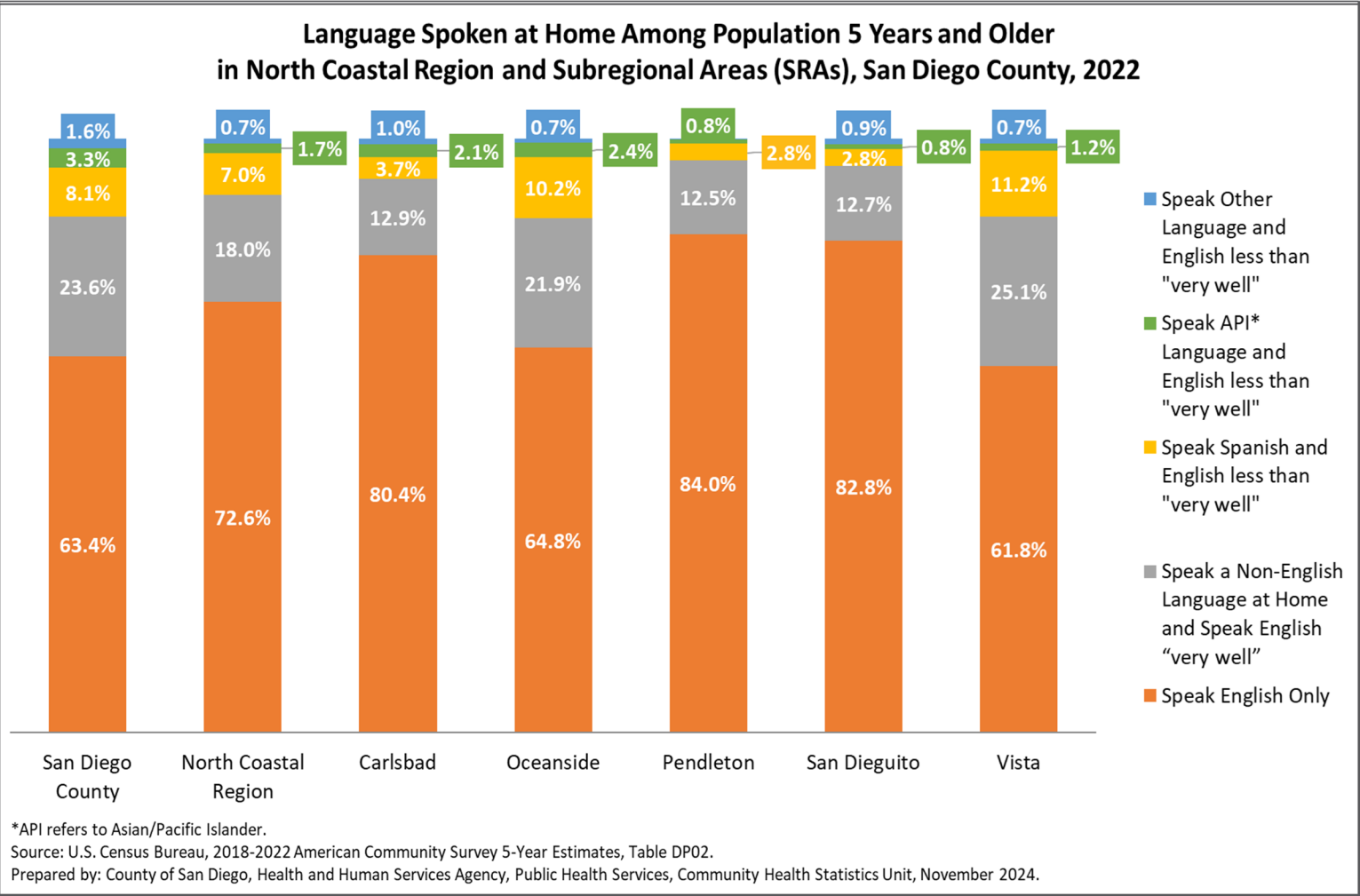


In 2022, residents in North Coastal Region were primarily non-Hispanic (NH) White (53.4%), followed by Hispanic (31.2%), NH Asian (6.3%), NH residents with two or more races (5.0%), NH Black (2.9%), NH Native Hawaiian or Pacific Islander (0.5%), NH Other (0.4%), and NH American Indian/Alaska Native (0.3%). Among North Coastal Region SRAs, Pendleton had the highest proportion of NH Black (8.8%) and NH American Indian/Alaska Native (1.5%) residents than all other North Coastal Region SRAs in 2022. Nearly 3 out of every 4 residents in San Dieguito SRA were NH White (73.3%) and almost half of the residents in Vista SRA were Hispanic (47.0%). Compared to other North Coastal Region SRAs, San Dieguito had the highest proportion of NH White (73.3%) residents, Carlsbad had the highest proportion of NH Asian (9.1%) residents, and Vista had the highest proportion of Hispanic (47.0%) residents in 2022.

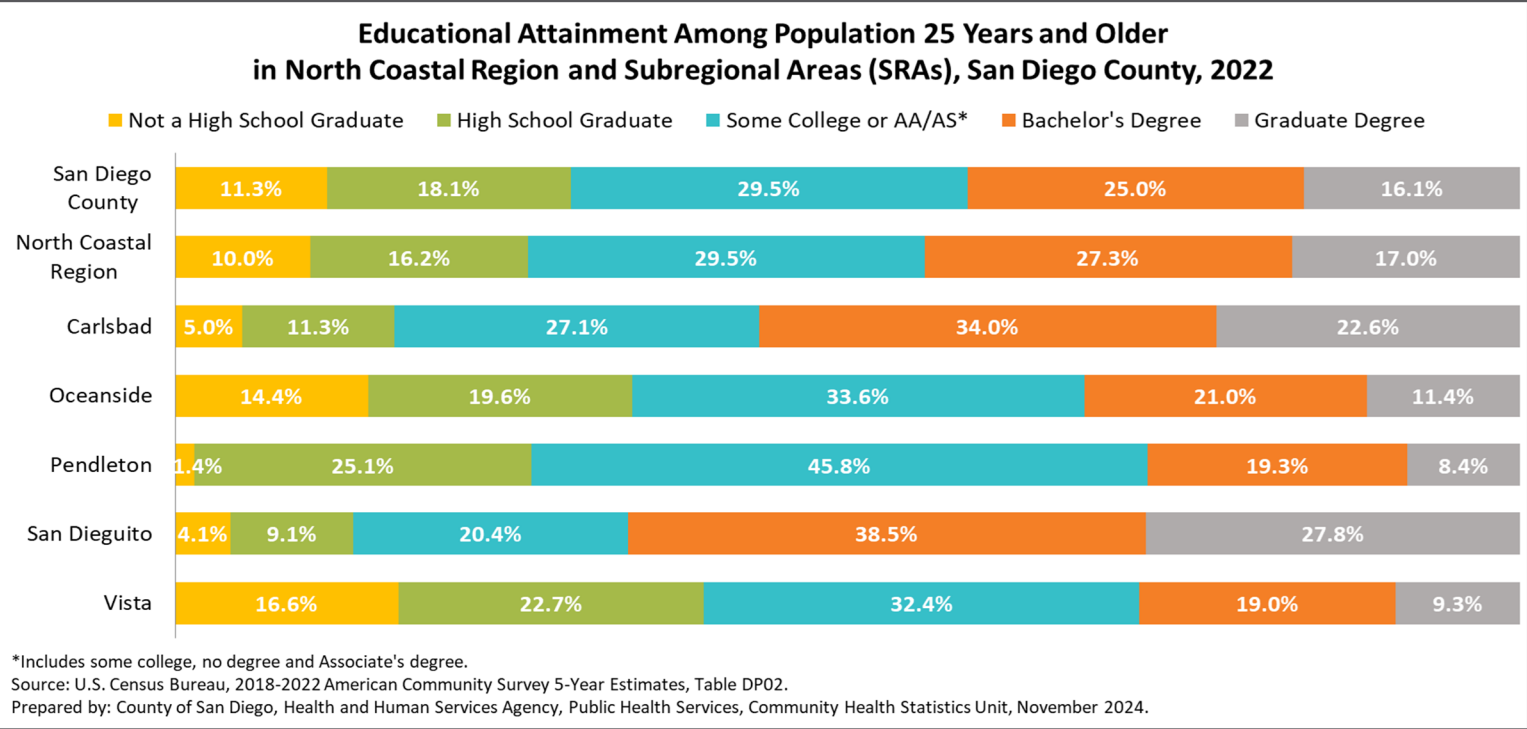




In 2022, nearly 3 out of every 4 (72.6%) residents aged 5 years and older in North Coastal Region spoke only English at home. However, about 1 out of every 5 residents (18.0%), aged 5 years and older, in North Coastal Region spoke English "very well" and another language at home in 2022. Among North Coastal Region SRAs in 2022, Vista (25.1%) had the highest proportion of residents 5 years and older who spoke a non-English language at home and spoke English "very well", followed by Oceanside (21.9%). Compared to other North Coastal Region SRAs in 2022, Vista SRA (11.2%) had the highest proportion of residents aged 5 years and older who spoke Spanish and English less than "very well", followed by Oceanside (10.2%).



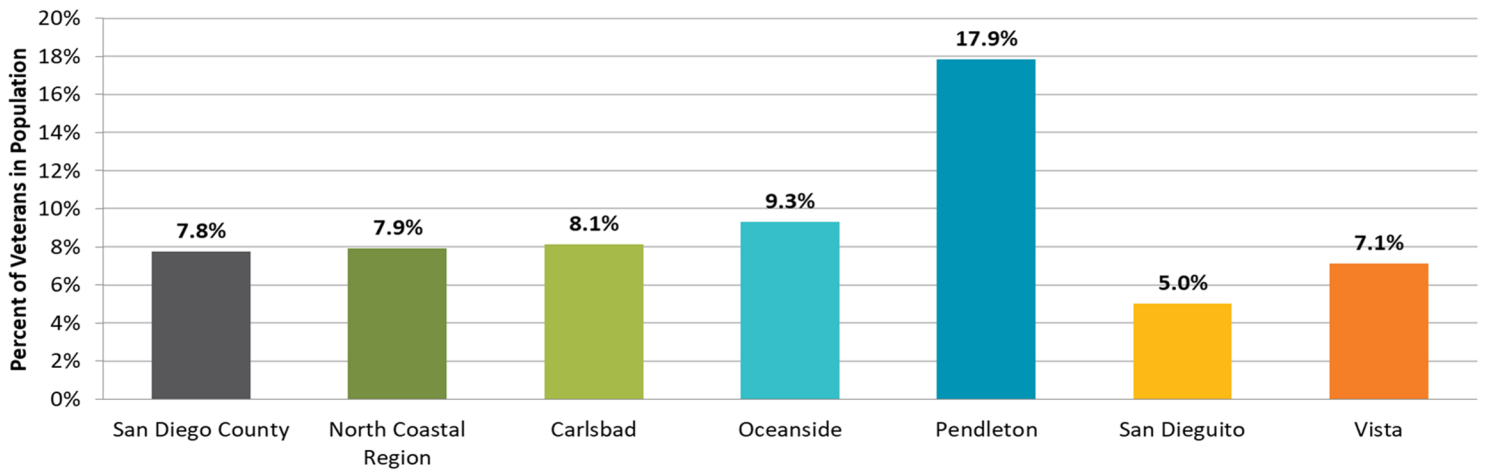
Educational attainment refers to the highest level of education completed in terms of the highest degree, or the highest level of schooling, completed for the population 25 years and older. In 2022, 9 out of every 10 adults (90.0%), aged 25 years and older, had at least a high school diploma or General Educational Diploma (GED), while over 2 out of every 5 adults (44.3%) 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 (16.6%), followed by Oceanside (14.4%) in 2022. Additionally, San Dieguito had the highest proportion of adults 25 years and older with a bachelor's degree or higher (66.3%), followed by Carlsbad (56.6%) among North Coastal Region SRAs in 2022.



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 2022, 7.9% of residents in North Coastal Region were veterans. Among North Coastal Region SRAs, Pendleton had the highest proportion of veterans (17.9%), while San Dieguito had the lowest (5.0%).



**Percentage of Veterans in North Coastal Region and Subregional Areas (SRAs), San Diego County, 2022**

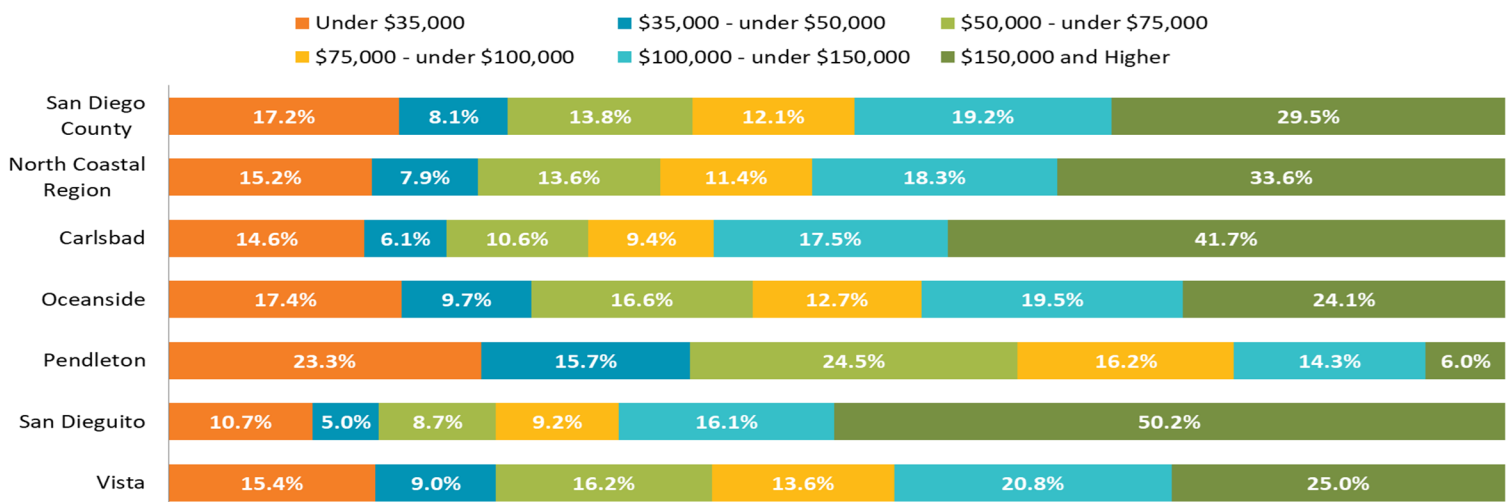


Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table S2101.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

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 2022, 15.2% of households in North Coastal Region had an annual income of less than \$35,000. Excluding Pendleton, a subregional area that includes a substantial military group quarters population with unique demographics, needs, and resources, Oceanside had the highest proportion of households with an annual income of less than \$35,000 (17.4%) among North Coastal Region SRAs.

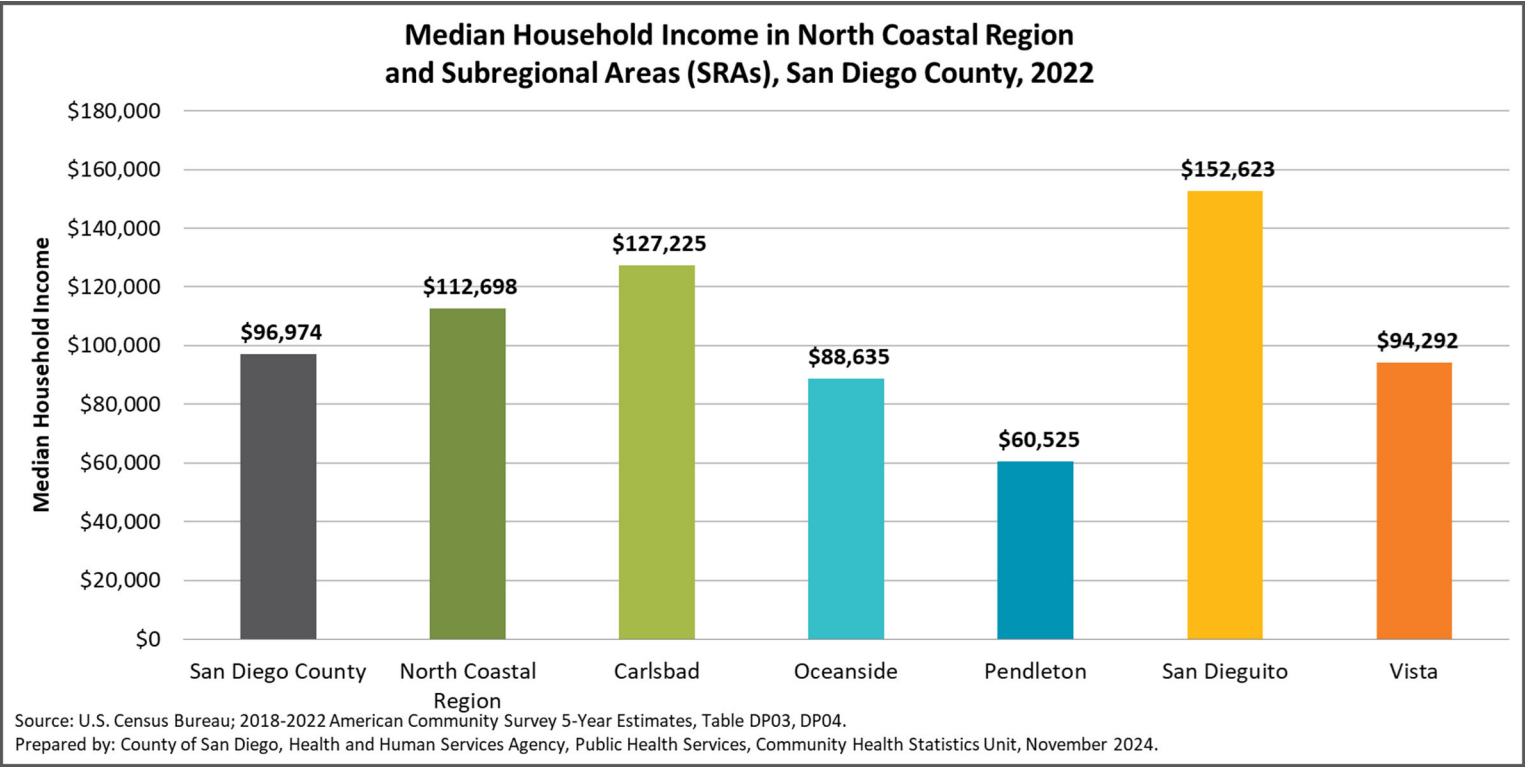
**Percent of Households by Household Income in North Coastal Region and Subregional Areas (SRAs), San Diego County, 2022**



Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table DP03.

