North Inland Region
Health Status Report Summary

North Inland Region Health Status Report Summary

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

September 2023

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Table of Contents

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INTRODUCTION

North Inland Region consists of ten subregional areas (SRAs): Anza-Borrego Springs, Escondido, Fallbrook, North San Diego, Palomar-Julian, Pauma, Poway, Ramona, San Marcos, and Valley Center. This health status report summary provides the most current information on demographic characteristics, socioeconomic factors, and health concerns in North Inland 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 Inland Region. Characteristics for SRAs are reported in comparison with North Inland Region and San Diego County.

2) **Mortality Measures:** This section includes a summary of the overall life expectancy for North Inland 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 Inland 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 INLAND REGION

DEMOGRAPHIC CHARACTERISTICS

Population: 607,268
(**18.4%** of San Diego County's population)
Age Distribution:
- 0-4 years old (**6.6%**)
- 5-14 years old (**13.6%**)
- 15-24 years old (**11.7%**)
- 25-44 years old (**26.1%**)
- 45-64 years old (**26.0%**)
- 65+ years old (**15.9%**)

Median Household Income: $104,380
Population Below 200% Federal Poverty Level (FPL): 22.4%
Population with Health Insurance: 92.7%
Population with Disability: 9.5%
Households Receiving Food Stamps/SNAP/CalFresh: 5.4%

MORTALITY MEASURES

Overall Life Expectancy: 78.9 years
Top 5 Leading Causes of Death:
1) Malignant Neoplasms (Cancers)
2) Diseases of the Heart
3) COVID-19
4) Alzheimer's Disease
5) Cerebrovascular Diseases (stroke)

LEADING HEALTH OUTCOMES

	Death Rate	ED Discharge Rate	Hospitalization Rate
Non-Communicable (Chronic) Diseases	**Overall Cancer** 162.1 per 100,000	**Overall Heart Disease** 1,535.4 per 100,000	**Overall Heart Disease** 851.4 per 100,000
Communicable (Infectious) Diseases	**Flu/Pneumonia** 7.5 per 100,000	**Urinary Tract Infection** 511.4 per 100,000	**Urinary Tract Infection** 91.8 per 100,000
COVID-19	89.1 per 100,000	643.7 per 100,000	245.3 per 100,000
Injury Indicators	**Unintentional Injuries** 49.3 per 100,000	**Unintentional Injuries** 4,373.4 per 100,000	**Unintentional Injuries** 747.2 per 100,000
Behavioral Health Indicators	**All Opioid Overdoses** 15.4 per 100,000	**Suicide Attempt** 237.6 per 100,000	**Alcohol Related Disorders** 45.1 per 100,0000
Alzheimer's Disease and Related Dementias	116.0 per 100,000	29.4 per 100,000	13.9 per 100,000

Maternal and Child Health Indicators

Total Live Births: 6,633	**Preterm Births: 8.0%** **Low Weight Births: 5.9%** **Very Low Weight Births: 0.8%** **Teen Births: N/A** **Received Early Prenatal Care: 92.5%**	**Infant Mortality Rate (2020):** 1.9 per 1,000 Total Live Births **Fetal Mortality Rate:** 3.5 per 1,000 Live Births and Fetal Deaths

POPULATION CHARACTERISTICS

In 2021, North Inland Region was home to an estimated 607,268 residents, representing 18.4% of the San Diego County population (3,296,317).

Adults aged 25-44 years old (26.1%) and 45-64 years old (26.0%) constituted the highest proportions of North Inland Region residents. Among North Inland Region subregional areas (SRAs), Escondido had the highest proportion of adults aged 25-44 years old (28.5%),

North Inland Region Population Distribution* by Subregional Area (SRA), 2021

Total Population 607,268

- Anza-Borrego Springs
- Escondido
- Fallbrook
- North San Diego
- Palomar-Julian
- Pauma
- Poway
- Ramona
- San Marcos
- Valley Center
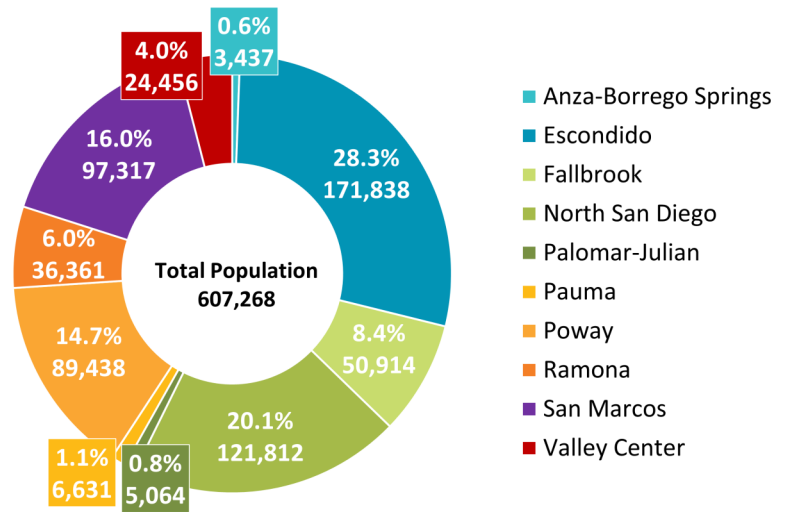
*Please note that percentages may not add up to 100% due to rounding.
Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B01001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

followed by San Marcos (27.8%). North Inland Region had the highest proportion of residents 65 years and over (15.9%) compared to all other Health and Human Services Agency (HHSA) Regions in 2021. Among North Inland Region SRAs, Anza-Borrego Springs (41.6%) and Palomar-Julian (32.2%) had the highest proportion of residents 65 years and over.

Percent of Population by Age in North Inland Region and Subregional Areas (SRAs), San Diego County, 2021
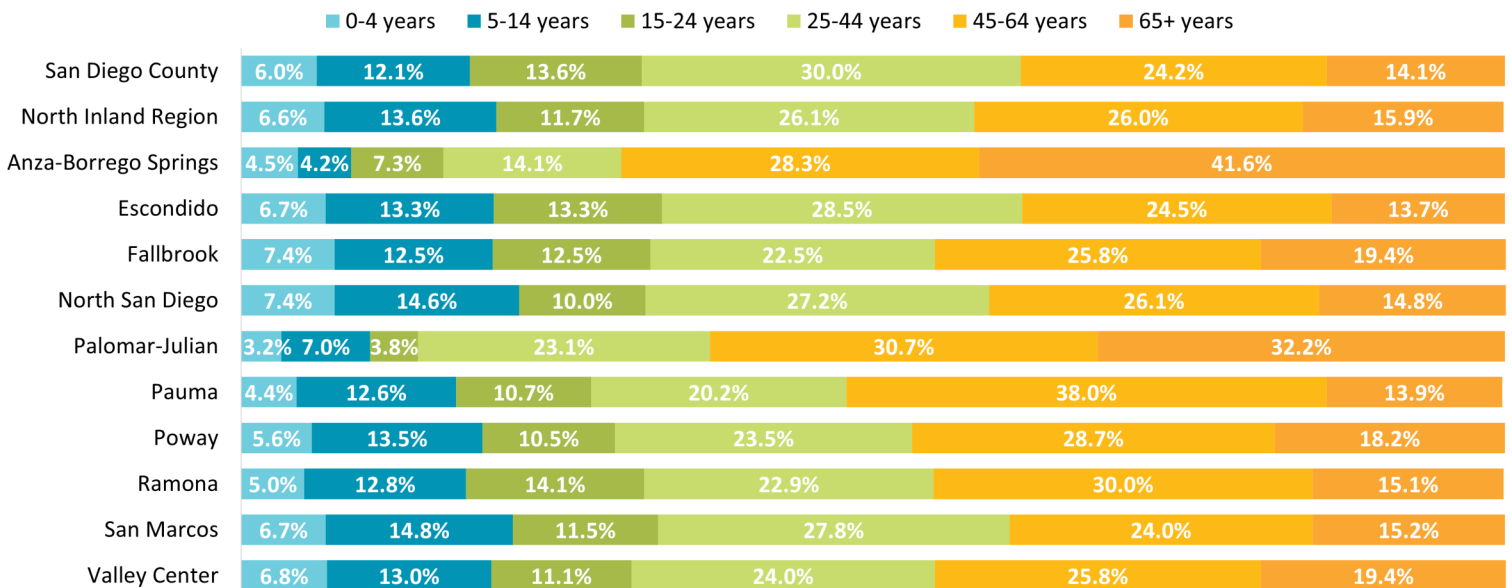
Legend: 0-4 years | 5-14 years | 15-24 years | 25-44 years | 45-64 years | 65+ years

SRA	0-4 years	5-14 years	15-24 years	25-44 years	45-64 years	65+ years
San Diego County	6.0%	12.1%	13.6%	30.0%	24.2%	14.1%
North Inland Region	6.6%	13.6%	11.7%	26.1%	26.0%	15.9%
Anza-Borrego Springs	4.5%	4.2%	7.3%	14.1%	28.3%	41.6%
Escondido	6.7%	13.3%	13.3%	28.5%	24.5%	13.7%
Fallbrook	7.4%	12.5%	12.5%	22.5%	25.8%	19.4%
North San Diego	7.4%	14.6%	10.0%	27.2%	26.1%	14.8%
Palomar-Julian	3.2%	7.0%	3.8%	23.1%	30.7%	32.2%
Pauma	4.4%	12.6%	10.7%	20.2%	38.0%	13.9%
Poway	5.6%	13.5%	10.5%	23.5%	28.7%	18.2%
Ramona	5.0%	12.8%	14.1%	22.9%	30.0%	15.1%
San Marcos	6.7%	14.8%	11.5%	27.8%	24.0%	15.2%
Valley Center	6.8%	13.0%	11.1%	24.0%	25.8%	19.4%

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 Inland Region were primarily White (48.7%), followed by Hispanic (31.7%), Asian (12.2%), residents with two or more races (4.6%), Black (1.7%), American Indian and Alaska Native (0.6%), Native Hawaiian and Other Pacific Islander (0.2%), and Other (0.3%). Among North Inland Region SRAs, Escondido had the highest proportion of Hispanic residents (49.1%), while North San Diego had the lowest proportion (10.4%). Furthermore, Pauma SRA had the highest proportion of Black residents (2.5%), while Palomar-Julian SRA had the lowest proportion (0.5%). North Inland Region had the highest proportion of American Indian/Alaska Native (AIAN) residents (0.6%) compared to all other HHSA Regions in 2021. Among North Inland Region SRAs, Pauma (12.6%), Palomar-Julian (7.6%), and Valley Center (4.1%) had the highest proportion of AIAN residents in 2021.

Percent of Population by Race/Ethnicity in North Inland Region and Subregional Areas (SRAs), San Diego County, 2021

Legend: ■ Hispanic ■ NH White ■ NH Black ■ NH Asian ■ NH NHPI* ■ NH AIAN* ■ NH Other ■ NH Two or More Races

SRA	Hispanic	NH White	NH Black	NH Asian	NH AIAN*	NH Two or More Races
San Diego County	34.3%	44.1%	4.6%	11.7%		4.2%
North Inland Region	31.7%	48.7%	1.7%	12.2%		4.6%
Anza-Borrego Springs	30.8%	65.6%				1.5%
Escondido	49.1%	38.3%	1.9%	6.4%		3.6%
Fallbrook	41.3%	51.3%		1.0%		2.8%
North San Diego	10.4%	52.3%	2.2%	27.5%		6.7%
Palomar-Julian	13.1%	74.2%		0.5%	7.6%	2.7%
Pauma	36.1%	44.2%	2.5%		12.6%	1.6%
Poway	14.2%	58.2%	1.7%	18.7%		6.4%
Ramona	30.7%	62.0%		0.9%		3.7%
San Marcos	39.4%	44.7%	1.5%	9.7%		3.8%
Valley Center	32.0%	53.8%	1.5%		4.1%	4.0%

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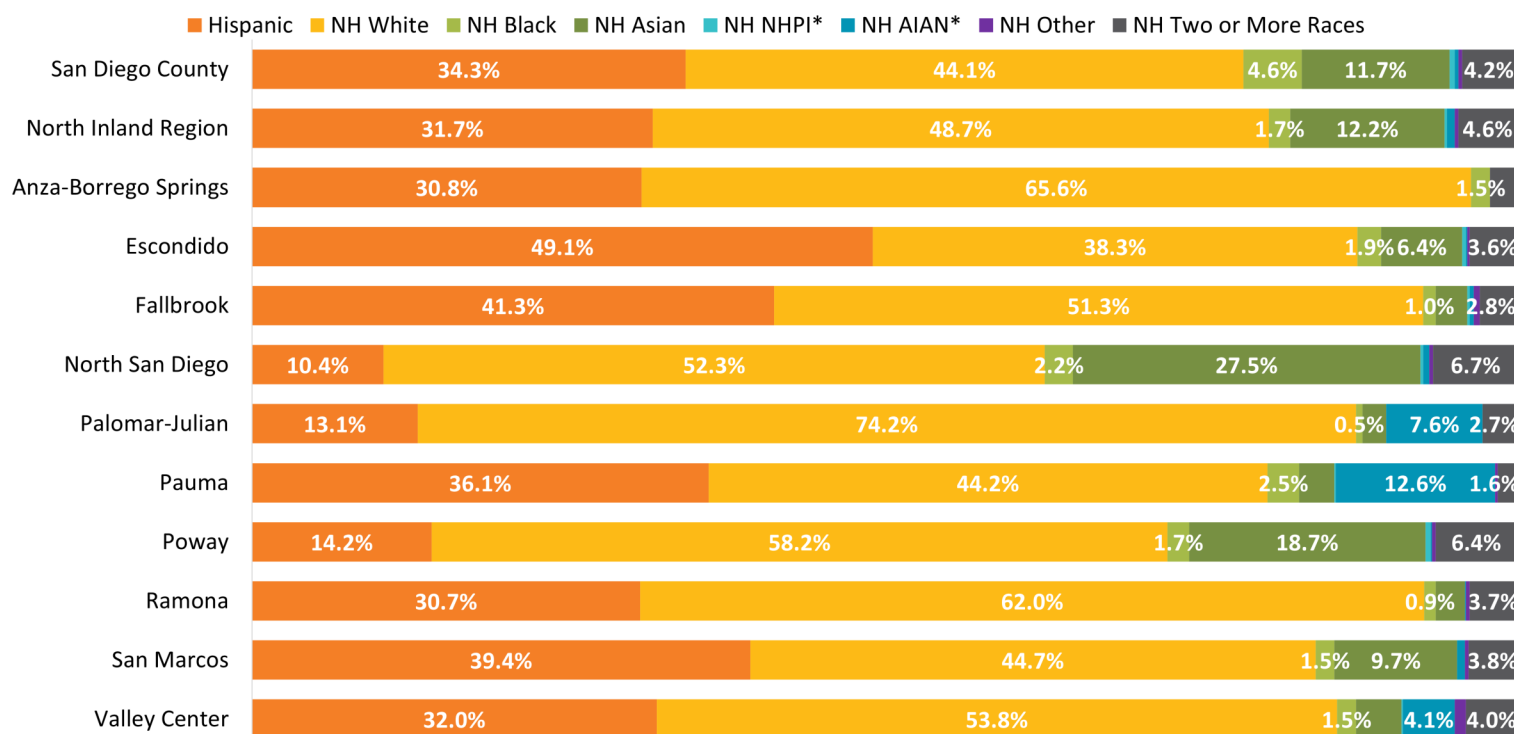Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B03002.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In 2021, over 2 out of 3 residents (66.9%) aged 5 years and older in North Inland Region spoke only English at home. Furthermore, over 1 out of 5 residents (21.2%), aged 5 years and older, in North Inland Region spoke English "very well" and another language at home. Among North Inland Region SRAs, Palomar-Julian had the highest proportion of residents speaking only English at home (91.1%), while Escondido had the lowest proportion (60.4%) in 2021.

Language Spoken at Home Among Population 5 Years and Older in North Inland Region and Subregional Areas, San Diego County, 2021

■ Speak English Only ■ Speak a Non-English Language at Home and Speak English "very well"
■ Speak Spanish and English less than "very well" ■ Speak API* Language and English less than "very well"
■ Speak Other Language and English less than "very well"

Area	Speak English Only	Non-English, English "very well"	Spanish, English less than "very well"	Other
San Diego County	63.3%	23.7%	8.2%	3.3%
North Inland Region	66.9%	21.2%	7.6%	2.9%
Anza-Borrego Springs	70.4%	21.7%	7.9%	
Escondido	60.4%	23.4%	13.6%	1.9%
Fallbrook	68.2%	21.2%	9.4%	0.5%
North San Diego	66.8%	23.5%	1.2%	5.8%
Palomar-Julian	91.1%	6.0%	2.2%	
Pauma	73.3%	21.1%	4.5%	
Poway	73.0%	17.7%	2.5%	4.5%
Ramona	76.4%	15.2%	7.5%	
San Marcos	64.5%	22.0%	10.2%	2.4%
Valley Center	76.7%	17.2%	4.6%	

*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, almost 9 out of 10 adults (88.6%), aged 25 years and older, had at least a high school diploma or General Education Diploma (GED), while over 2 out of 5 adults (42.3%), aged 25 years and older, held a bachelor's or higher degree in North Inland Region. Among North Inland Region SRAs, Escondido had the highest proportion of adults aged 25 years and older without a high school diploma (18.7%), while North San Diego had the lowest proportion (3.3%) in 2021.

Educational Attainment Among Population 25 Years and Older in North Inland Region and Subregional Areas (SRAs), San Diego County, 2021

Legend:
- ■ Not a High School Graduate
- ■ High School Graduate
- ■ Some College or AA/AS*
- ■ Bachelor's Degree
- ■ Graduate Degree

SRA	Not a High School Graduate	High School Graduate	Some College or AA/AS*	Bachelor's Degree	Graduate Degree
San Diego County	11.7%	18.2%	29.9%	24.5%	15.7%
North Inland Region	11.4%	17.0%	29.3%	25.5%	16.8%
Anza-Borrego Springs	9.2%	38.3%	26.5%	14.5%	11.5%
Escondido	18.7%	21.7%	32.2%	17.6%	9.7%
Fallbrook	13.8%	21.1%	31.7%	20.9%	12.5%
North San Diego	3.3%	9.2%	22.6%	36.5%	28.4%
Palomar-Julian	8.6%	20.5%	41.4%	15.5%	14.0%
Pauma	10.3%	17.7%	49.3%	13.9%	8.8%
Poway	5.6%	11.0%	24.4%	33.4%	25.6%
Ramona	12.8%	24.9%	36.2%	17.9%	8.2%
San Marcos	13.1%	17.6%	29.4%	26.2%	13.7%
Valley Center	10.4%	17.7%	37.5%	21.5%	12.9%

*Includes some college, no degree and associate'a degree.
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.
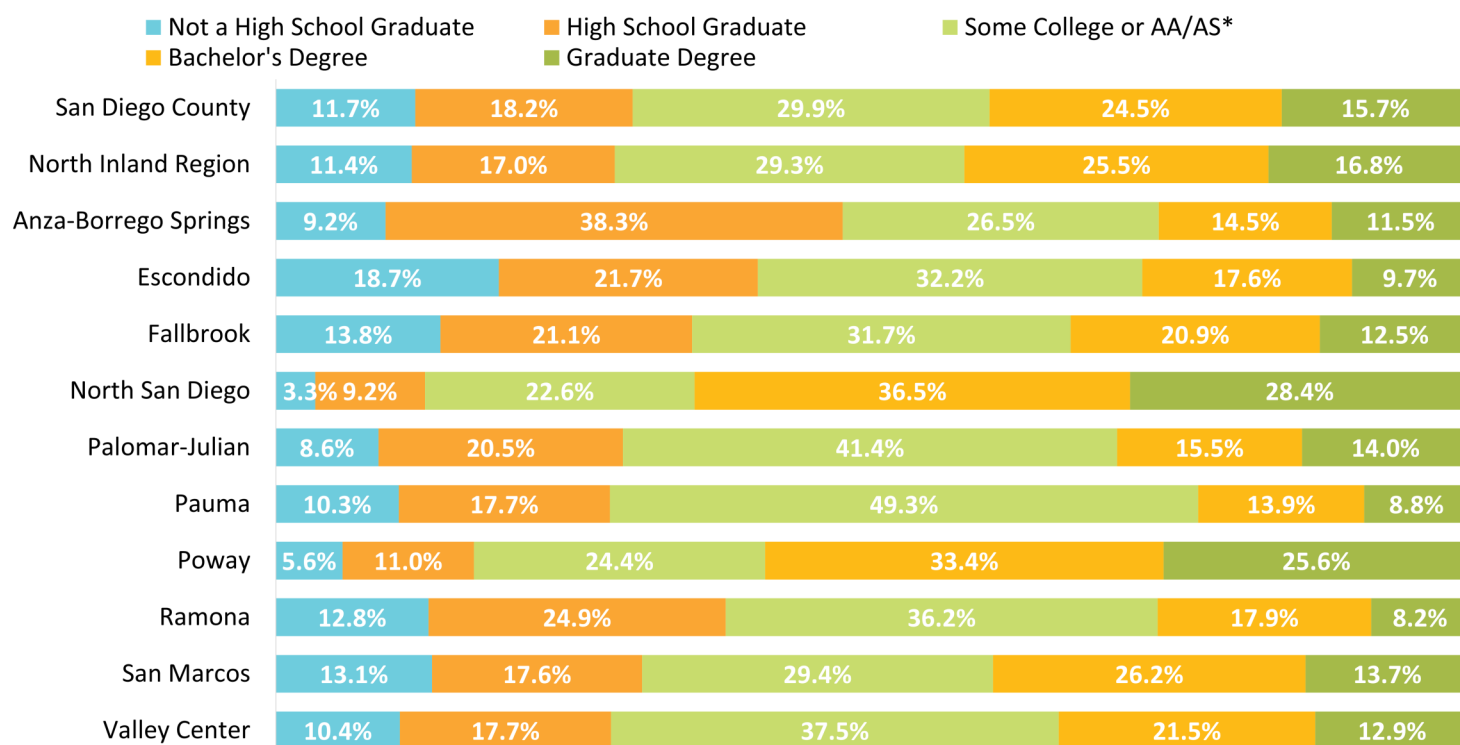
Veterans are civilians who have served officially or non-officially domestically or at war, for any amount of time, but are not currently serving on active duty in the U.S. Army, Navy, Air Force, Marine Corps, or the Coast Guard, or who served in the U.S. Merchant Marine during World War II. People who 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, 8.2% of residents in North Inland Region were veterans. Among North Inland SRAs, Palomar-Julian had the highest proportion of veterans (14.7%), followed by Valley Center (12.8%), while Escondido had the lowest proportion of veterans (6.5%) in 2021.

