North Central Region

Health Status Report Summary

NOVEMBER 2024

County of San Diego, Health and Human Services Agency,

Public Health Services, Community Health Statistics Unit

North Central Region Health Status Report Summary

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

November 2024

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INTRODUCTION

North Central Region consists of seven subregional areas (SRAs): Coastal, Del Mar-Mira Mesa, Elliott-Navajo, Kearny Mesa, Miramar, Peninsula, and University. This health status report summary provides the most current information on demographic characteristics, socioeconomic factors, and health concerns in North Central Region and its SRAs.

The key segments of this report include:

1) **Demographic Characteristics:** This section includes an overview of the 2022 population characteristics (e.g., age, race/ethnicity, household income, health insurance coverage, disability status, etc.) for North Central Region. Characteristics for SRAs are reported in comparison with North Central Region and San Diego County.
2) **Mortality Measures:** This section includes a summary of the overall life expectancy for North Central Region and its SRAs in 2022. Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. This section, additionally, lists the leading causes of death in 2022 for North Central Region, outlining the relative burden of a specific cause of death compared to other causes.
3) **Health Outcomes:** Deaths on this report refer to the underlying cause of death, except for all opioid overdoses, chronic kidney disease, and traumatic brain injury which are multiple cause of death. Medical encounter data from emergency department (ED) and hospital discharges, refer to the principal diagnosis at the time of discharge. This section summarizes health-related information such as rates of death, emergency department (ED) discharge, and hospitalization for the following groups of health conditions and indicators:
    a) Non-Communicable (Chronic) Diseases,
    b) Communicable (Infectious) Diseases,
    c) Injury Indicators,
    d) Behavioral Health Indicators,
    e) Alzheimer's Disease and Related Dementias, and
    f) Maternal and Child Health Indicators.

HEALTH STATUS OVERVIEW (2022): NORTH CENTRAL REGION

DEMOGRAPHIC CHARACTERISTICS

Population: 642,507
(19.5% of San Diego County's population)
Age Distribution:

- 0-4 years old (5.5%)
- 5-14 years old (9.8%)
- 15-24 years old (14.0%)
- 25-44 years old (32.8%)
- 45-64 years old (23.3%)
- 65+ years old (14.7%)

Median Household Income: $125,054
Population Below 200% Federal Poverty Level (FPL): 18.9%
Population with Health Insurance: 95.2%
Population with Disability: 8.7%
Households Receiving Food Stamps/SNAP/CalFresh: 4.6%

MORTALITY MEASURES

Overall Life Expectancy: 85.3 years
Top 5 Leading Causes of Death:

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

LEADING HEALTH OUTCOMES

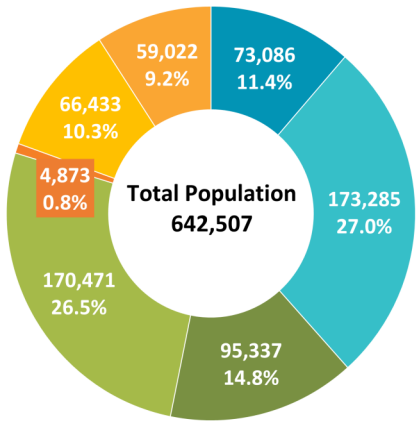
	Death Rate	Emergency Department (ED) Discharge Rate	Hospitalization Rate
Non-Communicable (Chronic) Diseases	**Overall Cancer** 144.0 per 100,000	**Overall Heart Disease** 1,400.1 per 100,000	**Overall Heart Disease** 796.4 per 100,000
Communicable (Infectious) Diseases	**COVID-19** 28.4 per 100,000	**COVID-19** 781.8 per 100,000	**COVID-19** 115.4 per 100,000
Injury Indicators	**Poisoning** 20.5 per 100,000	**Falls** 1,684.9 per 100,000	**Falls** 407.0 per 100,000
Behavioral Health Indicators	**Alcohol Related Disorders** 16.8 per 100,000	**Alcohol Related Disorders** 257.2 per 100,000	**Alcohol Related Disorders** 59.6 per 100,000
Alzheimer's Disease and Related Dementias	82.1 per 100,000	18.2 per 100,000	15.6 per 100,000

Maternal and Child Health Indicators		
Total Live Births: 6,347	**Preterm Births:** 7.9% **Low Weight Births:** 6.6% **Very Low Weight Births:** 1.0% **Teen Births:** 0.1% **Received Early Prenatal Care:** 88.5%	**Infant Mortality Rate (2021):** 2.0 per 1,000 Total Live Births **Fetal Mortality Rate:** 3.2 per 1,000 Live Births and Fetal Deaths

POPULATION CHARACTERISTICS

In 2022, North Central Region was home to an estimated 642,507 residents, the most populated region in San Diego County. North Central Region represented 19.5% of San Diego County's population (3,289,701) in 2022. The most populated subregion area was Del Mar-Mira Mesa (27.0%), followed by Kearny Mesa (26.5%) in 2022.

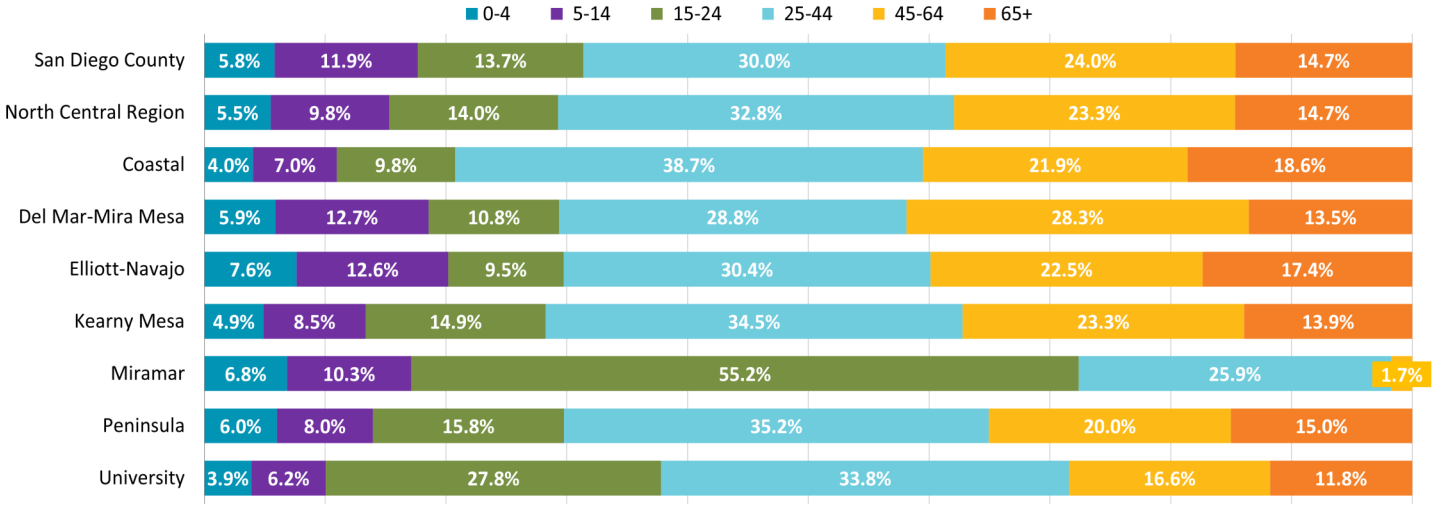
North Central Region Population Distribution* by Subregional Area (SRA), San Diego County, 2022



*Please note that percentages may not add up to 100% due to rounding.
Source: U.S. Census Bureau; 2018-2022 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, November 2024.

In 2022, North Central Region adults between the ages of 25-44 years old made up the highest proportion (32.8%) of the population. The second highest proportion of residents were adults aged 45-64 years old (23.3%) in 2022. Among North Central Region SRAs, Coastal had the highest proportion of residents aged 25-44 years old (38.7%), followed by Peninsula (35.2%) in 2022. Additionally, Coastal SRA had the highest proportion of older residents aged 65 years or older (18.6%). Lastly, over half the residents in Miramar SRA were between the 15-24 years old (55.2%), the highest proportion of residents within this age group compared to all other SRAs in San Diego County in 2022.

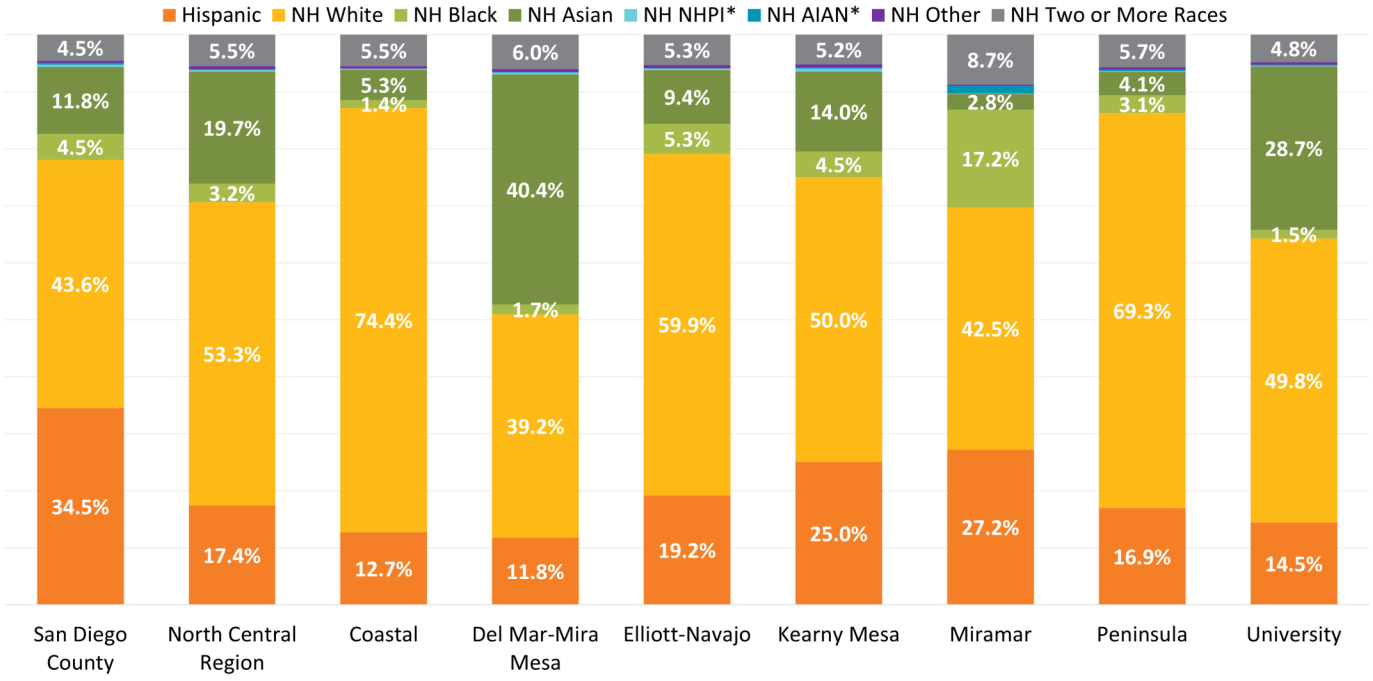
Percent of Population by Age Group in North Central Region and Subregional Areas (SRAs), San Diego County, 2022



Source: U.S. Census Bureau; 2018-2022 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, November 2024.

In 2022, North Central Region the majority of residents were non-Hispanic (NH) White (53.3%), followed by NH Asian (19.7%), Hispanic (17.4%), NH residents with two or more races (5.5%), NH Black (3.2%), NH Other (0.5%), NH Native Hawaiian or Pacific Islander (0.3%) and NH American Indian/Alaska Native (0.2%). Among North Central Region SRAs, Miramar had the highest proportion of Hispanic (27.2%), NH Black (17.2%), and NH American Indian/Alaska Native (1.3%) residents than all other North Central Regions SRAs in 2022. Meanwhile, Coastal SRA had the highest proportion of NH White (74.4%) residents, Del Mar-Mira SRA had the highest proportion of NH Asian (40.4%) residents, and Kearny Mesa SRA had the highest proportion of NH Native Hawaiian or Pacific Islander (0.5%) residents in 2022.

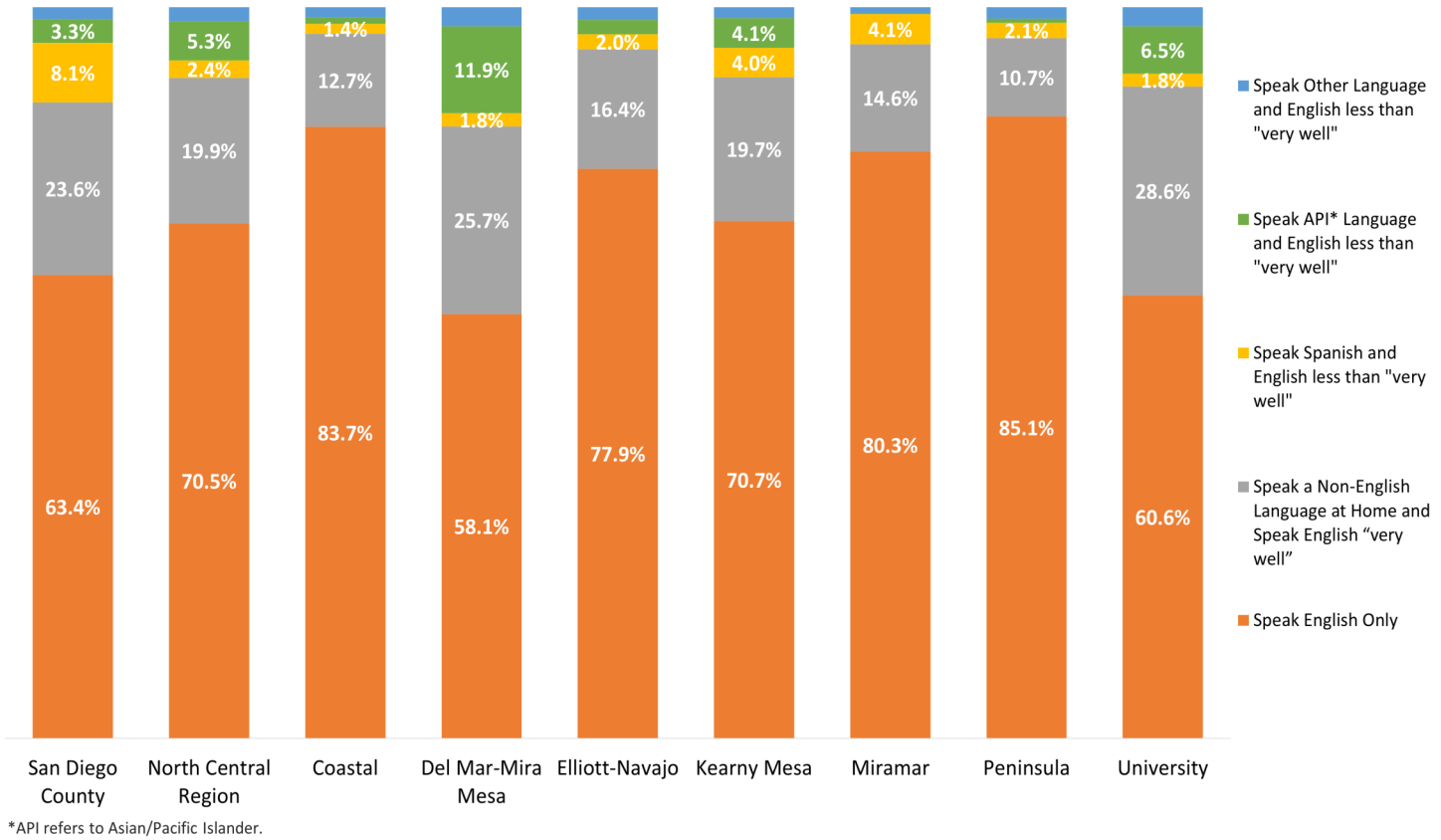
Percent of Population by Race/Ethnicity in North Central Region and Subregional Areas (SRAs), San Diego County, 2022



NH refers to Non-Hispanic or Latino.
*NHPI refers to Native Hawaiian or Pacific Islander; AIAN refers to American Indian/Alaska Native.
Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table B03002.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

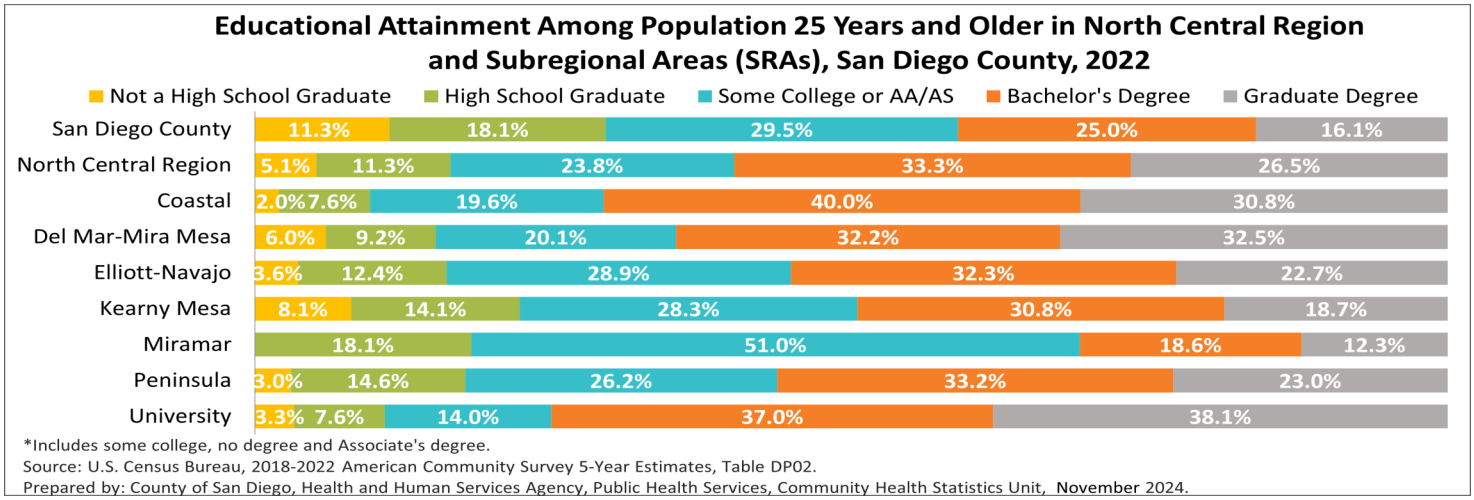
In 2022, 7 out of 10 residents (70.5%) aged 5 years and older only spoke English at home in North Central Region. Moreover, 1 out of 5 residents (19.9%), aged 5 years or older, in North Central Region spoke English "very well" and another language in 2022. Among North Central Region SRAs, Peninsula had the highest proportion of residents speaking only English at home (85.1%), while Del Mar-Mira Mesa had the lowest proportion (58.1%) in 2022.

