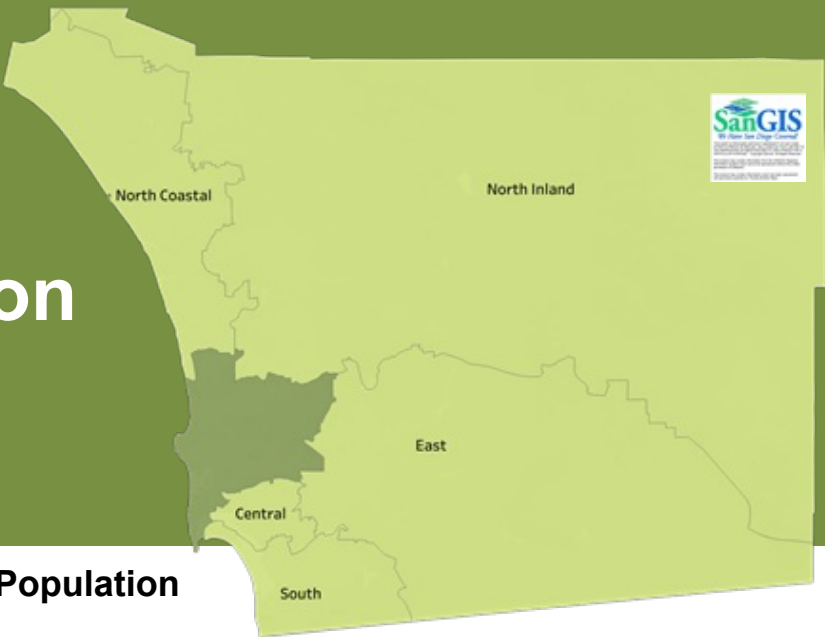




North Central Region Health Briefs 2024

Community Health Snapshot

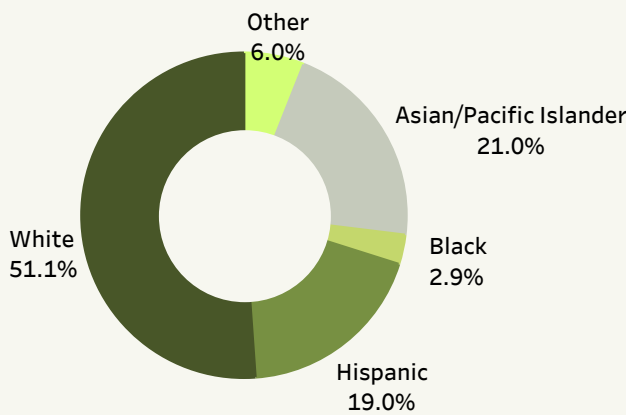


2024 Population

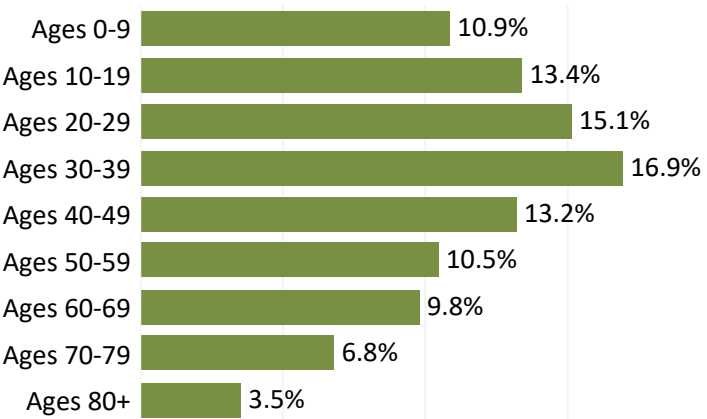
665,953

See list of zip codes in my region [here](#).

2024 North Central Region Population by Race/Ethnicity



2024 North Central Region Population by Age



**Leading Cause of Death
in 2024**
Cancer



**Leading Cause of Hospitalization
in 2024**
Heart Disease



**Leading Cause of Emergency
Department Discharge in 2024**
Unintentional Injuries



**Life Expectancy
in 2024**
84.2



**Percent of Population Living
Below 100% FPL (2024)**
8.9%



**Uninsured All or Part of the Year
(2022-2024)**
5.2%

The North Central Region of San Diego County is one of the most diverse geographical regions in the county, including miles of pacific coastline, steep canyons, valleys, and mountainous terrains. The region encompasses the northern half of the City of San Diego, and consists of 24 smaller communities including Linda Vista, Mission Valley, Clairemont and La Jolla. The North Central Region is comprised of coastal towns, university communities, suburban areas, and military facilities.



