

Community Health Assessment Presentation: North Central Region

Presented by Christopher O'Malley

Presented to North Central Region Leadership Team

County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit
Wednesday June 12, 2024



COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY



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Data Measures



- **Numbers tell you how many**
 - Example: 25 children under age 15 in San Diego died of cancer in 2012.

- **Percentages tell you a proportion of the whole**
 - Example: 90% of attendees who ate potato salad at a picnic experienced symptoms of food poisoning.

- **Rates tell you how many per a given population and allow you to compare year to year or group to group.**
 - Example: The rate of children injured due to motor vehicle crashes dropped from 321.9 per 100,000 to 295.2 per 100,000 after the implementation of the booster seat program

Geographies



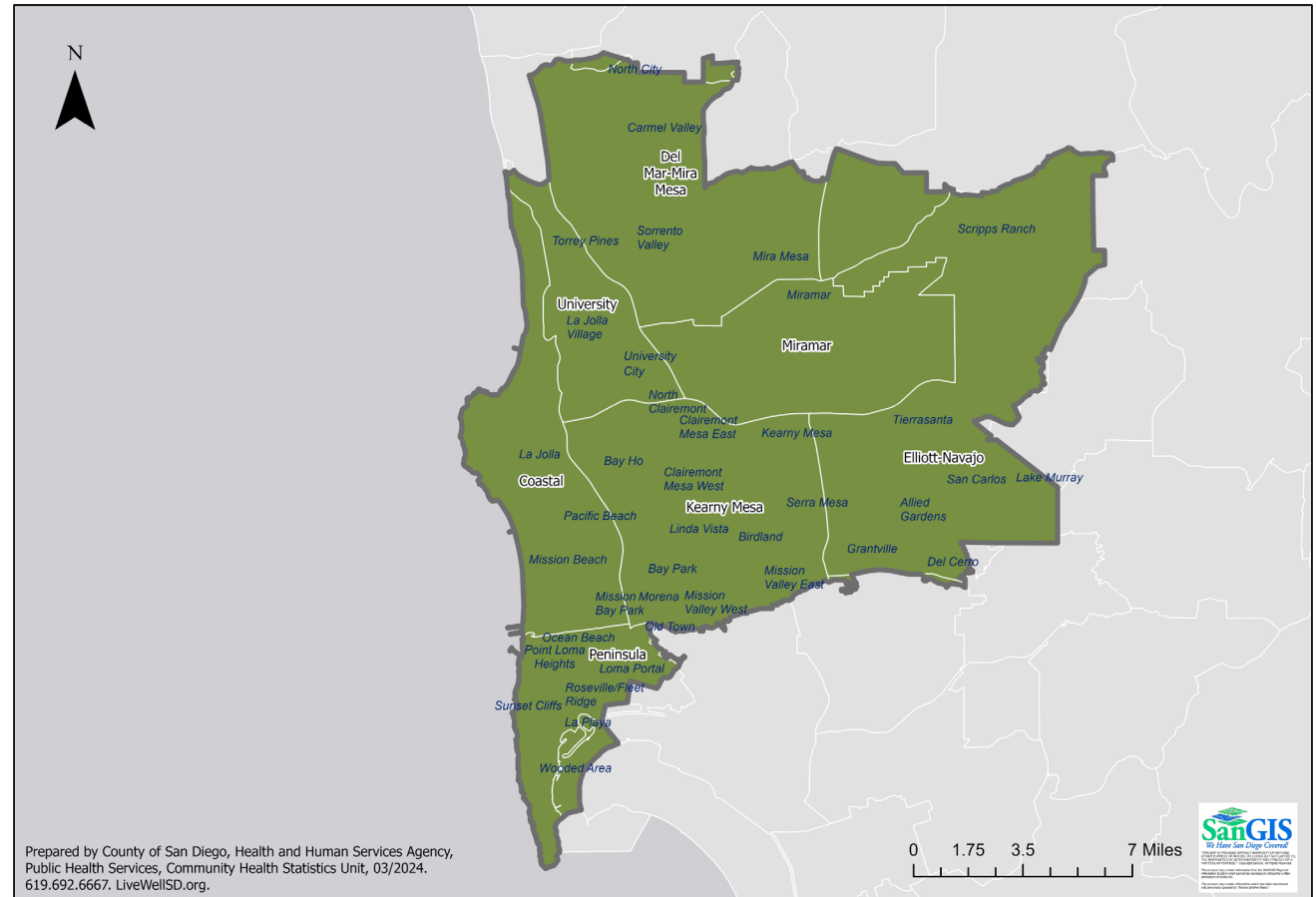
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Types of Geographies

- Health and Human Services Agency Region
 - Six within San Diego County
- Subregional Area (SRA)
 - Seven within the North Central Region
 - Coastal
 - Del Mar-Mira Mesa
 - Elliott-Navajo
 - Kearny Mesa
 - Miramar
 - Peninsula
 - University



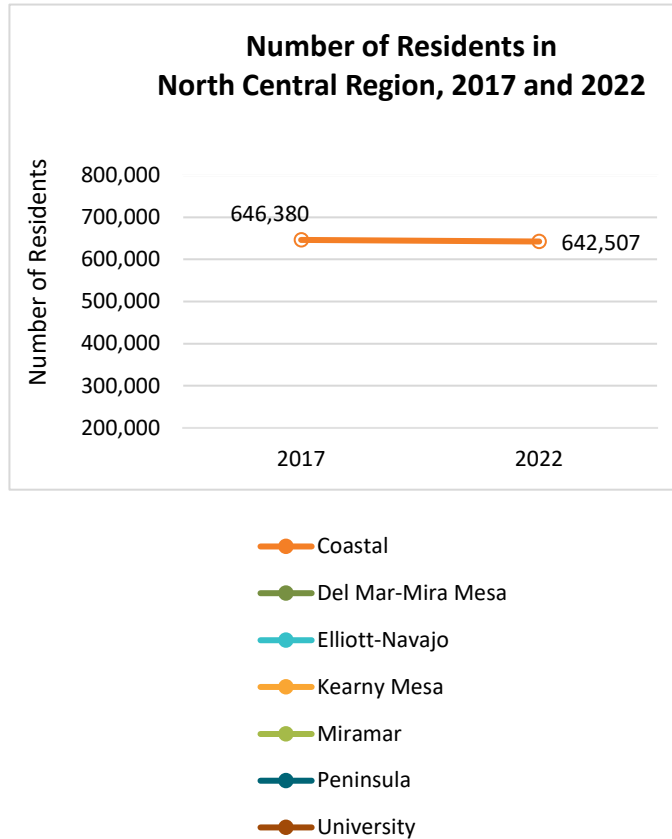
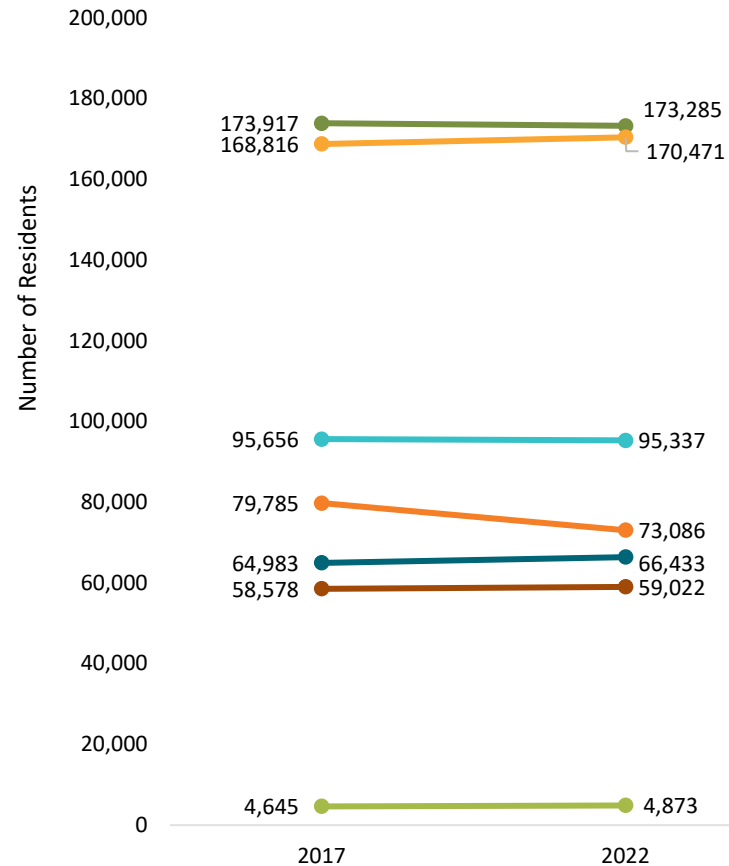
San Diego County Health and Human Services Agency North Central Region and Its Neighborhoods



Population



Number of Residents in North Central Region, 2017 and 2022



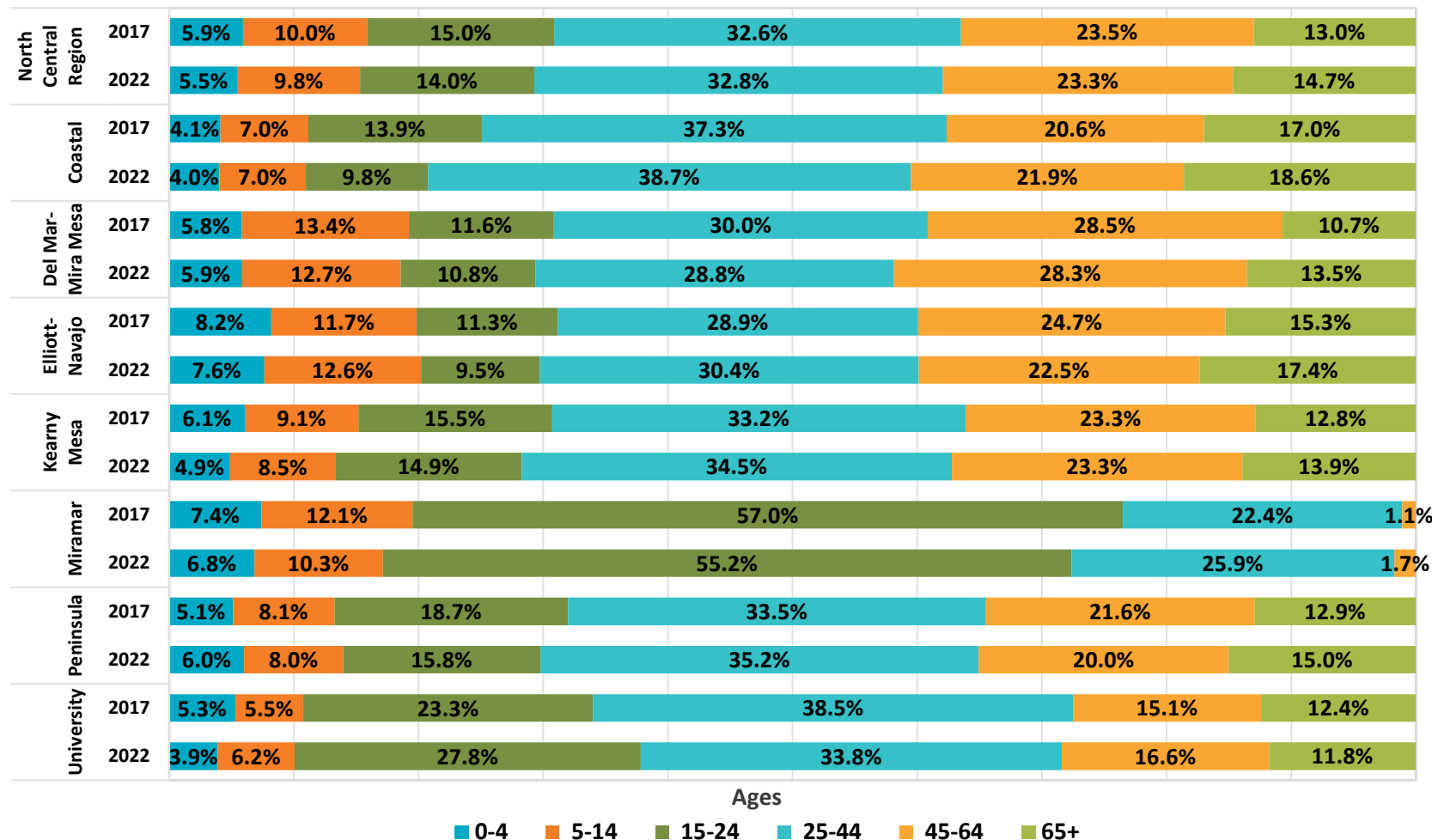
In 2022, North Central Region was home to 642,507 residents or 19.5% of San Diego County's population.

- Overall, the number of residents in North Central Region remained stable between 2017 and 2022, with a decrease of 0.6%.
- The population living in Miramar SRA increased by nearly 5% between 2017 and 2022, greatest increase among North Central Region SRAs.
- Coastal SRA experienced the greatest decrease in population in North Central Region (8.4%), between 2017 and 2022.

Demographics: Age



Population by Age Group in North Central Region, 2017 and 2022



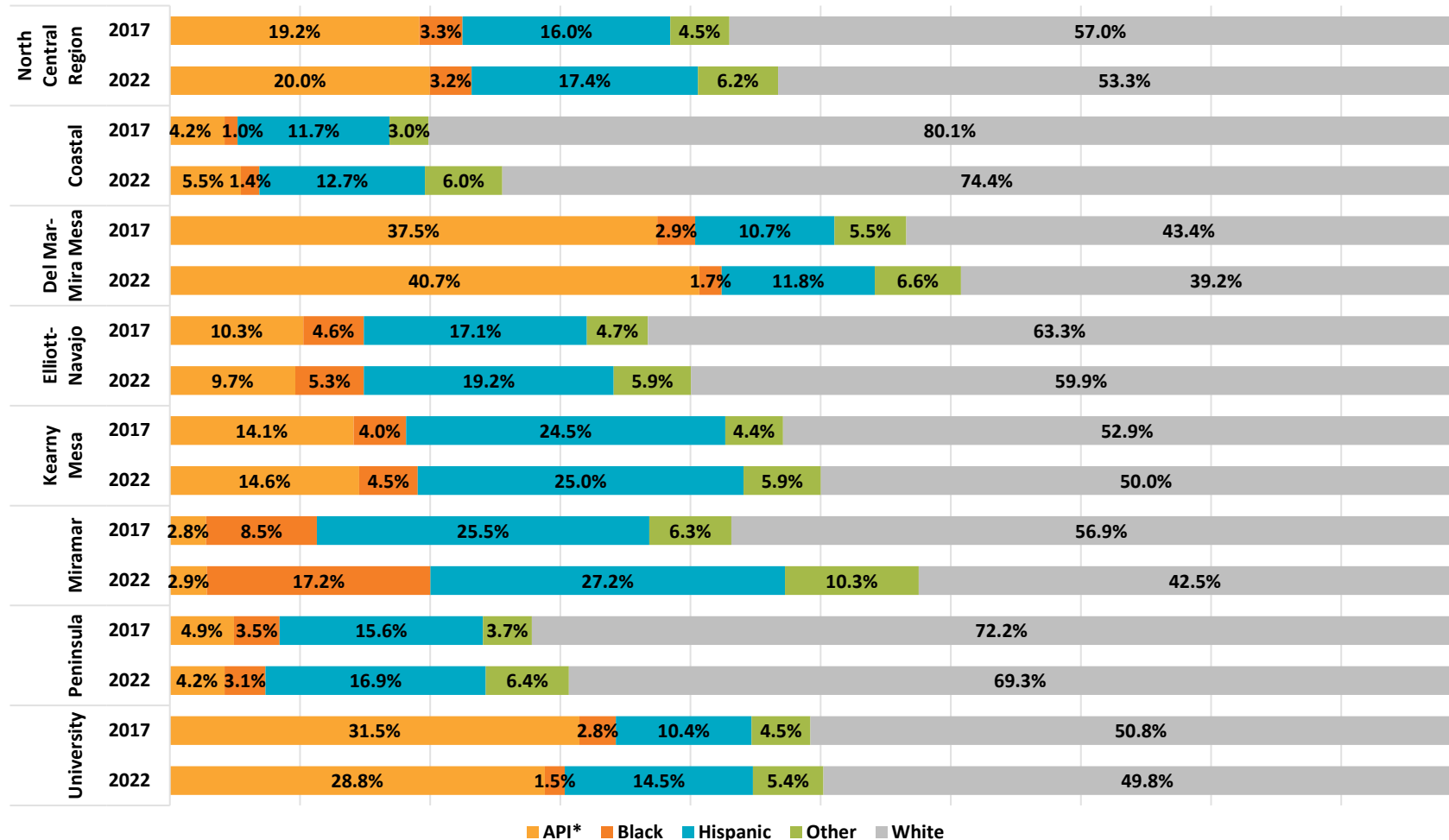
In 2022, one-third (32.8%) of North Central Region residents were 25-44 year olds.

- Between 2017 and 2022, North Central Region saw decreases in the number of residents in all age groups, with the exception of residents aged 65+, which increased 12%.
- Between 2017 and 2022, North Central Region and its communities saw increases in the number of residents aged 65+, with the exception of University SRA, which saw a decrease of 4.4%.

Demographics: Race/Ethnicity



Percent of Residents by Race/Ethnicity in North Central Region, 2017 and 2022



In 2022, non-Hispanic (NH) White (53.3%) and Asian/Pacific Islander (API) (20%) residents made up 73.3% of North Central Region's population.

- Compared to other regions in 2022, North Central Region had the highest proportion of API residents at 20%.
- Between 2017 and 2022, the number of Hispanic, NH API, and NH Other race/ethnicity residents increased in North Central Region, while the number of NH White and NH Black residents decreased.
- Coastal SRA saw the highest increase in the number of NH Other race/ethnicity residents (82.4%).

*Asian Pacific/Islander.

Source: U.S. Census Bureau; 2013-2017 American Community Survey 5-Year Estimates, Table B03002; 2018-2022 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, 2024.

Labor Force by Occupation



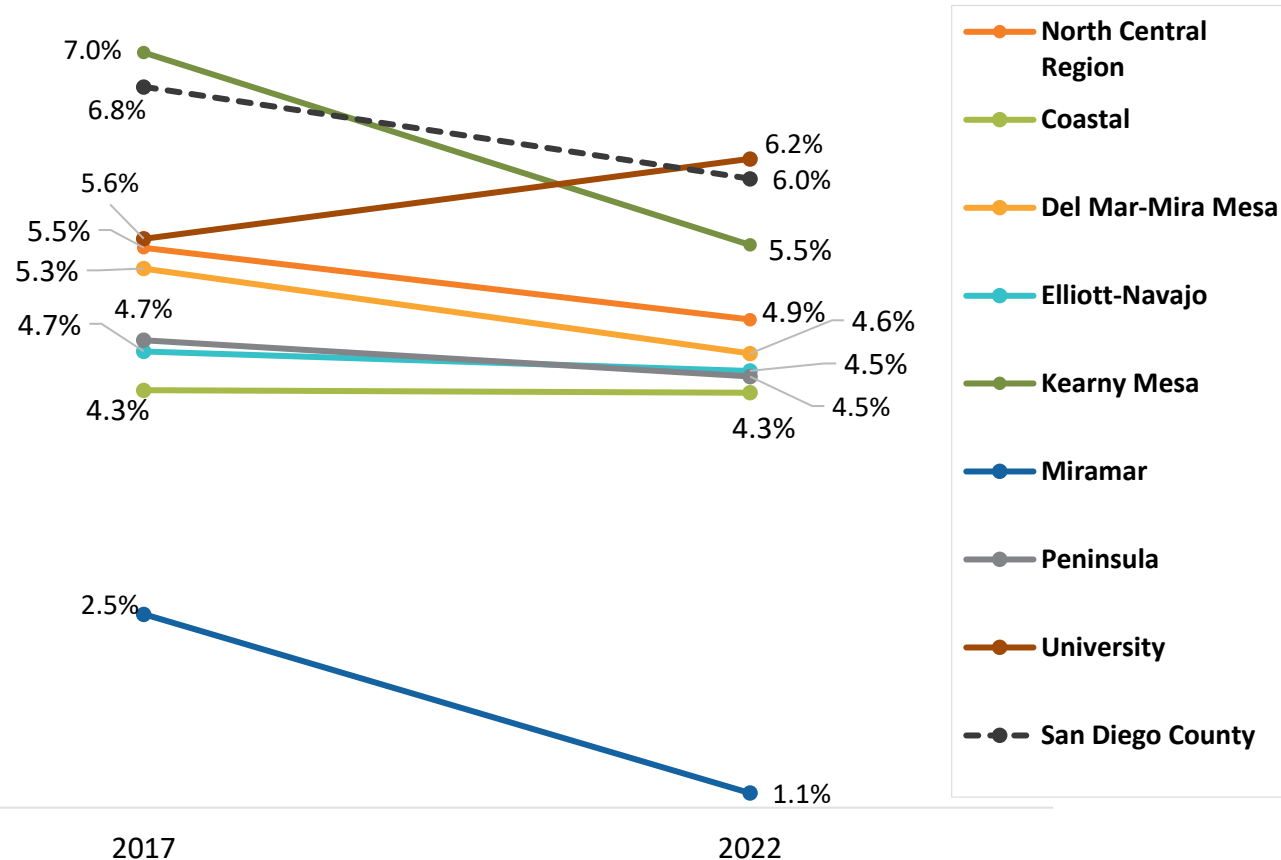
2017						
Geography	Civilian employed population 16+	Management, business, science, and arts occupations	Service occupations	Sales and office occupations	Natural resources, construction, and maintenance occupations	Production, transportation, and material moving occupations
North Central Region	332,286	54.2%	15.6%	20.4%	4.3%	5.5%
Coastal	45,565	56.5%	15.4%	20.9%	3.2%	3.9%
Del Mar-Mira Mesa	90,982	59.3%	12.7%	18.5%	3.3%	6.2%
Elliott-Navajo	45,571	53.6%	15.0%	22.0%	4.3%	5.1%
Kearny Mesa	86,758	45.1%	19.9%	21.7%	6.4%	6.9%
Miramar	348	37.9%	12.6%	35.1%	12.9%	1.4%
Peninsula	32,355	51.0%	18.3%	21.1%	4.9%	4.7%
University	30,707	65.5%	10.2%	18.8%	2.4%	3.1%
2022						
Geography	Civilian employed population 16+	Management, business, science, and arts occupations	Service occupations	Sales and office occupations	Natural resources, construction, and maintenance occupations	Production, transportation, and material moving occupations
North Central Region	334,616	60.1%	13.3%	16.7%	3.7%	6.3%
Coastal	42,789	62.9%	13.5%	17.5%	2.2%	3.9%
Del Mar-Mira Mesa	90,288	65.9%	10.7%	14.5%	3.0%	6.0%
Elliott-Navajo	44,400	59.3%	11.7%	18.5%	4.0%	6.4%
Kearny Mesa	90,897	53.1%	16.2%	18.0%	4.8%	8.0%
Miramar	375	35.5%	32.3%	13.1%	2.7%	16.5%
Peninsula	33,724	54.6%	15.7%	17.1%	5.8%	6.9%
University	32,143	66.7%	12.1%	14.7%	1.9%	4.6%

- In 2022, the occupations with the highest percent of employed persons 16 years and older in North Central Region and its communities were *management, business, science, and arts* and *sales and office occupations*.
- The proportion of employed persons 16 years and older in *management, business, science, and arts* and the *production, transportation, and material moving* occupations increased between 2017 and 2022.

Unemployment



Average Percent of Unemployment* in North Central Region, 2013-2017 and 2018-2022



Unemployment in North Central Region

- In North Central Region, the 5-year average percent of unemployed residents 16 years and older decreased from 5.5% in 2017 to 4.9% in 2022.
- North Central Region had a lower 5-year average percent of unemployment than the county overall in 2017 and 2022.
- Among North Central Region communities, University SRA had the highest 5-year average percent of unemployment in 2022 (6.2%).
- Between 2017 and 2022, the 5-year average percent of unemployment decreased across all North Central Region SRAs, except for University SRA, which increased from 5.6% to 6.2%.

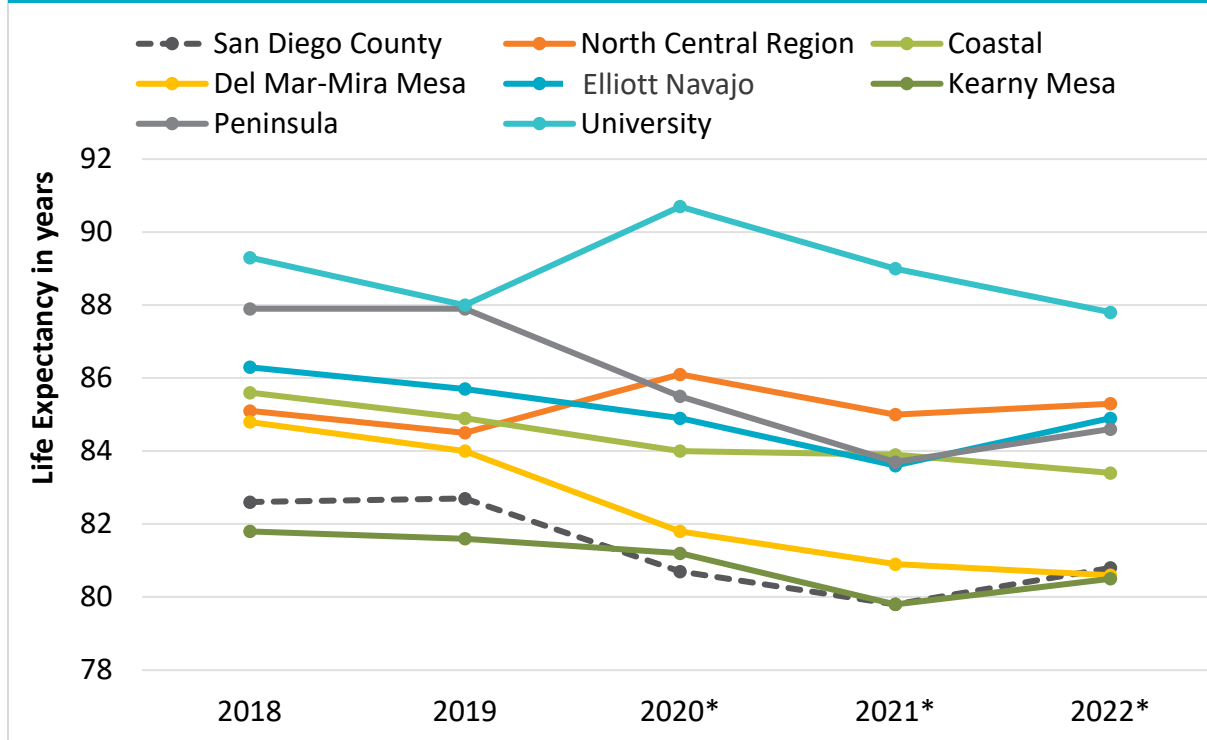
*Percent unemployed was derived from the number of unemployed persons out of the 16 year and older eligible labor force. Eligible labor force includes employed civilians, unemployed, and persons in the armed forces.

Source: U.S. Census Bureau; 2013-2017 American Community Survey 5-Year Estimates, Table DP03; 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, 2024.

Life Expectancy

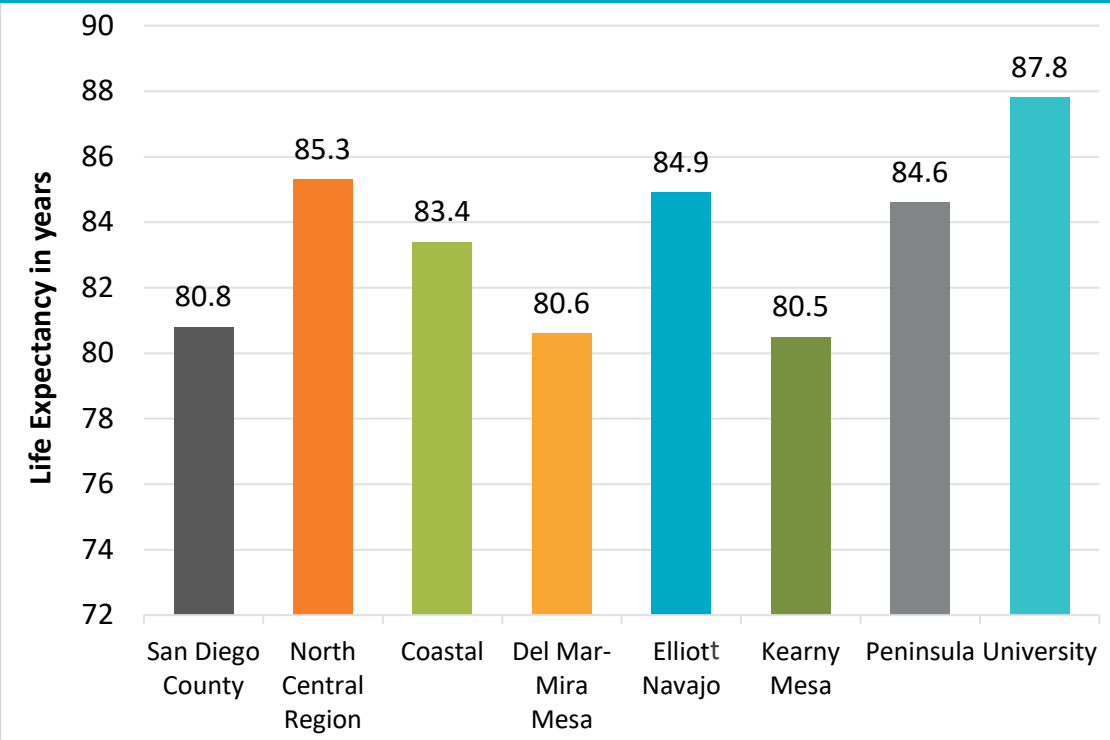


Life Expectancy in North Central Region, 2018-2022



From 2018 to 2022, all North Central Region SRAs had a decrease in life expectancy. Among North Central Region SRAs, University had the highest life expectancy in 2022.

Life Expectancy in North Central Region, 2022



Among HHS Regions, North Central Region had the highest life expectancy in 2022.

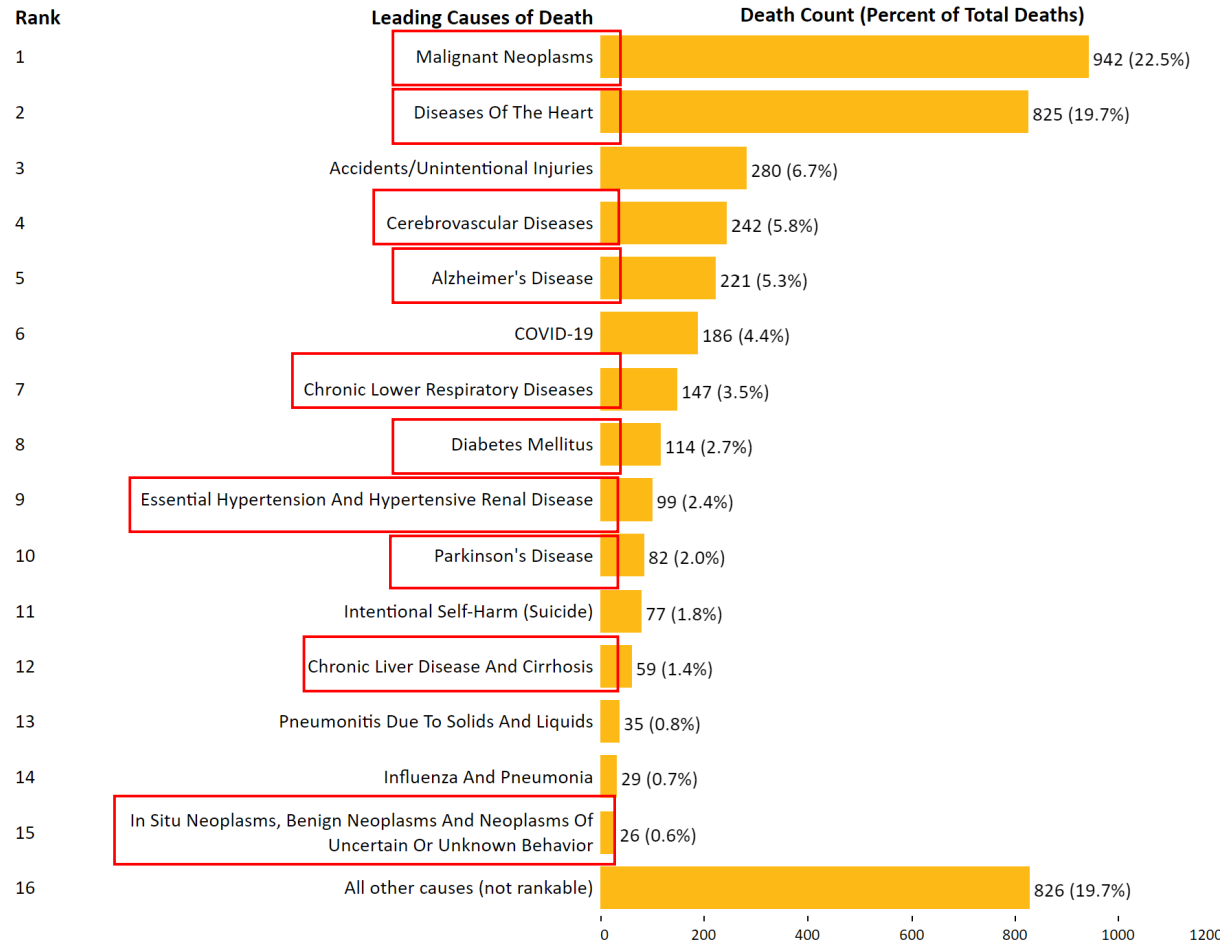
Miramar life expectancy is not available, censored due to variance in population size.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS). *SANDAG Population Estimates, 2022 (v11/2023) were derived from the 2020 decennial census. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including Life Expectancy. Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2023.

Leading Causes of Death



2022 San Diego County Leading Causes of Death by Health and Human Services Agency (HHSA) Region: North Central



In 2022, there were **4,190** deaths among North Central Region residents.

- In 2022, cancer (malignant neoplasms) and heart disease were the cause of 42.2% of the deaths among North Central Region residents.
- In North Central Region, 10 out of the top 15 leading causes of death were due to chronic disease in 2022.

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 2024.

3-4-50: Chronic Disease Deaths



The proportion of deaths due to 3-4-50 chronic diseases in San Diego County decreased from 63% in 2000 to 44% in 2022.

Improve your health by...



Walking at least 30 minutes every day.



Eating healthy foods (5 servings of fruits and vegetables).



Not smoking.