Language Spoken at Home Among Population 5 Years and Older in North Central Region and Subregional Areas (SRAs), San Diego County, 2022

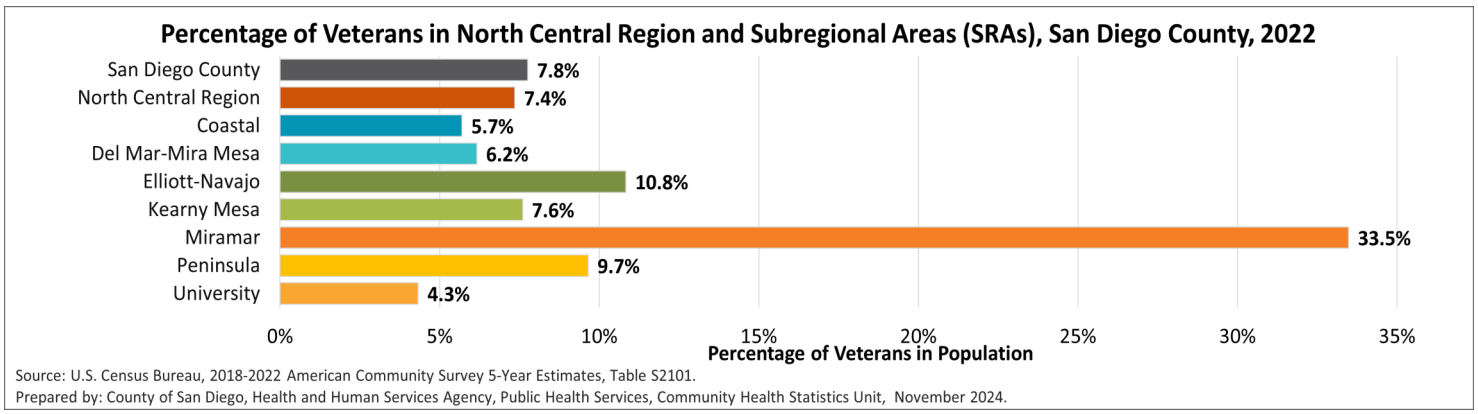


*API refers to Asian/Pacific Islander.
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

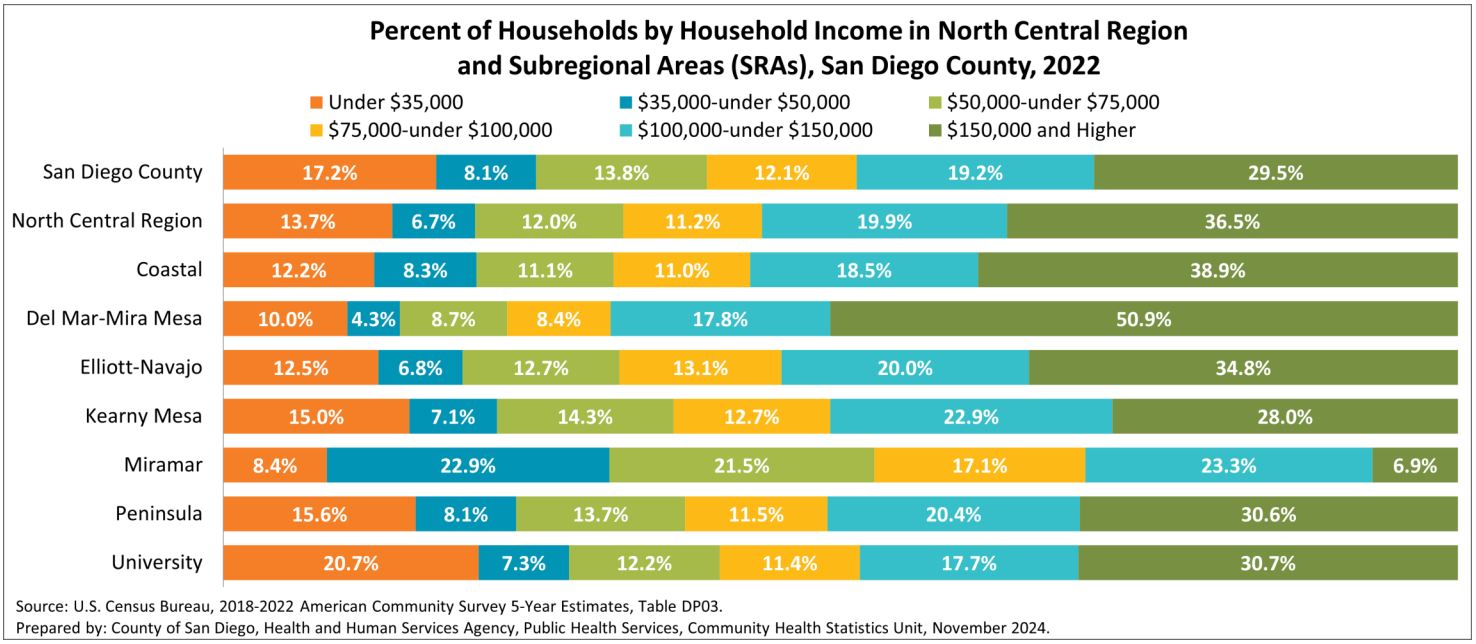
Educational attainment refers to the highest level of education completed in terms of highest degree, or the highest level of schooling completed for the population 25 years and older. In 2022, 94.9% of North Central Region adults aged 25 years and older had at least a high school diploma or General Education Diploma (GED). Among North Central Region SRAs, Kearny Mesa had the highest proportion of adults aged 25 years and older without a high school diploma (8.1%), followed by Del Mar-Mira Mesa (6.0%) in 2022. North Central Region had the highest proportion of adults aged 25 years and older with a bachelor's or graduate degree (59.8%) compared to all other SRAs in San Diego County in 2022.



Veterans are civilians who have served officially or non-officially domestically or at war, but are not currently serving on active duty in the U.S. Army, Navy, Air Force, Marine Corps, or the Coast Guard, or who served in the U.S. Merchant Marine during World War II. People who served in the National Guard or Reserves are classified as veterans only if they were ever called or ordered to active duty, not counting the 4-6 months for initial training or yearly summer camps. In 2022, 7.4% of residents in North Central Region were veterans. Miramar SRA had the highest proportion of veterans (33.5%) compared to all other SRAs in San Diego County in 2022.

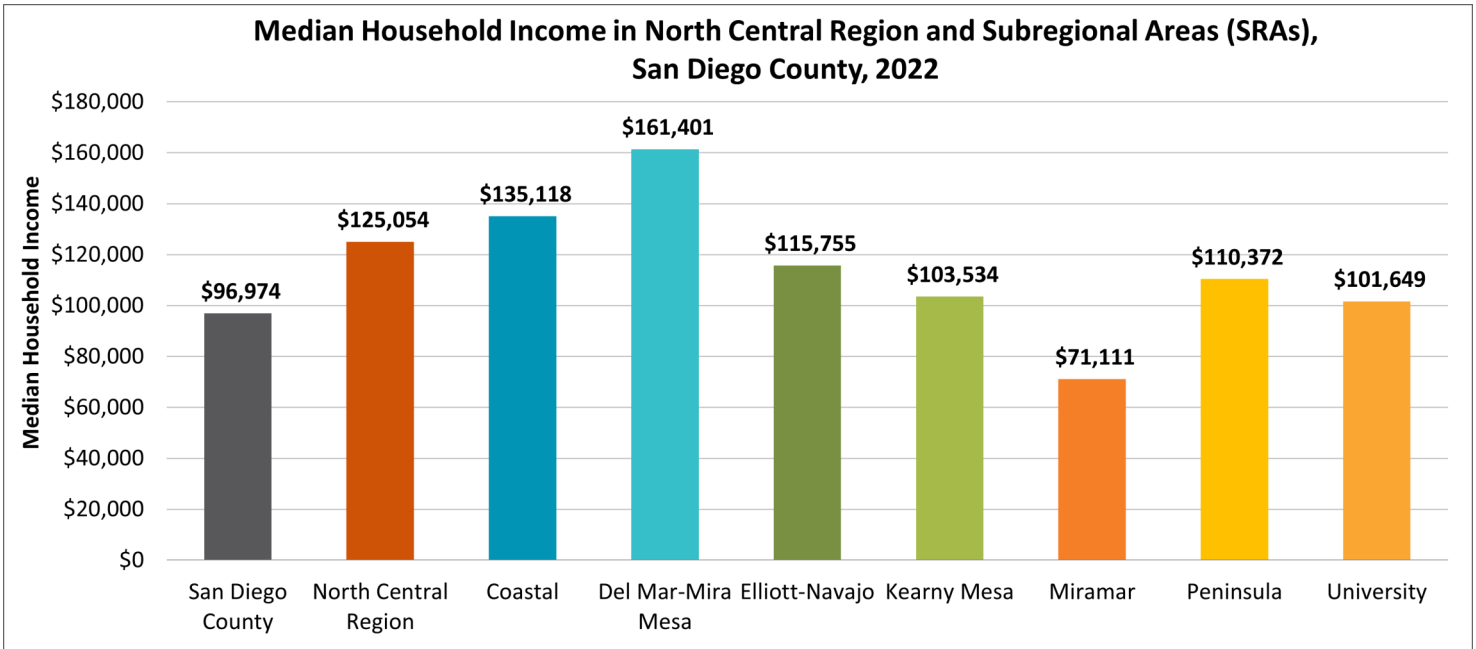


Household income includes the income of the householder, and all other individuals 15 years and older in the household, whether they are related to the householder or not. In 2022, 13.7% of households in North Central Region had an annual income of less than 35,000. Among North Central Region SRAs, University had the highest proportion of households with an annual income of less than 35,000 (20.7%), followed by Peninsula (15.6%) in 2022.



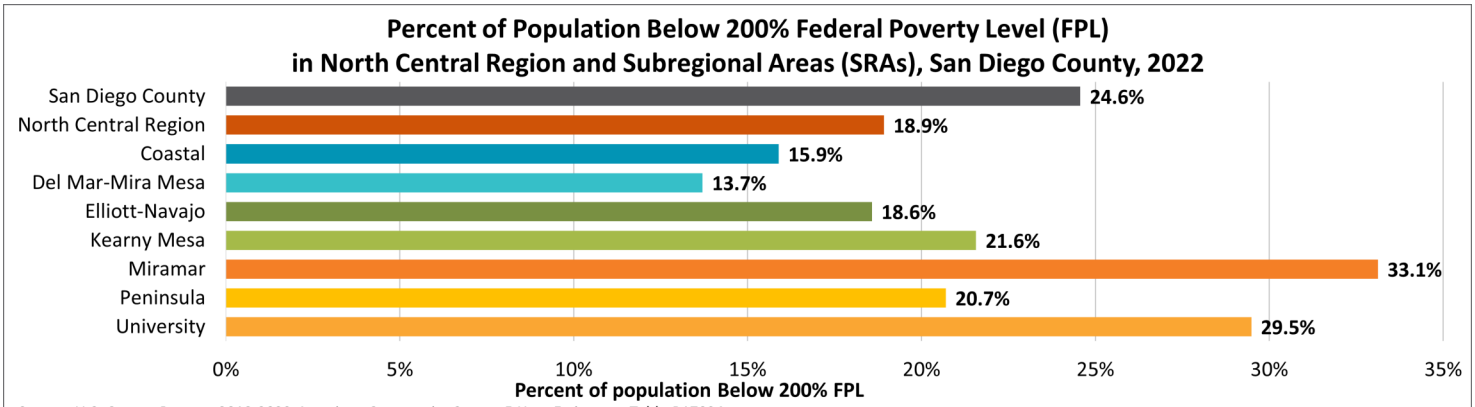
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

The median household income in North Central Region was $125,054 in 2022. Excluding Miramar, a subregional area that includes a substantial military group quarters population with unique demographics, needs, and resources, University had the lowest median household income ($101,649), compared to all other North Central Region SRAs in 2022.



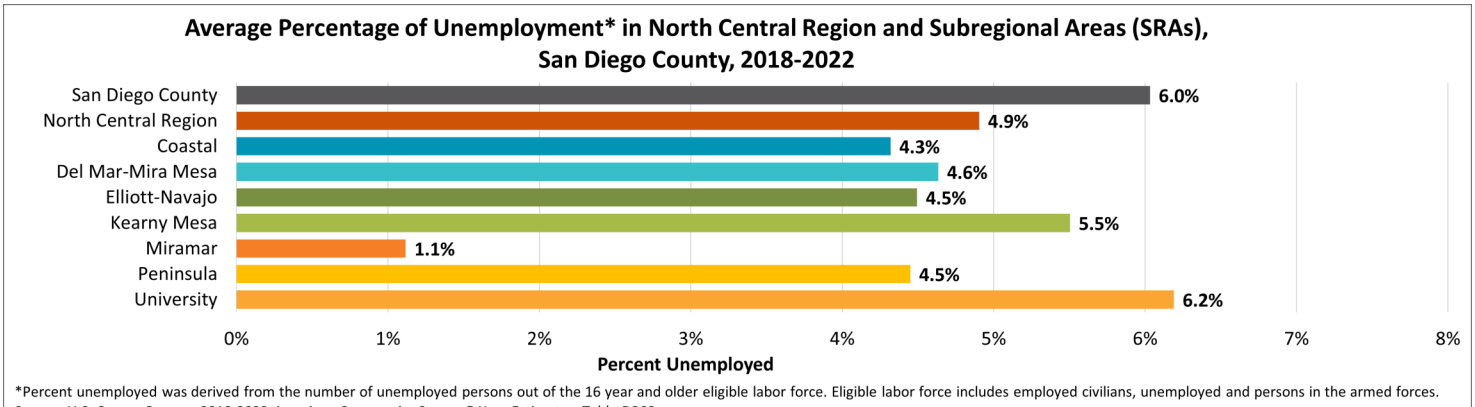
Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table DP03, DP04.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In 2022, 18.9% of residents in North Central Region lived below 200% FPL, which was the lowest proportion among all Health and Human Services Agency (HHSA) regions. Excluding Miramar, a subregional area that includes a substantial military group quarters population with unique demographics, needs, and resources, University had the highest proportion of residents (29.5%) living below 200% FPL compared to all other North Central Region SRAs.



Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table B17024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

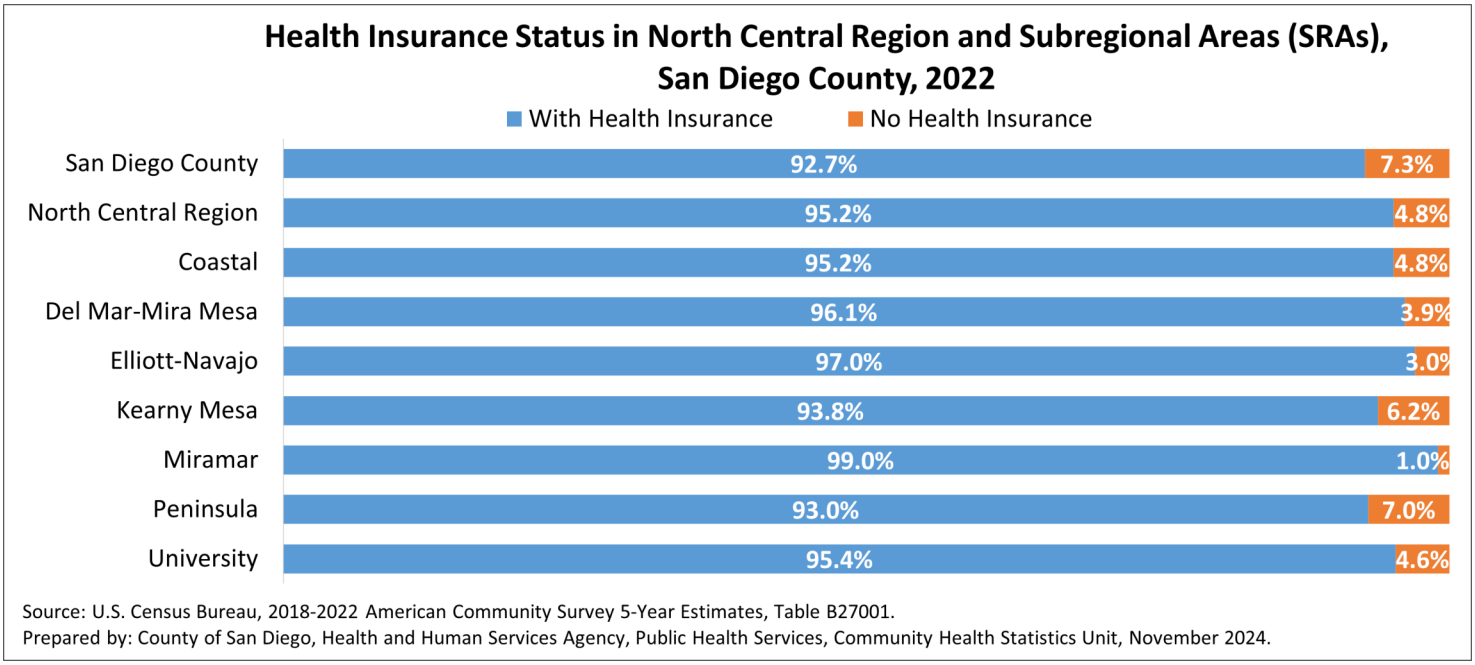
The average 5-year percentage of unemployment was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed persons, and persons in the armed forces. Between 2018-2022, the 5-year average unemployment rate in North Central Region was 4.9%. Excluding Miramar SRA, a subregional area that includes a substantial military group quarters population with unique demographics, needs, and resources, University SRA had the highest 5-year average unemployment rate (6.2%), while Coastal SRA had the lowest (4.3%) between 2018-2022. Among HHSA regions, North Central Region and North Inland Region both had the lowest 5-year average unemployment rate (4.9%) between 2018-2022.



*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, 2018-2022 American Community Survey 5-Year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

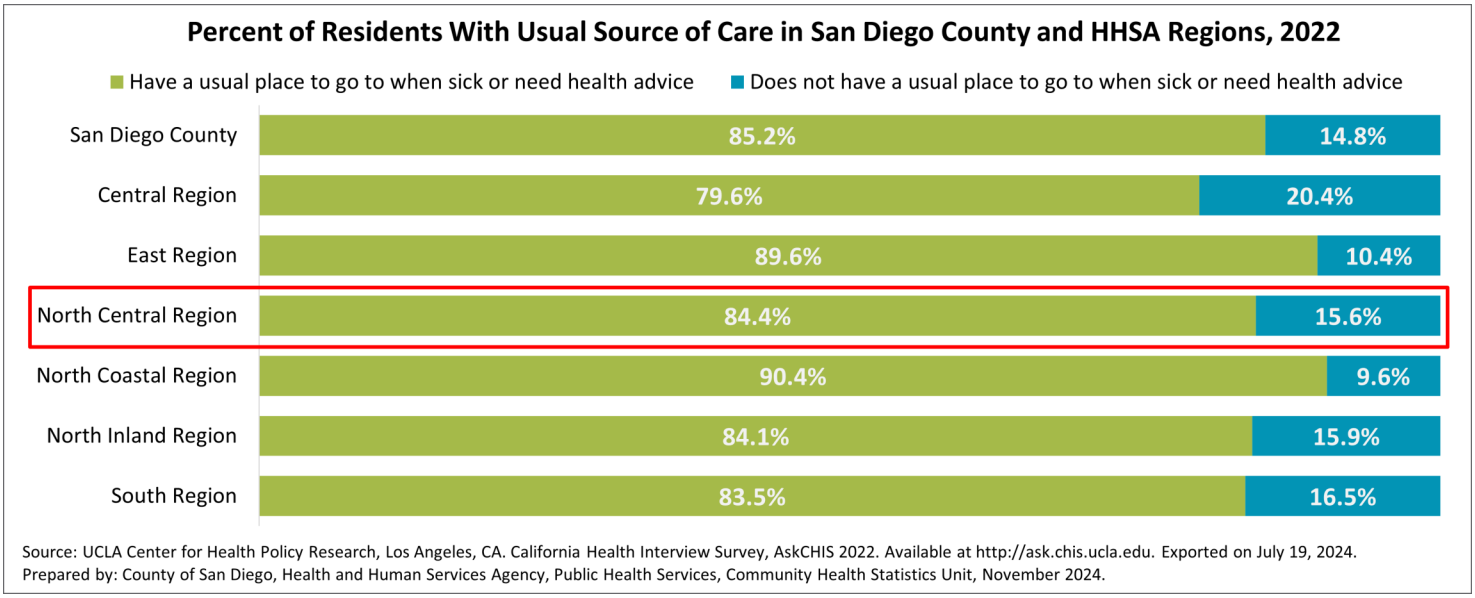
INSURANCE, ACCESS, AND UTILIZATION

In 2022, 95.2% of residents in North Central Region were insured through private or public programs, while 4.8% had no health insurance coverage. Among North Central Region subregional areas (SRAs), Peninsula had the highest proportion of residents without health insurance (7.0%), followed by Kearny Mesa (6.2%). Among Health and Human Services Agency (HHSA) regions, North Central Region had the lowest proportion of uninsured residents (4.8%) in 2022.



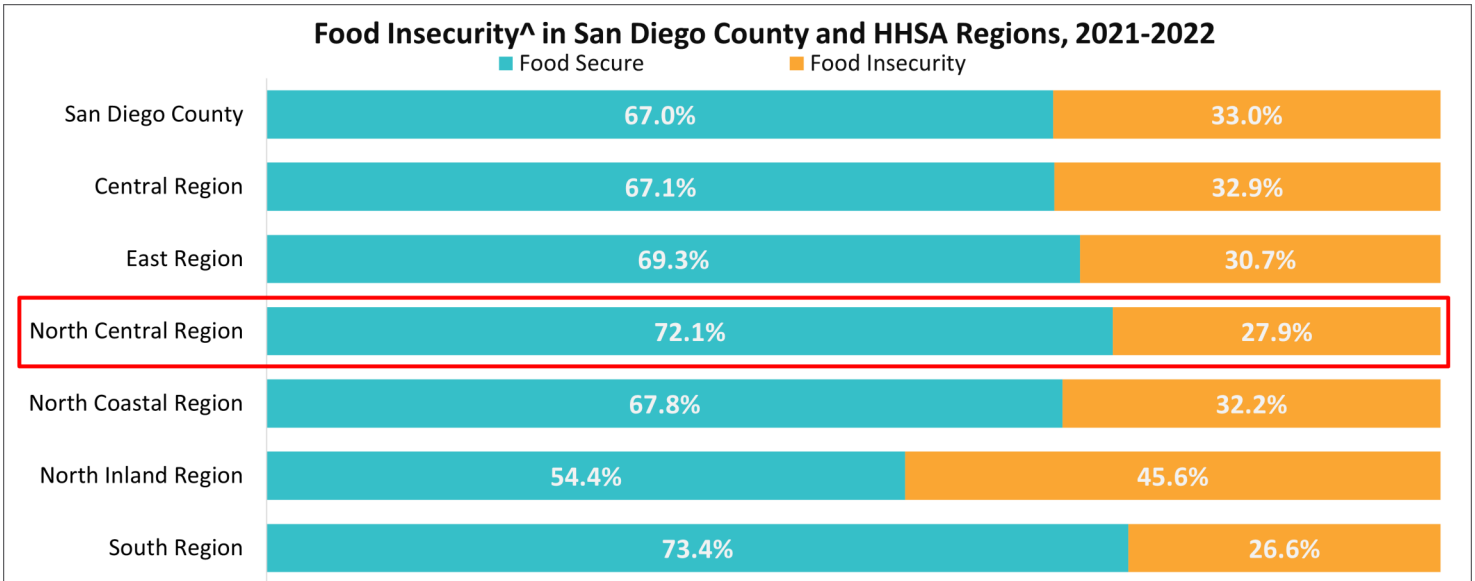
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table B27001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In 2022, 84.4% of North Central Region residents reported having a usual place to go when sick or needing health advice. Nevertheless, 15.6% of residents in North Central Region reported not having a usual place to go when sick or needing health advice in 2022.



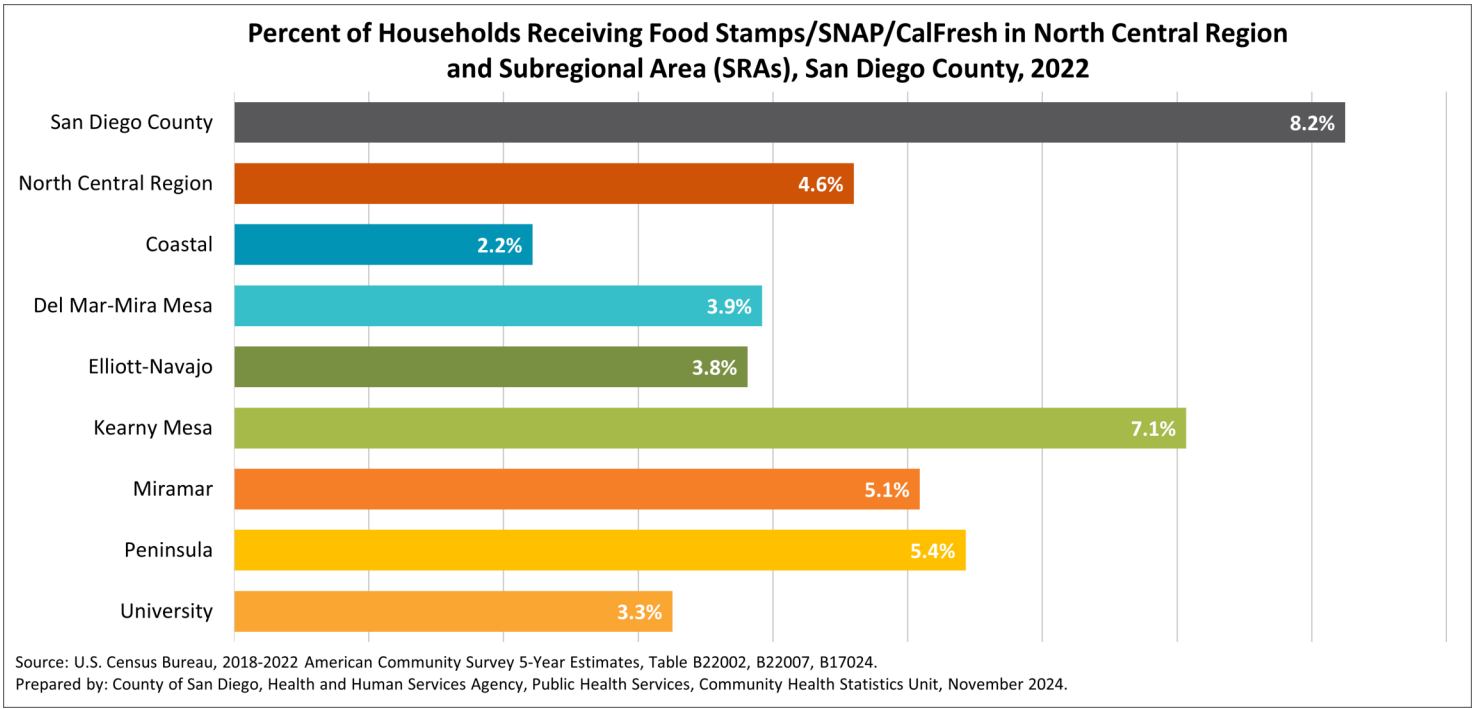
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2022. Available at http://ask.chis.ucla.edu. Exported on July 19, 2024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In 2022, nearly 3 out of every 4 adults (72.1%) in North Central Region, with income less than 200% of the Federal Poverty Level (FPL), reported having food security. However, over a quarter of adults, with income less than 200% FPL, reported an inability to afford enough food (27.9%) in 2022.



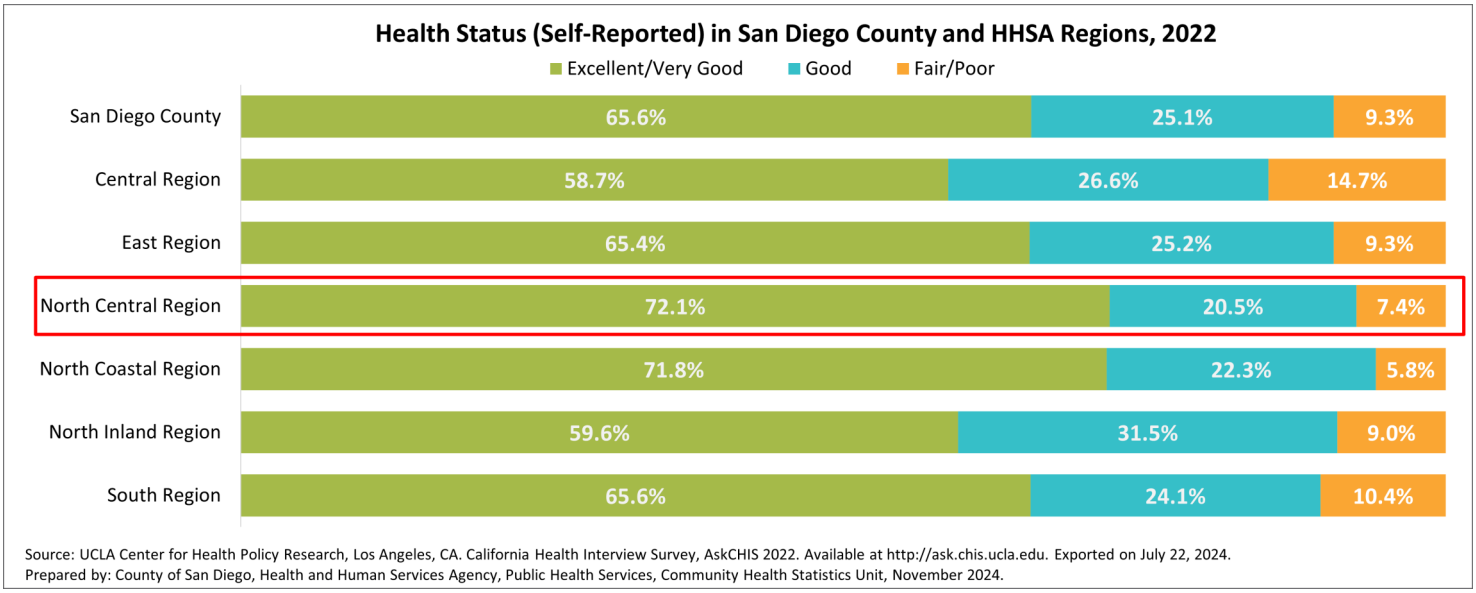
^Asked of adults whose income is less than 200% of the Federal Poverty Level.
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2022. Available at http://ask.chis.ucla.edu. Exported on July 22, 2024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, is a federally-funded program aimed to increase the potential of a nutritious diet in low-income households. In 2022, 4.6% of all households in North Central Region reported receipt of SNAP. Among North Central Region SRAs, Kearny Mesa had the highest proportion of households who reported receipt of SNAP (7.1%), followed by Peninsula (5.4%).



Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table B22002, B22007, B17024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

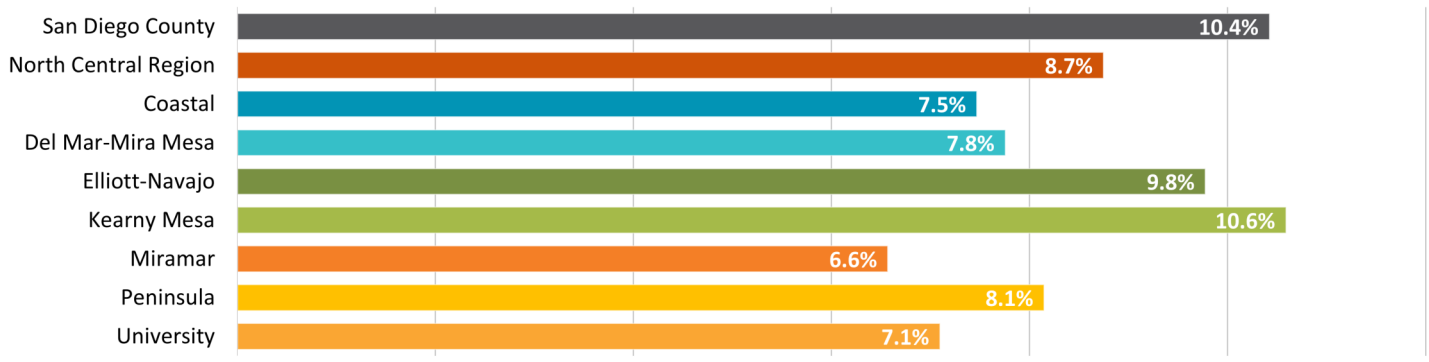
Among HHSA regions, North Central Region had the highest proportion of residents (72.1%) reporting excellent or very good health in 2022. Compared to all other HHSA regions, North Central Region had the lowest proportion of residents reporting good health (20.5%) and the second lowest proportion reporting fair or poor health (7.4%) in 2022.



Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2022. Available at http://ask.chis.ucla.edu. Exported on July 22, 2024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

DISABILITY STATUS

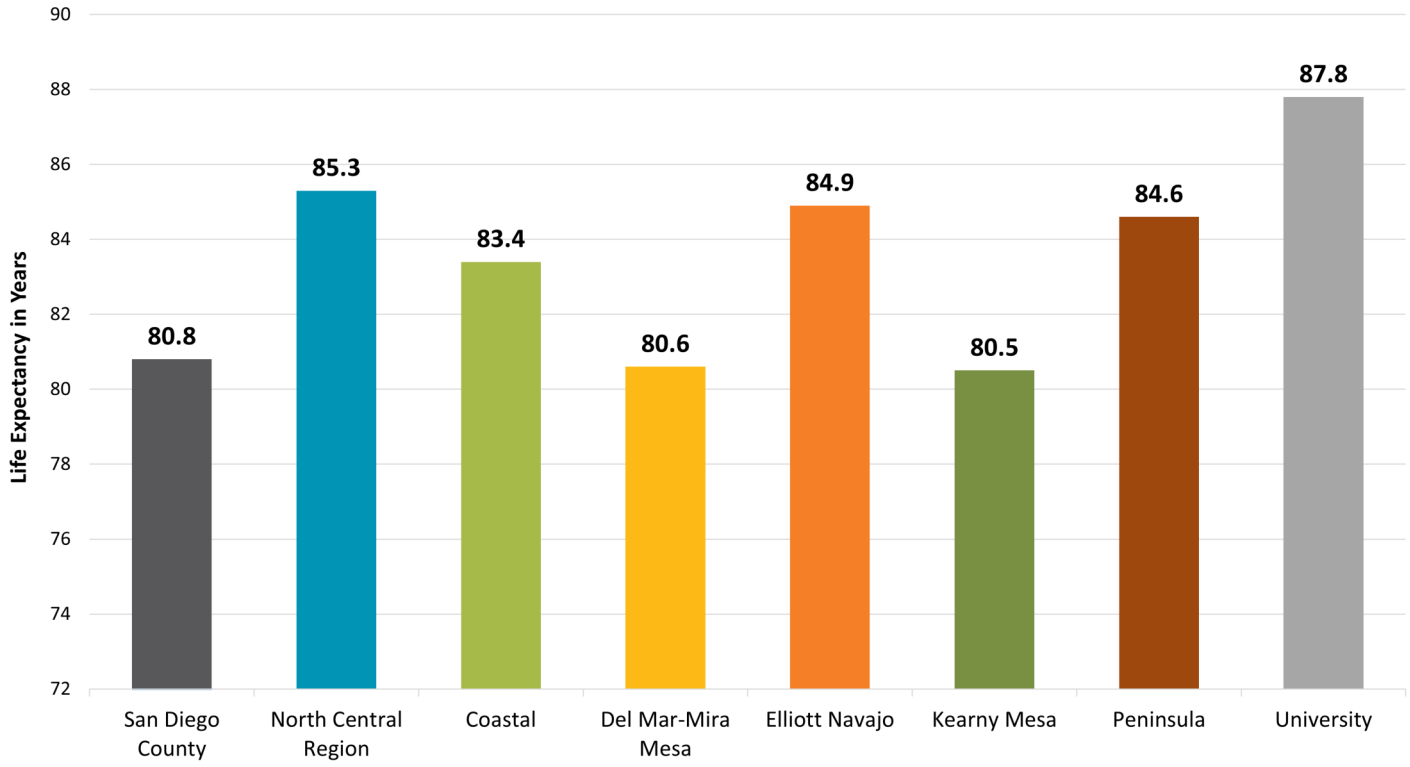
Disability is a dynamic concept that changes over time as one's health improves or declines, as technology advances, and as social structures adapt. Individuals who report any of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2022, 8.7% of North Central Region residents reported having one or more disabilities. Among North Central Region subregional areas (SRAs), Kearny Mesa had the highest proportion of the population with a disability (10.6%), followed by Elliott-Navajo (9.8%).



Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table S1810.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

LIFE EXPECTANCY

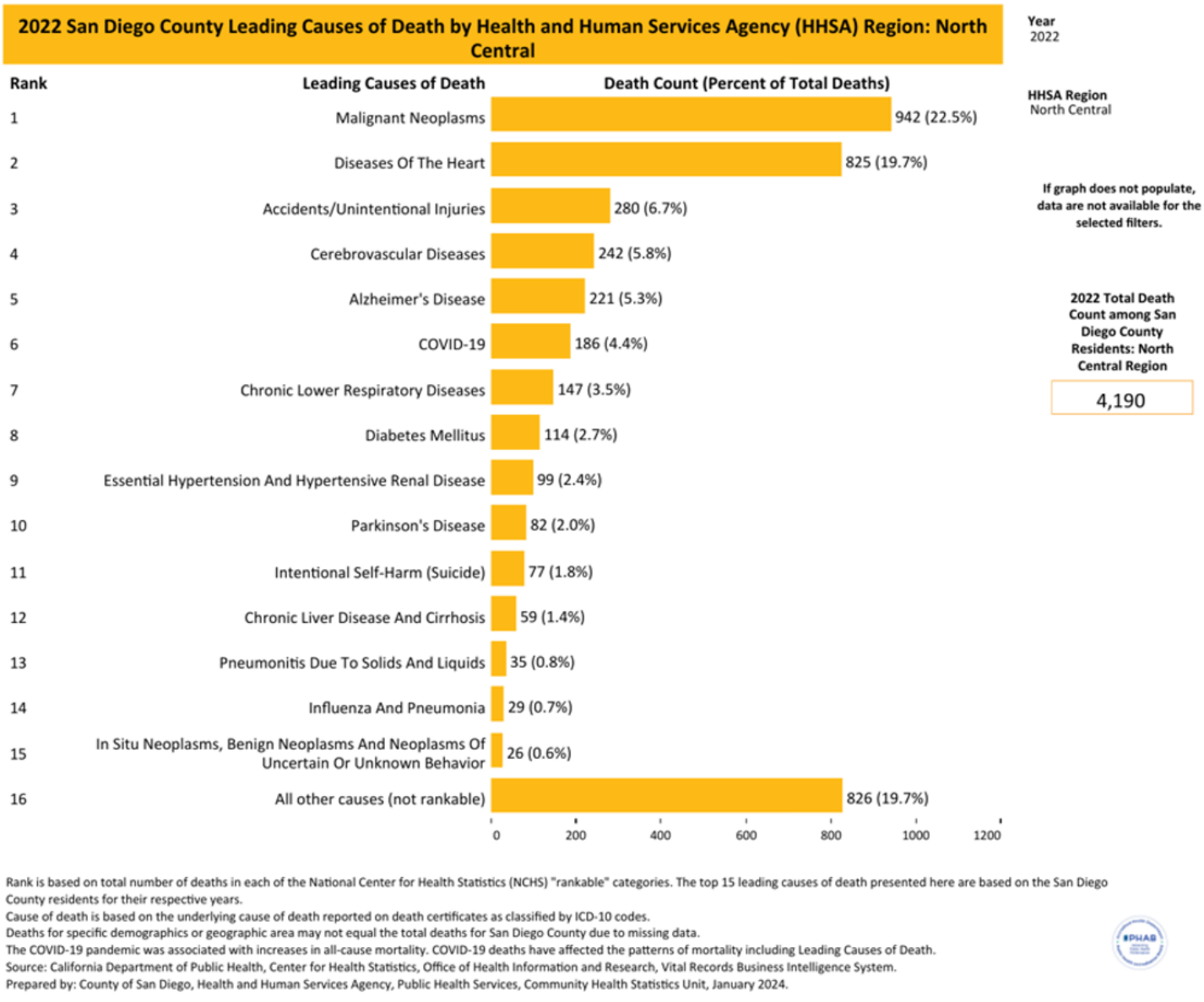
Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. In 2022, a baby born in San Diego County had a life expectancy of 80.8 years, while a baby born in North Central Region had a life expectancy of 85.3 years. Among North Central Region subregional areas (SRAs), University (87.8 years) had the highest life expectancy, followed by Elliott Navajo (84.9 years).



Miramar life expectancy is not available, censored due to variance in population size.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022.
SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including Life Expectancy.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

LEADING CAUSES OF DEATH

The leading causes of death rankings represent the most frequently occurring causes of death. These rankings help assess the relative burden of a specific cause of death compared to all other causes. In 2022, malignant neoplasms (cancers) were the number one leading cause of death in North Central Region, followed by diseases of the heart. In North Central Region, 4 out of the top 5 leading causes of death were non-communicable (chronic) diseases (cancer, heart disease, stroke, and Alzheimer's Disease).

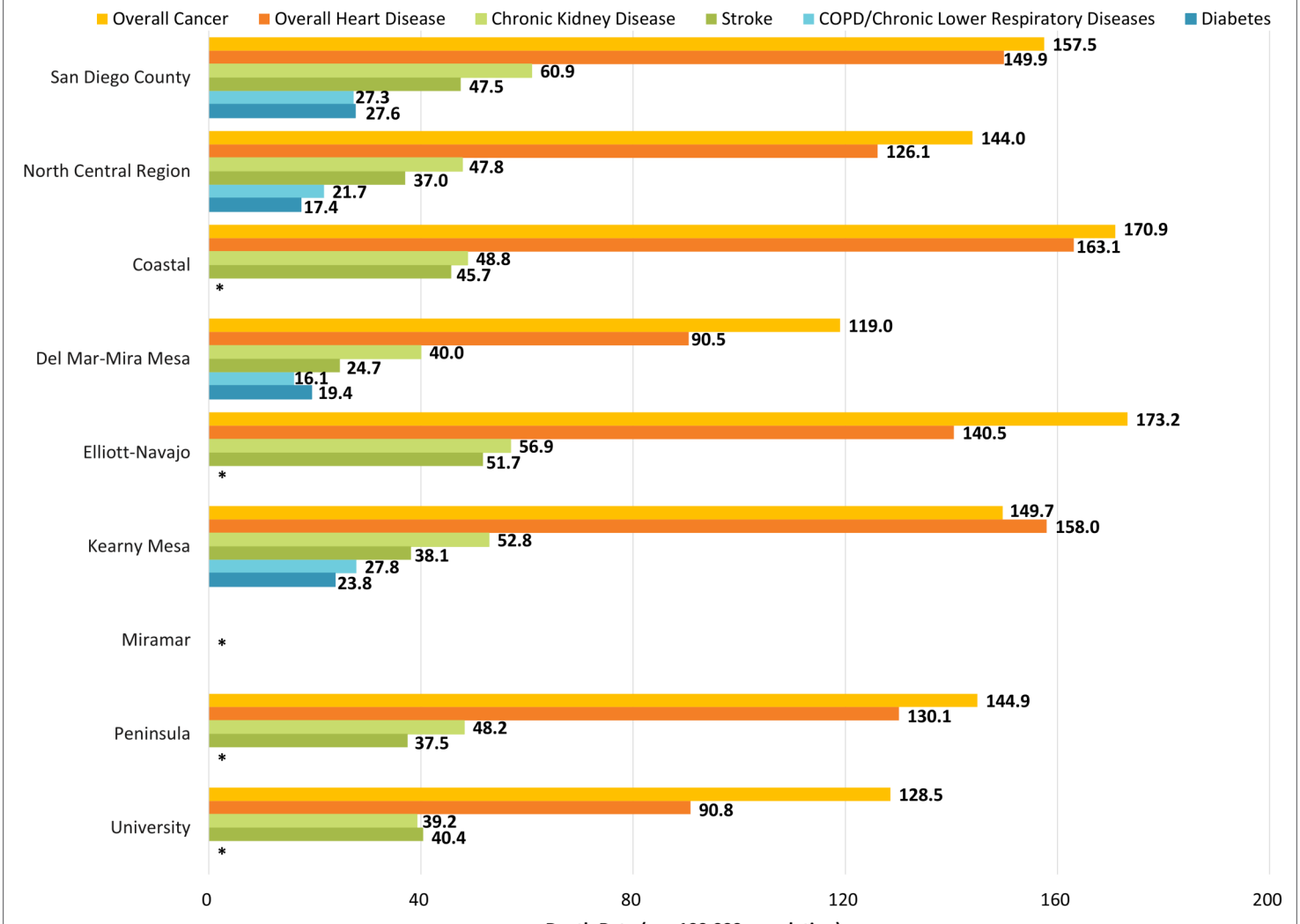


Rank is based on total number of deaths in each of the National Center for Health Statistics (NCHS) "rankable" categories. The top 15 leading causes of death presented here are based on the San Diego County residents for their respective years.
Cause of death is based on the underlying cause of death reported on death certificates as classified by ICD-10 codes.
Deaths for specific demographics or geographic area may not equal the total deaths for San Diego County due to missing data.
The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including Leading Causes of Death.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, January 2024.

NON-COMMUNICABLE (CHRONIC) DISEASES

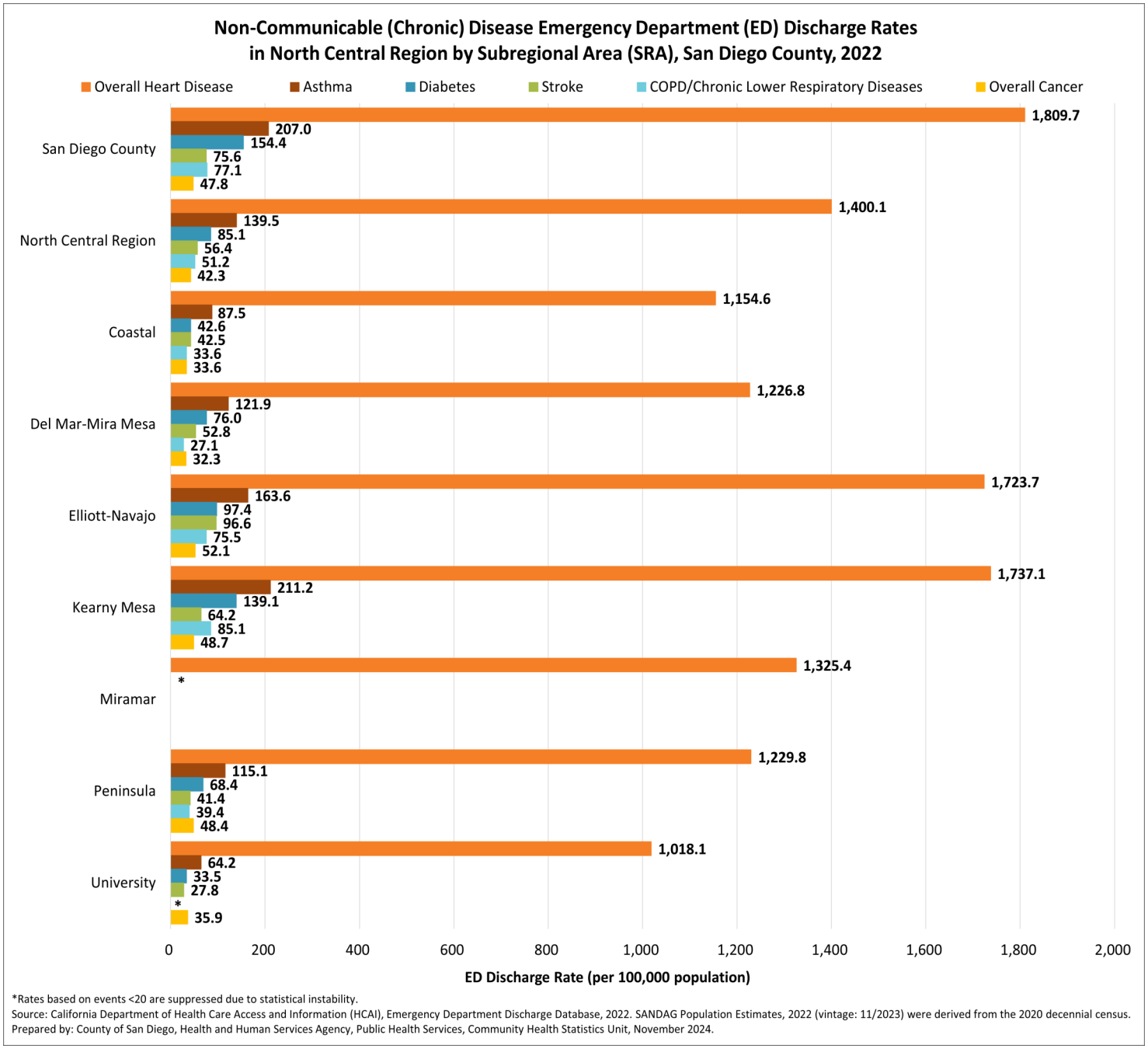
In 2022, the highest death rates among non-communicable (chronic) diseases were due to overall cancer in North Central Region and all its subregional areas (SRAs), except Kearny Mesa, where the highest death rates were due to overall heart disease. Among North Central Region SRAs, Elliott-Navajo had the highest death rate due to overall cancer (173.2 per 100,000), chronic kidney disease (56.9 per 100,000), and stroke (51.7 per 100,000) in 2022. Coastal SRA had the highest death rates due to overall heart disease (163.1 per 100,000) in 2022. Moreover, Kearny Mesa had the highest death rate to COPD/chronic lower respiratory diseases (27.8 per 100,000), and diabetes (23.8 per 100,000) compared to all other SRAs in North Central Region.