Percentage of Veterans in North Inland Region and Subregional Areas (SRAs), San Diego County, 2021

SRA	Percentage
San Diego County	8.0%
North Inland Region	8.2%
Anza-Borrego Springs	9.3%
Escondido	6.5%
Fallbrook	11.0%
North San Diego	6.7%
Palomar-Julian	14.7%
Pauma	11.8%
Poway	9.4%
Ramona	10.4%
San Marcos	8.0%
Valley Center	12.8%
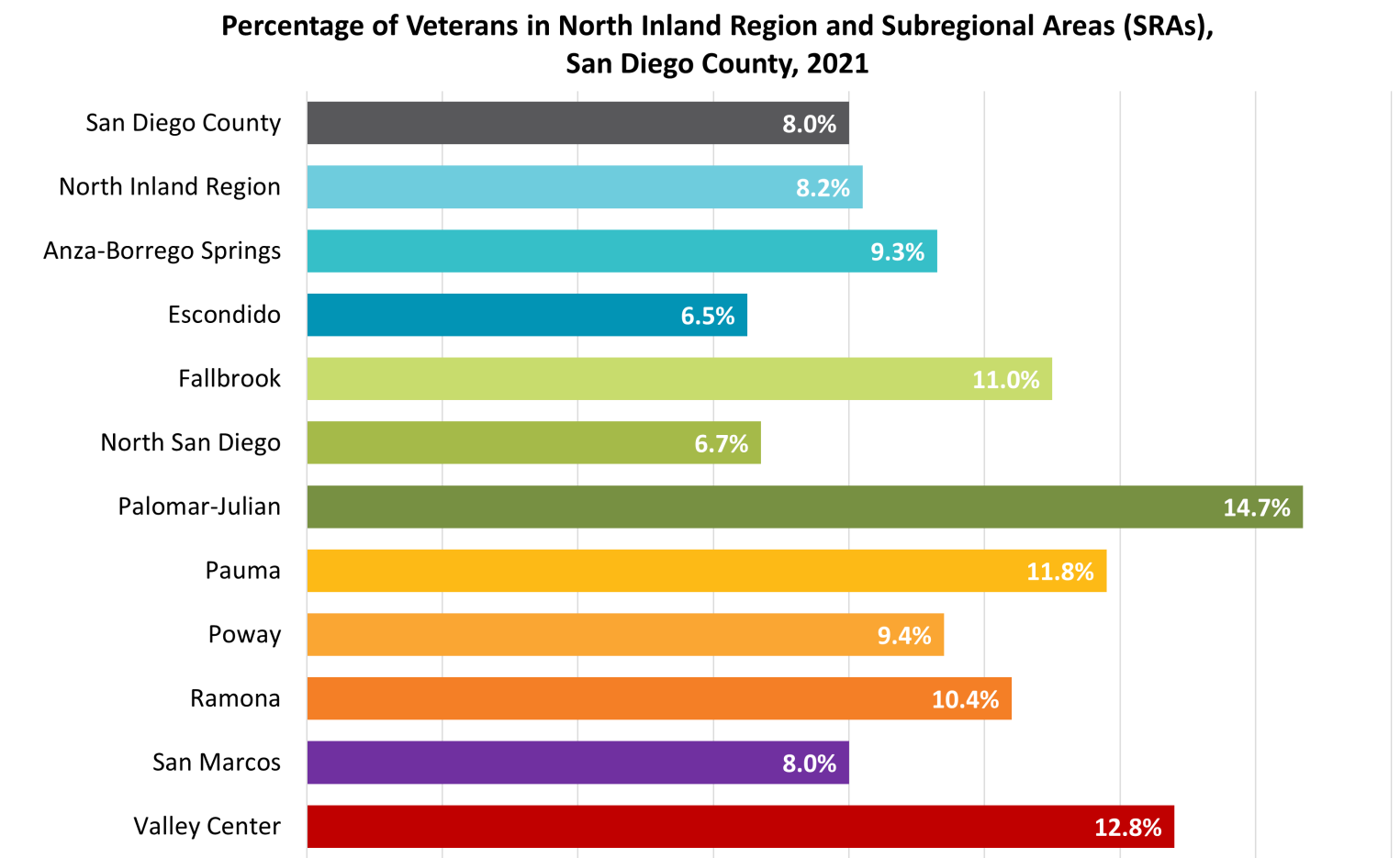
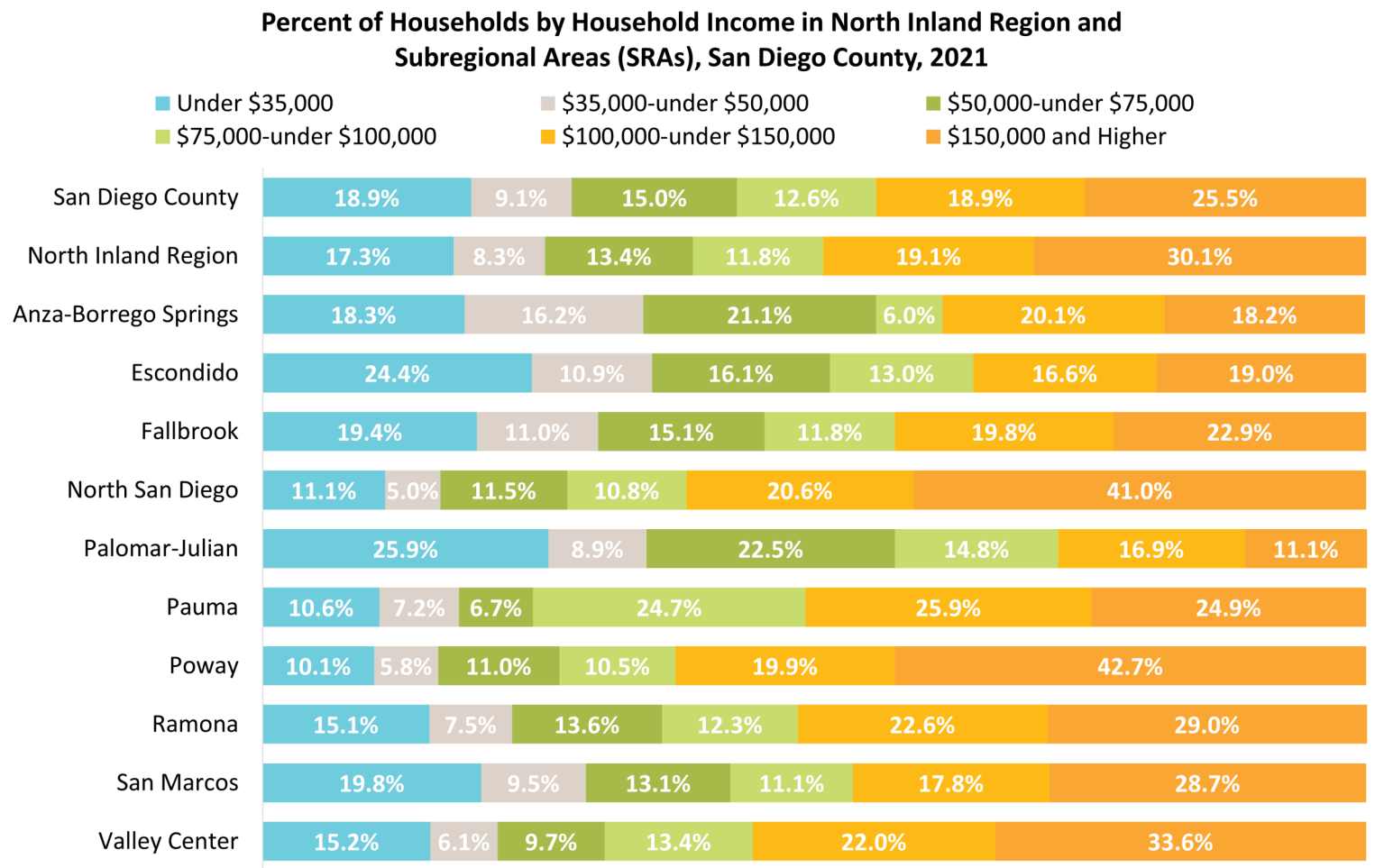Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table S2101.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Household income includes the income of the householder, and all other individuals 15 years and older in the household, whether they are related to the householder or not. Just over 1 out of 6 households (17.3%) in North Inland Region had an annual income of less than $35,000. Among North Inland SRAs in 2021, Palomar-Julian had the highest proportion of households with an annual income of less than $35,000 (25.9%), followed by Escondido (24.4%), while Poway had the lowest proportion (10.1%).

Percent of Households by Household Income in North Inland Region and Subregional Areas (SRAs), San Diego County, 2021

Legend:
- ■ Under $35,000
- ■ $35,000-under $50,000
- ■ $50,000-under $75,000
- ■ $75,000-under $100,000
- ■ $100,000-under $150,000
- ■ $150,000 and Higher

| SRA	Under $35,000	$35,000-under $50,000	$50,000-under $75,000	$75,000-under $100,000	$100,000-under $150,000	$150,000 and Higher
San Diego County	18.9%	9.1%	15.0%	12.6%	18.9%	25.5%
North Inland Region	17.3%	8.3%	13.4%	11.8%	19.1%	30.1%
Anza-Borrego Springs	18.3%	16.2%	21.1%	6.0%	20.1%	18.2%
Escondido	24.4%	10.9%	16.1%	13.0%	16.6%	19.0%
Fallbrook	19.4%	11.0%	15.1%	11.8%	19.8%	22.9%
North San Diego	11.1%	5.0%	11.5%	10.8%	20.6%	41.0%
Palomar-Julian	25.9%	8.9%	22.5%	14.8%	16.9%	11.1%
Pauma	10.6%	7.2%	6.7%	24.7%	25.9%	24.9%
Poway	10.1%	5.8%	11.0%	10.5%	19.9%	42.7%
Ramona	15.1%	7.5%	13.6%	12.3%	22.6%	29.0%
San Marcos	19.8%	9.5%	13.1%	11.1%	17.8%	28.7%
Valley Center	15.2%	6.1%	9.7%	13.4%	22.0%	33.6%

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 Inland Region was $104,380 in 2021. Among North Inland Region SRAs, Palomar-Julian had the lowest median household income ($66,427), while Poway had the highest median household income ($139,441) in 2021.

Median Household Income in North Inland Region and Subregional Areas (SRAs), San Diego County, 2021
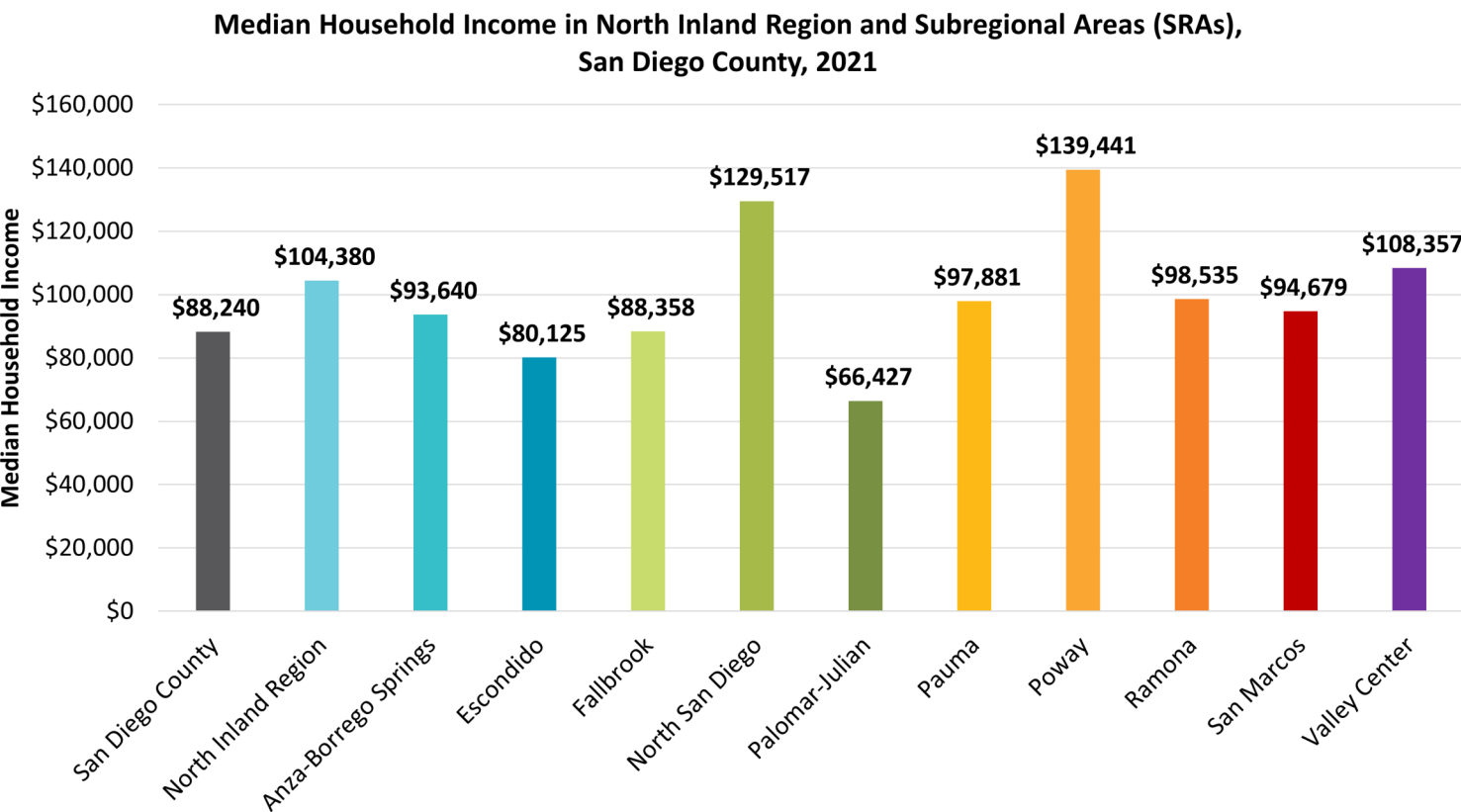
Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table DP03, DP04.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In 2021, over 1 in 5 residents (22.4%) in North Inland Region, lived below 200% FPL. Among North Inland Region SRAs, Escondido had the highest proportion of residents living below 200% FPL (32.0%), followed by Fallbrook (29.9%) in 2021. Additionally, the proportion of residents living below 200% FPL in North Inland Region was lower than San Diego County (22.4% versus 25.2%).

Percent of Population Below 200% Federal Poverty Level (FPL) in North Inland Region and Subregional Areas (SRAs), San Diego County, 2021
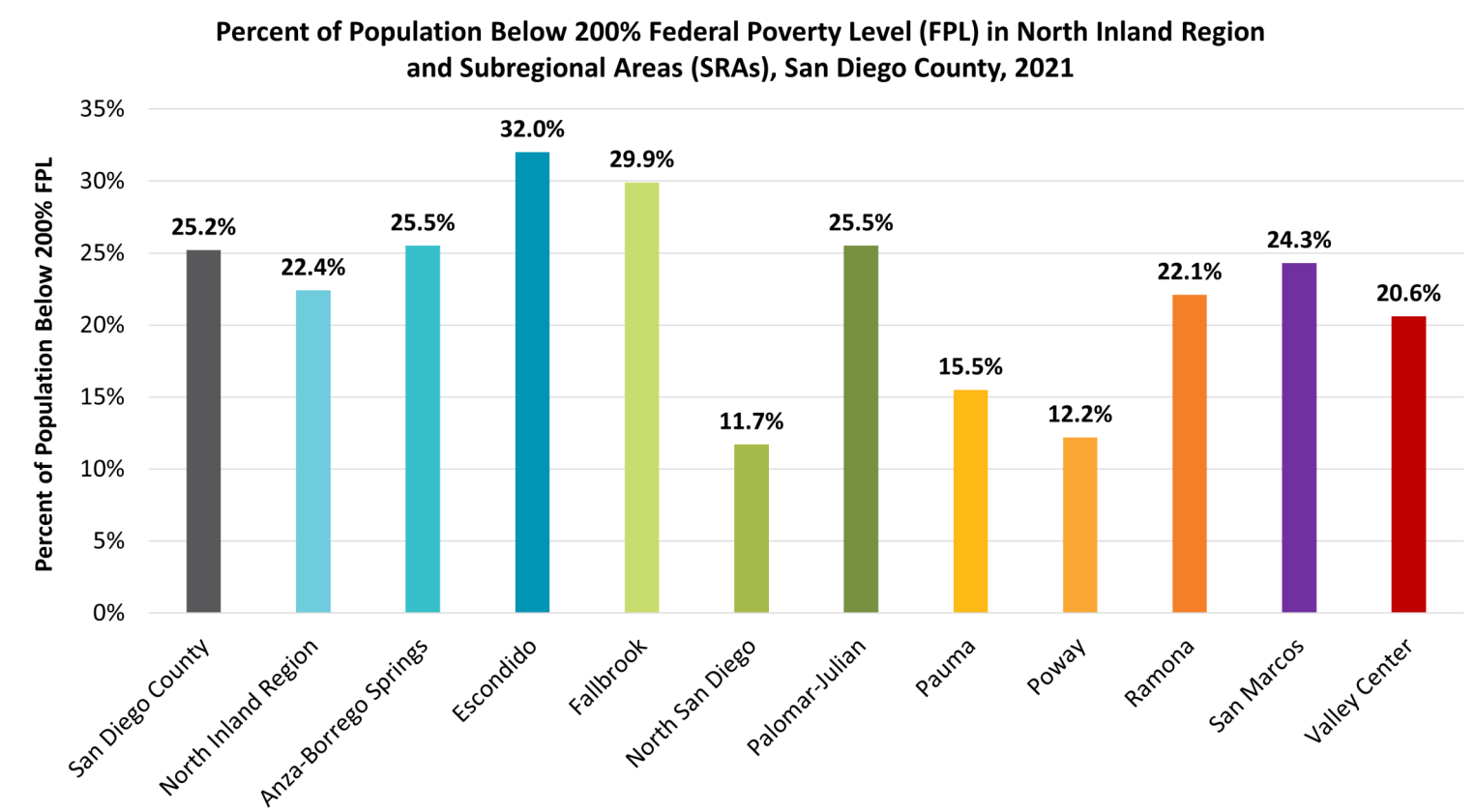

Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table B17024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

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 Inland Region was 5.2%. Among North Inland Region SRAs, Anza-Borrego Springs had the highest 5-year average unemployment rate (14.6%), while Palomar-Julian had the lowest 5-year average unemployment rate (3.7%).

Average Percent of Unemployment* in North Inland Region and Subregional Areas (SRAs), San Diego County, 2021

SRA	Percent Unemployed
San Diego County	6.2%
North Inland Region	5.2%
Anza-Borrego Springs	14.6%
Escondido	4.5%
Fallbrook	7.0%
North San Diego	5.3%
Palomar-Julian	3.7%
Pauma	4.7%
Poway	6.4%
Ramona	4.5%
San Marcos	4.7%
Valley Center	5.7%

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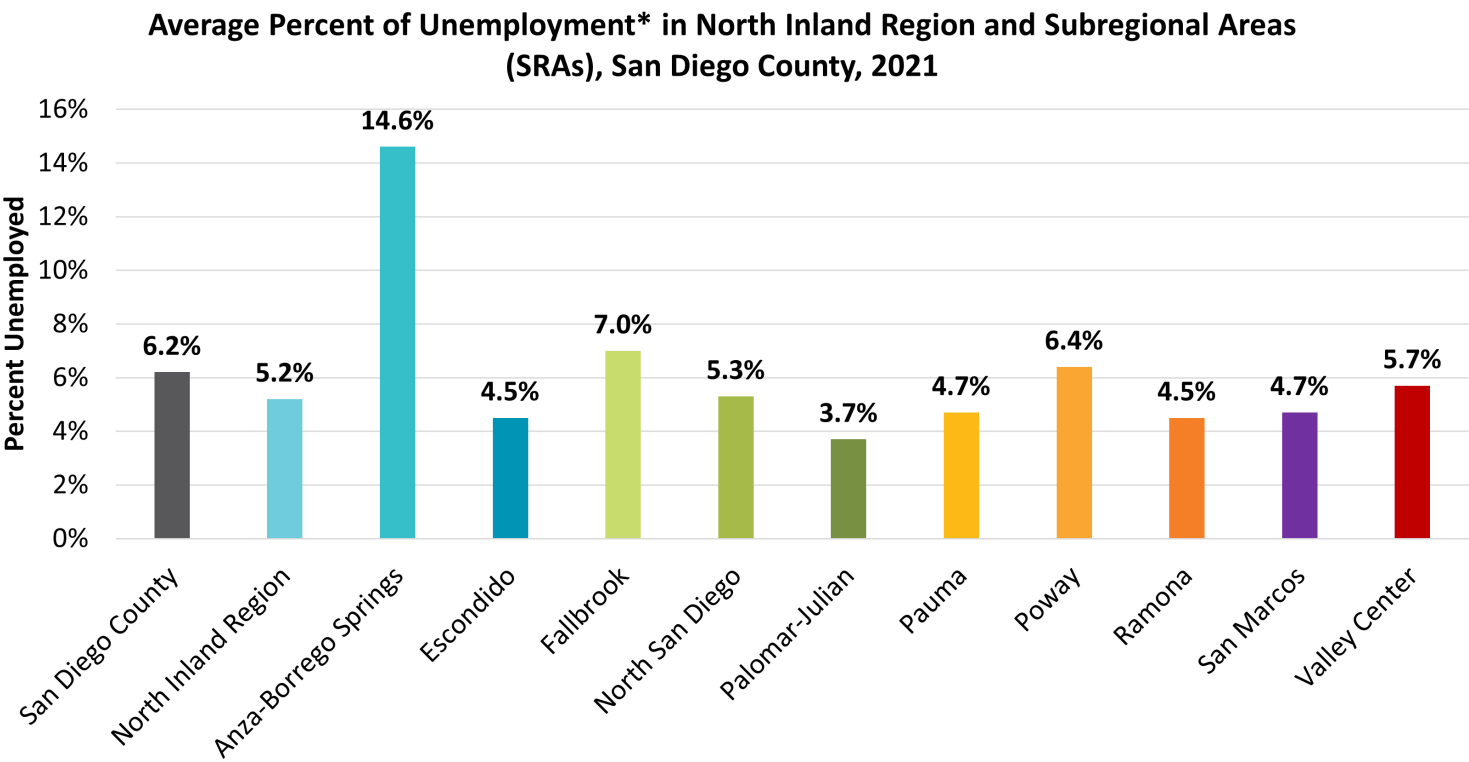Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

INSURANCE, ACCESS, AND UTILIZATION

In 2021, 92.7% of residents in the North Inland Region were insured through private or public programs, while 7.3% of residents did not have any health insurance coverage. Among North Inland Region subregional areas (SRAs), Pauma had the highest proportion of residents without health insurance (19.4%), followed by Escondido (11.8%), while Poway and North San Diego had the lowest proportion of residents without health insurance (2.8%) in 2021.