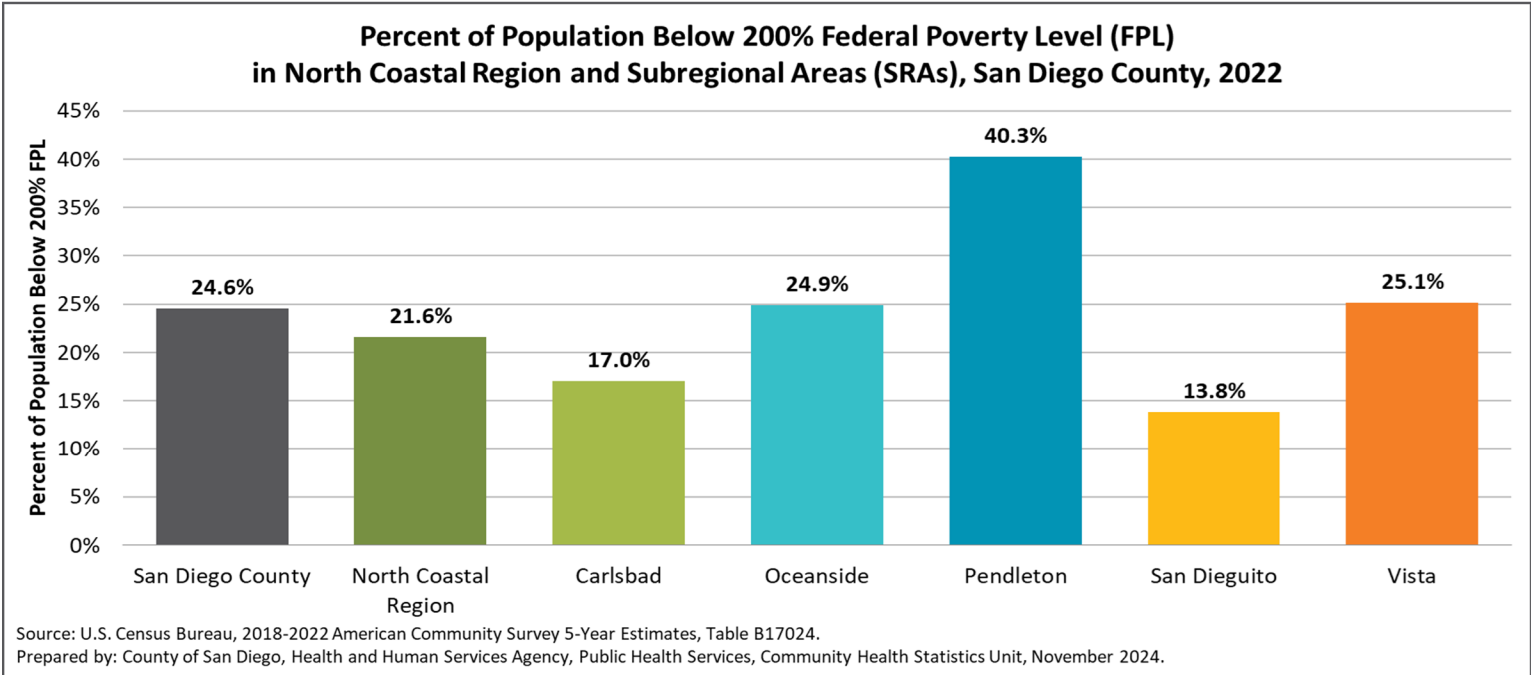
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

The median household income in North Coastal Region was \$112,698 in 2022, which was higher than San Diego County overall (\$96,974). Among North Coastal Region SRAs, San Dieguito had the highest median household income (\$152,623). Excluding Pendleton, a subregional area that includes a substantial military group quarters population with unique demographics, needs, and resources, Oceanside had the lowest median household income (\$88,635) among North Coastal Region SRAs.

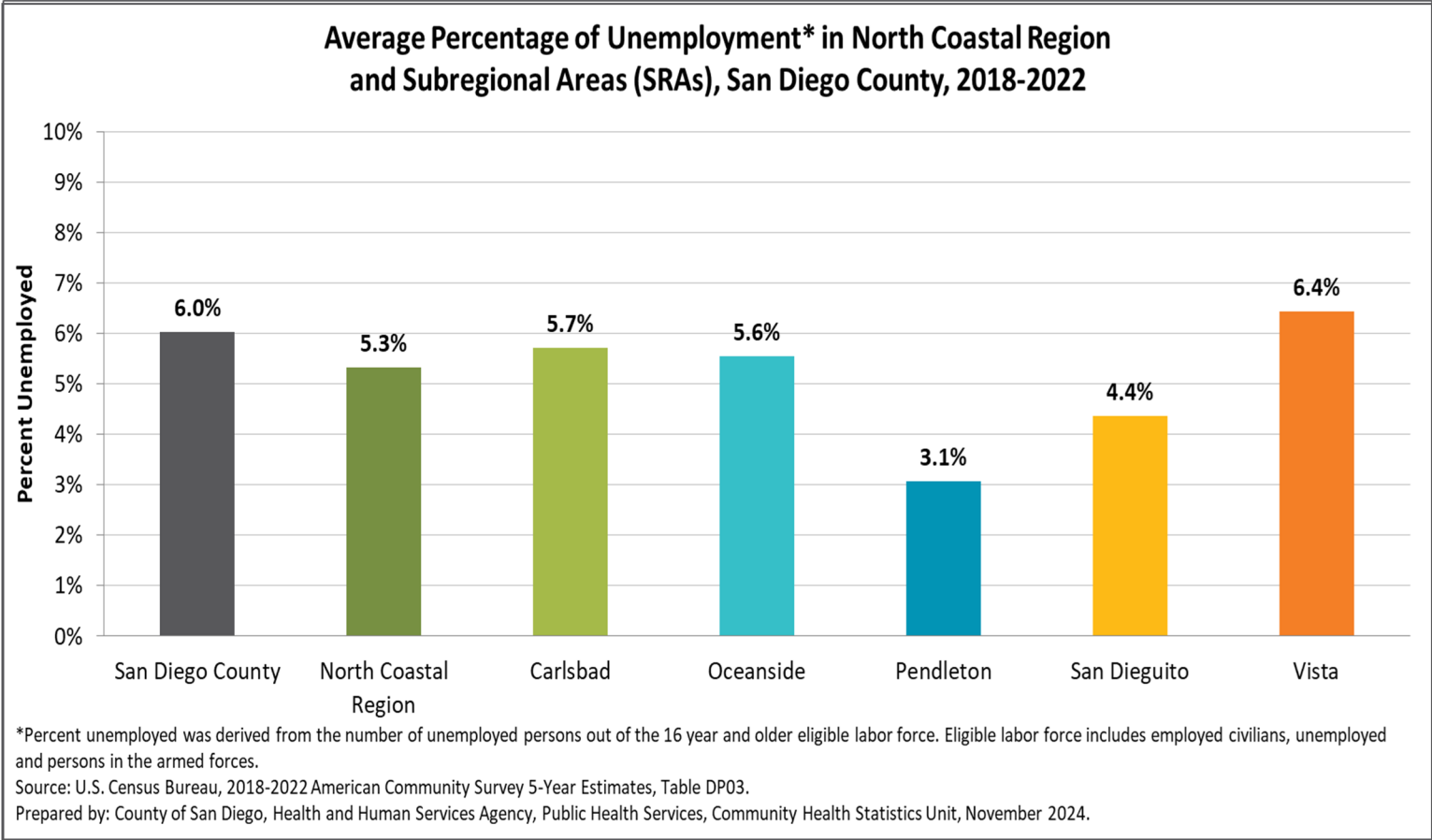




Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In North Coastal Region, over 1 out of every 5 residents (21.6%) lived below 200% FPL in 2022. Excluding Pendleton, a subregional area that includes a substantial military group quarters population with unique demographics, needs, and resources, Vista had the highest proportion of residents (25.1%) that lived below 200% FPL among North Coastal Region SRAs.

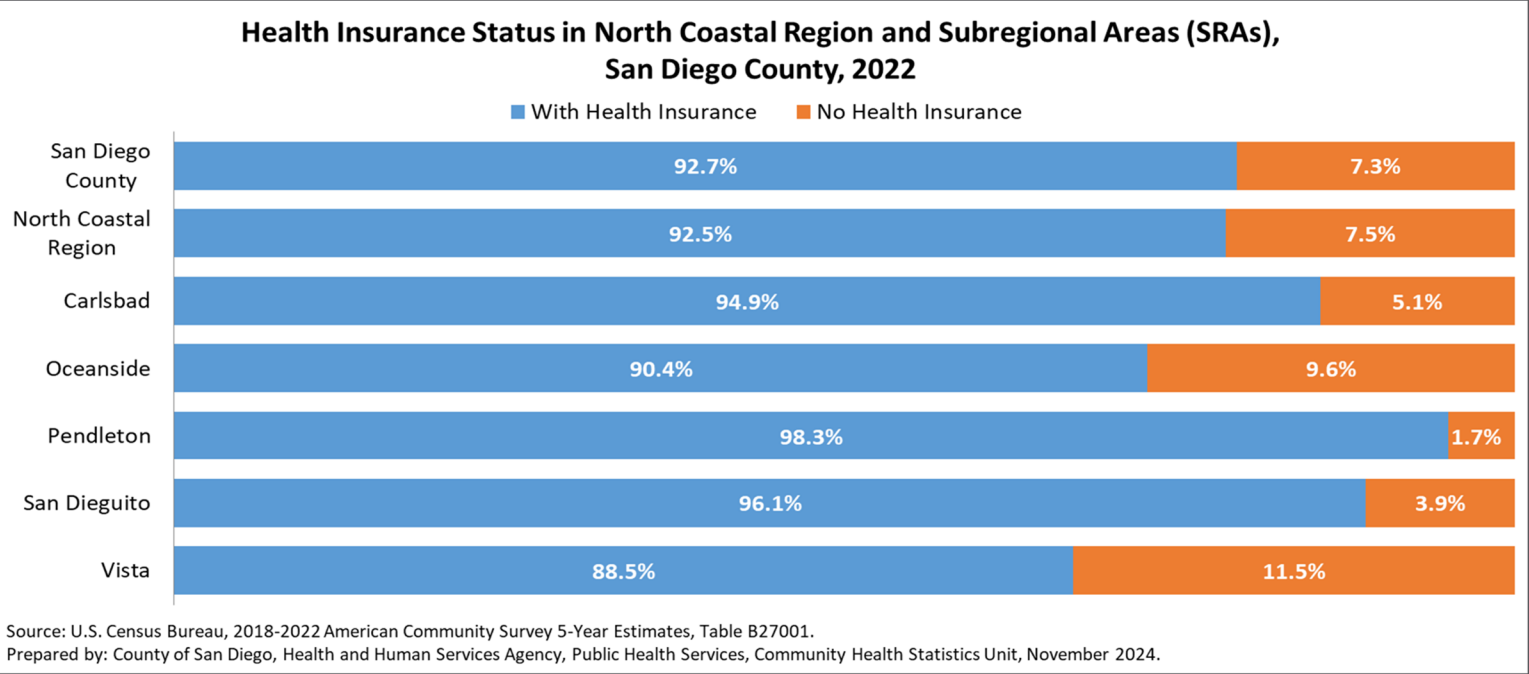


The average 5-year percentage of unemployment was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed persons, and persons in the armed forces. Between 2018-2022, the 5-year average unemployment rate in North Coastal Region was 5.3%, which was lower than San Diego County overall (6.0%). Among North Coastal Region SRAs, Vista had the highest 5-year average unemployment rate (6.4%). Excluding Pendleton, a subregional area that includes a substantial military group quarters population with unique demographics, needs, and resources, San Dieguito had the lowest 5-year average unemployment (4.4%) among North Coastal Region SRAs.

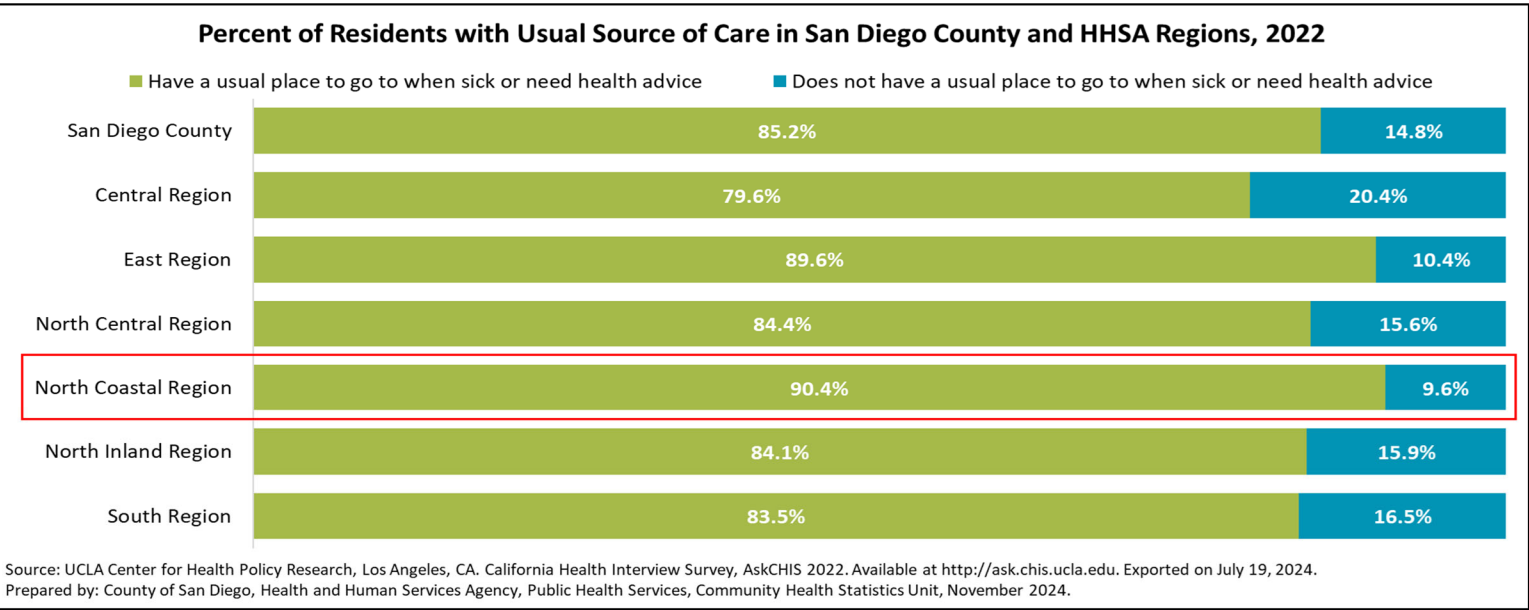


## INSURANCE, ACCESS, AND UTILIZATION

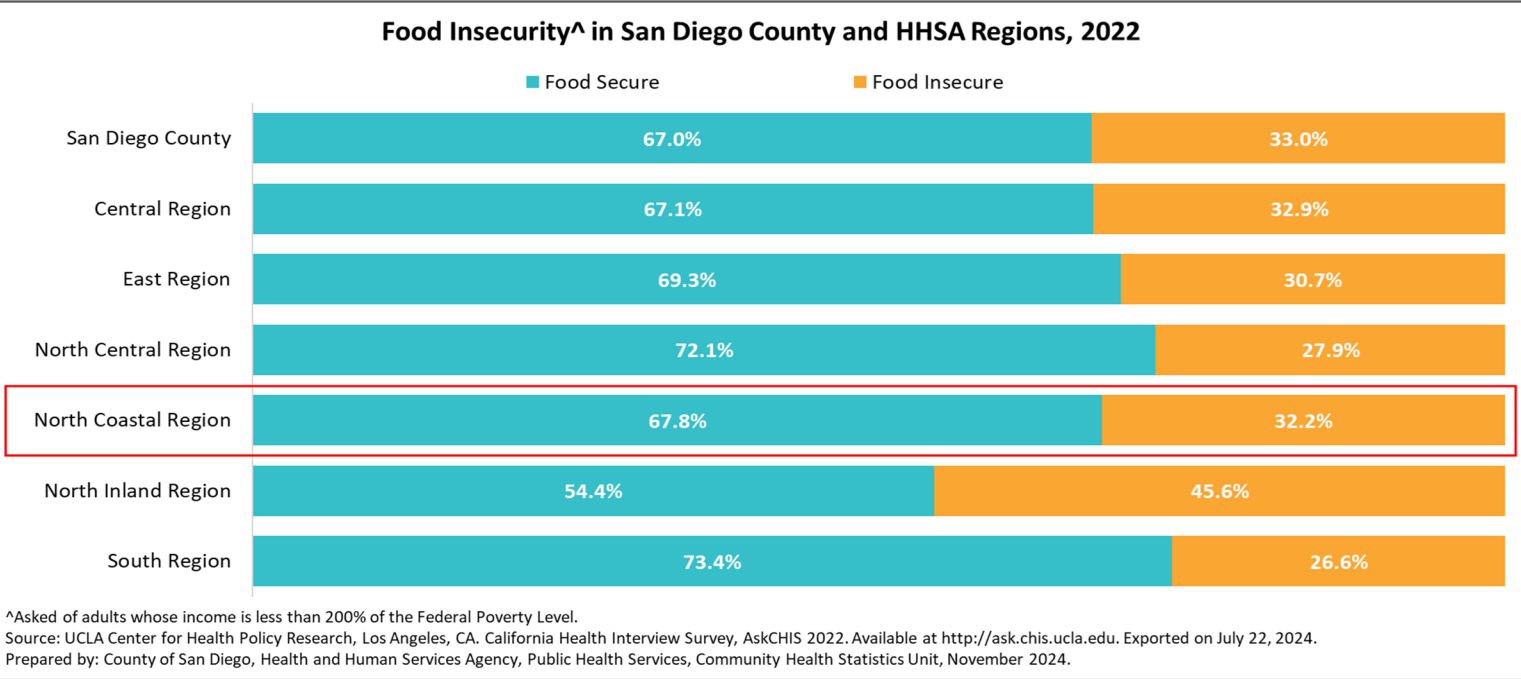
In 2022, 92.5% of residents in North Coastal Region were insured through private or public programs, while 7.5% had no health insurance coverage. Among North Coastal Region subregional areas (SRAs), Vista had the highest proportion of residents without health insurance (11.5%), followed by Oceanside (9.6%).