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



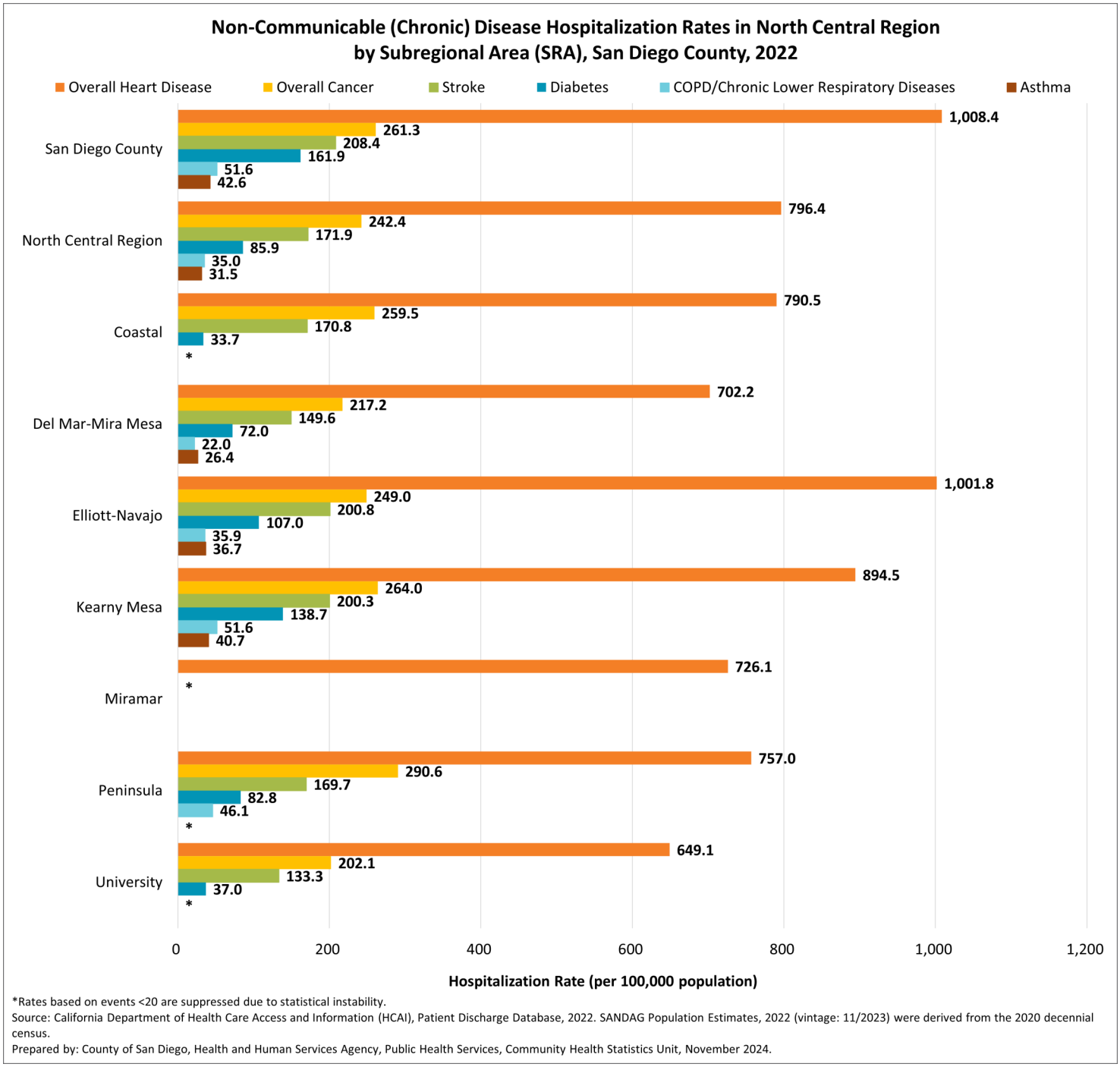
*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Among non-communicable (chronic) diseases in 2022, the highest emergency department (ED) discharge rates were due to overall heart disease in North Central Region and all its SRAs. Among North Central Region SRAs, Kearny Mesa had the highest ED discharge rate due to overall heart disease (1,737.1 per 100,000), asthma (211.2 per 100,000), diabetes (139.1 per 100,000), COPD/ chronic lower respiratory diseases (85.1 per 100,000) compared to all other SRAs in North Central Region. Furthermore, Elliott-Navajo SRA had the highest ED discharge rates due to stroke (96.6 per 100,000), and overall cancer (52.1 per 100,000) among North Central Region SRAs. In 2022, the ED discharge rate due to diabetes in Kearny Mesa SRA (139.1 per 100,000) was 1.6 times higher than the rate of North Central Region (85.1 per 100,000).



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

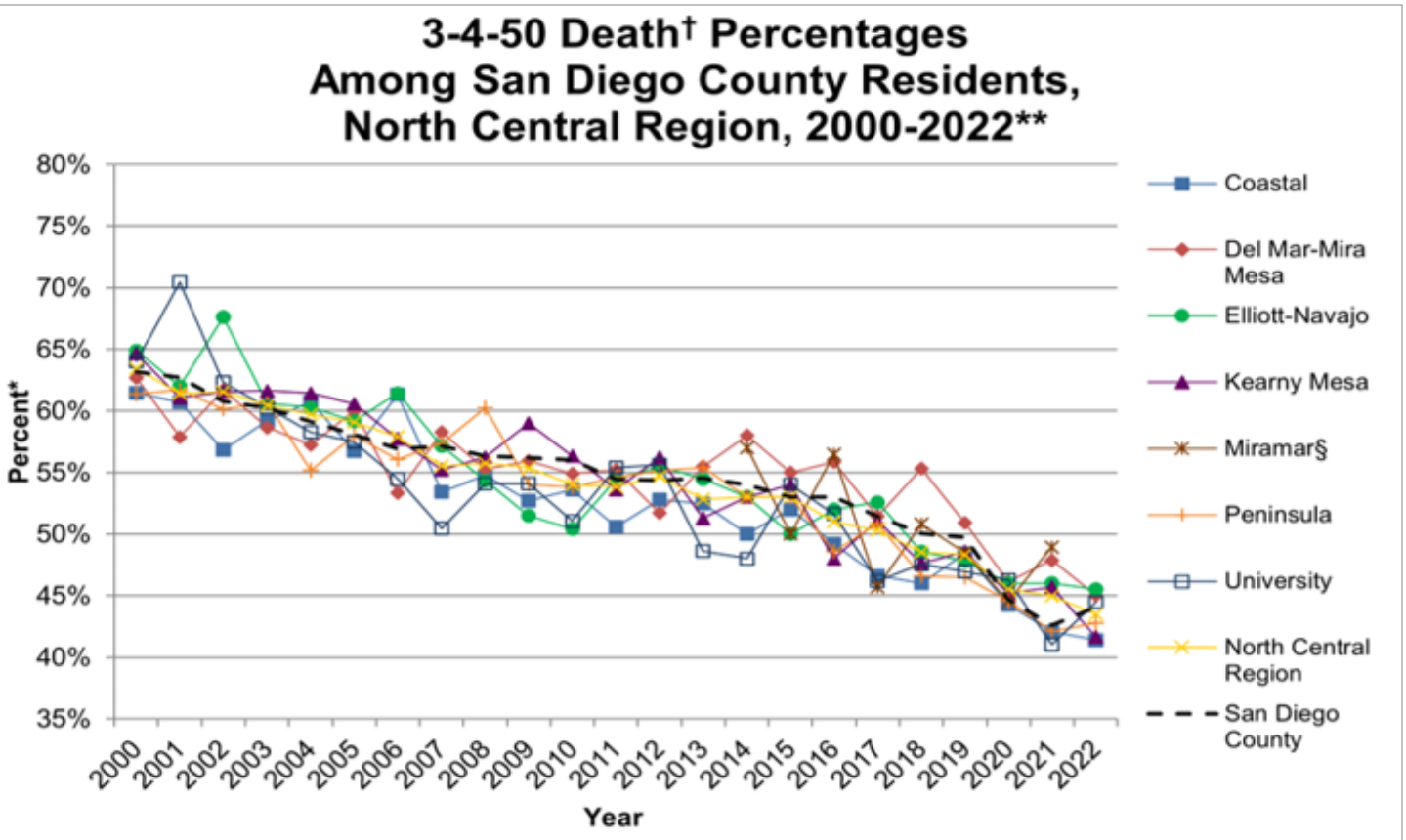
In 2022, the highest hospitalization rates among non-communicable (chronic) diseases were due to overall heart disease, followed by overall cancer, in North Central Region and all its SRAs. Among North Central Region SRAs, Elliott-Navajo had the highest hospitalization rate due to overall heart disease (1,001.8 per 100,000) and stroke (200.8 per 100,000). Peninsula SRA had the highest hospitalization rates due to overall cancer (290.6 per 100,000) in 2022. Kearny Mesa SRA had the highest hospitalization rates due to diabetes (138.7 per 100,000), COPD/chronic lower respiratory diseases (51.6 per 100,000), and asthma (40.7 per 100,000) compared to all other North Central Region SRAs in 2022.



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

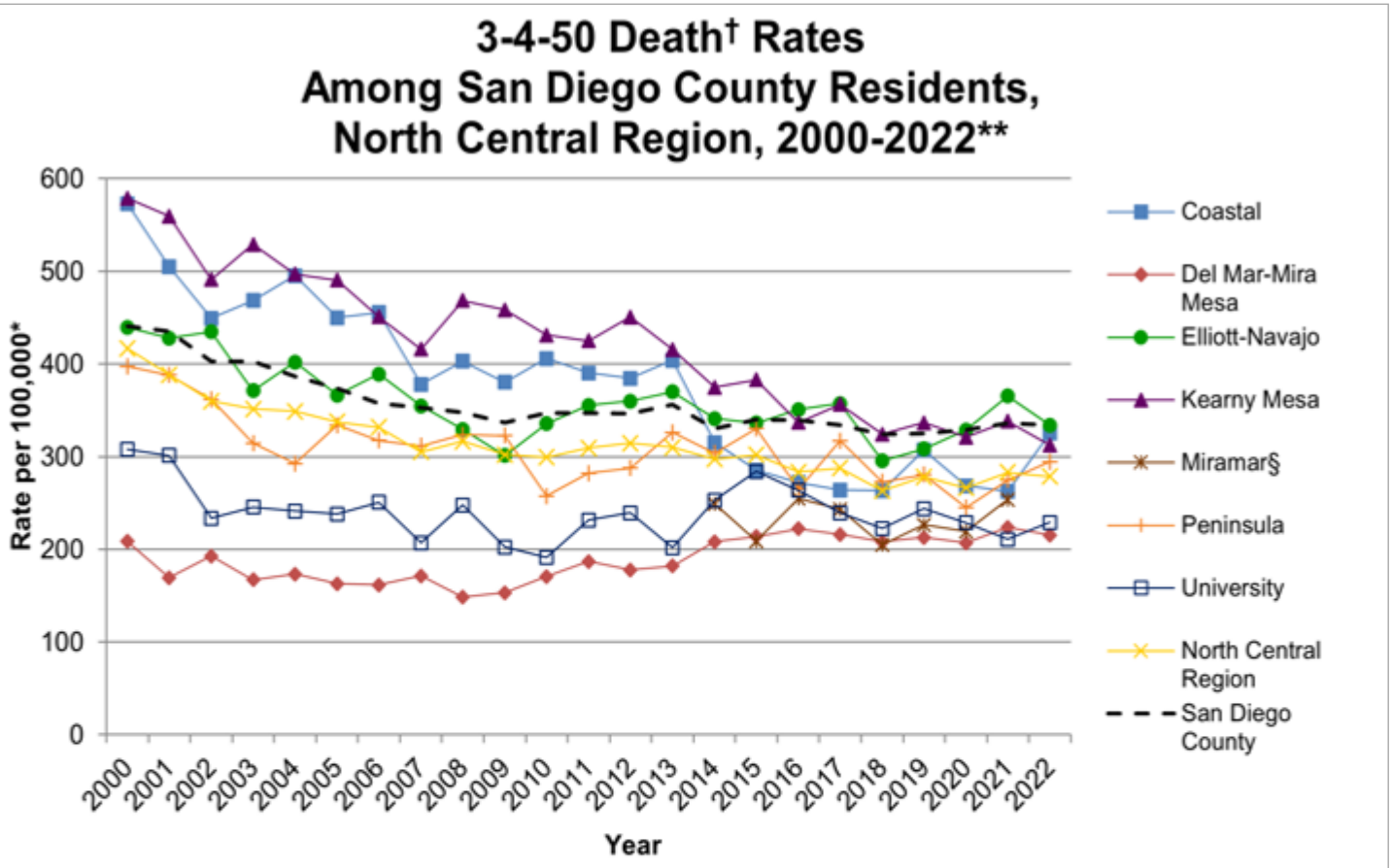
3-4-50: CHRONIC DISEASES

Three behaviors (poor diet, physical inactivity, and tobacco use) contribute to four chronic diseases (cancer, heart disease and stroke, type 2 diabetes, and lung diseases such as asthma) that result in over 50% of all deaths worldwide. Overall, the percentage of deaths due to 3-4-50 chronic diseases decreased in North Central Region from 2000 to 2022. In 2022, stroke, coronary heart disease (CHD), diabetes, chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases, asthma, and cancer caused 44% of all deaths in North Central Region. Among North Central Region subregional areas (SRAs), Elliott-Navajo had the highest percentage of deaths due to 3-4-50 chronic diseases (46%) in 2022. Additionally, Kearny Mesa SRA had a 35.6% decrease in deaths from 3-4-50 chronic diseases, which was the greatest decrease among North Central Region SRAs, from 2000 to 2022.



*3-4-50 deaths as a percentage of all cause deaths.
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).
§Percents not calculated for fewer than 5 events for the years 2000 to 2019. Percents not calculated for fewer than 11 events for the years 2020-2022. Percents not calculated in cases where zip code is unknown.
**The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2022 California Vital Records Business Intelligence System (VRBIS).
Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, January 2024.

Overall, the death rates from 3-4-50 chronic diseases decreased in North Central Region and its SRAs, except for Del Mar-Mira Mesa, from 2000 to 2022. Among North Central Region SRAs, Elliott-Navajo had the highest death rate due to 3-4-50 chronic diseases in 2022 (334.1 per 100,000), while Del Mar-Mira Mesa had the lowest (215.3 per 100,000). Moreover, Kearny Mesa SRA had the greatest decrease (46%) in the death rate from 3-4-50 chronic diseases, from 579.1 per 100,000 in 2000 to 312.7 per 100,000 in 2022.