Health Insurance Status in North Inland Region and Subregional Areas (SRAs), San Diego County, 2021

■ With Health Insurance   ■ No Health Insurance

SRA	With Health Insurance	No Health Insurance
San Diego County	92.5%	7.5%
North Inland Region	92.7%	7.3%
Anza-Borrego Springs	95.1%	4.9%
Escondido	88.2%	11.8%
Fallbrook	90.0%	10.0%
North San Diego	97.2%	2.8%
Palomar-Julian	92.0%	8.0%
Pauma	80.6%	19.4%
Poway	97.2%	2.8%
Ramona	93.9%	6.1%
San Marcos	92.3%	7.7%
Valley Center	92.9%	7.1%
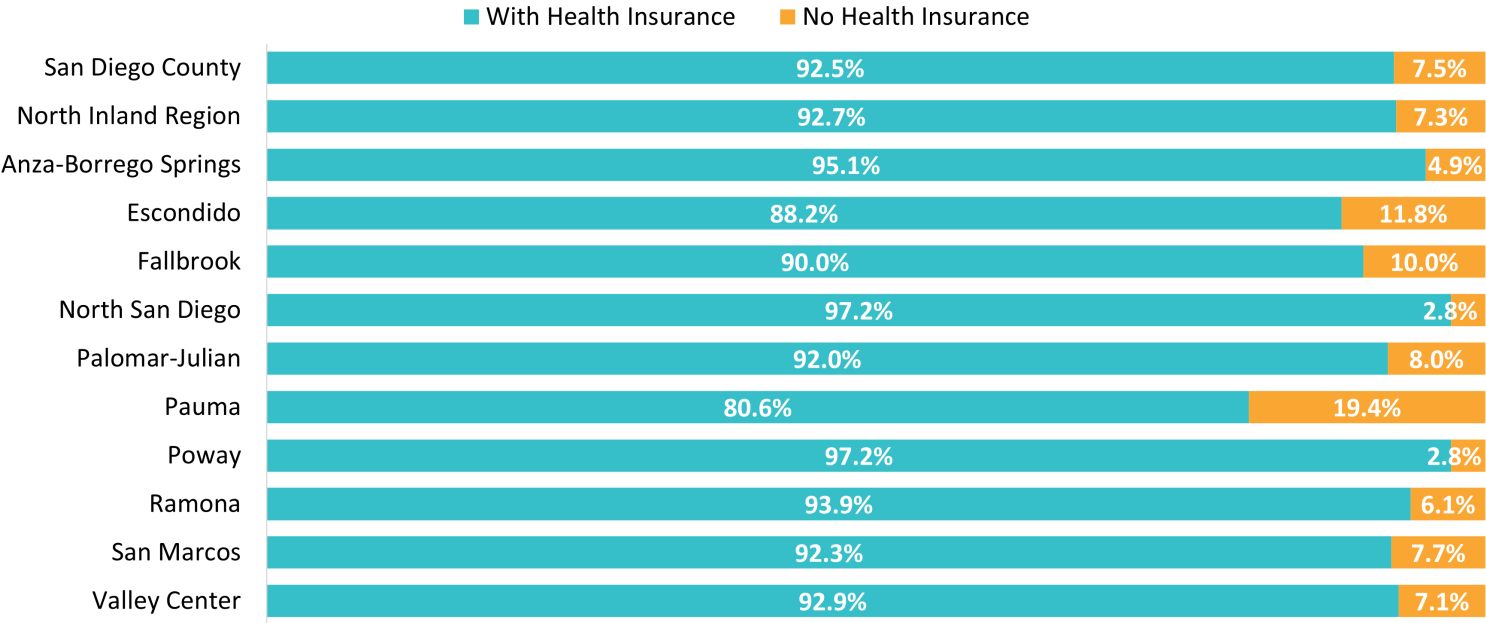
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table B27001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Residents in North Inland Region were most likely to report having a usual place for health care than any other Health and Human Services Agency (HHSA) region. In 2021, over 9 out of 10 residents (91.5%) in North Inland Region reported having a usual place to go when sick or needing health advice.

Percent of Residents with Usual Source of Care in San Diego County and HHSA Regions, 2021

■ Have a usual place to go to when sick or need health advice   ■ Does not have a usual place to go to when sick or need health advice

Region	Have a usual place	Does not have a usual place
San Diego County	87.6%	12.4%
Central Region	83.8%	16.2%
East Region	89.0%	11.0%
North Central Region	87.7%	12.3%
North Coastal Region	89.1%	10.9%
North Inland Region	91.5%	8.5%
South Region	84.0%	16.0%

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.

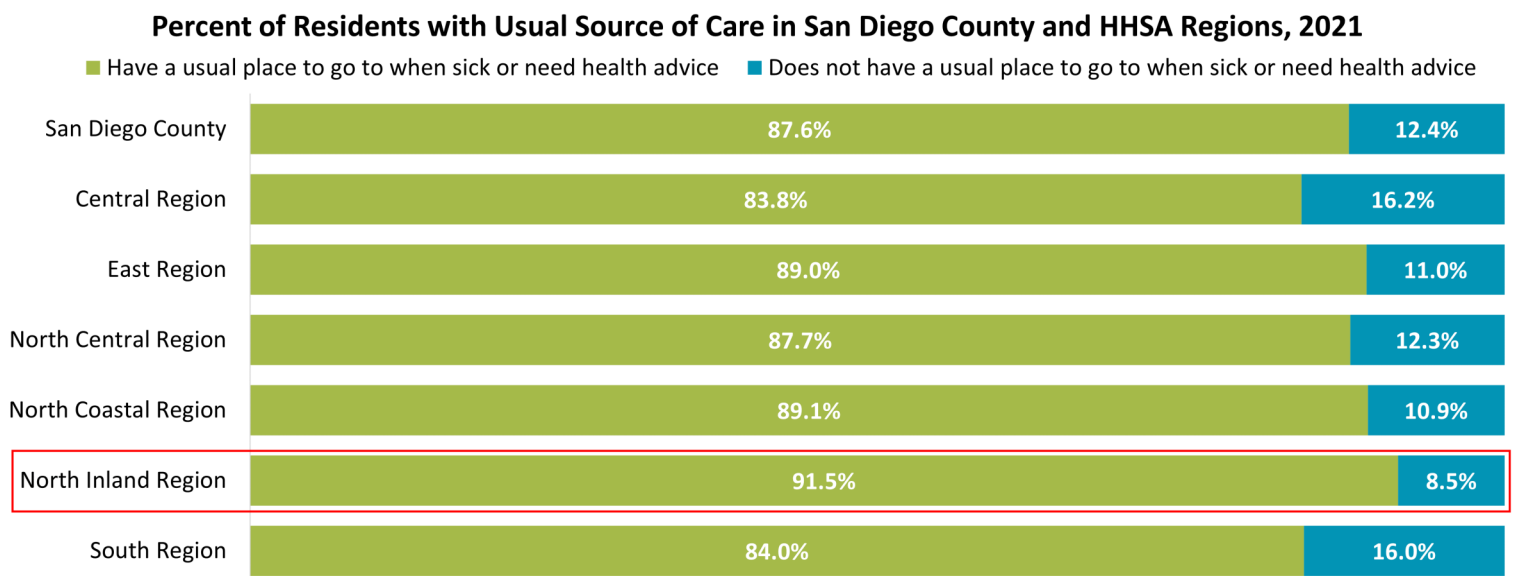Nearly 3 out of 10 adults (29.3%) in North Inland Region with an income less than 200% Federal Poverty Level (FPL) reported an inability to afford enough food, between 2020-2021.

Food Insecurity^ in San Diego County and HHSA Regions, 2020-2021

■ Food Secure   ■ Food Insecure

Region	Food Secure	Food Insecure
San Diego County	70.3%	29.7%
Central Region	74.3%	25.7%
East Region	57.8%	42.2%
North Central Region	63.3%	36.7%
North Coastal Region	74.2%	25.8%
North Inland Region	70.7%	29.3%
South Region	78.4%	21.6%

^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, 5.4% of all households in North Inland Region report receipt of SNAP. Among North Inland SRAs, Anza-Borrego Springs had the highest proportion of households who reported receipt of SNAP (9.1%), followed by Escondido (8.8%), while Pauma had the lowest proportion of households who reported receipt of SNAP (2.0%) in 2021.

Percent of Households Receiving Food Stamps/SNAP in North Inland Region and Subregional Areas (SRAs), San Diego County, 2021

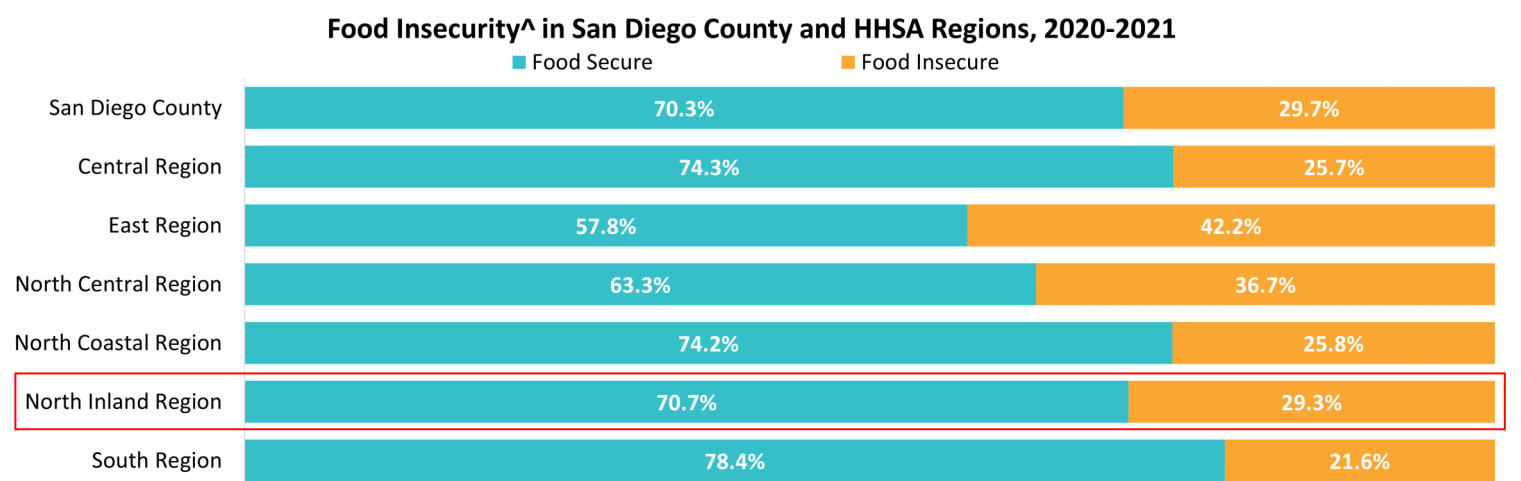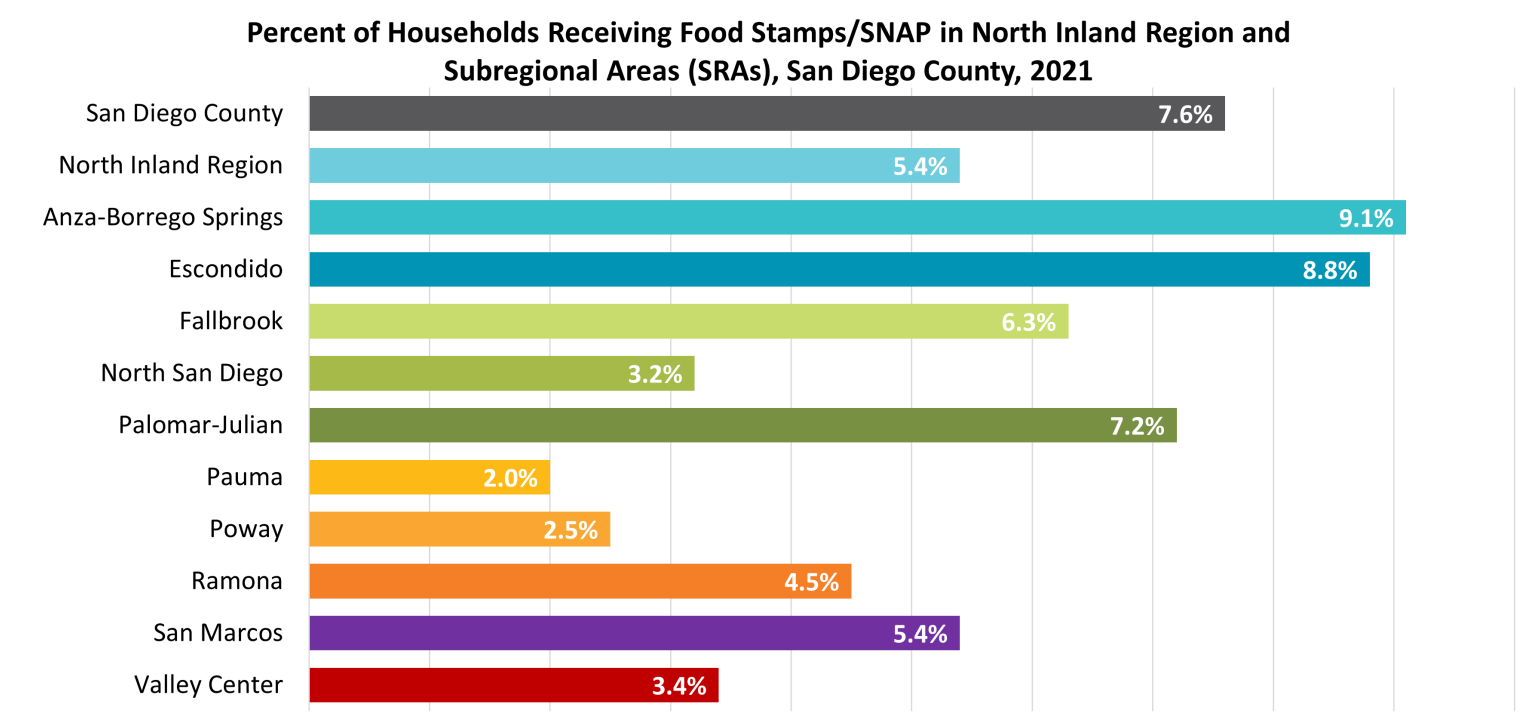| Area	Percent
San Diego County	7.6%
North Inland Region	5.4%
Anza-Borrego Springs	9.1%
Escondido	8.8%
Fallbrook	6.3%
North San Diego	3.2%
Palomar-Julian	7.2%
Pauma	2.0%
Poway	2.5%
Ramona	4.5%
San Marcos	5.4%
Valley Center	3.4%

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, the proportion of residents reporting fair or poor health in North Inland Region (5.9%) was lower than San Diego County and all HHSA regions. Nearly 2 out of 3 residents (65.2%) in North Inland Region reported excellent or very good health in 2021.
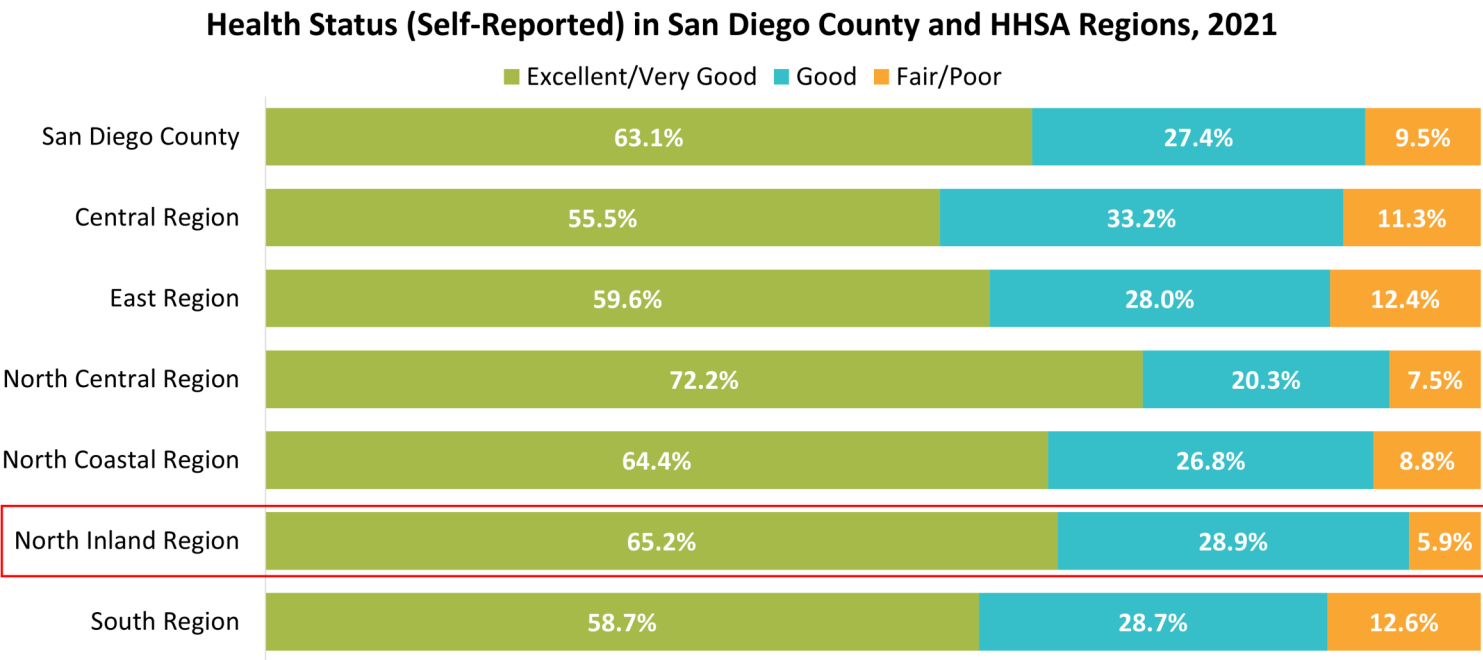
Health Status (Self-Reported) in San Diego County and HHSA Regions, 2021

■ Excellent/Very Good ■ Good ■ Fair/Poor

Region	Excellent/Very Good	Good	Fair/Poor
San Diego County	63.1%	27.4%	9.5%
Central Region	55.5%	33.2%	11.3%
East Region	59.6%	28.0%	12.4%
North Central Region	72.2%	20.3%	7.5%
North Coastal Region	64.4%	26.8%	8.8%
North Inland Region	65.2%	28.9%	5.9%
South Region	58.7%	28.7%	12.6%

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, 9.5% of North Inland Region residents reported having one or more disabilities. Among North Inland Region subregional areas (SRAs), Ramona had the highest proportion of the population with a disability (11.0%), followed by Escondido (10.4%), while Pauma had the lowest proportion of the population with a disability (5.9%) in 2021.

Percent of Population with Disability in North Inland Region and Subregional Areas (SRAs), San Diego County, 2021

SRA	Percent
San Diego County	10.0%
North Inland Region	9.5%
Anza-Borrego Springs	8.8%
Escondido	10.4%
Fallbrook	10.2%
North San Diego	8.0%
Palomar-Julian	10.0%
Pauma	5.9%
Poway	8.7%
Ramona	11.0%
San Marcos	10.1%
Valley Center	9.8%

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.
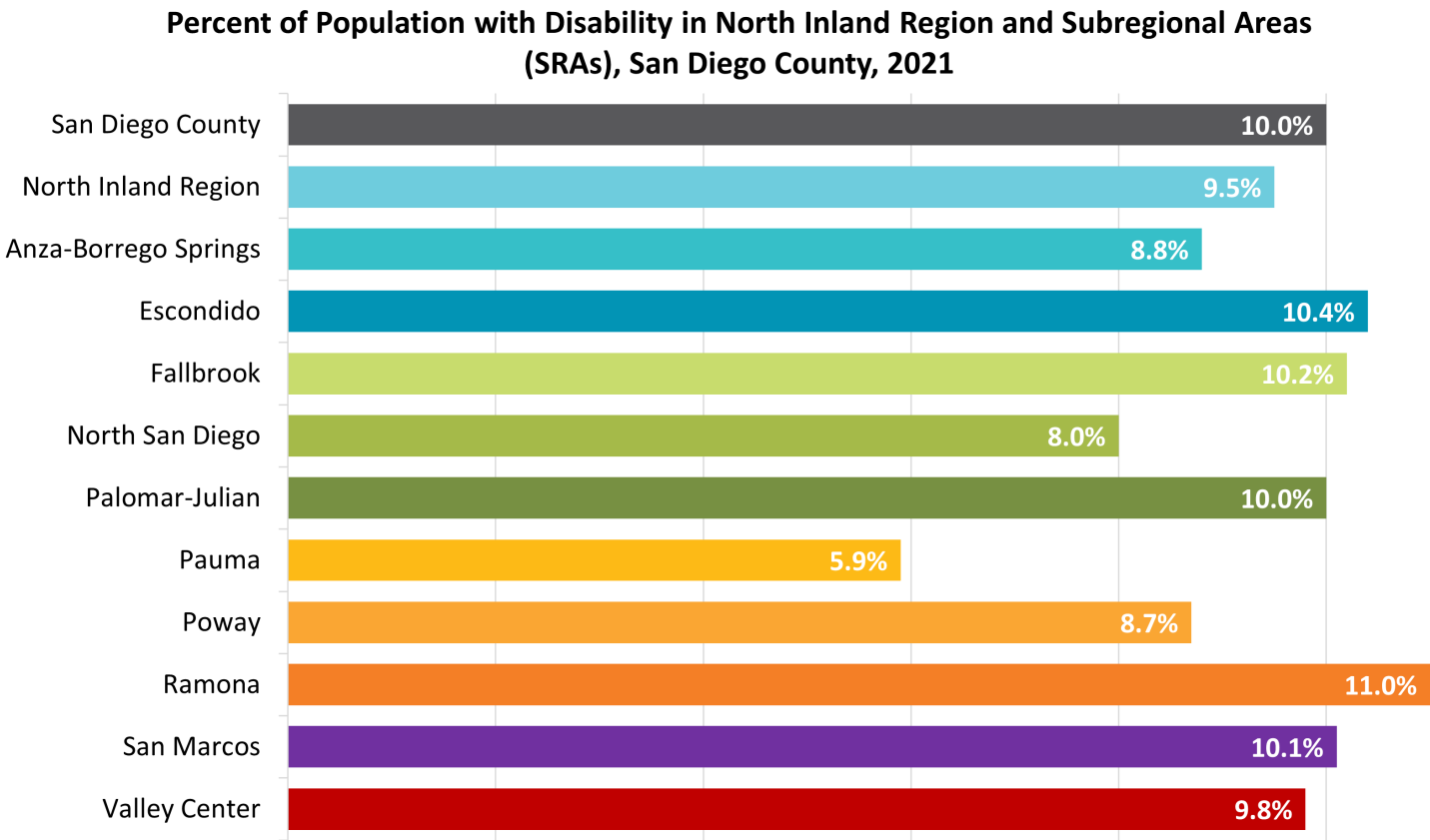
LIFE EXPECTANCY

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 Inland Region had a life expectancy of 78.9 years. Among North Inland Region subregional areas (SRAs), North San Diego had the highest life expectancy (86.0 years), followed by Poway (83.8 years), while Escondido had the lowest life expectancy (77.8 years) in 2021.