San Diego County Health Briefs

North Central Region, 2024



Non-Communicable (Chronic) Disease



Leading Cause of
Non-Communicable
Death
Cancer



Leading Cause of
Non-Communicable
Hospitalization
Heart Disease



Leading Cause of
Non-Communicable
Emergency Department Discharge
Heart Disease

Non-Communicable Disease Health Outcome Rates (per 100,000) ^{1,2,3,4}

		North Central Region		San Diego County	
		Count	Rate	Count	Rate
Coronary Heart Disease (CHD)	Death	356	53.5	2,287	69.0
	Hospitalization	838	125.8	5,482	165.4
	Emergency Department Discharge	322	48.4	2,206	66.5
Stroke	Death	287	43.1	1,589	47.9
	Hospitalization	1,176	176.6	7,135	215.2
	Emergency Department Discharge	617	92.6	4,413	133.1
Overall Heart Disease [^]	Death	810	121.6	4,706	141.9
	Hospitalization	5,774	867.0	36,332	1,095.9
	Emergency Department Discharge	11,462	1,721.1	76,079	2,294.7
Acute Myocardial Infarction	Death	76	11.4	524	15.8
	Hospitalization	539	80.9	3,586	108.2
	Emergency Department Discharge	205	30.8	1,366	41.2
Heart Failure	Death	184	27.6	831	25.1
	Hospitalization	1,300	195.2	8,618	259.9
	Emergency Department Discharge	698	104.8	4,745	143.1
Overall Hypertensive Diseases [~]	Death	202	30.3	1,129	34.1
	Hospitalization	1,731	259.9	12,159	366.7
	Emergency Department Discharge	1,913	287.3	13,939	420.4
Overall Cancer	Death	915	137.4	5,046	152.2
	Hospitalization	1,466	220.1	8,659	261.2
	Emergency Department Discharge	417	62.6	2,645	79.8
Alzheimer's Disease	Death	230	34.5	1,150	34.7
Alzheimer's Disease (any mention)	Hospitalization	600	90.1	3,462	104.4
	Emergency Department Discharge	587	88.1	3,454	104.2
Non-Alzheimer's Dementia	Death	310	46.5	1,626	49.0
Non-Alzheimer's Dementia (any mention)	Hospitalization	2,923	438.9	18,366	554.0
	Emergency Department Discharge	2,748	412.6	18,508	558.2

For more data and statistics, visit www.SDHealthStatistics.com.



San Diego County Health Briefs

North Central Region, 2024



Non-Communicable (Chronic) Disease

Non-Communicable Disease Health Outcome Rates (per 100,000) Continued ^{1,2,3,4}

		North Central Region		San Diego County	
		Count	Rate	Count	Rate
Diabetes	Death	126	18.9	948	28.6
	Hospitalization	627	94.2	5,951	179.5
	Emergency Department Discharge	789	118.5	7,338	221.3
COPD/Chronic Lower Respiratory Diseases	Death	134	20.1	823	24.8
	Hospitalization	234	35.1	1,936	58.4
	Emergency Department Discharge	475	71.3	3,802	114.7
Asthma	Death	NA	NA	22	0.7
	Hospitalization	262	39.3	1,626	49.0
	Emergency Department Discharge	1,083	162.6	8,109	244.6
Parkinson's Disease	Death	85	12.8	413	12.5
	Hospitalization	55	8.3	264	8.0
	Emergency Department Discharge	32	4.8	204	6.2
Lupus and Connective Tissue Disorders	Hospitalization	70	10.5	327	9.9
	Emergency Department Discharge	50	7.5	218	6.6

Health Behaviors & Related Health Factors (2022-2024)⁵

Current Smoker (ages 18+)	North Central Region	3.1%
	San Diego County	4.9%
Overweight/Obese (ages 18+)	North Central Region	46.9%
	San Diego County	58.3%
Rated Overall Health as Fair or Poor (ages 18+)	North Central Region	9.1%
	San Diego County	13.5%
Ever Diagnosed with High Blood Pressure (ages 18+)	North Central Region	19.4%
	San Diego County	25.0%
Ever Diagnosed with Diabetes (ages 18+)	North Central Region	3.7%
	San Diego County	8.3%
Ever Diagnosed with Asthma (ages 1+)	North Central Region	12.9%
	San Diego County	14.4%

For more data and statistics, visit www.SDHealthStatistics.com.



Non-Communicable (Chronic) Disease

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). Population estimates were derived using the 2020 decennial census.
 2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024.
 3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2024.
 4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2024.
 5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), AskCHIS, 2022-2024. Extracted May 18, 2026.
- NA: Rates not calculated for fewer than 11 events. Rates based on events <20 are suppressed due to statistical instability.
- ^ Includes entire ICD-10-CM diagnosis chapter for diseases of the circulatory system.
- ~ Includes Primary Hypertension.