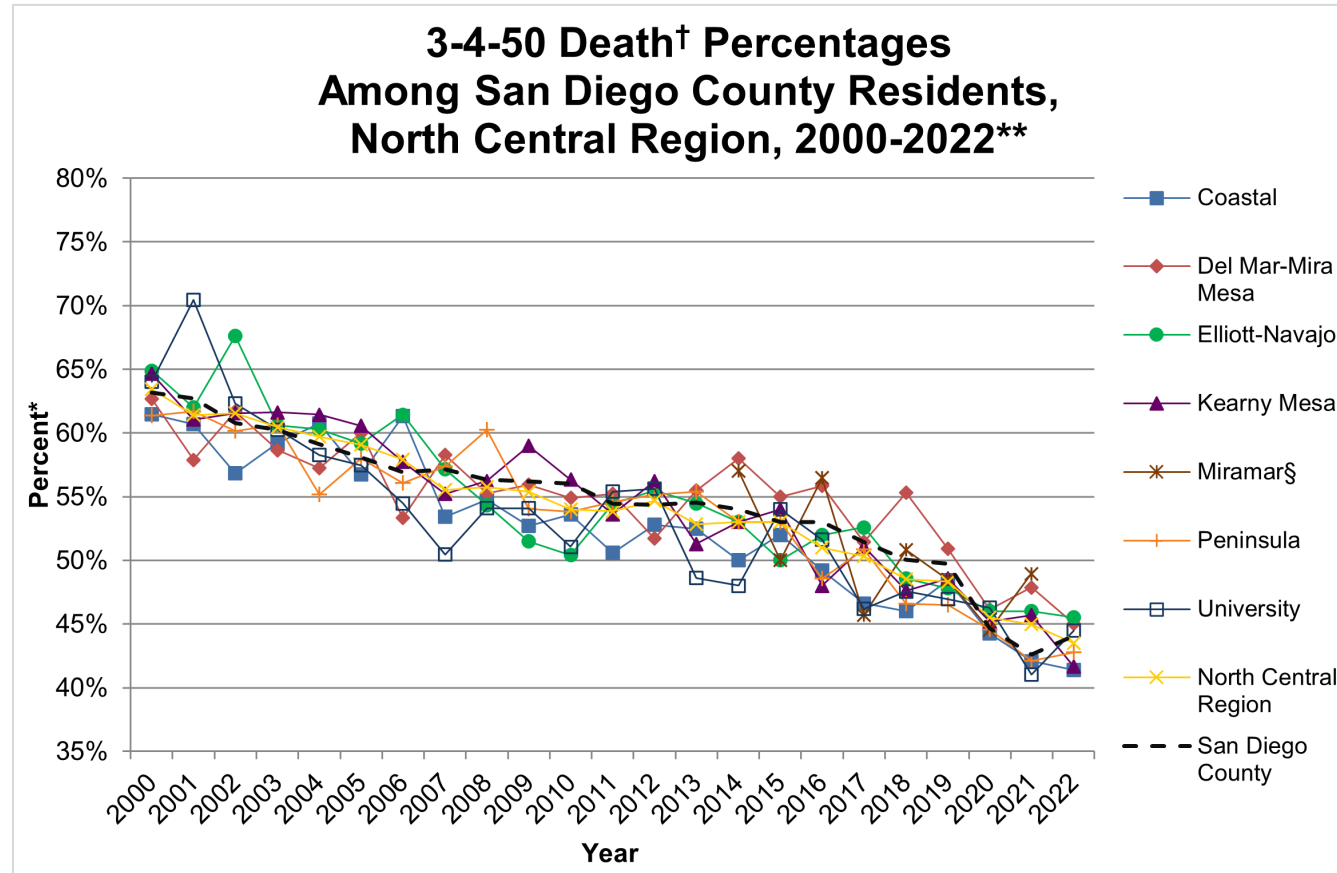


www.sdhealthstatistics.com

3-4-50: Chronic Disease Deaths



Percentages, Trend 2000-2022



3-4-50 Death Percentages in North Central Region

- From 2000-2022, the overall percentage of all deaths due to 3-4-50 chronic diseases decreased in the North Central Region and its subregional areas (SRAs).
- Among the North Central Region SRAs, Elliott-Navajo had the highest percentage of deaths due to 3-4-50 chronic diseases in 2022.
- Despite a decrease, 3-4-50 chronic diseases still accounted for 44% of all deaths in the North Central Region in 2022.

*3-4-50 deaths as a percentage of all cause death.

†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 and percentages not calculated for fewer than 5 events for the years 2000 to 2019. Rates and percentages not calculated for fewer than 11 events for the years 2020-2022. Rates and percentages not calculated in cases where zip code is unknown.

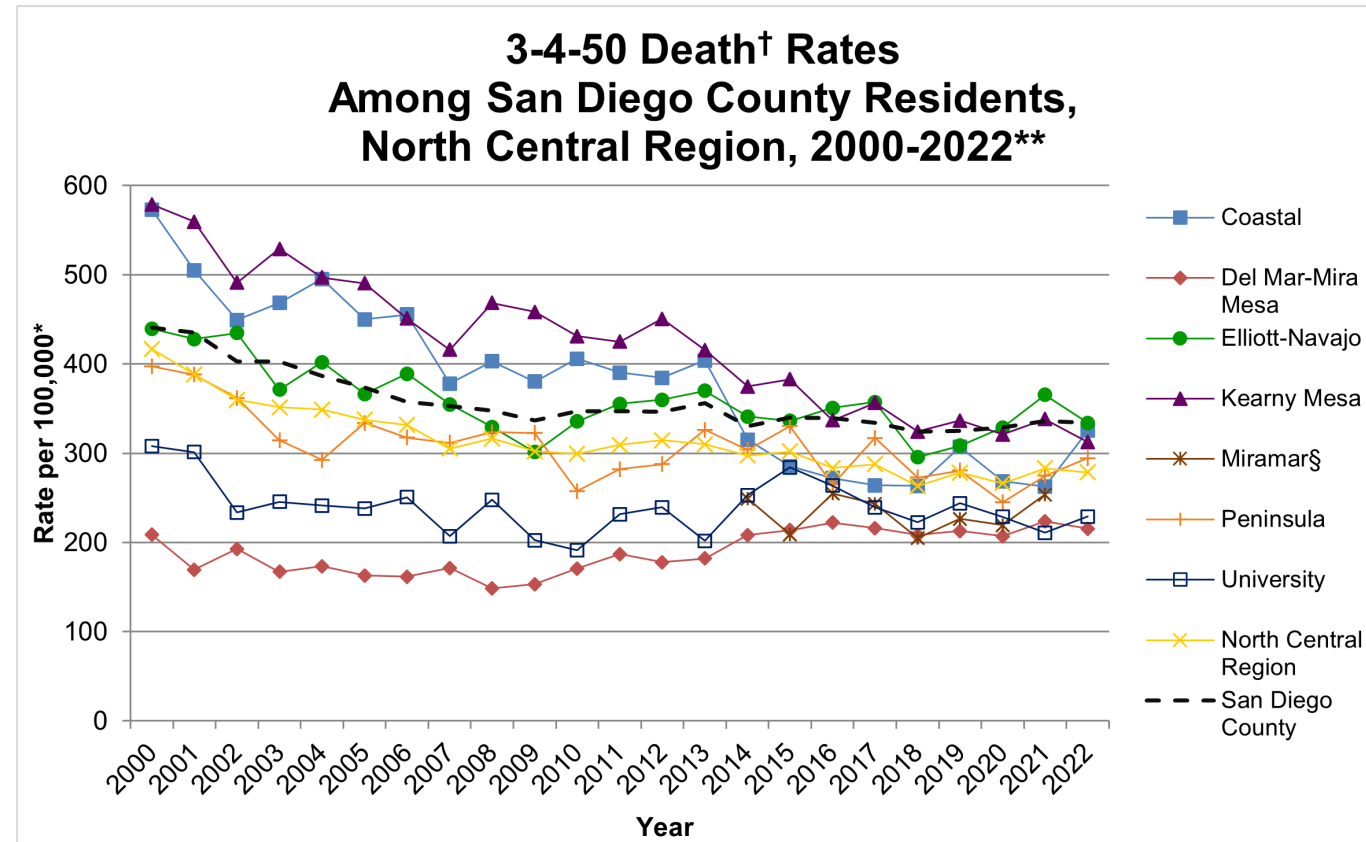
**The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.

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. Population estimates for 2020 and 2021 were derived using the 2010 decennial 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.

3-4-50: Chronic Disease Deaths



Rates, Trend 2000-2022



3-4-50 Death Rates in North Central Region

- Overall, 3-4-50 chronic disease death rates have decreased in the North Central Region and its SRAs from 2000-2022, with the exception of Del Mar-Mira Mesa SRA.
- Among the North Central Region SRAs, Elliott-Navajo had the highest death rate due to 3-4-50 chronic diseases in 2022.

*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 and percentages not calculated for fewer than 5 events for the years 2000 to 2019. Rates and percentages not calculated for fewer than 11 events for the years 2020-2022. Rates and percentages 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.

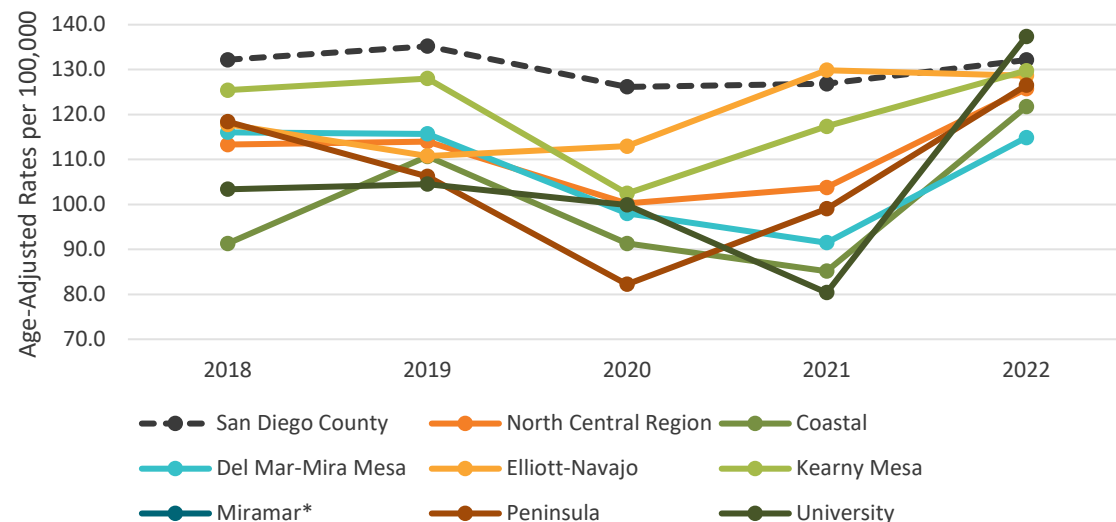
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2022 California Vital Records Business Intelligence System (VRBIS). SANDAG, Current Population Estimates. Population estimates for 2020 and 2021 were derived using the 2010 decennial census and data should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

Non-Communicable (Chronic Disease)



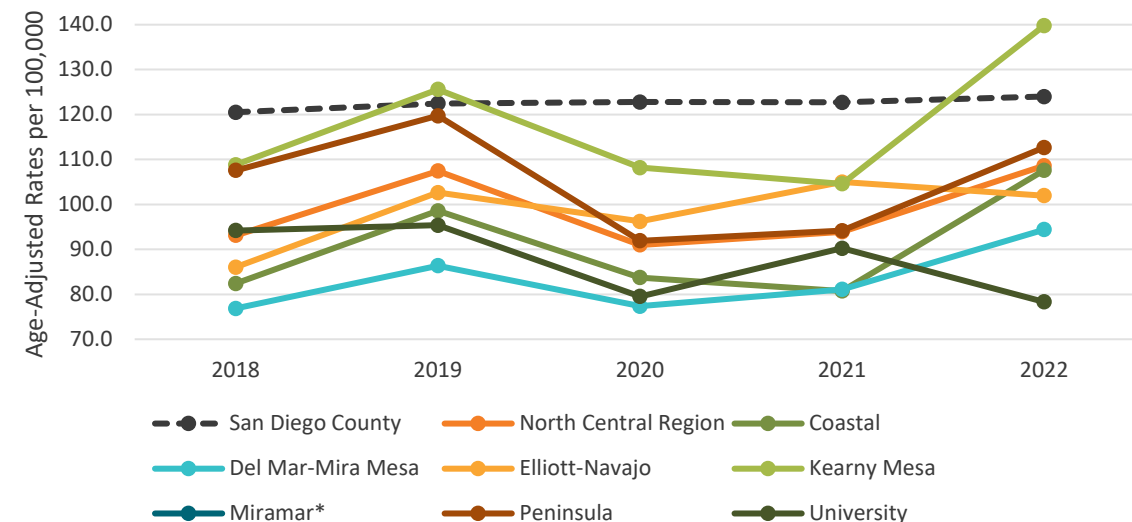
Death Rates, 2018-2022

Age-Adjusted Death Rates due to **Overall Cancer** in North Central Region by Subregional Area (SRA), San Diego County, 2018-2022



From 2018-2022, the age-adjusted death rate due to overall cancer in North Central Region increased from 113.3 to 125.7 per 100,000 residents. Among North Central Region SRAs, **University** had the highest age-adjusted death rate due to overall cancer (137.4 per 100,000) in 2022.

Age-Adjusted Death Rates due to **Overall Heart Disease** in North Central Region by Subregional Area (SRA), San Diego County, 2018-2022



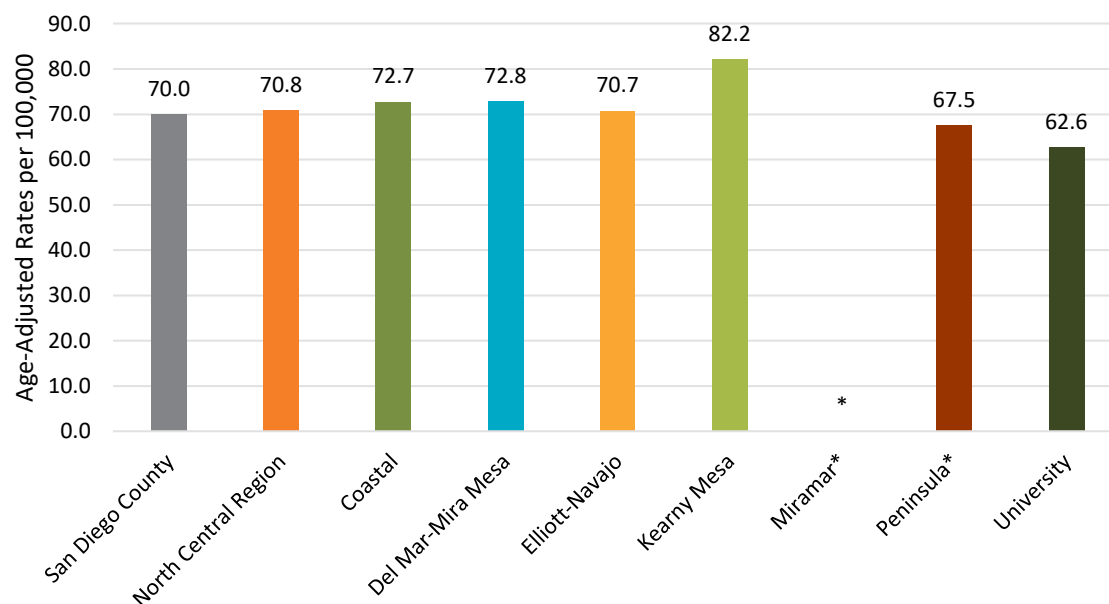
From 2018-2022, the age-adjusted death rate due to overall heart disease in North Central Region increased from 93.1 to 108.6 per 100,000 residents. Among North Central Region SRAs, **Kearny Mesa** had the highest age-adjusted death rate due to overall heart disease (139.8 per 100,000) in 2022.

Non-Communicable (Chronic) Diseases

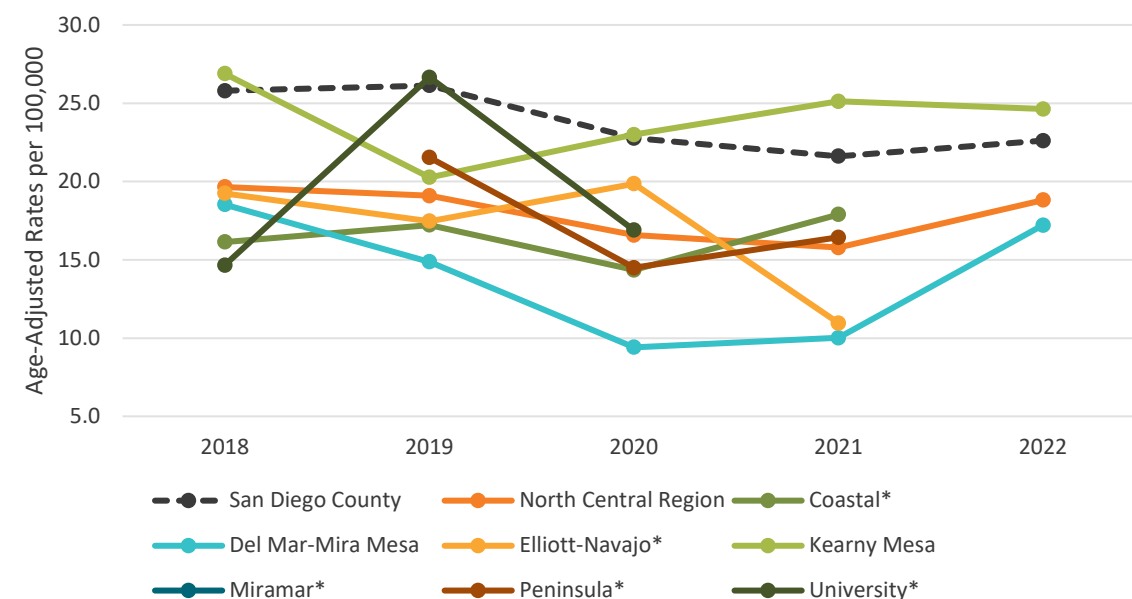


Death Rates, 2018-2022

Age-Adjusted Death Rates due to **Alzheimer's Disease and Related Dementias (ADRD)** in North Central Region by Subregional Area (SRA), San Diego County, 2022



Age-Adjusted Death Rates due to **COPD/Chronic Lower Respiratory Diseases** in North Central Region by Subregional Area (SRA), San Diego County, 2018-2022



In 2022, the age-adjusted death rate due to Alzheimer's Disease and Related Dementias (ADRD) in North Central Region was 70.8 per 100,000 residents. Among North Central Region SRAs, **Kearny Mesa** had the highest age-adjusted death rate due to ADRD (82.2 per 100,000) in 2022.

From 2018-2022, the age-adjusted death rate due chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases in North Central Region decreased from 19.7 to 18.8 per 100,000 residents. Among North Central Region SRAs, **Kearny Mesa** had the highest age-adjusted death rate due to COPD/chronic lower respiratory diseases (24.6 per 100,000) in 2022.

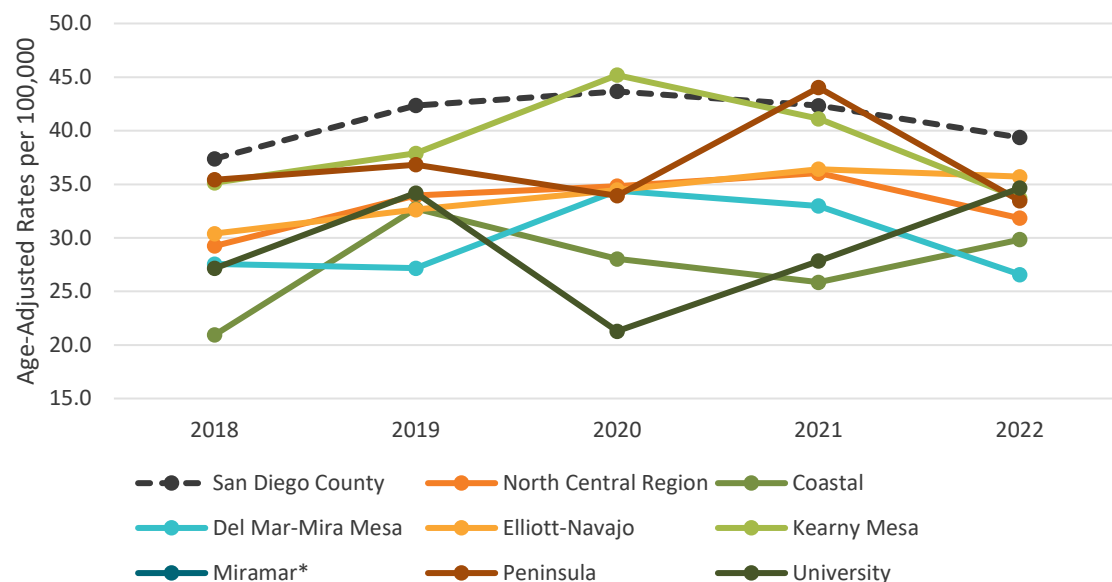
Non-Communicable (Chronic) Diseases and Injury



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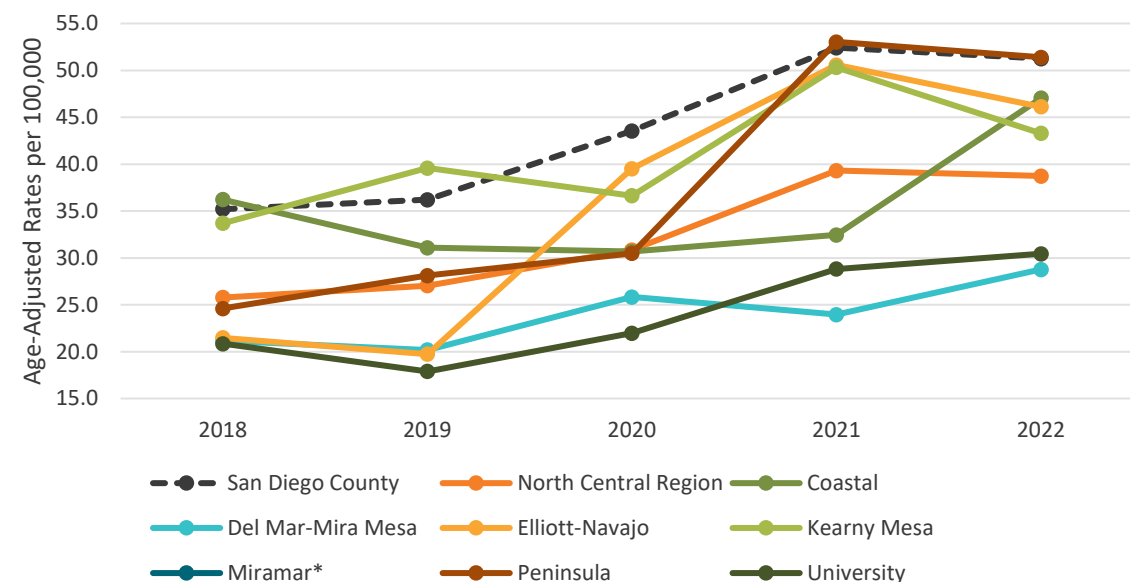
Death Rates, 2018-2022

Age-Adjusted Death Rates due to **Stroke** in North Central Region by Subregional Area (SRA), San Diego County, 2018-2022



From 2018-2022, the age-adjusted death rate due to stroke in North Central Region **increased** from 29.2 to 31.9 per 100,000 residents. Among North Central Region SRAs, **Elliott-Navajo** had the highest age-adjusted death rate due to stroke (35.7 per 100,000) in 2022.

Age-Adjusted Death Rates due to **Accidents/Unintentional Injuries** in North Central Region by Subregional Area (SRA), San Diego County, 2018-2022



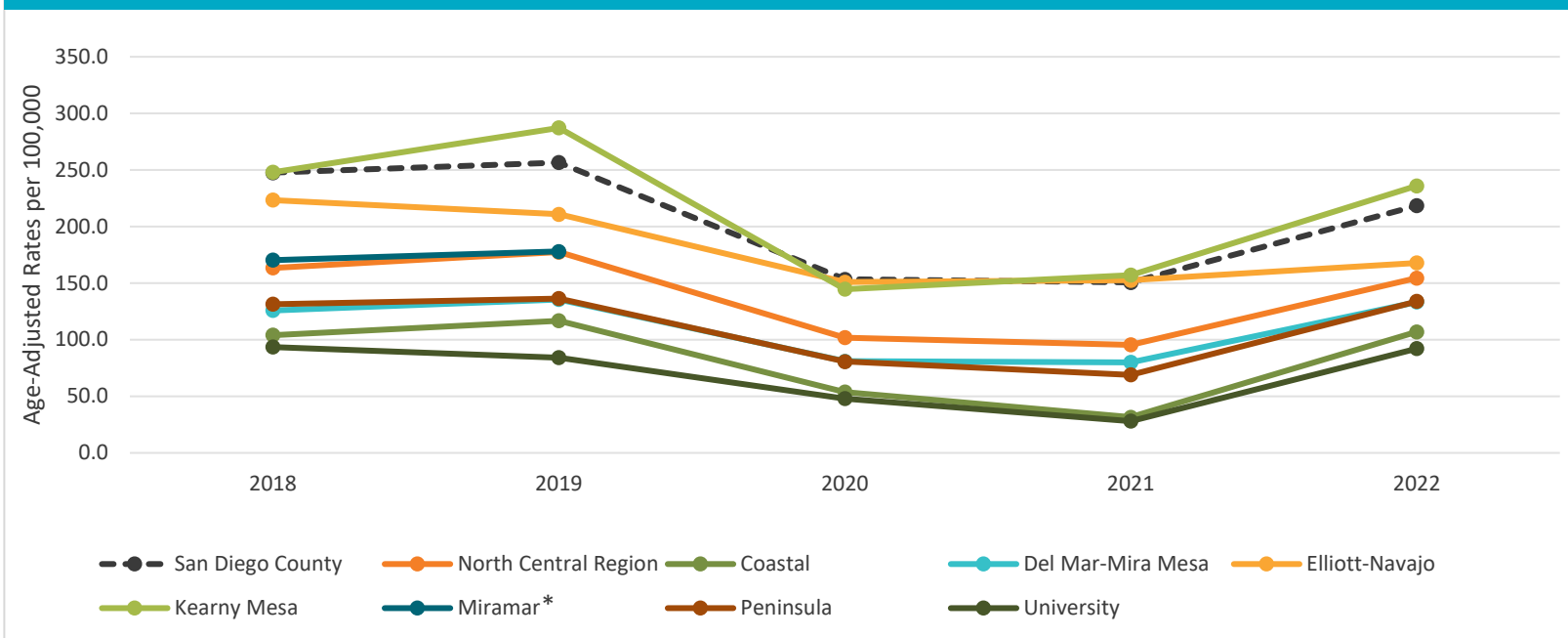
From 2018-2022, the age-adjusted death rate due to accidents/unintentional injuries in North Central Region **increased** from 25.8 to 38.7 per 100,000 residents. Among North Central Region SRAs, **Peninsula** had the highest age-adjusted death rate due to accidents/unintentional injuries (51.4 per 100,000) in 2022.

Non-Communicable (Chronic) Diseases



Emergency Department (ED) Discharge Rates, 2018-2022

Age-Adjusted Emergency Department (ED) Discharge Rates due to Asthma in North Central Region by Subregional Area (SRA), San Diego County, 2018-2022



From 2018-2022, the age-adjusted emergency department (ED) discharge rate in North Central Region **decreased** from 163.4 to 154.5 per 100,000 residents. Among North Central Region SRAs, **Kearny Mesa** had the highest age-adjusted ED discharge rate due to asthma (236.0 per 100,000) in 2022.

*Rates not calculated for fewer than 11 events prior to 2022. Starting with data year 2022, geographies with less than 20,000 population contain no age-adjusted rates and all 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 and Patient Discharge Databases, 2018-2022; SANDAG Population Estimates, 2018 (v7/2019), 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023). 2020 and 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, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2024.

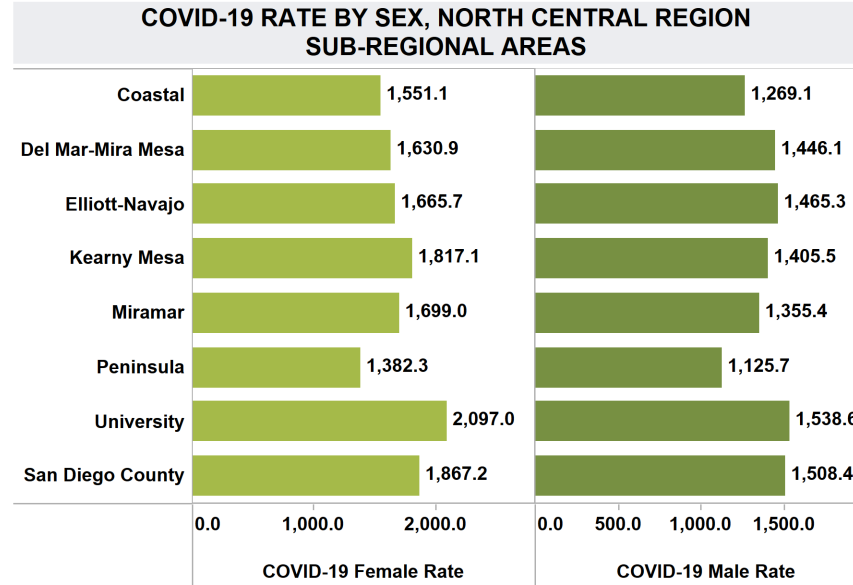
COVID-19 in North Central Region



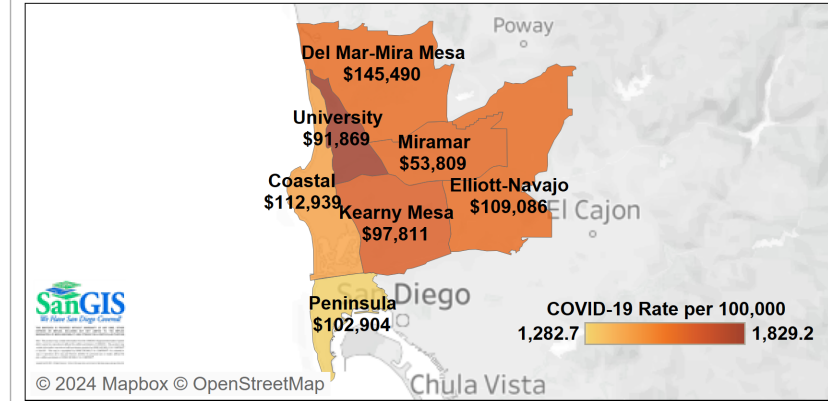
SAN DIEGO COUNTY CUMULATIVE COVID-19 RATE* PER 100,000 RESIDENTS BY NORTH CENTRAL REGION SUB-REGIONAL AREAS^ (DATA THROUGH JANUARY 1, 2023 - DECEMBER 31, 2023)



Accredited on May 11, 2016
Reaccredited on August 21, 2023

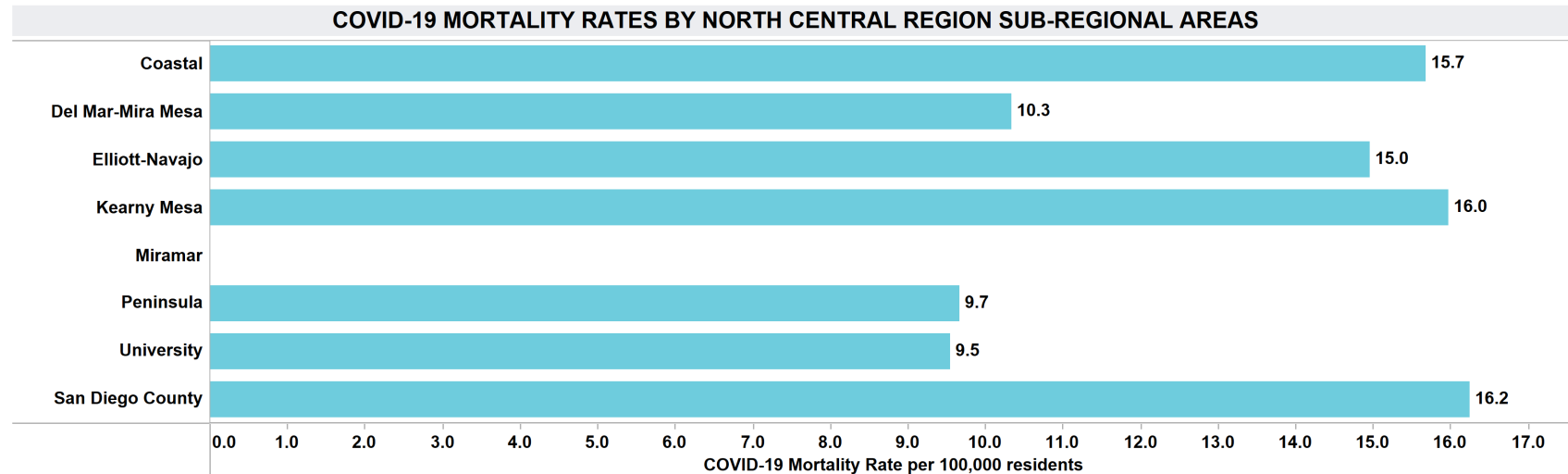


SAN DIEGO COUNTY COVID-19 RATE BY NORTH CENTRAL REGION SUB-REGIONAL AREAS (MEDIAN HOUSEHOLD INCOME IN DOLLARS)



Median household income source: ESRI Community Analyst, 2022. *A rate is the number of cases divided by the population, usually multiplied by a constant (100,000 in the following example). For example 987 cases, divided by population of 654,321, would be a rate of 150.8 per 100,000 population. This means for every 100,000 people, 150- 151 cases would be expected.

Health equity is achieved when “every person has the opportunity to ‘attain his or her full health potential’ and no one is disadvantaged from achieving this potential because of social position or other socially determined circumstances.” -Centers for Disease Control and Prevention



Data through 1/1/2023-12/31/2023. Data are preliminary and subject to change. More information may become available as individual case investigations are completed. ^SRA of residence, which may not be location of exposure, only cases with known zip code are included in rate calculation. Data source: San Diego County Communicable Disease Registry. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2/26/2024.