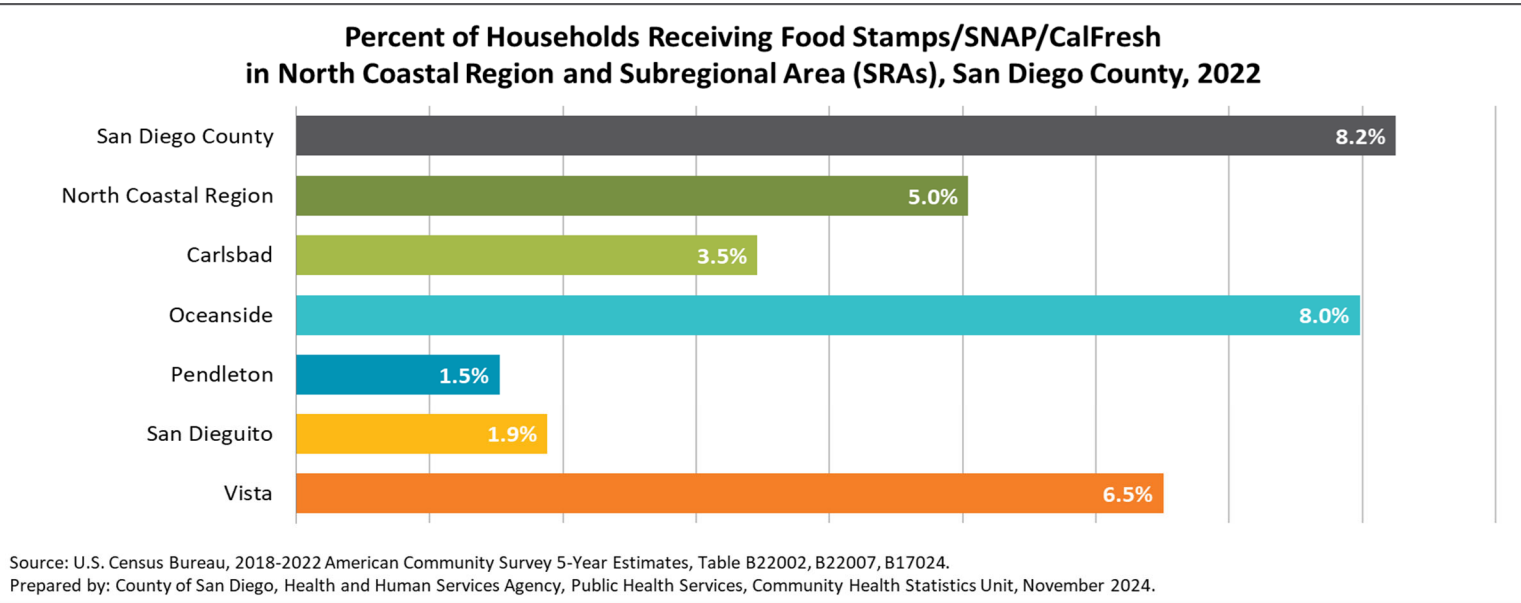
In 2022, 9 out of every 10 residents (90.4%) in North Coastal Region reported having a usual place to go when sick or needing health advice, the highest proportion compared to all other HHSA regions. Nevertheless, 9.6% of residents in North Coastal Region reported not having a usual place to go when sick or needing health advice in 2022.



In 2022, nearly 7 out of every 10 adults (67.8%) in North Coastal Region, with income less than 200% of the Federal Poverty Level (FPL), reported having food security. However, nearly one third of adults, with income less than 200% FPL, reported an inability to afford enough food (32.2%) in 2022.

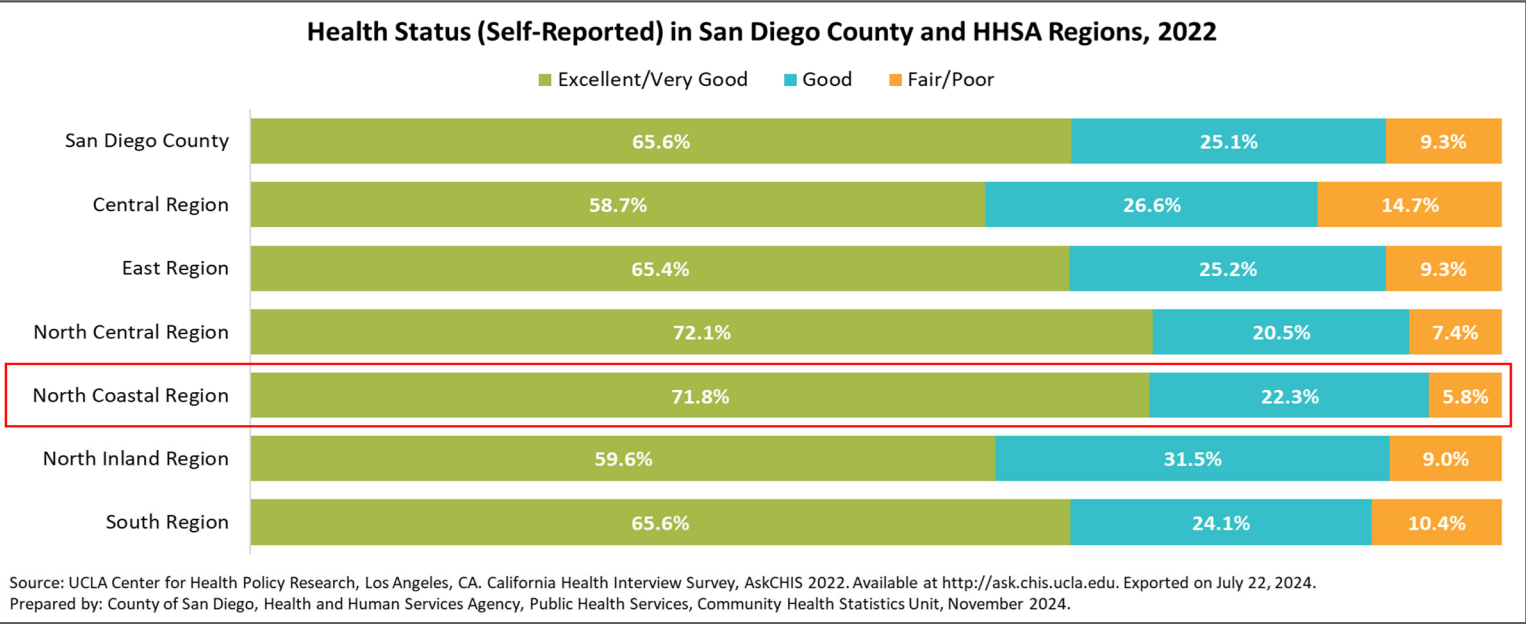


Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, is a federally-funded program aimed to increase the potential of a nutritious diet in low-income households. In 2022, 5.0% of all households in North Coastal Region reported receipt of SNAP. Among North Coastal Region SRAs, Oceanside had the highest proportion of households who reported receipt of SNAP (8.0%), followed by Vista (6.5%).





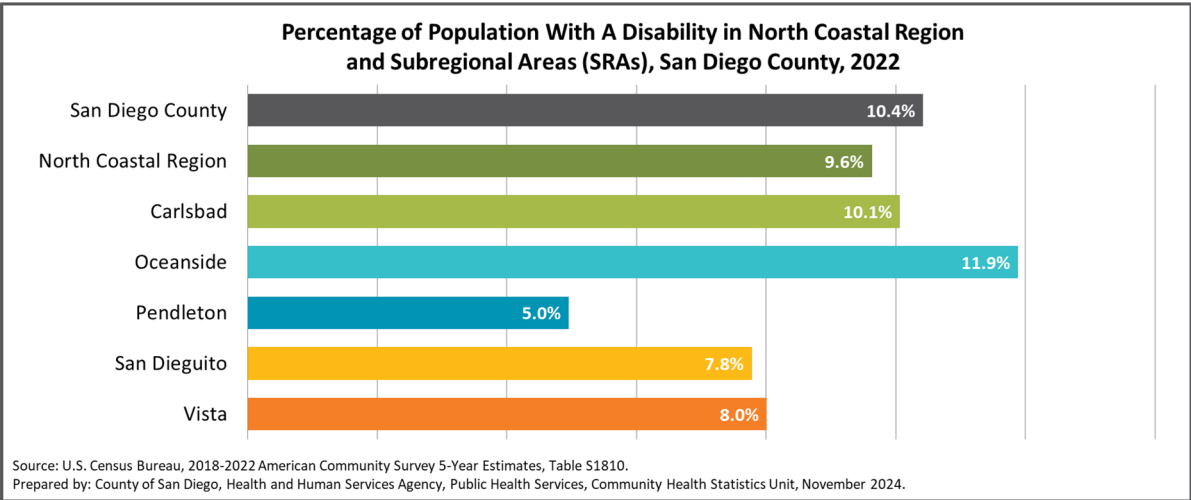
In 2022, most residents in North Coastal Region reported having excellent/very good health (71.8%) or good health (22.3%). In North Coastal Region, 5.8% of residents reported having fair or poor health, the lowest proportion compared to other HHSA regions in 2022.



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 2022, 9.6% of North Coastal Region residents reported having one or more disabilities. Among North Coastal Region subregional areas (SRAs),

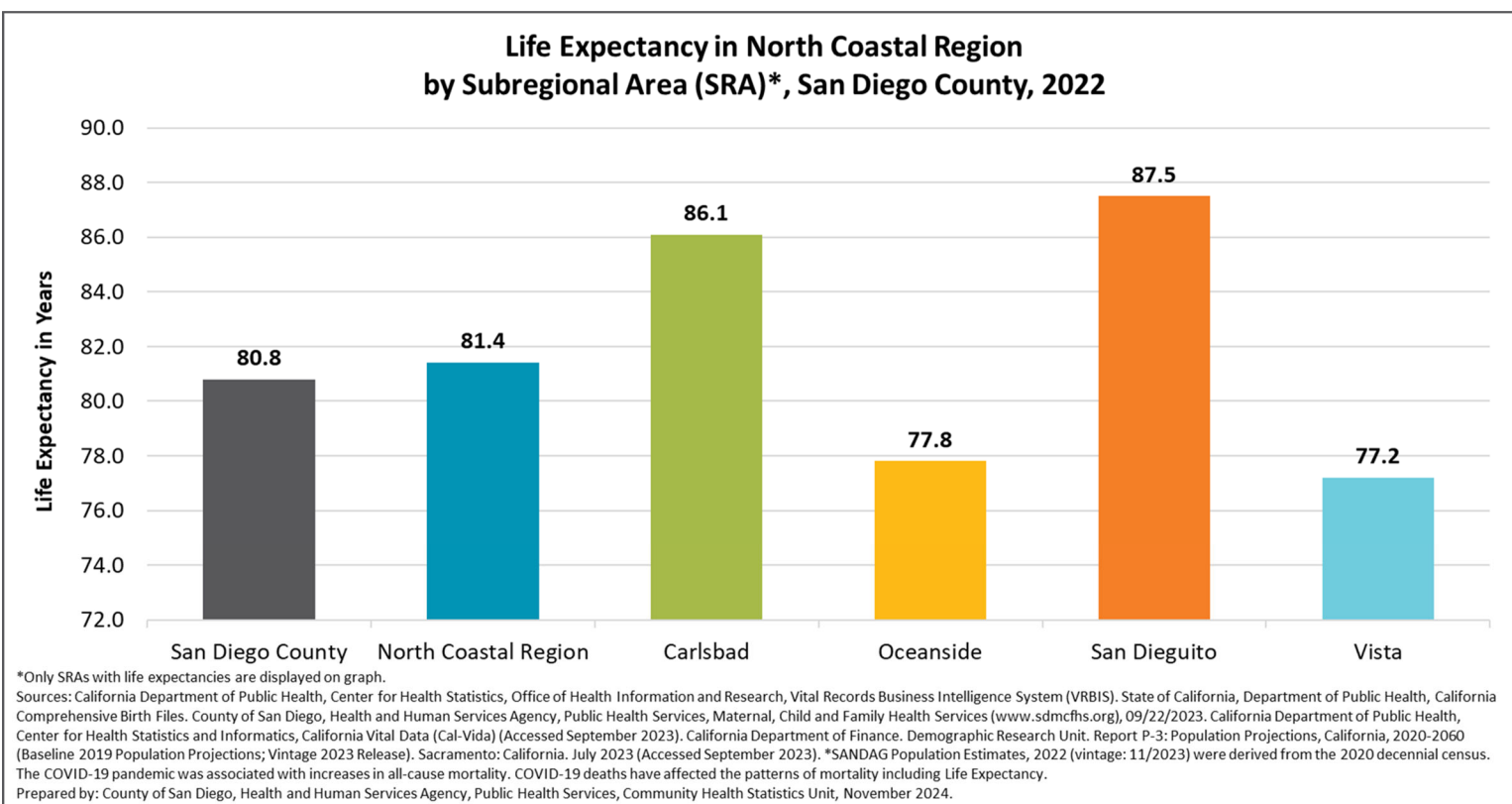
Oceanside had the highest proportion of the population with a disability (11.9%), which was higher than North Coastal Region (9.6%) and San Diego County overall (10.4%) in 2022.