Life Expectancy* in North Inland Region and Subregional Areas (SRAs), 2021
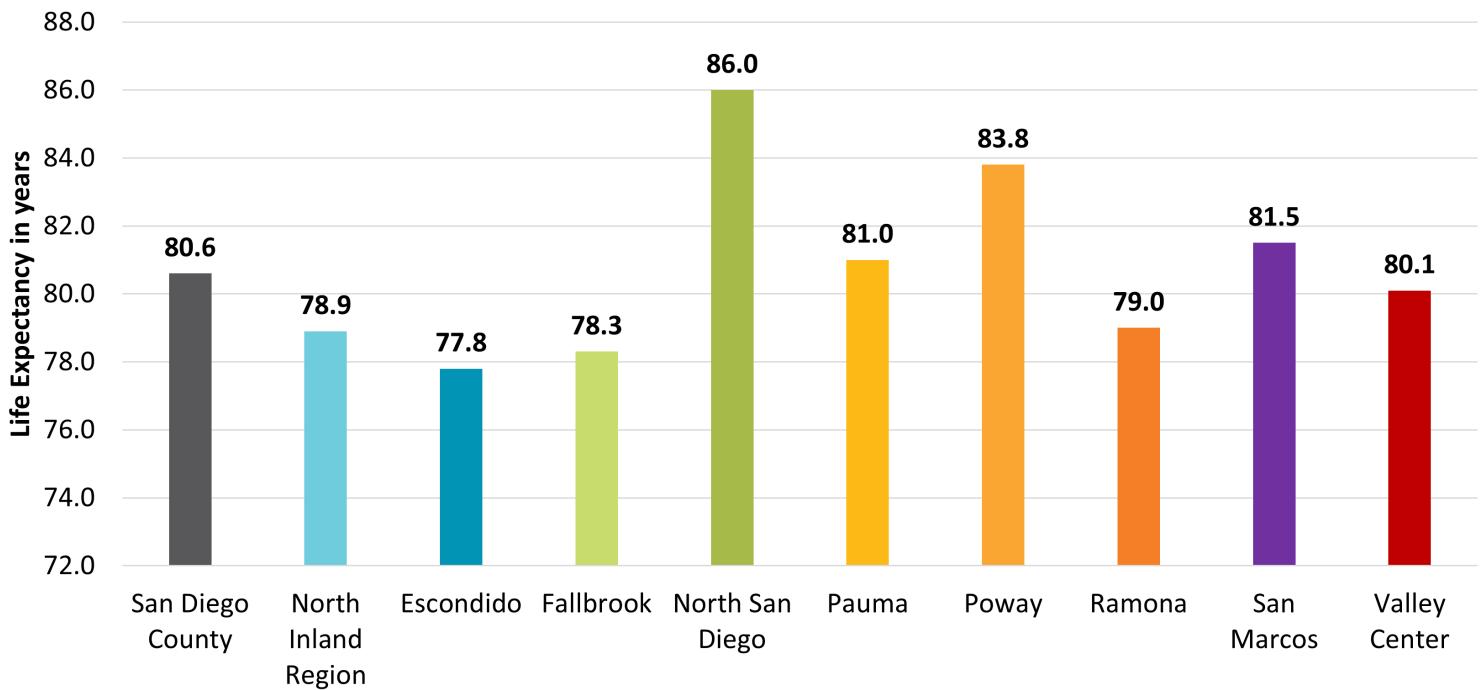
*Only SRAs with life expectancies are displayed on graph.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population 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 in assessing the relative burden of a specific cause of death, compared to all other causes. In 2021, the leading cause of death in North Inland Region was cancer (malignant neoplasms), followed by diseases of the heart. In 2021, 4 out of the top 5 leading causes of death in North Inland Region were non-communicable (chronic) diseases (cancer, diseases of the heart, Alzheimer's Disease, and cerebrovascular diseases also known as stroke).

2021 San Diego County Leading Causes of Death by Health and Human Services Agency (HHSA) Region: North Inland

Year 2021

HHSA Region North Inland

If graph does not populate, data are not available for the selected filters.

2021 Total Death Count among San Diego County Residents: North Inland Region

5,024

Rank	Leading Causes of Death	Death Count
1	Malignant Neoplasms	977 (19.4%)
2	Diseases Of The Heart	925 (18.4%)
3	COVID-19	537 (10.7%)
4	Alzheimer's Disease	359 (7.1%)
5	Cerebrovascular Diseases	357 (7.1%)
6	Accidents/Unintentional Injuries	297 (5.9%)
7	Chronic Lower Respiratory Diseases	165 (3.3%)
8	Diabetes Mellitus	150 (3.0%)
9	Parkinson's Disease	87 (1.7%)
10	Chronic Liver Disease And Cirrhosis	82 (1.6%)
11	Essential Hypertension And Hypertensive Renal Disease	67 (1.3%)
12	Intentional Self-Harm (Suicide)	66 (1.3%)
13	Influenza And Pneumonia	45 (0.9%)
14	Pneumonitis Due To Solids And Liquids	38 (0.8%)
15	In Situ Neoplasms, Benign Neoplasms And Neoplasms Of Uncertain Or Unknown Behavior	30 (0.6%)
	Nutritional Deficiencies	30 (0.6%)
16	All other causes (not rankable)	812 (16.2%)

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.

NON-COMMUNICABLE (CHRONIC) DISEASES

In 2021, among non-communicable (chronic) diseases, the highest rates of death were due to overall cancer followed by overall heart disease in North Inland Region and its SRAs, except Pauma. Among North Inland Region subregional areas (SRAs), Palomar-Julian had the highest rate of death due to overall cancer (233.7 per 100,000). In 2021, Pauma SRA had the highest death rate due to overall heart disease (241.5 per 100,000) compared to all other North Inland SRAs. Among Health and Human Services Agency (HHSA) regions, North Inland Region had the second-highest rates of death due to overall cancer and overall heart disease among non-communicable (chronic diseases) in 2021.

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

Legend: ■ Overall Cancer ■ Overall Heart Disease ■ Stroke ■ Diabetes ■ COPD/Chronic Lower Respiratory Diseases ■ Asthma

SRA	Overall Cancer	Overall Heart Disease	Stroke	Diabetes	COPD/Chronic Lower Respiratory Diseases	Asthma
San Diego County	152.3	149.6	51.6	27.0	26.2	0.5
North Inland Region	162.1	153.5	59.2	24.9	27.0	*
Anza-Borrego Springs						*
Escondido	162.5	161.9	68.0	28.8	28.8	*
Fallbrook	192.1	185.3	90.1	26.8	36.7	*
North San Diego	140.9	126.2	34.7	16.6	14.1	*
Palomar-Julian	233.7	217.7				*
Pauma	197.4	241.5				*
Poway	149.6	148.8	60.0	21.1	14.7	*
Ramona	219.8	168.9	43.2		37.1	*
San Marcos	154.1	138.5	60.3	22.7	30.5	*
Valley Center	214.9	167.0	78.8			*

Death Rate (per 100,000 population)

*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.
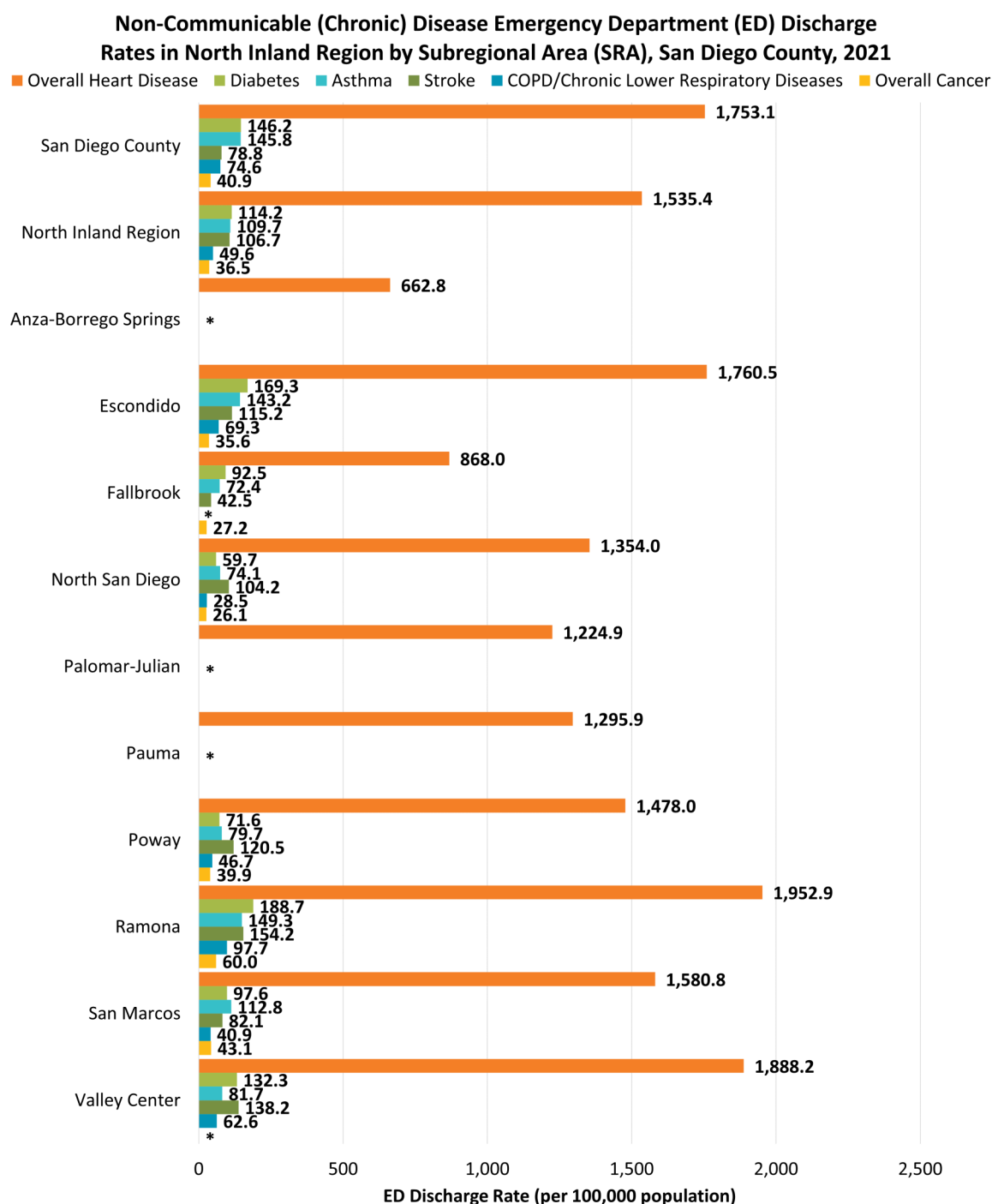
Among non-communicable (chronic) diseases, the highest emergency department (ED) discharge rates were due to overall heart disease in North Inland Region and its SRAs in 2021. In 2021, Ramona SRA had the highest ED discharge rate due to overall heart disease (1,952.9 per 100,000) compared to all other North Inland SRAs. Among non-communicable (chronic) diseases, the second-highest ED discharge rate was due to diabetes in North Inland Region (114.2 per 100,000). Ramona SRA had the highest ED discharge rate due to diabetes (188.7 per 100,000) compared to other North Inland SRAs.

Non-Communicable (Chronic) Disease Emergency Department (ED) Discharge Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2021

Legend: Overall Heart Disease · Diabetes · Asthma · Stroke · COPD/Chronic Lower Respiratory Diseases · Overall Cancer

SRA	Overall Heart Disease	Diabetes	Asthma	Stroke	COPD/CLRD	Overall Cancer
San Diego County	1,753.1	146.2	145.8	78.8	74.6	40.9
North Inland Region	1,535.4	114.2	109.7	106.7	49.6	36.5
Anza-Borrego Springs	662.8	*				
Escondido	1,760.5	169.3	143.2	115.2	69.3	35.6
Fallbrook	868.0	92.5	72.4	42.5	*	27.2
North San Diego	1,354.0	59.7	74.1	104.2	28.5	26.1
Palomar-Julian	1,224.9	*				
Pauma	1,295.9	*				
Poway	1,478.0	71.6	79.7	120.5	46.7	39.9
Ramona	1,952.9	188.7	149.3	154.2	97.7	60.0
San Marcos	1,580.8	97.6	112.8	82.1	40.9	43.1
Valley Center	1,888.2	132.3	81.7	138.2	62.6	*

ED Discharge Rate (per 100,000 population)

*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.
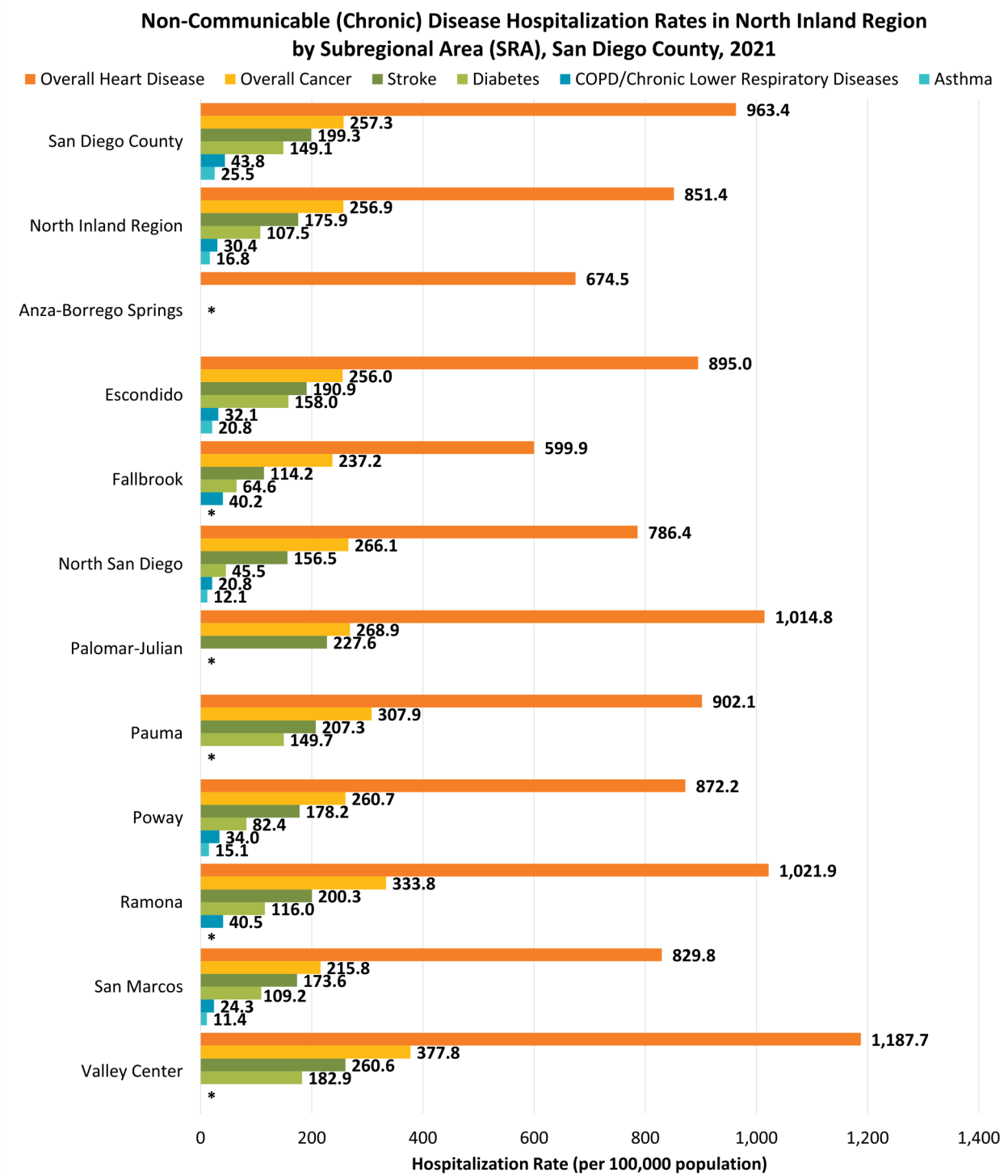
Among non-communicable (chronic) diseases, the highest hospitalization rates were due to overall heart disease in North Inland Region and its SRAs. Among North Inland SRAs, Valley Center had the highest hospitalization rate due to overall heart disease (1,187.7 per 100,000) in 2021. The second-highest hospitalization rates from non-communicable (chronic) diseases were due to overall cancer in North Inland Region and its SRAs.

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

Legend: ■ Overall Heart Disease ■ Overall Cancer ■ Stroke ■ Diabetes ■ COPD/Chronic Lower Respiratory Diseases ■ Asthma

San Diego County
- Overall Heart Disease: 963.4
- Overall Cancer: 257.3
- Stroke: 199.3
- Diabetes: 149.1
- COPD/Chronic Lower Respiratory Diseases: 43.8
- Asthma: 25.5

North Inland Region
- Overall Heart Disease: 851.4
- Overall Cancer: 256.9
- Stroke: 175.9
- Diabetes: 107.5
- COPD/Chronic Lower Respiratory Diseases: 30.4
- Asthma: 16.8

Anza-Borrego Springs
- Overall Heart Disease: 674.5
- *

Escondido
- Overall Heart Disease: 895.0
- Overall Cancer: 256.0
- Stroke: 190.9
- Diabetes: 158.0
- COPD/Chronic Lower Respiratory Diseases: 32.1
- Asthma: 20.8

Fallbrook
- Overall Heart Disease: 599.9
- Overall Cancer: 237.2
- Stroke: 114.2
- Diabetes: 64.6
- COPD/Chronic Lower Respiratory Diseases: 40.2
- *

North San Diego
- Overall Heart Disease: 786.4
- Overall Cancer: 266.1
- Stroke: 156.5
- Diabetes: 45.5
- COPD/Chronic Lower Respiratory Diseases: 20.8
- Asthma: 12.1

Palomar-Julian
- Overall Heart Disease: 1,014.8
- Overall Cancer: 268.9
- Stroke: 227.6
- *

Pauma
- Overall Heart Disease: 902.1
- Overall Cancer: 307.9
- Stroke: 207.3
- Diabetes: 149.7
- *

Poway
- Overall Heart Disease: 872.2
- Overall Cancer: 260.7
- Stroke: 178.2
- Diabetes: 82.4
- COPD/Chronic Lower Respiratory Diseases: 34.0
- Asthma: 15.1

Ramona
- Overall Heart Disease: 1,021.9
- Overall Cancer: 333.8
- Stroke: 200.3
- Diabetes: 116.0
- COPD/Chronic Lower Respiratory Diseases: 40.5
- *

San Marcos
- Overall Heart Disease: 829.8
- Overall Cancer: 215.8
- Stroke: 173.6
- Diabetes: 109.2
- COPD/Chronic Lower Respiratory Diseases: 24.3
- Asthma: 11.4

Valley Center
- Overall Heart Disease: 1,187.7
- Overall Cancer: 377.8
- Stroke: 260.6
- Diabetes: 182.9
- *
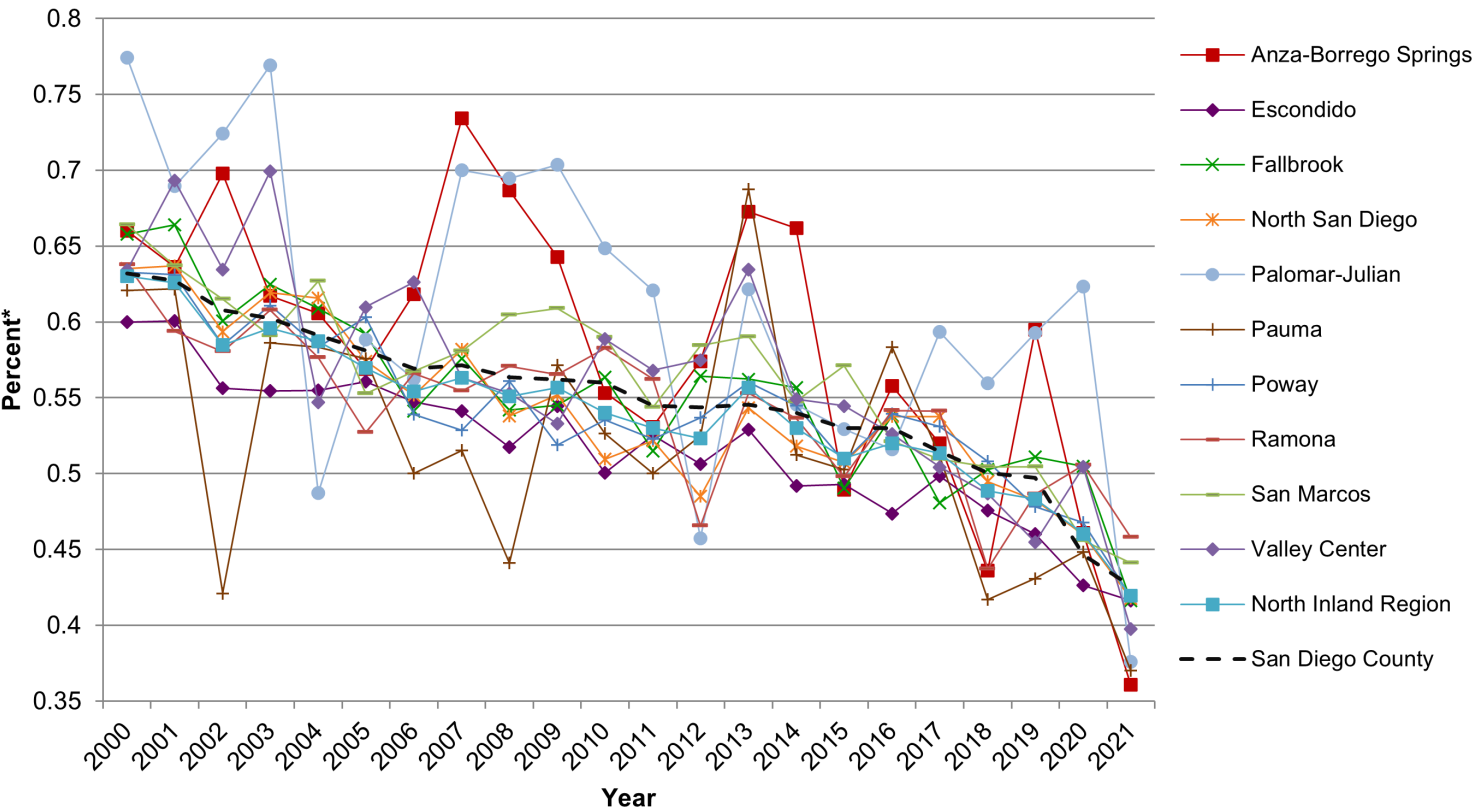
Hospitalization Rate (per 100,000 population)

*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 by 33.4% in North Inland Region from 2000 to 2021. In 2021, stroke, coronary heart disease (CHD), diabetes, chronic obstructive pulmonary diseases (COPD)/chronic lower respiratory disease, asthma, and cancer caused 42% of all deaths in North Inland Region. Among North Inland subregional areas (SRAs), Ramona had the highest percentage of deaths (46%) due to 3-4-50 chronic diseases, while Anza-Borrego Springs had the lowest percentage of deaths (36%) due to 3-4-50 chronic diseases in 2021.