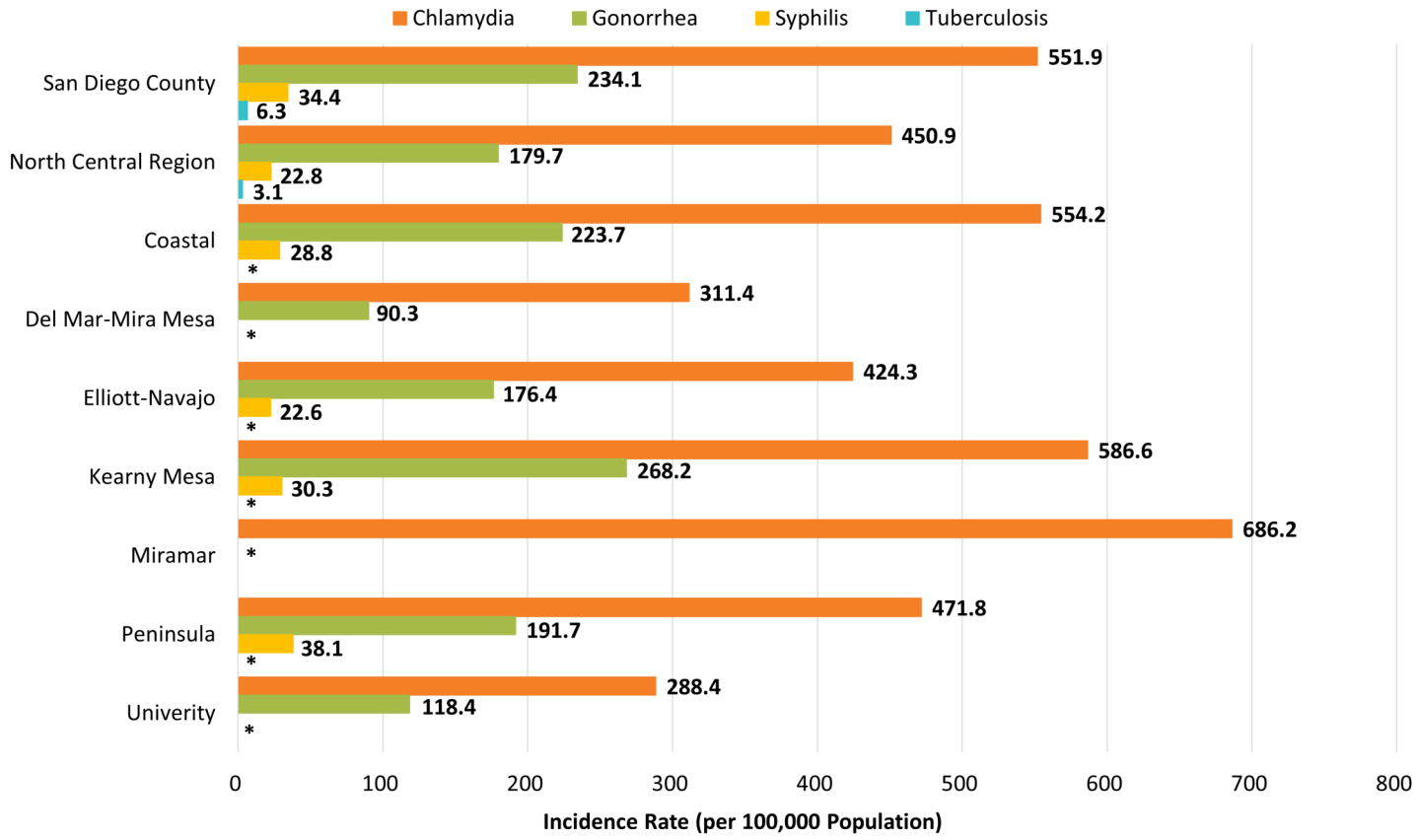


*Rates per 100,000 population.
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).
§Rates not calculated for fewer than 5 events for the years 2000 to 2019. Rates not calculated for fewer than 11 events for the years 2020-2022. Rates not calculated in cases where zip code is unknown.
**The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2022 California Vital Records Business Intelligence System (VRBIS). SANDAG, Current Population Estimates. Population estimates for 2020 and 2021 were derived using the 2010 decennial census and data should be considered preliminary. 2022 population estimates were derived from the 2020 decennial census.
Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, January 2024.

COMMUNICABLE (INFECTIOUS) DISEASES

In 2022, the incidence rates of communicable (infectious) diseases (chlamydia, gonorrhea, syphilis, and tuberculosis) in North Central Region were lower than in San Diego County overall. In North Central Region and its subregional areas (SRAs), the highest incidence rates among communicable (infectious) diseases were due to chlamydia in 2022. Among North Central Region SRAs, Miramar had the highest incidence rate of chlamydia (686.2 per 100,000), which was higher than North Central Region (450.9 per 100,000) and San Diego County overall (551.9 per 100,000). In 2022, Kearny Mesa SRA had the highest incidence rate of gonorrhea (268.2 per 100,000) compared to all other North Central Region SRAs. Furthermore, Peninsula SRA had the highest incidence rate of syphilis (38.1 per 100,000) among all other SRAs in the North Central Region in 2022.

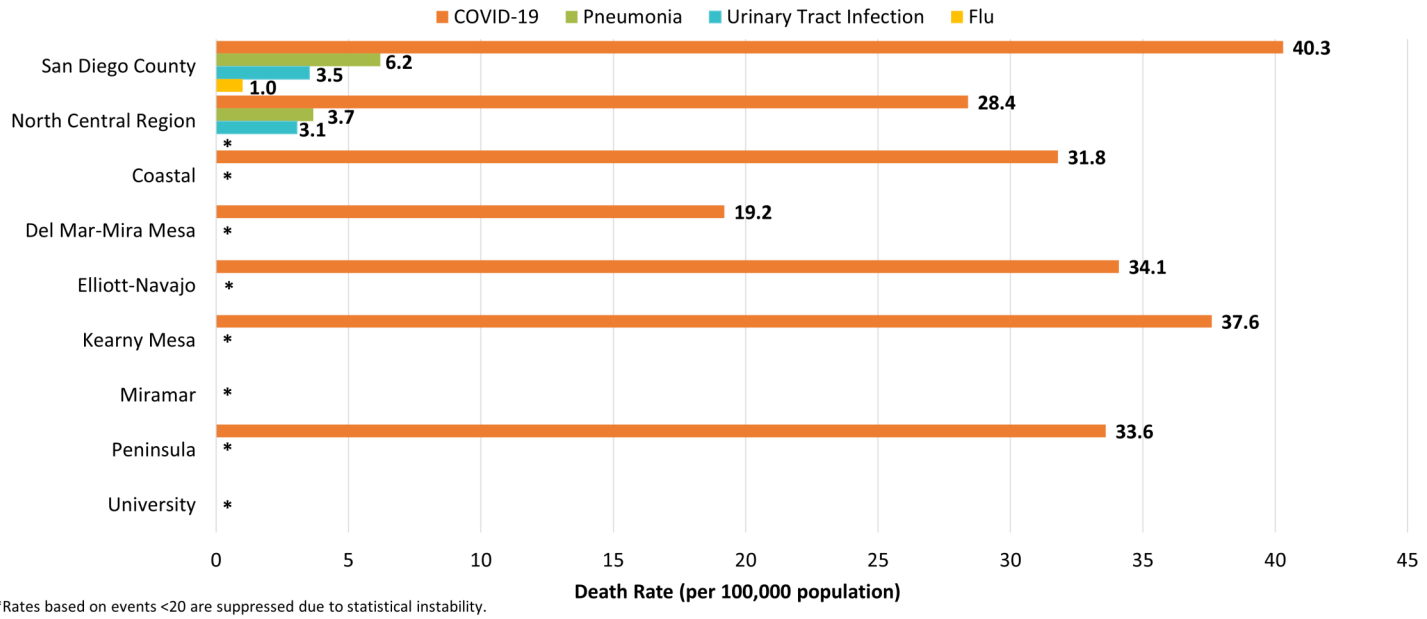
Incidence Rates of Chlamydia, Gonorrhea, Syphilis, and Tuberculosis in North Central Region by Subregional Area (SRA), San Diego County, 2022



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Infectious Diseases, Division of Communicable Disease Control, California Reportable Disease Information Exchange (CalREDIE) and Report of Verified Case of Tuberculosis (RVCT), 2022. County of San Diego, Health and Human Services Agency, Public Health Services, HIV, STD and Hepatitis Branch. County of San Diego, Health and Human Services Agency, Public Health Services, Tuberculosis Control and Refugee Health Branch. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

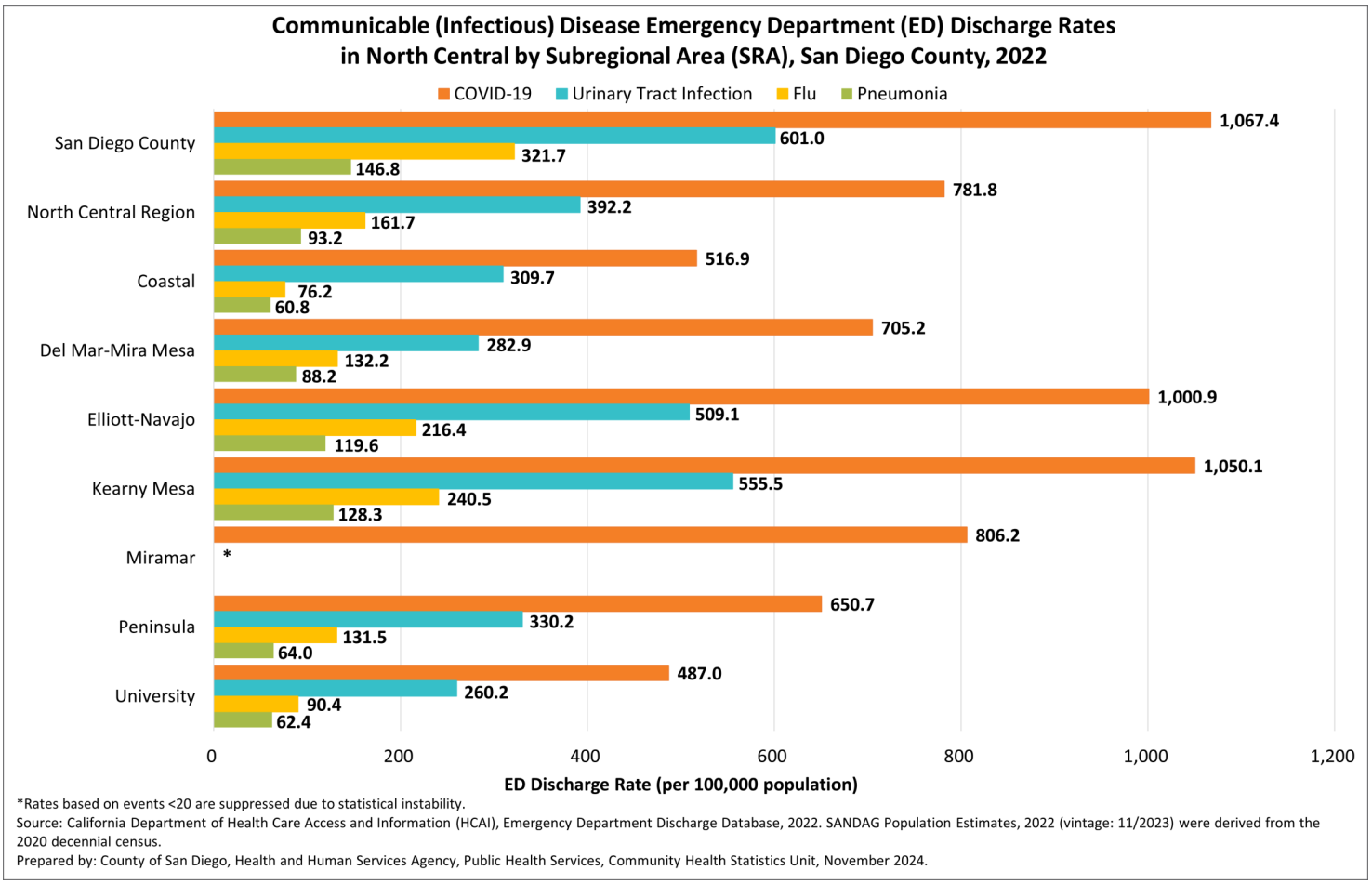
In North Central Region, the highest death rate among communicable (infectious) diseases was due to COVID-19 (28.4 per 100,000), followed by pneumonia (3.7 per 100,000) in 2022. Among North Central Region SRAs, Kearny Mesa had the highest death rate (37.6 per 100,000) due to COVID-19. In 2022, the death rates due to COVID-19 in North Central Region and its SRAs were lower than in San Diego County (40.3 per 100,000) overall.

Communicable (Infectious) Disease Death Rates in North Central Region by Subregional Area (SRA), San Diego County, 2022



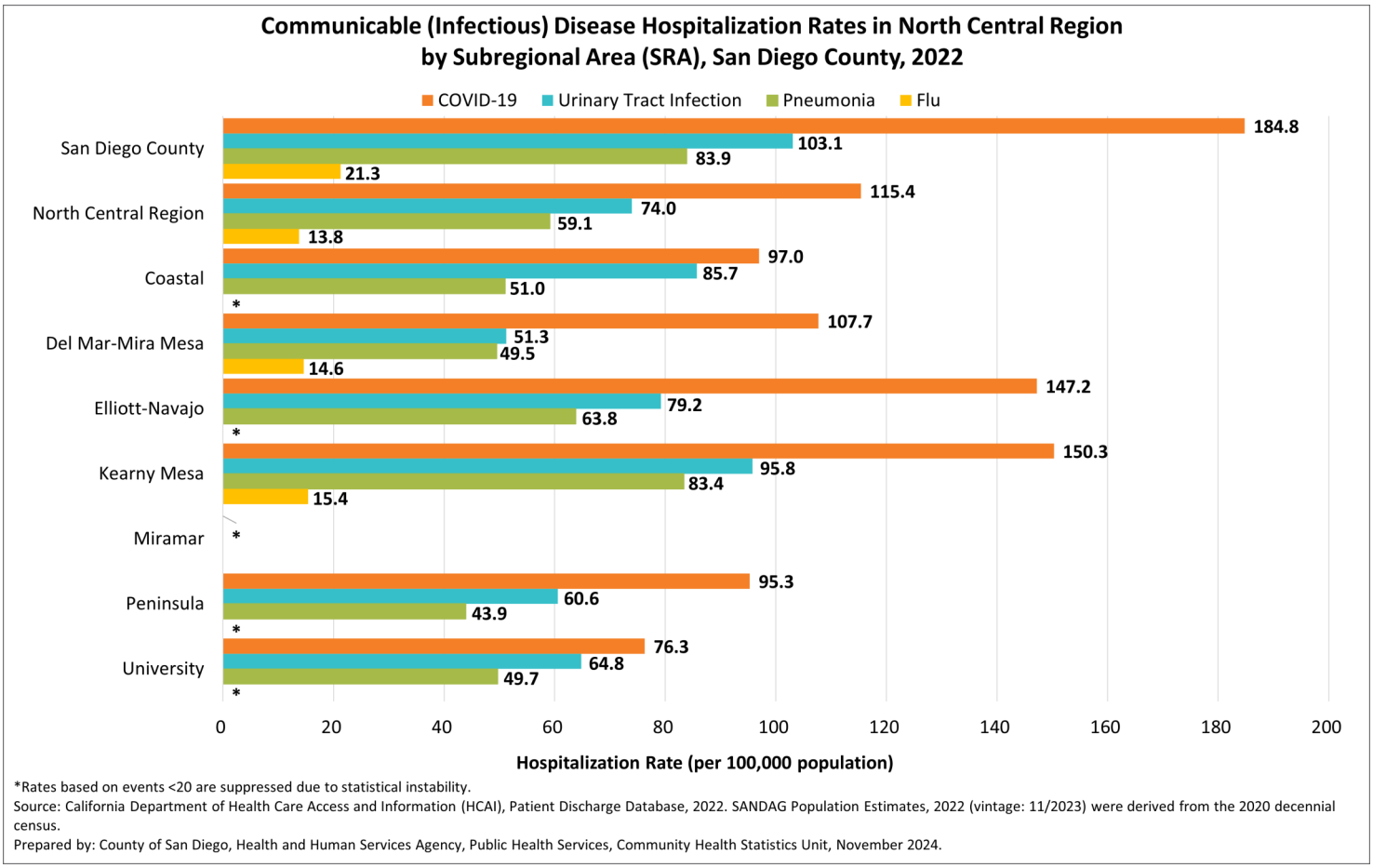
*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In North Central Region and its SRAs, the highest emergency department (ED) discharge rates among communicable (infectious) diseases were due to COVID-19 in 2022. Among North Central Region SRAs, Kearny Mesa had the highest ED discharge rate due to COVID-19 (1,050.1 per 100,000), followed by Elliott-Navajo (1,000.9 per 100,000) in 2022. Additionally, Kearny Mesa SRA had the highest ED discharge rate due to urinary tract infection (555.5 per 100,000), flu (240.5 per 100,000), and pneumonia (128.3 per 100,000) in 2022.