San Diego County Health Briefs North Central Region, 2024



Communicable Disease



Leading Cause of
Communicable
Death
COVID-19



Leading Cause of
Communicable
Hospitalization
Urinary Tract Infection



Leading Cause of
Communicable
Emergency Department Discharge
Urinary Tract Infection

Communicable Disease Incidence Rates (per 100,000) ^{1,2}

	North Central Region		San Diego County	
	Counts	Incidence Rate	Counts	Incidence Rate
Tuberculosis	28	4.2	247	7.5
Chlamydia Reported	2,396	359.8	16,414	495.1
Gonorrhea Reported	999	150.0	6,021	181.6
Primary and Secondary Syphilis Reported	87	13.1	711	21.4

Communicable Disease Health Outcome Rates (per 100,000) ^{3,4,5,6}

		North Central Region		San Diego County	
		Count	Rate	Count	Rate
Death	COVID-19 (multiple cause of death)	65	9.8	384	11.6
	Influenza (flu) and Pneumonia	37	5.6	257	7.8
Hospitalization	Urinary Tract Infection	501	75.2	4,228	127.5
	COVID-19	372	55.9	2,314	69.8
	Influenza (flu)	103	15.5	721	21.7
	Pneumonia	551	82.7	4,107	123.9
Emergency Department Discharge	Urinary Tract Infection	3,334	500.6	26,873	810.6
	COVID-19	1,701	255.4	12,160	366.8
	Influenza (flu)	1,208	181.4	10,192	307.4
	Pneumonia	1,497	224.8	10,797	325.7

Health Behaviors & Related Health Factors (2024)⁷

Has had Flu Vaccination in Past 12 Months
(ages 18+)

North Central Region

*

San Diego County

45.0%

San Diego County Health Briefs North Central Region, 2024



Communicable Disease

Sources

1. County of San Diego, Health and Human Services Agency, Tuberculosis Prevention and Care Branch, Report of Verified Case of Tuberculosis Database, 2024; SANDAG, Current Population Estimates, released v24/2025.
2. County of San Diego, Health and Human Services Agency, HIV, STD and Hepatitis Branch, Morbidity Database; SANDAG, Current Population Estimates, released v24/2025.
3. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). Population estimates were derived using the 2020 decennial census.
4. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024.
5. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2024.
6. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2024.
7. Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey (BRFSS) Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2024.

*Indicates statistically unstable estimate or data are unavailable.



San Diego County Health Briefs

North Central Region, 2024



Maternal and Child Health

Maternal and Child Health Outcomes ^{1,2}

	North Central Region			San Diego County	
	Count	Percent of Region	Percent of County	Count	Percent
Live Births	6,056	100.0%	16.8%	36,036	100.0%
Live Births to Teens, Ages 15-17	NA	NA	NA	157	2.6%
Live Births with Early Prenatal Care, % of Known Prenatal Care	5,224	87.1%	17.1%	30,522	85.5%
Live Births Born Preterm	514	8.5%	16.2%	3,176	8.8%
Low Birth Weight Births	404	6.7%	15.8%	2,560	7.1%
Very Low Birth Weight Births	39	0.6%	9.5%	412	1.1%

For additional maternal and child health outcomes, visit the County of San Diego Maternal, Child, and Family Health Services (MCFHS) Statistics webpage:

[MCFHS Statistics](#)

Health Behaviors & Related Health Factors (2022-2024)⁴

Adults Under 200% FPL Unable to Afford Enough Food	North Central Region	30.9%
	San Diego County	39.7%
Rated Overall Health as Fair or Poor (18+)	North Central Region	9.1%
	San Diego County	13.5%
Women with a High School Degree or Less Education (ages 25+)	North Central Region	14.4%
	San Diego County	28.3%
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages 6 and under)	North Central Region	30.7%
	San Diego County	19.8%
Agree or Strongly Agree that People in Neighborhood can be Trusted (ages 12-17)	North Central Region	*
	San Diego County	86.4%
No Dental Insurance Coverage in the Past Year (ages 3-11)	North Central Region	*
	San Diego County	6.3%

For more data and statistics, visit www.SDHealthStatistics.com.



San Diego County Health Briefs North Central Region, 2024



Maternal and Child Health

Sources

1. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2024.
2. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth and Fetal Death Statistical Master Files, 2024.
3. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Cohort Statistical Master Files, 2023.
4. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2022-2024. Accessed May 18, 2026.

NA: Percentages not calculated for fewer than 11 events.

*Indicates statistically unstable estimate or data are unavailable.



