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 11, 2025

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.
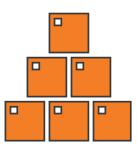
- **Rates tell you how many per a given population and allow you to compare year to year or group to group.**

  - 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
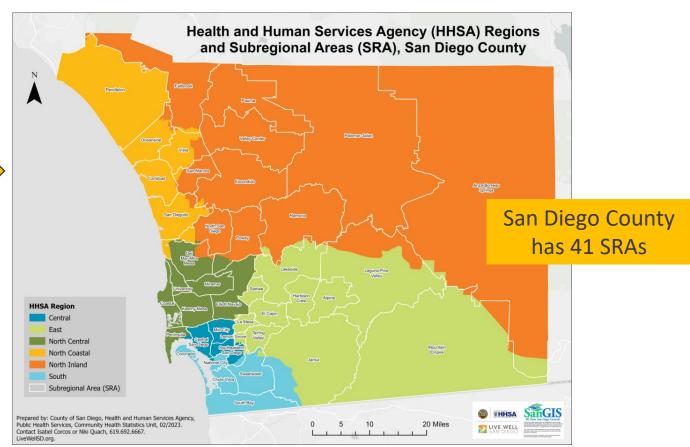
What are subregional areas (SRAs)?

Subregional areas, SRAs, are aggregations of census tracts defined by SANDAG.

San Diego County has 41 SRAs

While the boundaries of many geographical areas, such as cities, change over time, SRA boundaries have remained essentially the same since their formation which allows for meaningful comparisons of time series information because identical areas are being compared.

Health and Human Services Agency (HHSA) Regions and Subregional Areas (SRA), San Diego County

HHSA Region
- Central
- East
- North Central
- North Coastal
- North Inland
- South
- Subregional Area (SRA)

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 02/2023. Contact Isabel Corcos or Niki Quach, 619.692.6667. LiveWellSD.org.

Geographies

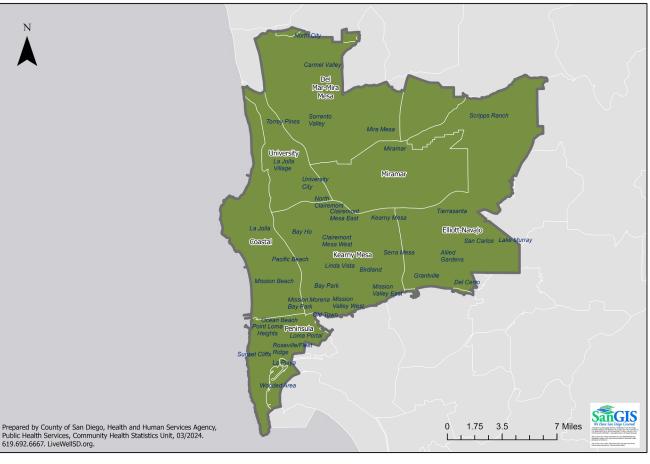## Types of Geographies

- 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
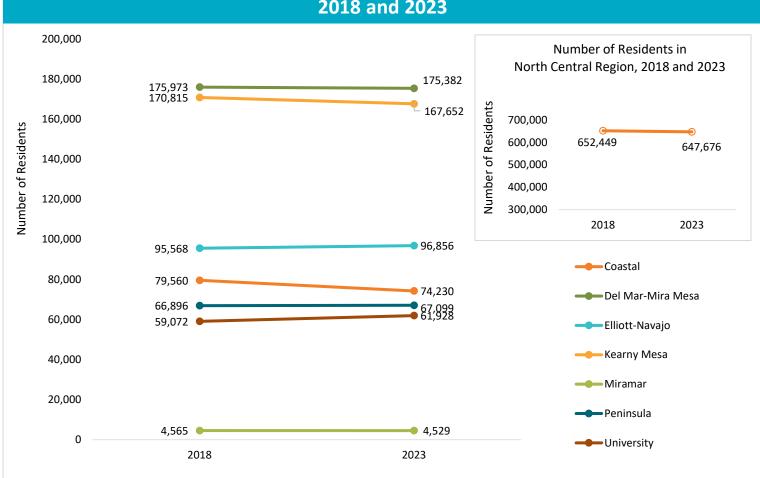**North Central Region and Its Neighborhoods**

Population

Number of Residents in North Central Region and Subregional Areas (SRAs), 2018 and 2023

Number of Residents (y-axis), 2018 and 2023 (x-axis):
- Del Mar-Mira Mesa: 175,973 → 175,382
- Kearny Mesa: 170,815 → 167,652
- Elliott-Navajo: 95,568 → 96,856
- Coastal: 79,560 → 74,230
- Peninsula: 66,896 → 67,099
- University: 59,072 → 61,928
- Miramar: 4,565 → 4,529

Number of Residents in North Central Region, 2018 and 2023
- 2018: 652,449
- 2023: 647,676

Legend:
- Coastal
- Del Mar-Mira Mesa
- Elliott-Navajo
- Kearny Mesa
- Miramar
- Peninsula
- University

In 2023, North Central Region was home to 647,676 residents or 19.7% of San Diego County's population.
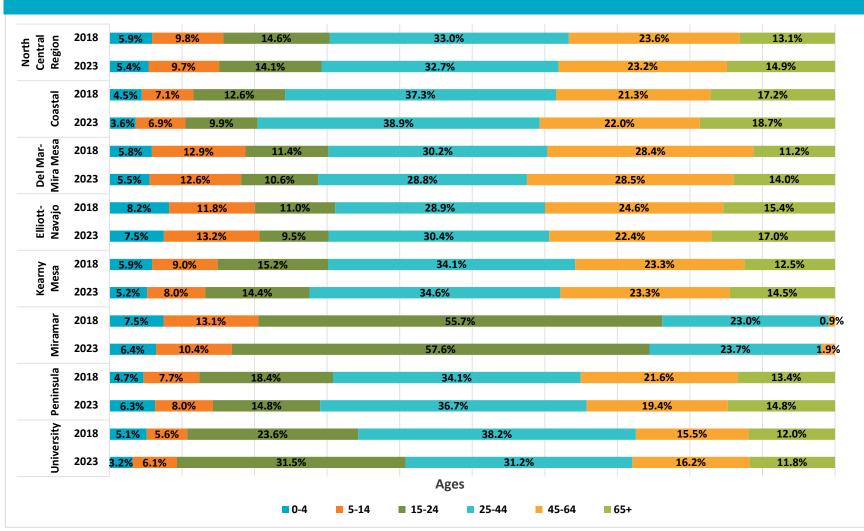
- Overall, the number of residents in North Central Region remained stable between 2018 and 2023, with a decrease of 0.7%.

- The population living in University SRA increased by nearly 5% between 2018 and 2023, the greatest increase among North Central Region SRAs.

- Coastal SRA experienced the greatest decrease in population in North Central Region (6.7%), between 2018 and 2023.

Demographics: Age

Population by Age Group in North Central Region and Subregional Areas (SRAs), 2018 and 2023

Source: U.S. Census Bureau; 2014-2018 American Community Survey 5-Year Estimates, Table B01001; 2019-2023 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, 2025.

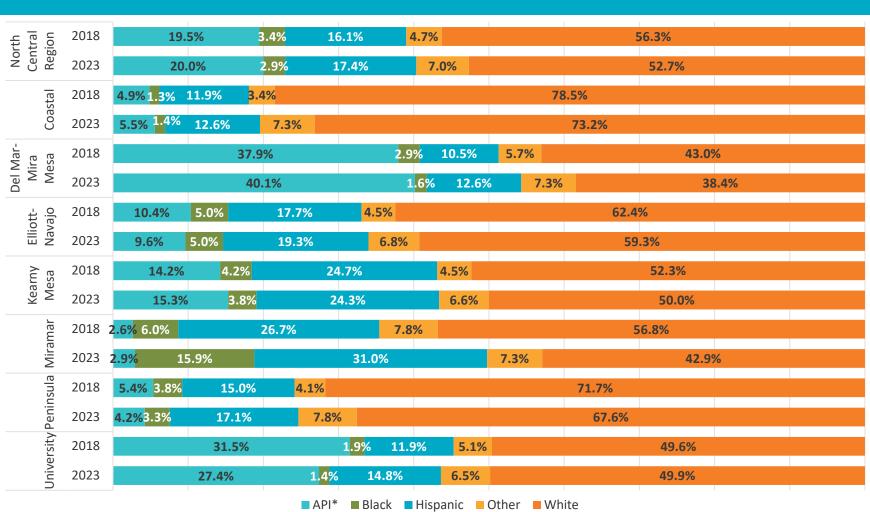In 2023, one-third (32.7%) of North Central Region residents were 25-44 year olds.

- Between 2018 and 2023, North Central Region saw decreases in the number of residents in all age groups, with the exception of residents aged 65+, which increased 12.8%.

- Between 2018 and 2023, North Central Region and its communities saw increases in the number of residents aged 65+.

Demographics: Race/Ethnicity

Percent of Residents by Race/Ethnicity in North Central Region and Subregional Areas (SRAs), 2018 and 2023

Region / SRA	Year	API*	Black	Hispanic	Other	White
North Central Region	2018	19.5%	3.4%	16.1%	4.7%	56.3%
	2023	20.0%	2.9%	17.4%	7.0%	52.7%
Coastal	2018	4.9%	1.3%	11.9%	3.4%	78.5%
	2023	5.5%	1.4%	12.6%	7.3%	73.2%
Del Mar-Mira Mesa	2018	37.9%	2.9%	10.5%	5.7%	43.0%
	2023	40.1%	1.6%	12.6%	7.3%	38.4%
Elliott-Navajo	2018	10.4%	5.0%	17.7%	4.5%	62.4%
	2023	9.6%	5.0%	19.3%	6.8%	59.3%
Kearny Mesa	2018	14.2%	4.2%	24.7%	4.5%	52.3%
	2023	15.3%	3.8%	24.3%	6.6%	50.0%
Miramar	2018	2.6%	6.0%	26.7%	7.8%	56.8%
	2023	2.9%	15.9%	31.0%	7.3%	42.9%
Peninsula	2018	5.4%	3.8%	15.0%	4.1%	71.7%
	2023	4.2%	3.3%	17.1%	7.8%	67.6%
University	2018	31.5%	1.9%	11.9%	5.1%	49.6%
	2023	27.4%	1.4%	14.8%	6.5%	49.9%

Legend: API* ■ Black ■ Hispanic ■ Other ■ White

*Asian Pacific/Islander.
Source: U.S. Census Bureau; 2014-2018 American Community Survey 5-Year Estimates, Table B01001; 2019-2023 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, 2025.

In 2023, non-Hispanic (NH) White (52.7%) and Asian/Pacific Islander (API) (20%) residents made up 72.7% of North Central Region's population.

- Compared to other regions in 2023, North Central Region had the highest proportion of API residents at 20%.

- Between 2018 and 2023, 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 (97.8%).

Labor Force by Occupation

2018					
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	338,323	55.1%	15.1%	19.3%	4.2%	6.2%
Coastal	45,498	57.0%	15.2%	20.1%	3.0%	4.7%
Del Mar-Mira Mesa	92,573	60.5%	12.1%	17.4%	3.1%	6.9%
Elliott-Navajo	45,806	54.6%	14.9%	20.8%	4.4%	5.3%
Kearny Mesa	89,308	47.2%	18.5%	20.4%	6.2%	7.7%
Miramar	327	40.1%	15.9%	24.8%	13.5%	5.8%
Peninsula	33,458	50.2%	18.9%	20.0%	5.0%	6.0%
University	31,353	65.2%	10.2%	18.0%	2.3%	4.3%

| 2023					
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	338,357	61.2%	13.1%	16.2%	3.6%	6.0%
Coastal	43,565	65.2%	12.0%	16.8%	1.9%	4.0%
Del Mar-Mira Mesa	91,982	65.8%	10.5%	14.3%	3.3%	6.1%
Elliott-Navajo	44,241	60.4%	11.9%	18.1%	3.7%	5.9%
Kearny Mesa	89,785	54.7%	15.7%	17.5%	4.8%	7.3%
Miramar	496	32.5%	28.2%	24.6%	1.4%	13.3%
Peninsula	34,779	57.4%	15.1%	15.5%	4.9%	7.1%
University	33,509	65.9%	13.8%	14.9%	1.9%	3.5%
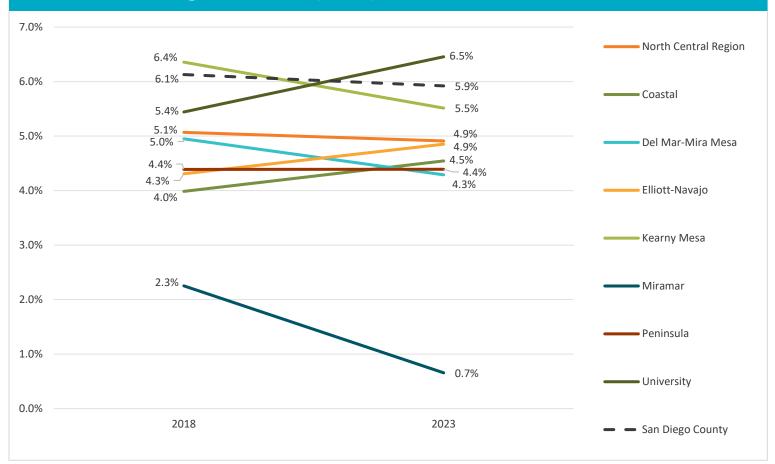
- In 2023, the occupations with the highest percent of employed persons 16 years and older in North Central Region and its communities were *management, business, science, and arts* and *sales and office occupations.*

- The proportion of employed persons 16 years and older in *management, business, science, and arts* occupations increased between 2018 and 2023 in North Central Region.