# MORTALITY MEASURES

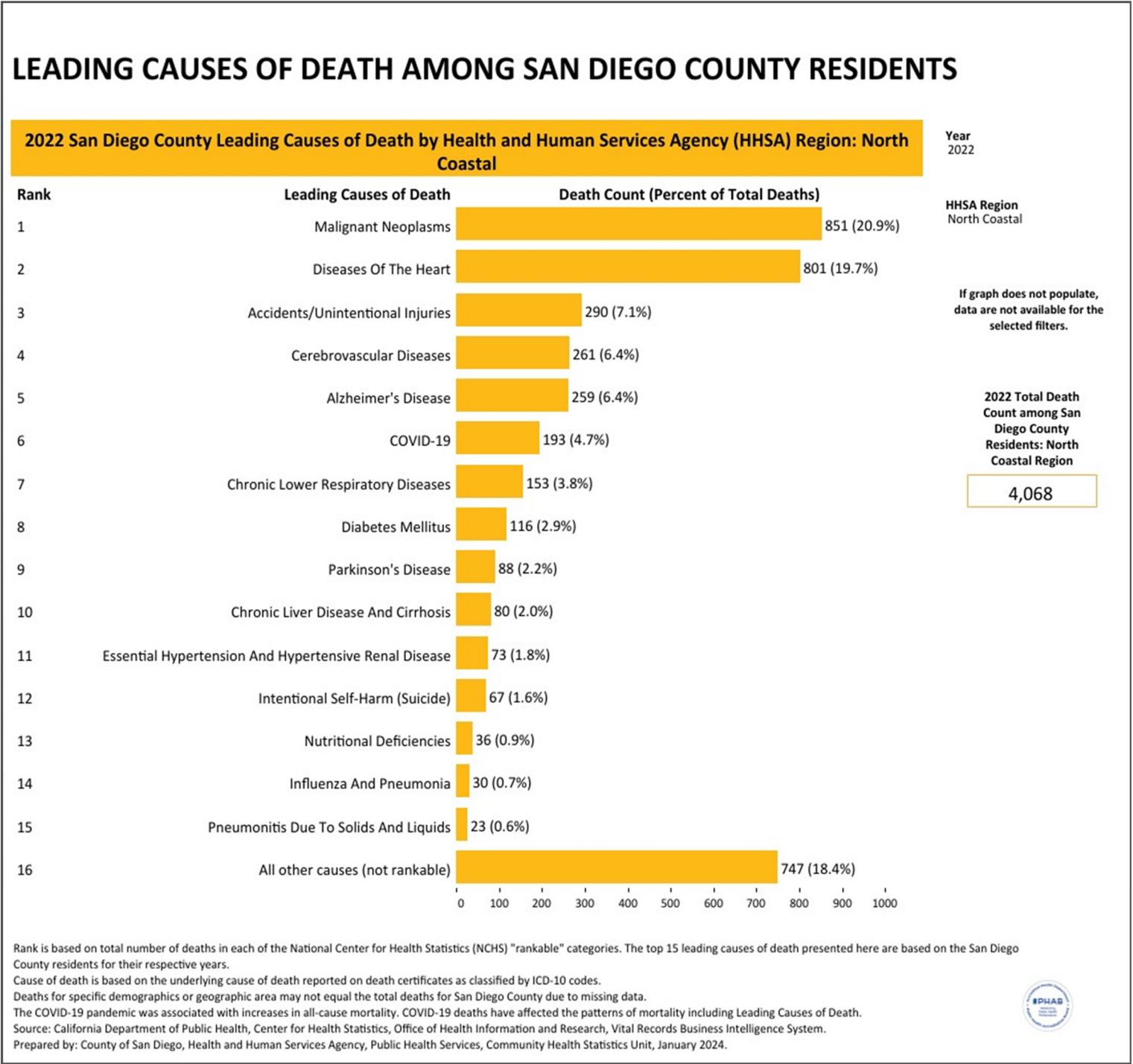
## LIFE EXPECTANCY

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 2022, a baby born in San Diego County had a life expectancy of 80.8 years, while a baby born in North Coastal Region had a life expectancy of 81.4 years. Among North Coastal Region subregional areas (SRAs), Vista had the lowest life expectancy (77.2 years), followed by Oceanside (77.8 years). On the other hand, San Dieguito SRA (87.5 years) and Carlsbad SRA (86.1 years) had higher life expectancies than North Coastal Region (81.4 years) and San Diego County overall (80.8 years).



# 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 2022, malignant neoplasms (cancer) was the number one leading cause of death in North Coastal Region, followed by diseases of the heart. In North Coastal Region, 4 out of the top 5 leading causes of death were non-communicable (chronic) diseases (cancer, heart disease, stroke, and Alzheimer’s Disease).

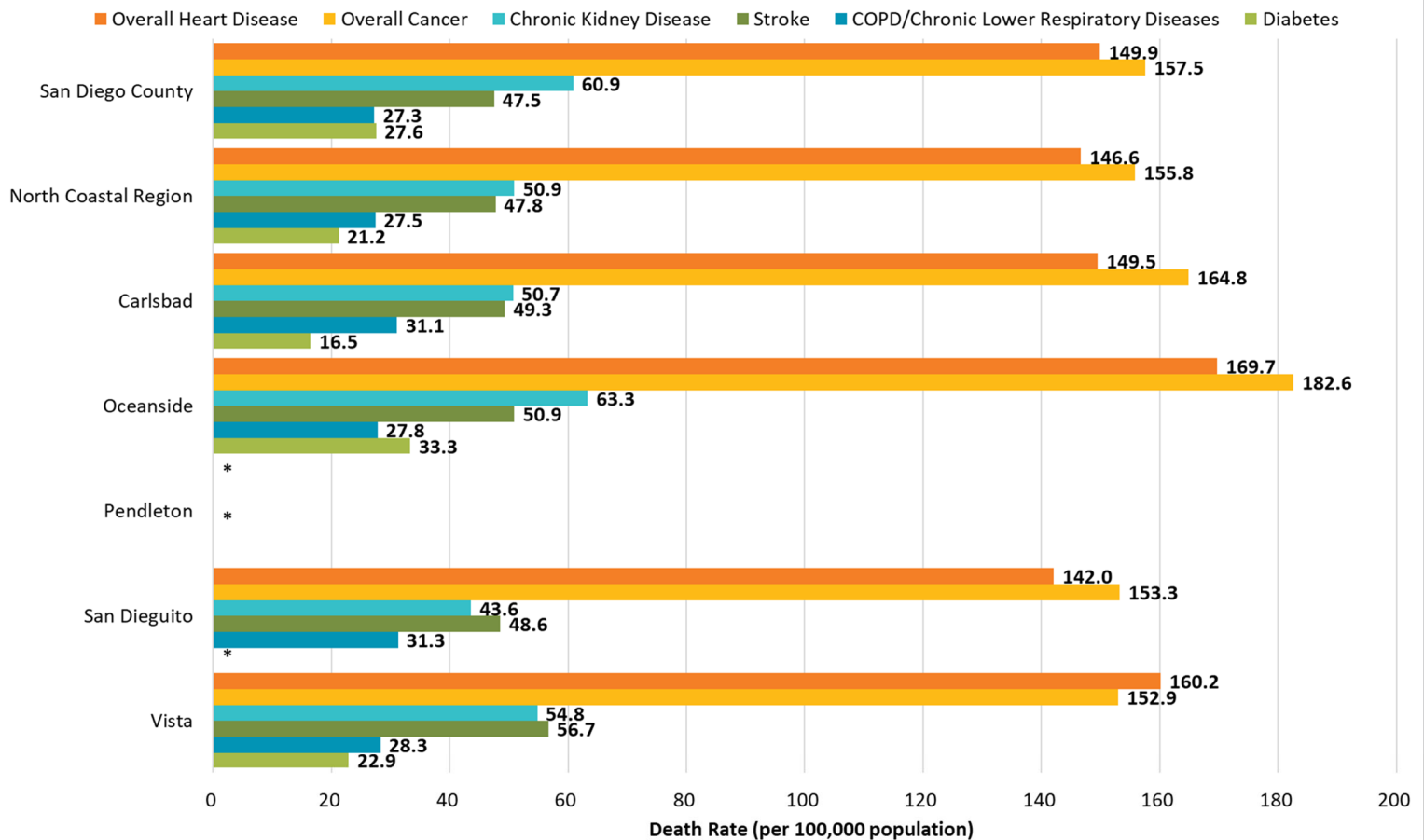


# HEALTH OUTCOMES

## NON-COMMUNICABLE (CHRONIC) DISEASES

In North Coastal Region and its subregional areas (SRAs), the highest death rates among non-communicable (chronic) diseases were due to overall cancer and overall heart disease in 2022. Among North Coastal Region SRAs, Oceanside had the highest death rates due to overall cancer (182.6 per 100,000), overall heart disease (169.7 per 100,000), chronic kidney disease (63.3 per 100,000), and diabetes (33.3 per 100,000). Moreover, Vista SRA had the highest death rate due to stroke (56.7 per 100,000) compared to all other North Coastal Region SRAs.

**Non-Communicable (Chronic) Disease Death Rates in North Coastal Region  
by Subregional Area (SRA), San Diego County, 2022**



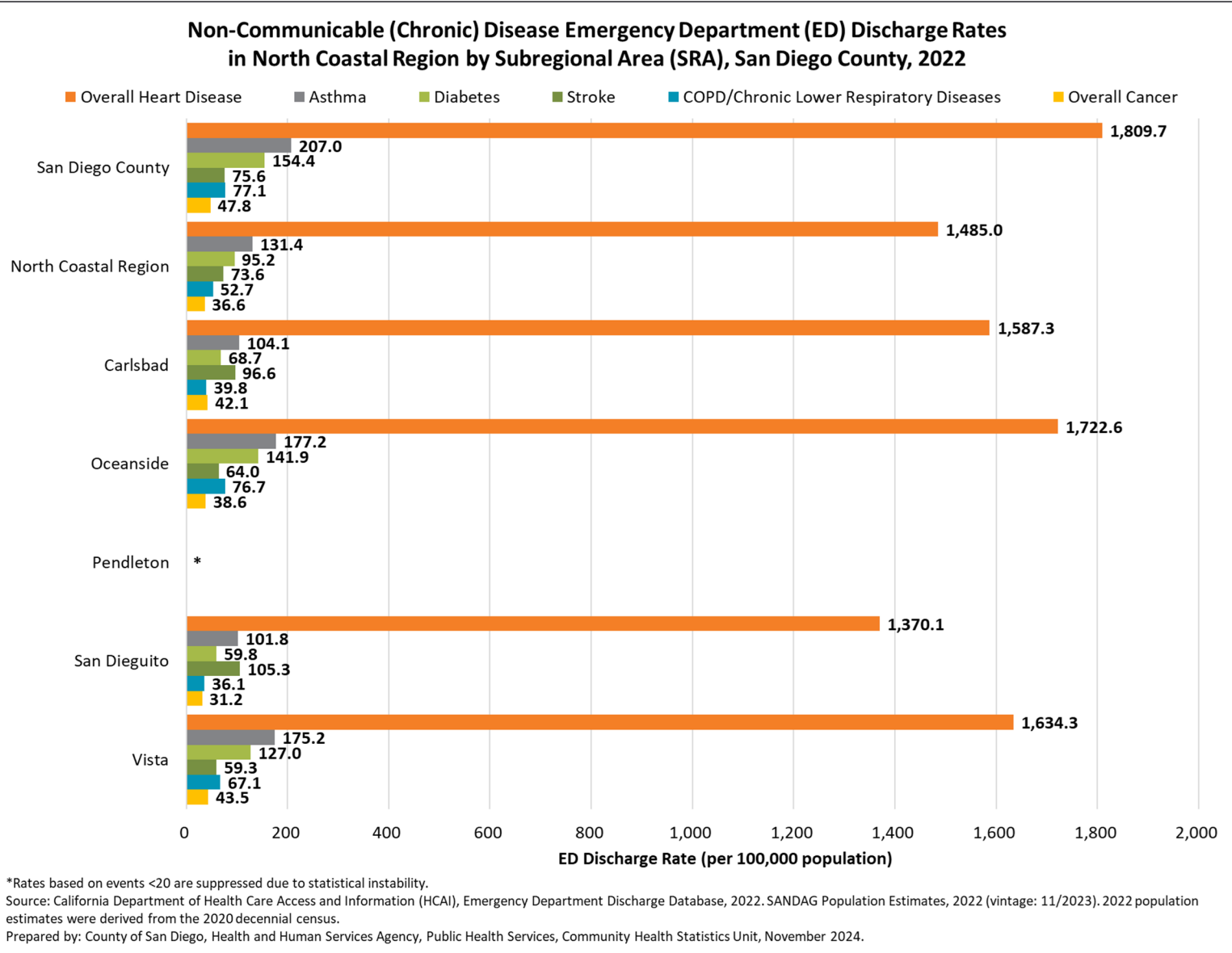
\*Rates based on events <20 are suppressed due to statistical instability.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 population estimates were derived from the 2020 decennial census.

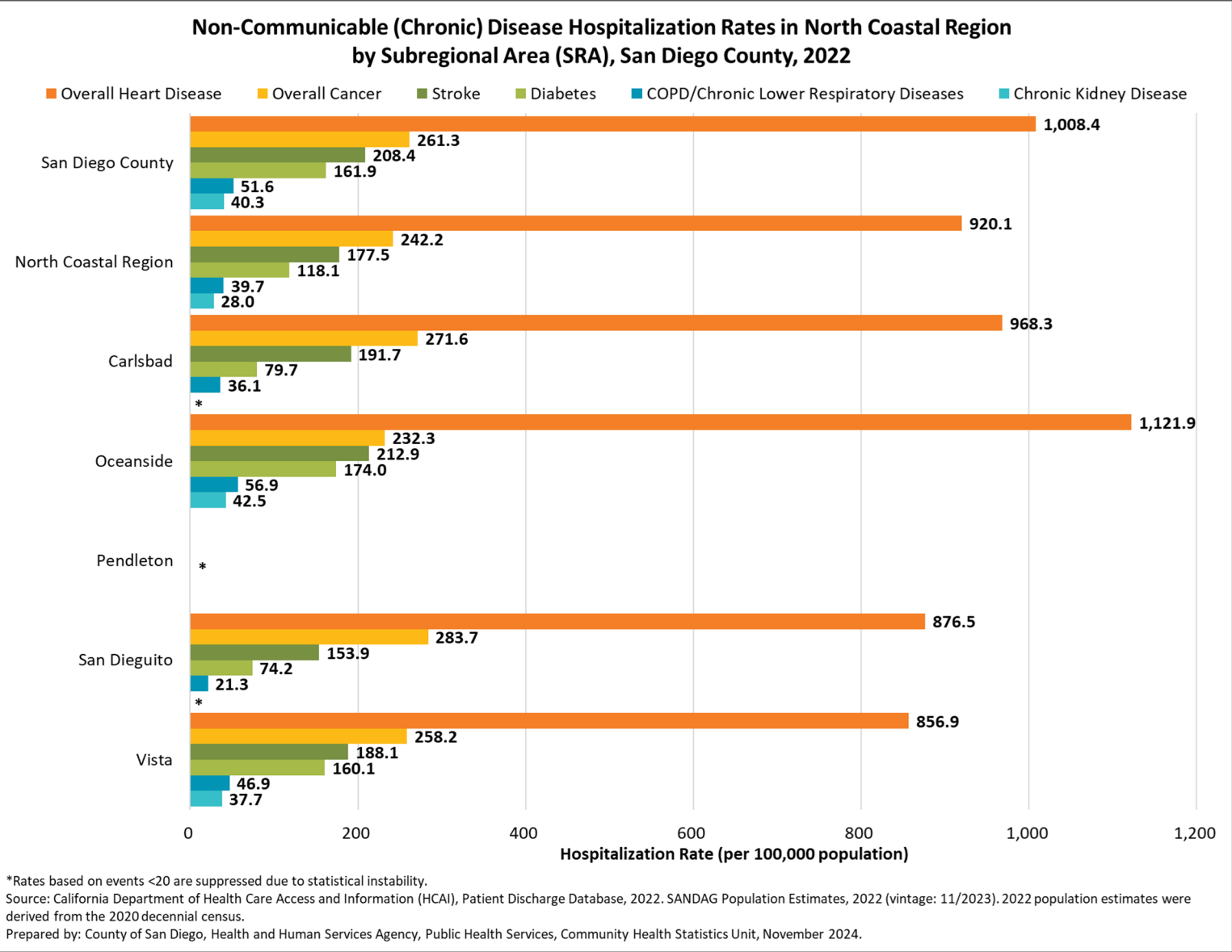
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.



In 2022, 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, Oceanside had the highest ED discharge rates due to overall heart disease (1,722.6 per 100,000), asthma (177.2 per 100,000), diabetes (141.9 per 100,000), and COPD/chronic lower respiratory diseases (76.7 per 100,000). Moreover, San Dieguito SRA had the highest ED discharge rate due to stroke (105.3 per 100,000) compared to other North Coastal Region SRAs. In 2022, Vista SRA had the second-highest ED discharge rates due to overall heart disease, asthma, diabetes, COPD/chronic lower respiratory diseases, and the highest ED discharge rate due to overall cancer (43.5 per 100,000) compared to all other North Coastal Region SRAs.

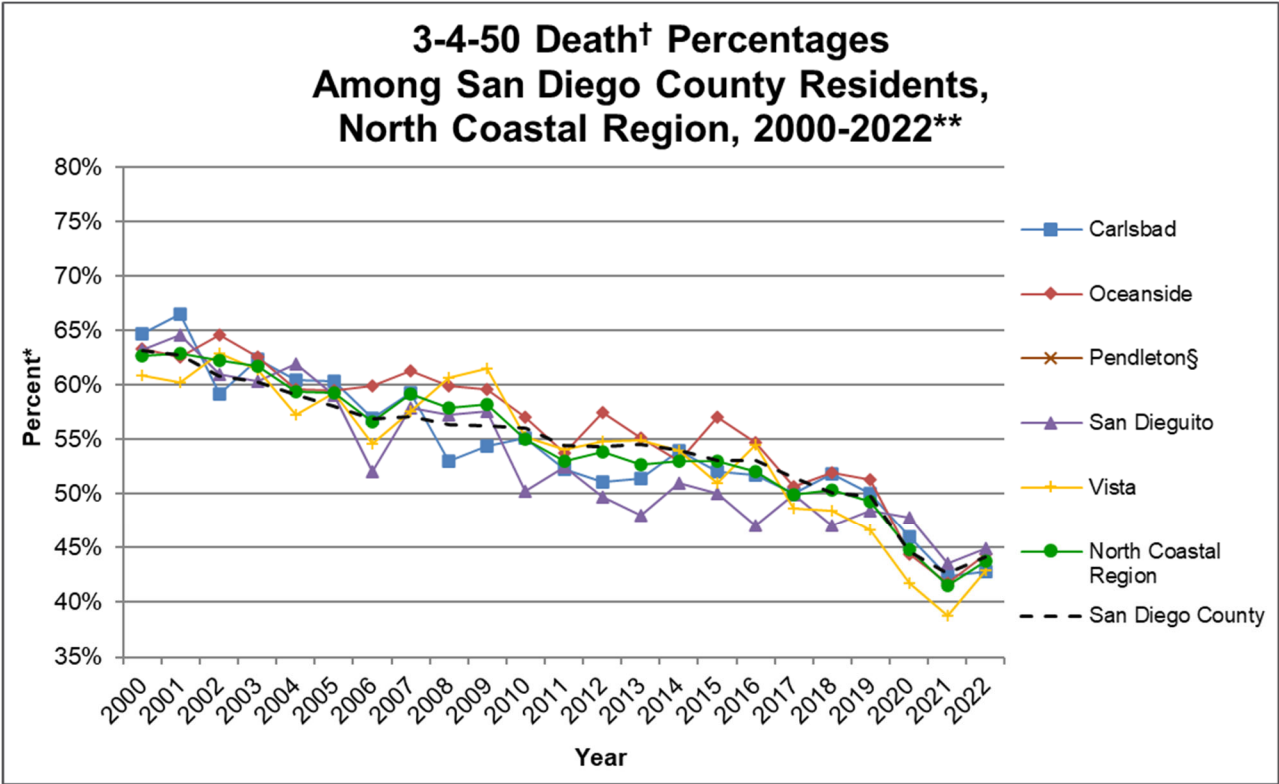


In North Coastal Region and its SRAs, the highest hospitalization rate among non-communicable (chronic) diseases were due to overall heart disease in 2022. Among North Coastal SRAs, Oceanside had the highest hospitalization rates due to overall heart disease (1,121.9 per 100,000), stroke (212.9 per 100,000), diabetes (174.0 per 100,000), chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases (56.9 per 100,000), and chronic kidney disease (42.5 per 100,000), all of which were higher than North Coastal Region and San Diego County. In 2022, San Dieguito SRA had the highest hospitalization rate due to overall cancer (283.7 per 100,000), compared to all other North Coastal SRAs. Additionally, Vista SRA had the second highest hospitalization rate due to diabetes, COPD/chronic lower respiratory diseases, and chronic kidney disease compared to all other North Coastal SRAs in 2022.