Youth



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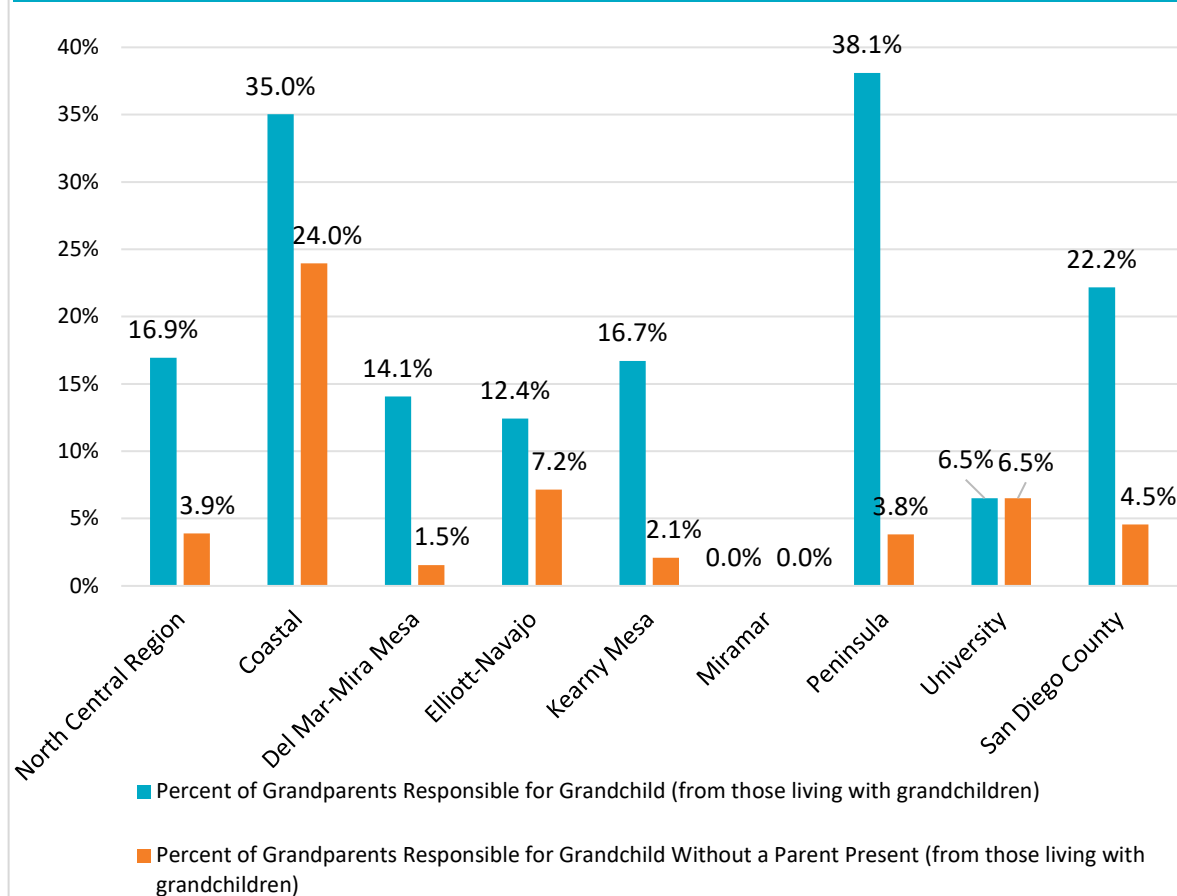
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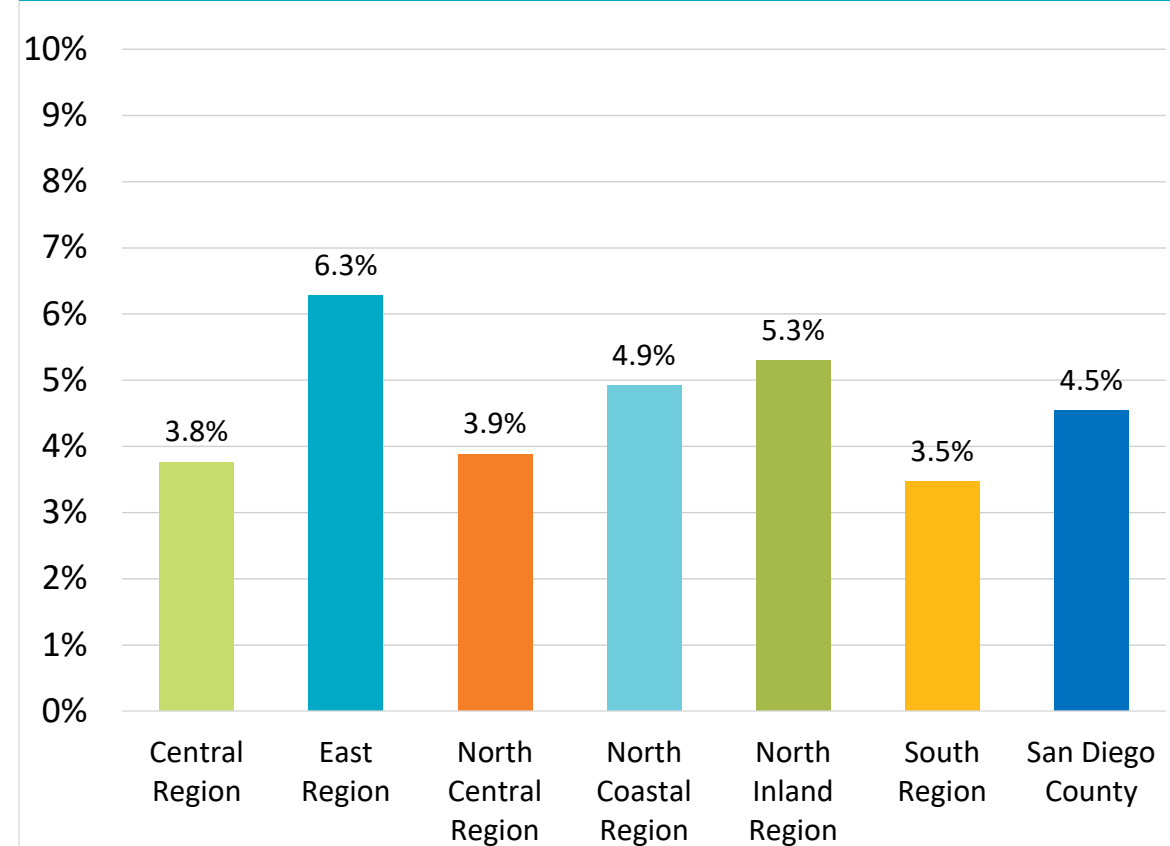
Grandparents Raising Grandchildren



Percent of Grandparents Raising Grandchild(ren)*,
North Central Region, 2022



Percent of Grandparent 30 Years and Older Raising Grandchild(ren)*
Without Parent Present by HHSA Region, 2022

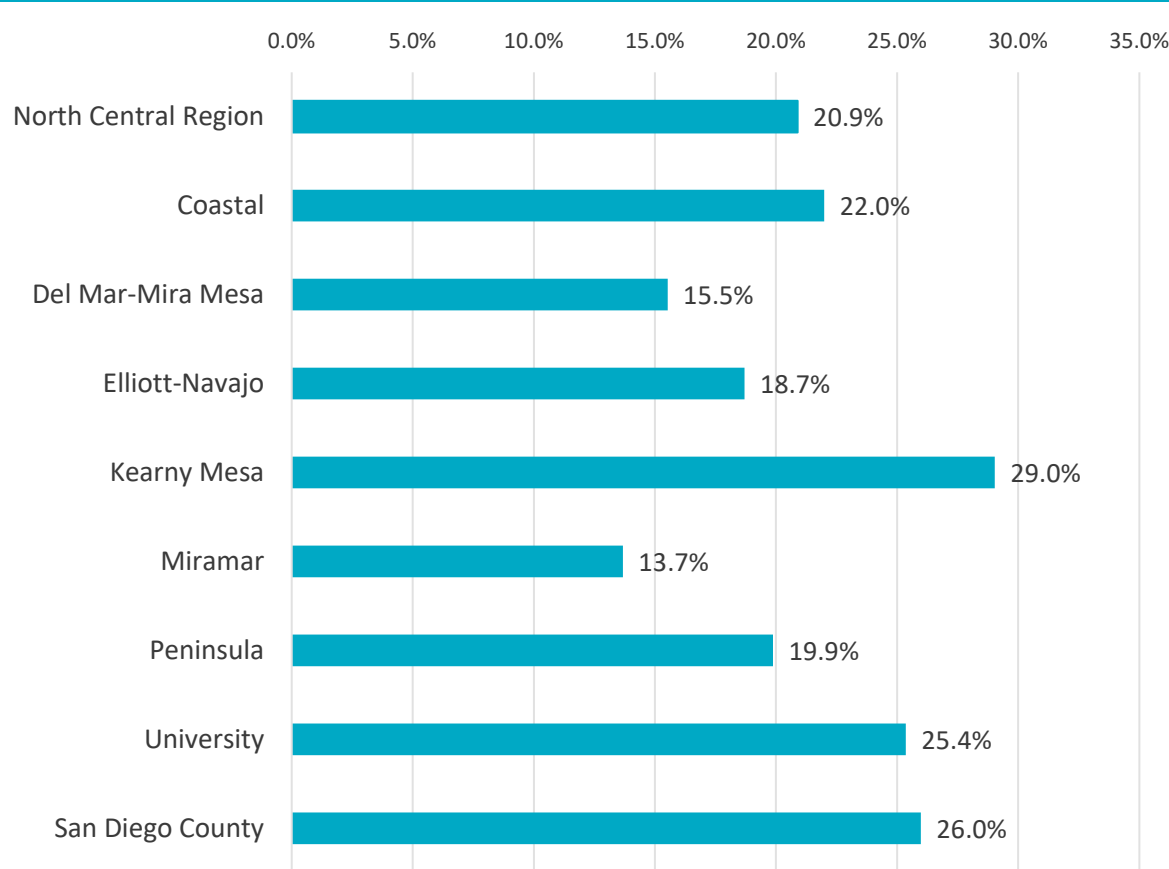


*Grandparent raising own grandchildren under 18 years in households out of households with grandparents living with grandparents.
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table B10051.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

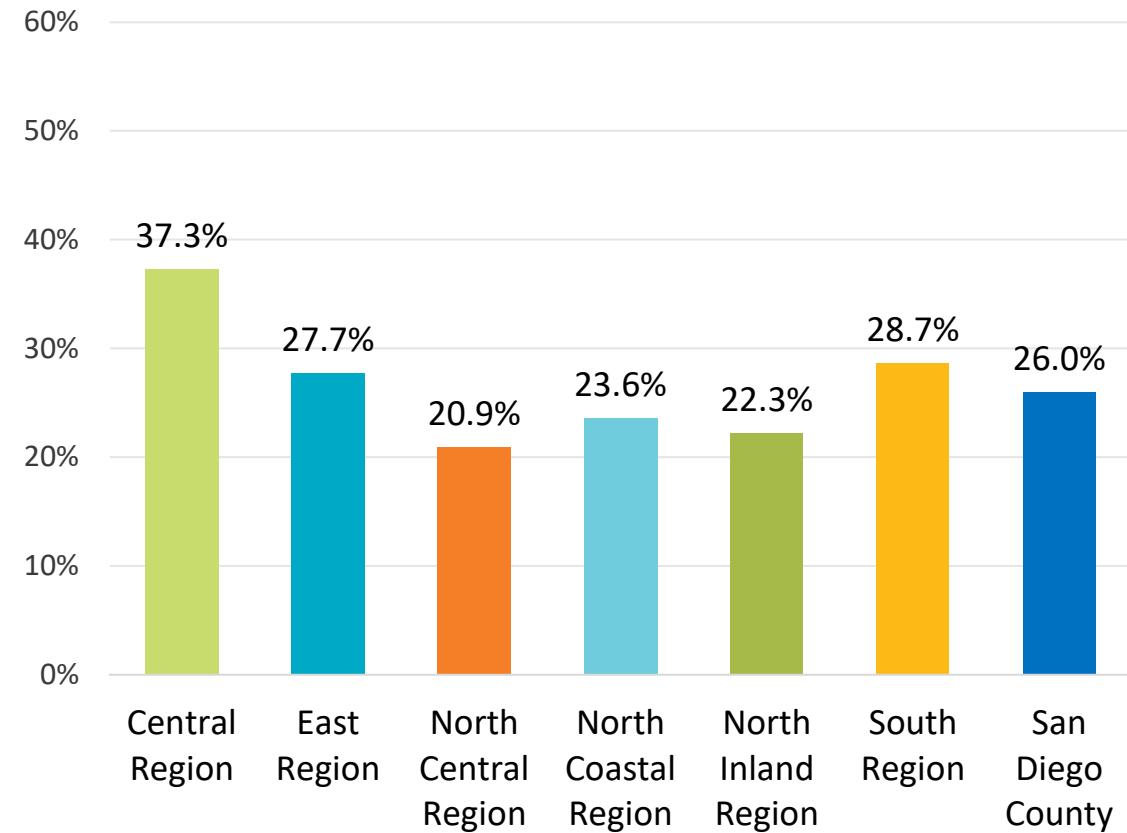
Household Types



Single Parent Households from Households with Own Children Under 18 by North Central Region SRA, 2022



Percent of Single Parent Households by HHSA Region, 2022



Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table B10051.

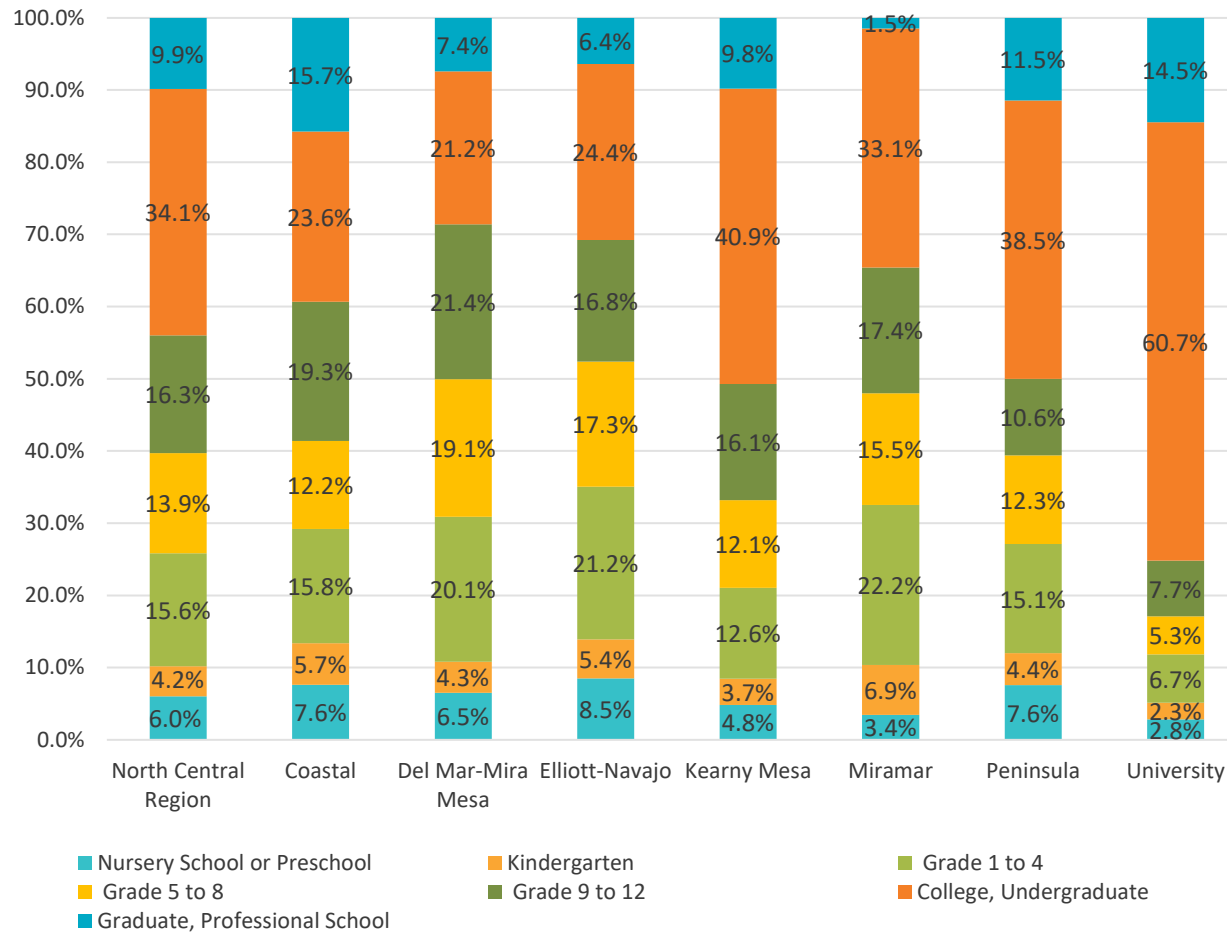
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

School Enrollment by Grade Level

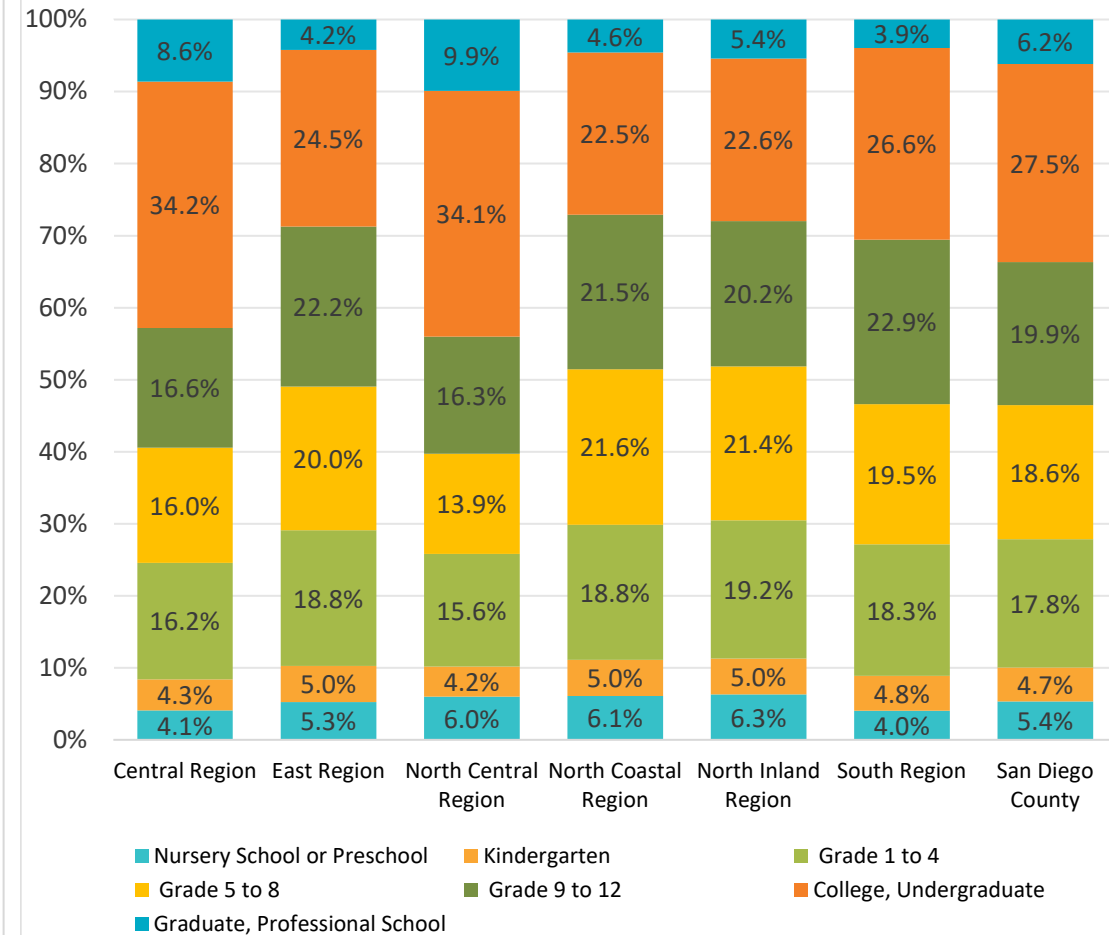


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School Enrollment by Grade level, North Central Region, San Diego County, 2022



School Enrollment by Grade Level, by HHS Region, 2022



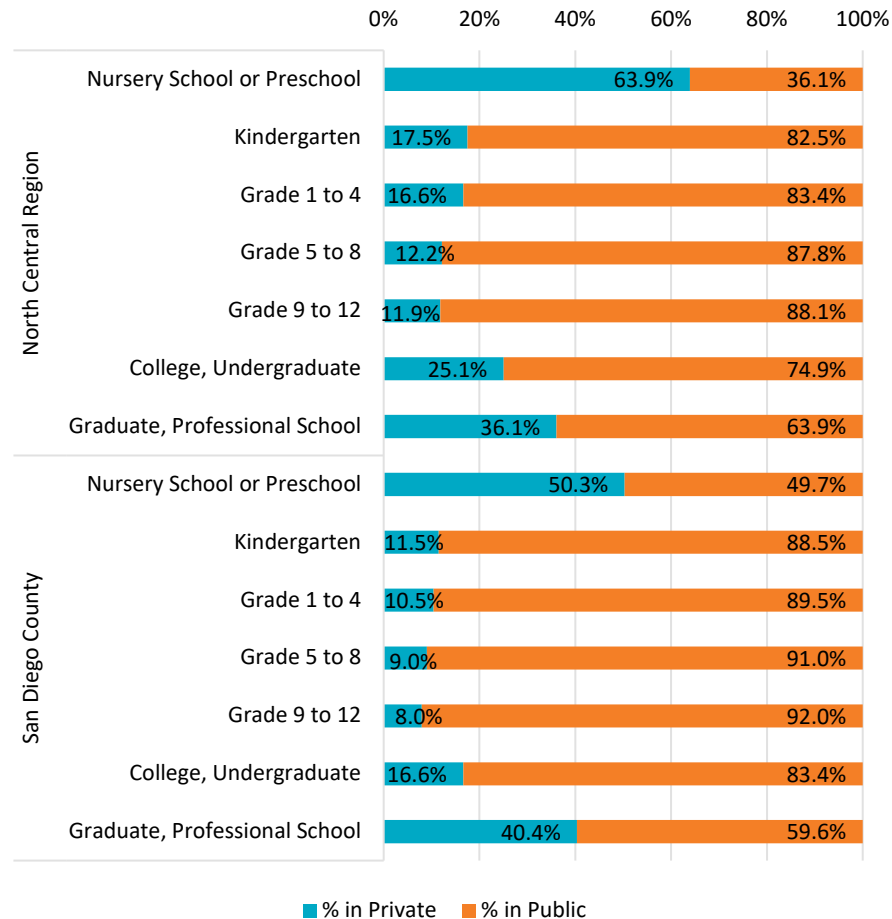
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table S1401.

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

School Enrollment by Type



School Enrollment by Type of School, North Central Region, San Diego County, 2022



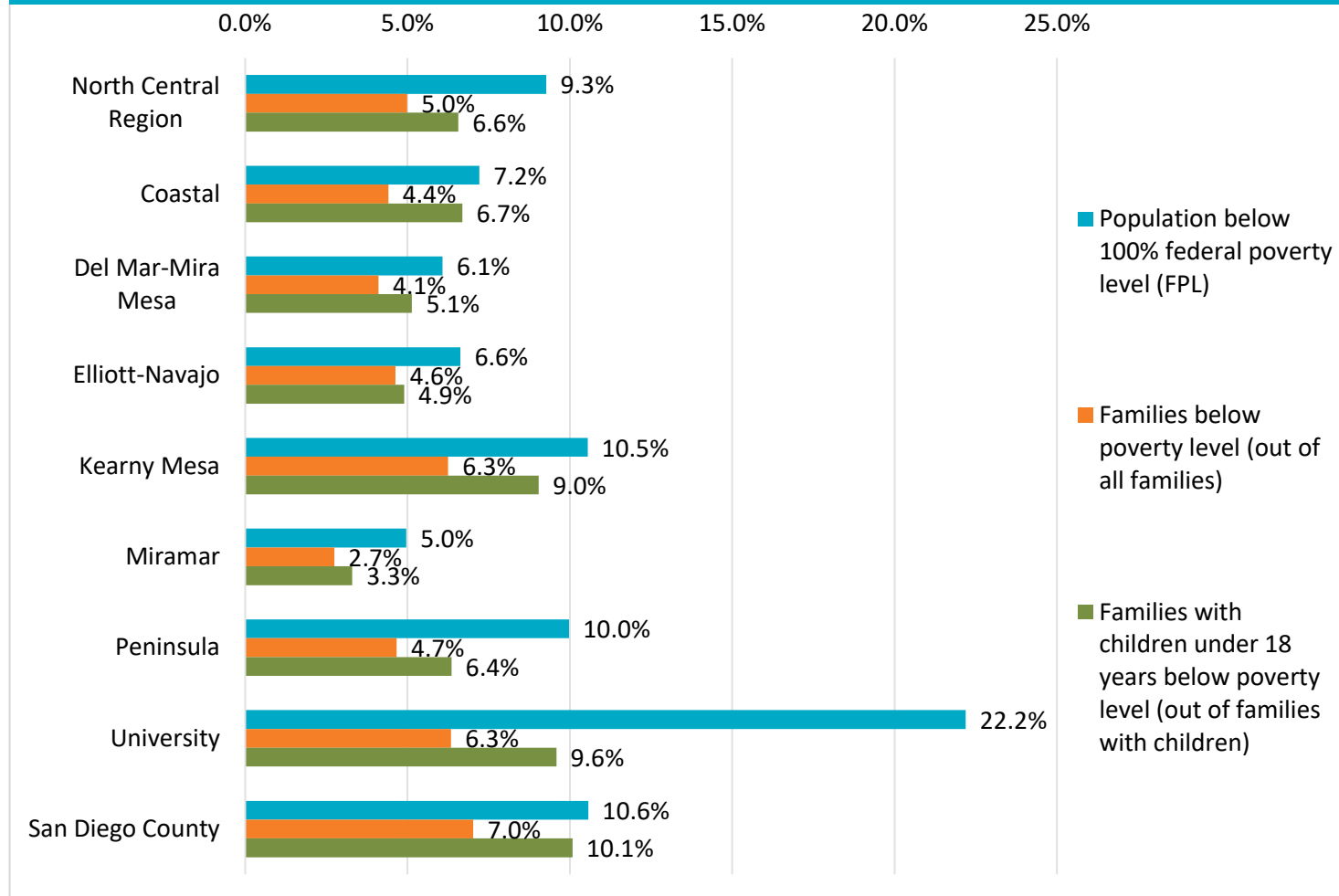
School Enrollment by Type of School, North Central Region, San Diego County, 2022

	Nursery School or Preschool		Kindergarten		Grade 1 to 4		Grade 5 to 8		Grade 9 to 12		College, Undergraduate		Graduate, Professional School	
Geography	% in Private	% in Public	% in Private	% in Public	% in Private	% in Public	% in Private	% in Public	% in Private	% in Public	% in Private	% in Public	% in Private	% in Public
North Central Region	63.9%	36.1%	17.5%	82.5%	16.6%	83.4%	12.2%	87.8%	11.9%	88.1%	25.1%	74.9%	36.1%	63.9%
Coastal	68.6%	31.4%	26.0%	74.0%	40.7%	59.3%	41.7%	58.3%	35.5%	64.5%	27.1%	72.9%	37.0%	63.0%
Del Mar-Mira Mesa	69.2%	30.8%	13.2%	86.8%	16.3%	83.7%	11.1%	88.9%	10.3%	89.7%	10.3%	89.7%	44.0%	56.0%
Elliott-Navajo	54.0%	46.0%	21.1%	78.9%	11.1%	88.9%	4.8%	95.2%	8.0%	92.0%	14.5%	85.5%	33.1%	66.9%
Kearny Mesa	55.2%	44.8%	10.0%	90.0%	12.1%	87.9%	10.2%	89.8%	8.1%	91.9%	38.4%	61.6%	42.9%	57.1%
Miramar	31.4%	68.6%	15.7%	84.3%	7.6%	92.4%	11.5%	88.5%	8.5%	91.5%	15.5%	84.5%	100.0%	0.0%
Peninsula	78.0%	22.0%	28.6%	71.4%	18.7%	81.3%	17.1%	82.9%	9.3%	90.7%	49.7%	50.3%	48.6%	51.4%
University	70.5%	29.5%	21.6%	78.4%	19.1%	80.9%	6.3%	93.7%	12.6%	87.4%	11.5%	88.5%	12.8%	87.2%
San Diego County	50.3%	49.7%	11.5%	88.5%	10.5%	89.5%	9.0%	91.0%	8.0%	92.0%	16.6%	83.4%	40.4%	59.6%

Family Poverty



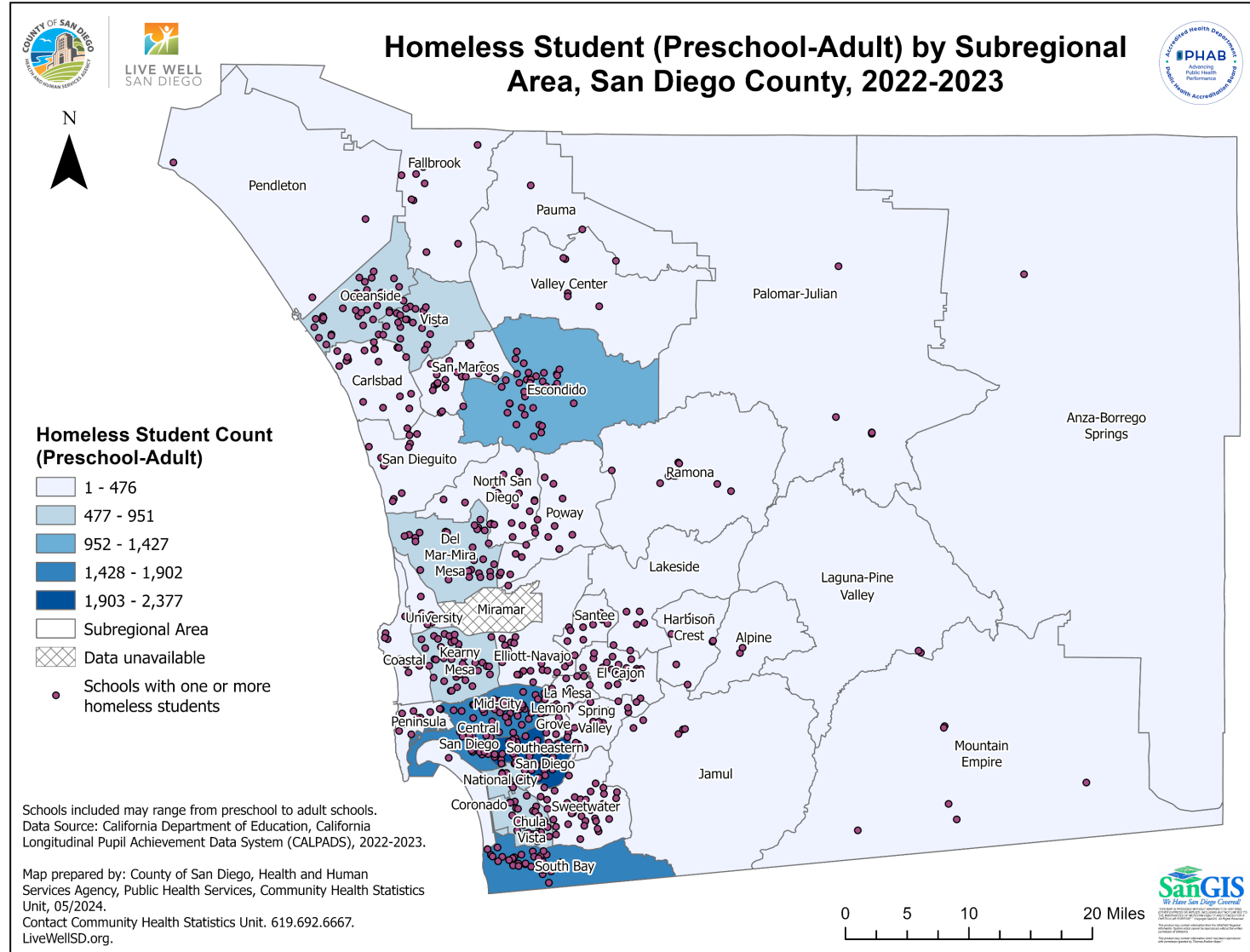
Percent Below Poverty Level, North Central Region, 2022



Poverty in North Central Region

- In North Central Region, 6.6% of families with children under 18 were living below the Federal Poverty Level (FPL) in 2022.
- Among North Central Region SRAs, University SRA had the greatest proportion of families with children under 18 living below the FPL (9.6%) in 2022.
- Among North Central Region SRAs, University SRA had the greatest proportion of population living below the FPL (22.2%) in 2022.

Youth Experiencing Homelessness



Overall, there were 2,027 homeless students reported by schools in North Central Region.

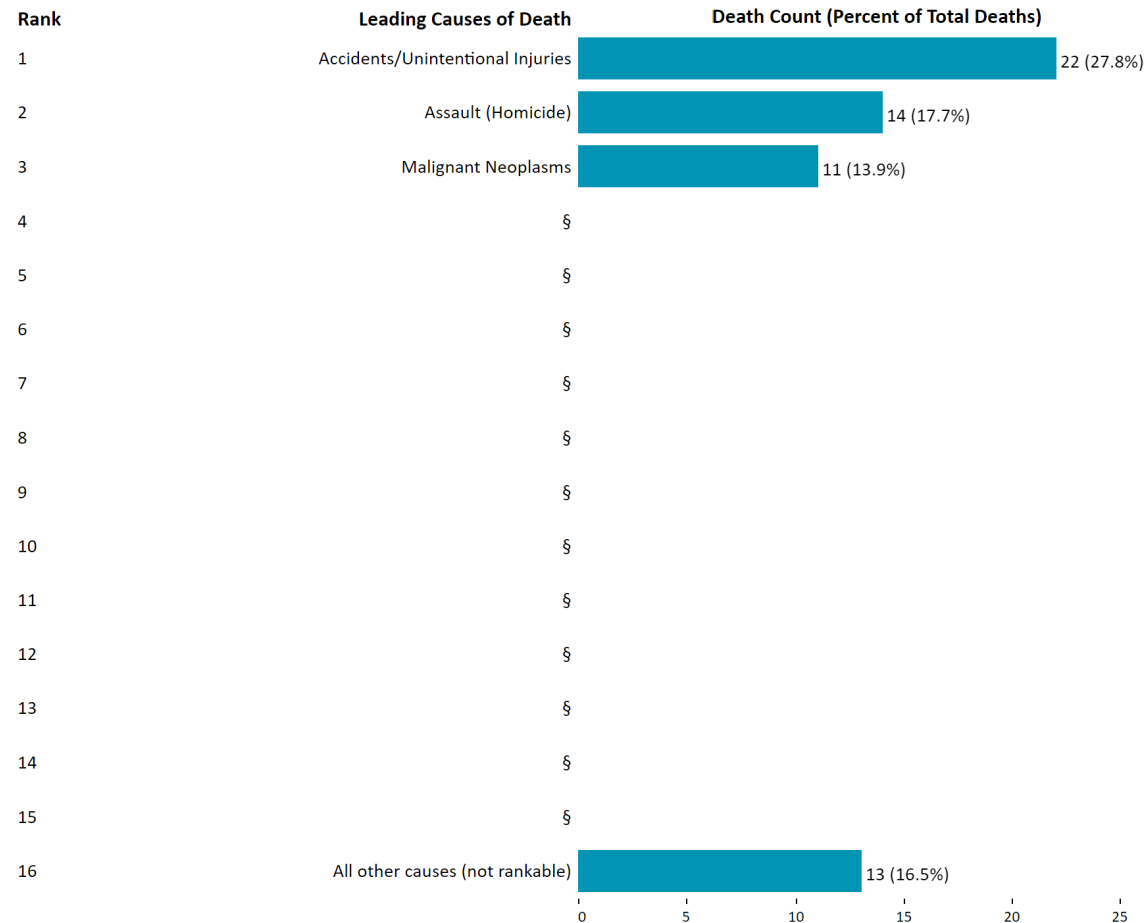
All SRAs within North Central Region (for which there were data) contain schools with at least one homeless student.

Among North Central Region SRAs, Kearny Mesa and Del Mar-Mira Mesa had the most homeless students, compared to the other SRAs within the region.

Leading Causes of Death – Youth



2022 Leading Causes of Death among San Diego County Residents by Age: Ages 10-19



In 2022, there were **79** deaths among San Diego County residents aged 10-19.

- In 2022, the leading causes of death among residents aged 10-19 in San Diego County were:
 - Accidents/Unintentional Injuries
 - Assault (Homicide)
 - Cancer (Malignant Neoplasms)

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.

§ Not shown for fewer than 11 deaths for years 2020-2022.

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.