Unemployment

Average Percent of Unemployment* in North Central Region and Subregional Areas (SRAs), 2014-2018 and 2019-2023

Legend:
- North Central Region
- Coastal
- Del Mar-Mira Mesa
- Elliott-Navajo
- Kearny Mesa
- Miramar
- Peninsula
- University
- San Diego County

Chart values:
- 6.4% → 6.5%
- 6.1% → 5.9%
- 5.4%
- 5.1% → 4.9%
- 5.0% → 4.9%
- 4.4% → 4.5%
- 4.3% → 4.4%
- 4.0% → 4.3%
- 2.3% → 0.7%

(years: 2018, 2023)

Unemployment in North Central Region

- In North Central Region, the 5-year average percent of unemployed residents 16 years and older decreased from 5.1% in 2018 to 4.9% in 2023.

- North Central Region had a lower 5-year average percent of unemployment than the county overall in 2018 and 2023.

- Among North Central Region communities, University SRA had the highest 5-year average percent of unemployment in 2023 (6.5%).

- Between 2018 and 2023, the 5-year average percent of unemployment decreased in Del Mar-Mira Mesa, Kearny Mesa, and Miramar.

*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; 2014-2018 American Community Survey 5-Year Estimates, Table B01001; 2019-2023 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, 2025.
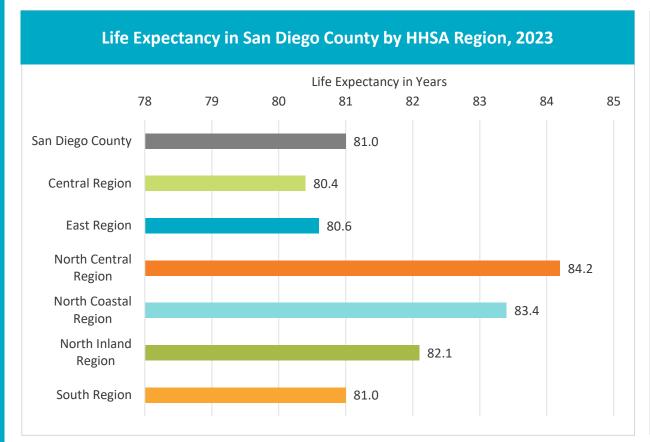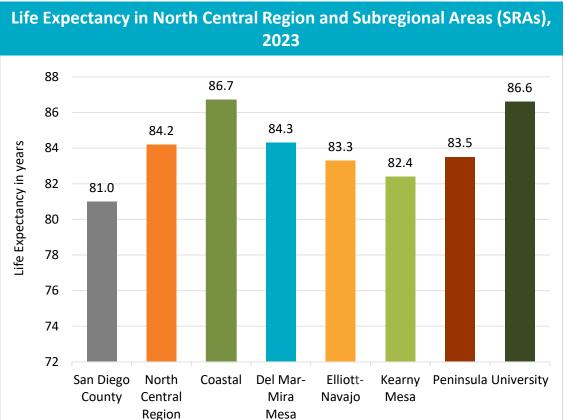
Life Expectancy

Life Expectancy in San Diego County by HHSA Region, 2023

Life Expectancy in Years

Region	Life Expectancy
San Diego County	81.0
Central Region	80.4
East Region	80.6
North Central Region	84.2
North Coastal Region	83.4
North Inland Region	82.1
South Region	81.0

Among HHSA Regions, North Central Region had the highest life expectancy in 2023.

Life Expectancy in North Central Region and Subregional Areas (SRAs), 2023

Life Expectancy in years

Area	Life Expectancy
San Diego County	81.0
North Central Region	84.2
Coastal	86.7
Del Mar-Mira Mesa	84.3
Elliott-Navajo	83.3
Kearny Mesa	82.4
Peninsula	83.5
University	86.6

Among Subregional Areas in North Central Region, Coastal had the highest life expectancy in 2023, followed by University. In 2023, North Central Region and its SRAs had a higher life expectancy than San Diego County overall.

Leading Causes of Death

Leading Causes of Death[1,2] Among San Diego County Residents in North Central Region, 2023			
Rank	Leading Cause of Death	Death Count	%
1	Malignant Neoplasms	914	22.9%
2	Diseases Of The Heart	793	19.9%
3	Cerebrovascular Diseases	260	6.5%
4	Accidents/Unintentional Injuries	256	6.4%
5	Alzheimer's Disease	220	5.5%
6	Diabetes Mellitus	138	3.5%
7	Chronic Lower Respiratory Diseases	137	3.4%
8	Essential Hypertension And Hypertensive Renal Disease	93	2.3%
9	Parkinson's Disease	78	2.0%
10	Intentional Self-Harm (Suicide)	76	1.9%
11	Chronic Liver Disease And Cirrhosis	63	1.6%
12	COVID-19	62	1.6%
13	Pneumonitis Due To Solids And Liquids	43	1.1%
14	Influenza And Pneumonia	33	0.8%
15	Nutritional Deficiencies	27	0.7%
16	All other causes (not rankable)	800	20.0%
Total Deaths[3]		3,993	100.0%

In 2023, there were 3,993 deaths among North Central Region residents.

- In 2023, **cancer** (malignant neoplasms) and **heart disease** were the cause of 42.8% of the deaths among North Central Region residents.

- In North Central Region, 9 out of the top 15 leading causes of death were due to **chronic disease** in 2023.

[1] 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 for San Diego County residents for 2023.
[2] Cause of death is based on the underlying cause of death reported on death certificates as classified by ICD-10 codes. [3] Deaths for specific demographics or geographic area may not equal the total deaths for San Diego County due to missing data.
Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.
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, 2025.

3-4-50: Chronic Disease Deaths

3 BEHAVIORS Lead to
No Physical Activity
Poor Diet
Tobacco Use

4 DISEASES Result in
Cancer
Heart Disease & Stroke
Type 2 Diabetes
Lung Disease

More than 50 PERCENT
of Deaths
in San Diego

The proportion of deaths due to 3-4-50 chronic diseases in San Diego County decreased from 63% in 2000 to 46% in 2023.

Improve your health by...

Walking at least 30 minutes every day.

Eating healthy foods (5 servings of fruits and vegetables).
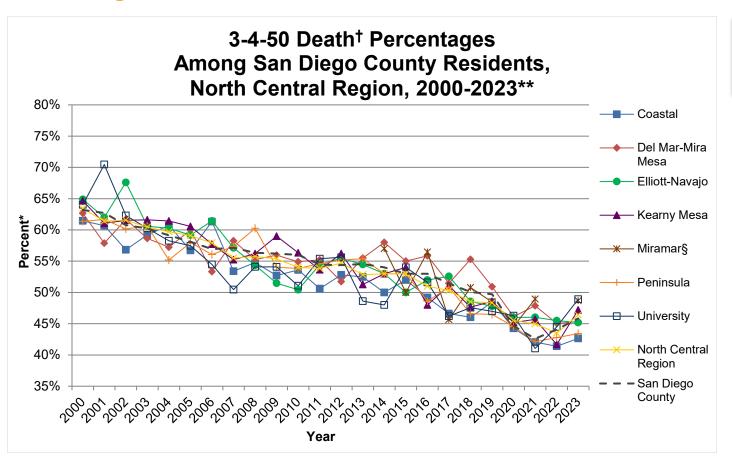
Not smoking.

www.sdhealthstatistics.com

3-4-50: Chronic Disease Deaths

Percentages, Trend 2000-2023

3-4-50 Death† Percentages Among San Diego County Residents, North Central Region, 2000-2023**

Legend: Coastal, Del Mar-Mira Mesa, Elliott-Navajo, Kearny Mesa, Miramar§, Peninsula, University, North Central Region, San Diego County

3-4-50 Death Percentages in North Central Region

- From 2000-2023, the overall percentage of all deaths due to 3-4-50 chronic diseases decreased in North Central Region and its subregional areas (SRAs).

- Among the North Central Region SRAs, Miramar and University had the highest percentage of deaths due to 3-4-50 chronic diseases in 2023.

- Despite a decrease, 3-4-50 chronic diseases still accounted for 46% of all deaths in North Central Region in 2023.

*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).
**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.
§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 2020-2023. Percents not calculated in cases where zip code is unknown.
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2023 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, February 2025.

3-4-50: Chronic Disease Deaths

Rates, Trend 2000-2023

3-4-50 Death† Rates Among San Diego County Residents, North Central Region, 2000-2023**

Legend: Coastal, Del Mar-Mira Mesa, Elliott-Navajo, Kearny Mesa, Miramar§, Peninsula, University, North Central Region, San Diego County

- Overall, 3-4-50 chronic disease death rates have decreased in North Central Region and its SRAs from 2000-2023, 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 2023.

*Rates per 100,000 population.
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).
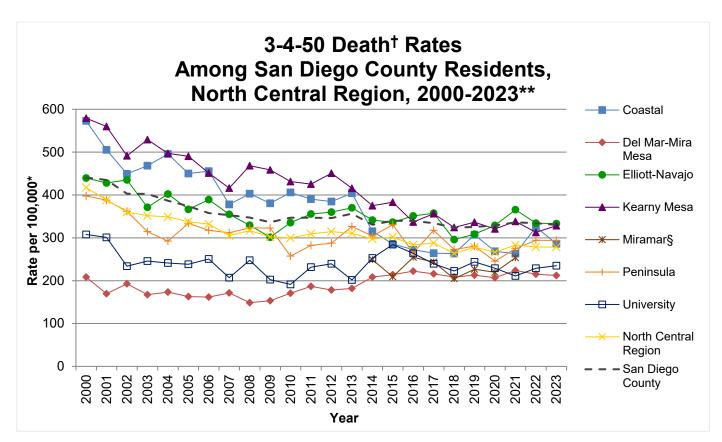§Rates not calculated for fewer than 5 events for the years 2000 to 2019. Rates not calculated for fewer than 11 events for the years 2020-2022. Rates not calculated for fewer than 20 events starting with the year 2023. Rates not calculated in cases where zip code is unknown.
**The COVID-19 pandemic 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, 2014-2023 California Vital Records Business Intelligence System (VRBIS). SANDAG, Current Population Estimates. Population Estimates for 2020-2021 were derived using the 2010 decennial census and data should be considered preliminary. 2022-2023 population estimates were derived from the 2020 decennial census.
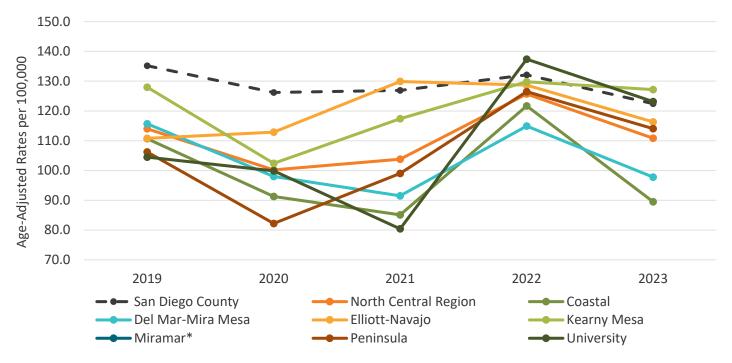Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, February 2025.

Non-Communicable (Chronic) Disease

Leading Cause of Death: Cancer
Death Rates, 2019-2023

From 2019-2023, the age-adjusted **death rate** due to **overall cancer** in **North Central Region decreased** from 114.0 to 110.8 per 100,000 residents.

Among North Central Region SRAs, **Kearny Mesa** had the **highest** age-adjusted **death rate** due to **overall cancer** (127.2 per 100,000) in 2023.

AGE-ADJUSTED DEATH RATES DUE TO **OVERALL CANCER** IN NORTH CENTRAL REGION BY SUBREGIONAL AREA (SRA), SAN DIEGO COUNTY, 2019-2023

*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.

Data Sources: California Department of Public Health 2019-2023 California Vital Records Business Intelligence System (VRBIS). SANDAG Population Estimates, 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025). 2022-2023 estimates were derived from the 2020 decennial census. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.

Non-Communicable (Chronic) Disease

2ⁿᵈ Leading Cause of Death: Heart Disease
Death Rates, 2019-2023

AGE-ADJUSTED DEATH RATES DUE TO
OVERALL HEART DISEASE IN NORTH CENTRAL REGION BY
SUBREGIONAL AREA (SRA), SAN DIEGO COUNTY, 2019-2023

From 2019-2023, the age-adjusted **death rate** due to **overall heart disease** in **North Central Region** **decreased** from 107.4 to 93.8 per 100,000 residents.

Among North Central Region SRAs, **Peninsula** had the **highest** age-adjusted **death rate** due to **overall heart disease** (106.1 per 100,000) in 2023.