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 2022. In 2022, stroke, coronary heart disease (CHD), diabetes, chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases, asthma, and cancer caused 44% 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 2022. Additionally, Carlsbad SRA had the greatest decrease (33.9%) in the percentage of deaths due to 3-4-50 chronic diseases, from 65% in 2000 to 43% in 2022.



\*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 low er respiratory diseases (COPD/chronic low er respiratory diseases).

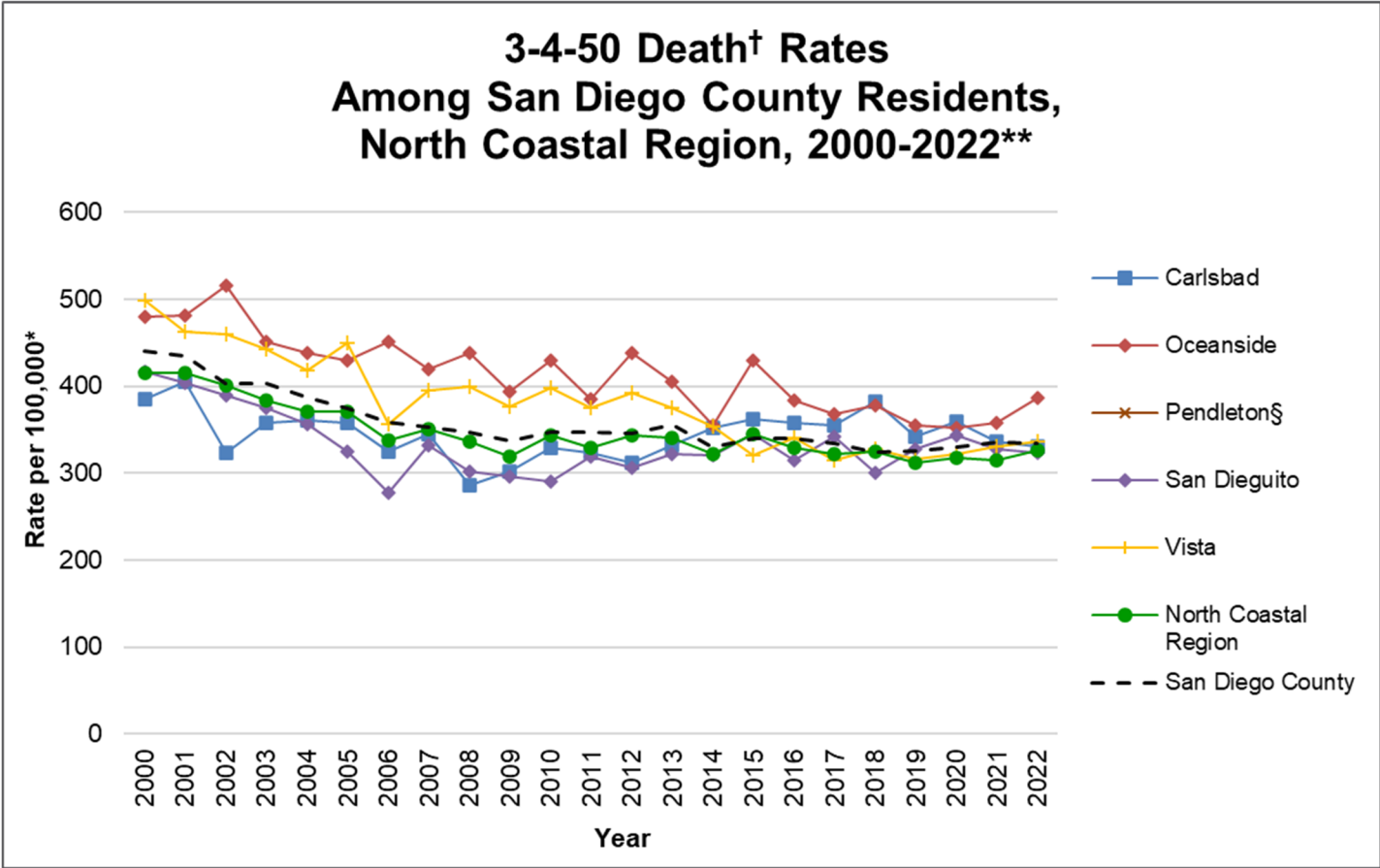
§Percents not calculated for few er than 5 events for the years 2000 to 2019. Percents not calculated for few er than 11 events for the years 2020-2022. Percents not calculated in cases w here zip code is unknown.

\*\*The COVID-19 pandemic w as associated w ith 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, 2014-2022 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, January 2024.

Overall, the death rates due to 3-4-50 chronic diseases decreased in North Coastal Region and its SRAs from 2000 to 2022. Among North Coastal Region SRAs, Oceanside had the highest death rate due to 3-4-50 chronic diseases (386.7 per 100,000) in 2022, while San Dieguito had the lowest (323.3 per 100,000). Moreover, from 2000-2022, Vista SRA had the greatest decrease (32.4%) in the death rate due to 3-4-50 chronic diseases, while Carlsbad had the least (14.1%).



\*Rates per 100,000 population.

†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 2020-2022. 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.

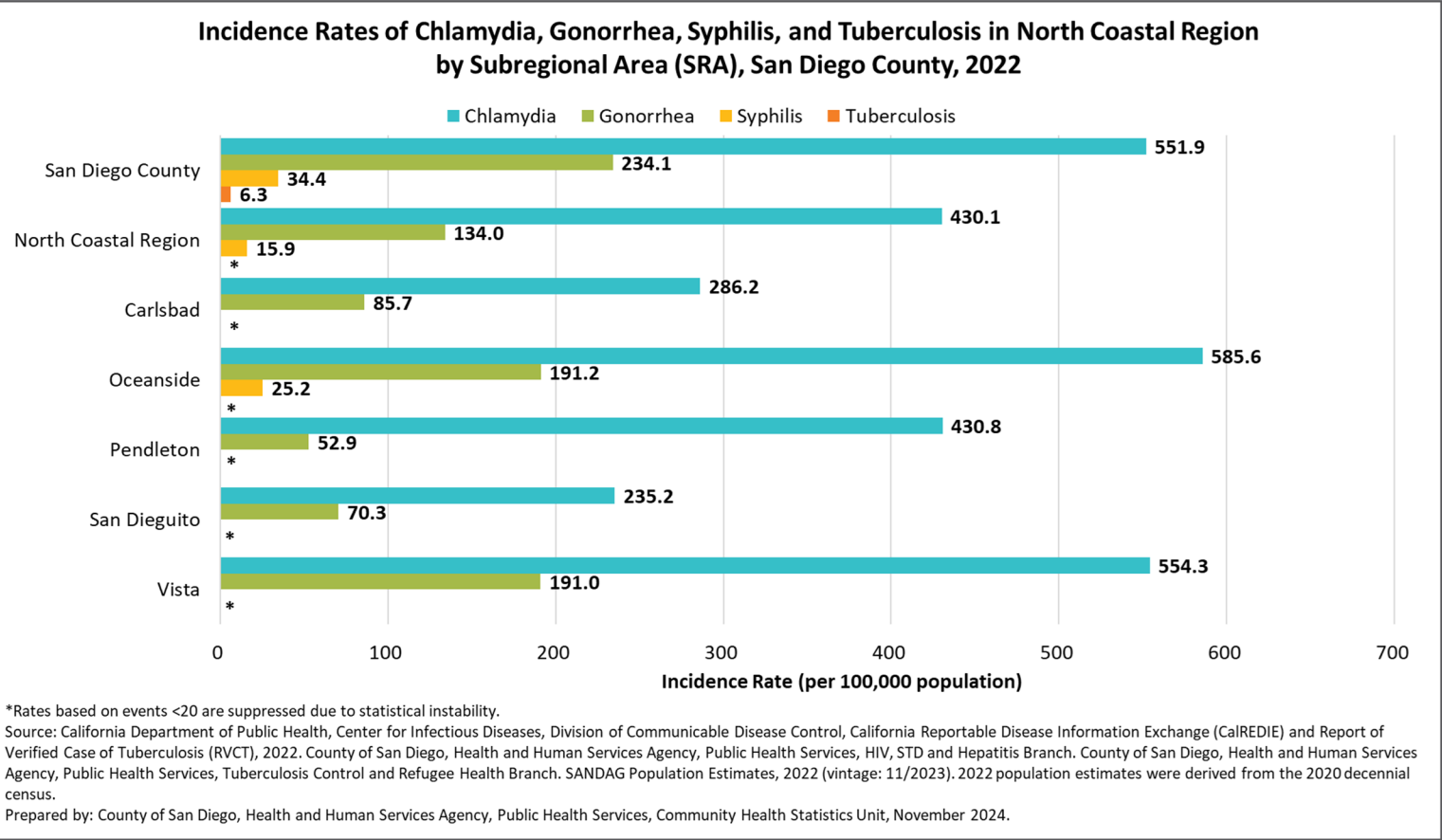
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2022 California Vital Records Business Intelligence System (VRBIS). SANDAG, Current Population Estimates. 2020-2021 population estimates were derived using the 2010 Census and data should be considered preliminary. 2022 population estimates were derived from the 2020 decennial census.

Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, January 2024.

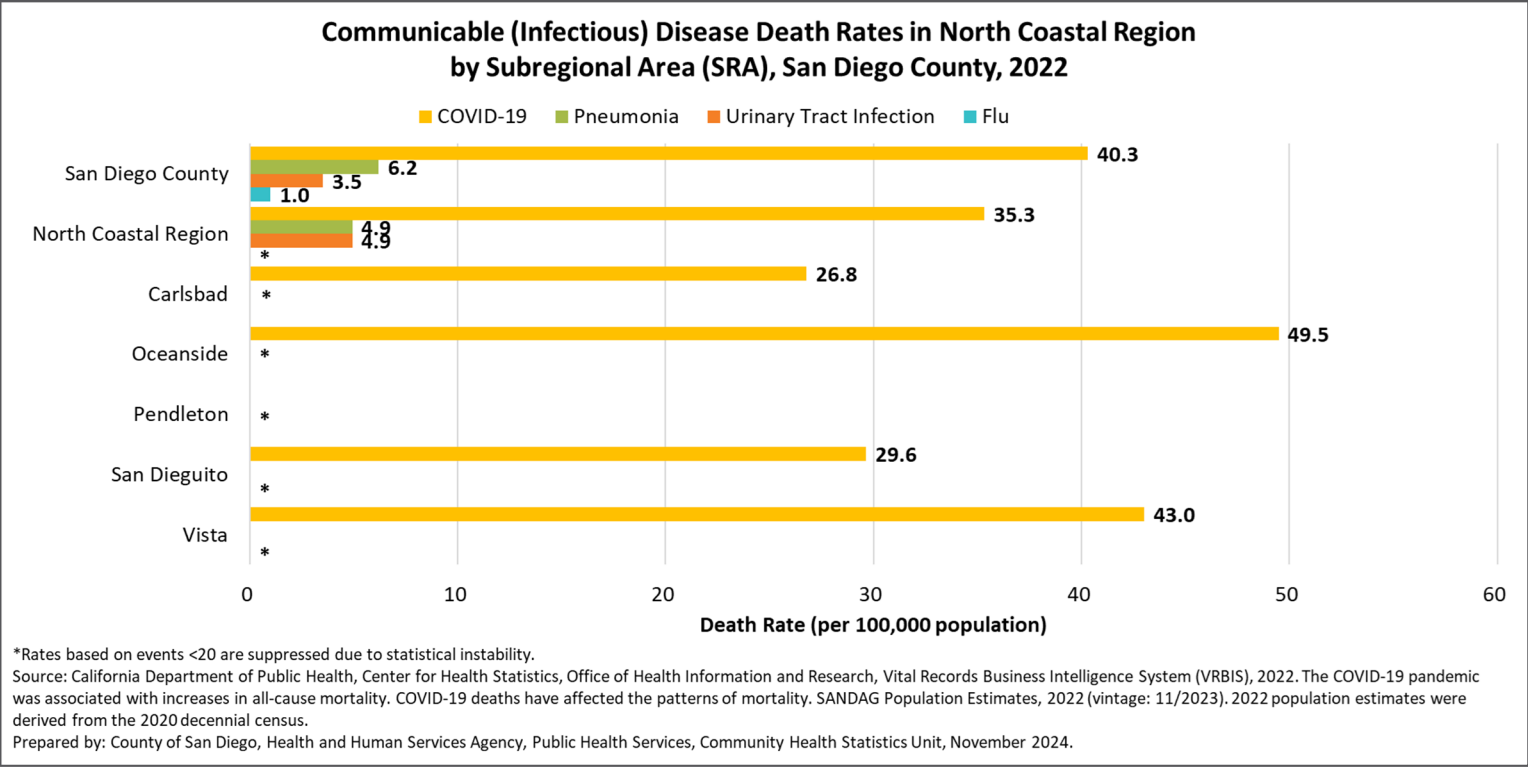


# COMMUNICABLE (INFECTIOUS) DISEASES

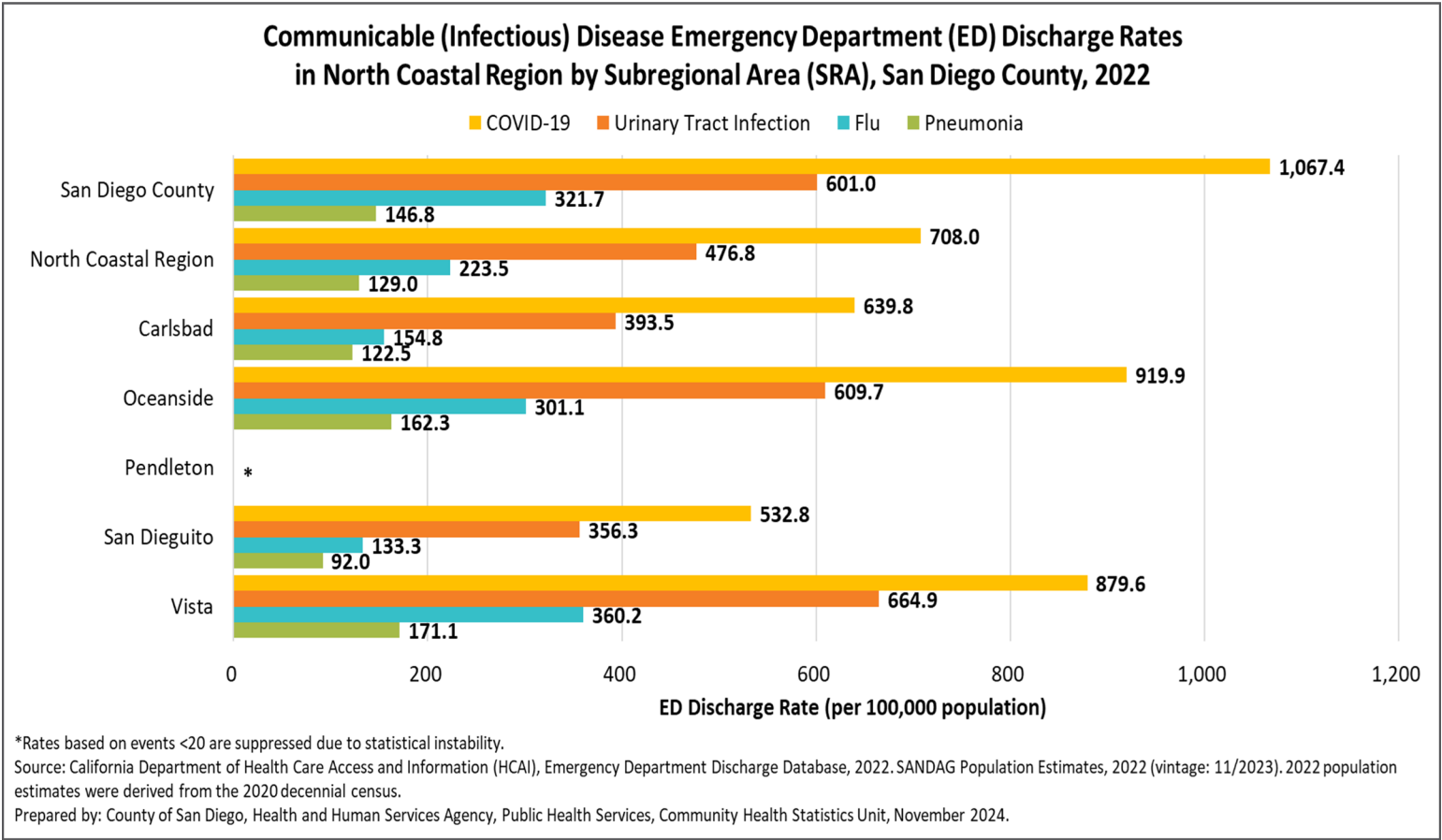
In 2022, the incidence rates of chlamydia, gonorrhea, and syphilis in North Coastal Region were lower than in San Diego County overall. In North Coastal Region and its subregional areas (SRAs), the highest incidence rates among communicable (infectious) diseases were due to chlamydia in 2022. Among North Coastal Region SRAs, Oceanside had the highest incidence rate of chlamydia (585.6 per 100,000), gonorrhea (191.2 per 100,000), and syphilis (25.2 per 100,000).