San Diego County Health Briefs

North Central Region, 2024



Injury



Leading Cause of Injury
Death
Poisoning



Leading Cause of Injury
Hospitalization
Falls



Leading Cause of Injury
Emergency Department Discharge
Falls

Injury Health Outcome Rates (per 100,000) ^{1,2,3,4}

		North Central Region		San Diego County	
		Count	Rate	Count	Rate
Unintentional Injuries (All Causes)	Death	236	35.4	1,521	45.9
	Hospitalization	4,655	699.0	27,382	825.9
	Emergency Department Discharge	29,629	4,449.1	193,903	5,848.6
Fall-Related Injury	Death	70	10.5	401	12.1
	Hospitalization	3,054	458.6	16,513	498.1
	Emergency Department Discharge	12,709	1,908.4	78,913	2,380.2
Poisoning	Death	104	15.6	753	22.7
	Hospitalization	290	43.5	1,978	59.7
	Emergency Department Discharge	886	133.0	5,853	176.5
Motor Vehicle Injuries	Death	47	7.1	300	9.0
	Hospitalization	368	55.3	2,666	80.4
	Emergency Department Discharge	2,722	408.7	20,943	631.7
Motor Vehicle Injuries to Pedestrian	Death	13	NA	98	3.0
	Hospitalization	55	8.3	353	10.6
	Emergency Department Discharge	143	21.5	852	25.7
Electric Bicycle (E-Bike) Injuries	Hospitalization	34	5.1	186	5.6
	Emergency Department Discharge	157	23.6	865	26.1
Assault	Death	NA	NA	97	2.9
	Hospitalization	138	20.7	962	29.0
	Emergency Department Discharge	1,215	182.4	8,896	268.3
Suicide (or Suicide Attempt/ Ideation/Intentional Self-Harm)	Death	78	11.7	377	11.4
	Hospitalization	119	17.9	628	18.9
	Emergency Department Discharge	1,262	189.5	7,801	235.3
Firearm-Related Injuries	Death	37	5.6	185	5.6
	Hospitalization	20	3.0	149	4.5
	Emergency Department Discharge	NA	NA	141	4.3

For more data and statistics, visit www.SDHealthStatistics.com.



San Diego County Health Briefs

North Central Region, 2024



Injury

Health Behaviors (2022-2024)⁵



Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). Population estimates were derived using the 2020 decennial census.
 2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024.
 3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2024.
 4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2024.
 5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2022-2024. Accessed May 18, 2026.
- NA: Rates not calculated for fewer than 11 events. Rates based on events <20 are suppressed due to statistical instability.

San Diego County Health Briefs North Central Region, 2024



Behavioral Health



Leading Cause of Behavioral
Health Death
**Chronic Alcohol
Consumption**



Leading Cause of Behavioral
Health Hospitalization
**Alcohol Use/
Abuse/Dependency**



Leading Cause of
Behavioral Health Emergency
Department Discharge
Alcohol Use/Abuse/Dependency

Behavioral Health Outcome Rates (per 100,000) ^{1,2,3,4}

		North Central Region		San Diego County	
		Count	Rate	Count	Rate
Schizophrenia	Hospitalization	39	5.9	312	9.4
	Emergency Department Discharge	471	70.7	3,774	113.8
	In-Patient Treatment	638	95.8	5,275	159.1
Suicide (or Suicide Attempt/Ideation/Intentional Self-Harm)	Death	78	11.7	377	11.4
	Hospitalization	119	17.9	628	18.9
	Emergency Department Discharge	1,262	189.5	7,801	235.3
Mood Disorders	Hospitalization	21	3.2	209	6.3
	Emergency Department Discharge	441	66.2	2,566	77.4
	In-Patient Treatment	1,349	202.6	7,096	214.0
Depression	Hospitalization	12	NA	137	4.1
	Emergency Department Discharge	250	37.5	1,572	47.4
	In-Patient Treatment	830	124.6	4,497	135.6
Acute Alcohol Poisoning	Death	NA	NA	37	1.1
Chronic Alcohol Consumption	Death	81	12.2	526	15.9
Alcohol Use/Abuse/Dependency~	Hospitalization	445	66.8	2,673	80.6
	Emergency Department Discharge	1,948	292.5	11,029	332.7
	In-Patient Treatment	357	53.6	1,389	41.9
Substance Use/Abuse/Dependency~	Hospitalization	39	5.9	279	8.4
	Emergency Department Discharge	582	87.4	3,914	118.1
	In-Patient Treatment	64	9.6	346	10.4
Opioid Use/Abuse/Dependency~	Hospitalization	16	NA	107	3.2
	Emergency Department Discharge	213	32.0	1,472	44.4
	In-Patient Treatment	22	3.3	125	3.8
Cannabis Use/Abuse/Dependency~	Hospitalization	NA	NA	25	0.8
	Emergency Department Discharge	70	10.5	493	14.9
	In-Patient Treatment	NA	NA	33	1.0