*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
Data Sources: California Department of Public Health 2019-2023 California Vital Records Business Intelligence System (VRBIS). SANDAG Population Estimates, 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025). 2022-2023 estimates were derived from the 2020 decennial census. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.
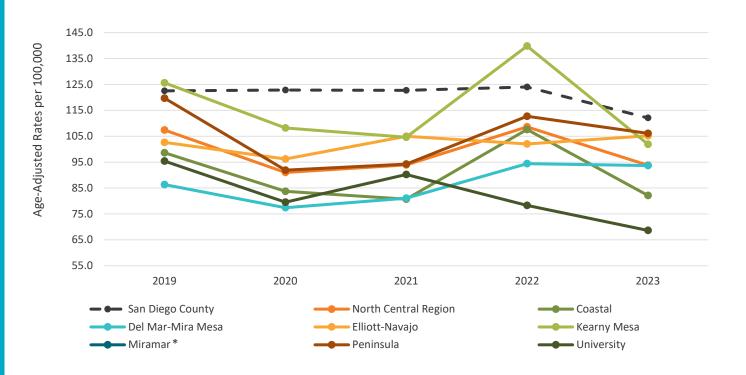
Non-Communicable (Chronic) Disease

3rd Leading Cause of Death: Stroke
Death Rates, 2019-2023

AGE-ADJUSTED DEATH RATES DUE TO **STROKE** IN
NORTH CENTRAL REGION BY SUBREGIONAL AREA (SRA),
SAN DIEGO COUNTY, 2019-2023

Legend: San Diego County, North Central Region, Coastal, Del Mar-Mira Mesa, Elliott-Navajo, Kearny Mesa, Miramar*, Peninsula, University

From 2019-2023, the age-adjusted **death rate** due to **stroke** in **North Central Region** **decreased** from 33.9 to 30.6 per 100,000 residents.

Among North Central Region SRAs**, Elliott-Navajo** had the **highest** age-adjusted **death rate** due to **stroke** (36.9 per 100,000) in 2023.

*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
Data Sources: California Department of Public Health 2019-2023 California Vital Records Business Intelligence System (VRBIS). SANDAG Population Estimates, 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025). 2022-2023 estimates were derived from the 2020 decennial census. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.
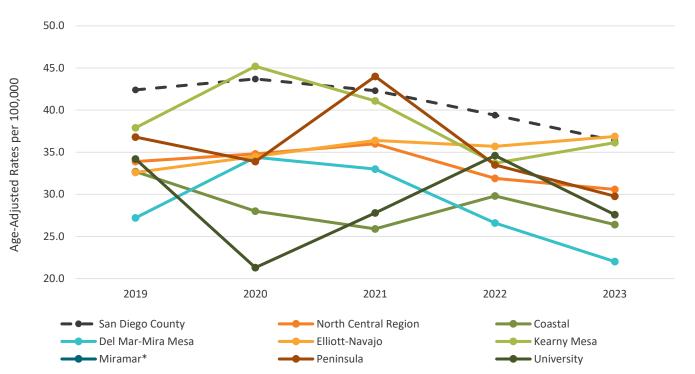Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.

Injury
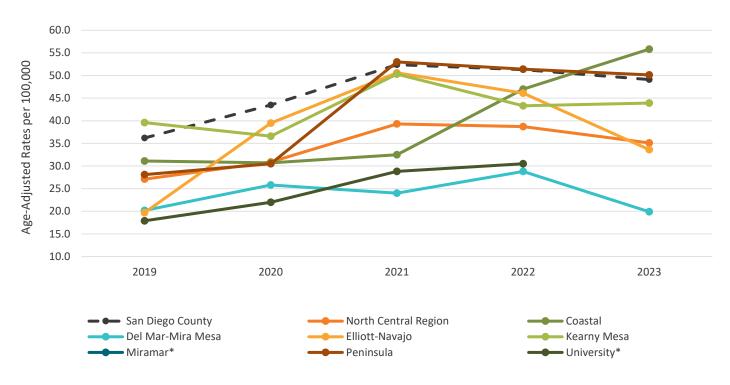
4th Leading Cause of Death: Unintentional Injuries
Death Rates, 2019-2023

From 2019-2023, the age-adjusted **death rate** due to **accidents/unintentional injuries** in **North Central Region increased** from 27.1 to 35.1 per 100,000 residents.

Among North Central Region SRAs, **Coastal** had the **highest** age-adjusted **death rate** due to **accidents/unintentional injuries** (55.8 per 100,000) in 2023.

AGE-ADJUSTED DEATH RATES DUE TO **ACCIDENTS/UNINTENTIONAL INJURIES** IN NORTH CENTRAL REGION BY SUBREGIONAL AREA (SRA), SAN DIEGO COUNTY, 2019-2023

Legend:
- San Diego County
- North Central Region
- Coastal
- Del Mar-Mira Mesa
- Elliott-Navajo
- Kearny Mesa
- Miramar*
- Peninsula
- University*

*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
Data Sources: California Department of Public Health 2019-2023 California Vital Records Business Intelligence System (VRBIS). SANDAG Population Estimates, 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025). 2022-2023 estimates were derived from the 2020 decennial census. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.

Non-Communicable (Chronic) Disease

Emergency Department (ED) Discharge Rates, 2018-2022

AGE-ADJUSTED ED DISCHARGE RATES DUE TO **ASTHMA** IN NORTH CENTRAL REGION BY SUBREGIONAL AREA (SRA), SAN DIEGO COUNTY, 2019-2023

From 2019-2023, the age-adjusted **emergency department (ED) discharge rate** due to **asthma** in **North Central Region** decreased from 177.3 to 169.5 per 100,000 residents.

Among North Central Region SRAs, **Kearny Mesa** had the **highest** age-adjusted **ED discharge rate** due to **asthma** (252.8 per 100,000) in 2023.

*Rates not calculated for fewer than 11 events prior to 2022. Starting in 2022, rates are suppressed for <20 events due to statistical instability.
Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2019-2023. SANDAG Population Estimates, 2019 (v5/2020), 2020, 2021 (v9/2022), 2022 (v11/2023), 2023 (v1/2025). 20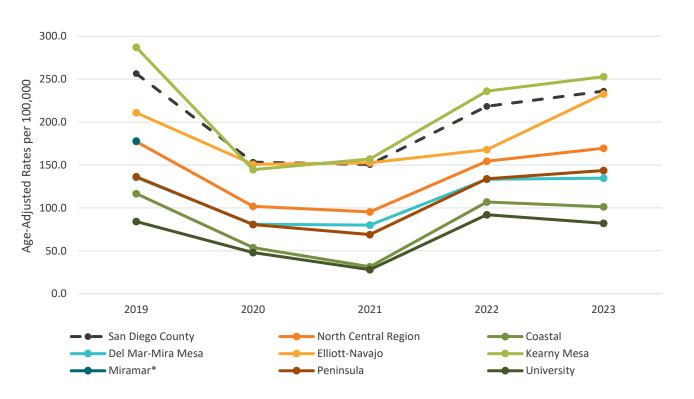22-2023 estimates were derived from the 2020 decennial census. Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.

Alzheimer's Disease and Non-Alzheimer's Dementia

Alzheimer's Disease: Mortality and Morbidity
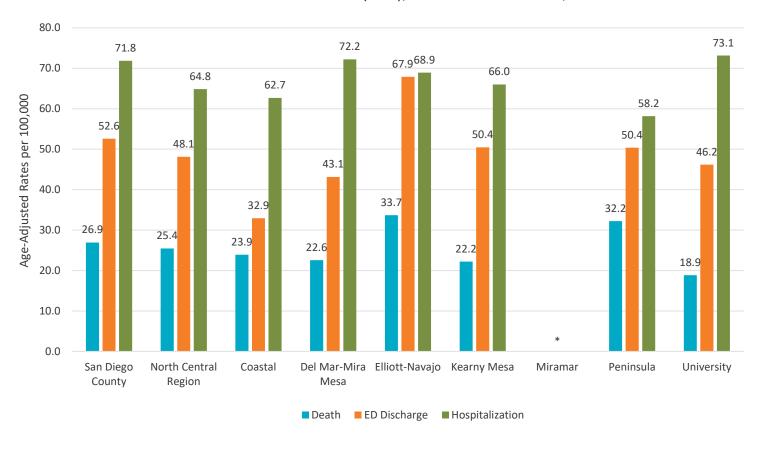
In 2023, the age-adjusted death rate due to Alzheimer's Disease in North Central Region was 25.4 per 100,000, slightly lower than San Diego County overall. Among North Central Region SRAs, Elliott-Navajo had the highest age-adjusted death rate due to Alzheimer's Disease (33.7 per 100,000 residents) in 2023.

In 2023, the age-adjusted Emergency Department (ED) discharge rate due to Alzheimer's Disease was lower in North Central Region (48.1 per 100,000) than in San Diego County overall. Among North Central Region SRAs, Elliott-Navajo had the highest age-adjusted ED discharge rate due to Alzheimer's Disease (67.9 per 100,000 residents) in 2023.

In 2023, the age-adjusted hospitalization rate due to Alzheimer's Disease in North Central Region (64.8 per 100,000) was lower than in San Diego County overall. Among North Central Region SRAs, University had the highest age-adjusted hospitalization rate due to Alzheimer's Disease (73.1 per 100,000 residents) in 2023.

AGE-ADJUSTED MORTALITY AND MORBIDITY RATES DUE TO **ALZHEIMER'S DISEASE** IN NORTH CENTRAL REGION BY SUBREGIONAL AREA (SRA), SAN DIEGO COUNTY, 2023

SRA	Death	ED Discharge	Hospitalization
San Diego County	26.9	52.6	71.8
North Central Region	25.4	48.1	64.8
Coastal	23.9	32.9	62.7
Del Mar-Mira Mesa	22.6	43.1	72.2
Elliott-Navajo	33.7	67.9	68.9
Kearny Mesa	22.2	50.4	66.0
Miramar		*	
Peninsula	32.2	50.4	58.2
University	18.9	46.2	73.1

*Rates are suppressed for <20 events due to statistical instability.

Non-Alzheimer's Dementia: Mortality and Morbidity
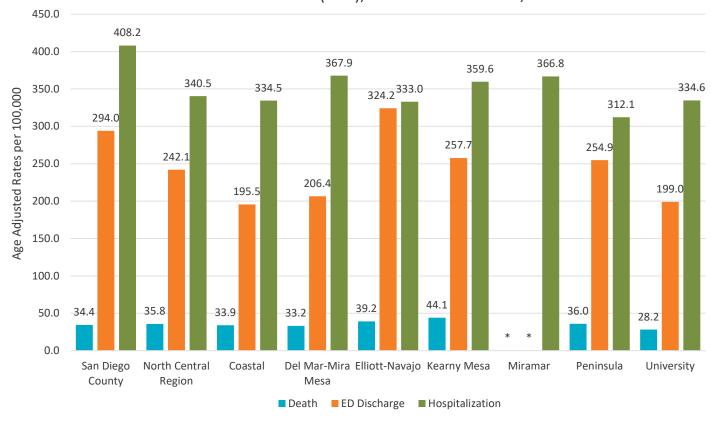
In 2023, the age-adjusted death rate due to Non-Alzheimer's Dementia was slightly higher in North Central Region (35.8 per 100,000) than in San Diego County overall. Among North Central Region SRAs, Kearny Mesa had the highest age-adjusted death rate due to Non-Alzheimer's Dementia (44.1 per 100,000 residents) in 2023.

In 2023, the age-adjusted Emergency Department (ED) discharge rate due to Non-Alzheimer's Dementia was lower in North Central Region (242.1 per 100,000) and its SRAs than in San Diego County overall, with the exception of Elliott-Navajo (324.2 per 100,000).

In 2023, the age-adjusted hospitalization rate due to Non-Alzheimer's Dementia was lower in North Central Region (340.5 per 100,000) and its SRAs than in San Diego County overall. Among North Central Region SRAs, Del Mar-Mira Mesa had the highest age-adjusted hospitalization rate due to Non-Alzheimer's Dementia (367.9 per 100,000 residents) in 2023.

AGE-ADJUSTED MORTALITY AND MORBIDITY RATES DUE TO **NON-ALZHEIMER'S DEMENTIA** IN NORTH CENTRAL REGION BY SUBREGIONAL AREA (SRA), SAN DIEGO COUNTY, 2023

SRA	Death	ED Discharge	Hospitalization
San Diego County	34.4	294.0	408.2
North Central Region	35.8	242.1	340.5
Coastal	33.9	195.5	334.5
Del Mar-Mira Mesa	33.2	206.4	367.9
Elliott-Navajo	39.2	324.2	333.0
Kearny Mesa	44.1	257.7	359.6
Miramar	*	*	366.8
Peninsula	36.0	254.9	312.1
University	28.2	199.0	334.6

*Rates are suppressed for <20 events due to statistical instability.
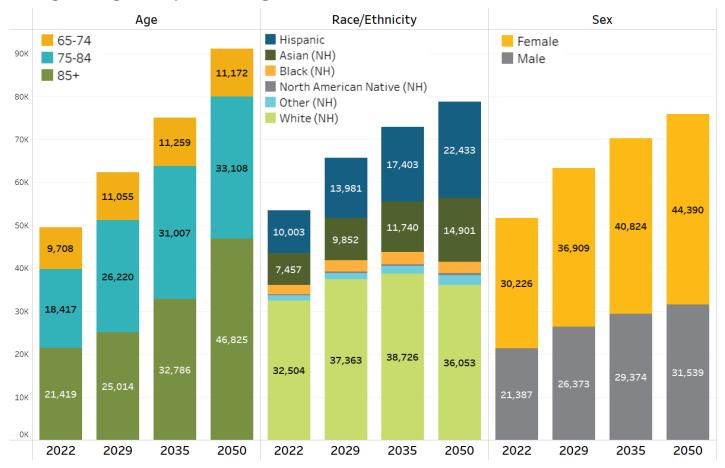
Alzheimer's Disease and Non-Alzheimer's Dementia Prevalence

Forecasted Prevalence of Alzheimer's Disease and Non-Alzheimer's Dementia
Among San Diego County Residents Ages 65+, 2022-2050

Age
- 65-74
- 75-84
- 85+

	2022	2029	2035	2050
65-74	9,708	11,055	11,259	11,172
75-84	18,417	26,220	31,007	33,108
85+	21,419	25,014	32,786	46,825

Race/Ethnicity
- Hispanic
- Asian (NH)
- Black (NH)
- North American Native (NH)
- Other (NH)
- White (NH)

	2022	2029	2035	2050
Hispanic	10,003	13,981	17,403	22,433
Asian (NH)	7,457	9,852	11,740	14,901
White (NH)	32,504	37,363	38,726	36,053

Sex
- Female
- Male

	2022	2029	2035	2050
Female	30,226	36,909	40,824	44,390
Male	21,387	26,373	29,374	31,539

NH: Non-Hispanic

- An estimated **49,500 to 53,500** individuals aged 65 and older were living with Alzheimer's disease or non-Alzheimer's dementia in San Diego County in 2022.