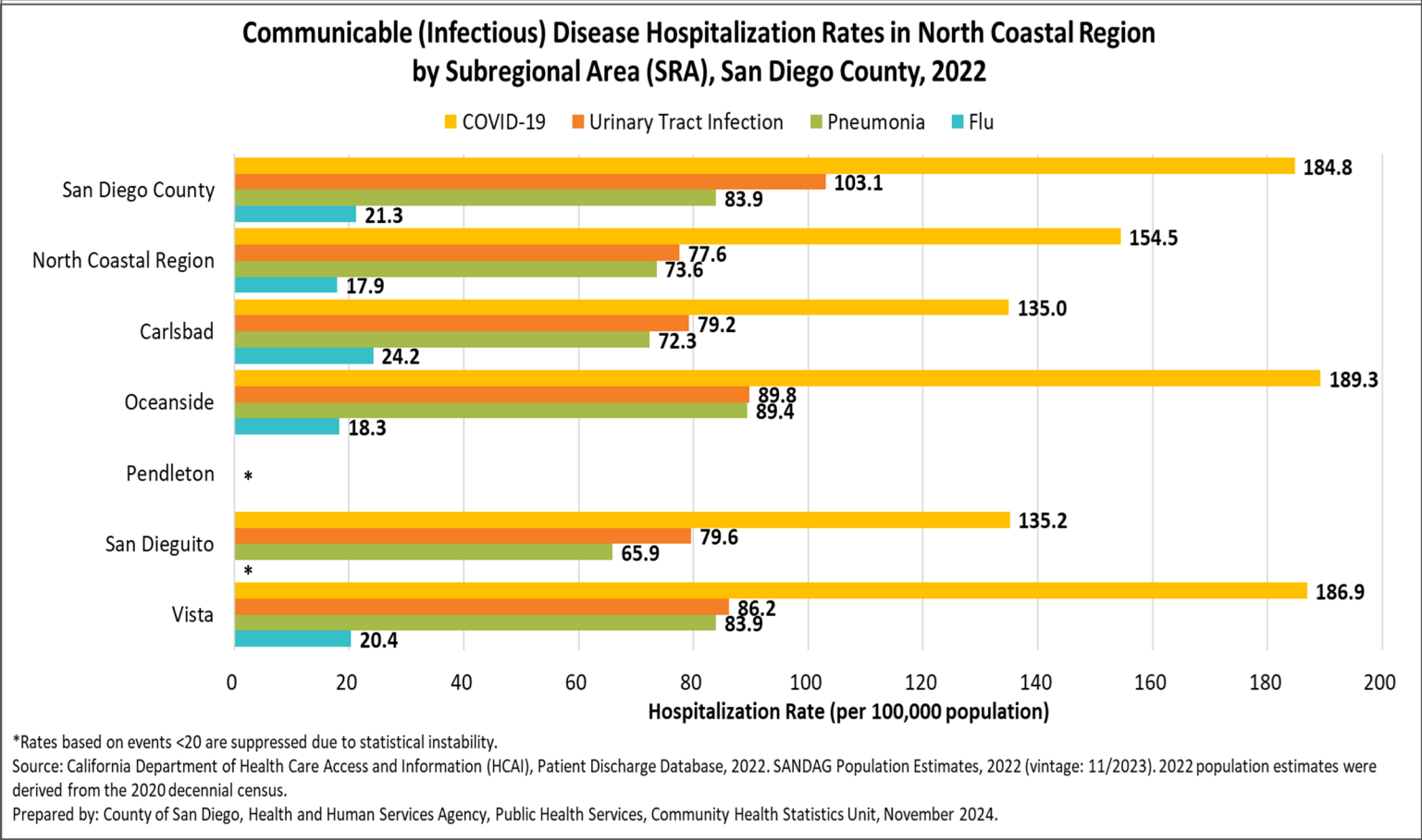
In North Coastal Region, the highest death rate among communicable (infectious) was due to COVID-19 (35.3 per 100,000) in 2022. Among North Coastal Region SRAs, Oceanside had the highest death rate due to COVID-19 (49.5 per 100,000), followed by Vista (43.0 per 100,000).



In 2022, the highest ED discharge rates among communicable (infectious) diseases were due to COVID-19 in North Coastal Region and its SRAs. Among North Coastal Region SRAs, Oceanside SRA had the highest ED discharge rate due to COVID-19 (919.9 per 100,000), followed by Vista (879.6 per 100,000). Vista SRA had the highest ED discharge rate due to urinary tract infection (664.9 per 100,000), pneumonia (171.1 per 100,000) and the flu (360.2 per 100,000), compared to all other North Coastal Region SRAs and San Diego County.



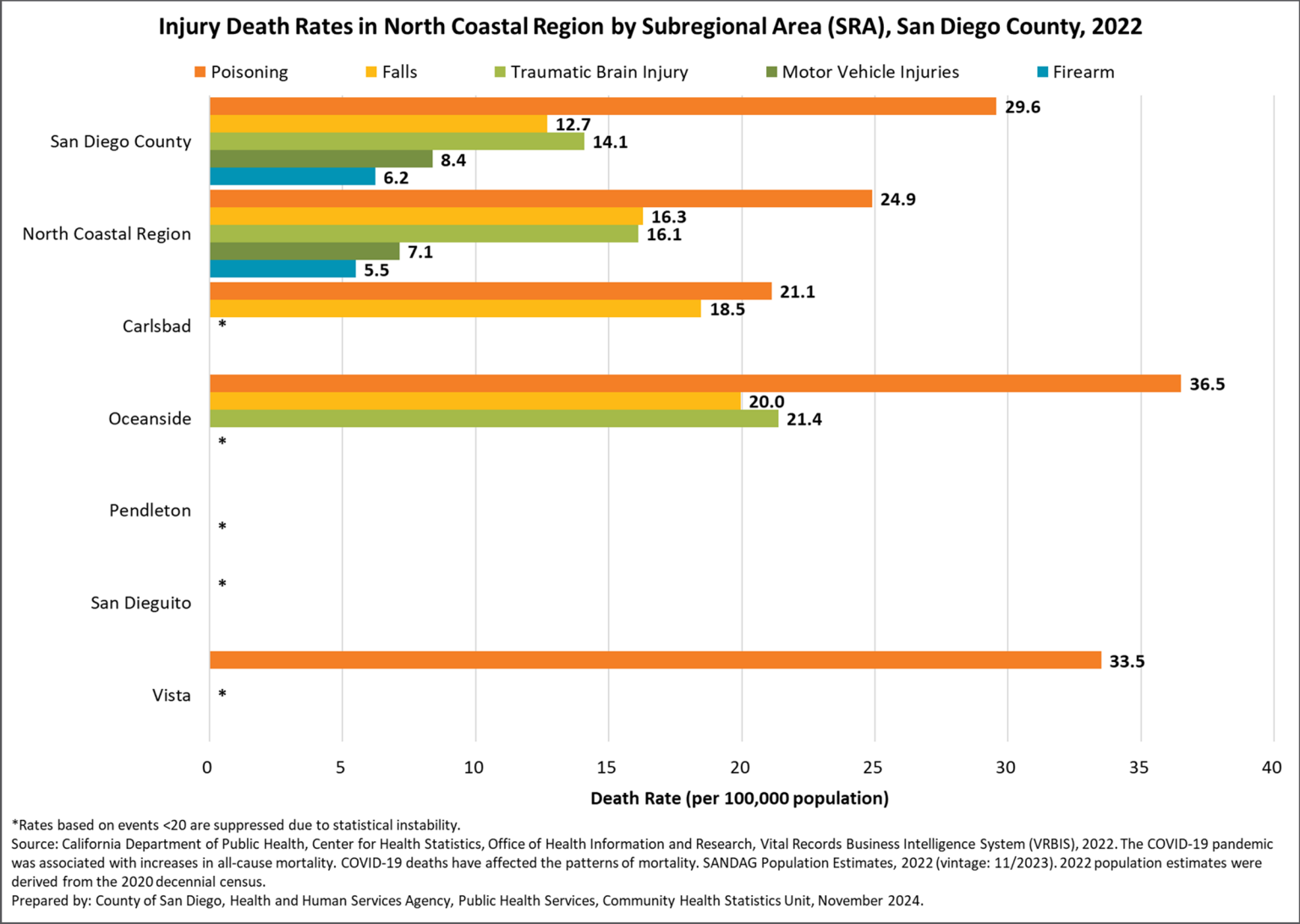
In 2022, the highest hospitalization rates among communicable (infectious) diseases were due to COVID-19 in North Coastal Region and its SRAs. Among North Coastal Region SRAs, Oceanside had the highest hospitalization rate due to COVID-19 (189.3 per 100,000), urinary tract infection (89.8 per 100,000), and pneumonia (89.4 per 100,000). In 2022, Carlsbad SRA had the highest hospitalization rate due to the flu (24.2 per 100,000), which was higher than the rate in North Coastal Region (17.9 per 100,000) and San Diego County overall (21.3 per 100,000).



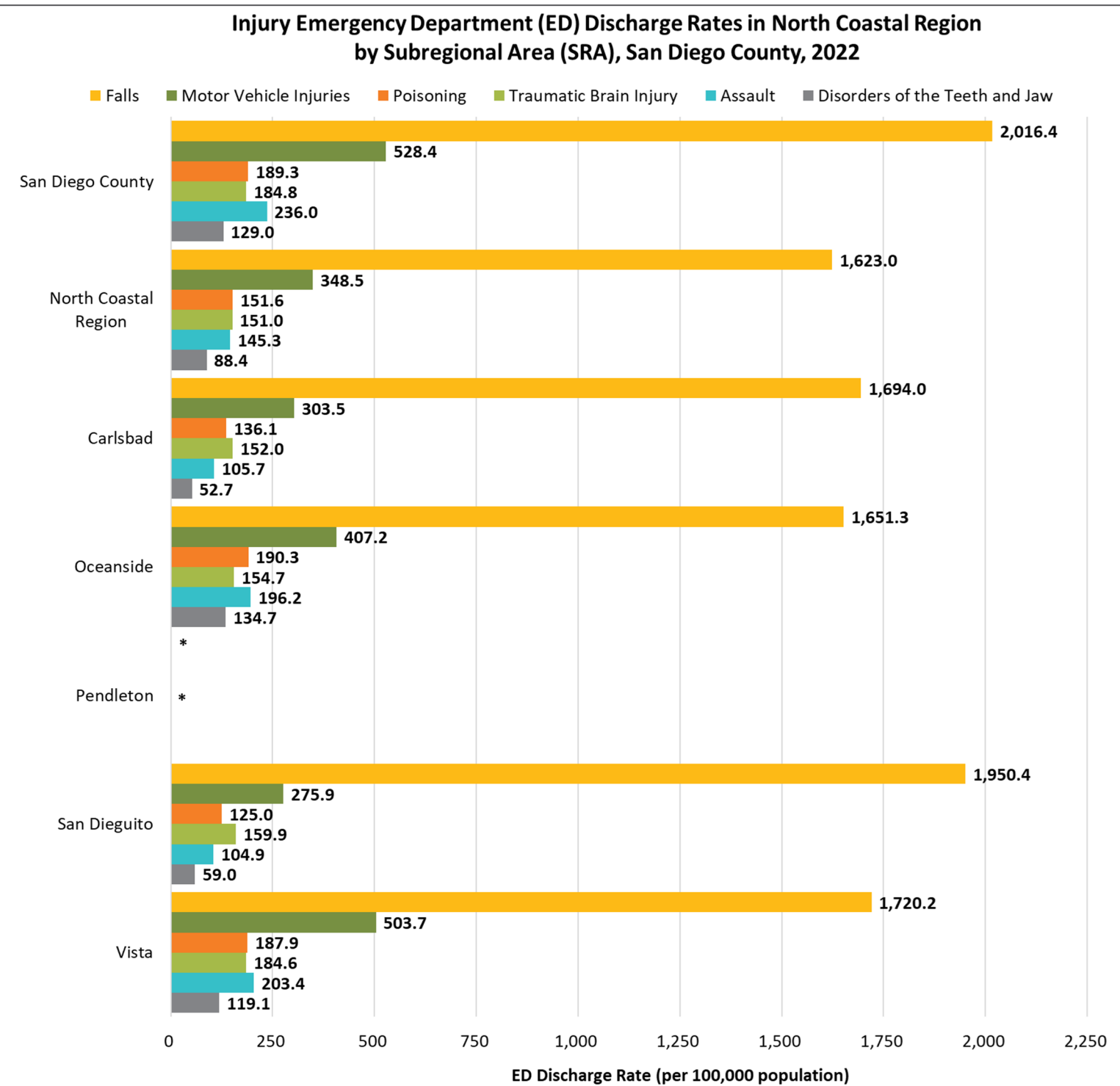


INJURY INDICATORS

In North Coastal Region and its SRAs, the highest death rates among injury indicators were due to poisoning in 2022. Among North Coastal Region subregional areas (SRAs), Oceanside had the highest death rate due to poisoning (36.5 per 100,000), followed by Vista (33.5 per 100,000). Moreover, Oceanside SRA had the highest death rate due to falls (20.0 per 100,000) among SRAs in North Coastal Region.

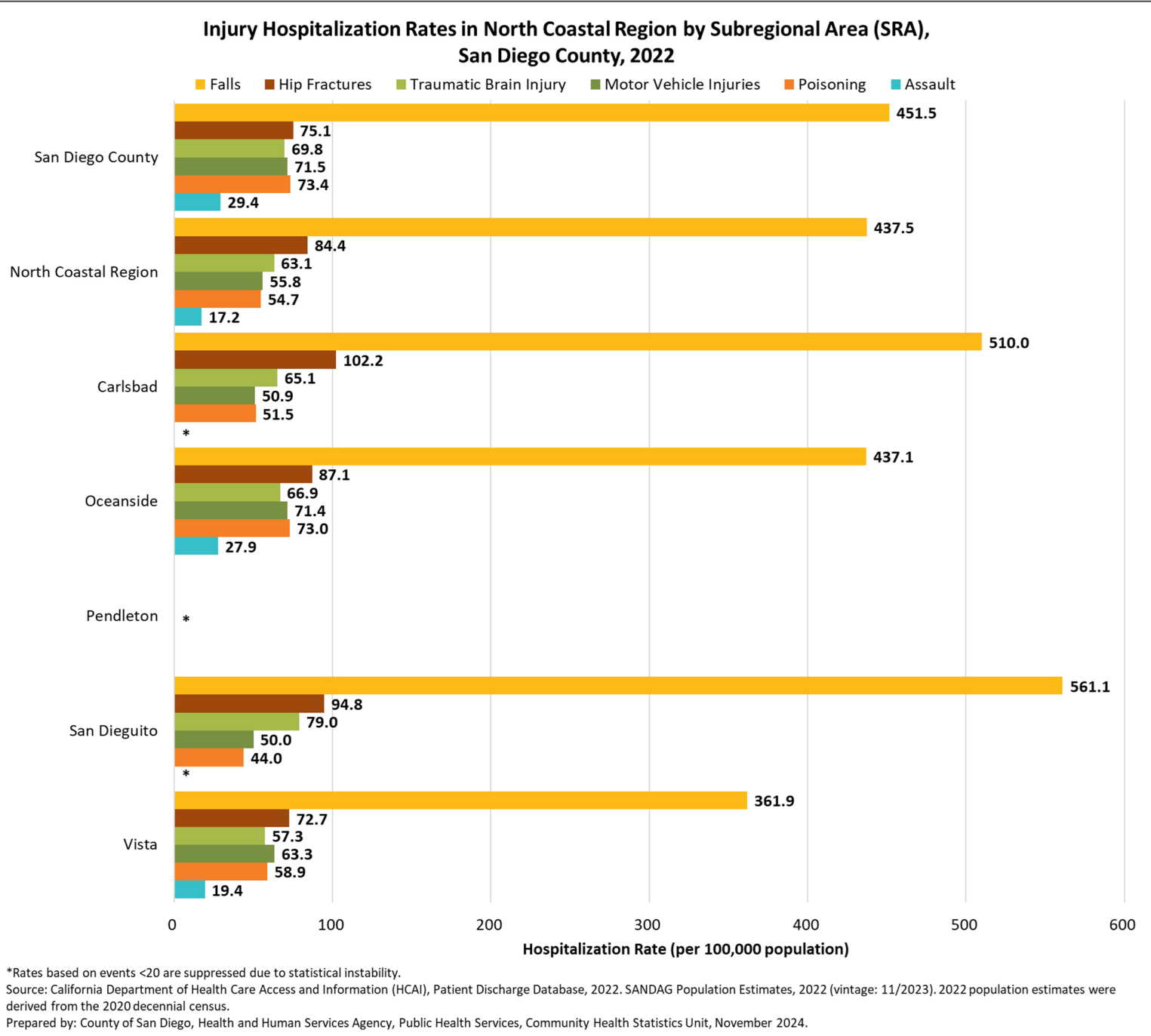


In 2022, the highest emergency department (ED) discharge rates among injury indicators in North Coastal Region and its SRAs were due to falls. Among North Coastal Region SRAs, San Dieguito had the highest ED discharge rate due to falls (1,950.4 per 100,000), followed by Vista (1,720.2 per 100,000). In 2022, Vista SRA had the highest ED discharge rates due to motor vehicle injuries (503.7 per 100,000), traumatic brain injuries (184.6 per100,000), assault (203.4 per 100,000), and disorders of the teeth and jaw (119.1 per 100,000) in North Coastal Region.