3-4-50 Death† Percentages
Among San Diego County Residents -
North Inland 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 rate of death due to 3-4-50 chronic diseases decreased in North Inland Region and its SRAs from 2000 to 2021. Among North Inland Region SRAs, Anza-Borrego Springs, Escondido, Fallbrook, North San Diego, and San Marcos had decreased rates of death due to 3-40-50 chronic diseases while Palomar-Julian, Pauma, Poway, Ramona, and Valley Center had increased rates of death due to 3-4-50 chronic diseases from 2000 to 2021. In 2021, Palomar-Julian SRA had the highest rate of death due to 3-4-50 chronic diseases (504.0 per 100,000), while North San Diego had the lowest rate of death due to 3-4-50 chronic diseases (264.4 per 100,000).

3-4-50 Death† Rates
Among San Diego County Residents -
North Inland Region, 2000-2021**
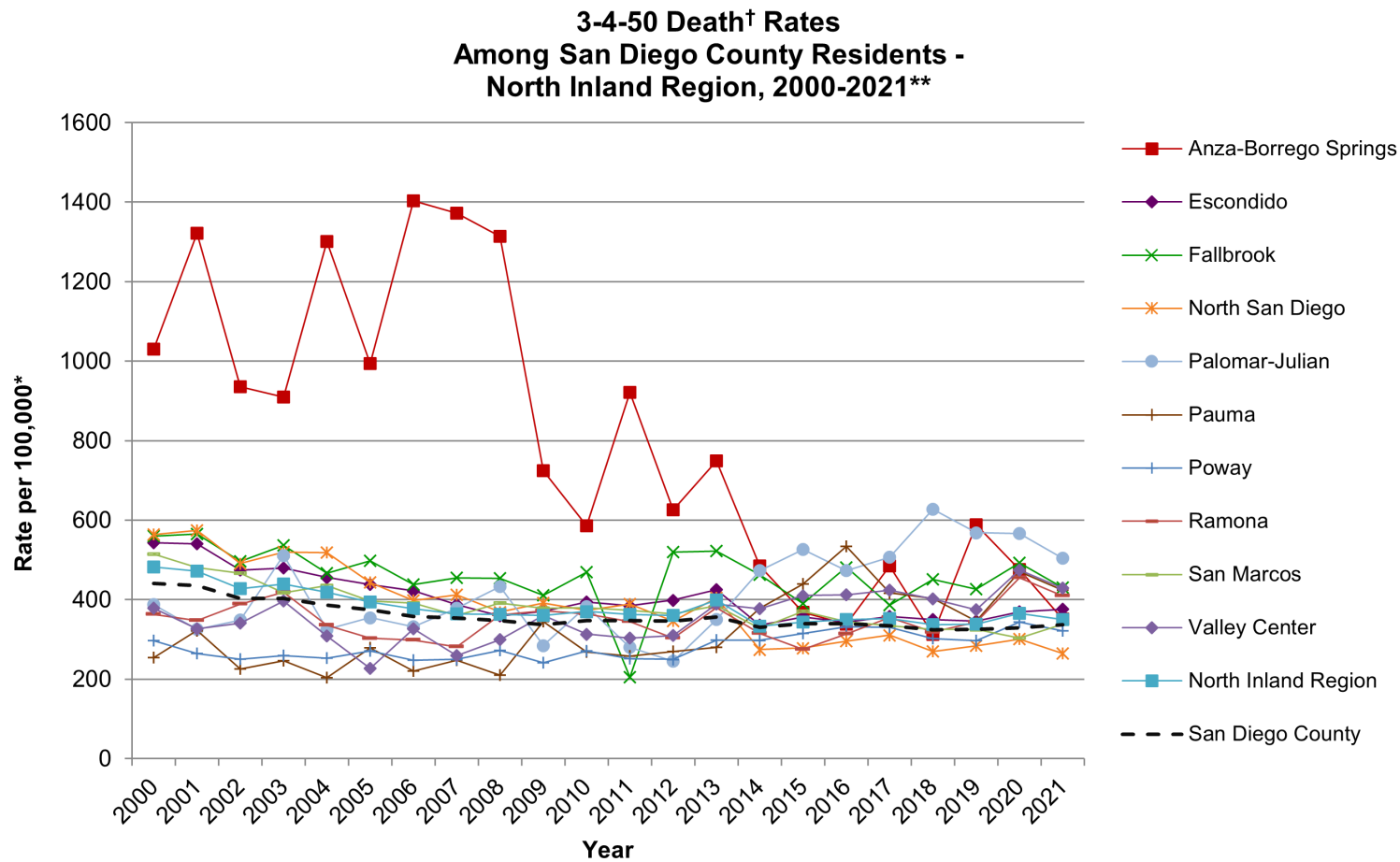
**Rates per 100,000 population. Population estimates for 2020and 2021 were derived using the 2010 Census and data should be considered preliminary.
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory 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 diseases (chlamydia, gonorrhea, syphilis, and tuberculosis) in North Inland Region and its subregional areas (SRAs) were lower, compared to San Diego County overall. Among communicable diseases, the highest incidence rates were due to chlamydia in North Inland Region and its SRAs. Among North Inland Region SRAs, Pauma had the highest incidence rate due to chlamydia (495.1 per 100,000), followed by Escondido (452.2 per 100,000). The second-highest incidence rates among communicable diseases were due to gonorrhea in North Inland Region and its SRAs. In 2021, Escondido SRA had the highest incidence rate due to gonorrhea (146.4 per 100,000) compared to all other SRAs in North Inland Region in 2021.
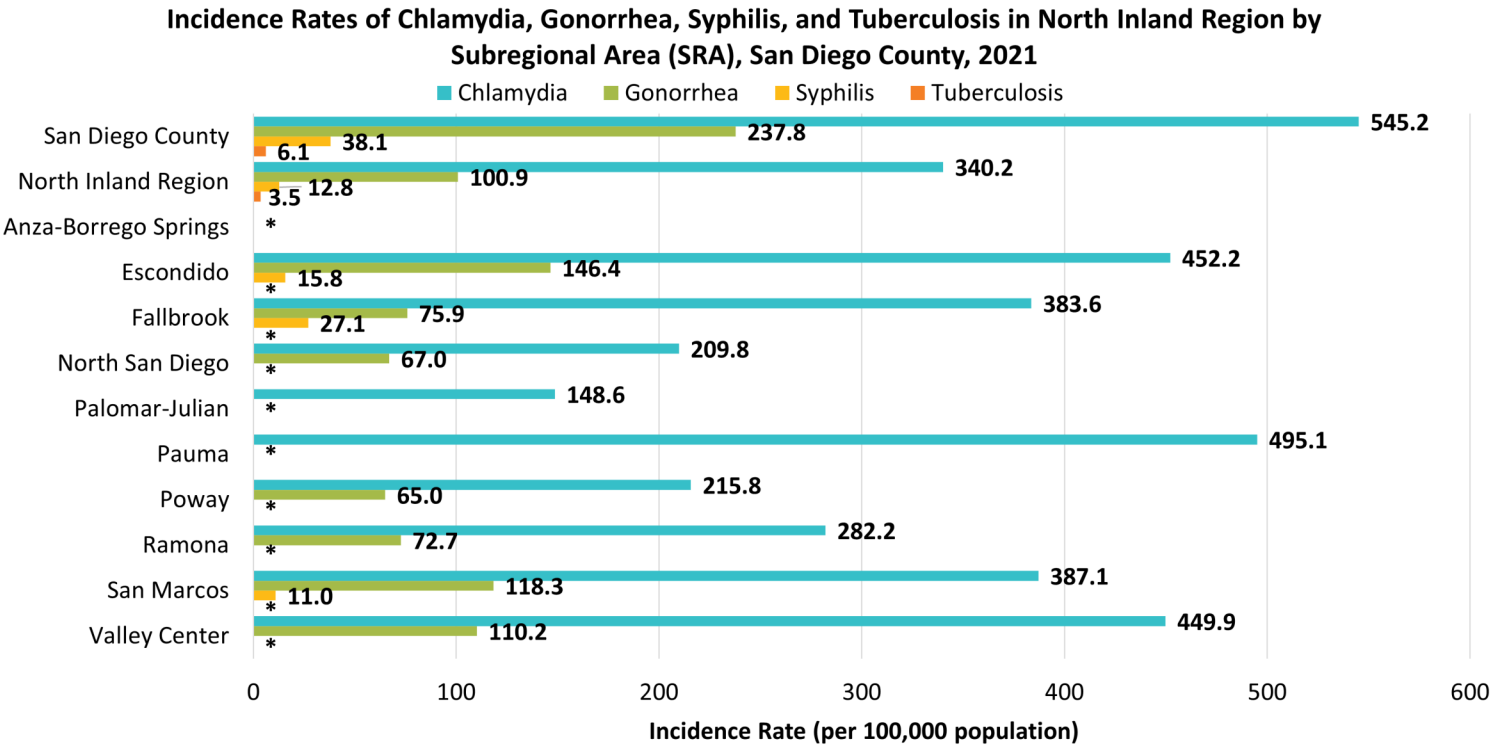
Incidence Rates of Chlamydia, Gonorrhea, Syphilis, and Tuberculosis in North Inland Region by Subregional Area (SRA), San Diego County, 2021

■ Chlamydia   ■ Gonorrhea   ■ Syphilis   ■ Tuberculosis

SRA	Chlamydia	Gonorrhea	Syphilis	Tuberculosis
San Diego County	545.2	237.8	38.1	6.1
North Inland Region	340.2	100.9	12.8	3.5
Anza-Borrego Springs	*			
Escondido	452.2	146.4	15.8	*
Fallbrook	383.6	75.9	27.1	*
North San Diego	209.8	67.0	*	
Palomar-Julian	148.6	*		
Pauma	495.1	*		
Poway	215.8	65.0	*	
Ramona	282.2	72.7	*	
San Marcos	387.1	118.3	11.0	*
Valley Center	449.9	110.2	*	

Incidence Rate (per 100,000 population)

*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
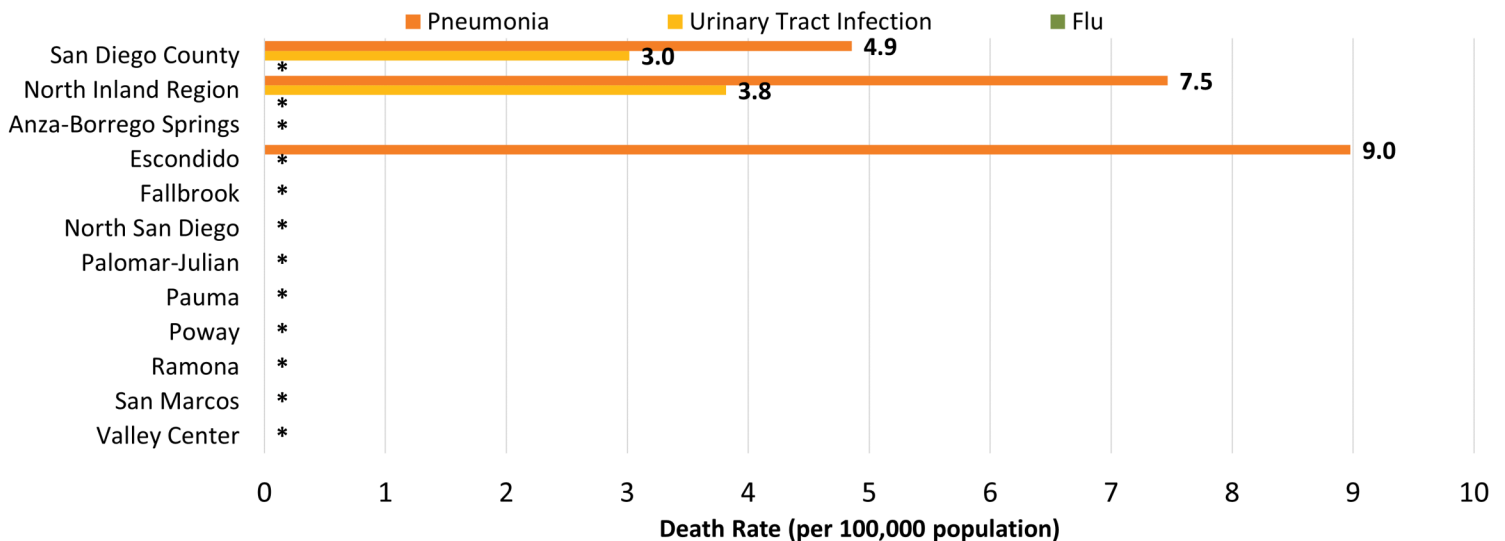Source: California Department of Public Health, Center for Infectious Diseases, Division of Communicable Disease Control, California Reportable Disease Information Exchange (CalREDIE) and Report of Verified Case of Tuberculosis (RVCT), 2021. County of San Diego, Health and Human Services Agency, Public 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 rate of death was due to pneumonia in North Inland Region (7.5 per 100,000). Among North Inland Region SRAs, Escondido had the highest rate of death due to pneumonia (9.0 per 100,000), which was higher than North Inland Region (7.5 per 100,000) and San Diego County overall (4.9 per 100,000).

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

Legend: ■ Pneumonia ■ Urinary Tract Infection ■ Flu

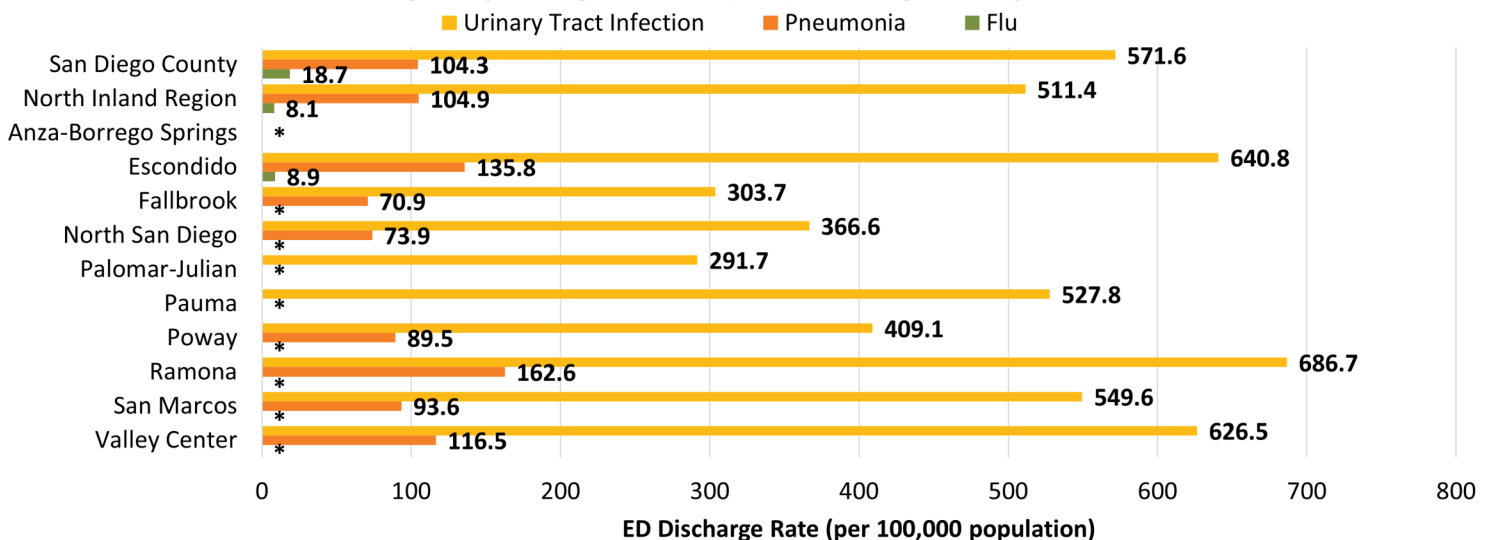| SRA	Value
San Diego County	3.0 / 4.9 / *
North Inland Region	3.8 / 7.5 / *
Anza-Borrego Springs	* *
Escondido	9.0 / *
Fallbrook	*
North San Diego	*
Palomar-Julian	*
Pauma	*
Poway	*
Ramona	*
San Marcos	*
Valley Center	*

Death Rate (per 100,000 population)

*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 communicable (infectious) diseases in 2021, the highest emergency department (ED) discharge rates were due to urinary tract infections in North Inland Region and its SRAs. Among North Inland Region SRAs, Ramona had the highest ED discharge rate due to urinary tract infections (686.7 per 100,000), followed by Escondido (640.8 per 100,000), while Palomar-Julian had the lowest ED discharge rate due to urinary tract infections (291.7 per 100,000) in 2021.

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

Legend: ■ Urinary Tract Infection ■ Pneumonia ■ Flu

SRA	Urinary Tract Infection	Pneumonia	Flu
San Diego County	571.6	104.3	18.7
North Inland Region	511.4	104.9	8.1
Anza-Borrego Springs	*		
Escondido	640.8	135.8	8.9
Fallbrook	303.7	70.9	*
North San Diego	366.6	73.9	*
Palomar-Julian	291.7		*
Pauma	527.8		*
Poway	409.1	89.5	*
Ramona	686.7	162.6	*
San Marcos	549.6	93.6	*
Valley Center	626.5	116.5	*

ED Discharge Rate (per 100,000 population)

*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 in 2021, the highest hospitalization rates were due to urinary tract infections in North Inland Region and its SRAs. Among North Inland Region SRAs, Valley Center had the highest hospitalization rate due to urinary tract infections (148.4 per 100,000), followed by Ramona (109.0 per 100,000). The second-highest hospitalization rates among communicable (infectious) diseases were due to pneumonia in North Inland Region and its SRAs in 2021. Valley Center SRA had the highest hospitalization rate due to pneumonia (93.0 per 100,000) compared to all other SRAs in North Inland Region in 2021.
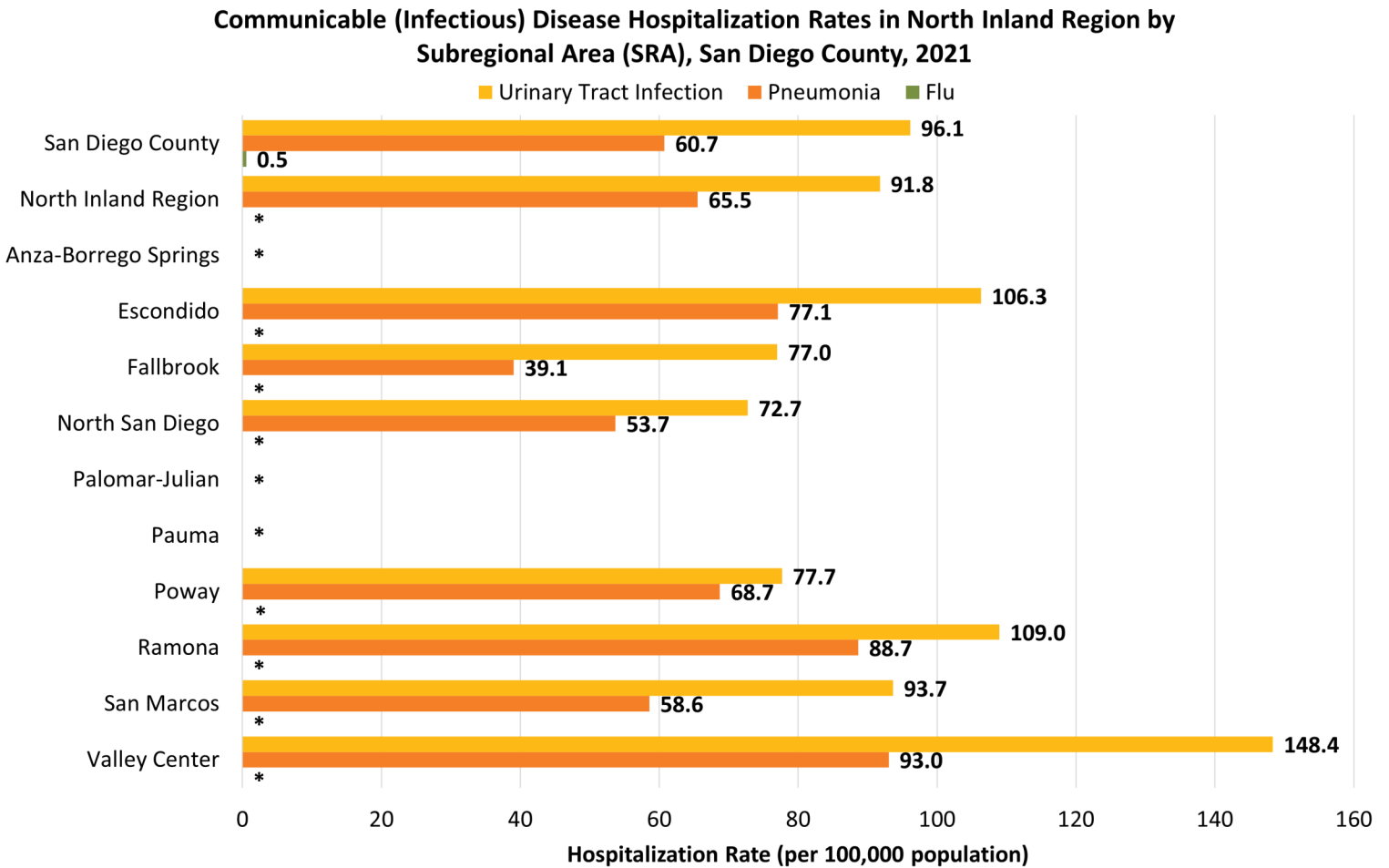
Communicable (Infectious) Disease Hospitalization Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2021