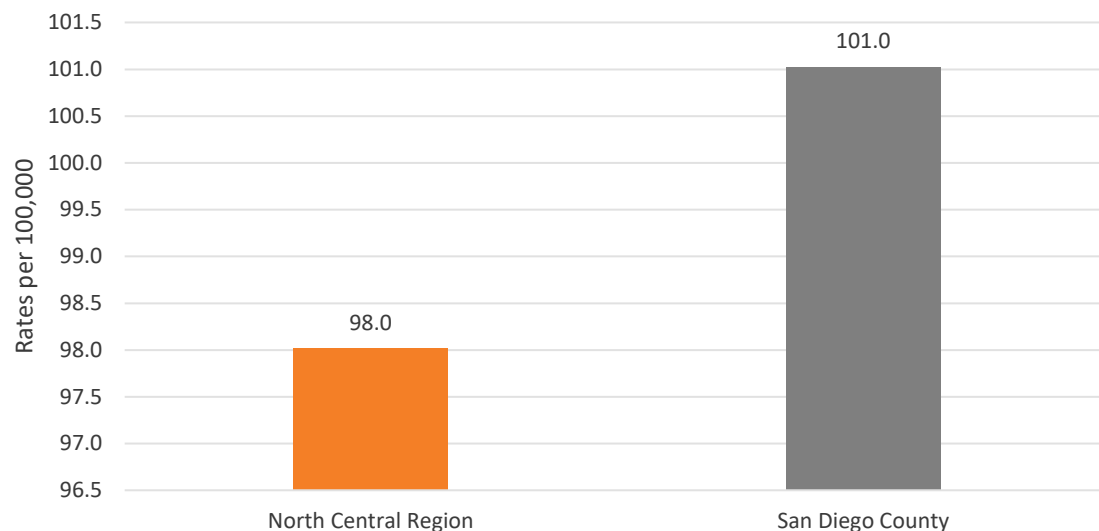
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, January 2024.

Substance-Related Disorders Among Youth



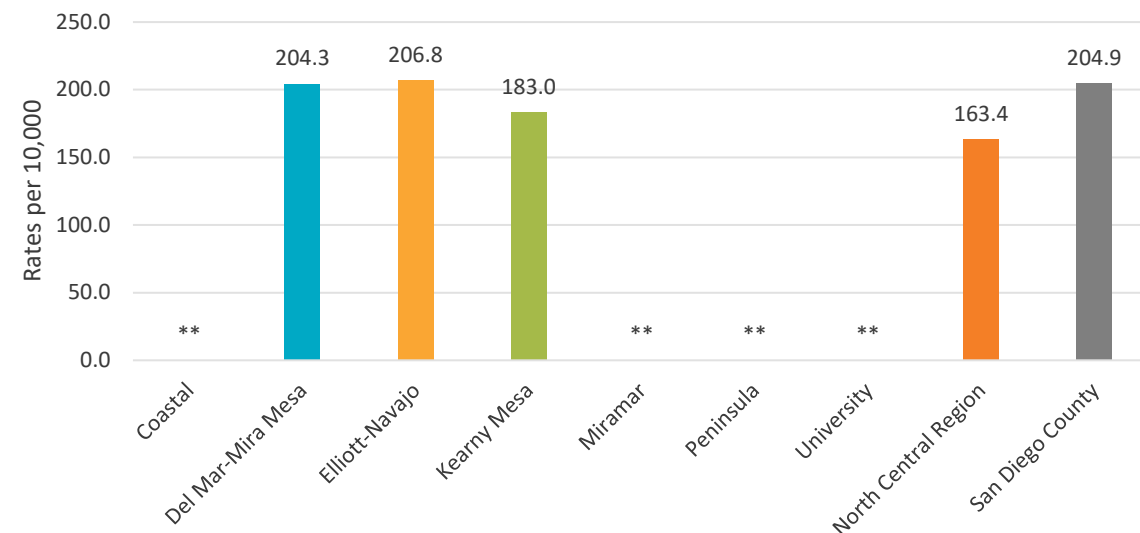
Emergency Department (ED) Discharge Rates, 2022

Emergency Department (ED) Discharge Rates due to **Alcohol Related Disorders** Among Youth Aged 10-19 in North Central Region, San Diego County, 2022



In 2022, the ED discharge rate due to alcohol related disorders among residents aged 10-19 was **lower** in North Central Region than in San Diego County overall.

Emergency Department (ED) Discharge Rates due to **All Drug Overdoses** Among Youth Aged 10-19 in North Central Region, San Diego County, 2022

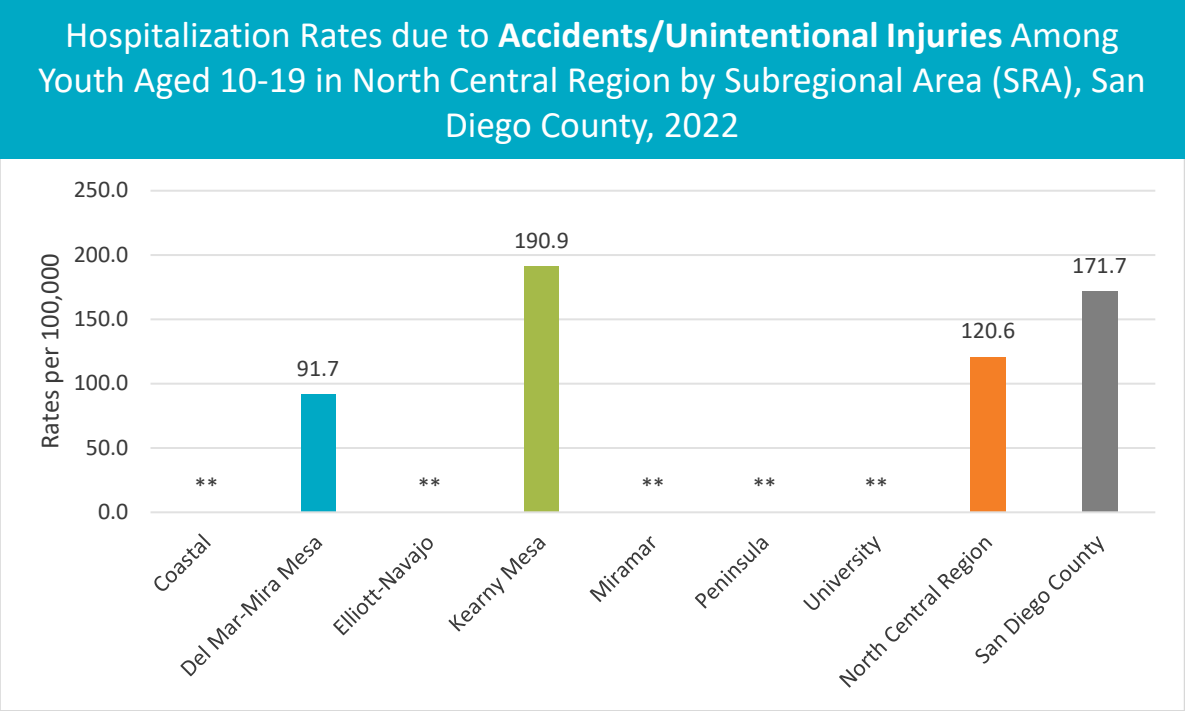
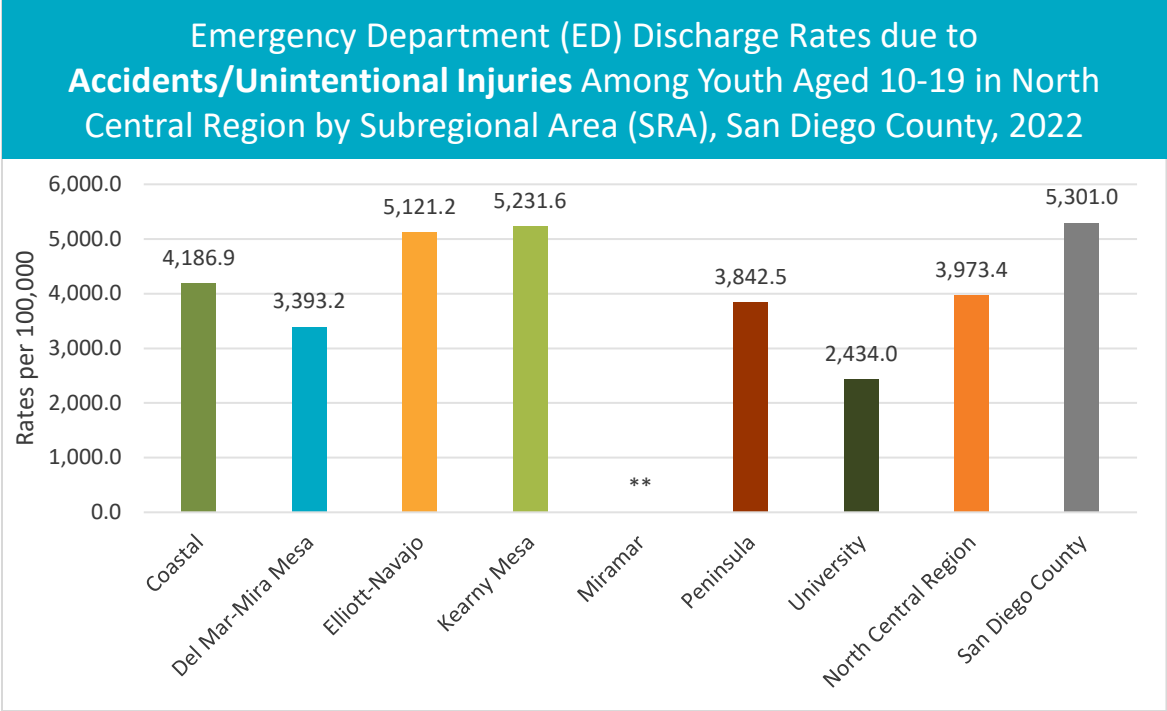


In 2022, the ED discharge rate due to all drug overdoses among residents aged 10-19 was **lower** in North Central Region than in San Diego County overall. However, Elliott-Navajo had slightly higher ED discharge rates due to all drug overdoses than the county overall.

Accidents/Unintentional Injuries Among Youth



Emergency Department (ED) Discharge and Hospitalization Rates, 2022



Among North Central Region SRAs, **Kearny Mesa** had the highest ED discharge rate due to accidents/unintentional injuries among residents aged 10-19 (5,231.6 per 100,000) in 2022. In 2022, the ED discharge rates due to accidents/unintentional injuries among residents aged 10-19 in North Central Region and its SRAs were lower than the rate in San Diego County.

Among North Central Region SRAs, **Kearny Mesa** had the highest hospitalization rate due to accidents/unintentional injuries among residents aged 10-19 (190.9 per 100,000) in 2022. In 2022, the hospitalization rate due to accidents/unintentional injuries among residents aged 10-19 in North Central Region was lower than the rate in San Diego County.

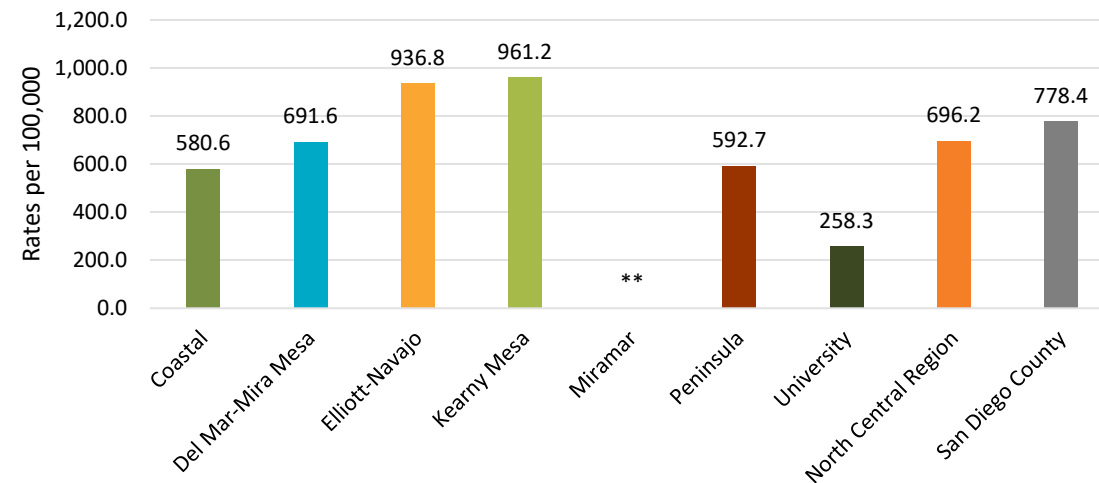
**Starting with data year 2022, geographies with less than 20,000 population contain no age-adjusted rates and all rates based on events <20 are suppressed due to statistical instability. Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Databases, 2022; SANDAG Population Estimates, 2022 (v11/2023). 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, May 2024.

Suicide Attempt/Ideation/Intentional Self-Harm Among Youth



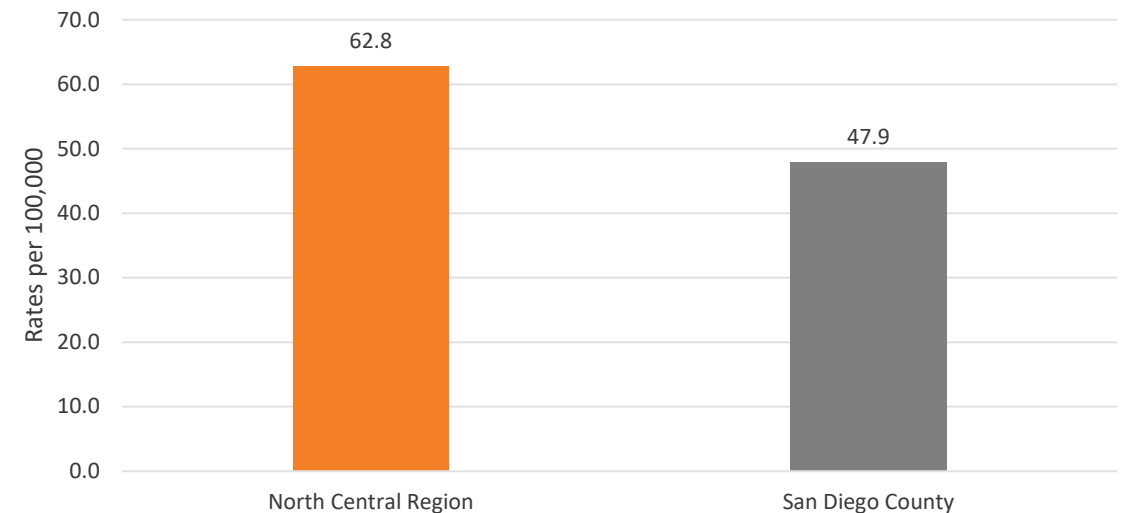
Emergency Department (ED) Discharge and Hospitalization Rates, 2022

Emergency Department (ED) Discharge Rates due to **Suicide Attempt/Ideation/Intentional Self-Harm** Among Youth Aged 10-19 in North Central Region by Subregional Area (SRA), San Diego County, 2022



Among North Central Region SRAs, **Kearny Mesa** had the highest ED discharge rate due to suicide attempt/ideation/intentional self-harm among residents aged 10-19 (961.2 per 100,000) in 2022. In 2022, the ED discharge rate due to suicide attempt/ideation/intentional self-harm among residents aged 10-19 in North Central Region was **lower** than the rate in San Diego County.

Hospitalization Rates due to **Suicide Attempt/Ideation/Intentional Self-Harm** Among Youth Aged 10-19 in North Central Region, San Diego County, 2022

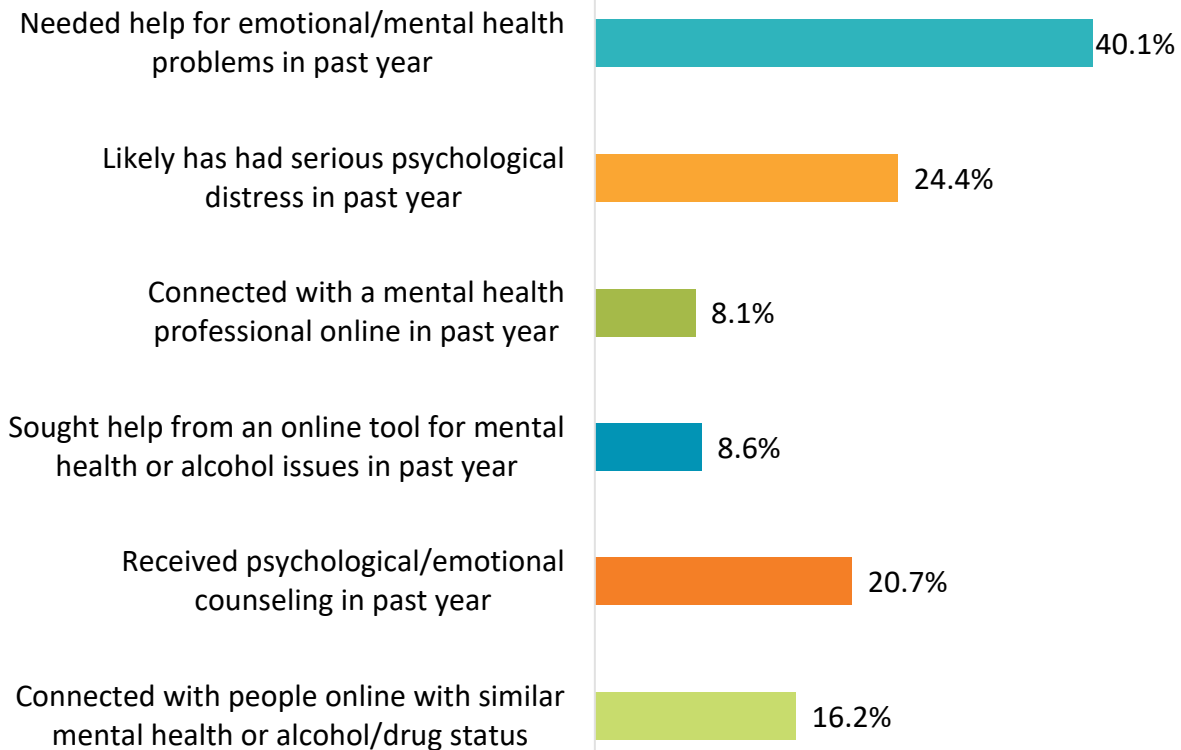


In 2022, the hospitalization rate due to suicide attempt/ideation/intentional self-harm among residents aged 10-19 in North Central Region was **higher** than the rate in San Diego County overall.

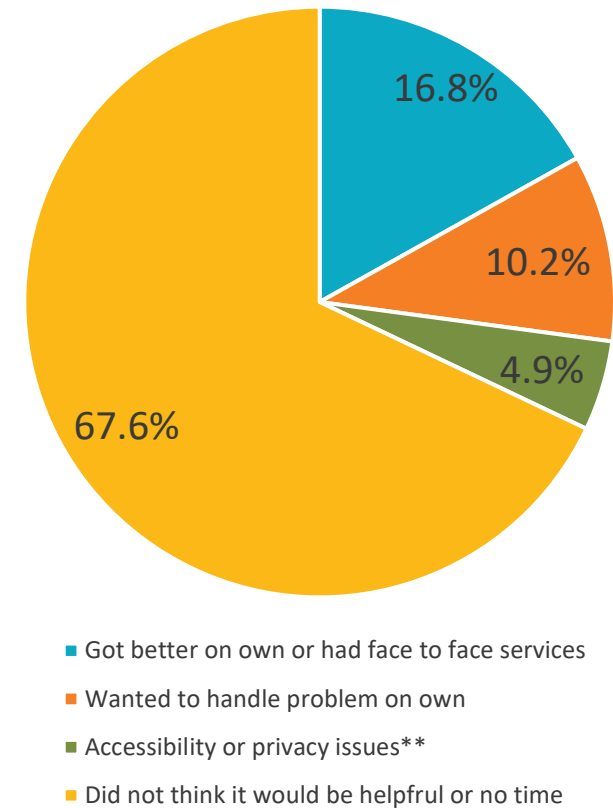
Mental Health - Teens



Mental Health Survey Responses, Teens ages 12-17, San Diego County, 2022



Main reasons for not getting help online, Teens* aged 12-17, San Diego County, 2021-2022



*Asked of adolescents who felt they might need to see professional for mental health in past year and did not seek help from online tool.

**Including not having a smartphone or a computer, not knowing about the apps, not trusting the apps, or having concerns about privacy or security.

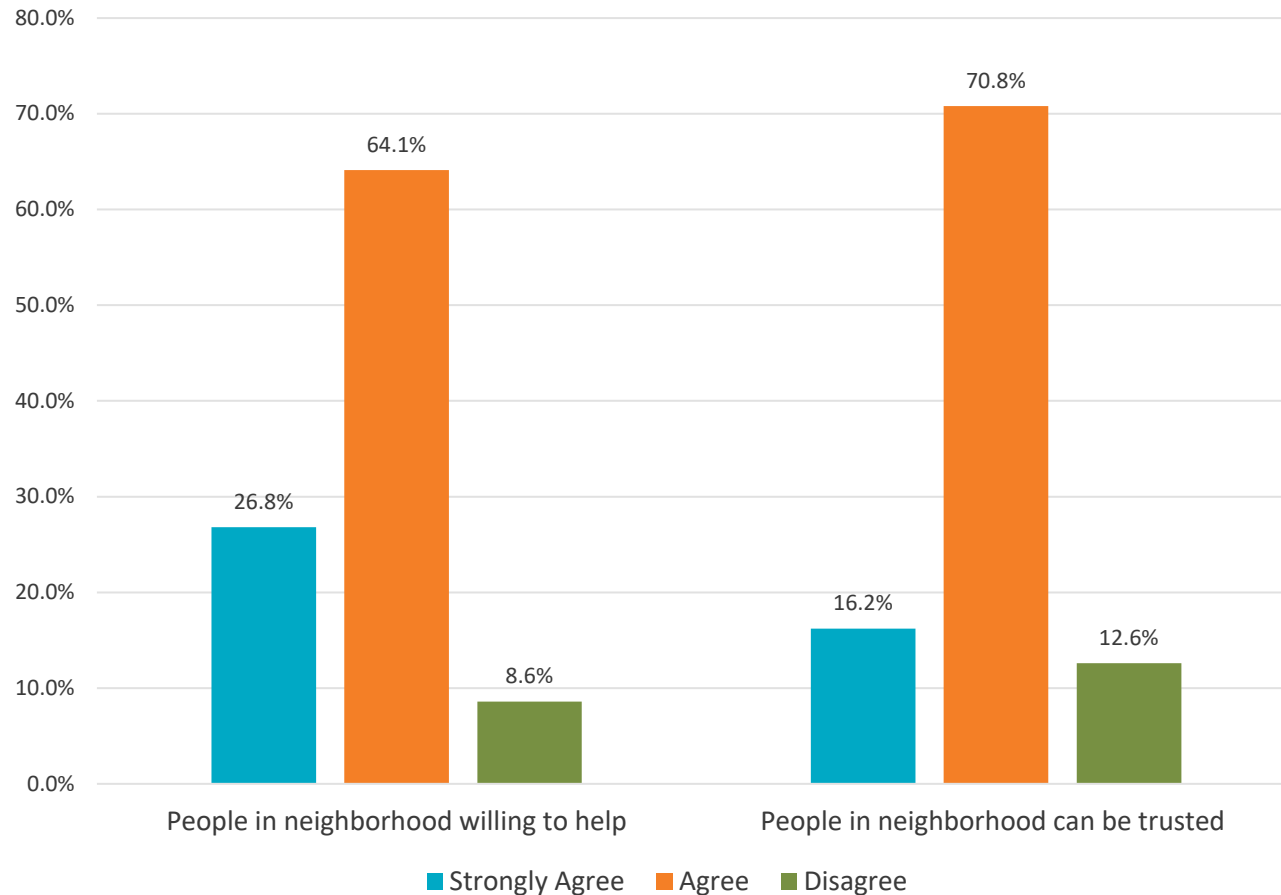
Source: UCLA Center for Health Policy Research. 2021-2022 California Health Interview Survey. <http://www.ask.chis.ucla.edu>. Accessed February 20, 2024.

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

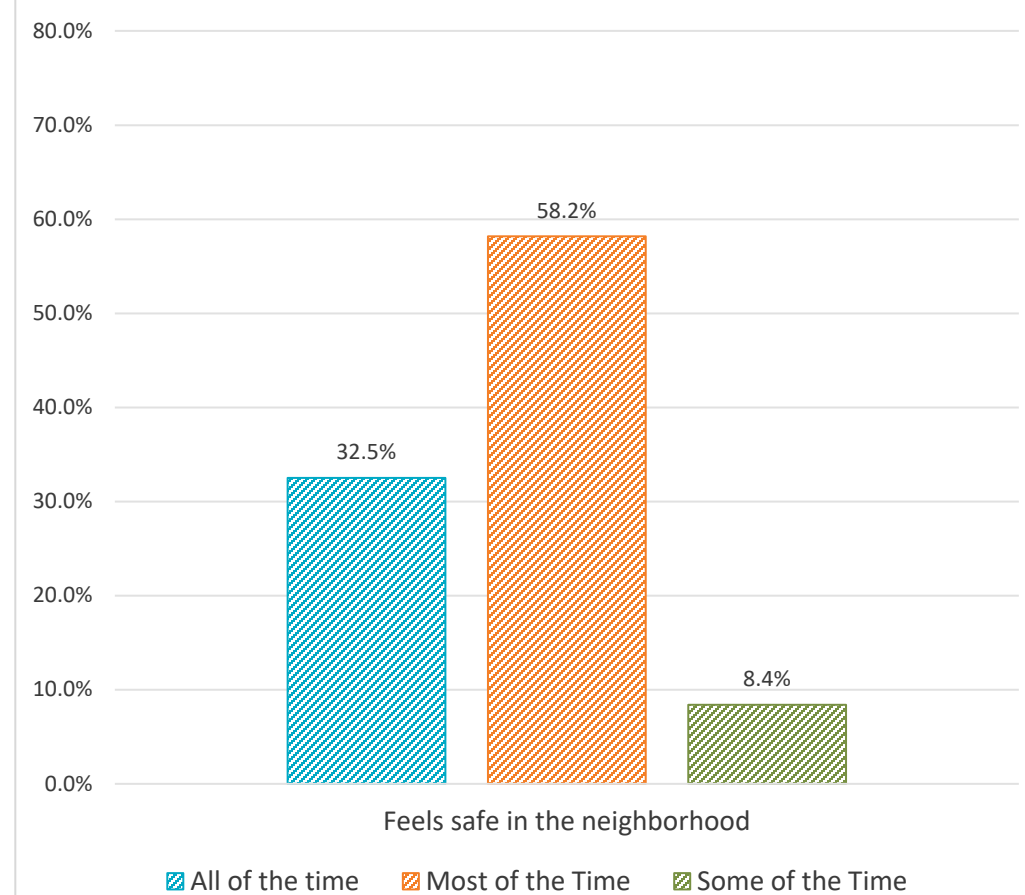
Neighborhood Safety - Teens



Perception of Neighbors Among Teens Aged 12-17, San Diego County, 2021-2022



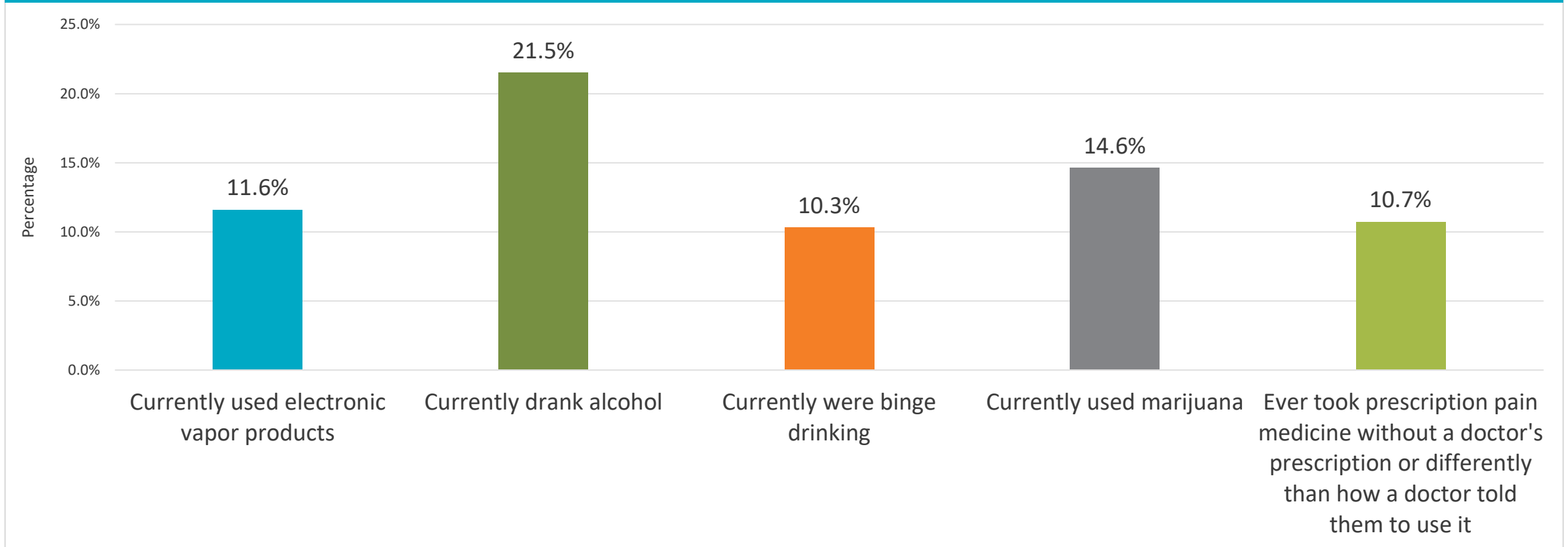
Perceived Neighborhood Safety Among Teens Aged 12-17, San Diego County, 2020-2022



Substance Use – Youth



Substance Use Survey Responses, High School Students,
San Diego Unified School District, 2021



Current use – used at least once on at least one day during the 30 days before the survey.

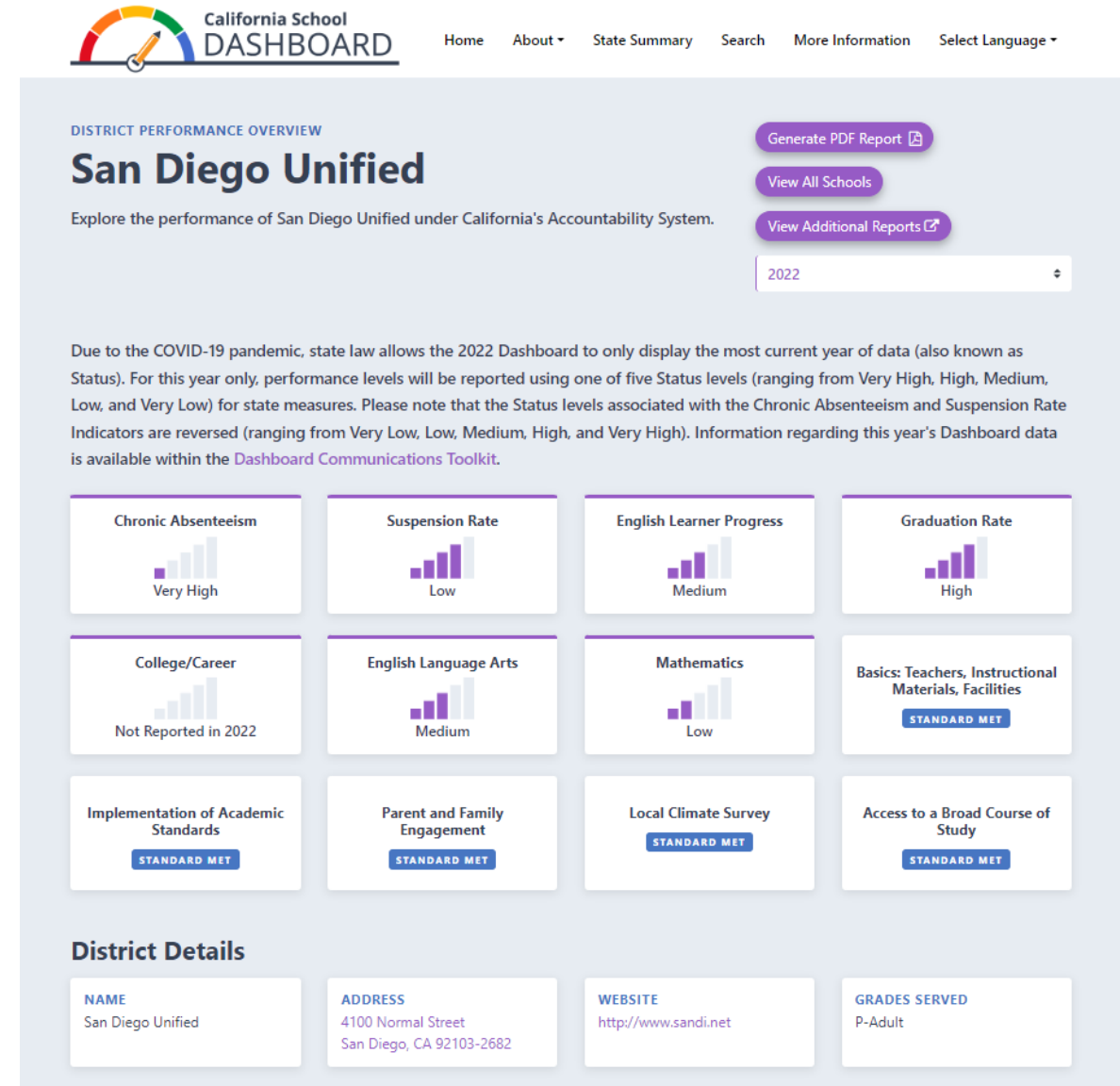
Source: Centers for Disease Control and Prevention. 2021 High School Youth Risk Behavior Surveillance System (YRBSS), San Diego Unified School District. <https://nccd.cdc.gov/Youthonline/App/Default.aspx>. Accessed February 22, 2024.

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

California School Dashboards



- Compares school districts or individual school performance to state measures
- Available for San Diego Unified as a whole, or individual schools
- Tracks metrics such as graduation rate, chronic absenteeism, suspension rate, and academic performance
- <https://www.caschooldashboard.org/>



Food Insecurity



COUNTY OF SAN DIEGO
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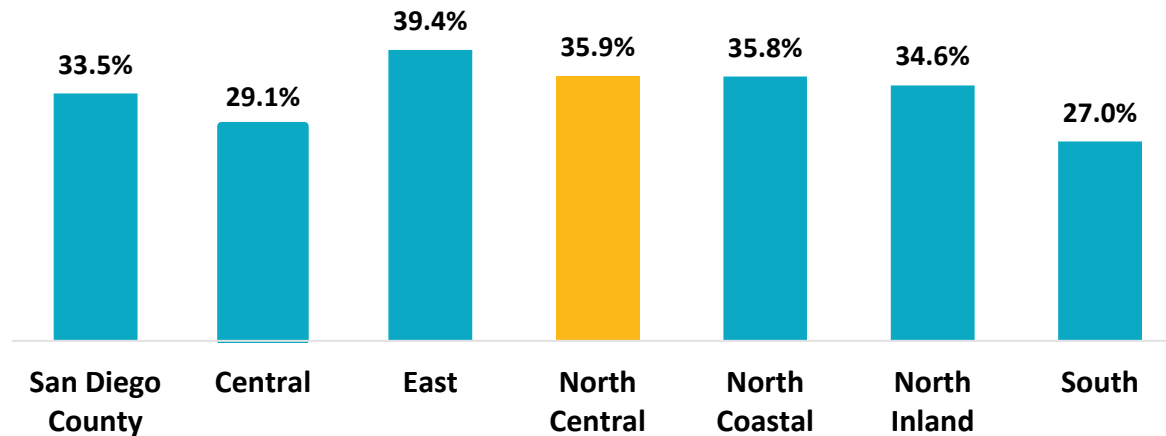
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Survey Data – California Healthy Interview Survey (CHIS)



Food Insecurity Among Adults with Income Less than 200% Federal Poverty Level, San Diego County, 2018-2022



Percentage of Adults Food Insecure (Not Able to Afford Enough Food), North Central Region, 2018-2022

Year	Percent*
2018	44.9%
2019	33.3%
2020	37.4%
2021	36.0%
2022	27.9%

Food Insecurity in North Central Region

- On average, over 1 in 3 adults with income less than 200% Federal Poverty Level (FPL) reported having an inability to afford enough food in North Central Region between 2018-2022.
- North Central Region had the second highest proportion of adults with income less than 200% FPL reporting food insecurity compared to all other HHSA Regions in San Diego County, on average between 2018-2022.
- Overall, the proportion of adults with income less than 200% FPL reporting food insecurity decreased from 44.9% in 2018 to 27.9% in 2022.