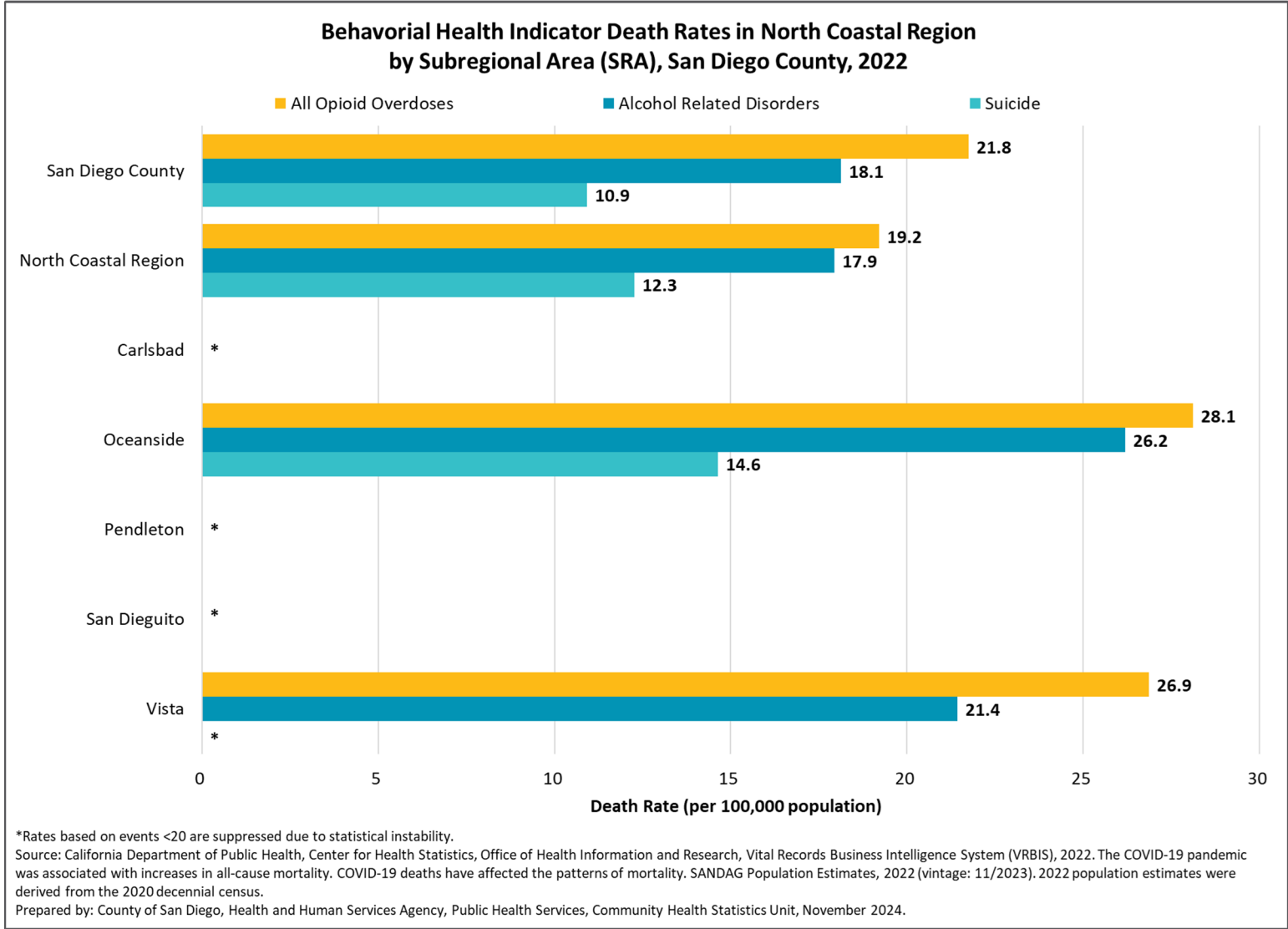
\*Rates based on events <20 are suppressed due to statistical instability.  
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 population estimates were derived from the 2020 decennial census.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In North Coastal Region and its SRAs, the highest hospitalization rates among injury indicators were due to falls, followed by hip fractures. Among Health and Human Services Agency (HHSA) regions, North Coastal Region had the second-highest hospitalization rate due to hip fractures in 2022. Among North Coastal SRAs, San Dieguito had the highest hospitalization rates due to falls (561.1 per 100,000) and traumatic brain injuries (79.0 per 100,000). Furthermore, compared to all other SRAs in North Coastal Region, Carlsbad had the highest hospitalization rate due to hip fractures (102.2 per 100,000), and Oceanside had the highest hospitalization rates due to motor vehicle injuries (71.4 per 100,000), poisoning (73.0 per 100,000), and assault (27.9 per 100,000) in 2022.

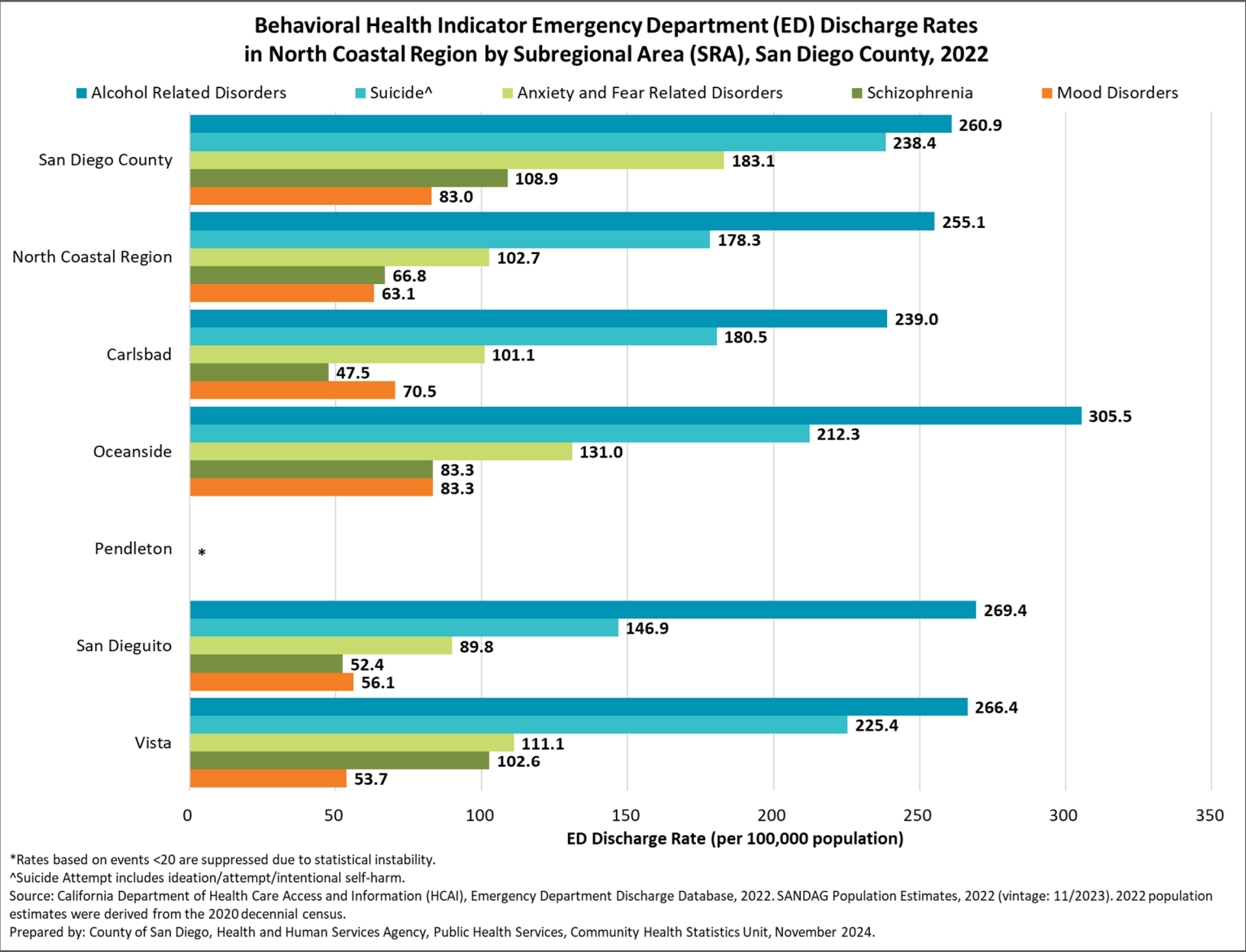


# BEHAVIORAL HEALTH INDICATORS

In North Coastal Region, the highest death rate among behavioral health indicators was due to all opioid overdoses in 2022. Among North Coastal Region subregional area (SRAs), Oceanside had the highest death rates due to all opioid overdoses (28.1 per 100,000), suicide (14.6 per 100,000), and alcohol related disorders (26.2 per 100,000). In 2022, death rates due to all opioid overdoses, alcohol related disorders, and suicide in Oceanside were higher than North Coastal Region and San Diego County.

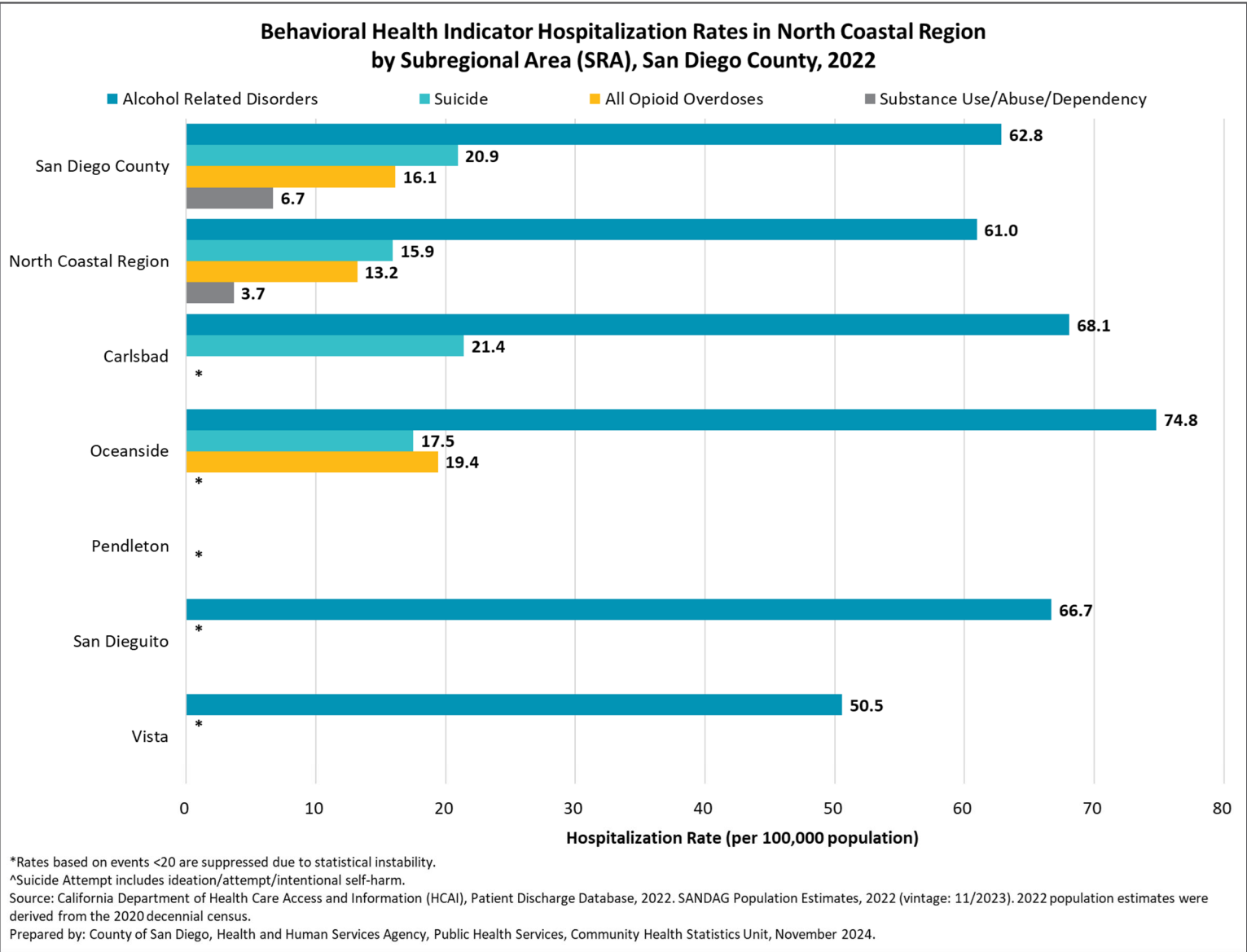


Among behavioral health indicators, the highest emergency department (ED) discharge rate was due to alcohol related disorders in North Coastal Region and its SRAs in 2022. In 2022, Oceanside SRA had the highest ED discharge rates due to alcohol related disorders, anxiety and fear related disorders, and mood disorders among North Coastal Region SRAs. Moreover, Vista SRA had the highest ED discharge rates due to suicide attempt/ideation/intentional self-harm and schizophrenia, followed by Oceanside SRA .



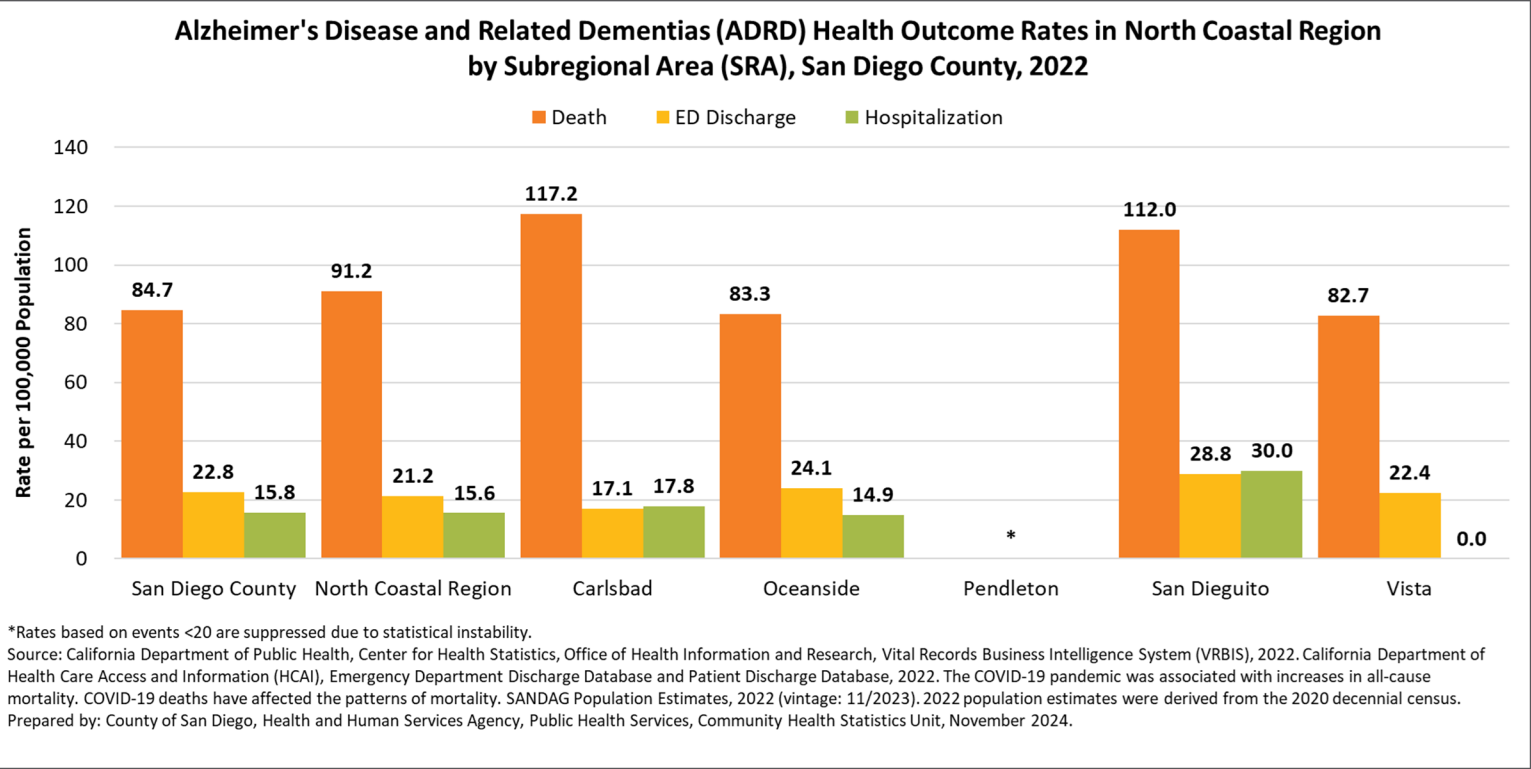


In 2022, the highest hospitalization rate among behavioral health indicators was due to alcohol related disorders in North Coastal Region and its SRAs. Among North Coastal Region SRAs, Oceanside had the highest hospitalization rate due to alcohol related disorders (74.8 per 100,000), followed by Carlsbad (68.1 per 100,000). In 2022, Carlsbad SRA had the highest hospitalization rate due to suicide attempt/ideation/intentional self-harm (21.4 per 100,000), which was higher than North Coastal Region (15.9 per 100,000) and San Diego County overall (20.9 per 100,000).