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

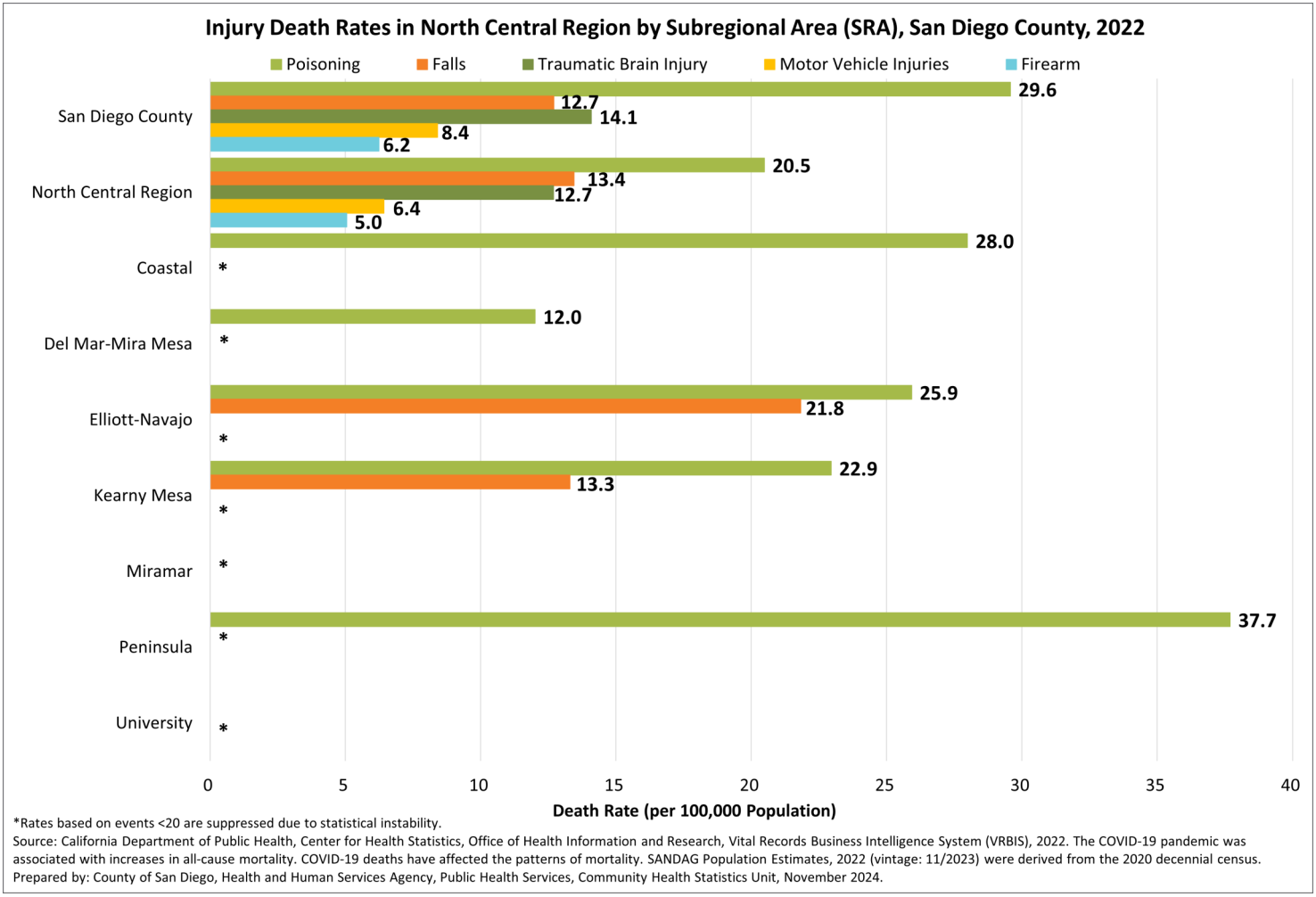
In 2022, the highest hospitalization rates among communicable (infectious) diseases were due to COVID-19 in North Central Region and its SRAs. Among North Central Region SRAs, Kearny Mesa had the highest hospitalization rate due to COVID-19 (150.3 per 100,000), while University had the lowest (76.3 per 100,000). Furthermore, Kearny Mesa SRA had the highest hospitalization rate due to urinary tract infection (95.8 per 100,000), pneumonia (83.4 per 100,000), and flu (15.4 per 100,000) compared to all other North Central Region SRAs in 2022.



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

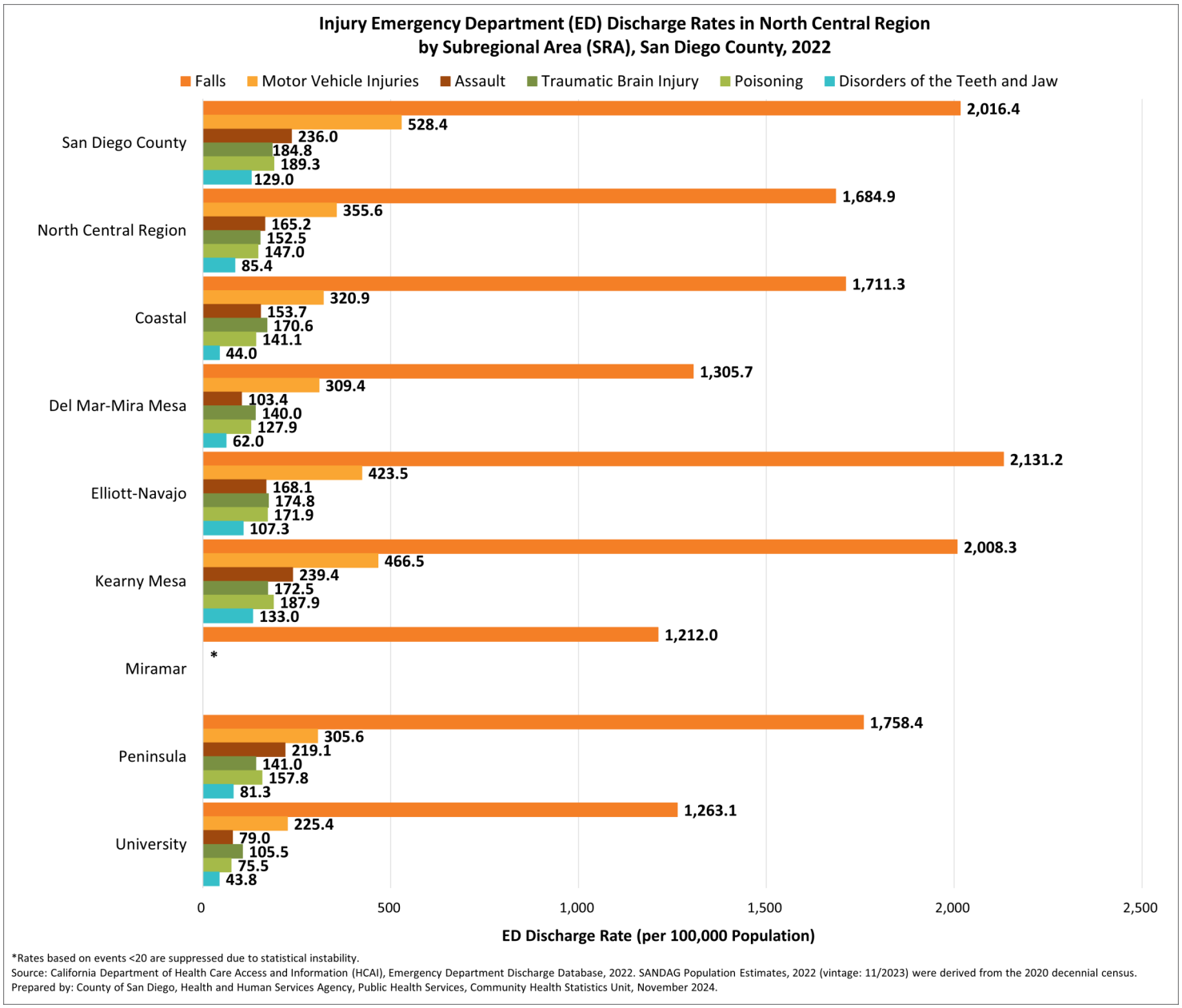
INJURY INDICATORS

In North Central Region, the highest death rate among injury indicators was due to poisoning, followed by falls in 2022. Among North Central Region SRAs, Peninsula had the highest death rate due to poisoning (37.7 per 100,000), which was higher than North Central Region (20.5 per 100,000) and San Diego County overall (29.6 per 100,000). In 2022, Elliot-Navajo SRA had the highest death rate due to falls (21.8 per 100,000), followed by Kearny Mesa SRA (13.3 per 100,000).



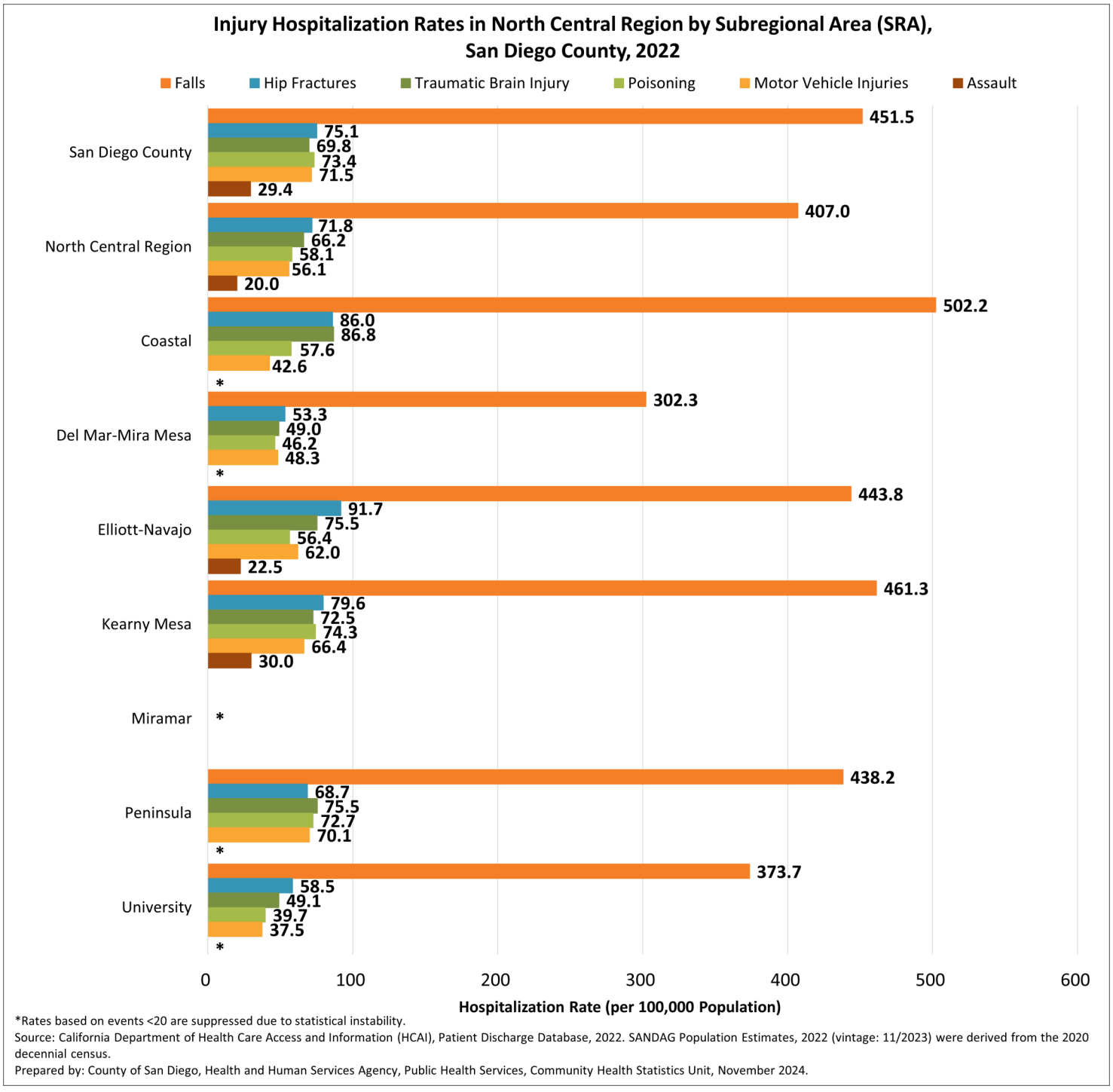
*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In 2022, the highest emergency department (ED) discharge rates among injury indicators were due to falls in North Central Region and its SRAs. Among North Central Region SRAs, Elliott-Navajo had the highest ED discharge rate due to falls (2,131.2 per 100,000). Additionally, the ED discharge rate due to traumatic brain injury was the highest in Elliott-Navajo SRA (174.8 per 100,000). In 2022, Kearny Mesa SRA had the highest ED discharge rates due to assault, disorders of the teeth and jaw, and poisoning compared to all other SRAs in North Central Region. The second-highest ED discharge rates among injury indicators in North Central Region and its SRAs were due to motor vehicle injuries in 2022. Among North Central Region SRAs, Kearny Mesa had the highest ED discharge rate due to motor vehicle injuries (466.5 per 100,000) in 2022.



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

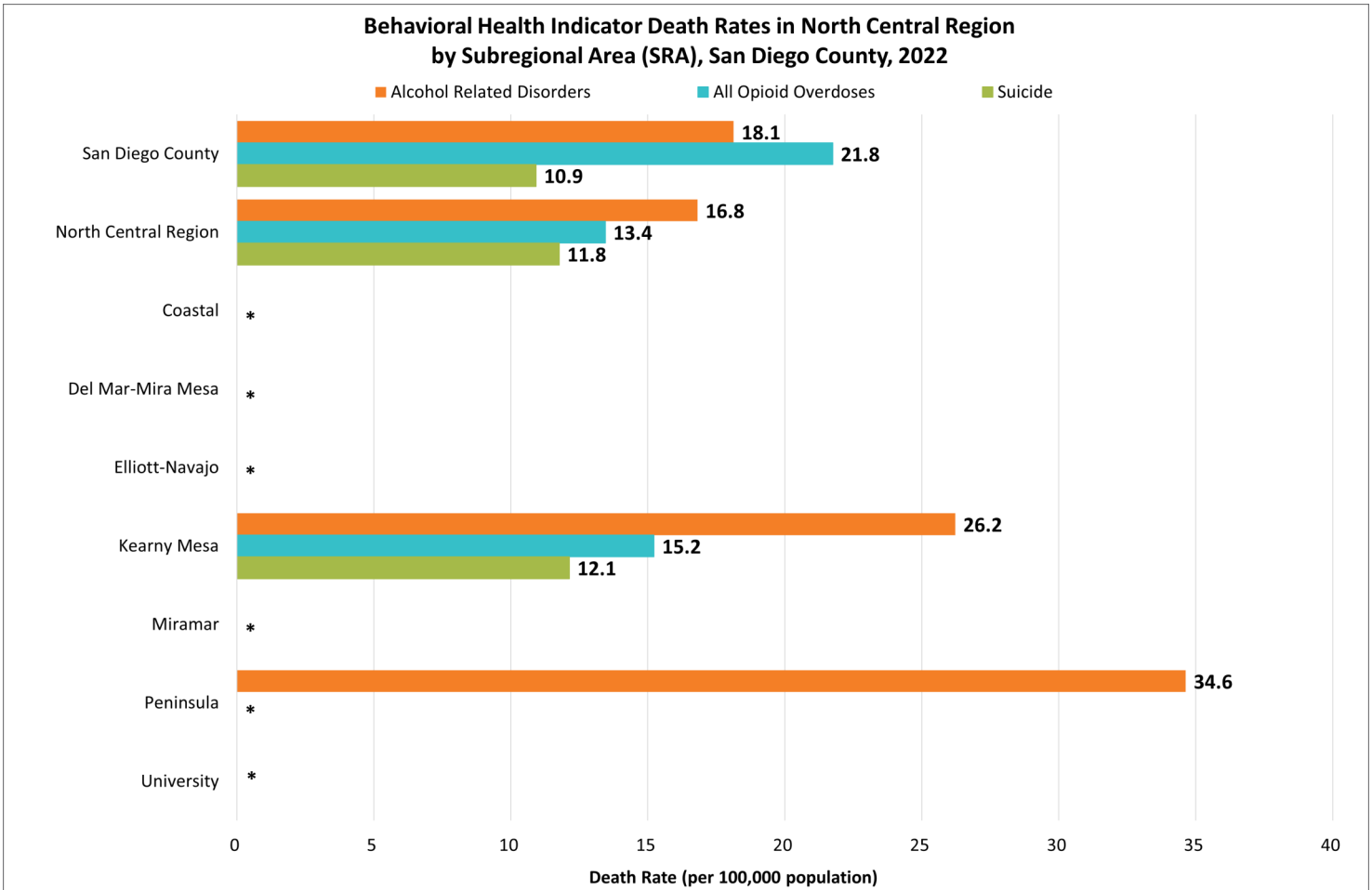
Among injury indicators, in North Central Region and its SRAs, the highest hospitalization rates were due to falls, followed by hip fractures. Among North Central Region SRAs, Kearny Mesa had the highest hospitalization rate due to falls (461.3 per 100,000), followed by Elliott-Navajo (443.8 per 100,000) in 2022. In addition to falls, Kearny Mesa SRA had the highest hospitalization rates due to poisoning (74.3 per 100,000). In 2022, Peninsula SRA has the highest hospitalization rate due to motor vehicle injuries (70.1 per 100,000). Furthermore, Coastal SRA had the highest hospitalization rate due to traumatic brain injury (86.8 per 100,000).