- Alzheimer's disease and non-Alzheimer's dementia are more prevalent as individuals age and are most common among non-Hispanic White and female residents.

- **By 2050**, there could be **76,000 to 91,000** individuals in the county living with Alzheimer's disease or non-Alzheimer's dementia.

Unpaid Caregivers

In 2022, there were an estimated

94,500 to 102,000

unpaid caregivers

of people with Alzheimer's disease or non-Alzheimer's dementia in San Diego County.

Unpaid caregivers play a critical role in supporting people with Alzheimer's disease and non-Alzheimer's dementia. Often being family members or friends, caregivers juggle caregiving with careers and other responsibilities, leading to stress, burnout, and financial strain.

Providing caregivers with resources and support services helps their well-being and strengthens their ability to provide quality care.

128.3 to 138.6 million
hours of unpaid care

Valued at
$3.0 to $3.3 billion

Alzheimer's Association. (2025). 2025 Alzheimer's Disease Facts and Figures. https://www.alz.org/getmedia/ef8f48f9-ad36-48ea-87f9-b74034635c1e/alzheimers-facts-and-figures.pdf. California estimates were applied to San Diego County prevalence estimates.

Dementia Resources

Community members
- Dementia Friends sessions
- Dementia Friendly Activities Toolkit
- Caregiver Handbook

Healthcare providers
- Physician Guidelines
- On-Demand CME Webinars

Service providers
- Sector guides and trainings

THE ALZHEIMER'S Project
San Diego unites for a cure and care

Physician Guidelines for the Screening, Evaluation, and Management of Alzheimer's Disease and Related Dementias

Created By The Alzheimer's Project Clinical Roundtable
June 2024 | Fourth Edition

Get Connected

Dementia & Brain Health Team

- 3rd Tuesday of every other month, 10:30am – 12:00pm
- 2025 meetings: 5/20, 7/15, 9/16, 11/18
- Lead: Rachel.Lehnert@sdcounty.ca.gov

Helpful links:

https://championsforhealth.org/alzheimers

https://www.livewellsd.org/dementia

https://www.sdalzheimersproject.org

https://www.sandiegoimperialgwep.com

Youth
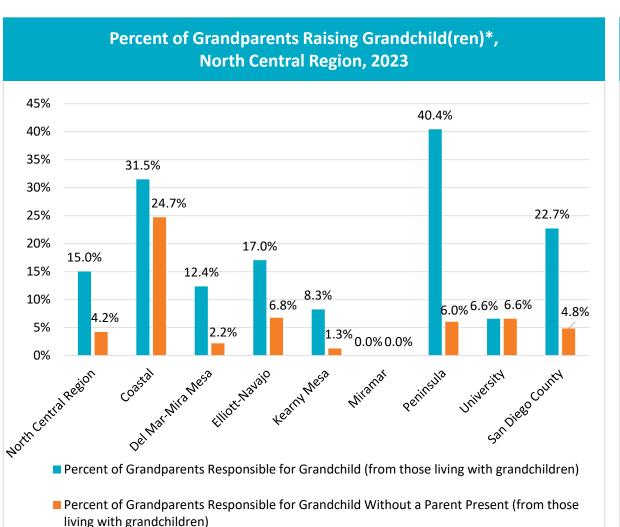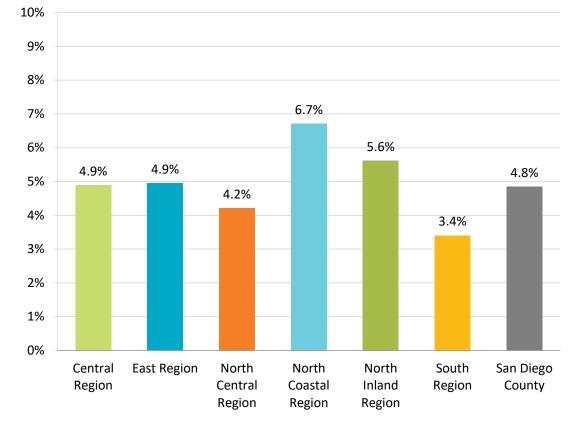
Grandparents Raising Grandchildren

Percent of Grandparents Raising Grandchild(ren)*, North Central Region, 2023

Percent of Grandparents Responsible for Grandchild (from those living with grandchildren):
- North Central Region: 15.0%
- Coastal: 31.5%
- Del Mar-Mira Mesa: 12.4%
- Elliott-Navajo: 17.0%
- Kearny Mesa: 8.3%
- Miramar: 0.0%
- Peninsula: 40.4%
- University: 6.6%
- San Diego County: 22.7%

Percent of Grandparents Responsible for Grandchild Without a Parent Present (from those living with grandchildren):
- North Central Region: 4.2%
- Coastal: 24.7%
- Del Mar-Mira Mesa: 2.2%
- Elliott-Navajo: 6.8%
- Kearny Mesa: 1.3%
- Miramar: 0.0%
- Peninsula: 6.0%
- University: 6.6%
- San Diego County: 4.8%

Percent of Grandparent 30 Years and Older Raising Grandchild(ren)* Without Parent Present by HHSA Region, 2023

- Central Region: 4.9%
- East Region: 4.9%
- North Central Region: 4.2%
- North Coastal Region: 6.7%
- North Inland Region: 5.6%
- South Region: 3.4%
- San Diego County: 4.8%

*Grandparent raising own grandchildren under 18 years in households out of households with grandparents living with grandparents.
Source: U.S. Census Bureau, 2019-2023 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, 2025

Household Types

Single Parent Households from Households with Own Children Under 18 by North Central Region SRA, 2023

Region	Percent
North Central Region	19.9%
Coastal	20.9%
Del Mar-Mira Mesa	15.0%
Elliott-Navajo	17.3%
Kearny Mesa	26.4%
Miramar	18.3%
Peninsula	21.2%
University	25.0%
San Diego County	25.5%

Percent of Single Parent Households by HHSA Region, 2023

Region	Percent
Central Region	37.1%
East Region	27.0%
North Central Region	19.9%
North Coastal Region	22.9%
North Inland Region	22.2%
South Region	29.0%
San Diego County	25.5%

School Enrollment by Grade Level

School Enrollment by Grade level, North Central Region, San Diego County, 2023

School Enrollment by Grade Level, by HHSA Region, 2023

Legend (both charts): Nursery School or Preschool • Kindergarten • Grade 1 to 4 • Grade 5 to 8 • Grade 9 to 12 • College, Undergraduate • Graduate, Professional School

Source: U.S. Census Bureau, 2019-2023 American Community Survey 5-Year Estimates, *Table S1401.*
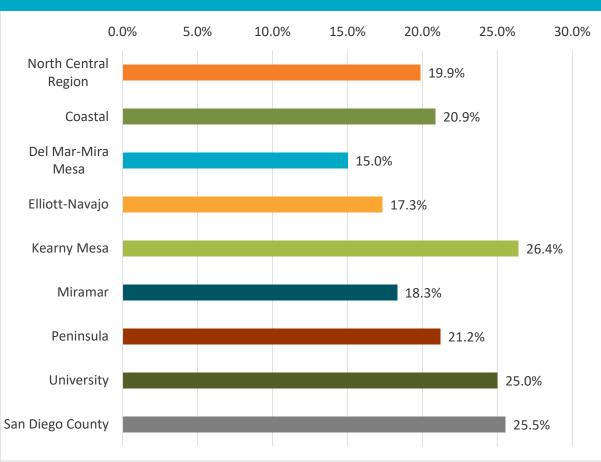Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2025.
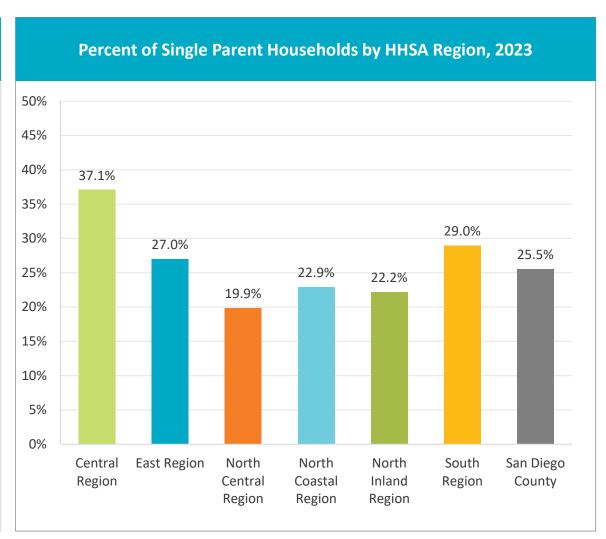
School Enrollment by Type
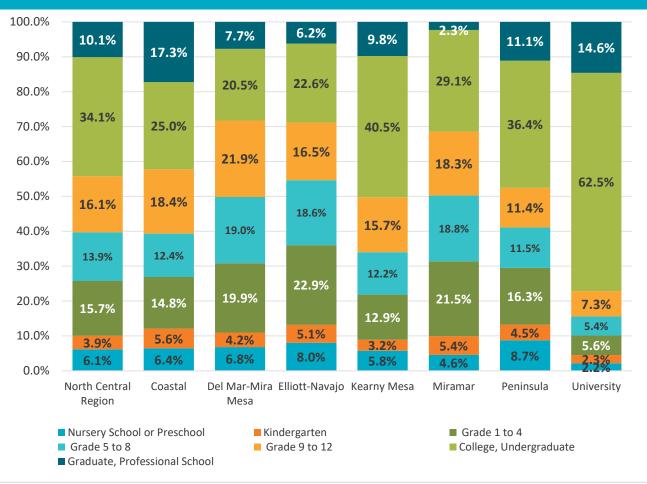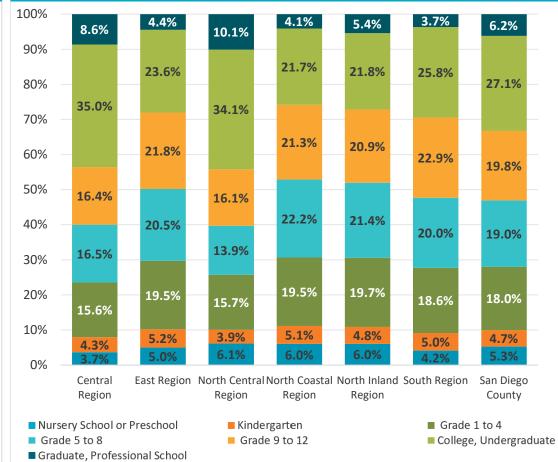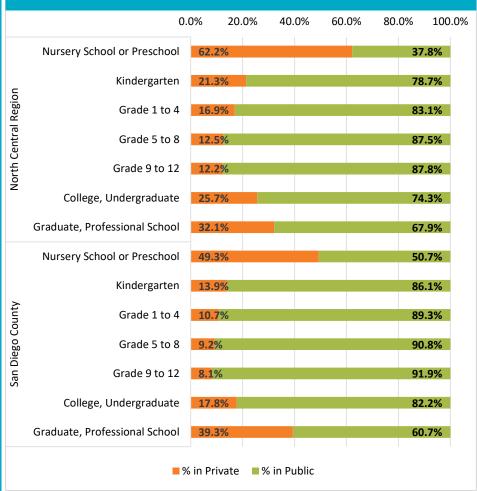
School Enrollment by Type of School, North Central Region, San Diego County, 2023

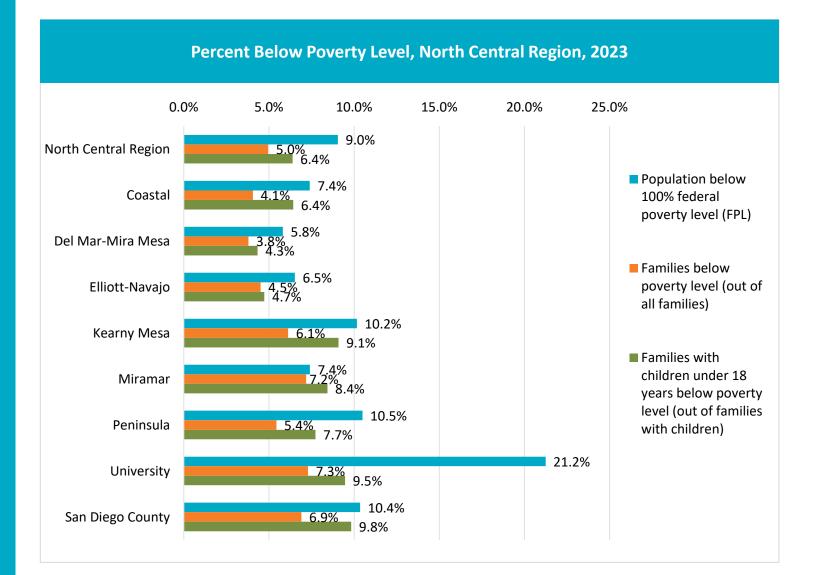Chart: School Enrollment by Type of School, North Central Region, San Diego County, 2023