# ALZHEIMER’S DISEASE AND RELATED DEMENTIAS

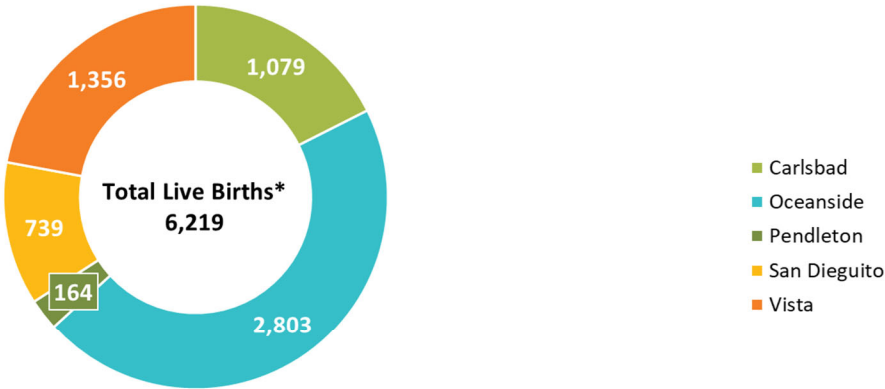
In 2022, North Coastal Region had a higher rate of death and lower rates of emergency department (ED) discharge and hospitalization due to Alzheimer's Disease and Related Dementias (ADRD) than San Diego County overall. Among North Coastal Region subregional areas (SRAs), Carlsbad had the highest death rate due to ADRD (117.2 per 100,000), followed by San Dieguito (112.0 per 100,000). Among North Coastal Region SRAs in 2022, San Dieguito had the highest ED discharge rate due to ADRD (28.8 per 100,000), while Carlsbad had the lowest (17.1 per 100,000). Additionally, in 2022, San Dieguito SRA had the highest hospitalization rate due to ADRD compared to all other SRAs in San Diego County.



# MATERNAL AND CHILD HEALTH INDICATORS

In 2022, there were 6,219 total live births in North Coastal Region, which represented 16.5% of the total live births in San Diego County (37,753). Among North Coastal Region subregional areas (SRAs), Oceanside had nearly half (45.1%) of the total live births in North Coastal Region.

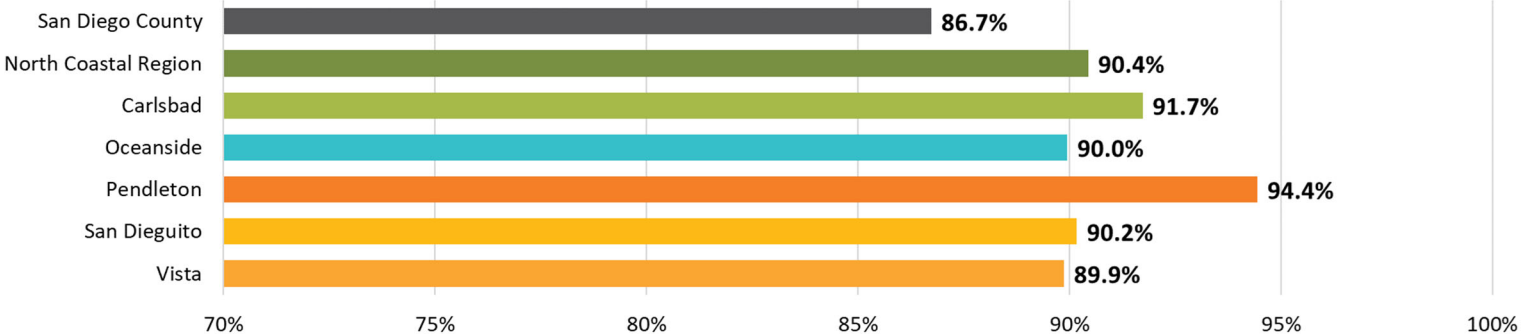
Distribution of Live Births in North Coastal Region by Subregional Area (SRA), San Diego County, 2022



\*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, 2022. 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, November 2024.

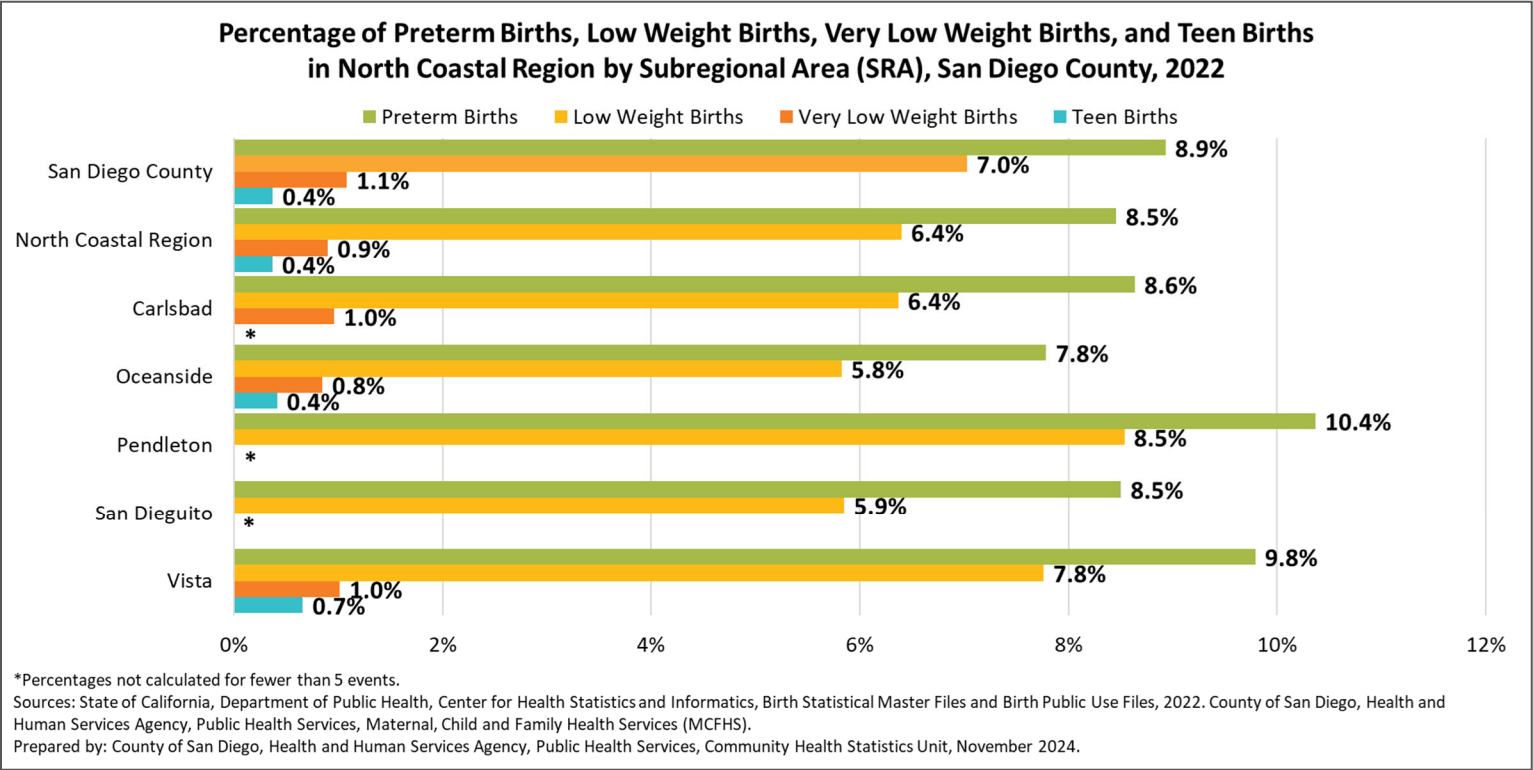
Early prenatal care is defined as care beginning during the 1st trimester of pregnancy, however, it does not account for frequency of care. North Coastal Region had a higher proportion of mothers who received early prenatal care than in San Diego County. However, among North Central Region SRAs, Vista(89.9%), Oceanside (90.0%), and San Dieguito (90.2%) had lower proportions of early prenatal care compared to North Coastal Region (90.4%) in 2022.

Percentage of Early Prenatal Care Among Births in North Coastal Region and Subregional Areas (SRAs), San Diego County, 2022

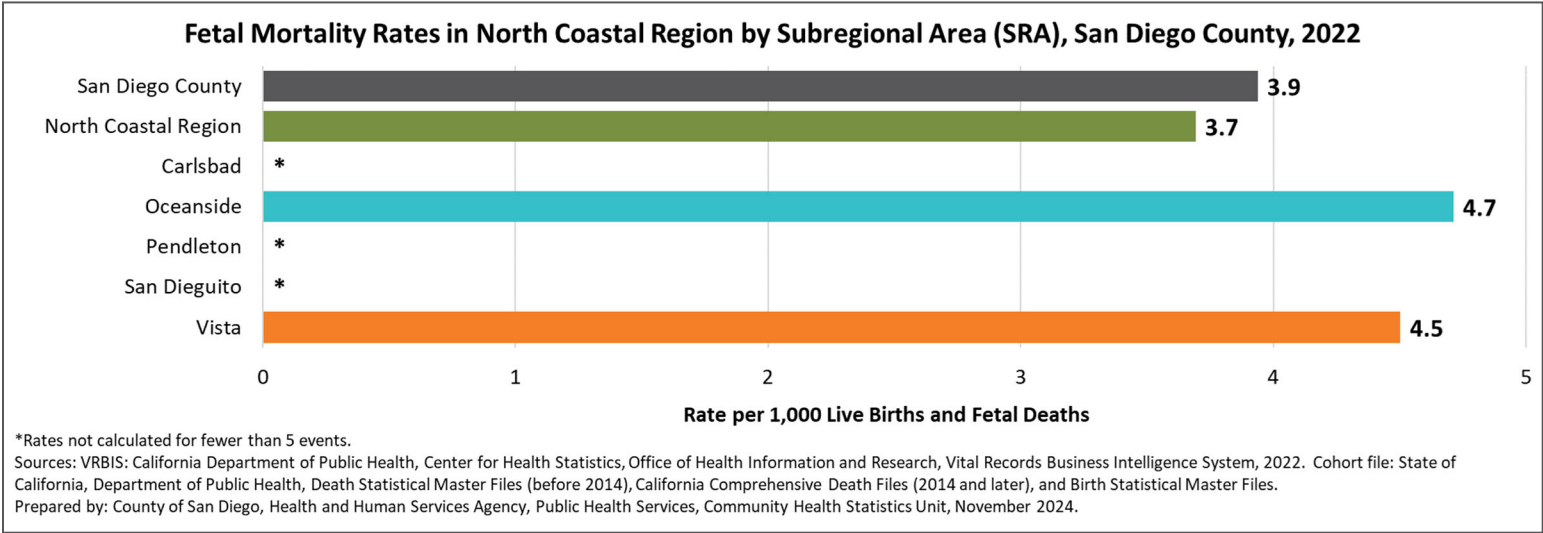


Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2022. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

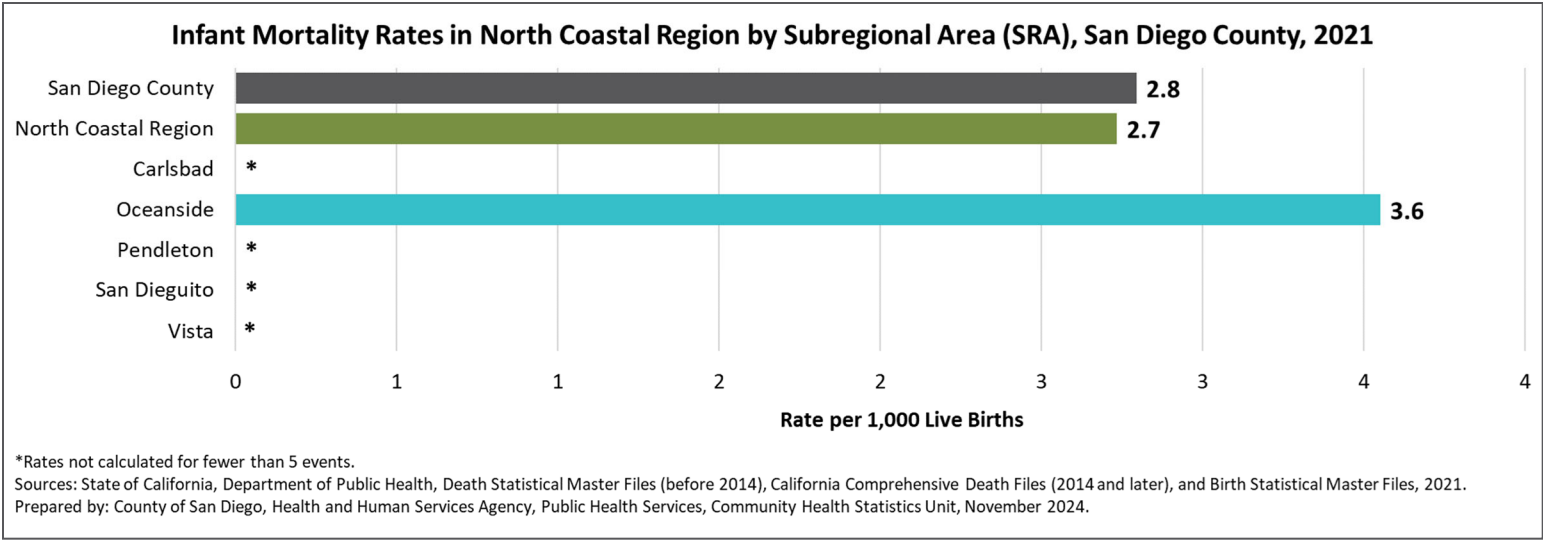
Preterm birth is the delivery of a baby before completing 37 weeks of gestation. In 2022, the proportion of preterm births in North Coastal Region (8.5%) was lower than in San Diego County overall (8.9%). Among North Coastal Region SRAs, Pendleton had the highest proportion of preterm births (10.4%), while Oceanside had the lowest (7.8%). A baby with a birth weight less than 2,500 grams (approximately 5 lbs., 8 oz.) is considered to have low birth weight, while a baby with a birth weight less than 1,500 grams (approximately 3 lbs., 5 oz.) is classified as very low birth weight. Among North Coastal Region SRAs, in 2022, Pendleton had the highest proportion of low weight births (8.5%), followed by Vista (7.8%). Moreover, Vista and Carlsbad SRAs had the highest proportion of very low weight births (1.0%), which was higher than North Coastal Region (0.9%). 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. North Coastal Region had a similar proportion of teen births (0.4%) in 2022, to that in San Diego County overall (0.4%). In 2022, the proportion of teen births in Vista SRA (0.7%) was higher than all other SRAs in North Coastal Region.



Fetal mortality refers to a fetal death during a pregnancy with at least 20 complete weeks of gestation. In 2022, the fetal mortality rate in North Coastal Region (3.7 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). However, among North Coastal Region SRAs, Oceanside had the highest fetal mortality rate (4.7 per 1,000 live births and fetal deaths), followed by Vista (4.5 per 1,000 live births and fetal deaths), which were higher than San Diego County overall (3.7 per 1,000 live births and fetal deaths).



Infant mortality refers to an infant's death before one year of age. In 2021, the infant mortality rate in North Coastal Region (2.7 per 1,000 live births) was similar to that in San Diego County overall (2.8 per 1,000 live births). Among North Coastal Region SRAs, Oceanside had the highest infant mortality rate (3.6 per 1,000 live births) in 2021, which was higher than San Diego County overall (2.8 per 1,000 live births).



# 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 2022, North Coastal Region was the third most populous region, representing 16.2% of San Diego County's population.
- North Coastal Region had the highest proportion of residents aged 15-24 years (15.1%) in 2022, compared to other HHSA regions.

## Socioeconomic Factors

- In 2022, North Coastal Region had the second lowest proportion of households who reported receipt of Supplemental Nutrition Assistance Program (SNAP) (5.0%).
- North Coastal Region (\$112,698) had a higher median household income than San Diego County (\$96,974) in 2022.

## Health Outcomes

- Among North Coastal Region SRAs, the death, emergency department (ED) discharge, and hospitalization rates among health indicators were generally higher in Oceanside and Vista in 2022.

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

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