*Asked of adults whose income is less than 200% of the Federal Poverty Level

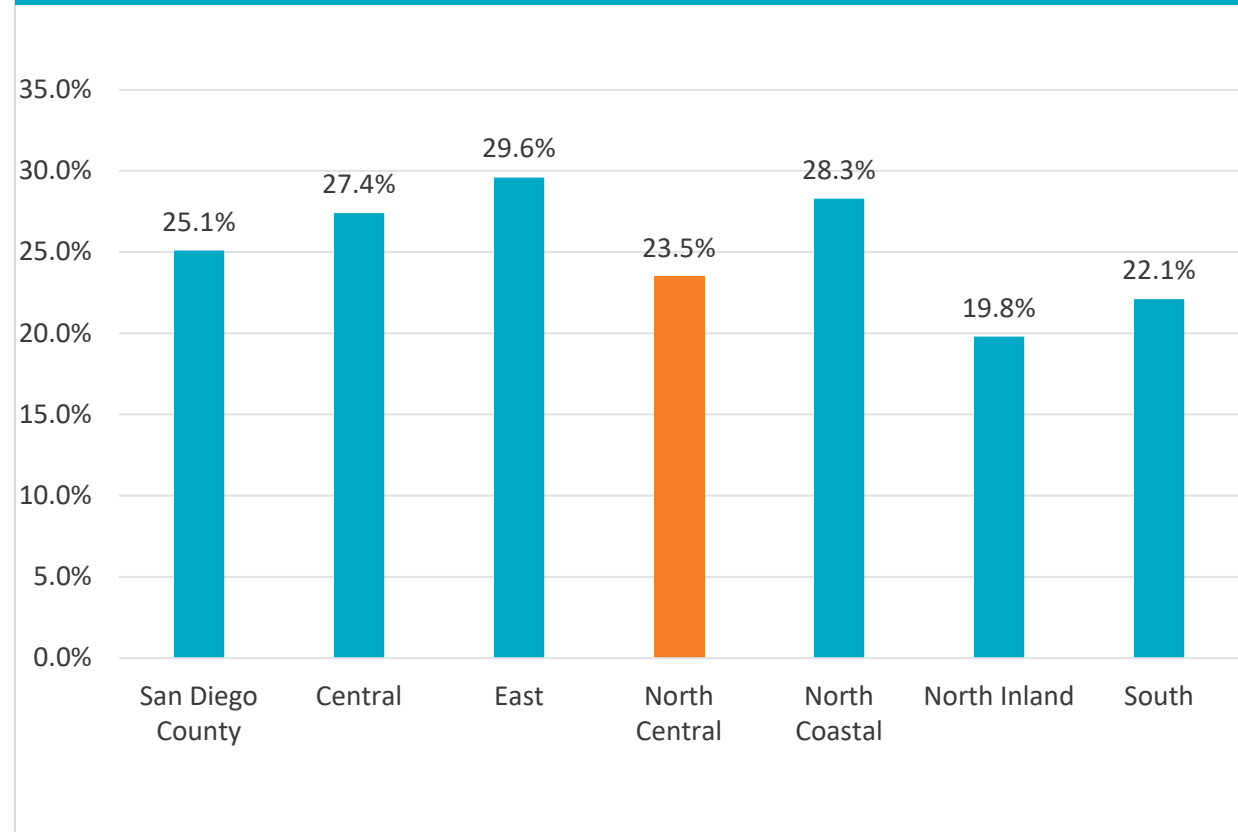
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2018-2022. Available at <http://ask.chis.ucla.edu>. Exported on January 30, 2024.

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

Food Stamps



Population Currently Receiving Food Stamps Among Households at or Below 200% Federal Poverty Level, San Diego County, 2019-2022



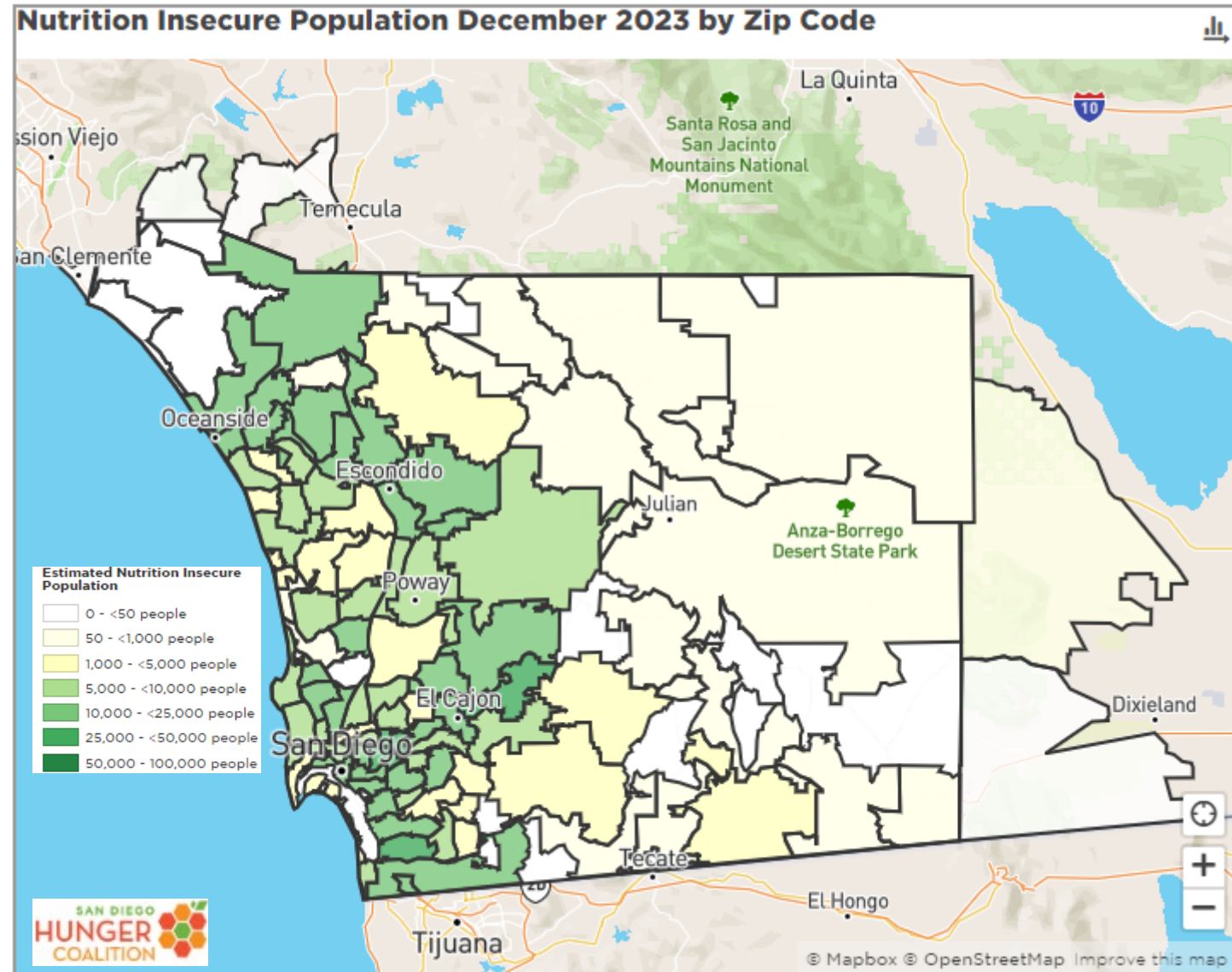
Food Stamps in North Central Region

- On average, just over 23% of households with income at or below 200% FPL reported receiving food stamps in North Central Region between 2019-2022.
- North Central Region had a lower proportion of households with income at or below 200% FPL that reported receiving food stamps than San Diego County overall between 2019-2022.

Hunger Coalition Data



- In December 2023, San Diego Hunger Coalition estimated 24% of the population in San Diego County were nutrition insecure, meaning they lived in a household without sufficient income to purchase three healthy meals per day.
- <https://www.SanDiegoHungerCoalition.org/Research>
 - Nutrition Insecurity & Missing Meals
 - Nutrition Insecurity Rates
 - State of Nutrition Security in San Diego County: Before, During and beyond the COVID-19 Crisis



Behavioral Health



COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY



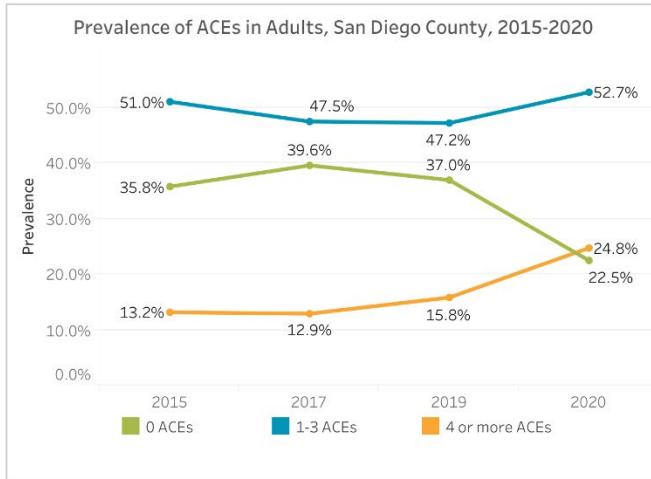
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Adverse Childhood Experiences (ACEs)



ACEs Among Adults (Adult Retrospective), San Diego County, 2015-2020

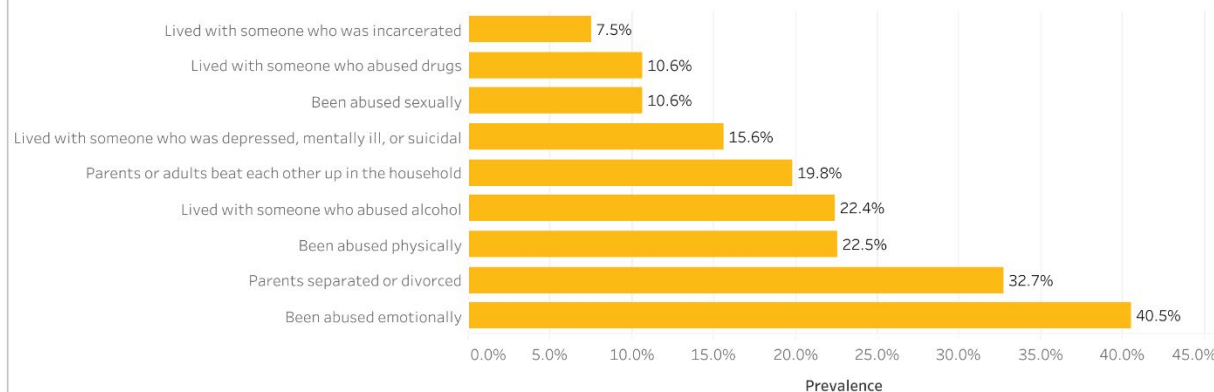


The percent of adults in San Diego County who experienced **at least one ACE increased** from 2015 to 2020.

In 2020, roughly **1 in 4** adults reported experiencing **4 or more ACEs** in San Diego County.

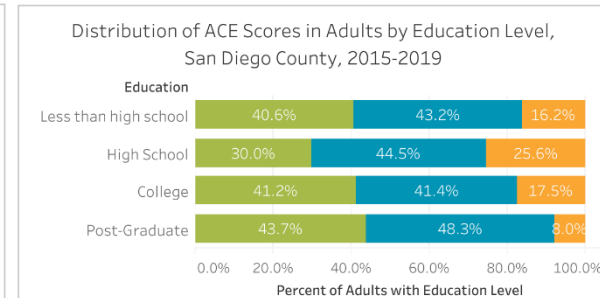
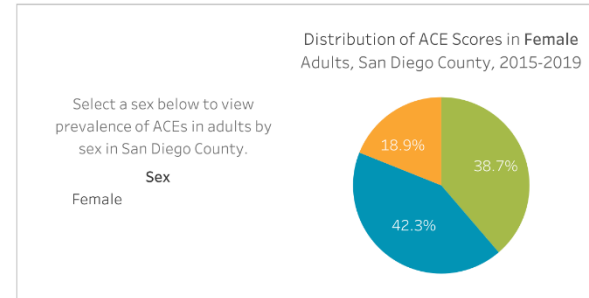
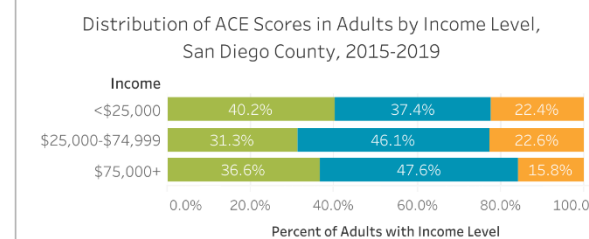
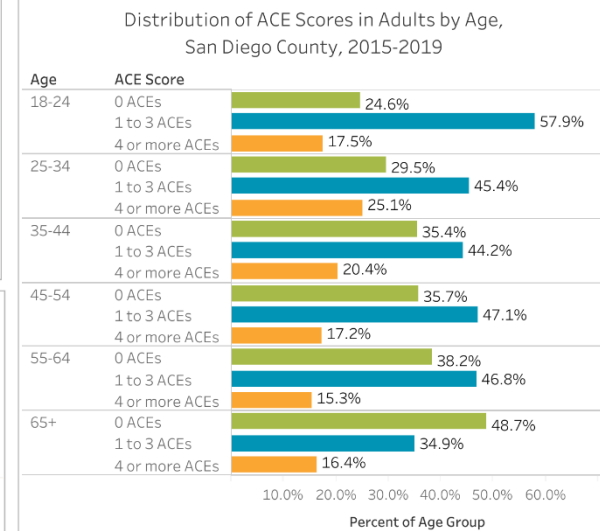
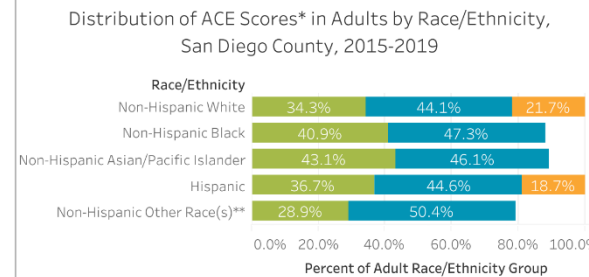
From 2015-2019, **emotional abuse (40.5%)** was the most common ACE in San Diego County.

Prevalence of Types of ACEs in Adults, San Diego County, 2015-2019



ACEs Among Adults (Adult Retrospective), San Diego County, 2015-2019

ACE Count: 0 ACEs 1 to 3 ACEs 4 or more ACEs



*Statistically unstable estimates not shown.

** Other Race(s) includes: non-Hispanic American Indian/Alaskan Native, multi-racial, and other race/ethnicity.

Source: Centers for Disease Control (CDC). The Behavioral Risk Factor Surveillance System (BRFSS) 2015, 2017, 2019.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, August 2022.

Source: Centers for Disease Control (CDC). The Behavioral Risk Factor Surveillance System (BRFSS) 2015, 2017, 2019-2020.

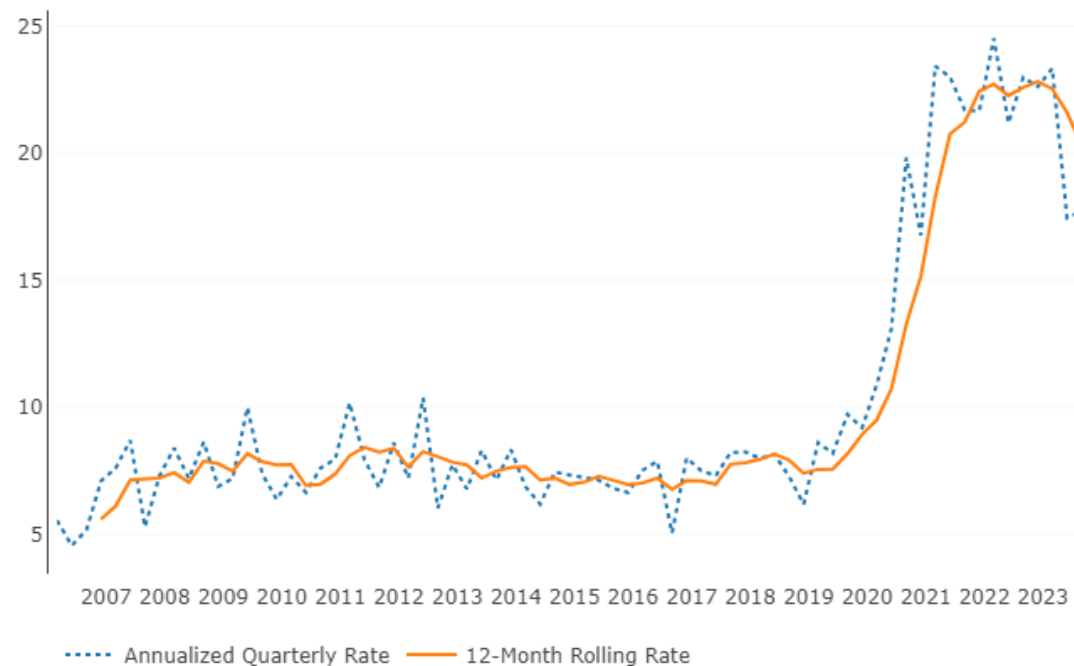
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, August 2022.



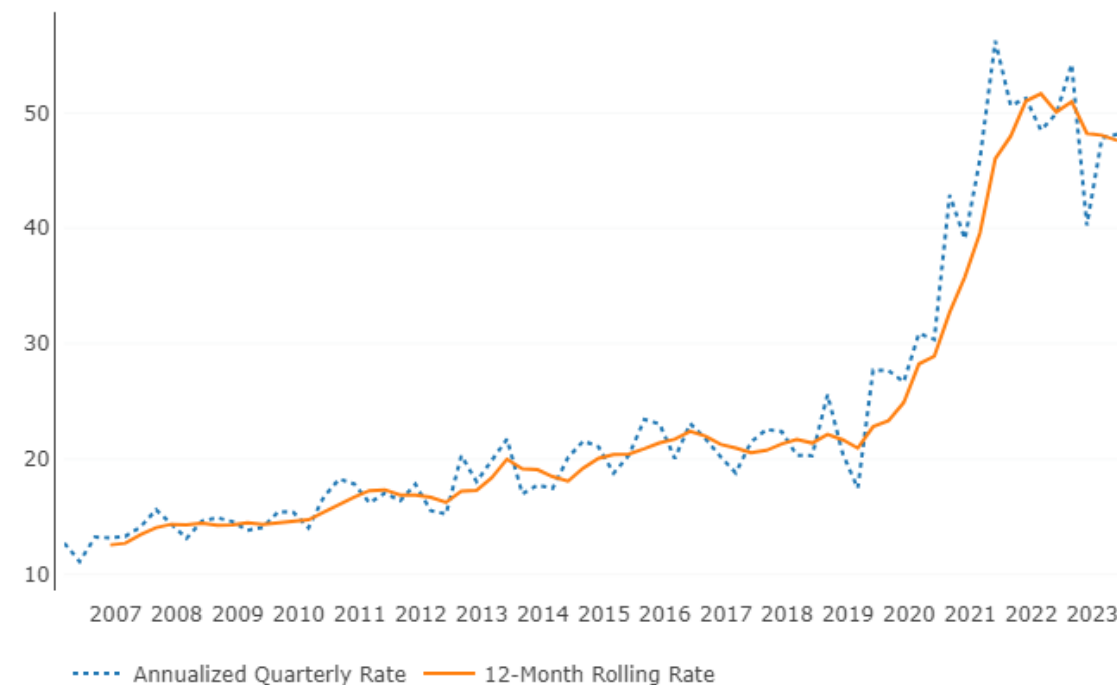
California Overdose Surveillance Dashboard



Any Opioid-Related Overdose Deaths – San Diego County Total Population
Age-Adjusted Rate per 100,000 Residents – **2023 Data are preliminary**



Any Opioid-Related Overdose ED Visits – San Diego County Total Population
Age-Adjusted Rate per 100,000 Residents



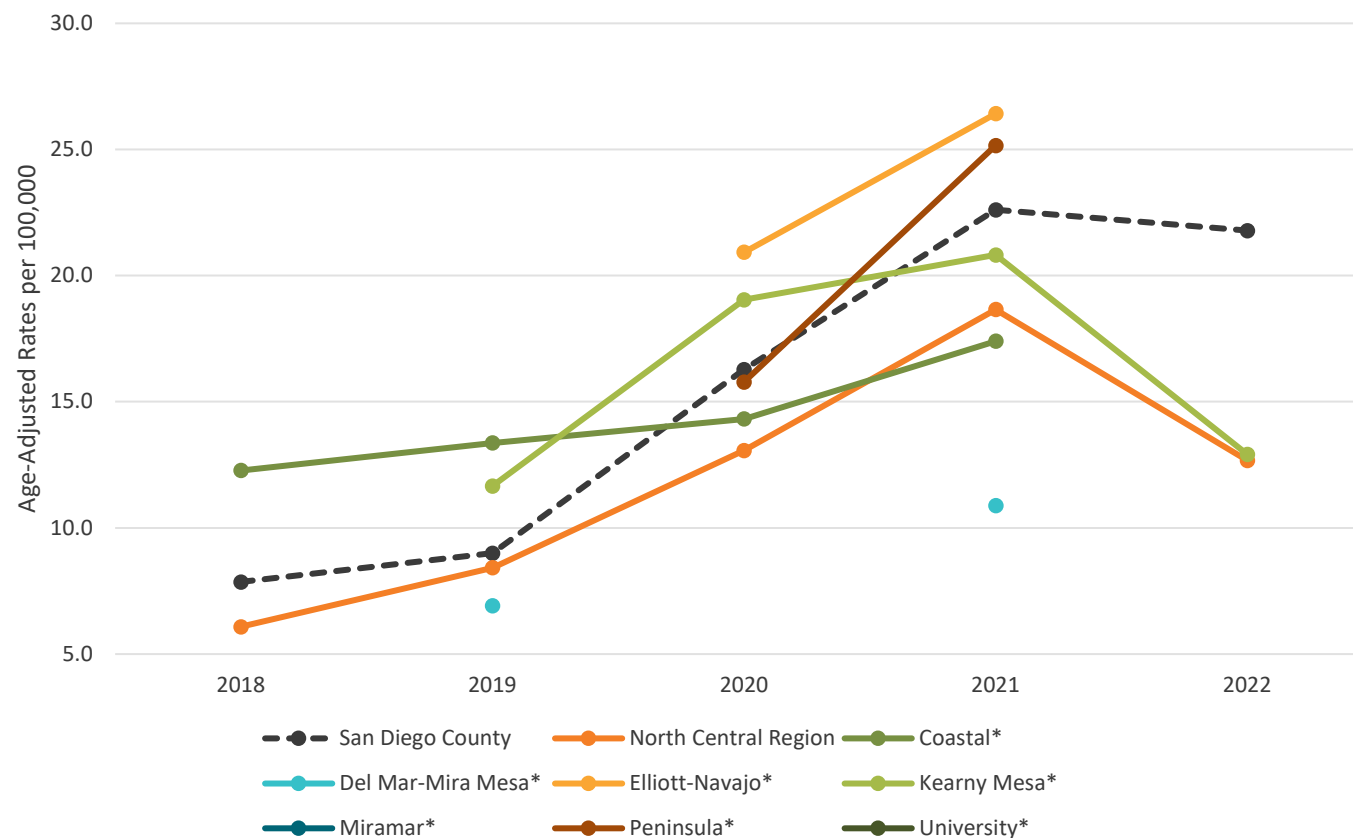
Opioid Overdoses



LIVE WELL
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Death Rates, 2018-2022

Age-Adjusted Death Rates due to **All Opioid Overdoses** in North Central Region by Subregional Area (SRA), San Diego County, 2018-2022



From 2018-2022, the age-adjusted death rates due to all opioid overdoses **increased** in **North Central Region** from 6.1 to 12.7 per 100,000.

Overall, in 2022, the age-adjusted death rates due to all opioid overdoses in North Central Region and its communities were **lower** than in San Diego County overall.

Among North Central SRAs, **Kearny Mesa** had the highest death rate due to all opioid overdoses (12.9 per 100,000) in 2022.

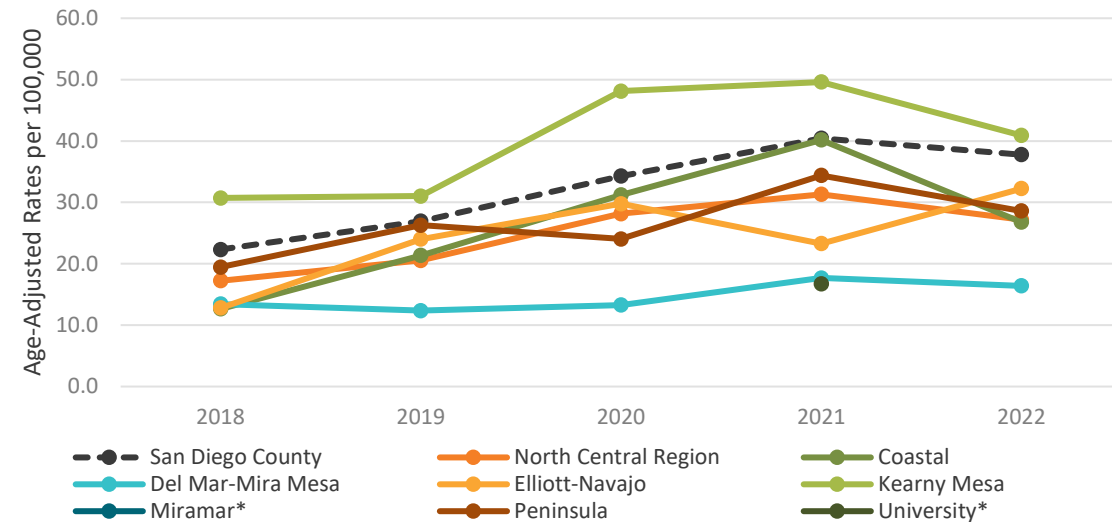
*Rates not calculated for fewer than 11 events prior to 2022. Starting with data year 2022, geographies with less than 20,000 population contain no age-adjusted rates and all rates based on events <20 are suppressed due to statistical instability. Source: California Department of Public Health, 2018-2022 California Vital Records Business Intelligence System (VRBIS); SANDAG Population Estimates, 2018 (v7/2019), 2019 (v5/2020), 2020, 2021 (v09/2022), 2022 (v11/2023). 2020 and 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. **The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality.** Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, March 2024.

Opioid Overdose and Use/Abuse/Dependency



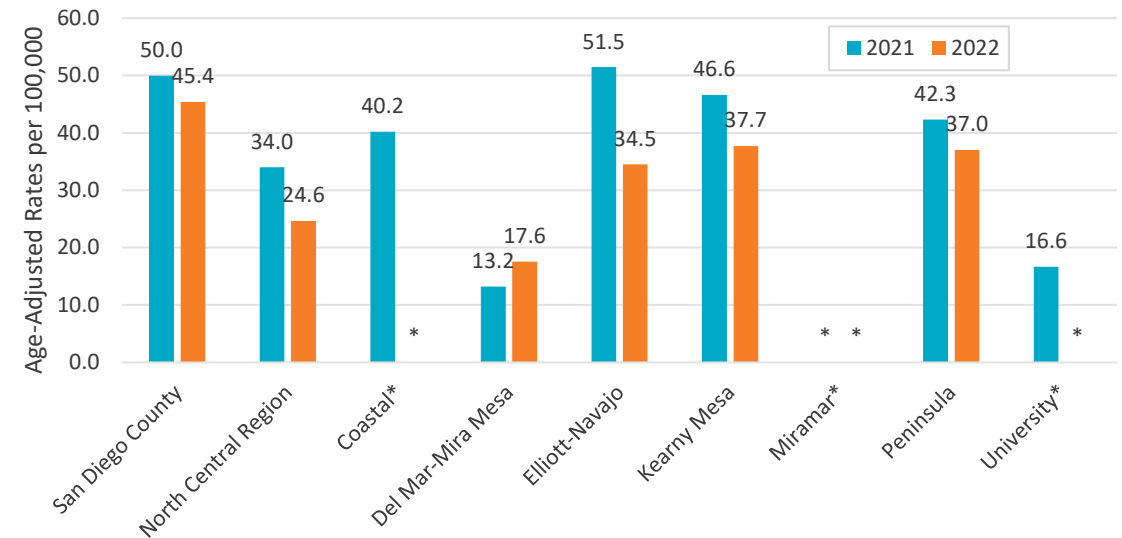
Emergency Department (ED) Discharge Rates, 2018-2022

Age-Adjusted ED Discharge Rates due to **Opioid Use/Abuse/Dependency** in North Central Region by Subregional Area (SRA), San Diego County, 2018-2022



From 2018-2022, the age-adjusted ED discharge rate due to opioid use/abuse/dependency in North Central Region **increased** from 17.2 to 27.2 per 100,000 residents. Among North Central Region SRAs, **Kearny Mesa** had the highest age-adjusted ED discharge rate due to opioid use/abuse/dependency (40.9 per 100,000) in 2022.

Age-Adjusted ED Discharge Rates due to **All Opioid Overdoses** in North Central Region by Subregional Area (SRA), San Diego County, 2021-2022



From 2021-2022, the age-adjusted ED discharge rate due to all opioid overdoses in North Central Region **decreased** from 34.0 to 24.6 per 100,000 residents. Among North Central Region SRAs, **Kearny Mesa** had the highest age-adjusted ED discharge rate due to all opioid overdoses (37.7 per 100,000) in 2022.

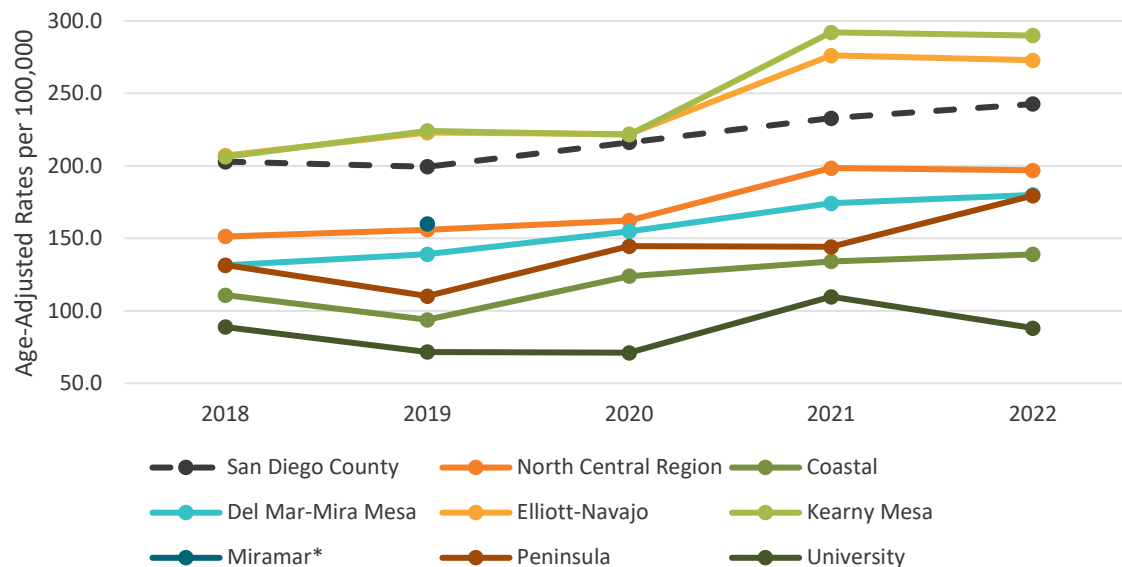
*Rates not calculated for fewer than 11 events prior to 2022. Starting with data year 2022, geographies with less than 20,000 population contain no age-adjusted rates and all rates based on events <20 are suppressed due to statistical instability. Opioid Use/Abuse/Dependency includes the HCUP CCSR Category Description "Opioid-related disorders" and was previously named Opioid Related Disorders. Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Databases, 2018-2022; SANDAG Population Estimates, 2018 (v7/2019), 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023). 2020 and 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, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2024.

Behavioral Health Conditions



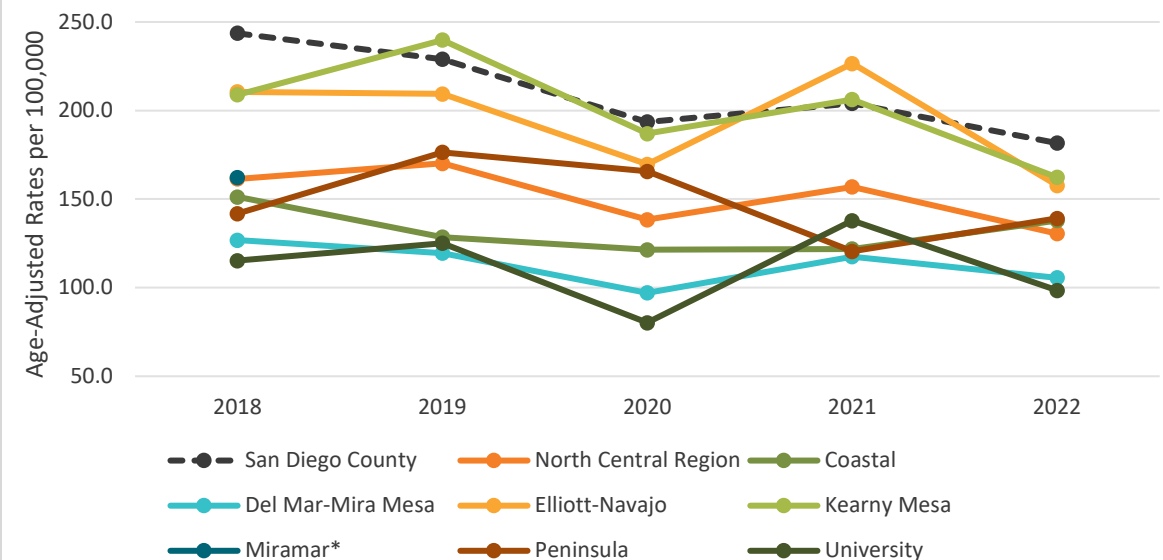
Emergency Department (ED) Discharge Rates, 2018-2022

Age-Adjusted Emergency Department (ED) Discharge Rates due to **Suicide Attempt/Ideation/Intentional Self-Harm** in North Central Region by Subregional Area (SRA), San Diego County, 2018-2022



From 2018-2022, the age-adjusted ED discharge rate due to suicide attempt/ideation/intentional self-harm in North Central Region **increased** from 151.3 to 196.9 per 100,000 residents. Among North Central Region SRAs, **Kearny Mesa** had the highest age-adjusted ED discharge rate due to suicide attempt/ideation/intentional self-harm (289.9 per 100,000) in 2022.