Legend: ■ Urinary Tract Infection ■ Pneumonia ■ Flu

SRA	Urinary Tract Infection	Pneumonia	Flu
San Diego County	96.1	60.7	0.5
North Inland Region	91.8	65.5	*
Anza-Borrego Springs	*		
Escondido	106.3	77.1	*
Fallbrook	77.0	39.1	*
North San Diego	72.7	53.7	*
Palomar-Julian	*		
Pauma	*		
Poway	77.7	68.7	*
Ramona	109.0	88.7	*
San Marcos	93.7	58.6	*
Valley Center	148.4	93.0	*

Hospitalization Rate (per 100,000 population)

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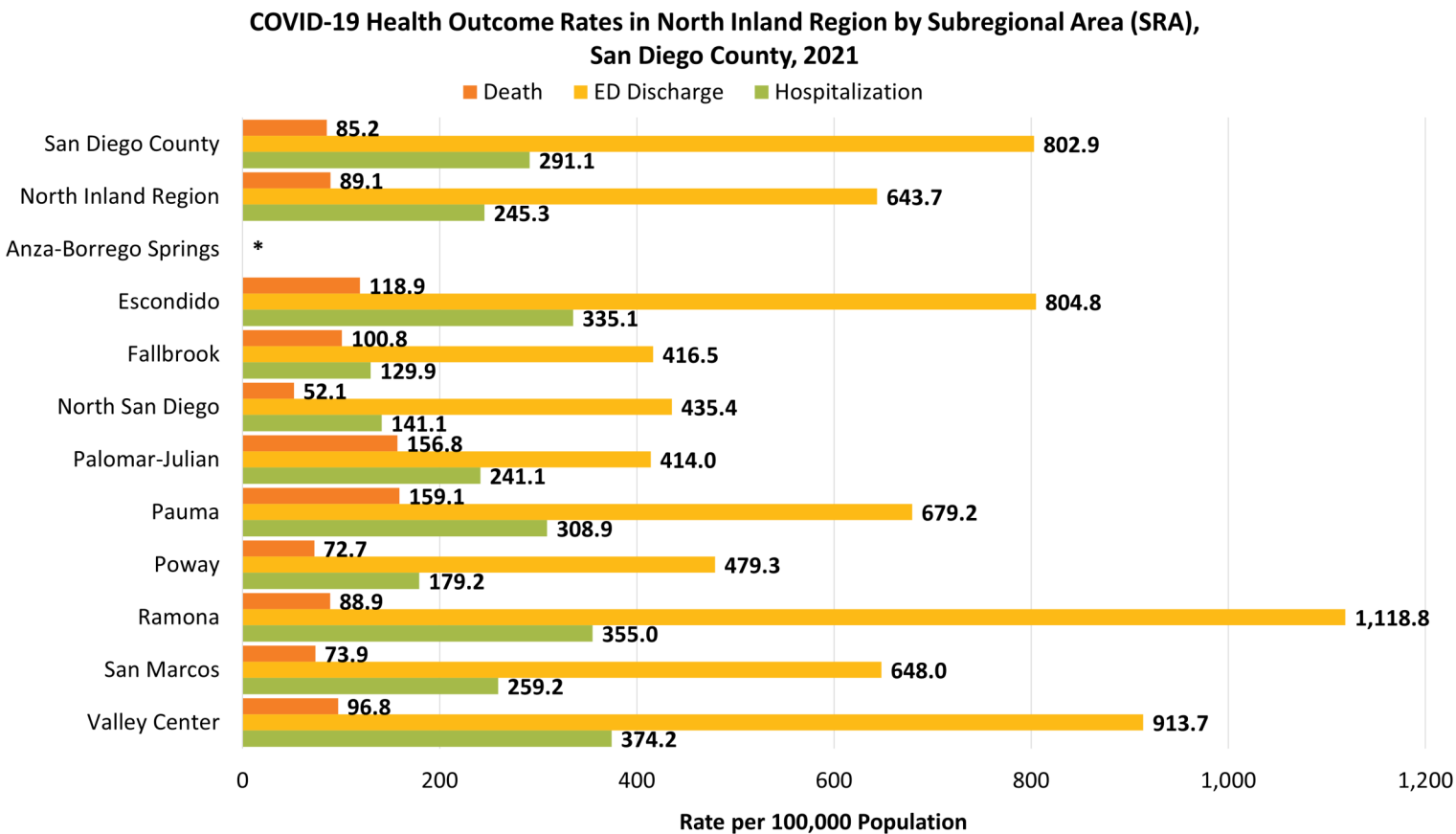Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary. Prepared by: County of San Diego, Health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

In 2021, the ED discharge rates due to COVID-19 were higher than the death and hospitalization rates due to COVID-19 in North Inland Region and its SRAs. Among North Inland Region SRAs, Pauma had the highest death rate due to COVID-19 (159.1 per 100,000), followed by Palomar-Julian (156.8 per 100,000). In 2021, Ramona SRA had the highest ED discharge rate due to COVID-19 (1,118.8 per 100,000), while Valley Center SRA had the highest hospitalization rate due to COVID-19 (374.2 per 100,000) compared to all other SRAs in North Inland Region.

COVID-19 Health Outcome Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2021

Legend: Death, ED Discharge, Hospitalization

SRA	Death	ED Discharge	Hospitalization
San Diego County	85.2	802.9	291.1
North Inland Region	89.1	643.7	245.3
Anza-Borrego Springs	*		
Escondido	118.9	804.8	335.1
Fallbrook	100.8	416.5	129.9
North San Diego	52.1	435.4	141.1
Palomar-Julian	156.8	414.0	241.1
Pauma	159.1	679.2	308.9
Poway	72.7	479.3	179.2
Ramona	88.9	1,118.8	355.0
San Marcos	73.9	648.0	259.2
Valley Center	96.8	913.7	374.2

Rate per 100,000 Population

*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

Among injuries, the highest rates of death were due to poisoning in North Inland Region and its SRAs in 2021. Among North Inland Region subregional areas (SRAs), Fallbrook had the highest death rate due to poisoning (27.2 per 100,000), followed by Escondido (22.7 per 100,000). In 2021, Poway SRA had the highest death rate due to falls (13.7 per 100,000), while Escondido SRA had the highest death rate due to motor vehicle injuries (12.3 per 100,000) compared to all other SRAs in North Inland Region. Compared to all the Health and Human Services Agency (HHSA) regions, North Inland Region had the highest death rate due to motor vehicle injuries in 2021.

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

Legend: Poisoning, Falls, Motor Vehicle Injuries, Firearm, Assault

SRA	Poisoning	Falls	Motor Vehicle Injuries	Firearm	Assault
San Diego County	29.0	10.7	9.6	6.2	3.4
North Inland Region	20.2	12.1	11.6	5.6	*
Anza-Borrego Springs	*				
Escondido	22.7	11.7	12.3	*	
Fallbrook	27.2	*			
North San Diego	12.2	12.2	*		
Palomar-Julian	*				
Pauma	*				
Poway	16.2	13.7	*		
Ramona	*				
San Marcos	19.4	12.1	*		
Valley Center	*				

Death Rate (per 100,000 population)

*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
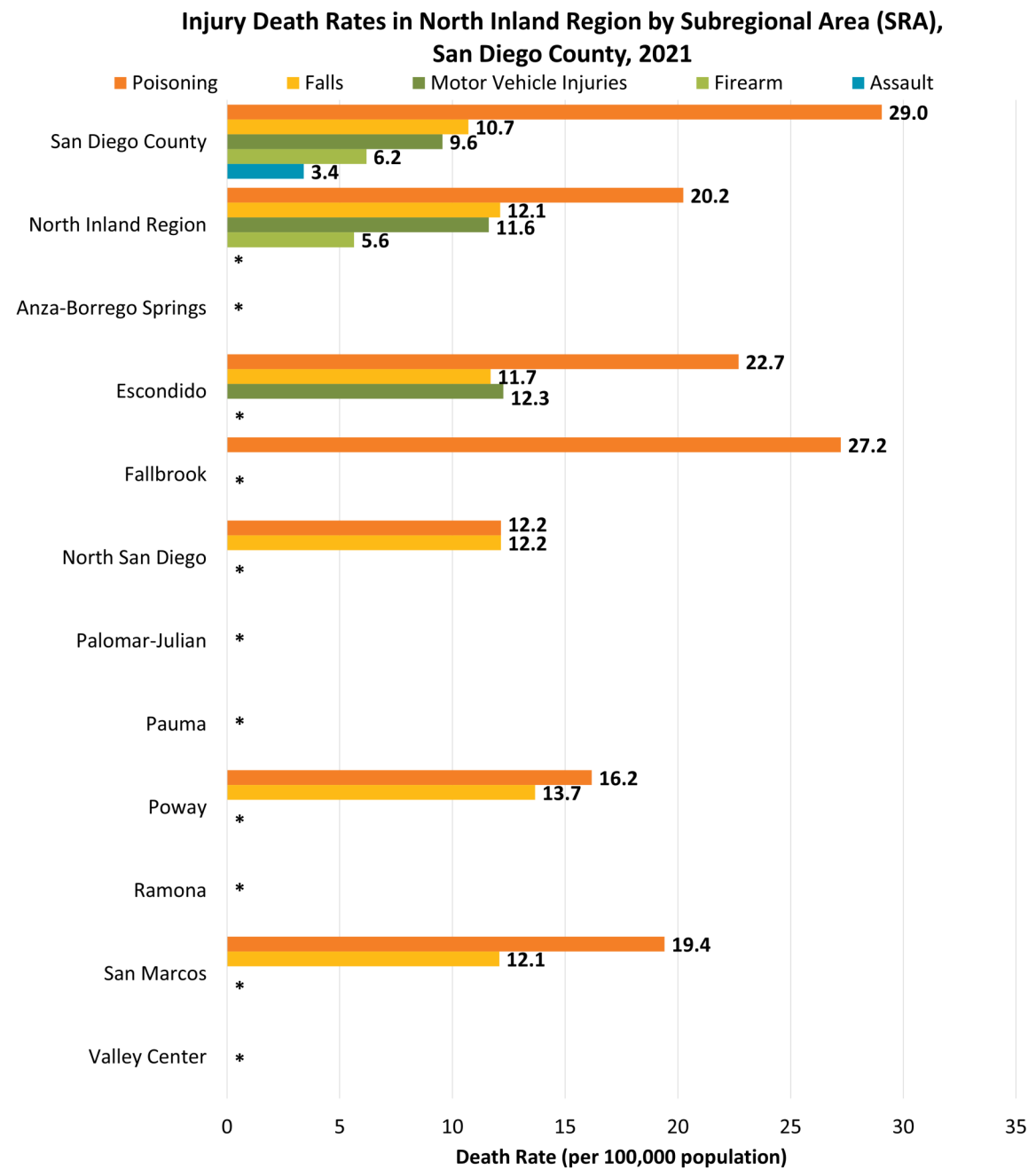Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.
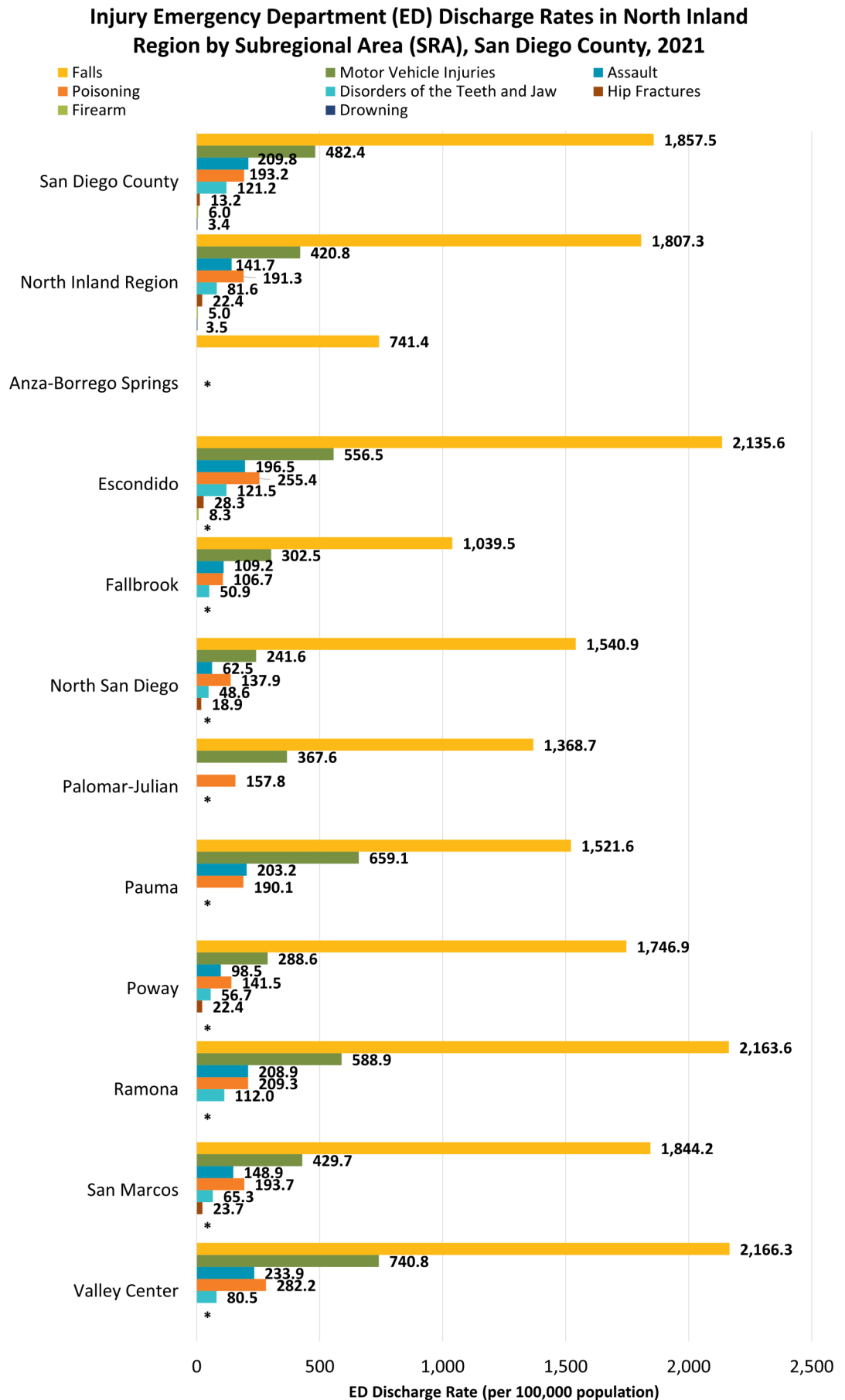
In 2021, the highest emergency department (ED) discharge rates among injury indicators were due to falls in North Inland Region and its SRAs. Among North Inland SRAs, Valley Center had the highest ED discharge rate due to falls (2,166.3 per 100,000), followed by Ramona (2,163.6 per 100,000). The second-highest ED discharge rates among injury indicators were due to motor vehicle injuries in North Inland Region and its SRAs in 2021. Valley Center SRA had the highest ED discharge rate due to motor vehicle injuries (740.8 per 100,000) compared to all other North Inland Region SRAs.

Injury Emergency Department (ED) Discharge Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2021

Legend:
- Falls
- Poisoning
- Firearm
- Motor Vehicle Injuries
- Disorders of the Teeth and Jaw
- Drowning
- Assault
- Hip Fractures

San Diego County
- Falls: 1,857.5
- Motor Vehicle Injuries: 482.4
- Assault: 209.8
- Poisoning: 193.2
- Disorders of the Teeth and Jaw: 121.2
- Hip Fractures: 13.2
- Firearm: 6.0
- Drowning: 3.4

North Inland Region
- Falls: 1,807.3
- Motor Vehicle Injuries: 420.8
- Assault: 141.7
- Poisoning: 191.3
- Disorders of the Teeth and Jaw: 81.6
- Hip Fractures: 22.4
- Firearm: 5.0
- Drowning: 3.5

Anza-Borrego Springs
- Falls: 741.4
- *

Escondido
- Falls: 2,135.6
- Motor Vehicle Injuries: 556.5
- Assault: 196.5
- Poisoning: 255.4
- Disorders of the Teeth and Jaw: 121.5
- Hip Fractures: 28.3
- Firearm: 8.3
- *

Fallbrook
- Falls: 1,039.5
- Motor Vehicle Injuries: 302.5
- Assault: 109.2
- Poisoning: 106.7
- Disorders of the Teeth and Jaw: 50.9
- *

North San Diego
- Falls: 1,540.9
- Motor Vehicle Injuries: 241.6
- Assault: 62.5
- Poisoning: 137.9
- Disorders of the Teeth and Jaw: 48.6
- Hip Fractures: 18.9
- *

Palomar-Julian
- Falls: 1,368.7
- Motor Vehicle Injuries: 367.6
- Poisoning: 157.8
- *

Pauma
- Falls: 1,521.6
- Motor Vehicle Injuries: 659.1
- Assault: 203.2
- Poisoning: 190.1
- *

Poway
- Falls: 1,746.9
- Motor Vehicle Injuries: 288.6
- Assault: 98.5
- Poisoning: 141.5
- Disorders of the Teeth and Jaw: 56.7
- Hip Fractures: 22.4
- *

Ramona
- Falls: 2,163.6
- Motor Vehicle Injuries: 588.9
- Assault: 208.9
- Poisoning: 209.3
- Disorders of the Teeth and Jaw: 112.0
- *

San Marcos
- Falls: 1,844.2
- Motor Vehicle Injuries: 429.7
- Assault: 148.9
- Poisoning: 193.7
- Disorders of the Teeth and Jaw: 65.3
- Hip Fractures: 23.7
- *

Valley Center
- Falls: 2,166.3
- Motor Vehicle Injuries: 740.8
- Assault: 233.9
- Poisoning: 282.2
- Disorders of the Teeth and Jaw: 80.5
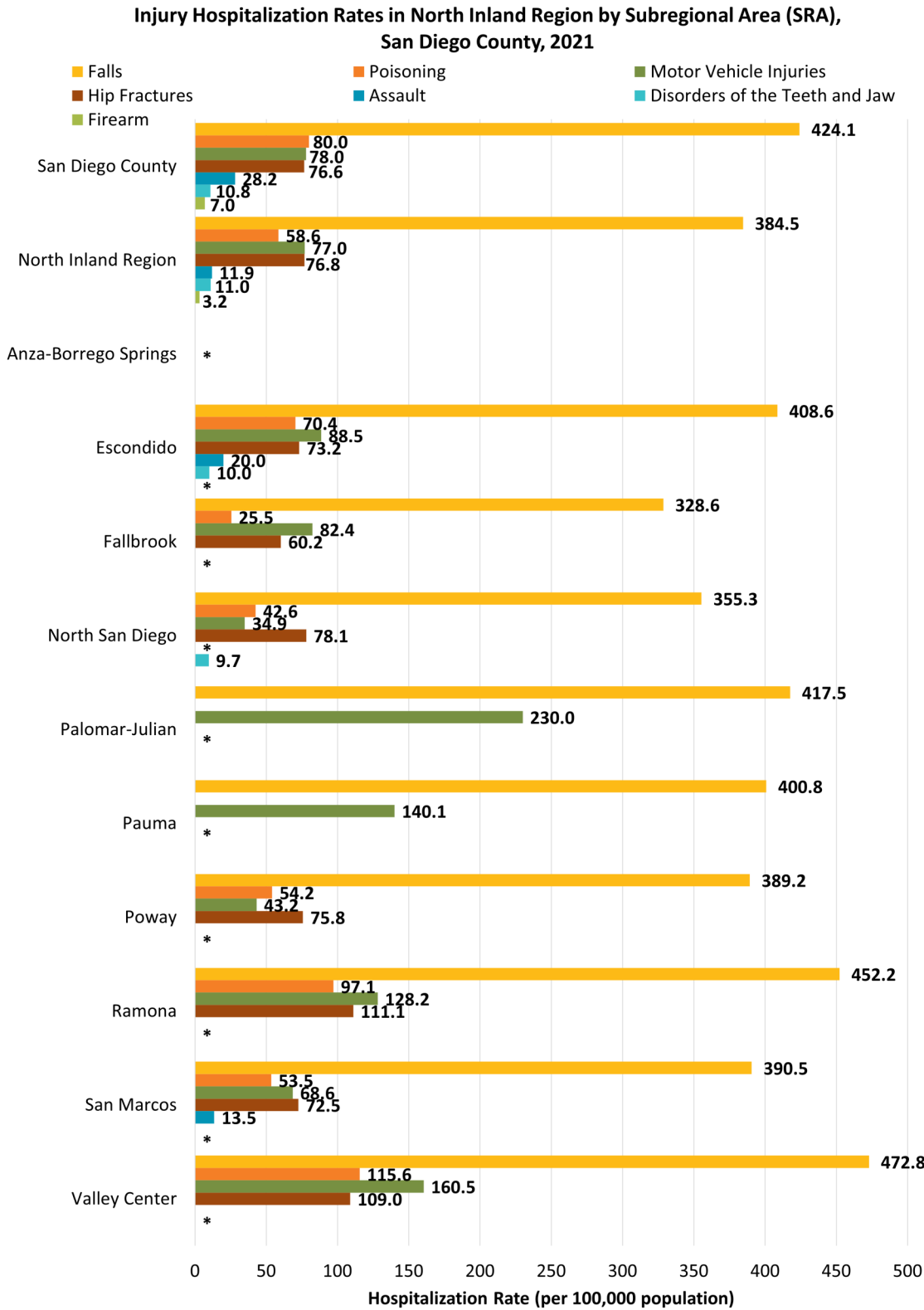- *

ED Discharge Rate (per 100,000 population)

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

Among injury indicators, the highest hospitalization rates were due to falls in North Inland Region and its SRAs in 2021. Among North Inland SRAs, Valley Center had the highest hospitalization rate due to falls (472.8 per 100,000), followed by Ramona (452.2 per 100,000), while Fallbrook had the lowest hospitalization rate due to falls (328.6 per 100,000) in 2021. The second-highest hospitalization rates among injury indicators were due to motor vehicle injuries in North Inland Region and its SRAs, except North San Diego, Poway, and San Marcos. Palomar-Julian SRA had the highest hospitalization rate due to motor vehicle injuries (230.0 per 100,000) compared to all other North Inland Region SRAs.