San Diego County Health Briefs

North Central Region, 2024



Behavioral Health

Mental Health and Related Health Factors (2022-2024)⁵

Likely Has Had Serious Psychological Distress During Past Year (ages 18+)	North Central Region	15.8%
	San Diego County	14.5%
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)	North Central Region	6.4%
	San Diego County	7.0%
Emotions Severely Impaired Social Life in Past Year (ages 18+)	North Central Region	12.1%
	San Diego County	11.9%
Emotions Severely Impaired Work in Past 12 Months (ages 18-70)	North Central Region	8.3%
	San Diego County	9.1%
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress in past year)	North Central Region	50.5%
	San Diego County	55.3%
Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)	North Central Region	26.6%
	San Diego County	21.4%
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+)	North Central Region	14.3%
	San Diego County	13.2%
Ever Seriously Thought About Committing Suicide (ages 18+)	North Central Region	21.6%
	San Diego County	19.5%

Substance Abuse Health Behaviors and Related Factors (2022-2024)⁵

Binge Drinking in Past 30 Days (ages 12-17)	Binge Drinking in the Past 30 days (ages 18+)	Ever Tried Marijuana or Hashish (18+)
		57.2%
		52.5%
	21.3%	
	20.1%	
*	5.8%	
North Central Region	San Diego County	North Central Region
		San Diego County

Sources

- San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). Population estimates were derived using the 2020 decennial census.
 - California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024.
 - California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2024.
 - California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2024.
 - UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2022-2024. Accessed May 18, 2026.
- NA: Rates not calculated for fewer than 11 events. Rates based on events <20 are suppressed due to statistical instability.
- ~Use/Abuse/Dependency conditions contain specific abuse, dependence, and use ICD-10 codes.
- *Indicates statistically unstable estimate or data are unavailable.



San Diego County Health Briefs

North Central Region, 2024



Environmental Health

Environmental Health Outcome Rates (‡) (per 100,000) ^{1,2,3,4}

		North Central Region		San Diego County	
		Count	Rate	Count	Rate
Asthma	Death	NA	NA	22	0.7
	Hospitalization	262	39.3	1,626	49.0
	Emergency Department Discharge	1,083	162.6	8,109	244.6
Coronary Heart Disease (CHD)	Death	356	53.5	2,287	69.0
	Hospitalization	838	125.8	5,482	165.4
	Emergency Department Discharge	322	48.4	2,206	66.5
Overall Cancer	Death	915	137.4	5,046	152.2
	Hospitalization	1,466	220.1	8,659	261.2
	Emergency Department Discharge	417	62.6	2,645	79.8
COPD/Chronic Lower Respiratory Diseases	Death	134	20.1	823	24.8
	Hospitalization	234	35.1	1,936	58.4
	Emergency Department Discharge	475	71.3	3,802	114.7
Diabetes	Death	126	18.9	948	28.6
	Hospitalization	627	94.2	5,951	179.5
	Emergency Department Discharge	789	118.5	7,338	221.3
Depression	Hospitalization	12	NA	137	4.1
	Emergency Department Discharge	250	37.5	1,572	47.4
	In-Patient Treatment	830	124.6	4,497	135.6
Heat Illness/Injury	Hospitalization	NA	NA	70	2.1
	Emergency Department Discharge	49	7.4	340	10.3

Air Quality (2019-2024)⁵

	North Central Region	San Diego County
3-Year average of the 98th percentile of collected samples for a 24 hr standard (particulate matter 2.5) (2019)	21.80	*
Average of Ozone Concentration of the 4th high 8-hr intervals over a 3 year period (2019)	0.07	*
Percent of Days that Air Quality was Rated as Unhealthy for Sensitive Populations (2024)	*	13.1%