Age-Adjusted Emergency Department (ED) Discharge Rates due to **Anxiety and Fear-Related Disorders** in North Central Region by Subregional Area (SRA), San Diego County, 2018-2022



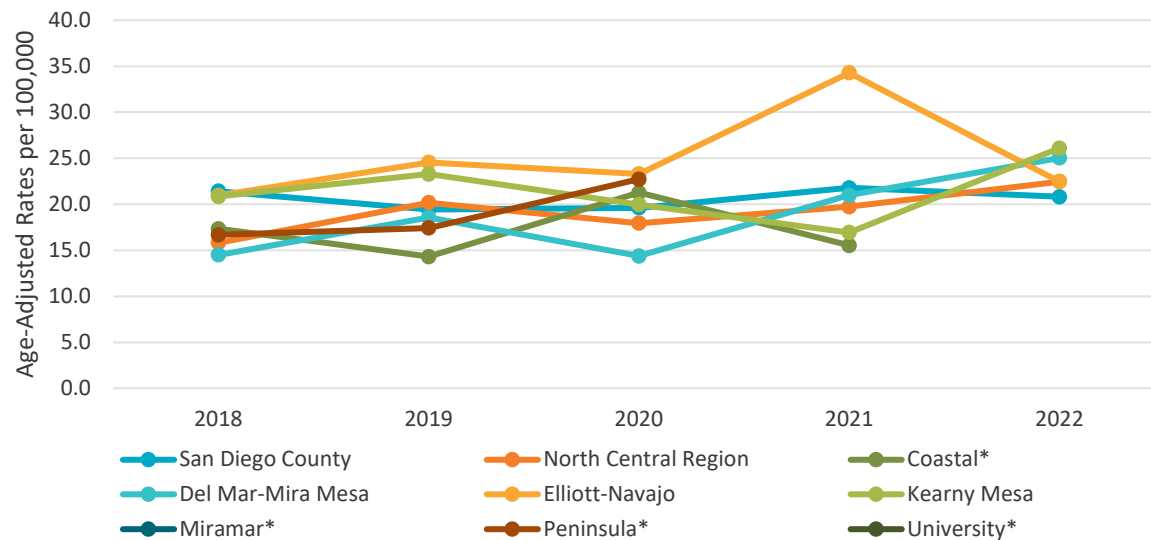
From 2018-2022, the age-adjusted ED discharge rate due to anxiety and fear-related disorders in North Central Region **decreased** from 161.4 to 130.5 per 100,000 residents. Among North Central Region SRAs, **Kearny Mesa** had the highest age-adjusted ED discharge rate due to anxiety and fear-related disorders (162.3 per 100,000) in 2022.

Behavioral Health Conditions



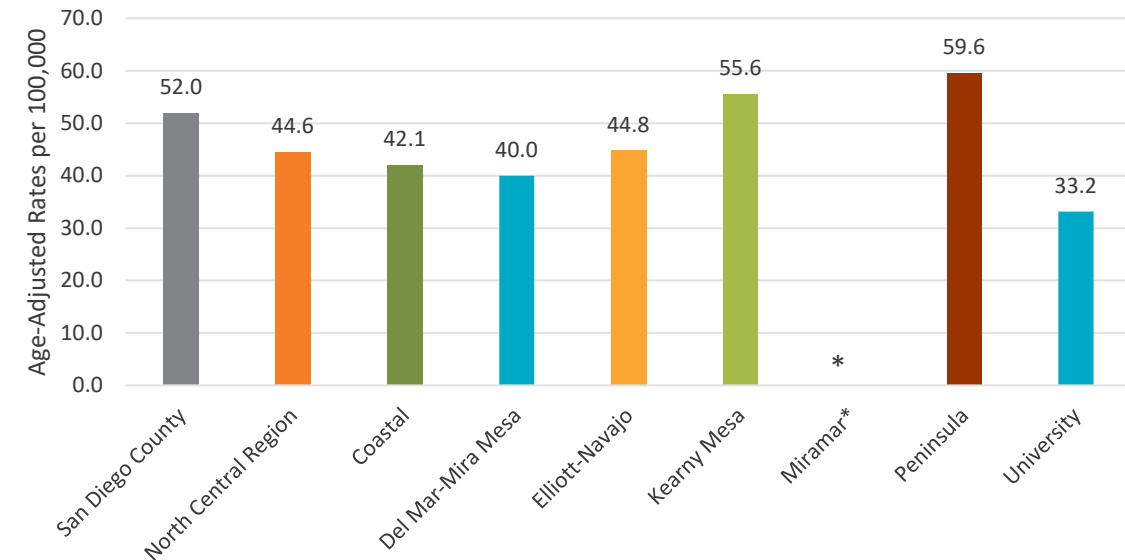
Hospitalization Rates, 2018-2022

Age-Adjusted Hospitalization Rates due to **Suicide Attempt/Ideation/Intentional Self-Harm** in North Central Region by Subregional Area (SRA), San Diego County, 2018-2022



From 2018-2022, the age-adjusted hospitalization rate due to suicide attempt/ideation/intentional self-harm in North Central Region **increased** from 15.8 to 22.5 per 100,000 residents. Among North Central Region SRAs, **Kearny Mesa** had the highest age-adjusted hospitalization rate due to suicide attempt/ideation/intentional self-harm (26.1 per 100,000) in 2022.

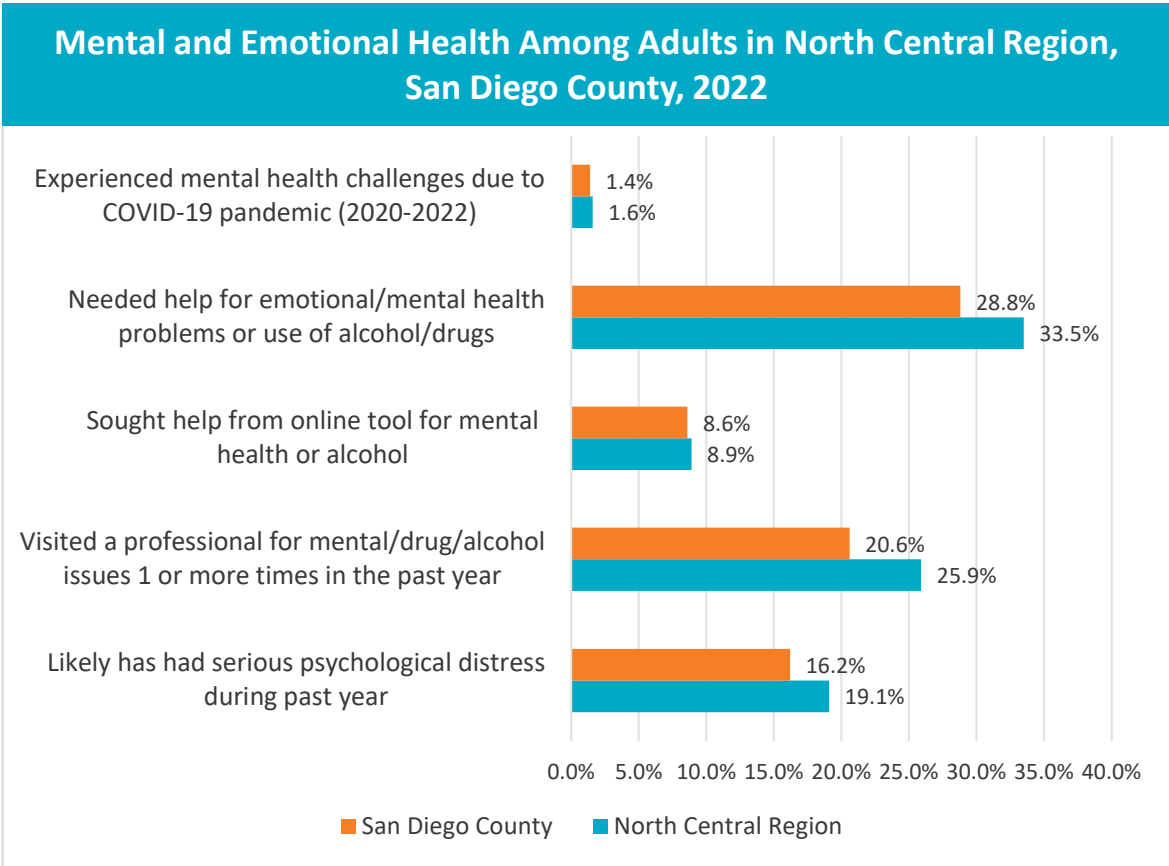
Age-Adjusted Hospitalization Rates due to **All Drug Overdoses** in North Central Region by Subregional Area (SRA), San Diego County, 2022



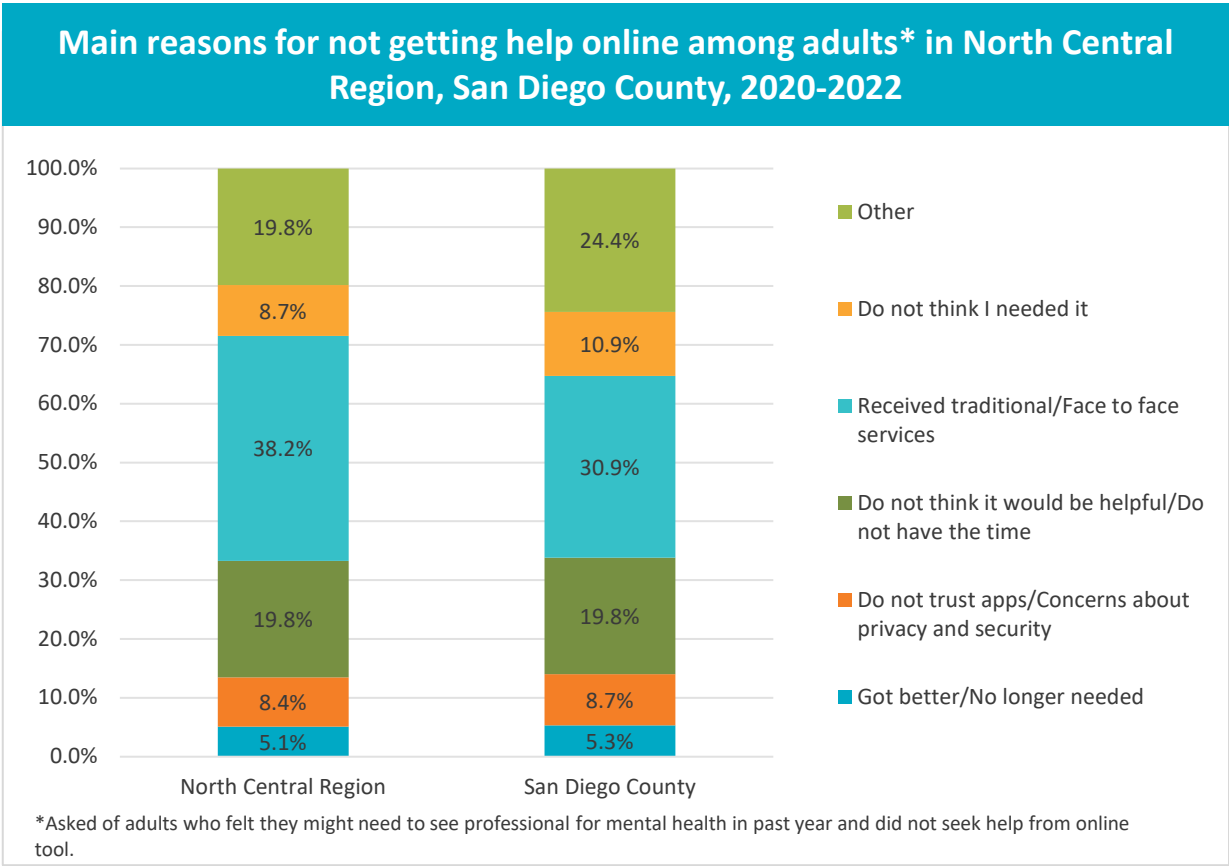
In 2022, the age-adjusted hospitalization rate due to all drug overdoses in North Central Region was 44.6 per 100,000 residents. Among North Central Region SRAs, **Peninsula** had the highest age-adjusted hospitalization rate due to all drug overdoses (59.6 per 100,000) in 2022.

*Rates not calculated for fewer than 11 events prior to 2022. Starting with data year 2022, geographies with less than 20,000 population contain no age-adjusted rates and all 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 and Patient Discharge Databases, 2018-2022; SANDAG Population Estimates, 2018 (v7/2019), 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023). 2020 and 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, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2024.

Survey Data – Adults



In North Central Region, 33.5% of adults reported that they needed help for emotional/mental health problems or use of alcohol/drugs in 2022. However, 25.9% had visited a professional for mental/drug/alcohol issues 1 or more times the past year.



Among adults who felt they might need to see a professional for mental health in the past year and did not seek help from an online tool, over 1 in 3 adults did not seek help online because they received traditional or face to face services from 2020-2022.

Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2022; 2020-2022. Available at <http://ask.chis.ucla.edu>. Exported on March 26, 2024. Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

Housing Insecurity and Homelessness



COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY



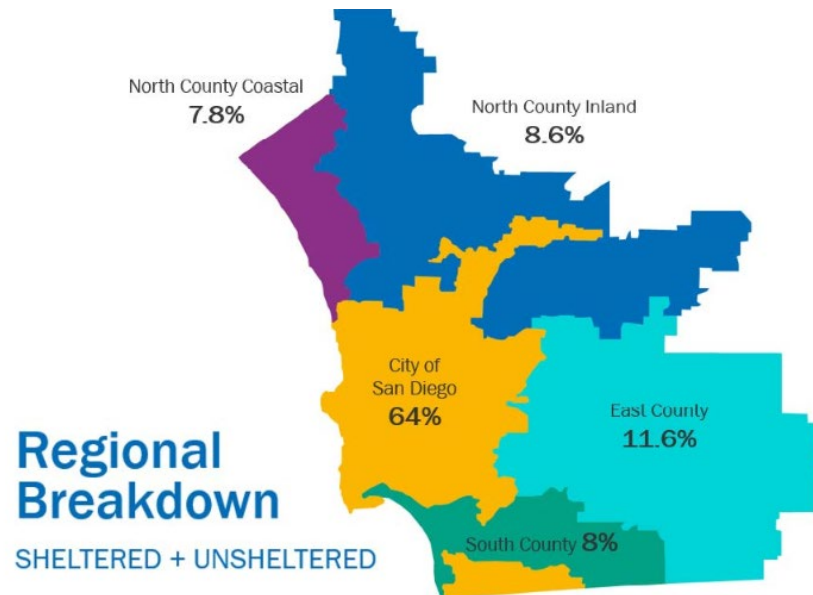
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2024 Point-In-Time Data



	% of the Region	Total Homeless Persons
City of San Diego	64%	6,783
North County Inland	8.6%	876
North County Coastal	7.8%	865
South County	8%	849
East County	11.6%	1,232



Region	City	2024 Sheltered				2024 Unsheltered	2023 Unsheltered	2023-24 Unsheltered Change
		ES	TH	SH	Total	Total Unsheltered	Total Unsheltered	% Change
Central Region	San Diego City	2,650	588	56	3,294	3,489	3,285	6.2%
North Coastal Region	Carlsbad	77	0	0	77	112	60	86.7%
	Oceanside	90	71	0	161	361	290	24.5%
	Encinitas (San Dieguito, Solana Beach & Del Mar)	14	17	0	31	123	73	68.5%
South Region	Coronado	0	0	0	0	0	1	-100.0%
	National City	0	5	0	5	174	159	9.4%
	Chula Vista (Sweetwater)	72	75	0	147	503	318	58.2%
	Imperial Beach	0	0	0	0	20	19	5.3%
East Region	El Cajon	160	357	0	517	283	203	39.4%
	La Mesa	8	6	0	14	53	36	47.2%
	Lemon Grove	0	0	0	0	111	60	85.0%
	Santee	0	0	0	0	73	76	-3.9%
	Alpine (Crest-Dehesa)*	0	0	0	0	0	4	-100.0%
	Lakeside*	0	0	0	0	52	78	-33.3%
	Spring Valley (Casa de Oro)*	0	0	0	0	129	71	81.7%
North Inland Region	Escondido (NC Metro & Hidden Meadows)	82	62	4	148	401	304	31.9%
	Vista (Bonsall)	24	77	0	101	170	88	93.2%
	Poway	0	0	0	0	1	2	-50.0%
	Fallbrook*	0	0	0	0	7	19	-63.2%
	San Marcos	0	0	0	0	35	2	1,650.0%
	Ramona*	0	0	0	0	13	23	-43.5%
TOTAL		3,177	1,258	60	4,495	6,110	5,171	18.2%

*Regions with an asterisk represent unincorporated regions.

2024 Point-In-Time Data



City of San Diego			
Emergency Shelter	Safe Haven	Transitional Housing	Unsheltered
2,650	56	588	3,489*
Total: 6,783			

*Includes Caltrans Count of 283

Homeless Profile	% of Unsheltered Persons*	# of Homeless Persons	% Sheltered Persons*	# Sheltered Persons
Veteran	9%	311	7%	226
Female	29%	372	38%	1,260
Families	3%	100	22%	710
Youth	9%	321	23%	745
Chronically Homeless	45%	1,570	29%	969

*Percentages rounded to nearest whole number

Housing Inventory	Beds	Utilization
Emergency Shelter	3,050	87%
Safe Haven	61	92%
Transitional Housing	992	59%
Permanent Supportive Housing	6,664	83%
Rapid Re-Housing	1,525	100%
Other Permanent Housing	1,863	90%

2023 to 2024 Changes			
	2023 Total	2024 Total	2023-2024 Overall Change
Region	Total	Total	% of Total
City of San Diego	6,500	6,783	4%

	2024 Unsheltered	2023 Unsheltered	2023-2024 Unsheltered Change
City	Count	Count	% of Total
City of San Diego	3,489	3,285	6%

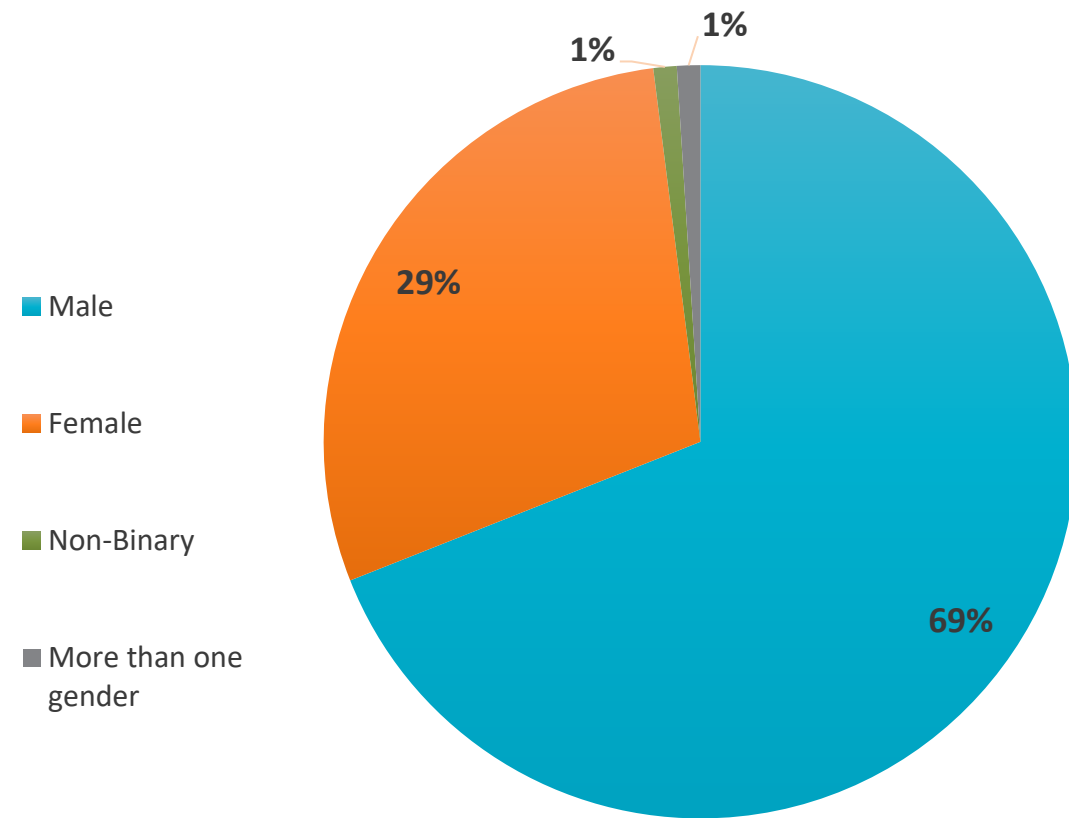
	2023 Sheltered				2024 Sheltered	2023-2024 Sheltered Change
Region	ES	TH	SH	Total	Total	% of Total
City of San Diego	2,598	572	45	3,215	3,294	2%

2024 Sheltered Count breakdown by Project Type		
ES	TH	SH
2650	588	56

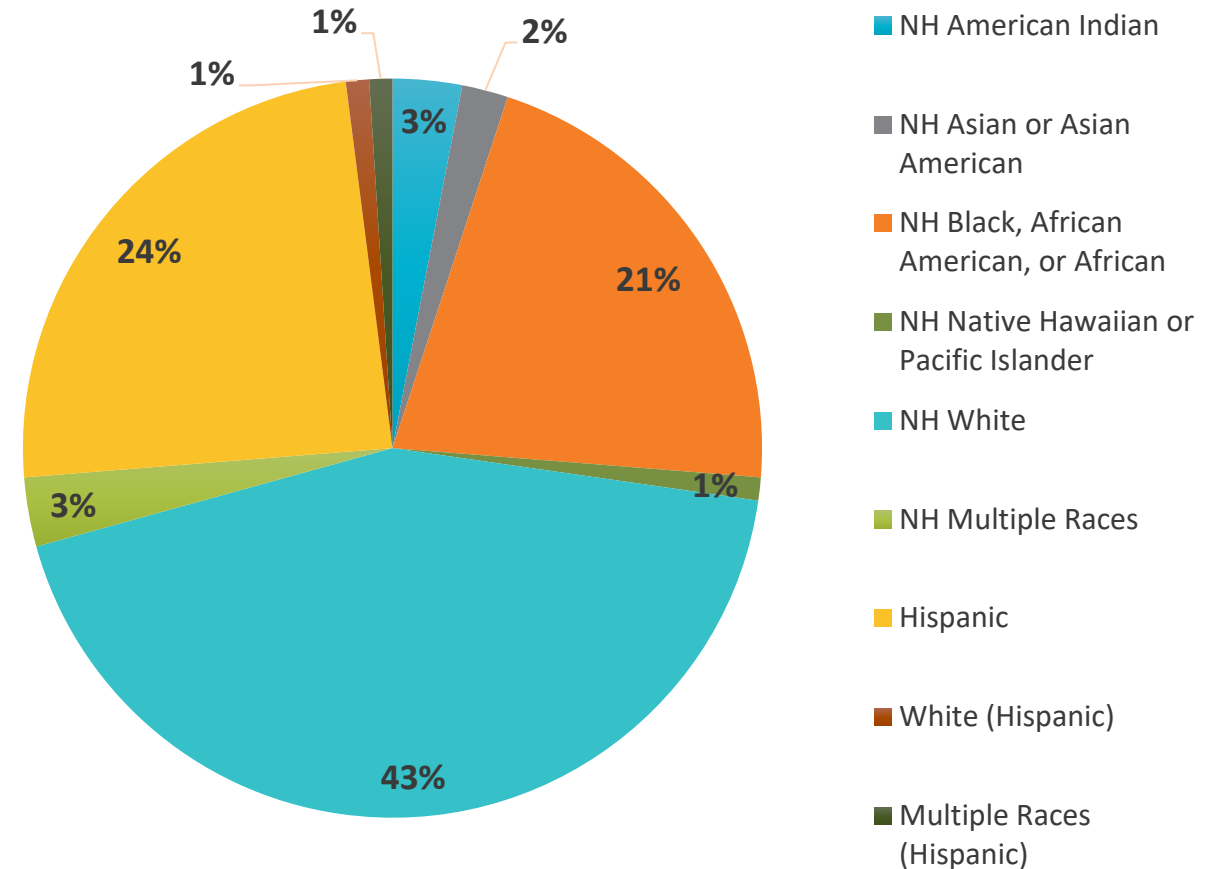
2024 Point-In-Time Data



Unsheltered Persons Experiencing Homelessness by Gender in the City of San Diego, 2024



Unsheltered Persons Experiencing Homelessness by Race/Ethnicity in the City of San Diego, 2024



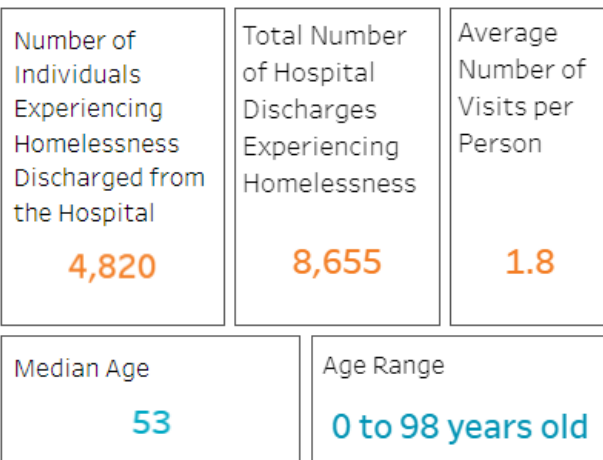
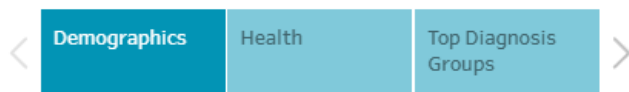
NH: Non-Hispanic

Source: Regional Taskforce for the Homeless. City of San Diego 2024 Point-in-Time Count Data. Available at: <https://www.rtfsd.org/wp-content/uploads/2024-City-of-San-Diego-Region-Breakdown.pdf>.

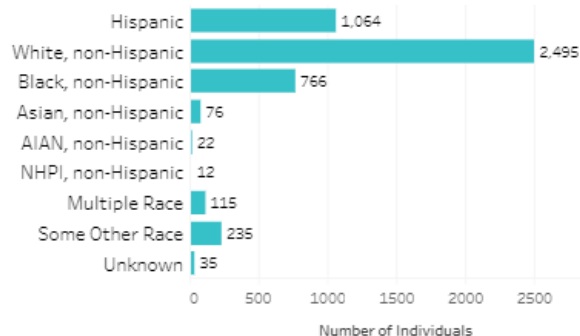
Hospital Discharge Data for Persons Experiencing Homelessness



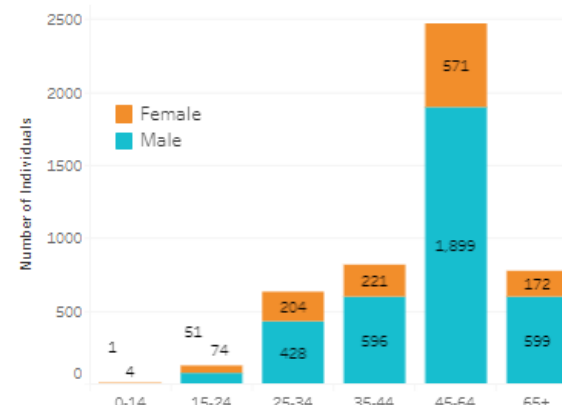
2021 Hospital Discharge Data for Persons Experiencing Homelessness



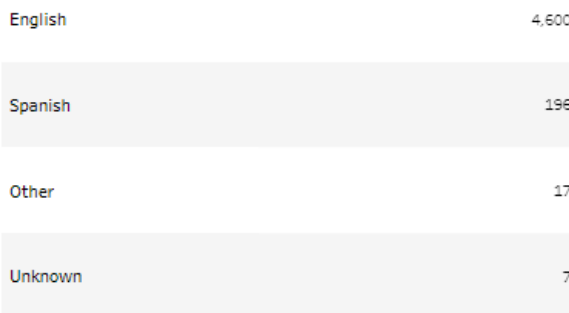
Race/Ethnicity



Sex by Age



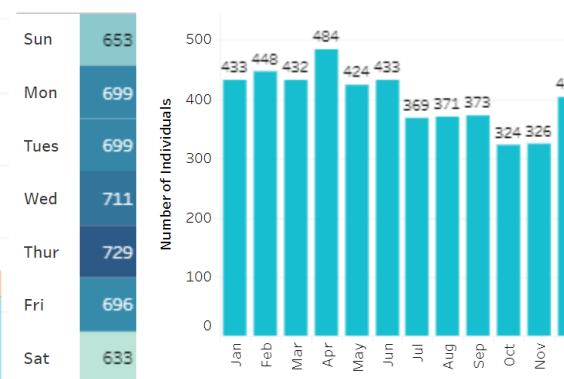
Preferred Language Spoken



2021 Hospital Discharge Data for Persons Experiencing Homelessness



Admission Day and Month



Average Length of Stay: **7 days**

Top 10 Primary Diagnoses

Septicemia	609
Skin and subcutaneous tissue infections	437
Alcohol-related disorders	249
Heart failure	233
Poisoning by drugs, initial encounter	222
Diabetes mellitus with complication	155
Coronavirus disease - 2019 (COVID-19)	146
Traumatic brain injury (TBI); concussion, initial encounter	90
Fracture of the lower limb (except hip), initial encounter	76
Cerebral infarction	72

Top 5 Facility Zipcodes

92103	2,328
91942	640
92123	376
92037	217
92120	197

Top 5 Expected Sources of Payment

Medi-Cal	3,442
Medicare	1,053
Private Coverage	115
Other Government	99
Self-Pay	93

Top 3 Patient Dispositions

Discharged to home or self care (routine discharge)	2,897
Discharged/transferred to skilled nursing facility (SNF) with Medicare certification in anticipation of skilled care	865
Left against medical advice or discontinued care	475

Footnote: Additional discharges of the same individual were removed from the total. All hospitalizations represent acute care facilities only. AIAN: American Indian/Alaska Native. NHPI: Native Hawaiian/Pacific Islander. Source: California Department of Healthcare Access and Information (HCAI), Patient Discharge Data, 2021. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 06/2023.



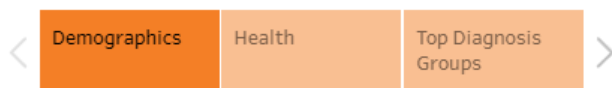
Footnote: Additional discharges of the same individual were removed from the total. All hospitalizations represent acute care facilities only. Source: California Department of Healthcare Access and Information (HCAI), Patient Discharge Data, 2021. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 06/2023.



Emergency Department Discharge Data for Persons Experiencing Homelessness

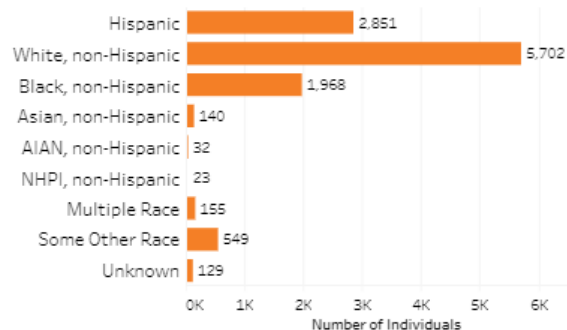


2021 Emergency Department Data for Persons Experiencing Homelessness

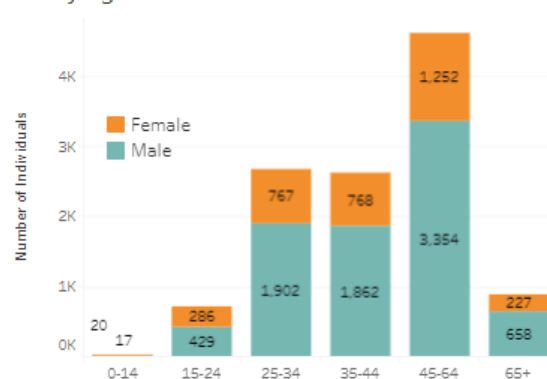


Number of Individuals Experiencing Homelessness Discharged from the ED	Total Number of ED Discharges Experiencing Homelessness	Average Number of Visits per Person
11,549	35,790	3.1
Median Age	Age Range	
43	0 to 97 years old	

Race/Ethnicity



Sex by Age*



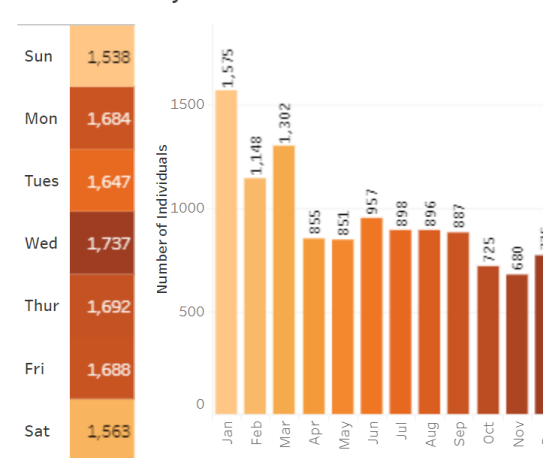
Preferred Language Spoken

English	11,139
Spanish	357
Other	37
Unknown	15

2021 Emergency Department Data for Persons Experiencing Homelessness



Admission Day and Month



Top 5 Facility Zipcodes

92103	6,109
91942	1,521
92123	701
92025	580
92120	481

Top 5 Expected Sources of Payment

Medicaid (Medi-Cal)	8,415
Medicare Part B	988
Self-Pay	865
Health Maintenance Organization (HMO)	640
Medicare Risk	186

Top 10 Primary Diagnosis Groups

Skin and subcutaneous tissue infections	728
Schizophrenia spectrum and other psychotic disorders	562
Alcohol-related disorders	491
Suicidal ideation/attempt/intentional self-harm	458
Musculoskeletal pain, not low back pain	452
Superficial injury; contusion, initial encounter	441
Abdominal pain and other digestive/abdomen signs and symptoms	421
Poisoning by drugs, initial encounter	354
Nonspecific chest pain	343
Stimulant-related disorders	281

Top 3 Patient Dispositions

Discharged to home or self care (routine discharge)	10,106
Left against medical advice or discontinued care	549
Discharged/Transferred to a psychiatric hospital or psychiatric distinct part unit of a hospital	352

Footnote: Additional discharges of the same individual were removed from the total. AIAN: American Indian/Alaska Native. NHPI: Native Hawaiian/Pacific Islander.
 *Individuals with unknown sex or age are not included in count of sex by age.
 Source: Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021.
 Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 06/2023.



Footnote: Additional discharges of the same individual were removed from the total.
 Source: Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021.
 Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 06/2023.



Self-Sufficiency



Select household type

Use the drop-down filters to choose geography

Self-Sufficiency Standard* for San Diego County, 2023^

The self-sufficiency standard measures how much income is needed for a household of a certain composition to adequately meet their basic needs without public or private assistance.

This interactive tool helps to visualize the minimum wage required for self-sufficiency based on the average amount spent on basic necessities in each Health and Human Services Agency (HHSA) Region, subregional area (SRA), and San Diego County overall.*

Select a household type to explore the differences in the income required to be economically self-sufficient:

- ☐ Single-Adult Household
- ☐ Household with 2 Adults
- ☐ Single-Parent Household with 2 Children (1 Preschool-Age, 1 School-Age)
- ☒ Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age)

Select San Diego County/HHSA Region and subregional area (SRA) to explore the differences by geography:

San Diego County and HHSA Regions

North Central Region

Subregional Area (SRA)

Elliott-Navajo

Self-Sufficiency* Income for a Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age), 2023
The average minimum income required to be economically self-sufficient without public or private assistance (based on each adult working 40 hours per week).