North Central Region
- Nursery School or Preschool: 62.2% Private / 37.8% Public
- Kindergarten: 21.3% Private / 78.7% Public
- Grade 1 to 4: 16.9% Private / 83.1% Public
- Grade 5 to 8: 12.5% Private / 87.5% Public
- Grade 9 to 12: 12.2% Private / 87.8% Public
- College, Undergraduate: 25.7% Private / 74.3% Public
- Graduate, Professional School: 32.1% Private / 67.9% Public

San Diego County
- Nursery School or Preschool: 49.3% Private / 50.7% Public
- Kindergarten: 13.9% Private / 86.1% Public
- Grade 1 to 4: 10.7% Private / 89.3% Public
- Grade 5 to 8: 9.2% Private / 90.8% Public
- Grade 9 to 12: 8.1% Private / 91.9% Public
- College, Undergraduate: 17.8% Private / 82.2% Public
- Graduate, Professional School: 39.3% Private / 60.7% Public

■ % in Private   ■ % in Public

School Enrollment by Type of School, North Central Region, San Diego County, 2023

Geography	Nursery School or Preschool		Kindergarten		Grade 1 to 4		Grade 5 to 8		Grade 9 to 12		College, Undergraduate		Graduate, Professional School	
	% 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	62.2%	37.8%	21.3%	78.7%	16.9%	83.1%	12.5%	87.5%	12.2%	87.8%	25.7%	74.3%	32.1%	67.9%
Coastal	64.0%	36.0%	28.5%	71.5%	35.0%	65.0%	35.0%	65.0%	37.0%	63.0%	24.5%	75.5%	34.8%	65.2%
Del Mar-Mira Mesa	65.8%	34.2%	17.4%	82.6%	17.0%	83.0%	12.8%	87.2%	11.7%	88.3%	10.5%	89.5%	38.9%	61.1%
Elliott-Navajo	57.6%	42.4%	22.3%	77.7%	14.1%	85.9%	6.3%	93.7%	7.5%	92.5%	16.2%	83.8%	35.6%	64.4%
Kearny Mesa	49.3%	50.7%	16.9%	83.1%	11.6%	88.4%	9.5%	90.5%	8.8%	91.2%	38.4%	61.6%	33.4%	66.6%
Miramar	44.4%	55.6%	22.6%	77.4%	8.0%	92.0%	43.0%	57.0%	7.2%	92.8%	23.3%	76.7%	52.2%	47.8%
Peninsula	79.4%	20.6%	32.3%	67.7%	18.7%	81.3%	16.2%	83.8%	6.6%	93.4%	48.8%	51.2%	46.8%	53.2%
University	73.2%	26.8%	19.8%	80.2%	20.9%	79.1%	4.8%	95.2%	9.4%	90.6%	16.3%	83.7%	14.4%	85.6%
San Diego County	49.3%	50.7%	13.9%	86.1%	10.7%	89.3%	9.2%	90.8%	8.1%	91.9%	17.8%	82.2%	39.3%	60.7%

Source: U.S. Census Bureau, 2019-2023 American Community Survey 5-Year Estimates, *Table* B14002.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2025.

Family Poverty

Percent Below Poverty Level, North Central Region, 2023

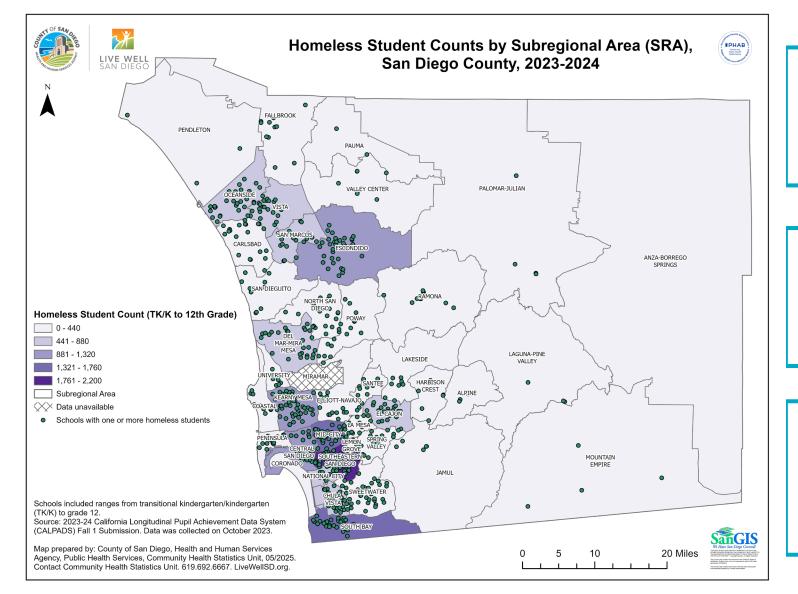| Region	Population below 100% federal poverty level (FPL)	Families below poverty level (out of all families)	Families with children under 18 years below poverty level (out of families with children)
North Central Region	9.0%	5.0%	6.4%
Coastal	7.4%	4.1%	6.4%
Del Mar-Mira Mesa	5.8%	3.8%	4.3%
Elliott-Navajo	6.5%	4.5%	4.7%
Kearny Mesa	10.2%	6.1%	9.1%
Miramar	7.4%	7.2%	8.4%
Peninsula	10.5%	5.4%	7.7%
University	21.2%	7.3%	9.5%
San Diego County	10.4%	6.9%	9.8%

Poverty in North Central Region

- In North Central Region, 6.4% of families with children under 18 were living below the Federal Poverty Level (FPL) in 2023.

- Among North Central Region SRAs, University SRA had the greatest proportion of families with children under 18 living below the FPL (9.5%) in 2023.

- Among North Central Region SRAs, University SRA had the greatest proportion of population living below the FPL (21.2%) in 2023.

Source: U.S. Census Bureau, 2019-2023 American Community Survey 5-Year Estimates, Table B17024, B17010.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2025.

Youth Experiencing Homelessness

Homeless Student Counts by Subregional Area (SRA), San Diego County, 2023-2024

Homeless Student Count (TK/K to 12th Grade)
- 0 - 440
- 441 - 880
- 881 - 1,320
- 1,321 - 1,760
- 1,761 - 2,200
- Subregional Area
- Data unavailable
- • Schools with one or more homeless students

Schools included ranges from transitional kindergarten/kindergarten (TK/K) to grade 12.
Source: 2023-24 California Longitudinal Pupil Achievement Data System (CALPADS) Fall 1 Submission. Data was collected on October 2023.

Map prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 05/2025. Contact Community Health Statistics Unit. 619.692.6667. LiveWellSD.org.

Overall, there were **2,336** 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** (942) and **Del Mar-Mira Mesa** (708) had the most homeless students, compared to the other SRAs within the region.

Leading Causes of Death – Youth

2023 Leading Causes of Death[1,2] Among San Diego County Residents Aged 10-19

Rank	Leading Cause of Death	Death Count	%
1	Accidents/Unintentional Injuries	36	39.1%
2	Intentional Self-Harm (Suicide)	21	22.8%
3	Malignant Neoplasms	12	13.0%
4	§	§	§
5	§	§	§
6	§	§	§
7	§	§	§
8	§	§	§
9	§	§	§
10	§	§	§
11	§	§	§
12	§	§	§
13	§	§	§
14	§	§	§
15	§	§	§
16	All other causes (not rankable)	11	12.0%
Total Deaths[3]		**92**	**100.0%**

In 2023, there were **92** deaths among San Diego County residents aged 10-19.

- In 2023, the leading causes of death among residents aged 10-19 in San Diego County were:

  - Accidents/Unintentional Injuries

  - Intentional Self-Harm (Suicide)

  - Cancer (Malignant Neoplasms)

[1] 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 for San Diego County residents for 2023.
[2] Cause of death is based on the underlying cause of death reported on death certificates as classified by ICD-10 codes. [3] 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.

Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included. 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, 2025.
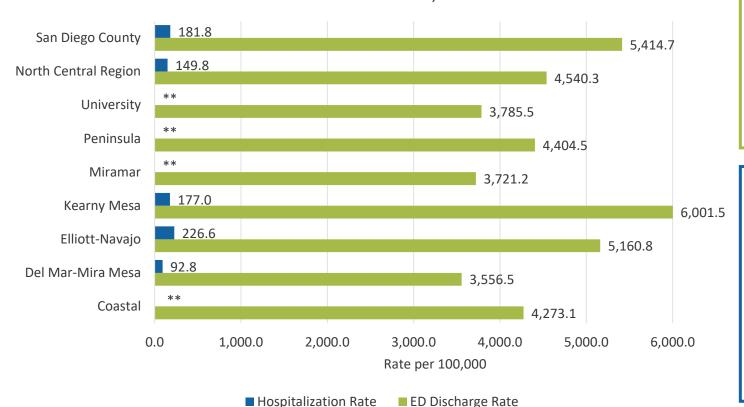
Accidents/Unintentional Injuries Among Youth

Emergency Department (ED) Discharge and Hospitalization Rates, 2023

EMERGENCY DEPARTMENT (ED) DISCHARGE AND HOSPITALIZATION RATES DUE TO **ACCIDENTS/UNINTENTIONAL INJURIES** AMONG YOUTH AGED 10-19 IN NORTH CENTRAL REGION BY SUBREGIONAL AREA (SRA), SAN DIEGO COUNTY, 2023

SRA	Hospitalization Rate	ED Discharge Rate
San Diego County	181.8	5,414.7
North Central Region	149.8	4,540.3
University	**	3,785.5
Peninsula	**	4,404.5
Miramar	**	3,721.2
Kearny Mesa	177.0	6,001.5
Elliott-Navajo	226.6	5,160.8
Del Mar-Mira Mesa	92.8	3,556.5
Coastal	**	4,273.1

Rate per 100,000

■ Hospitalization Rate   ■ ED Discharge Rate

In 2023, **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, with the exception of Kearny Mesa SRA. Among North Central Region SRAs, **Kearny Mesa** had the **highest ED discharge** rate due to **accidents/unintentional injuries** among residents aged 10-19 (6,001.5 per 100,000) in 2023.

In 2023, 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, with the exception of Elliott-Navajo SRA. Among North Central Region SRAs, **Elliott-Navajo** had the **highest hospitalization** rate due to **accidents/unintentional injuries** among residents aged 10-19 (226.6 per 100,000) in 2023.
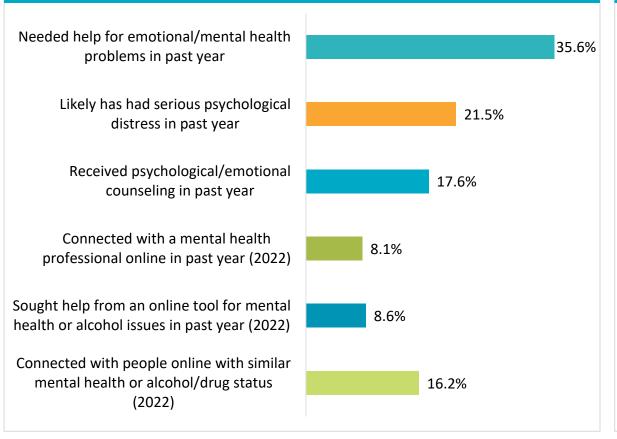
Mental Health - Teens

Mental Health Survey Responses, Teens ages 12-17, San Diego County, 2022-2023

Needed help for emotional/mental health problems in past year — 35.6%

Likely has had serious psychological distress in past year — 21.5%

Received psychological/emotional counseling in past year — 17.6%

Connected with a mental health professional online in past year (2022) — 8.1%

Sought help from an online tool for mental health or alcohol issues in past year (2022) — 8.6%

Connected with people online with similar mental health or alcohol/drug status (2022) — 16.2%

Main Reasons for not Getting Help Online, Teens* aged 12-17, San Diego County, 2021-2022

- 16.8%
- 10.2%
- 4.9%
- 67.6%

Legend:
- Got better on own or had face to face services
- Wanted to handle problem on own
- Accessibility or privacy issues**
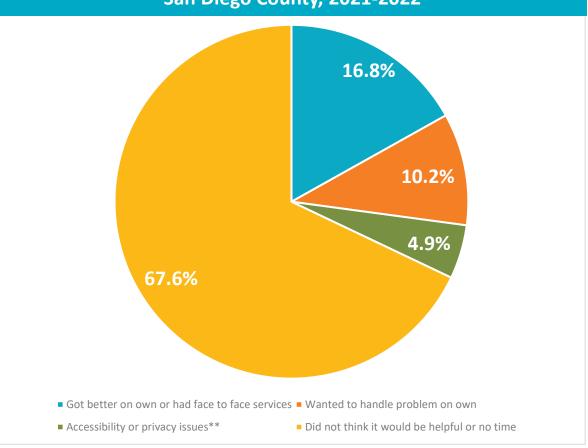- Did not think it would be helpful or no time