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

Legend:
- Falls
- Poisoning
- Motor Vehicle Injuries
- Hip Fractures
- Assault
- Disorders of the Teeth and Jaw
- Firearm

San Diego County: Falls 424.1, Poisoning 80.0, Motor Vehicle Injuries 78.0, Hip Fractures 76.6, Assault 28.2, Disorders of the Teeth and Jaw 10.8, Firearm 7.0

North Inland Region: Falls 384.5, Poisoning 58.6, Motor Vehicle Injuries 77.0, Hip Fractures 76.8, Assault 11.9, Disorders of the Teeth and Jaw 11.0, Firearm 3.2

Anza-Borrego Springs: *

Escondido: Falls 408.6, Poisoning 70.4, Motor Vehicle Injuries 88.5, Hip Fractures 73.2, Assault 20.0, Disorders of the Teeth and Jaw 10.0, Firearm *

Fallbrook: Falls 328.6, Poisoning 25.5, Motor Vehicle Injuries 82.4, Hip Fractures 60.2, *

North San Diego: Falls 355.3, Poisoning 42.6, Motor Vehicle Injuries 34.9, Hip Fractures 78.1, *, 9.7

Palomar-Julian: Falls 417.5, Motor Vehicle Injuries 230.0, *

Pauma: Falls 400.8, Motor Vehicle Injuries 140.1, *

Poway: Falls 389.2, Poisoning 54.2, Motor Vehicle Injuries 43.2, Hip Fractures 75.8, *

Ramona: Falls 452.2, Poisoning 97.1, Motor Vehicle Injuries 128.2, Hip Fractures 111.1, *

San Marcos: Falls 390.5, Poisoning 53.5, Motor Vehicle Injuries 68.6, Hip Fractures 72.5, Assault 13.5, *

Valley Center: Falls 472.8, Poisoning 115.6, Motor Vehicle Injuries 160.5, Hip Fractures 109.0, *

Hospitalization Rate (per 100,000 population): 0, 50, 100, 150, 200, 250, 300, 350, 400, 450, 500
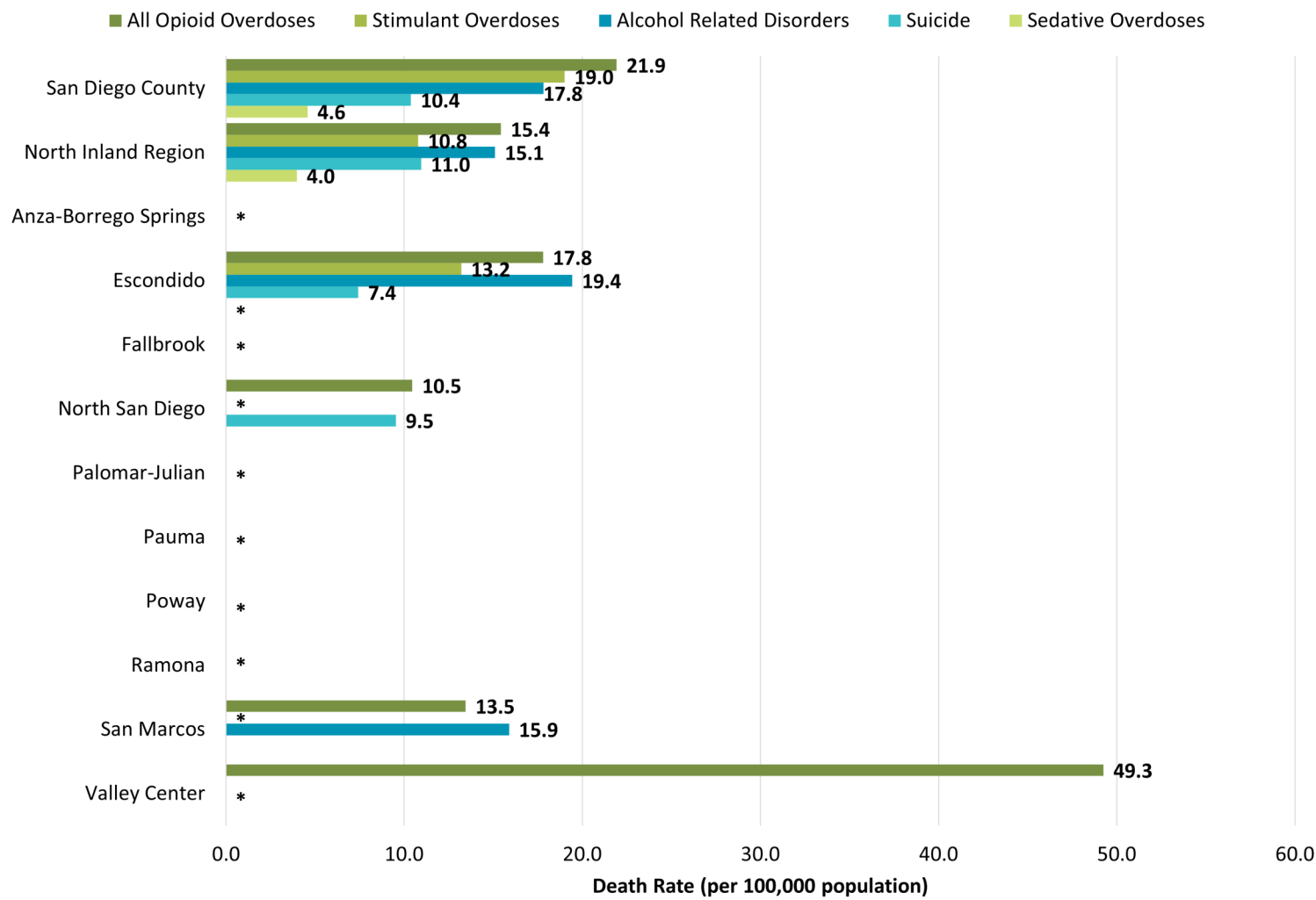
*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived 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.

BEHAVORIAL HEALTH INDICATORS

In 2021, among behavioral health indicators, the highest rates of death were due to all opioid overdoses (15.4 per 100,000) and alcohol related disorders (15.1 per 100,000) in North Inland Region. Among North Inland Region subregional areas (SRAs), Valley Center had the highest death rate due to all opioid overdoses (49.3 per 100,000), followed by Escondido (17.8 per 100,000) in 2021. In 2021, Escondido SRA had the highest death rate due to alcohol related disorders (19.4 per 100,000), followed by San Marcos SRA (15.9 per 100,000), compared to all other SRAs in North Inland Region.

Behavioral Health Indicator Death Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2021

Legend: ■ All Opioid Overdoses ■ Stimulant Overdoses ■ Alcohol Related Disorders ■ Suicide ■ Sedative Overdoses

SRA	All Opioid Overdoses	Stimulant Overdoses	Alcohol Related Disorders	Suicide	Sedative Overdoses
San Diego County	21.9	19.0	17.8	10.4	4.6
North Inland Region	15.4	10.8	15.1	11.0	4.0
Anza-Borrego Springs	*				
Escondido	17.8	13.2	19.4	7.4	*
Fallbrook	*				
North San Diego	10.5	*		9.5	
Palomar-Julian	*				
Pauma	*				
Poway	*				
Ramona	*				
San Marcos	13.5	*	15.9		
Valley Center	49.3	*			

Death Rate (per 100,000 population)

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.
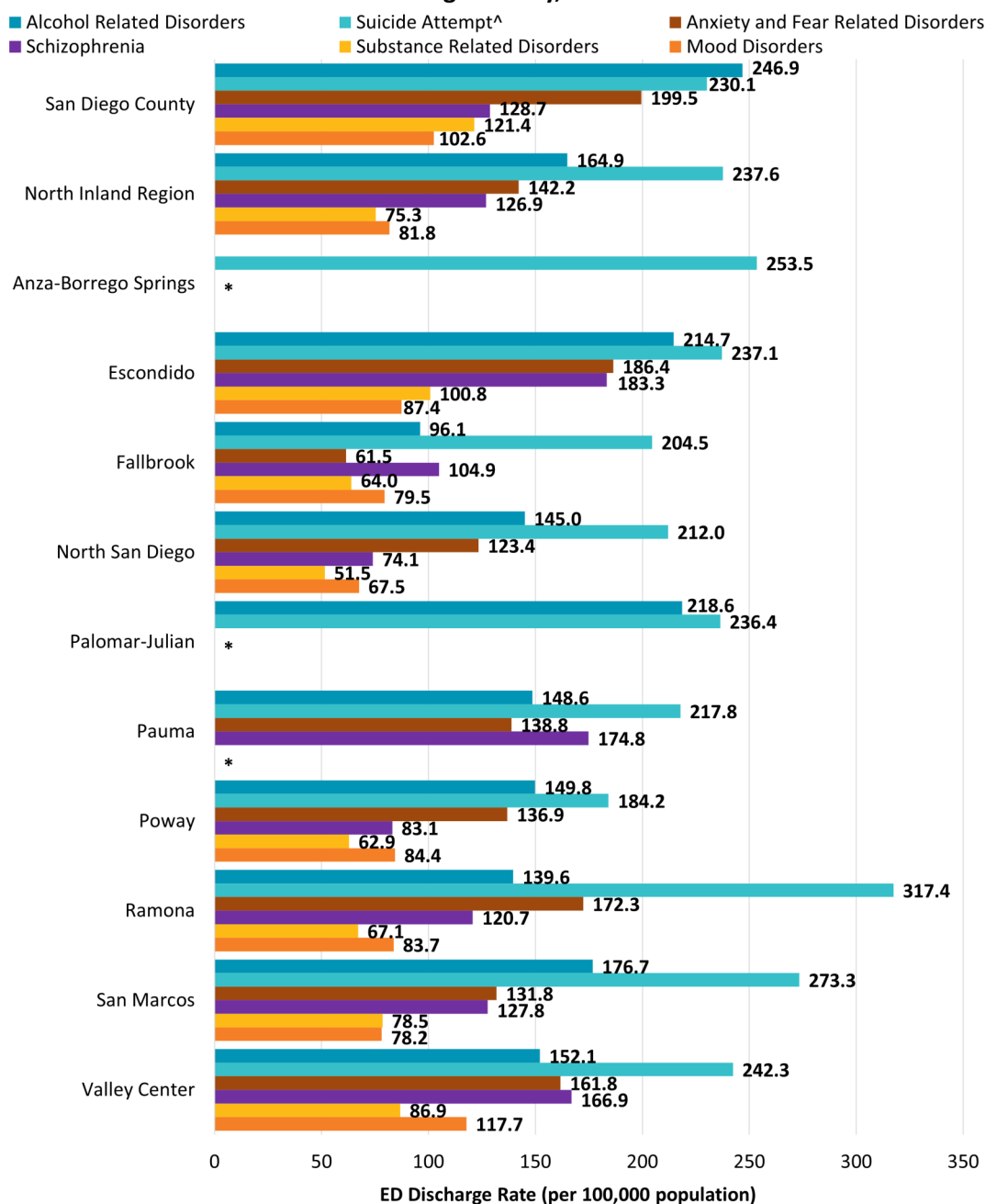Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of 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 in 2021, the highest emergency department (ED) discharge rates were due to suicide attempt in North Inland Region and its SRAs. Among North Inland Region SRAs, Ramona had the highest ED discharge rate due to suicide attempt (317.4 per 100,000), followed by San Marcos (273.3 per 100,000), while Poway had the lowest ED discharge rate due to suicide attempt (184.2 per 100,000). The second-highest ED discharge rates were due to alcohol related disorders in North Inland Region and its SRAs, except Fallbrook, Pauma, Ramona, and Valley Center, in 2021. Among North Inland SRAs,

Behavioral Health Indicator Emergency Department (ED) Discharge Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2021

Legend:
- Alcohol Related Disorders
- Suicide Attempt^
- Anxiety and Fear Related Disorders
- Schizophrenia
- Substance Related Disorders
- Mood Disorders

San Diego County:
- Alcohol Related Disorders: 246.9
- Suicide Attempt^: 230.1
- Anxiety and Fear Related Disorders: 199.5
- Schizophrenia: 128.7
- Substance Related Disorders: 121.4
- Mood Disorders: 102.6

North Inland Region:
- Alcohol Related Disorders: 164.9
- Suicide Attempt^: 237.6
- Anxiety and Fear Related Disorders: 142.2
- Schizophrenia: 126.9
- Substance Related Disorders: 75.3
- Mood Disorders: 81.8

Anza-Borrego Springs:
- Suicide Attempt^: 253.5
- *

Escondido:
- Alcohol Related Disorders: 214.7
- Suicide Attempt^: 237.1
- Anxiety and Fear Related Disorders: 186.4
- Schizophrenia: 183.3
- Substance Related Disorders: 100.8
- Mood Disorders: 87.4

Fallbrook:
- Alcohol Related Disorders: 96.1
- Suicide Attempt^: 204.5
- Anxiety and Fear Related Disorders: 61.5
- Schizophrenia: 104.9
- Substance Related Disorders: 64.0
- Mood Disorders: 79.5

North San Diego:
- Alcohol Related Disorders: 145.0
- Suicide Attempt^: 212.0
- Anxiety and Fear Related Disorders: 123.4
- Schizophrenia: 74.1
- Substance Related Disorders: 51.5
- Mood Disorders: 67.5

Palomar-Julian:
- Alcohol Related Disorders: 218.6
- Suicide Attempt^: 236.4
- *

Pauma:
- Alcohol Related Disorders: 148.6
- Suicide Attempt^: 217.8
- Anxiety and Fear Related Disorders: 138.8
- Schizophrenia: 174.8
- *

Poway:
- Alcohol Related Disorders: 149.8
- Suicide Attempt^: 184.2
- Anxiety and Fear Related Disorders: 136.9
- Schizophrenia: 83.1
- Substance Related Disorders: 62.9
- Mood Disorders: 84.4

Ramona:
- Alcohol Related Disorders: 139.6
- Suicide Attempt^: 317.4
- Anxiety and Fear Related Disorders: 172.3
- Schizophrenia: 120.7
- Substance Related Disorders: 67.1
- Mood Disorders: 83.7

San Marcos:
- Alcohol Related Disorders: 176.7
- Suicide Attempt^: 273.3
- Anxiety and Fear Related Disorders: 131.8
- Schizophrenia: 127.8
- Substance Related Disorders: 78.5
- Mood Disorders: 78.2

Valley Center:
- Alcohol Related Disorders: 152.1
- Suicide Attempt^: 242.3
- Anxiety and Fear Related Disorders: 161.8
- Schizophrenia: 166.9
- Substance Related Disorders: 86.9
- Mood Disorders: 117.7
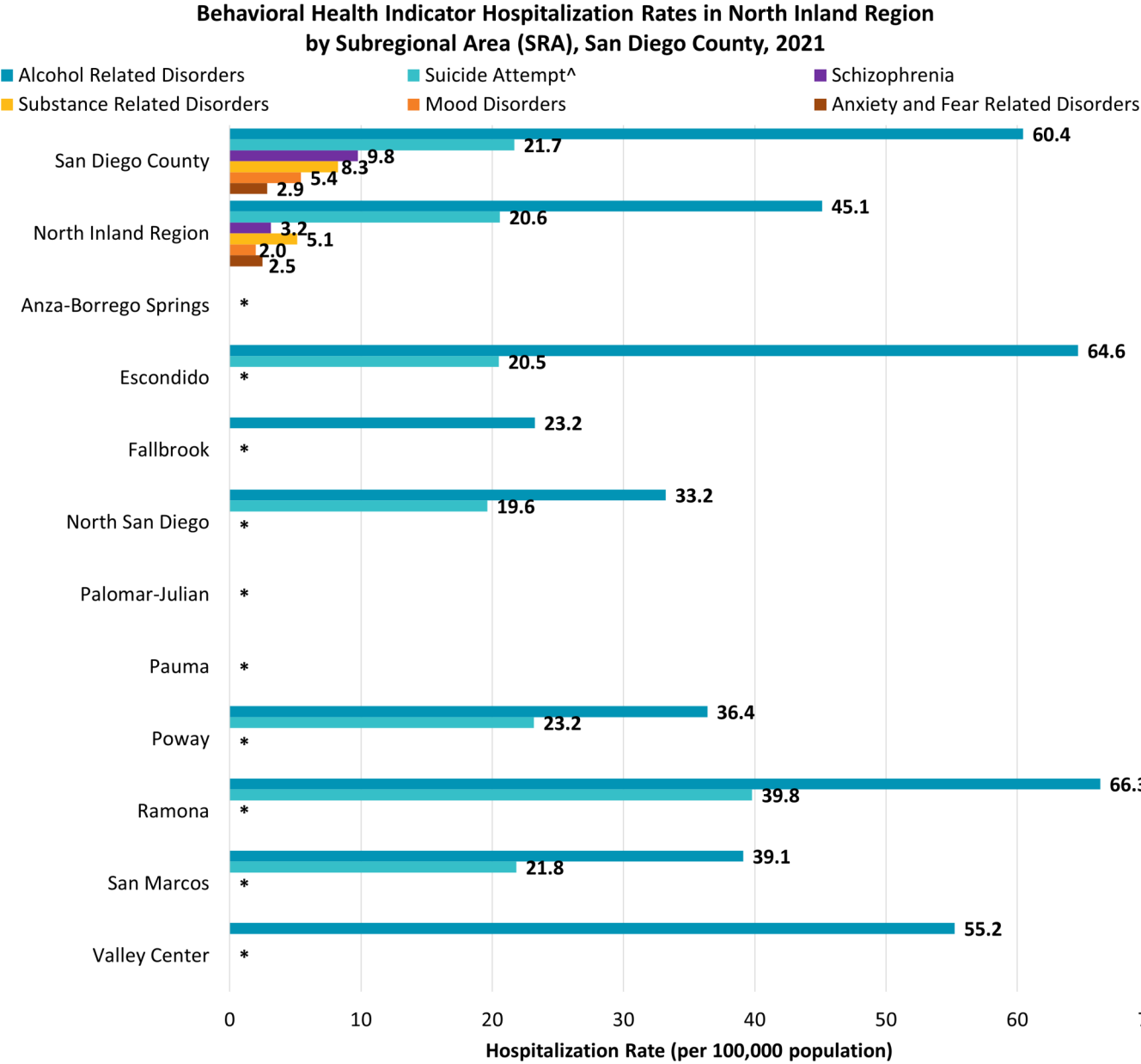
ED Discharge Rate (per 100,000 population)

*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.

Palomar-Julian had the highest ED discharge rate due to alcohol related disorders (218.6 per 100,000), followed by Escondido (214.7 per 100,000) in 2021.
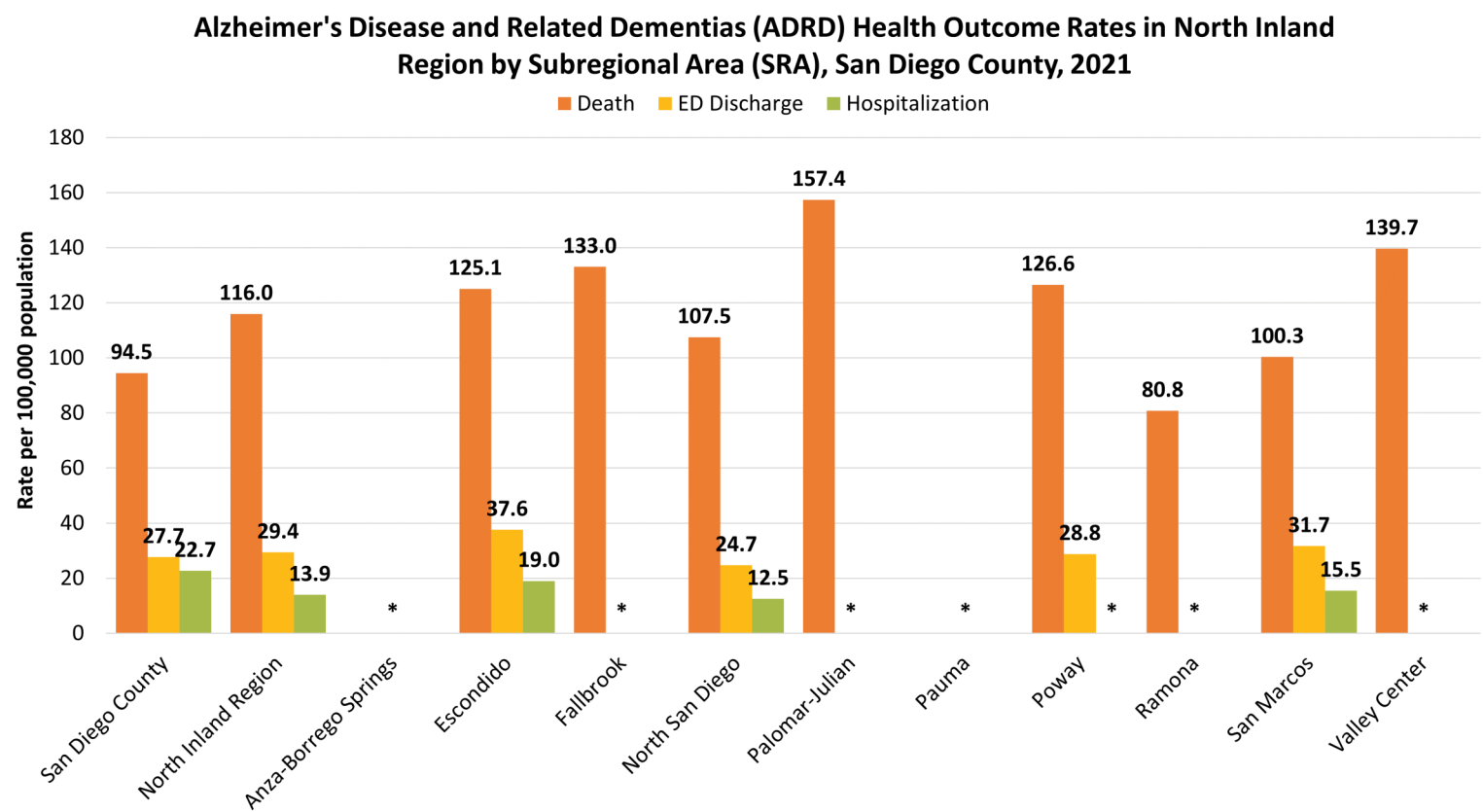
In North Inland Region and its SRAs, the highest hospitalization rates among behavioral health indicators were due to alcohol related disorders. Among North Inland SRAs, Ramona had the highest hospitalization rate due to alcohol related disorders (66.3 per 100,000), followed by Escondido (64.6 per 100,000). The second-highest hospitalization rates among behavioral health indicators were due to suicide attempt in North Inland Region and its SRAs in 2021. In 2021, Ramona SRA had the highest hospitalization rate due to suicide attempt (39.8 per 100,000) compared to all other SRAs in North Inland Region.