	North Central Region	Elliott-Navajo SRA
Hourly (per adult)	\$24.60	\$24.46
Monthly	\$8,527.62	\$8,480.95
Annual	\$102,331.44	\$101,771.45

Monthly Contribution to Emergency Savings Fund

	North Central Region	Elliott-Navajo SRA
	\$169.76	\$168.27

Elliott-Navajo
\$101,771.45

- This interactive tool helps to visualize the minimum wage required for self-sufficiency* based on the average amount spent on necessities in each Health and Human Services Agency (HHSA) region, subregional area (SRA), and San Diego County overall.
- Select household type to explore the differences in the income required to be economically self-sufficient.

Self-Sufficiency



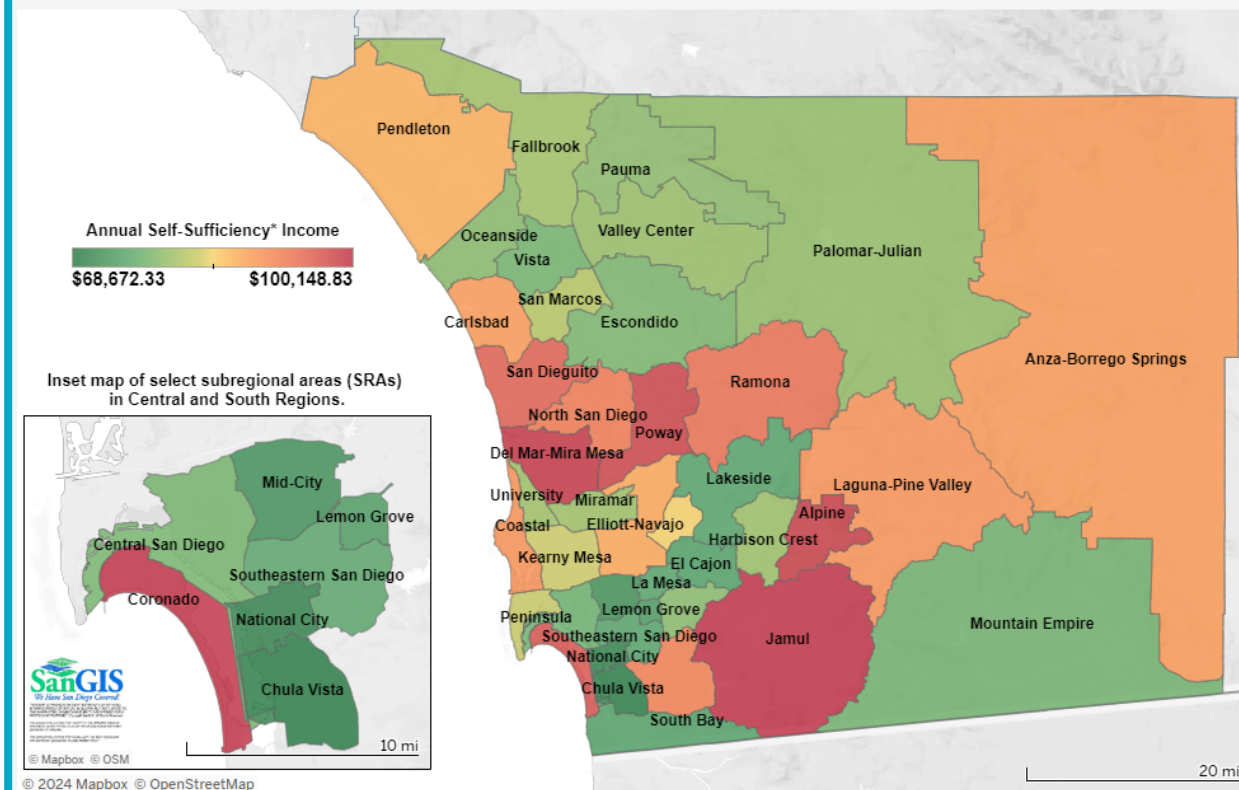
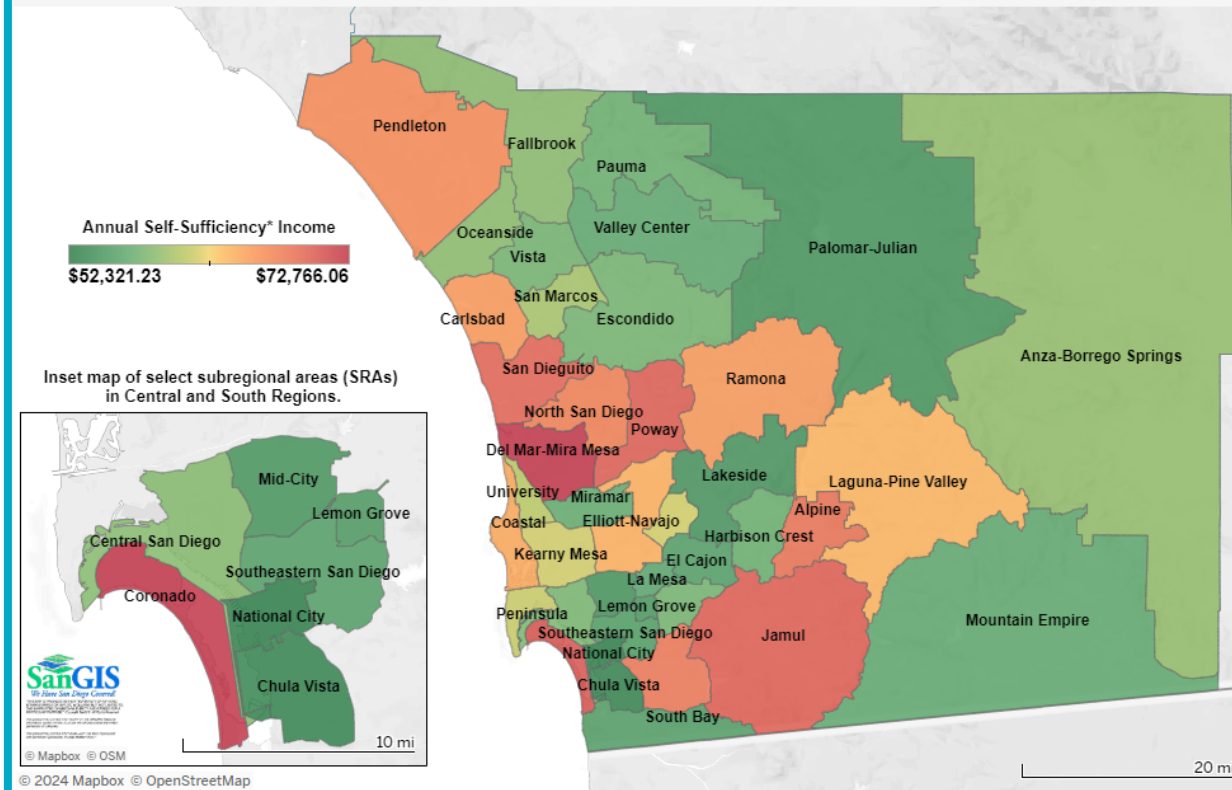
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Single-Adult Household

Household with 2 Adults

Annual Self-Sufficiency* Income for a Single-Adult Household by Subregional Area (SRA), San Diego County, 2023 (Hover the cursor over the SRAs in the map to view interpretation)

Annual Self-Sufficiency* Income for a Household with 2 Adults by Subregional Area (SRA), San Diego County, 2023 (Hover the cursor over the SRAs in the map to view interpretation)



*The Self-Sufficiency Standard measures how much income is needed for a household of a certain composition to adequately meet their basic needs without public or private assistance. (<http://www.selfsufficiencystandard.org/>). *Estimates based on the most recent data available. See the San Diego County Self-Sufficiency Standard Brief on www.SDHealthStatistics.com for detailed information on methodology. Please note that the estimated self-sufficiency income does not account for the recovery rebate credit/economic impact payments received during tax year 2021.

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Self-Sufficiency

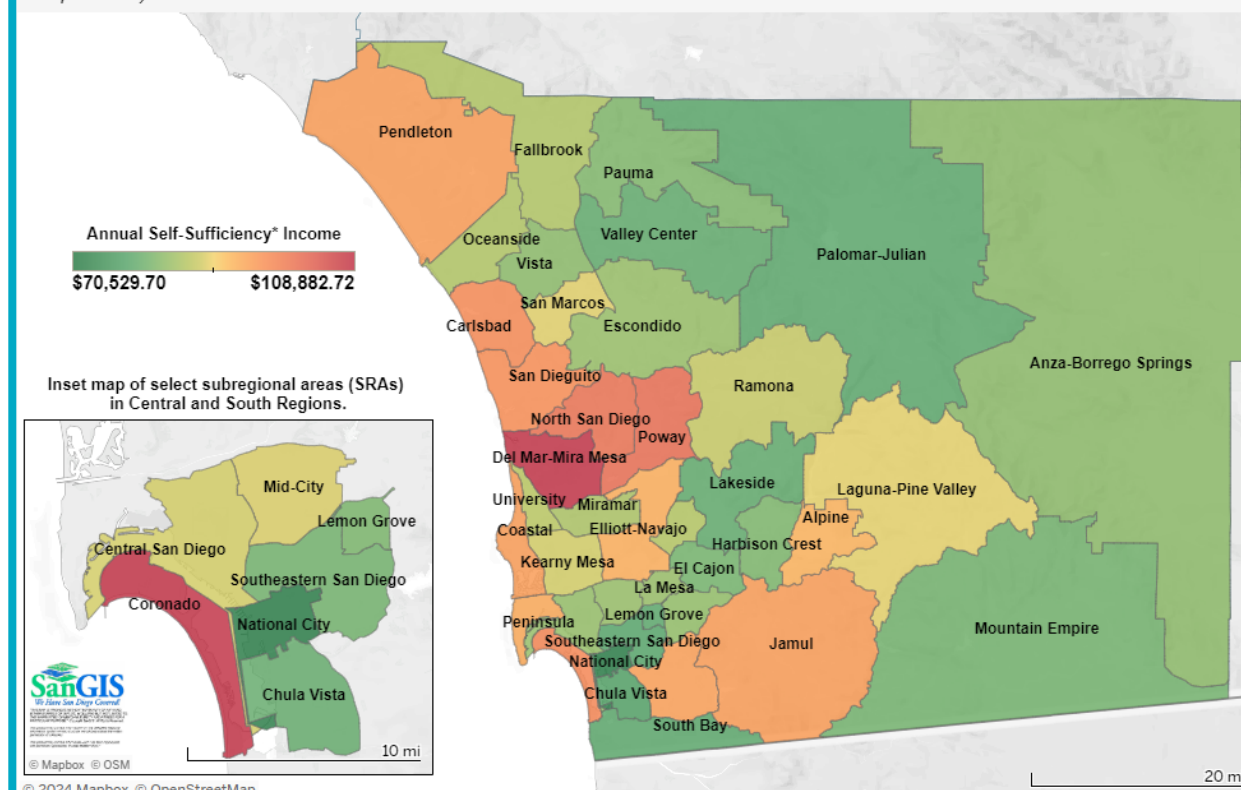
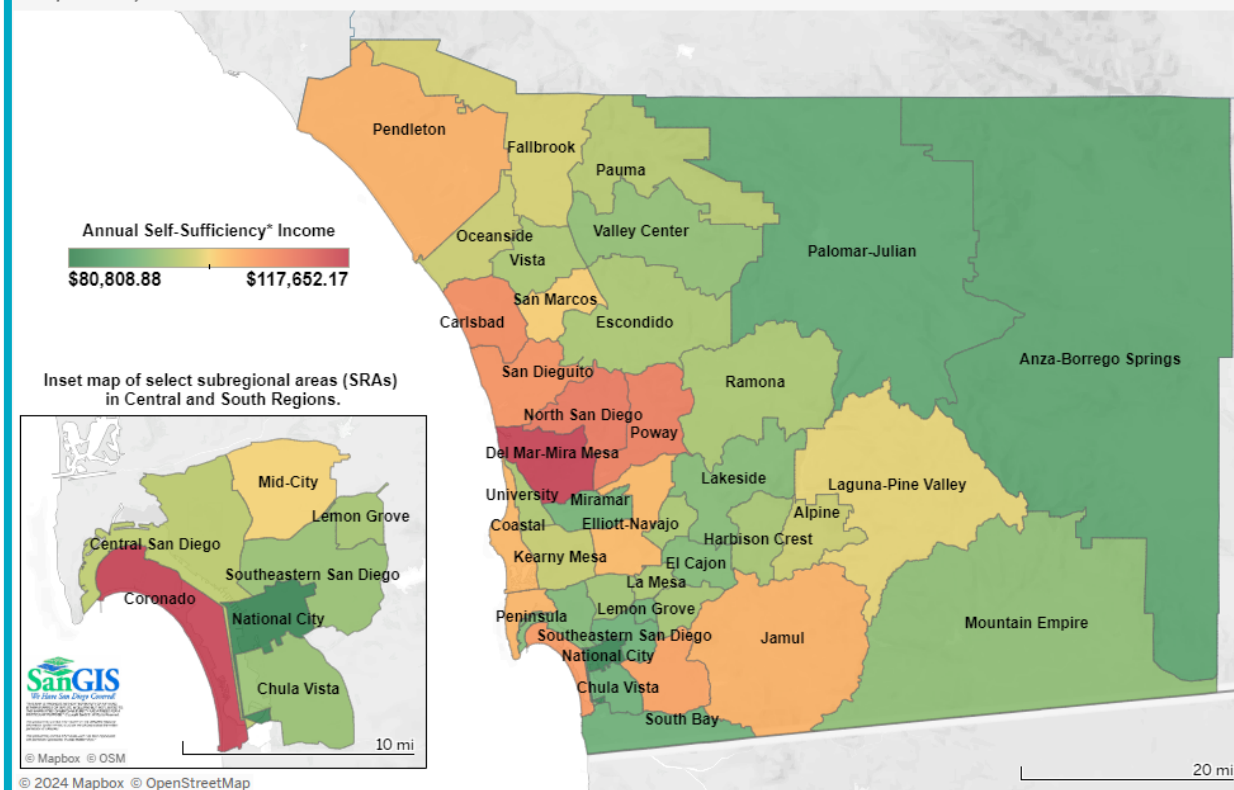


Household with 2 Adults, 2 Children

Household with Single Adult, 2 Children

Annual Self-Sufficiency* Income for a Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age) by Subregional Area (SRA), San Diego County, 2023 (Hover the cursor over the SRAs in the map to view interpretation)

Annual Self-Sufficiency* Income for a Single-Parent Household with 2 Children (1 Preschool-Age, 1 School-Age) by Subregional Area (SRA), San Diego County, 2023 (Hover the cursor over the SRAs in the map to view interpretation)



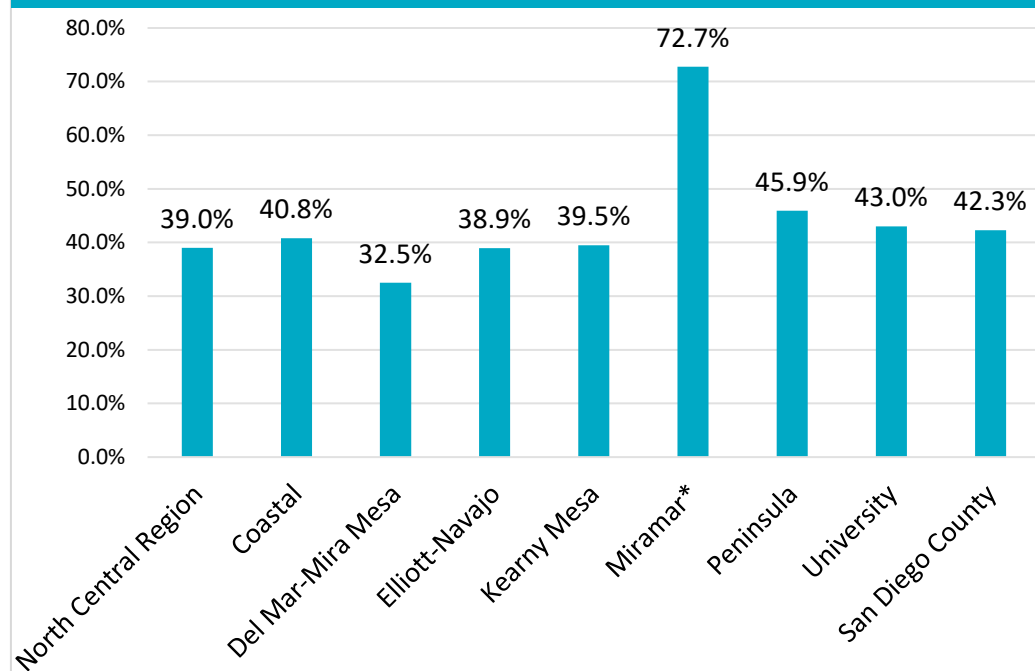
*The Self-Sufficiency Standard measures how much income is needed for a household of a certain composition to adequately meet their basic needs without public or private assistance. (<http://www.selfsufficiencystandard.org/>). *Estimates based on the most recent data available. See the San Diego County Self-Sufficiency Standard Brief on www.SDHealthStatistics.com for detailed information on methodology. Please note that the estimated self-sufficiency income does not account for the recovery rebate credit/economic impact payments received during tax year 2021.

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Income Spent On Housing

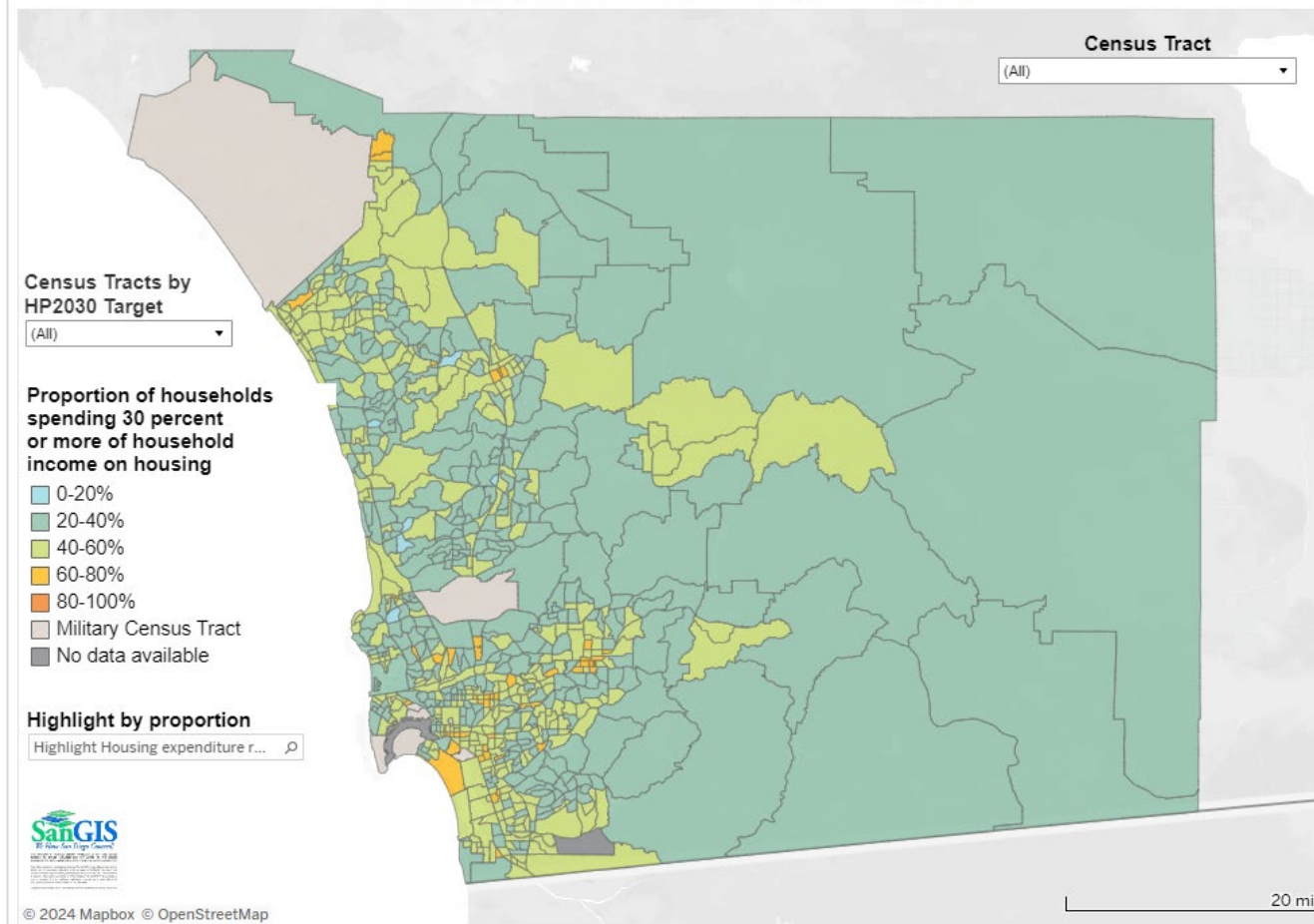


Proportion of Households Spending 30 Percent or More of Household Income on Housing by North Central Region SRA, San Diego County, 2022



In 2022, nearly 40% of households in North Central Region spent 30% or more of their household income on housing.

Proportion of households spending 30 percent or more of household income on housing by census tract, San Diego County, 2021



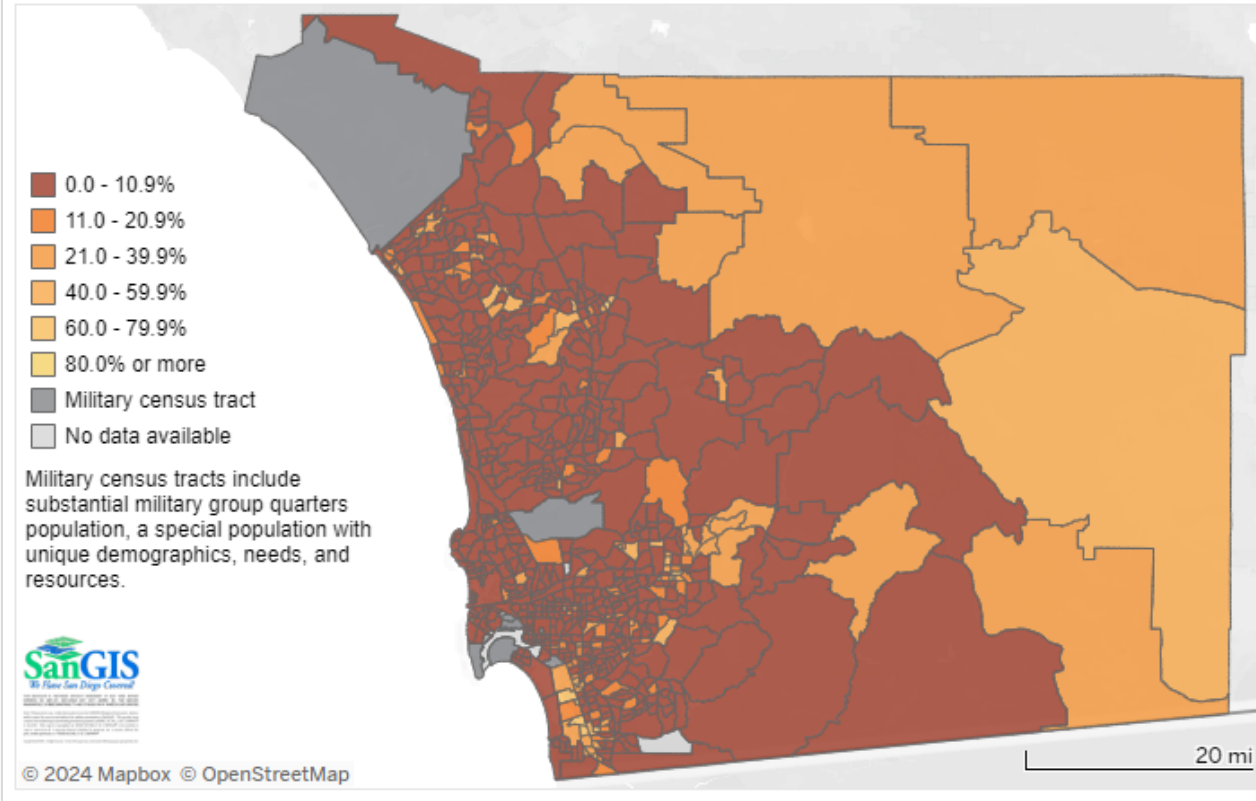
Prepared by: County of San Diego, Health and Human services Agency, Public Health Services, Community Health Statistics Unit, October 2023.

* Military census tract includes a substantial military group quarters population, a special population with unique demographics, needs, and resources. Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table S2503. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2024.

Housing Affordability



Percent of All Homes Affordable for 80% AMI Family by Census Tract, San Diego County, 2021



- At or below 80% AMI = low income
- At or below 50% AMI = very low income

Homeownership Affordability in North Central Region

Area median income (AMI) is defined as the midpoint of a specific area's income distribution and is calculated on an annual basis by the Department of Housing and Urban Development (HUD).

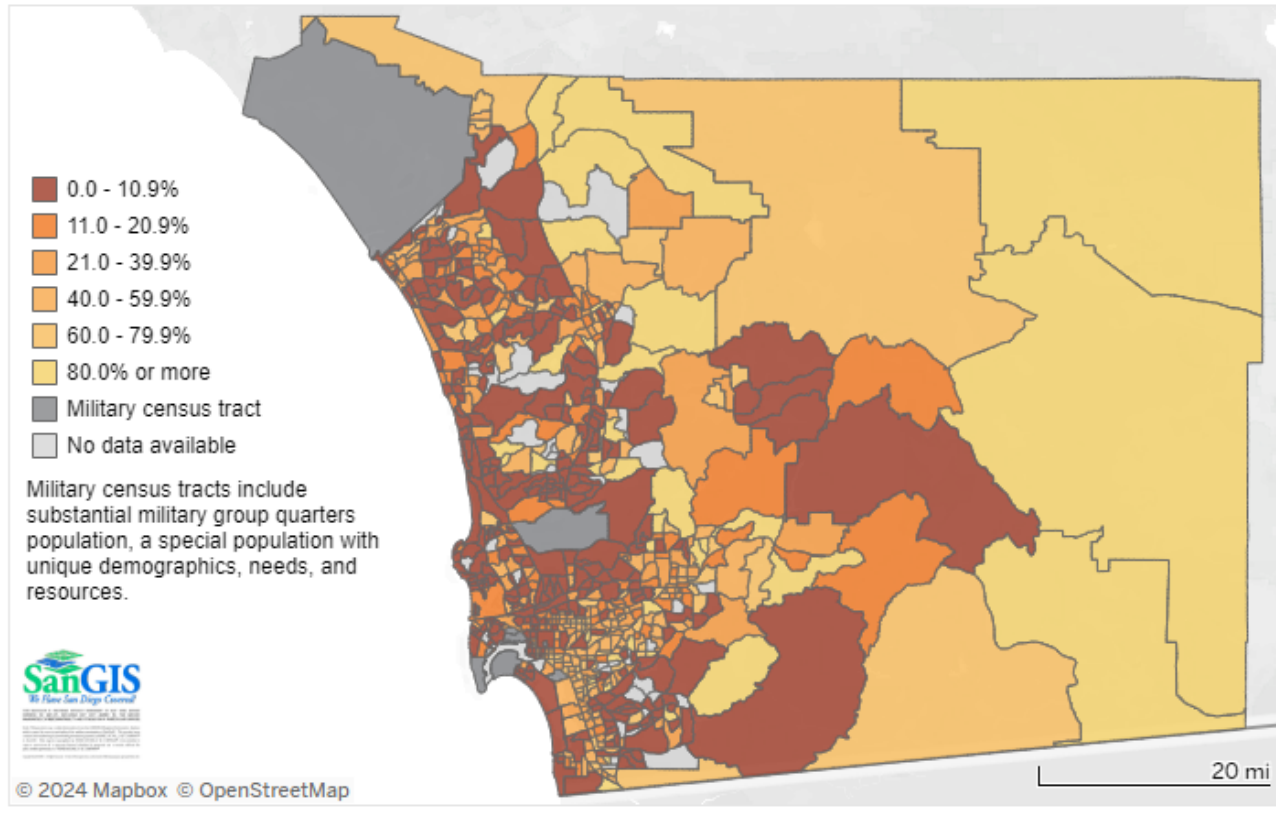
Home Ownership Affordability estimates assume that a family can afford to purchase a home valued at three times their annual salary.

- In 2021, less than 11% of homes were affordable for families that were low income (at or below 80% of Area Median Income (AMI)) in more than 91% of census tracts in North Central Region.
- Similarly, for those with very low income (at or below 50% of AMI), less than 11% of homes were affordable in nearly 92% of census tracts in North Central Region.

Housing Affordability



Percent of 2 Bedroom Rental Units Affordable for 4-Person Family 80% AMI by Census Tract, San Diego County, 2021



- At or below 80% AMI = low income
- At or below 50% AMI = very low income

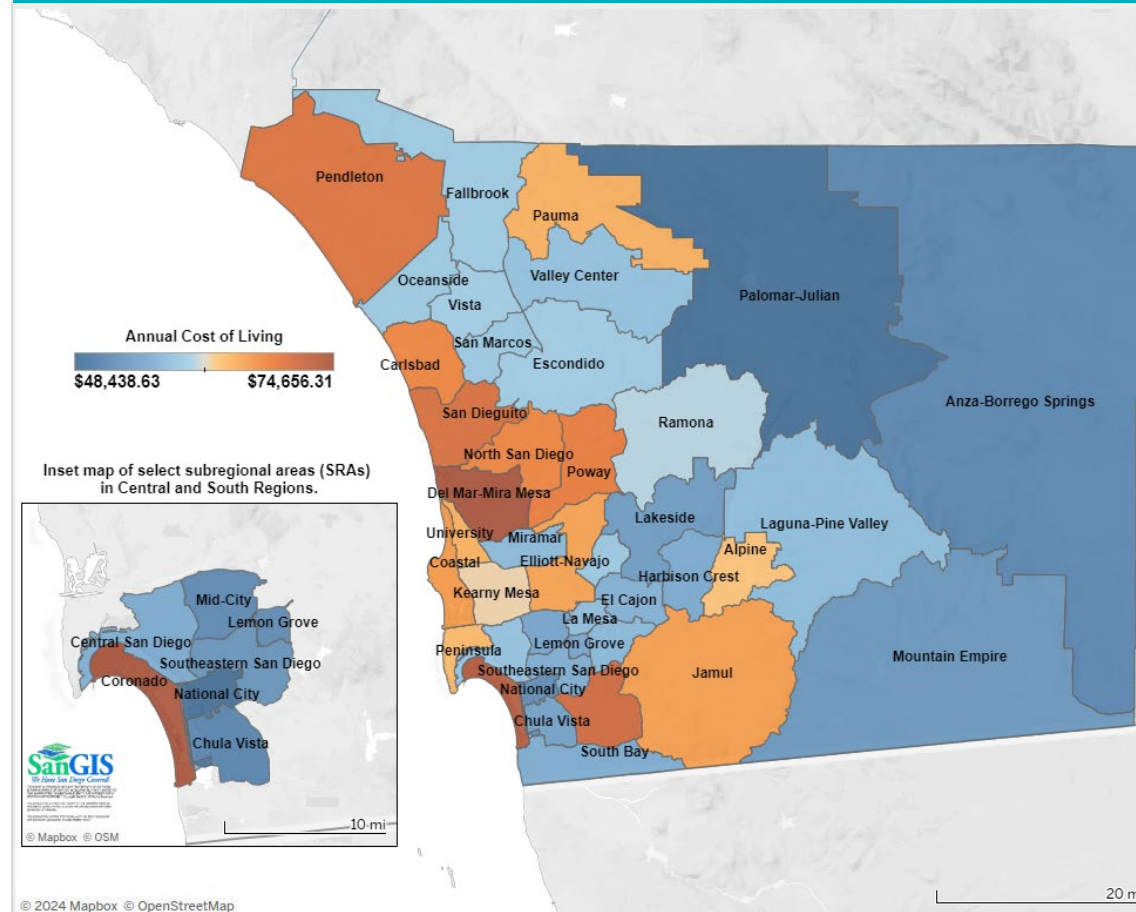
Rental Unit Affordability in North Central Region

Rental Affordability calculations assume that a family can afford to spend 30% or less of their income on rent, which corresponds to the threshold for housing cost burden as defined by the Census Bureau.

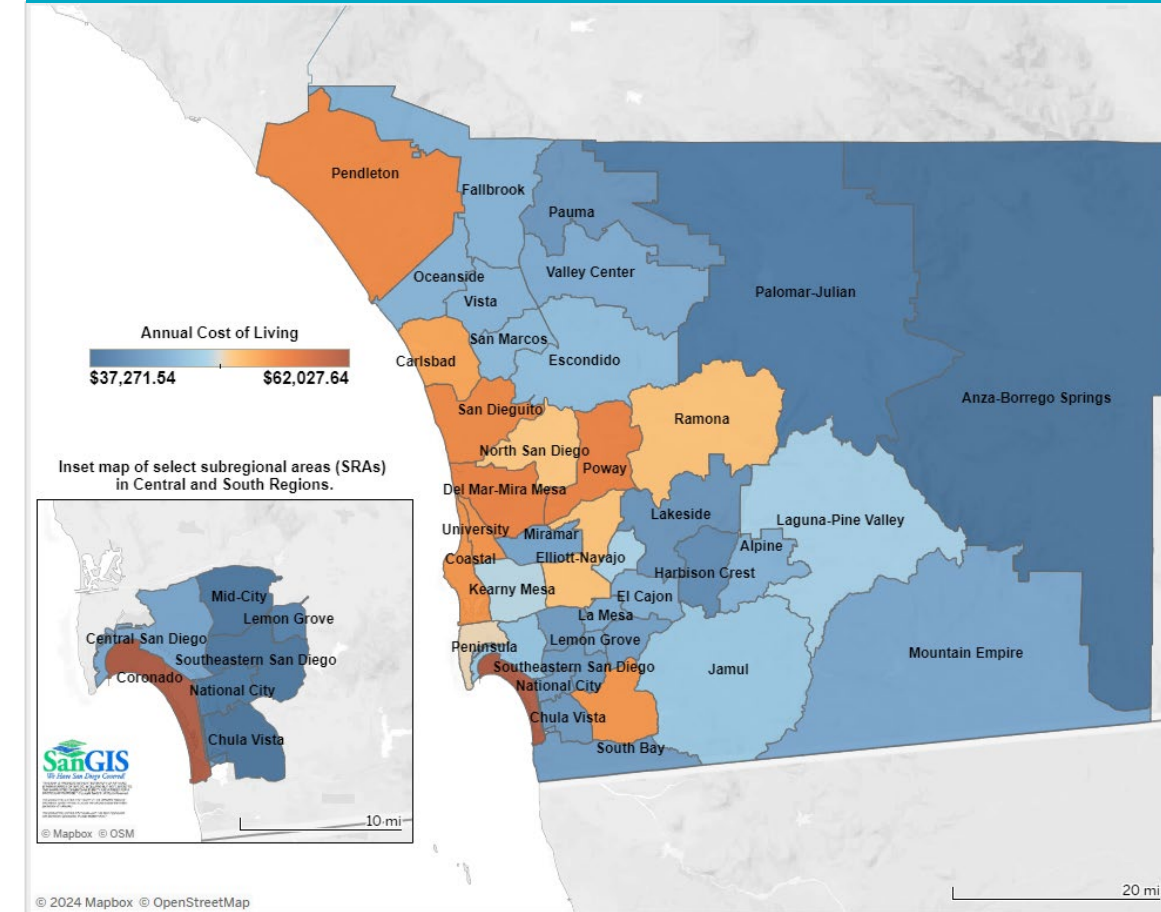
- In 2021, less than 11% of 2-bedroom rental units were affordable for low-income 4-person families (at or below 80% of AMI) in more than 67% of census tracts in North Central Region.
- The 2-bedroom rental unit affordability was the same for both very low income (50% of AMI) and middle income (100% of AMI) families in North Central Region.