*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. 2021-2023 California Health Interview Survey. http://www.ask.chis.ucla.edu. Accessed April 24, 2025.
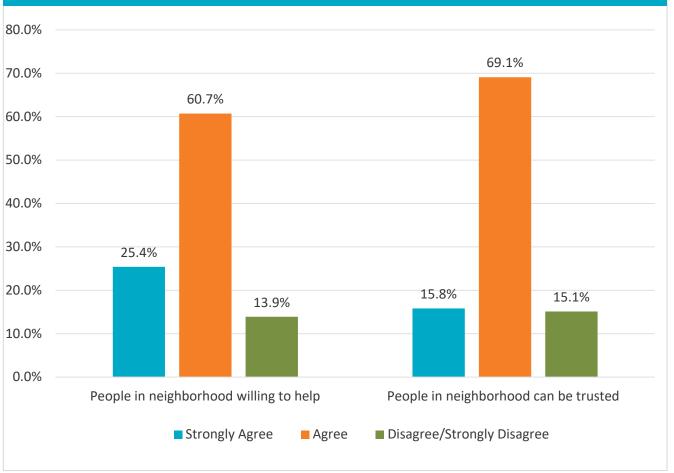Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2025.
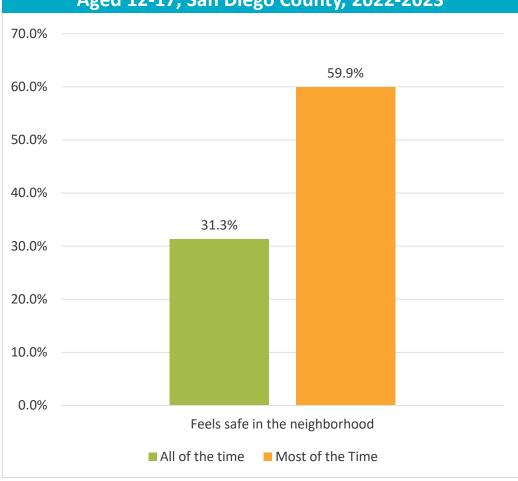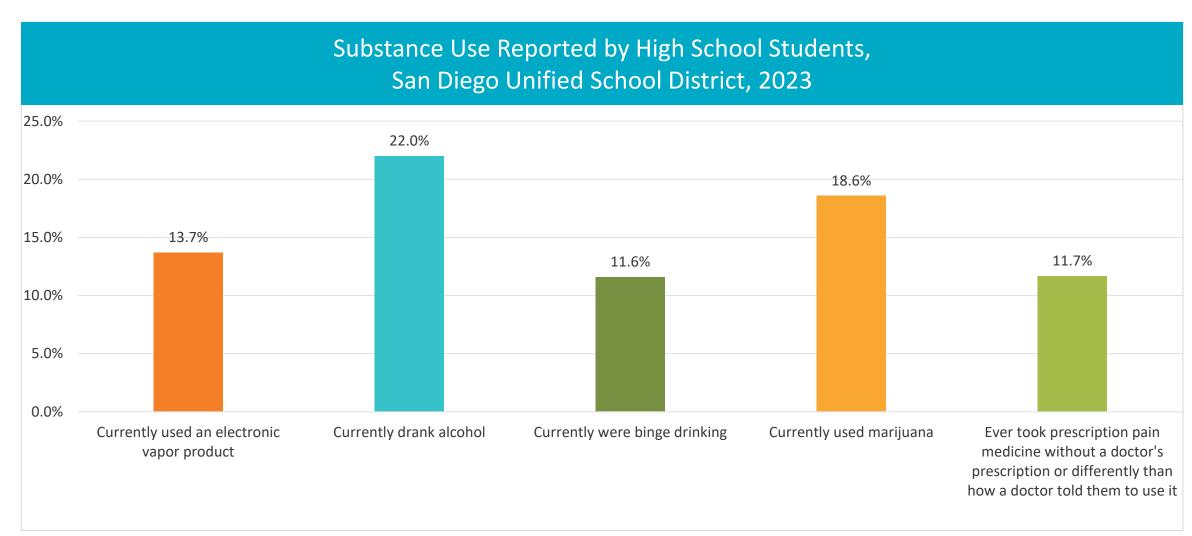
Neighborhood Safety - Teens

Perception of Neighbors Among Teens Aged 12-17, San Diego County, 2022-2023

- **Strongly Agree**
- **Agree**
- **Disagree/Strongly Disagree**

People in neighborhood willing to help: 25.4%, 60.7%, 13.9%
People in neighborhood can be trusted: 15.8%, 69.1%, 15.1%

Perceived Neighborhood Safety Among Teens Aged 12-17, San Diego County, 2022-2023

Feels safe in the neighborhood
- **All of the time**: 31.3%
- **Most of the Time**: 59.9%

Substance Use – Youth

Substance Use Reported by High School Students,
San Diego Unified School District, 2023

Category	Percentage
Currently used an electronic vapor product	13.7%
Currently drank alcohol	22.0%
Currently were binge drinking	11.6%
Currently used marijuana	18.6%
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	11.7%
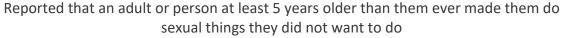
Adverse Childhood Experiences – Youth

Adverse Childhood Experiences (ACEs) Reported by High School Students, San Diego Unified School District, 2023

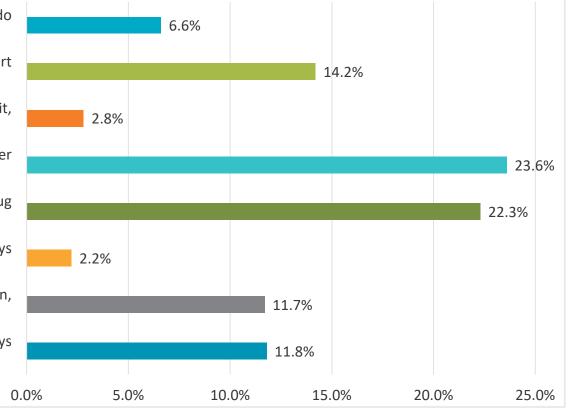| Category	Percentage
Reported that an adult or person at least 5 years older than them ever made them do sexual things they did not want to do	6.6%
Reported that a parent or other adult in their home hit, beat, kicked, or physically hurt them in any way one or more times	14.2%
Reported that a parent or other adult in their home most of the time or always hit, beat, kicked, or physically hurt them in any way	2.8%
Ever lived with a parent or guardian who had severe depression, anxiety, or another mental illness, or was suicidal	23.6%
Ever lived with a parent or guardian who was having a problem with alcohol or drug use	22.3%
Reported that their parents or other adults in their home most of the time or always slapped, hit, kicked, punched, or beat each other up	2.2%
Have ever been separated from a parent or guardian because they went to jail, prison, or a detention center	11.7%
Reported that a parent or other adult in their home most of the time or always insulted them or put them down	11.8%
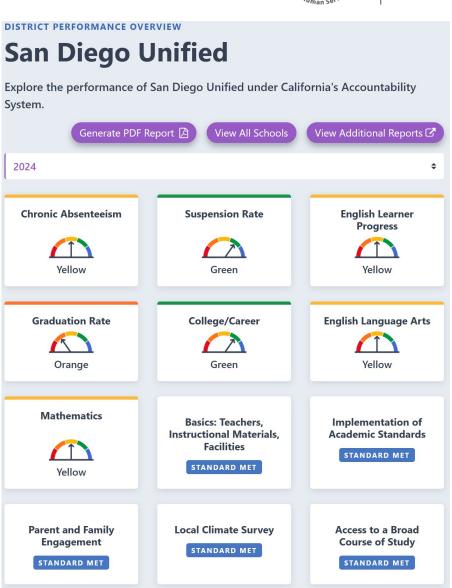
California School Dashboards

- 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

Survey Data – California Healthy Interview Survey (CHIS)

Food Insecurity Among Adults with Income Less than 200% Federal Poverty Level, San Diego County, 2019-2023

Region	Percentage
San Diego County	33.9%
Central	30.9%
East	41.3%
North Central	33.4%
North Coastal	38.4%
North Inland	31.3%
South	29.8%

Food Insecurity in North Central Region
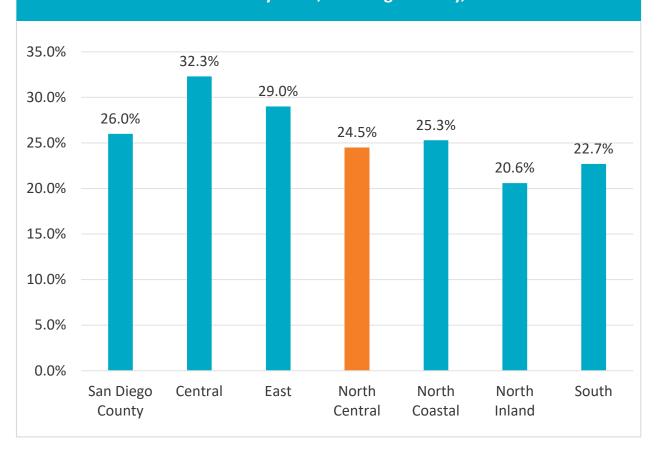
- On average, over 1 in 3 adults with income less than 200% Federal Poverty Level (FPL) reported having an inability to afford enough food in North Central Region between 2019-2023.

- North Central Region had the third 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 2019-2023.

Food Stamps

Population Currently Receiving Food Stamps Among Households at or Below 200% Federal Poverty Level, San Diego County, 2019-2023

Region	Percentage
San Diego County	26.0%
Central	32.3%
East	29.0%
North Central	24.5%
North Coastal	25.3%
North Inland	20.6%
South	22.7%

Food Stamps in North Central Region
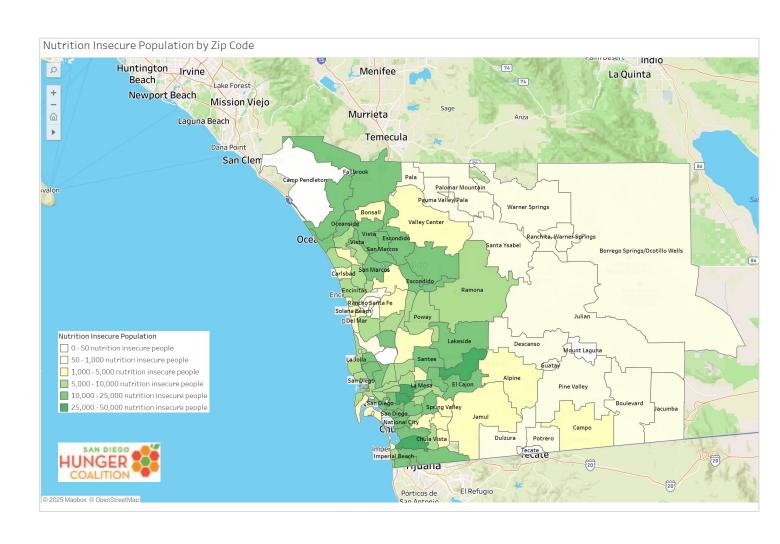
- On average, nearly 1 in 4 (24.5%) households with income at or below 200% FPL reported receiving food stamps in North Central Region between 2019-2023.

- 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 2019-2023.

Hunger Coalition Data

- In December 2024, San Diego Hunger Coalition estimated 25% 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

Nutrition Insecure Population by Zip Code

Nutrition Insecure Population
- 0 - 50 nutrition insecure people
- 50 - 1,000 nutrition insecure people
- 1,000 - 5,000 nutrition insecure people
- 5,000 - 10,000 nutrition insecure people
- 10,000 - 25,000 nutrition insecure people
- 25,000 - 50,000 nutrition insecure people

© 2025 Mapbox © OpenStreetMap

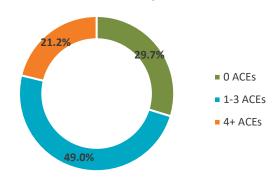# Adverse Childhood Experiences (ACEs) Reported by Adults
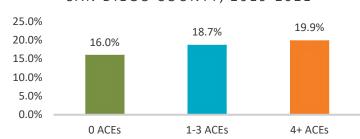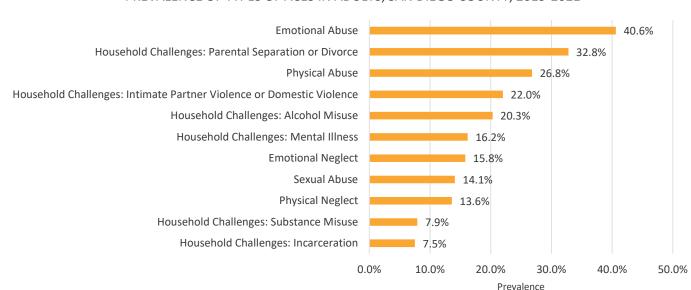
DISTRIBUTION OF ACES SCORES IN SAN DIEGO COUNTY, 2019-2023

- 0 ACEs: 29.7%
- 1-3 ACEs: 49.0%
- 4+ ACEs: 21.2%

Legend:
- 0 ACEs
- 1-3 ACEs
- 4+ ACEs
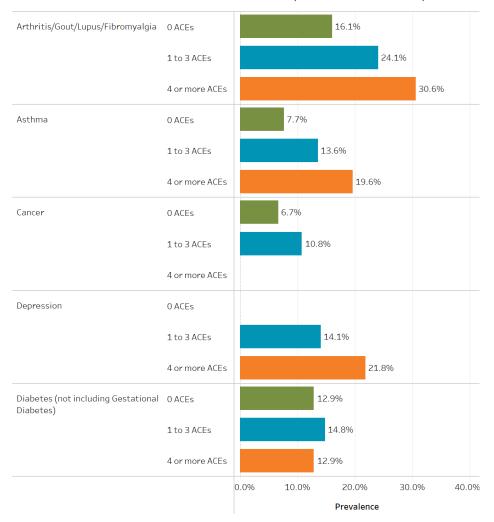
PERCENTAGE OF POPULATION THAT REPORTED FAIR OR POOR GENERAL HEALTH BY ACES SCORE, SAN DIEGO COUNTY, 2019-2021