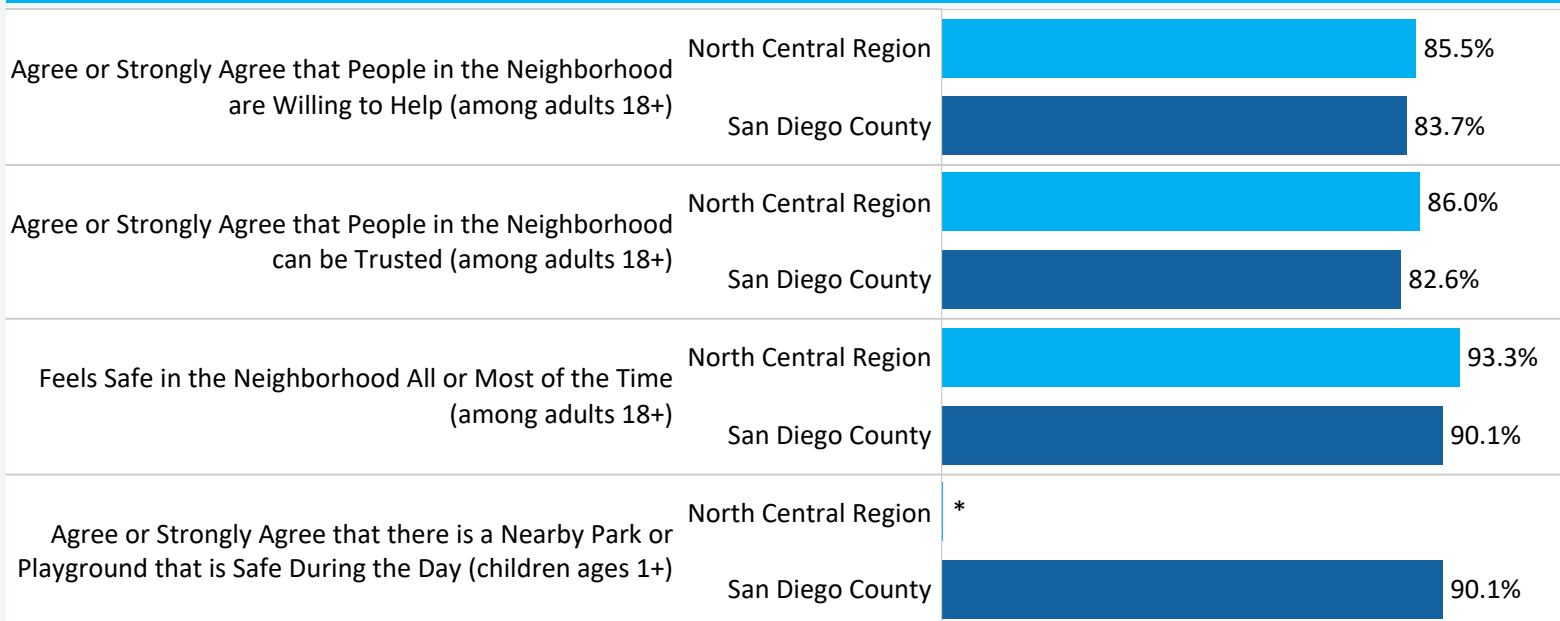
San Diego County Health Briefs

North Central Region, 2024

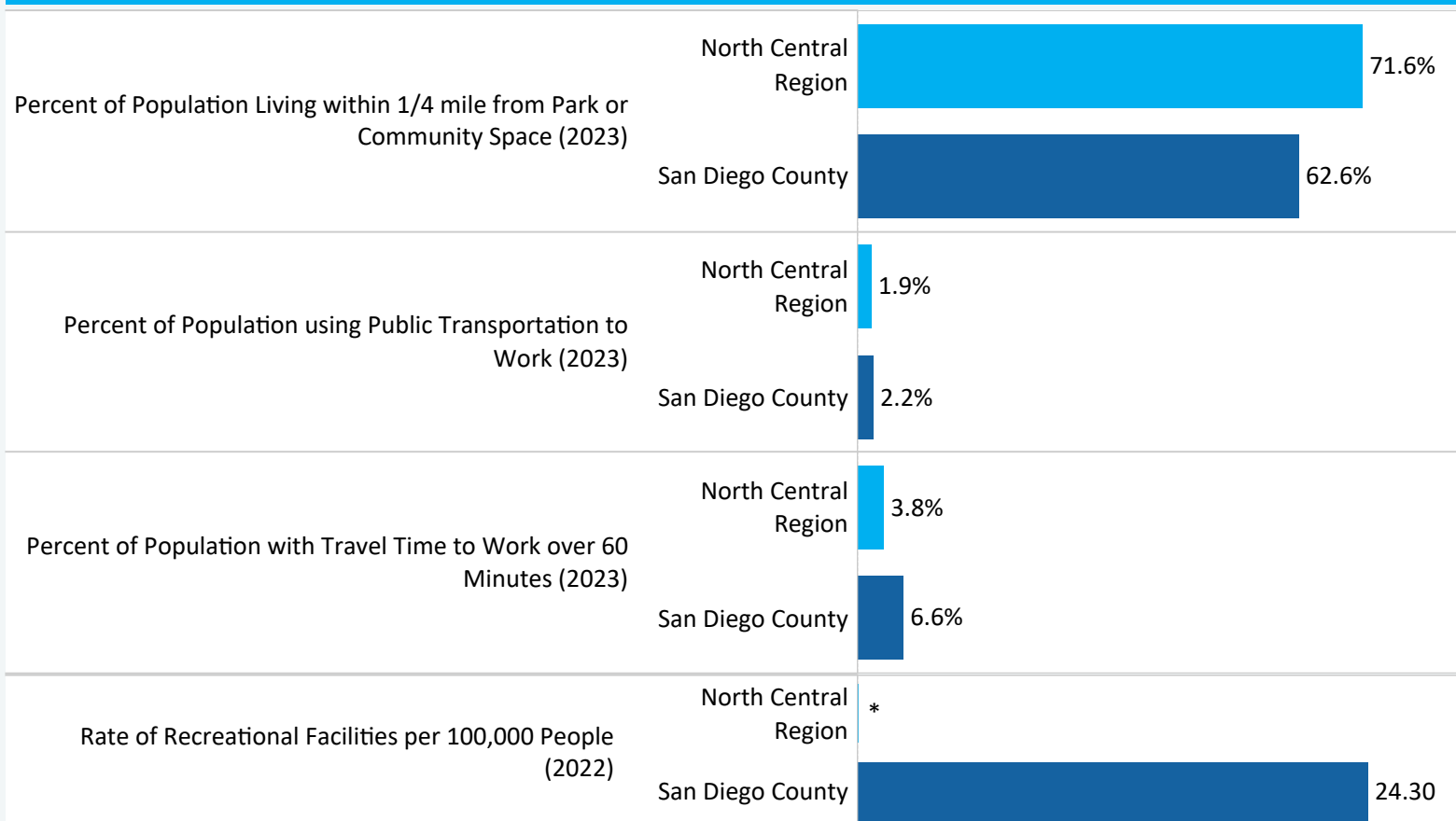


Environmental Health

Place of Residence (2022-2024)⁶



Place of Residence (2022-2023)⁵



San Diego County Health Briefs North Central Region, 2024



Environmental Health

Climate Change (2022-2024)⁶

Experienced Extreme Weather-Related Event in the Past 2 Years (among adults 18+) (2023-2024)	North Central Region	38.8%
	San Diego County	44.5%
Mental Health was Affected by Extreme Weather-Related event in Past 2 Years (among adults 18+) (2023-2024)	North Central Region	9.0%
	San Diego County	9.4%
Physical Health was Affected by Extreme Weather-Related event in Past 2 Years (among adults 18+) (2023-2024)	North Central Region	7.3%
	San Diego County	8.3%
Climate Change Makes you Nervous/Depressed/Stressed (among teens ages 12-17)	North Central Region	43.1%
	San Diego County	37.9%

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). Population estimates were derived using the 2020 decennial census.
2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024.
3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2024.
4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2024.
5. Live Well San Diego, Built Environment, 2025. Accessed May 18, 2026.

<https://www.livewellsd.org/i-want-to/learn-more/data-indicators/built-environment>

6. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2022-2024. Accessed May 18, 2026.

NA: Rates not calculated for fewer than 11 events. Rates based on events <20 are suppressed due to statistical instability.

*Indicates statistically unstable estimate or data are unavailable.

(‡) The health outcomes included in this section are known to be associated with environmental hazards and climate change. Overall, exposure to air pollutants, such as PM_{2.5} and ozone, are associated with increased risk of or complications of asthma, cancer, COPD, diabetes, depression, and heart disease.