Cost of Living for Older Adults

Estimated Annual Cost of Living* for an Older Adult Couple, Renter-Occupied Household By Subregional Area (SRA), San Diego County, 2023



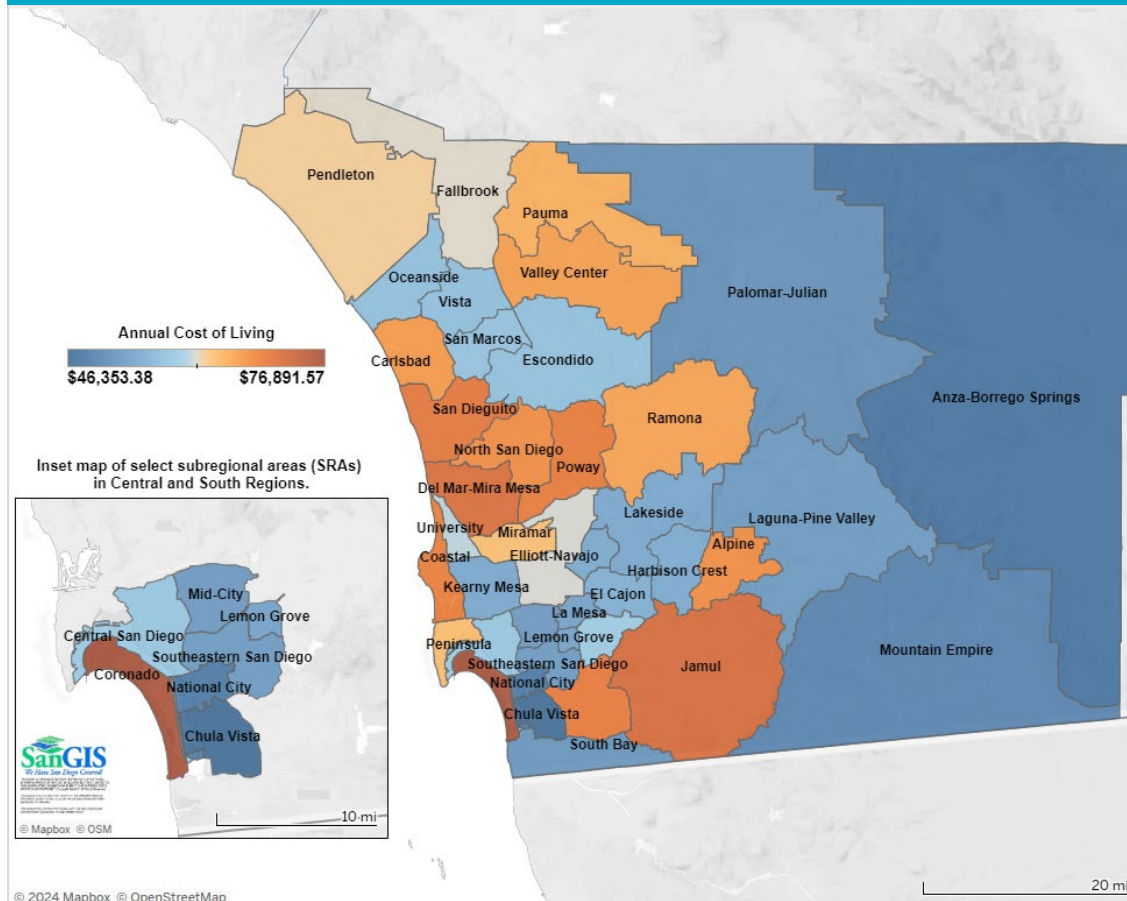
Estimated Annual Cost of Living* for a Single Older Adult, Renter-Occupied Household By Subregional Area (SRA), San Diego County, 2023



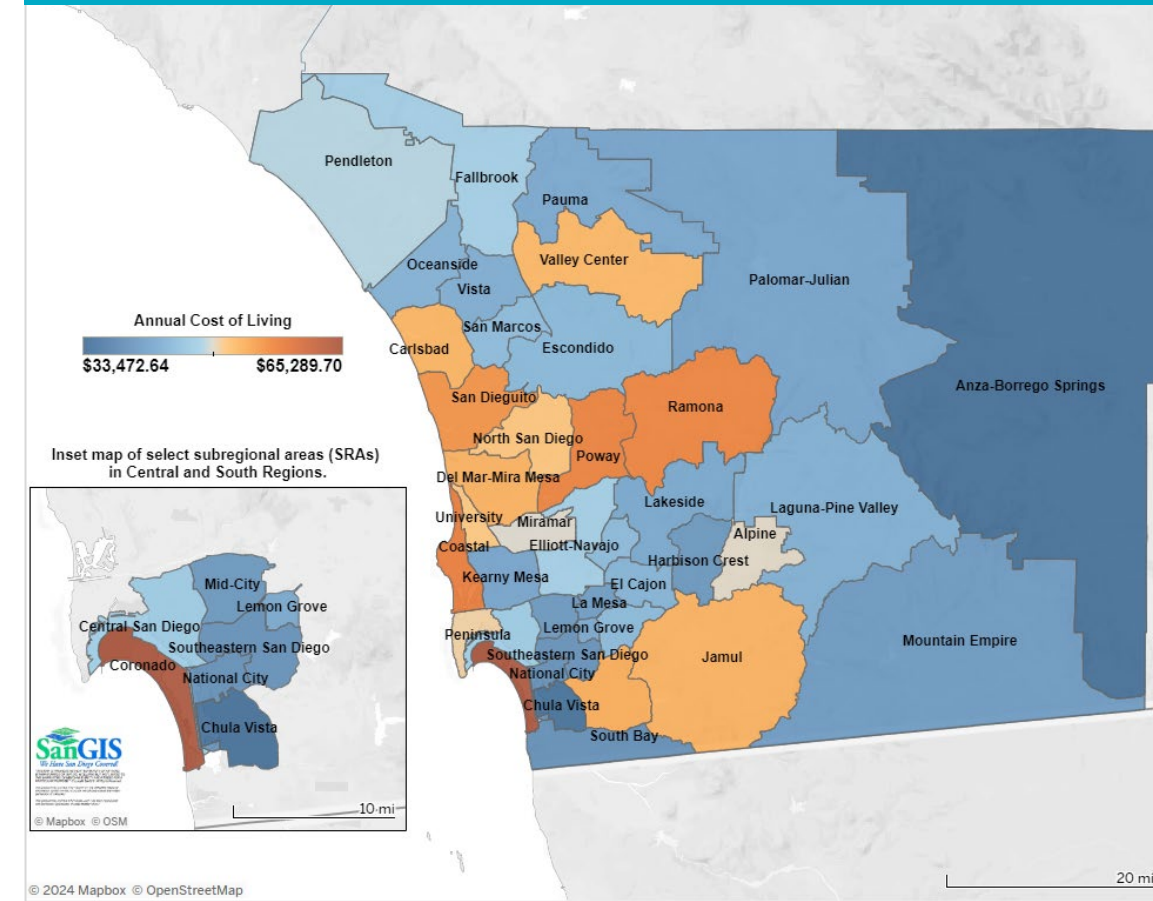
*Estimates based on the most recent data available. See the Cost of Living for Older Adults, San Diego County, 2023 Brief on www.SDHealthStatistics.com for detailed information on methodology.

Cost of Living for Older Adults

Estimated Annual Cost of Living* for an Older Adult Couple, Owner-Occupied Household By Subregional Area (SRA), San Diego County, 2023



Estimated Annual Cost of Living* for a Single Older Adult, Owner-Occupied Household By Subregional Area (SRA), San Diego County, 2023



*Estimates based on the most recent data available. See the Cost of Living for Older Adults, San Diego County, 2023 Brief on www.SDHealthStatistics.com for detailed information on methodology.

Summary



COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY



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Key Takeaways



In North Central Region...



In North Central Region, the 5-year average percent of **unemployment decreased** from 2017 to 2022.



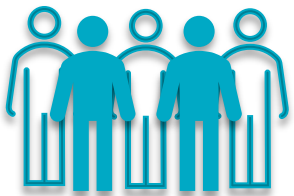
From 2018 to 2022, all North Central Region SRAs had a **decrease** in **life expectancy**. Despite this decrease, the North Central Region continues to have the highest life expectancy of the 6 HHSA Regions.



In 2022, **nearly 2 in 5** of households in North Central Region spent **30% or more** of their household income on **housing**.



The death rate due to **opioid overdoses increased from 2018-2022**; however, the death rate due to opioid overdoses **decreased from 2021 to 2022** in North Central Region.



In 2022, more than **2 in 5** teens reported needing help for **emotional or mental health** problems.



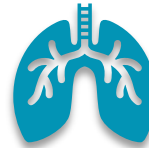
In 2022, **cancer** and **heart disease** were the cause of **42.2%** of the **deaths** among North Central Region residents.

Key Takeaways



North Central Region Subregional Areas (SRAs)

Kearny Mesa SRA...



Faced a **disproportionate burden of chronic disease** compared to North Central Region overall.



Had the **largest** number of **students experiencing homelessness** in the 2022-2023 school year, with a count of 770.

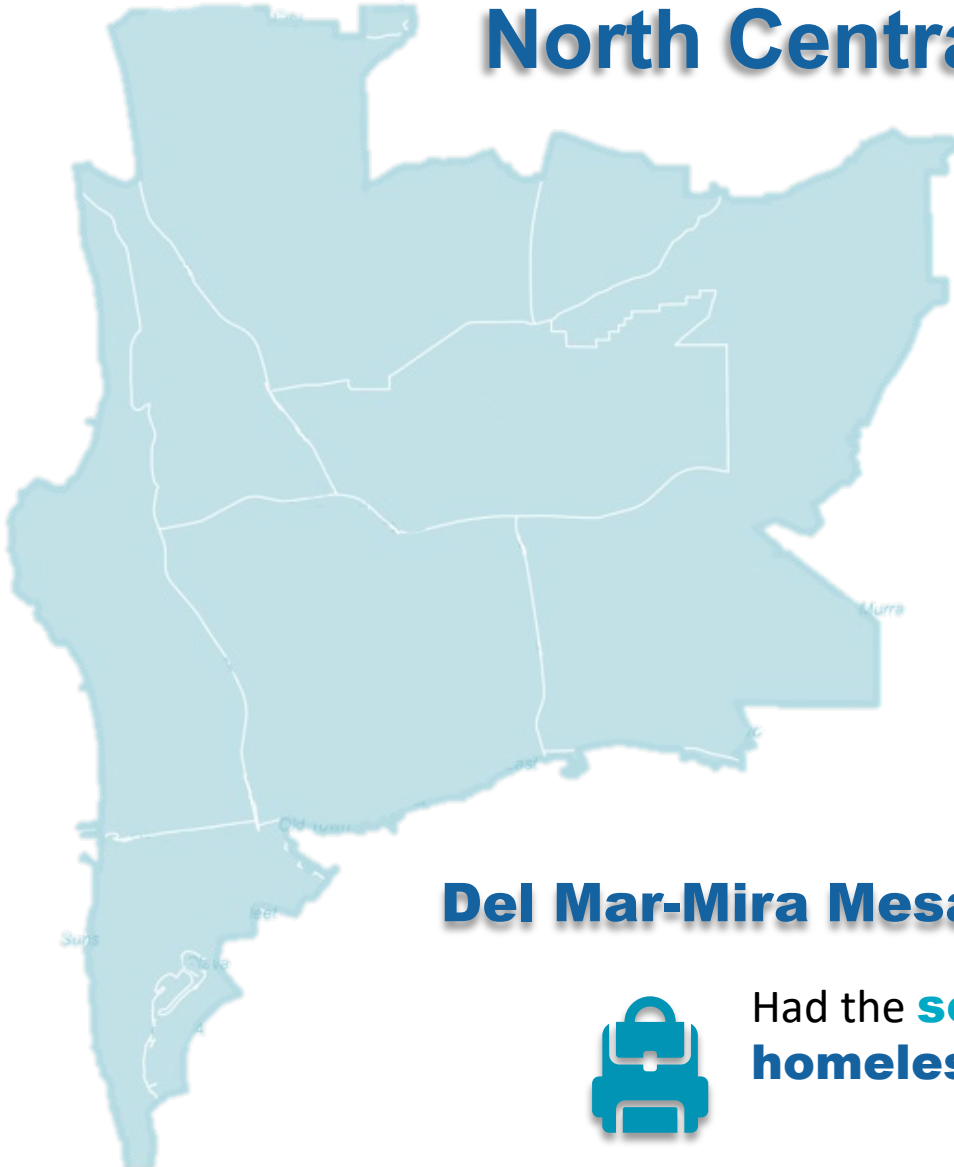


Had the **lowest life expectancy** of all North Central Region SRAs in 2022.

Del Mar-Mira Mesa SRA...



Had the **second largest** number of **students experiencing homelessness** in the 2022-2023 school year, with a count of 589.



CHSU Products



COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY



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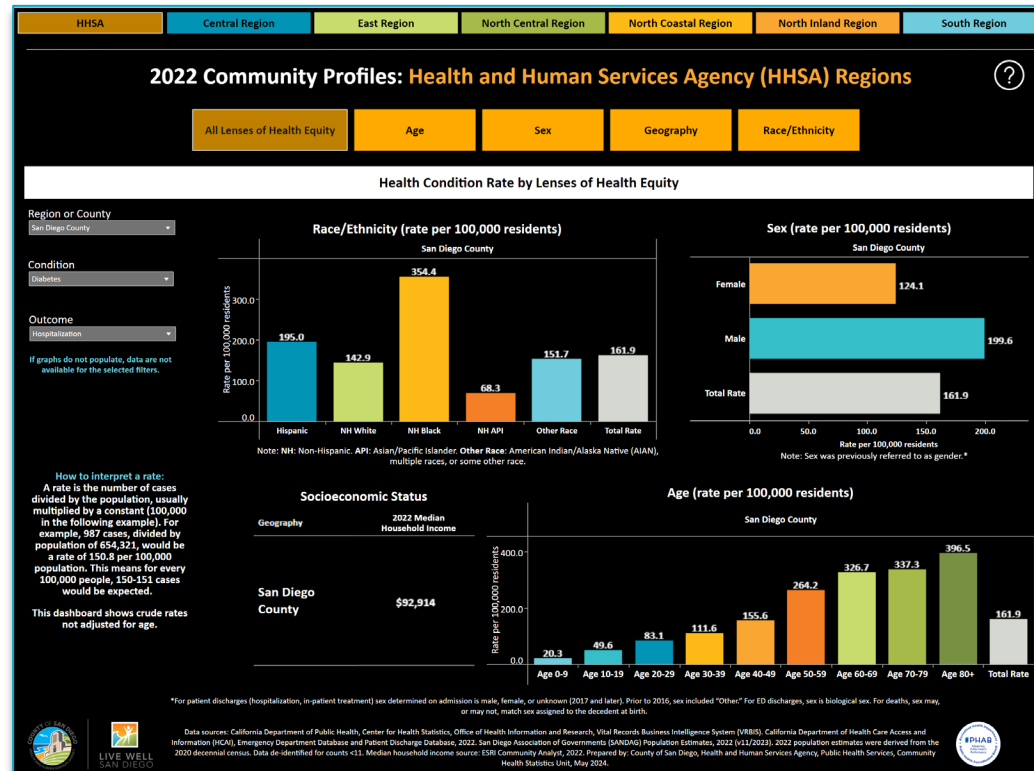


Health Dashboards

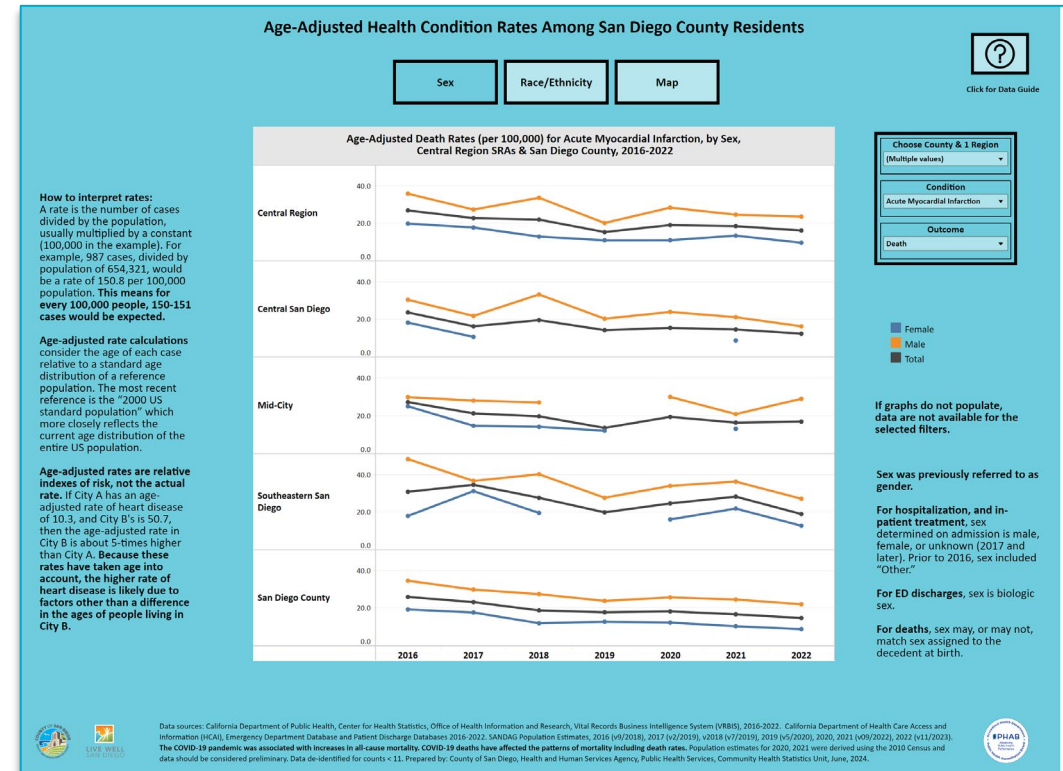


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Community Profiles (by Region or Municipality)



Community Profile Age-Adjusted Trends (by Region or Municipality)



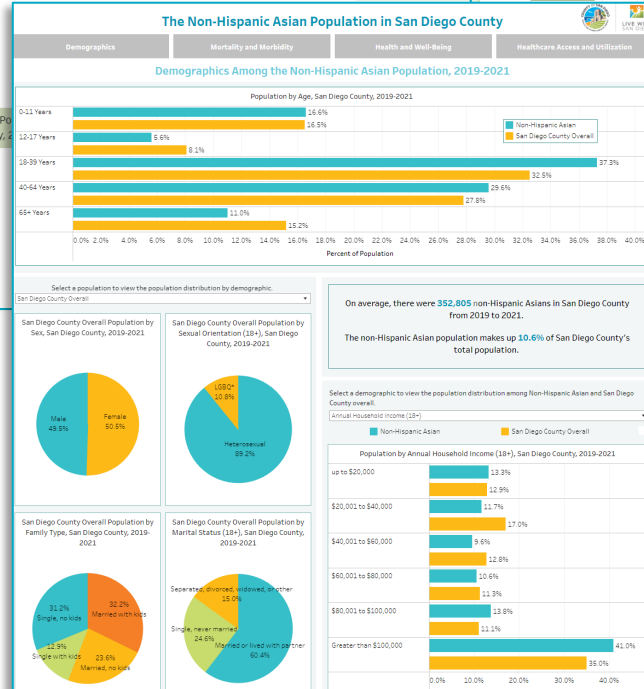
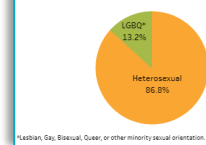
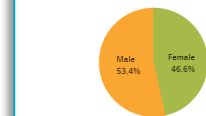
Health Dashboards



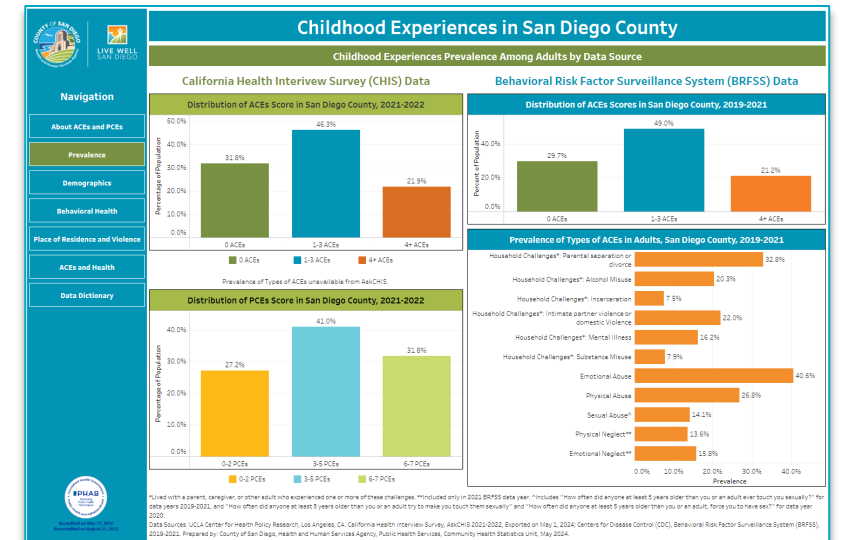
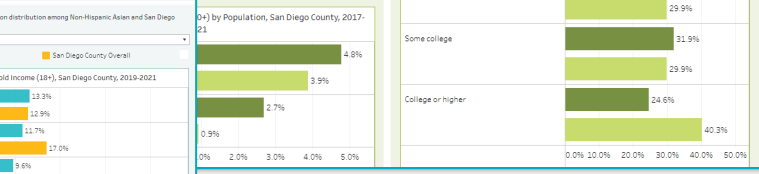
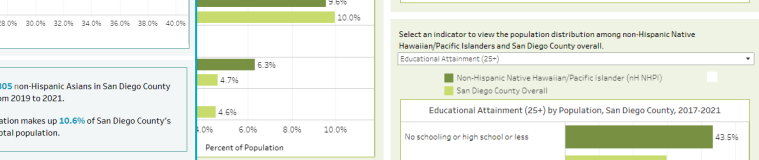
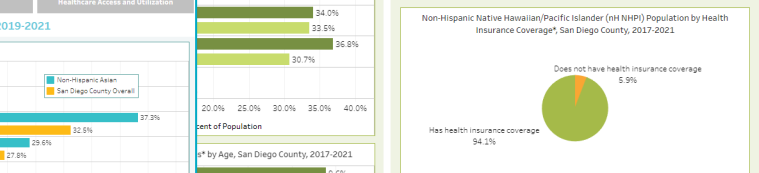
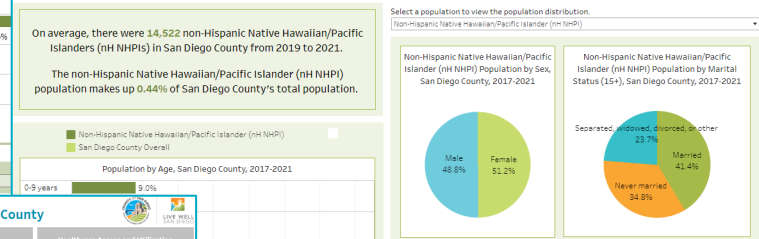
Small Populations Dashboards

Childhood Experiences Dashboard

The American Indian/Alaska Native Population in San Diego County

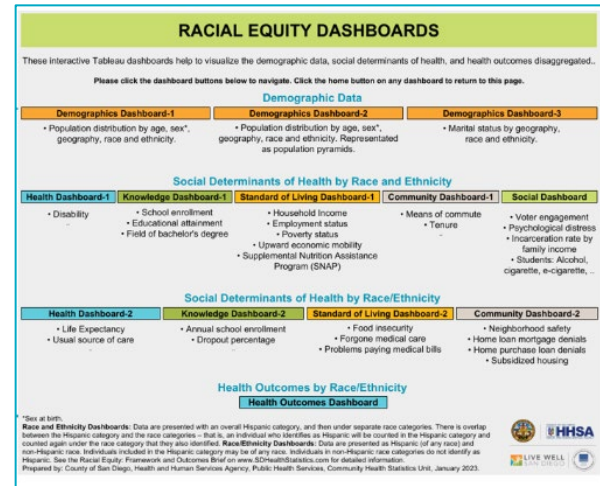


The Non-Hispanic Native Hawaiian/Pacific Islander Population in San Diego County

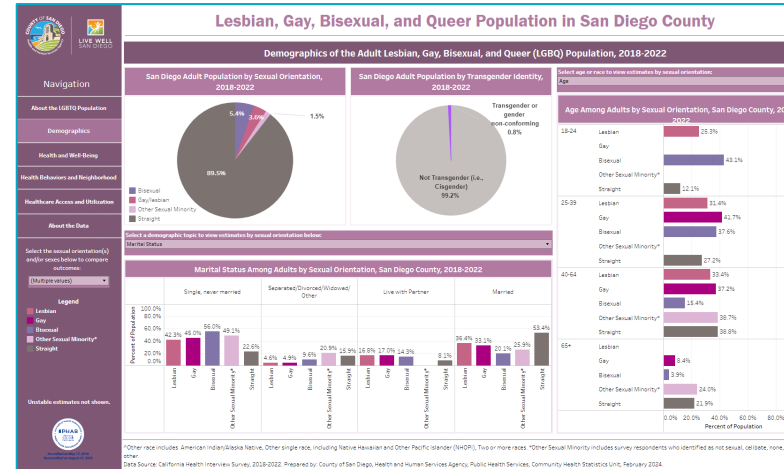


Health Equity Dashboards

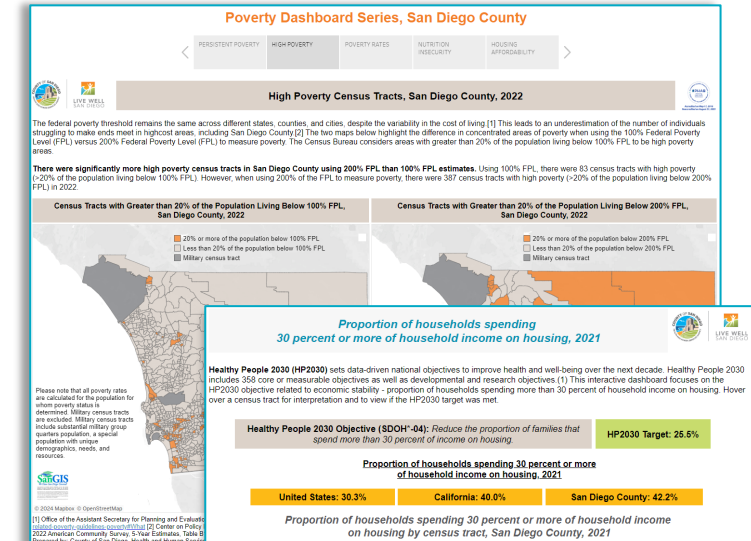
Racial Equity Dashboard



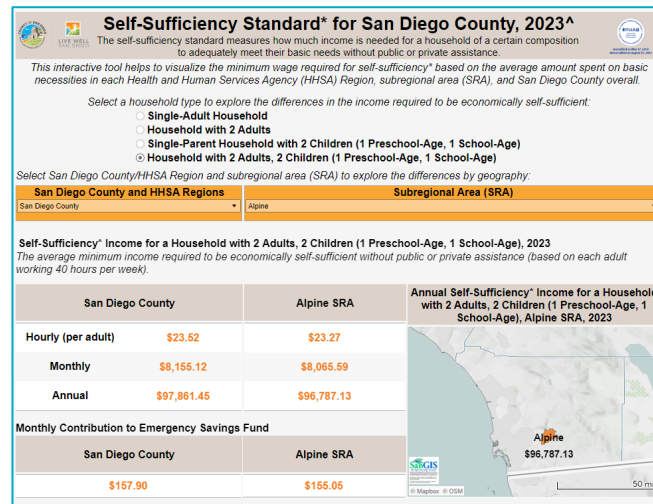
LGBTQ Adult Dashboard



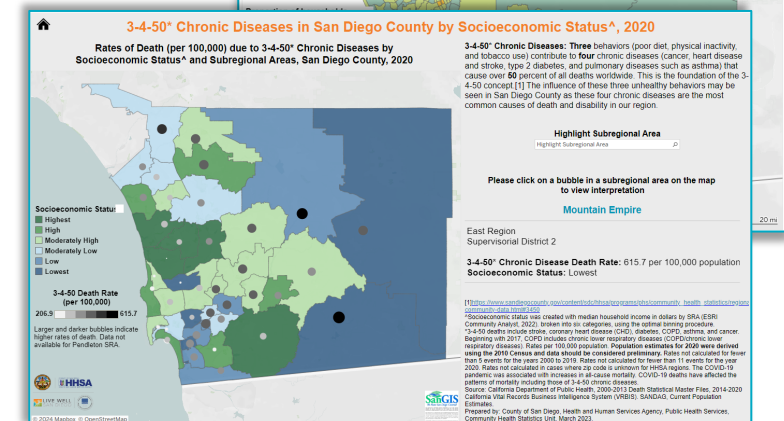
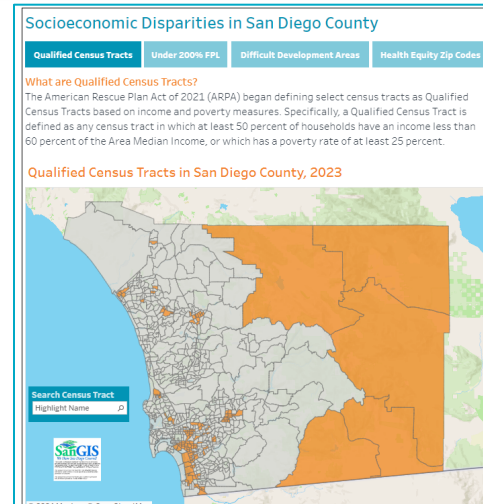
Poverty Dashboard Series



Self-Sufficiency Dashboard



Socioeconomic Disparities Dashboard



Demographic Profiles



Demographic Profiles

San Diego County: 2018-2022 Region/Subregional Area (SRA) Demographic Profiles - Navigation Page

The *Regional/Subregional Area (SRA) Demographic Profiles* are a compilation of information relating to demographic characteristics of specific populations in San Diego County. Each profile contains demographic data by HHSA Region and subregional area (SRA) including age, sex, race/ethnicity distributions, school enrollment, educational attainment, income, occupation, housing, and other social/economic data. Many of these factors have been implicated at the roots of health disparities.

The purpose of the *Regional/Subregional Area (SRA) Demographic Profiles* is to provide detailed information about the characteristics of the people living in San Diego County. It is designed to help HHSA staff in each of the Health and Human Services Agency Regions and other local organizations, including *Live Well San Diego* recognized partners, identify and prioritize needs within their communities. These profiles are made available to the public health community and public policymakers to better understand and manage the health and well-being of the residents of our County.

Click on an image to go to that tab
Population Map Population Characteristics Population - API Population - Language

San Diego County: 2018-2022 City Demographic Profiles - Navigation Page

The *City Demographic Profiles* are a compilation of information relating to demographic characteristics of specific populations in San Diego County. Each profile contains demographic data for municipalities (incorporated cities) and the unincorporated area including age, sex, race/ethnicity distributions, school enrollment, educational attainment, income, occupation, housing, and other social/economic data. Many of these factors have been implicated at the roots of health disparities.

The purpose of the *City Demographic Profiles* is to provide detailed information about the characteristics of the people living in San Diego County. It is designed to help HHSA staff in each of the Health and Human Services Agency Regions and other local organizations, including *Live Well San Diego* recognized partners, identify and prioritize needs within their communities. These profiles are made available to the public health community and public policymakers to better understand and manage the health and well-being of the residents of our County.

Click on an image to go to that tab

Population Map



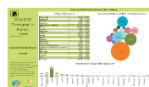
Map of population distribution

Population Characteristics



Residents by sex, race/ethnicity, and age distribution; Population 15+ by marital status; Older Adults by household type; Foreign-born population

Population - API



Asian and Other Pacific Islander (API) population by group

Population - Language



Language spoken at home for the population 5+ by ability to speak English

Housing Characteristics



Housing units and by tenure, median gross rent, median house value, monthly housing costs as percentage of household income, vehicles in housing unit

Income and Benefits



Median household income, income and benefits in households, households by household income, food stamps/SNAP/CalFresh, specific income eligibility criteria

Poverty



Percent of the population at specified federal poverty levels, percent of population in poverty by age group and for specific subpopulations

Economy



Unemployment, labor force by occupation and industry, means of commuting to work, and older adults in the labor force

Education



School enrollment by age group, grade level, and grade and type of school; educational attainment

Kinship



Children by household type and relationship to householder, single parent households, grandparents responsible for grandchildren

Health Insurance and Disability



Health insurance status and by age group; persons with a disability, type of disability, and by age group

Veterans



Veterans by sex, age, race/ethnicity, educational attainment, period of service, median income, and percentage below poverty

For additional information, including data, resources, and reports: www.sdhhsa.org

Contact the Community Health Statistics Unit at 619-692-6667 or email us at PHS.CHSU.HHSA@sdcounty.ca.gov

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

2018-2022 Supervisorial District Demographic Profiles - Navigation Page

The *Supervisorial District Demographic Profiles* are a compilation of information relating to demographic characteristics of specific populations in San Diego County. Each profile contains demographic data for each of the five supervisorial districts including age, sex, race/ethnicity distributions, school enrollment, educational attainment, income, occupation, housing, and other social/economic data. Many of these factors have been implicated at the roots of health disparities.

The purpose of the *Supervisorial District Demographic Profiles* is to provide detailed information about the characteristics of the people living in San Diego County. It is designed to help the Board of Supervisors and other local organizations, including *Live Well San Diego* recognized partners, identify and prioritize needs within their communities. These profiles are made available to the public health community and public policymakers to better understand and manage the health and well-being of the residents of our County.

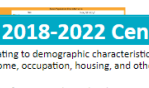
Click on an image to go to that tab

Population Map



Map of population distribution

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Interactive Tableau Dashboards available for:

- Census Tracts
- Regions and Subregional Areas
- Supervisorial Districts
- Cities and the Unincorporated Area

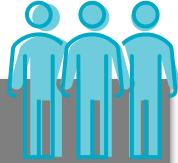
Demographic profiles in PDF format available for:

- Regions and Subregional Areas
- Supervisorial Districts
- Cities and the Unincorporated Area

Regional and Population Data



Regional Data



- Community Health Assessment Presentations
- Health Briefs
- Health Status Reports

Maps and Spatial Data



- Disease and Injury Atlases
- Maps:
 - Healthy Places Index
 - Economic Hardship Index
 - Walkability Index

Population and Health



- Population Health and the Environment
 - Brief and Dashboard
- Water Quality

Disease Information



- Chronic Disease Prevalence and Health Behaviors
- Disease Information Packets
 - Fact Sheet, Descriptive Summary, Slide Set, and Critical Pathway

For more information, including
data, resources and reports,
from Public Health Services:

www.SDHealthStatistics.com

Contact Information:

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PHS.CHSU.HHSA@sdcounty.ca.gov

THANK YOU!



The Public Health Services department, County of San Diego Health and Human Services Agency, has maintained national public health accreditation, since May 17, 2016, and was re-accredited by the Public Health Accreditation Board on August 21, 2023.