ACES Score	Percentage
0 ACEs	16.0%
1-3 ACEs	18.7%
4+ ACEs	19.9%

PREVALENCE OF TYPES OF ACES IN ADULTS, SAN DIEGO COUNTY, 2019-2021

Type	Prevalence
Emotional Abuse	40.6%
Household Challenges: Parental Separation or Divorce	32.8%
Physical Abuse	26.8%
Household Challenges: Intimate Partner Violence or Domestic Violence	22.0%
Household Challenges: Alcohol Misuse	20.3%
Household Challenges: Mental Illness	16.2%
Emotional Neglect	15.8%
Sexual Abuse	14.1%
Physical Neglect	13.6%
Household Challenges: Substance Misuse	7.9%
Household Challenges: Incarceration	7.5%

HEALTH CONDITION PREVALENCE BY ACES SCORE, SAN DIEGO COUNTY, 2019-2021

Condition	ACES Score	Prevalence
Arthritis/Gout/Lupus/Fibromyalgia	0 ACEs	16.1%
	1 to 3 ACEs	24.1%
	4 or more ACEs	30.6%
Asthma	0 ACEs	7.7%
	1 to 3 ACEs	13.6%
	4 or more ACEs	19.6%
Cancer	0 ACEs	6.7%
	1 to 3 ACEs	10.8%
	4 or more ACEs	
Depression	0 ACEs	
	1 to 3 ACEs	14.1%
	4 or more ACEs	21.8%
Diabetes (not including Gestational Diabetes)	0 ACEs	12.9%
	1 to 3 ACEs	14.8%
	4 or more ACEs	12.9%

All Drug Overdoses and Suicide

Death Rates, 2023

AGE-ADJUSTED DEATH RATES DUE TO **ALL DRUG OVERDOSES** AND **SUICIDE** IN NORTH CENTRAL REGION BY SUBREGIONAL AREA (SRA), SAN DIEGO COUNTY, 2023

Chart data — Age-Adjusted Rates per 100,000:

SRA	All Drug Overdoses	Suicide
San Diego County	27.3	10.4
North Central Region	18.7	10.5
Coastal	28.1	*
Del Mar-Mira Mesa	*	*
Elliott-Navajo	*	*
Kearny Mesa	26.2	13.1
Miramar	*	*
Peninsula	*	*
University	*	*

Legend: ■ All Drug Overdoses ■ Suicide

In 2023, the age-adjusted **death rate** due to **all drug overdoses** was **lower** in **North Central Region** (18.7 per 100,000) than in San Diego County overall. Among North Central Region SRAs, **Coastal SRA** had the **highest** age-adjusted **death rate** due to **all drug overdoses** (28.1 per 100,000) in 2023.

In 2023, the age-adjusted **death rate** due to **suicide** in **North Central Region** (10.5 per 100,000) was **similar** to San Diego County. Among North Central Region SRAs, **Kearny Mesa** had the **highest** age-adjusted **death rate** due to **suicide** (13.1 per 100,000) in 2023.

*Rates are suppressed for <20 events.
Data Sources: California Department of Public Health, 2023 California Vital Records Business Intelligence System (VRBIS). SANDAG Population Estimates, 2023 (v1/2025). 2023 estimates were derived from the 2020 decennial census. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.

Survey Data – Adults

Mental and Emotional Health Among Adults in North Central Region, San Diego County, 2022-2023

Category	San Diego County	North Central Region
Needed help for emotional/mental health problems or use of alcohol/drugs (2023)	25.6%	29.2%
Sought help from online tool for mental health or alcohol (2022)	8.6%	8.9%
Visited a professional for mental/drug/alcohol issues 1 or more times in the past year (2023)	17.1%	17.4%
Likely has had serious psychological distress during past year (2023)	13.0%	11.8%

■ San Diego County ■ North Central Region

Main Reasons for not Getting Help Online Among Adults* in North Central Region, San Diego County, 2020-2022

	North Central Region	San Diego County
■ Other	19.8%	24.4%
■ Do not think I needed it	8.7%	10.9%
■ Received traditional/Face to face services	38.2%	30.9%
■ Do not think it would be helpful/Do not have the time	19.8%	19.8%
■ Do not trust apps/Concerns about privacy and security	8.4%	8.7%
■ Got better/No longer needed	5.1%	5.3%

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

In North Central Region, 29.2% of adults reported that they needed help for emotional/mental health problems or use of alcohol/drugs in 2023. However, 17.4% 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.

Housing Insecurity and Homelessness
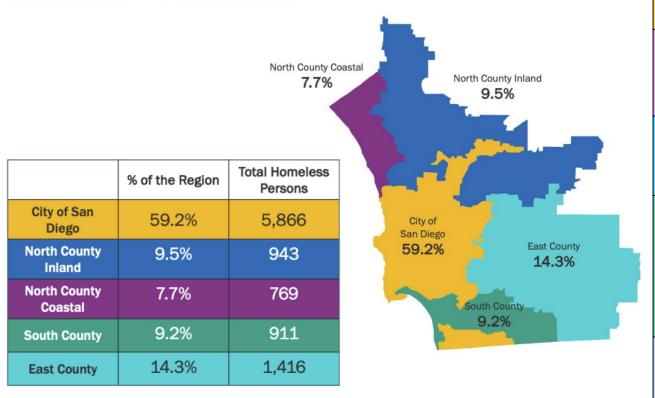
2025 Point-In-Time Data

Regional Breakdown
SHELTERED + UNSHELTERED

	% of the Region	Total Homeless Persons
City of San Diego	59.2%	5,866
North County Inland	9.5%	943
North County Coastal	7.7%	769
South County	9.2%	911
East County	14.3%	1,416

North County Coastal 7.7%

North County Inland 9.5%

City of San Diego 59.2%

East County 14.3%

South County 9.2%

Region	City	2025 Sheltered				2025 Unsheltered	2024 Unsheltered	2024-25 Unsheltered Change
		ES	TH	SH	Total	Total Unsheltered	Total Unsheltered	% Change
Central Region	San Diego City	2038	432	42	2512	3,354	3,489	-3.9%
North Coastal Region	Carlsbad	42	0	17	59	101	112	-9.8%
	Oceanside	79	77	0	156	318	361	-11.9%
	Encinitas (San Dieguito, Solana Beach & Del Mar)	29	15	0	44	91	123	-26%
South Region	Coronado	0	0	0	0	1	0	N/A
	National City	139	5	0	144	135	174	-22.4%
	Chula Vista (Sweetwater)	83	61	0	144	470	503	-6.6%
	Imperial Beach	0	0	0	0	17	20	-15%
East Region	El Cajon	309	386	0	695	344	283	21.6%
	La Mesa	4	5	0	9	52	53	-1.9%
	Lemon Grove	0	0	0	0	110	111	-0.9%
	Santee	0	0	0	0	53	73	-27.4%
	Alpine (Crest-Dehesa)*	0	0	0	0	0	0	0
	Lakeside*	0	0	0	0	47	52	-9.6%
	Spring Valley (Casa de Oro)*	0	0	0	0	106	129	-17.8%
North Inland Region	Escondido (NC Metro & Hidden Meadows)	195	28	8	231	307	401	-23.4%
	Vista (Bonsall)	65	56	0	121	144	170	-15.3%
	Poway	0	0	0	0	9	1	800%
	Fallbrook*	76	0	0	76	16	7	128.6%
	San Marcos	0	0	0	0	30	35	-14.3%
	Ramona*	0	0	0	0	9	13	-30.8%
	TOTAL				4,191	5,714	6,110	-6.5%

*Regions with an asterisk represent unincorporated regions.

COUNTY OF SAN DIEGO Health and Human Services Agency | LIVE WELL SAN DIEGO

2025 Point-In-Time Data

City of San Diego			
Emergency Shelter	Safe Haven	Transitional Housing	Unsheltered
2,038	42	432	3,354*
Total: 5,866			

*Includes Caltrans count of 179, Safe Sleeping of 565 and Safe Parking of 279.

Homeless Profile	% of Unsheltered Persons*	# of Homeless Persons	%Sheltered Persons*	#Sheltered Persons
Veteran	7%	243	5%	129
Families	1%	34	22%	545
Youth	7%	246	24%	602
Chronically Homeless	48%	1,616	35%	869

*Percentages rounded to nearest whole number

Housing Inventory	Beds	Utilization
Emergency Shelter	2,472	82%
Safe Haven	45	93%
Transitional Housing	609	71%
Permanent Supportive Housing	6,841	83%
Rapid Re-Housing	1,514	100%
Other Permanent Housing	1,917	86%

2023 to 2024 Changes			2024-2025 Overall Change
	2024 Total	2025 Total	
Region	Total	Total	% of Total
City of San Diego	6,783	5,866	-13.5%

	2024 Unsheltered	2025 Unsheltered	2024-2025 Unsheltered Change
Region	Count	Count	% of Total
City of San Diego	3,489	3,354	-3.9%

	2024 Sheltered			2025 Sheltered	2024-2025 Sheltered Change
Region	ES	TH	SH	Total	Total	% of Total
City of San Diego	2,650	588	56	3,294	2,512	-23.7%

2025 Sheltered Count breakdown by Project Type		
ES	TH	SH
2,038	432	42

2022 Emergency Department Discharge Data for Persons Experiencing Homelessness

COUNTY OF SAN DIEGO — Health and Human Services Agency

LIVE WELL SAN DIEGO

Number of Individuals Experiencing Homelessness Discharged from the ED	Total Number of ED Discharges Experiencing Homelessness	Average Number of Visits per Person
12,027	35,637	3.0

Median Age	Age Range
43	0 to 99 years old

Race/Ethnicity

Race/Ethnicity	Number of Individuals
Hispanic	3,201
White, non-Hispanic	5,680
Black, non-Hispanic	2,062
Asian, non-Hispanic	160
AIAN, non-Hispanic	41
NHPI, non-Hispanic	42
Multiple Race	179
Some Other Race	532
Unknown	130

Top 10 Primary Diagnosis Groups

Skin and subcutaneous tissue infections	824
Musculoskeletal pain, not low back pain	513
Schizophrenia spectrum and other psychotic disorders	502
Suicidal ideation/attempt/intentional self-harm	486
Superficial injury; contusion, initial encounter	467
Alcohol-related disorders	466
Abdominal pain and other digestive/abdomen signs and symptoms	395
Poisoning by drugs, initial encounter	395
Coronavirus disease – 2019 (COVID-19)	364
Nonspecific chest pain	335

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 gender or age are not included in count of gender by age. Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2022. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 07/2024.

2022 Hospital Discharge Data for Persons Experiencing Homelessness

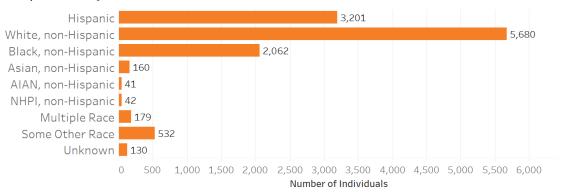| Number of Individuals Experiencing Homelessness Discharged from the Hospital	Total Number of Hospital Discharges Experiencing Homelessness	Average Number of Visits per Person
4,763	**8,459**	**1.8**

Median Age	Age Range
53	**0 to 94 years old**

Race/Ethnicity

- Hispanic: 2,368
- White, non-Hispanic: (bar)
- Black, non-Hispanic: 741
- Asian, non-Hispanic: 74
- AIAN, non-Hispanic: 13
- NHPI, non-Hispanic: 21
- Multiple Race: 107
- Some Other Race: 209
- Unknown: 44

Number of Individuals
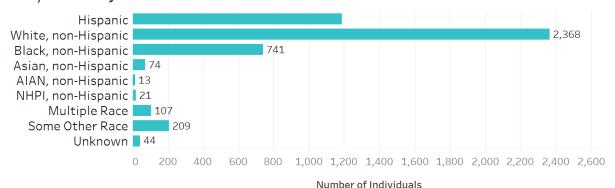
Top 10 Primary Diagnoses

Septicemia	689
Skin and subcutaneous tissue infections	418
Heart failure	248
Alcohol-related disorders	211
Diabetes mellitus with complication	183
Poisoning by drugs, initial encounter	179
Coronavirus disease – 2019 (COVID-19)	130
Traumatic brain injury (TBI); concussion, initial encounter	94
Fracture of the lower limb (except hip), initial encounter	87
Cerebral infarction	73

2022 Mortality Data for Persons Experiencing Homelessness

Deaths Among Persons Experiencing Homelessness in San Diego County, 2022

Deaths Among Persons Experiencing Homelessness by Age, San Diego County*, 2022

Age Group	Count	% of Total
Ages 0-10	§	§
Ages 20-29	§	§
Ages 30-39	34	15.2%
Ages 40-49	37	16.5%
Ages 50-59	64	28.6%
Ages 60-69	65	29.0%
Ages 70-79	16	7.1%
Ages 80 Plus	§	§

Deaths Among Persons Experiencing Homelessness by Sex, San Diego County*, 2022

Sex	Count	% of Total
Female	36	16.1%
Male	188	83.9%

Deaths Among Persons Experiencing Homelessness by Race/Ethnicity, San Diego County*, 2022

Race/Ethnicity	Count	% of Total
Hispanic	44	19.6%
NH API	§	§
NH Black	24	10.7%
NH Other	§	§
NH White	144	64.3%

Top 2 Leading Causes of Death[1],[2] Among Persons Experiencing Homelessness, San Diego County, 2022

Rank	Underlying Cause of Death	%	Count
1	Accidents/Unintentional Injuries	61.2%	137
2	Diseases Of The Heart	11.2%	25
3	All other causes (not rankable)	27.7%	62

[1] Rank is based on total number of deaths in each of the National Center for Health Statistics (NCHS) "rankable" categories. The top 2 leading causes of death presented here are based on deaths that occurred in San Diego for their respective years.