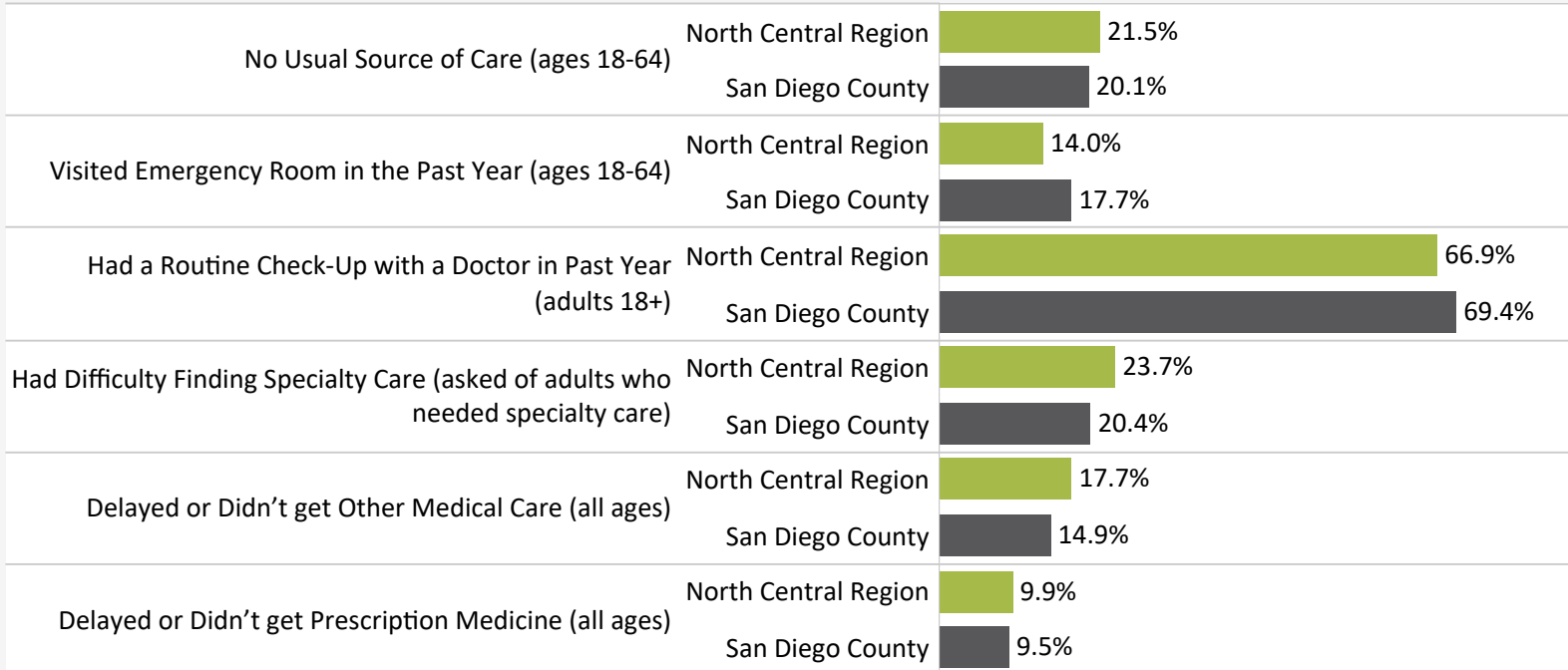
San Diego County Health Briefs

North Central Region, 2024

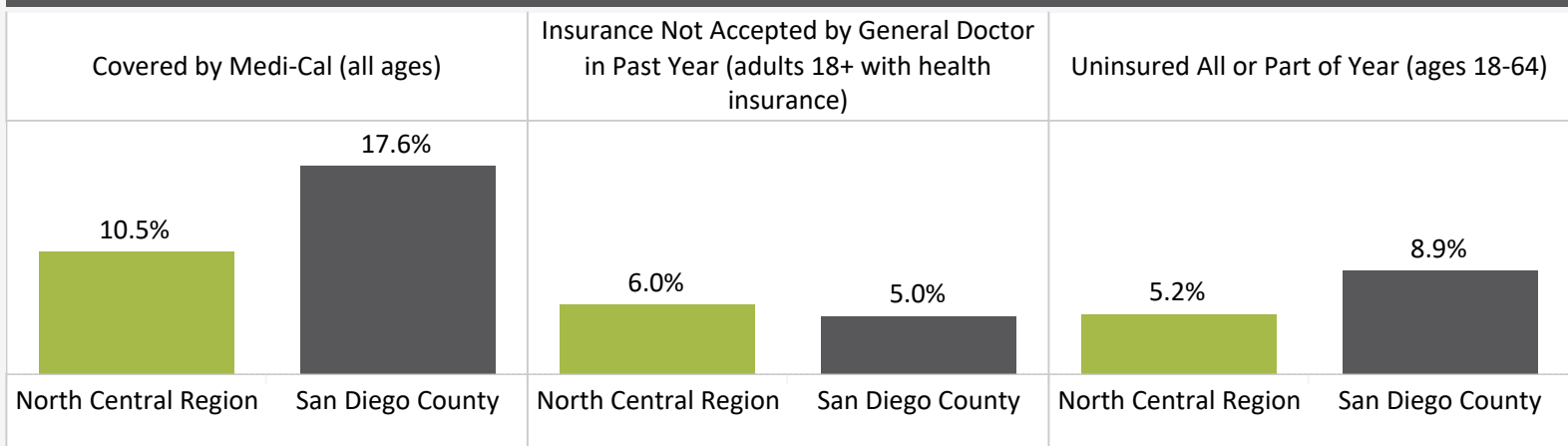


Access to Care

Access and Utilization (2022-2024)¹



Insurance (2022-2024)¹



Medical Debt (2022-2024)¹



San Diego County Health Briefs North Central Region, 2024



Access to Care

Public Program Participation (2022-2024)¹

Currently Receiving Supplemental Security Income (SSI) (ages 18+, up to 200% FPL)	North Central Region	*	
	San Diego County		11.4%
Currently Receiving TANF or CalWORKS (all ages, up to 200% FPL)	North Central Region	*	
	San Diego County		9.3%
Children Age 6 and Under Currently on WIC (up to 200% FPL)	North Central Region	*	
	San Diego County		46.2%
Residents Receiving Food Stamps (all ages, up to 200% FPL)	North Central Region		24.1%
	San Diego County		29.3%
Women Below 200% FPL (ages 18-64)	North Central Region		20.0%
	San Diego County		27.1%

Sources

1. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2022-2024. Accessed May 18, 2026.

*Indicates statistically unstable estimate or data are unavailable.