Behavioral Health Indicator Hospitalization Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2021

Legend:
- Alcohol Related Disorders
- Suicide Attempt^
- Schizophrenia
- Substance Related Disorders
- Mood Disorders
- Anxiety and Fear Related Disorders

SRA	Alcohol Related Disorders	Suicide Attempt^	Schizophrenia	Substance Related Disorders	Mood Disorders	Anxiety and Fear Related Disorders
San Diego County	60.4	21.7	9.8	8.3	5.4	2.9
North Inland Region	45.1	20.6	3.2	5.1	2.0	2.5
Anza-Borrego Springs	*					
Escondido	64.6	20.5	*			
Fallbrook	23.2	*				
North San Diego	33.2	19.6	*			
Palomar-Julian	*					
Pauma	*					
Poway	36.4	23.2	*			
Ramona	66.3	39.8	*			
San Marcos	39.1	21.8	*			
Valley Center	55.2	*				

Hospitalization Rate (per 100,000 population)

*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, the death rates were higher than the ED discharge and hospitalization rates due to Alzheimer's Disease and Related Dementias (ADRD) in North Inland and its subregional areas (SRAs). Among North Inland SRAs, Palomar-Julian had the highest death rate due to ADRD (157.4 per 100,000), followed by Valley Center (139.7 per 100,000) in 2021. Escondido SRA had the highest emergency department (ED) discharge rate and hospitalization rate due to ADRD (37.6 per 100,000 and 19.0 per 100,000, respectively) compared to all other SRAs in North Inland Region in 2021.

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

Legend: ■ Death ■ ED Discharge ■ Hospitalization

Rate per 100,000 population

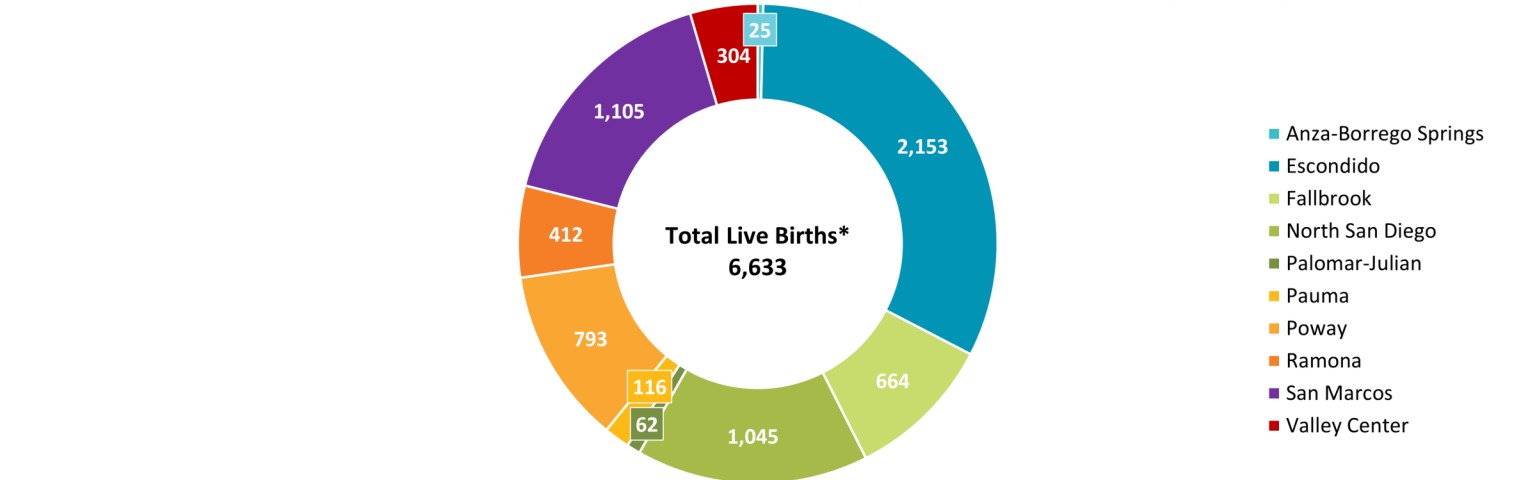| SRA	Death	ED Discharge	Hospitalization
San Diego County	94.5	27.7	22.7
North Inland Region	116.0	29.4	13.9
Anza-Borrego Springs	*		
Escondido	125.1	37.6	19.0
Fallbrook	133.0		*
North San Diego	107.5	24.7	12.5
Palomar-Julian	157.4		*
Pauma	*		
Poway	126.6	28.8	*
Ramona	80.8		*
San Marcos	100.3	31.7	15.5
Valley Center	139.7		*

*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. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and 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.

MATERNAL AND CHILD HEALTH INDICATORS

In 2021, there were 6,633 total live births in North Inland Region, which represented 17.7% of the total live births in San Diego County (37,436). In 2021, Escondido subregional area (SRA) made up the highest proportion of live births in North Inland Region (32.5%).
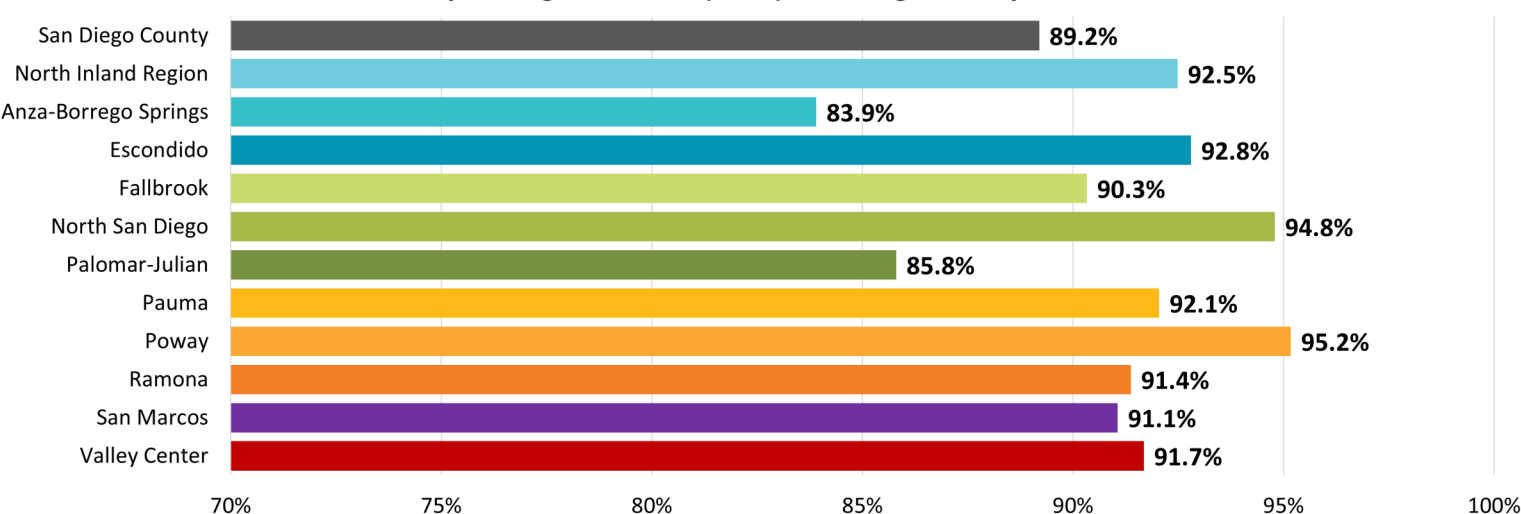
Distribution of Live Births in North Inland Region by Subregional Area (SRA), San Diego County, 2021

Donut chart — Total Live Births* 6,633. Values: Anza-Borrego Springs 25; Escondido 2,153; Fallbrook 664; North San Diego 1,045; Palomar-Julian 62; Pauma 116; Poway 793; Ramona 412; San Marcos 1,105; Valley Center 304.

*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.
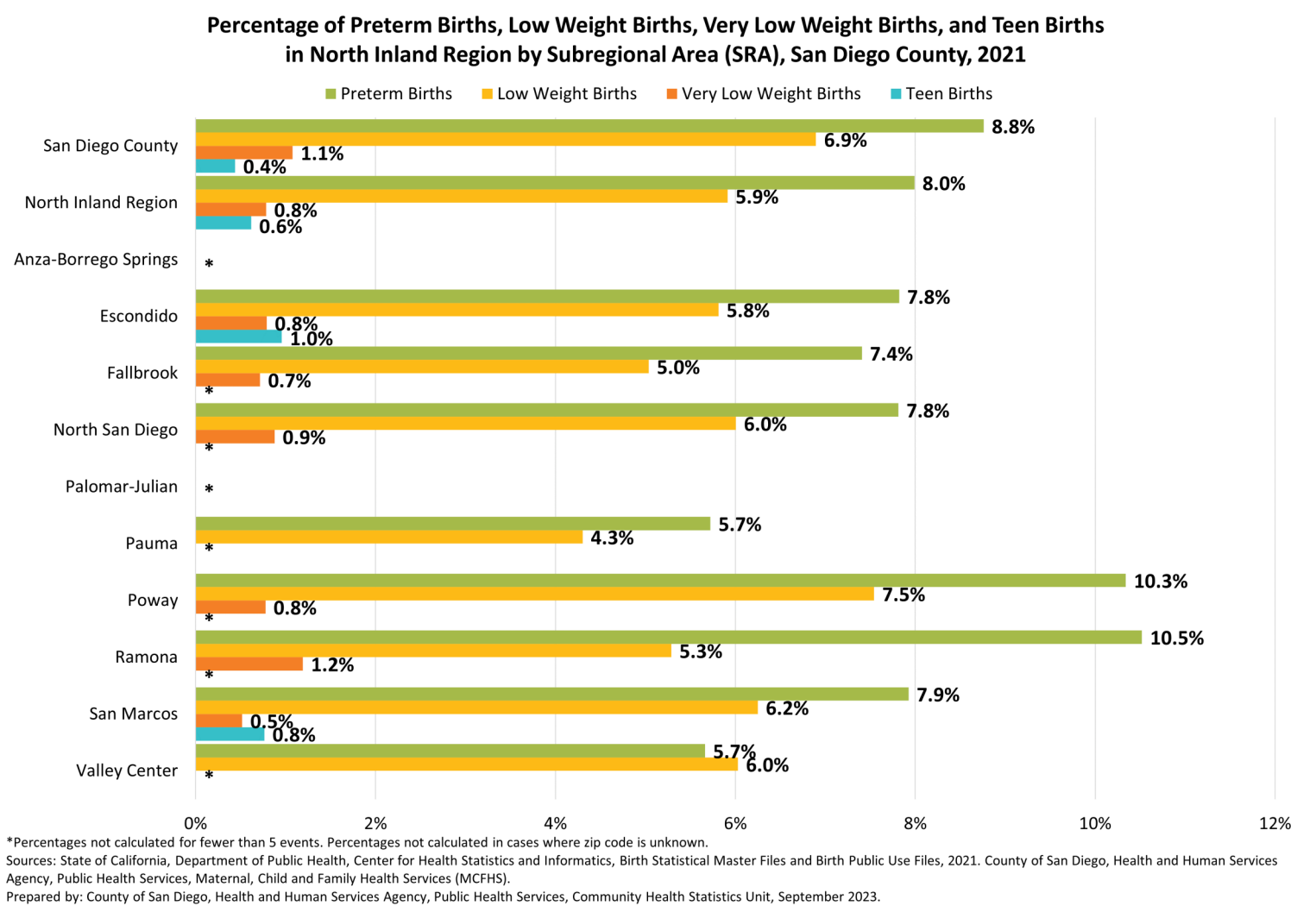
Early prenatal care is defined as care beginning during the 1st trimester of pregnancy, however, it does not account for frequency of care. In 2021, the proportion of mothers who received early prenatal care in North Inland Region (92.5%) was higher than in San Diego County overall (89.2%). Among North Inland Region SRAs, Anza-Borrego Springs had the lowest proportion of mothers who received prenatal care (83.9%), followed by Palomar-Julian (85.8%).

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

Bar chart values:
- San Diego County: 89.2%
- North Inland Region: 92.5%
- Anza-Borrego Springs: 83.9%
- Escondido: 92.8%
- Fallbrook: 90.3%
- North San Diego: 94.8%
- Palomar-Julian: 85.8%
- Pauma: 92.1%
- Poway: 95.2%
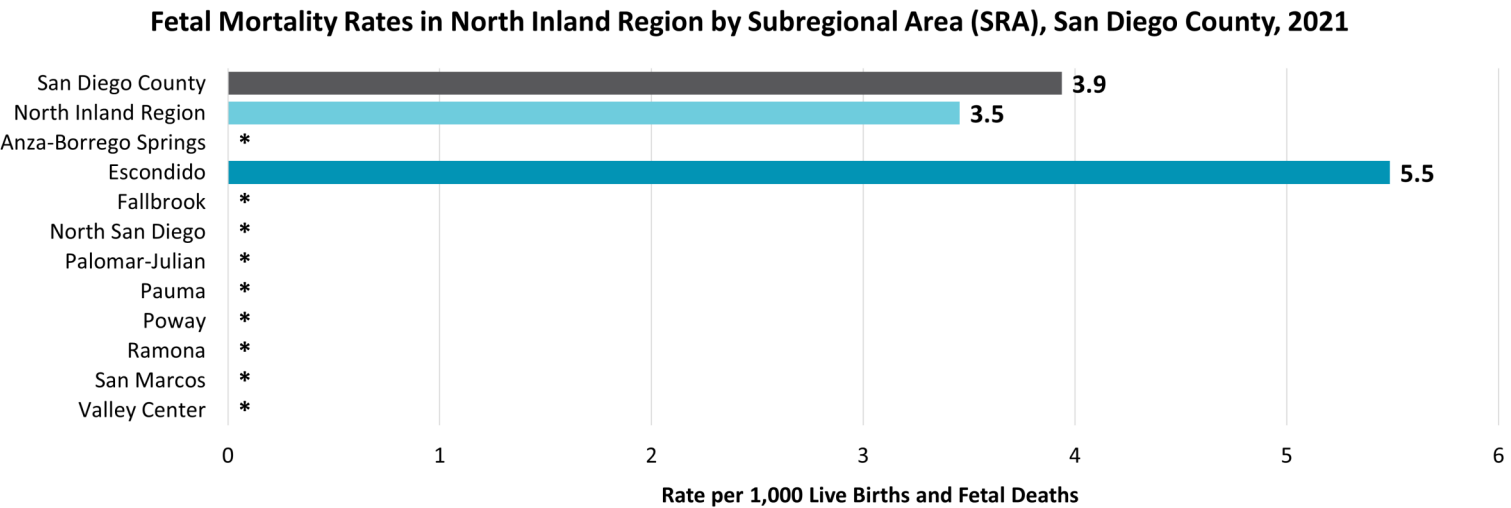- Ramona: 91.4%
- San Marcos: 91.1%
- Valley Center: 91.7%

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, 8.0% of live births in North Inland Region were preterm births. Among North Inland SRAs, Ramona had the highest proportion of preterm births (10.5%), while Pauma and Valley Center had the lowest (5.7%). A baby with a birth weight less than 2,500 g (approximately 5 lbs., 8 oz.) is considered to have low birth weight, while a baby with a birth weight less than 1,500 g (approximately 3 lbs., 5 oz.) is classified as very low birth weight. In 2021, 5.9% of live births in North Inland Region were low weight births, while 0.8% of those live births were very low weight births. Among North Inland SRAs, Poway had the highest proportion of low weight births (7.5%), followed by San Marcos (6.2%). Ramona SRA had the highest proportion of very low weight births (1.2%), followed by North San Diego SRA (0.9%) in 2021. 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 Escondido SRA (1.0%) was higher than in San Diego County overall (0.4%).

Percentage of Preterm Births, Low Weight Births, Very Low Weight Births, and Teen Births in North Inland Region by Subregional Area (SRA), San Diego County, 2021

■ Preterm Births ■ Low Weight Births ■ Very Low Weight Births ■ Teen Births

SRA	Preterm Births	Low Weight Births	Very Low Weight Births	Teen Births
San Diego County	8.8%	6.9%	1.1%	0.4%
North Inland Region	8.0%	5.9%	0.8%	0.6%
Anza-Borrego Springs	*			
Escondido	7.8%	5.8%	0.8%	1.0%
Fallbrook	7.4%	5.0%	0.7%	*
North San Diego	7.8%	6.0%	0.9%	*
Palomar-Julian	*			
Pauma	5.7%	4.3%		*
Poway	10.3%	7.5%	0.8%	*
Ramona	10.5%	5.3%	1.2%	*
San Marcos	7.9%	6.2%	0.5%	0.8%
Valley Center	5.7%	6.0%		*

*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.
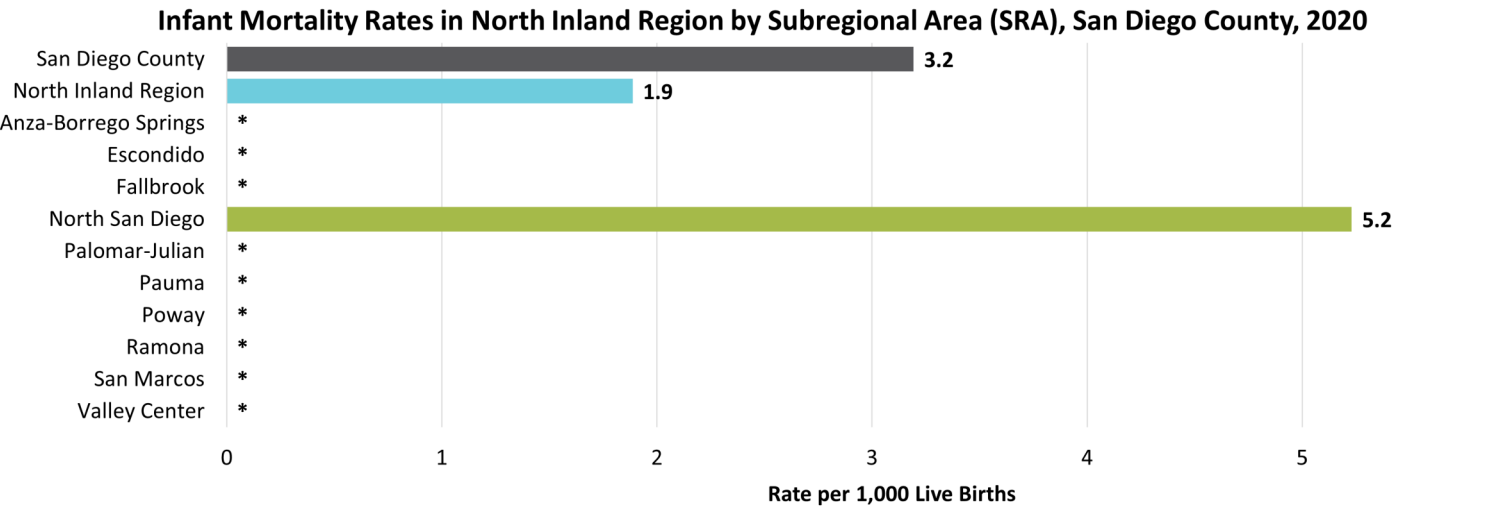
Fetal mortality refers to a fetal death during a pregnancy with at least 20 complete weeks of gestation. In 2021, the fetal mortality rate in North Inland Region (3.5 per 1,000 live births and fetal deaths) was lower than in San Diego County overall (3.9 per 1,000 live births and fetal deaths). Among North Inland SRAs, Escondido had the highest fetal mortality rate (5.5 per 1,000 live births and fetal deaths).

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

SRA	Rate
San Diego County	3.9
North Inland Region	3.5
Anza-Borrego Springs	*
Escondido	5.5
Fallbrook	*
North San Diego	*
Palomar-Julian	*
Pauma	*
Poway	*
Ramona	*
San Marcos	*
Valley Center	*

Rate per 1,000 Live Births and Fetal Deaths

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

Infant mortality refers to an infant's death before one year of age. In 2020, the infant mortality rate in North Inland Region (1.9 per 1,000 live births) was lower than in San Diego County (3.2 per 1,000 live births). Among North Inland SRAs, North San Diego had the highest infant mortality rate (5.2 per 100,000).

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

SRA	Rate
San Diego County	3.2
North Inland Region	1.9
Anza-Borrego Springs	*
Escondido	*
Fallbrook	*
North San Diego	5.2
Palomar-Julian	*
Pauma	*
Poway	*
Ramona	*
San Marcos	*
Valley Center	*

Rate per 1,000 Live Births

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

The North Inland 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 Inland Region and its SRAs.

Demographic Characteristics

- In 2021, North Inland Region was the second most populous region in San Diego County, representing 18.4% of the total county population.

- In San Diego County, North Inland Region had the highest proportion of residents aged 45-64 years (26.0%) in 2021.

Socioeconomic Factors

- In 2021, North Inland Region had the second highest median household income ($104,380) compared to all other HHSA regions in San Diego County.

Health Outcomes

- In 2021, emergency department (ED) discharge among behavioral health indicators and incidence rates among communicable (infectious) diseases in North Inland Region were generally among the lowest compared to all other HHSA regions.

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 Inland Region.

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