[2] 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 those of 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 & Human Services Agency, Public Health Services, Community Health Statistics Unit, March 2024.

*Tables contains deaths that occurred in San Diego County.

§ Not shown for fewer than 11 deaths.

NH: Non-Hispanic.

Source: California Department of Public Health, Centers for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System, 2022.

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

Self-Sufficiency

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	Subregional Area (SRA)
North Central Region ▾	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	Annual Self-Sufficiency* Income for a Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age), Elliott-Navajo SRA, 2023
Hourly (per adult)	$24.60	$24.46	
Monthly	$8,527.62	$8,480.95	Elliott-Navajo $101,771.45
Annual	$102,331.44	$101,771.45	

Monthly Contribution to Emergency Savings Fund

North Central Region	Elliott-Navajo SRA
$169.76	$168.27

Select household type →

Use the drop-down filters to choose geography →

- 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.

https://public.tableau.com/app/profile/chsu/viz/Self-SufficiencyStandardDashboardSanDiegoCountyUpdatedMarch2024/Self-SufficiencyStandardDashboard

Self-Sufficiency

Single-Adult Household

Household with 2 Adults

https://public.tableau.com/app/profile/chsu/viz/Self-SufficiencyStandardDashboardSanDiegoCountyUpdatedMarch2024/Self-SufficiencyStandardDashboard

Self-Sufficiency

Household with 2 Adults, 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)*

*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.

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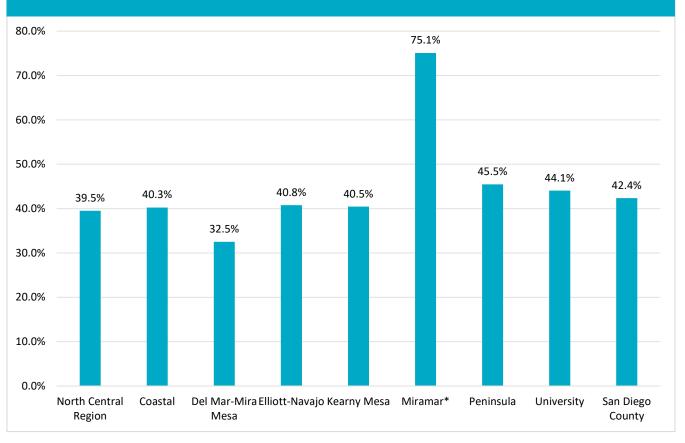
Annual Self-Sufficiency* Income for a Single-Parent Household with 2 Children (1 Preschool-Age, 1 School-Age) by Subregional Area (SRA), San Diego County, 2023 *(Hover the cursor over the SRAs in the map to view interpretation)*

*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.

https://public.tableau.com/app/profile/chsu/viz/Self-SufficiencyStandardDashboardSanDiegoCountyUpdatedMarch2024/Self-SufficiencyStandardDashboard

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, 2023

In 2023, nearly **40%** of households **in North Central Region** spent 30% or more of their household income on housing.

Among North Central Region Subregional Areas (SRAs), excluding Miramar, **Peninsula (45.5%)** had the highest proportion of households that spent 30% or more of their household income on housing in 2023.

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, San Diego County (Updated January 2024) | Tableau Public

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.

Cost of Living for Older Adults, San Diego County (Updated January 2024) | Tableau Public

Summary

Key Takeaways

In North Central Region…

In North Central Region, the 5-year average percent of **unemployment decreased** from 2018 to 2023.

North Central Region had the **highest life expectancy** of the 6 HHSA Regions at 84.2 years in 2023.

In 2023, **nearly 2 in 5** of households in North Central Region spent **30% or more** of their household income on **housing.**

On average, over **1 in 3** adults with income less than 200% FPL **experienced food insecurity** between 2019-2023.

In 2023, more than **1 in 3** teens reported needing help for **emotional or mental health** problems.

In 2023, **cancer** and **heart disease** were the cause of **42.8%** 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 2023-2024 school year, with a count of 942.

Had the **lowest life expectancy** of all North Central Region SRAs in 2023.

Del Mar-Mira Mesa SRA...

Had the **second largest** number of **students experiencing homelessness** in the 2023-2024 school year, with a count of 708.

CHSU Products
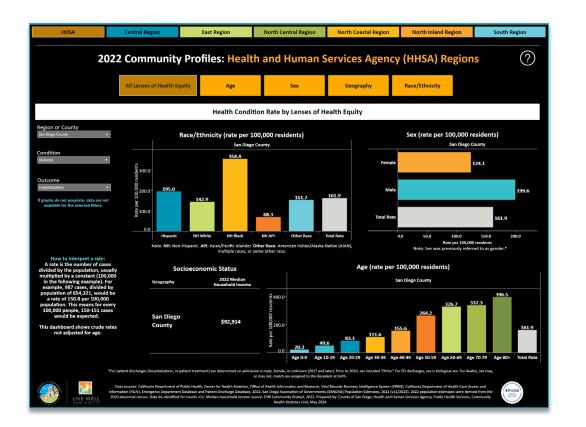
Health Dashboards
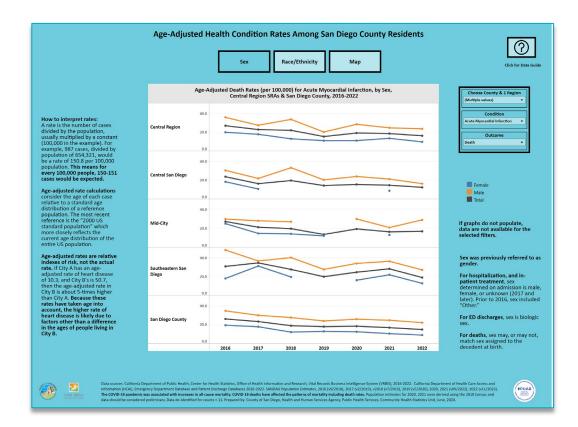
Community Profiles
(by Region or Municipality)

Community Profile Age-Adjusted Trends
(by Region or Municipality)
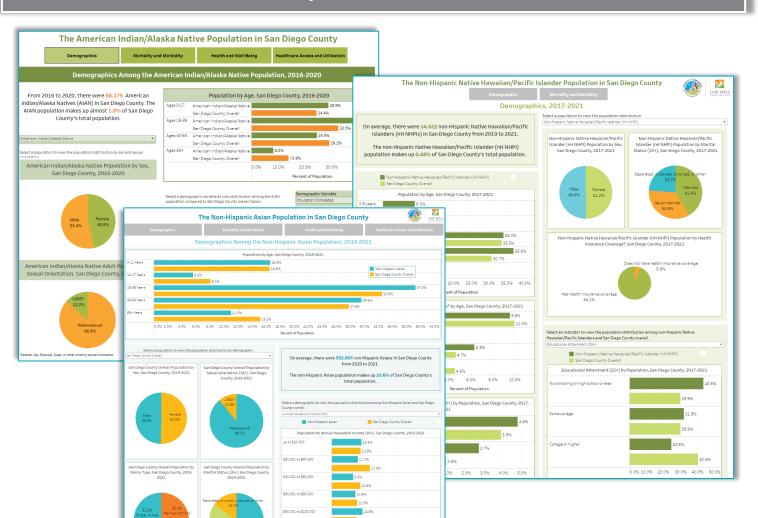
Health Dashboards
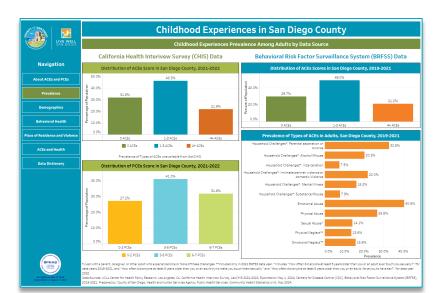
Small Populations Dashboards

Childhood Experiences Dashboard

Health Equity Dashboards

Racial Equity Dashboard

LGBQ Adult Dashboard

Poverty Dashboard Series

Self-Sufficiency Dashboard

Socioeconomic Disparities Dashboard

Demographic Profiles

Demographic Profiles

San Diego County: 2019-2023 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

2019-2023 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   Population Characteristics   Population - API   Population - Language

San Diego County: 2019-2023 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 the poulation 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 disibility, 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.sdhealthstatistics.com
Contact the Community Health Statistics Unit at 619-692-6667 or email us at PHS.CHSU.HHSA@sdcounty.ca.gov
A PDF version of the 2023 *City Demographic Profiles* by indicator can be accessed here.
Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit

San Diego County: 2019-2023 Census Tract Demographic Profiles - *Navigation Page*
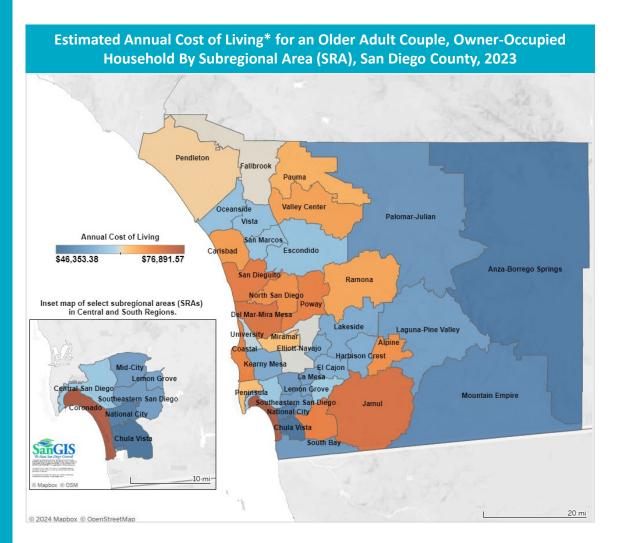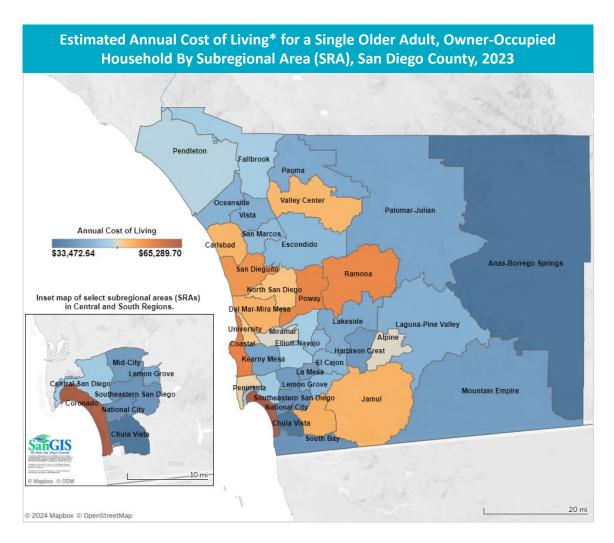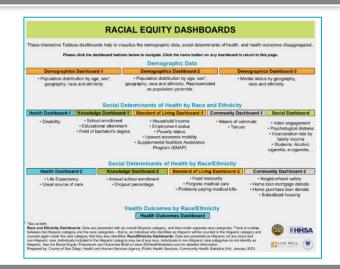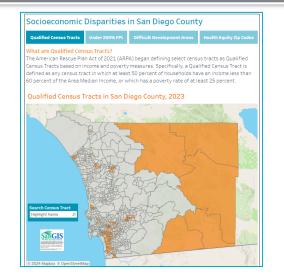
The *Census Tract Demographic Profiles* are a compilation of information relating to demographic characteristics of specific populations in San Diego County. Each profile contains demographic data by census tract including age, sex, race/ethnicity distributions, school enrollment, educational attainment, 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 *Census Tract 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.

For additional information, including data, resources, and reports: www.sdhealthstatistics.com
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
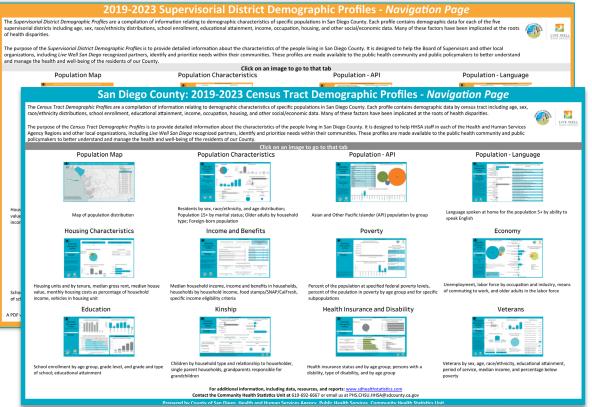
Interactive Tableau Dashboards available for:

- 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

COUNTY OF SAN DIEGO — Health and Human Services Agency

LIVE WELL SAN DIEGO

2023 MENA Profile

2023 San Diego County Middle Eastern and North African Population by Ancestry and Place of Birth

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

March 2025

The **MENA Profile** explores the Middle Eastern and North African (MENA) population by ancestry and place of birth in lieu of a direct method to estimate this population.

Data is available by region, subregional area, municipality, and supervisorial district.

Scan the QR code to access the latest version of the MENA Profile!

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

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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.