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

BEHAVORIAL HEALTH INDICATORS

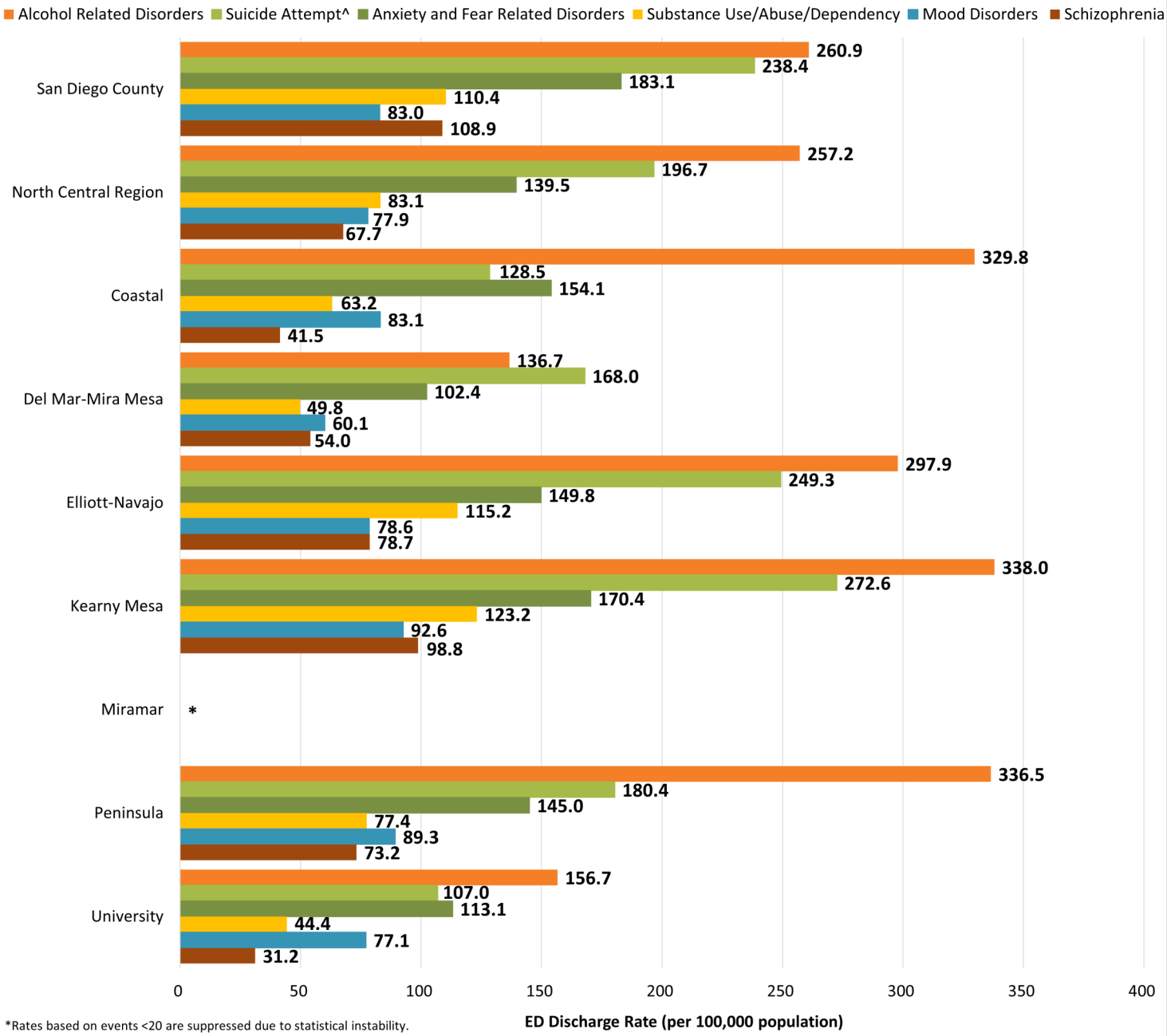
Among behavioral health indicators, the highest death rates were due to alcohol related disorders in North Central Region and its SRAs in 2022. Among North Central Region SRAs, Peninsula had the highest death rate due to alcohol related disorders (34.6 per 100,000), followed by Kearny Mesa (26.2 per 100,000). Moreover, Kearny Mesa SRA had the highest death rate due to all opioid overdoses (15.2 per 100,000) and suicide (12.1 per 100,000) in 2022.



Beginning with data year 2021, the "All Opioid Overdoses" indicator is an expansion of the "Opioid Overdoses" indicator that includes specific synthetic narotic ICD-10-CM codes (fentanyl, tramadol, other synthetic narcotics) in addition to the general codes, to reflect morbidity more broadly. Mortality is the same for both indicators due to no changes in ICD-10 mortality codes.
*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

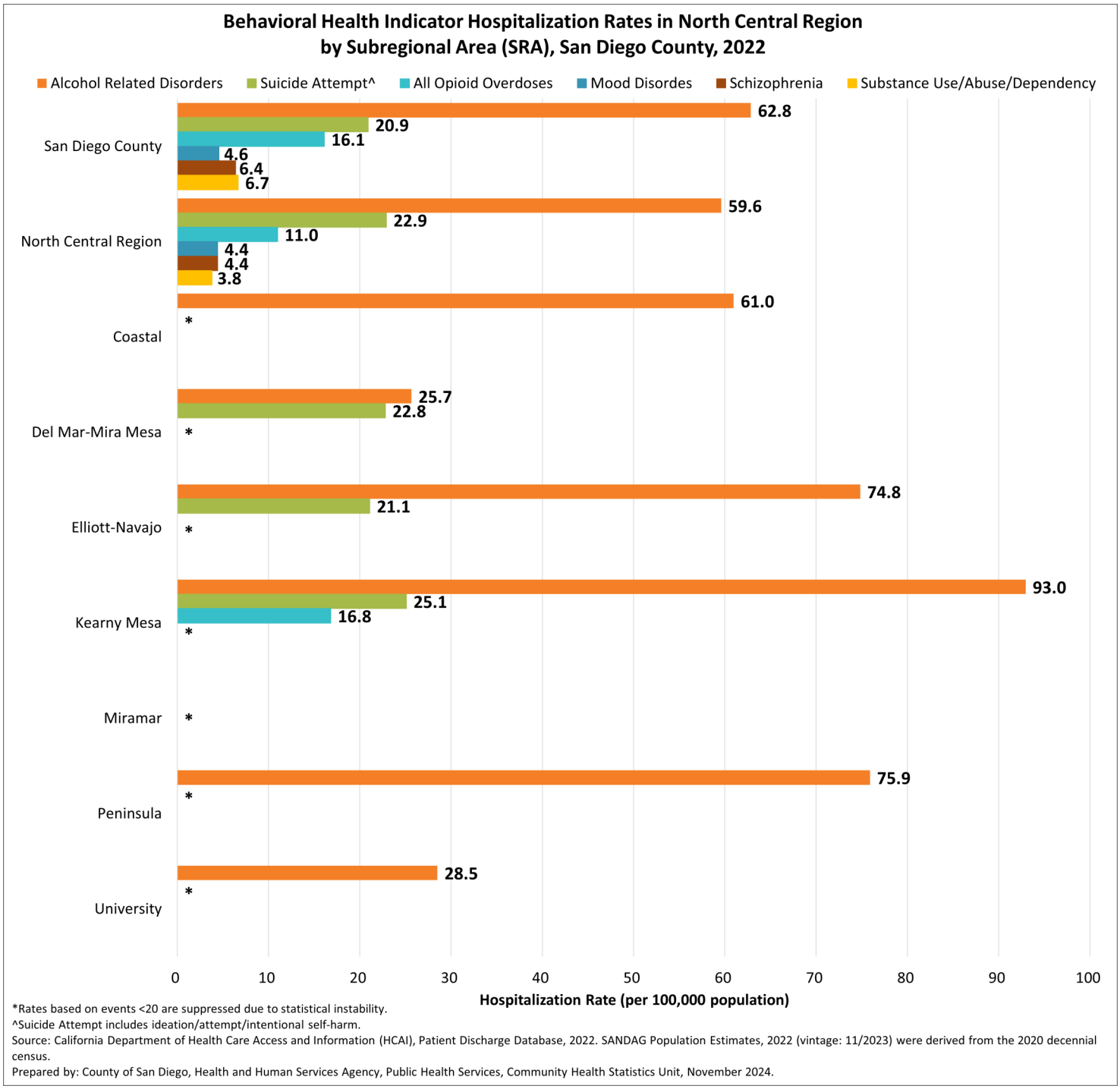
In North Central Region and its SRAs, except Del Mar-Mira Mesa, the highest emergency department (ED) discharge rates were due to alcohol related disorders in 2022. Among North Central Region SRAs, Kearny Mesa had the highest ED discharge rate due to alcohol related disorders (338.0 per 100,000), followed by Peninsula (336.5 per 100,000). While suicide attempt/ideation/ intentional self-harm was the leading condition among ED discharge rates in Del Mar-Mira Mesa SRA, Kearny Mesa SRA had the highest ED discharge rate due to suicide attempt/ideation/ intentional self-harm in 2022.

Behavioral Health Indicator Emergency Department (ED) Discharge Rates in North Central Region by Subregional Area (SRA), San Diego County, 2022



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

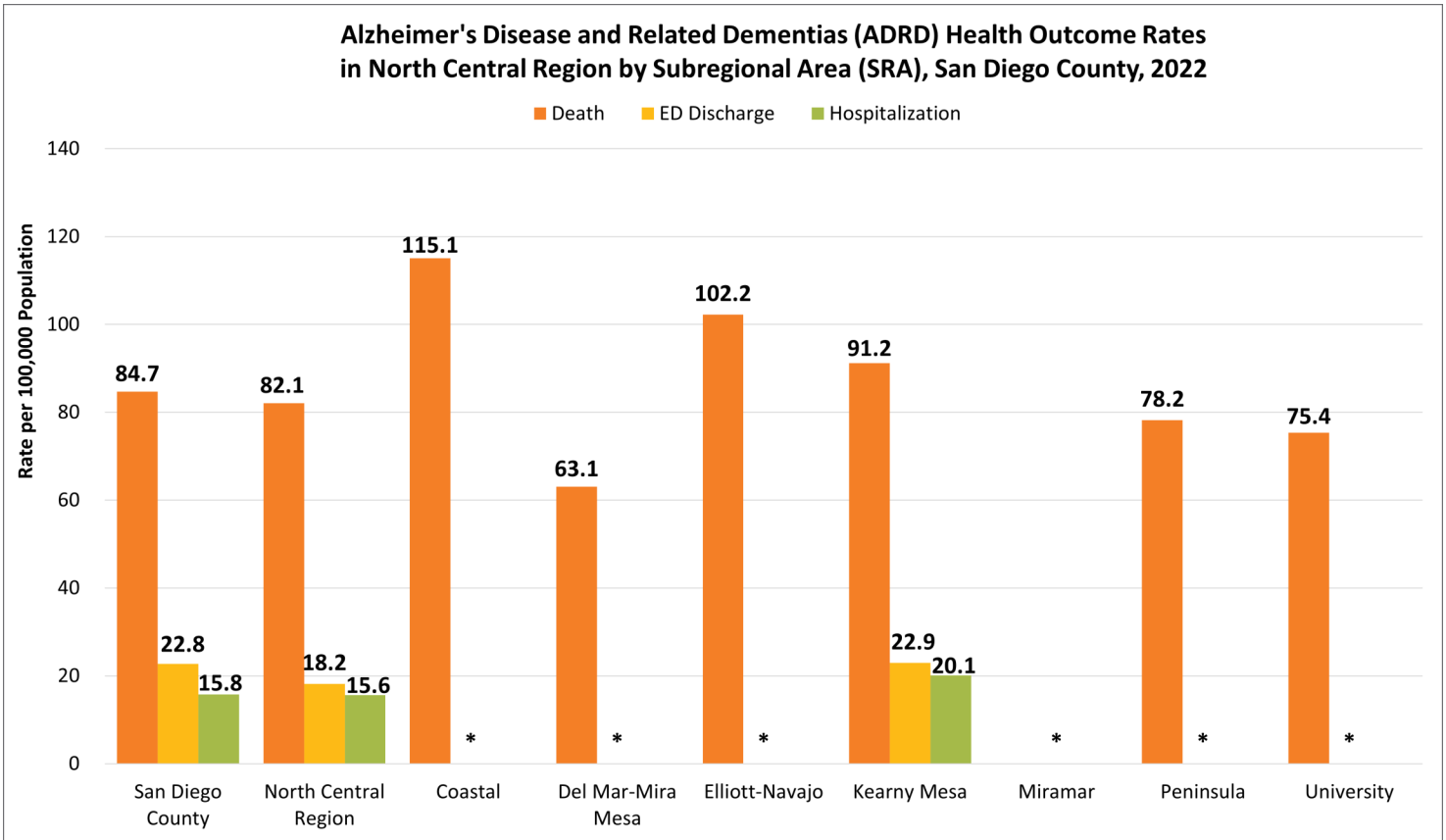
In 2022, the highest hospitalization rates among behavioral health indicators in North Central Region and its SRAS were due to alcohol related disorders. Among North Central Region SRAs, Kearny Mesa (93.0 per 100,000), Peninsula (75.9 per 100,000), and Elliott-Navajo (74.8 per 100,000) had higher hospitalization rates than North Central Region (59.6 per 100,000) and San Diego County overall (62.8 per 100,000). In 2022, Kearny Mesa SRA had the highest hospitalization rate due to suicide attempt/ideation/intentional self-harm compared to all other SRAs in North Central Region.



*Rates based on events <20 are suppressed due to statistical instability.
^Suicide Attempt includes ideation/attempt/intentional self-harm.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

ALZHEIMER'S DISEASE AND RELATED DEMENTIAS

In 2022, North Central Region had lower rates of death, emergency department (ED) discharge, and hospitalization due to Alzheimer's Disease and Related Dementias (ADRD) than San Diego County overall. Among North Central Region SRAs, Coastal had the highest rate of death due to ADRD (115.1 per 100,000), while Kearny Mesa SRA had the highest emergency department (ED) discharge (22.9 per 100,000) and hospitalization (20.1 per 100,000) due to ADRD in 2022.

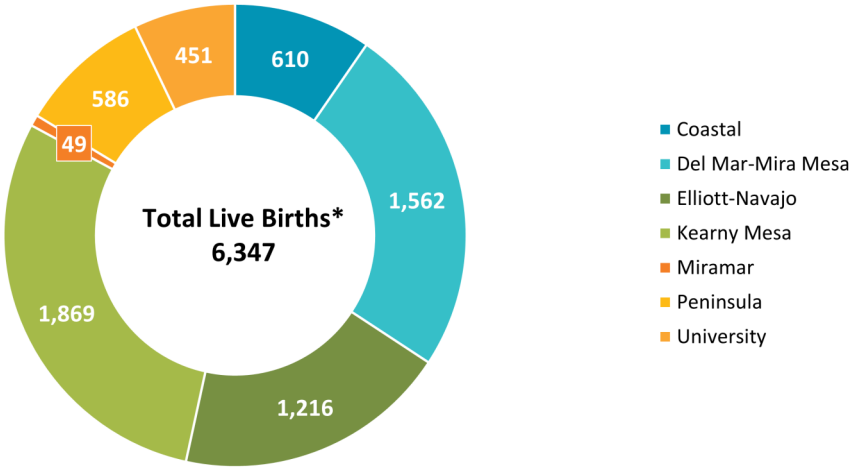


*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

MATERNAL AND CHILD HEALTH INDICATORS

In 2022, there were 6,347 total live births in North Central Region, which represented 16.8% of the total live births in San Diego County (37,753). Among North Central Region subregional areas (SRAs), Kearny Mesa (29.4%) and Del Mar-Mira Mesa (24.6%) made up over half of the total live births in North Central Region in 2022.

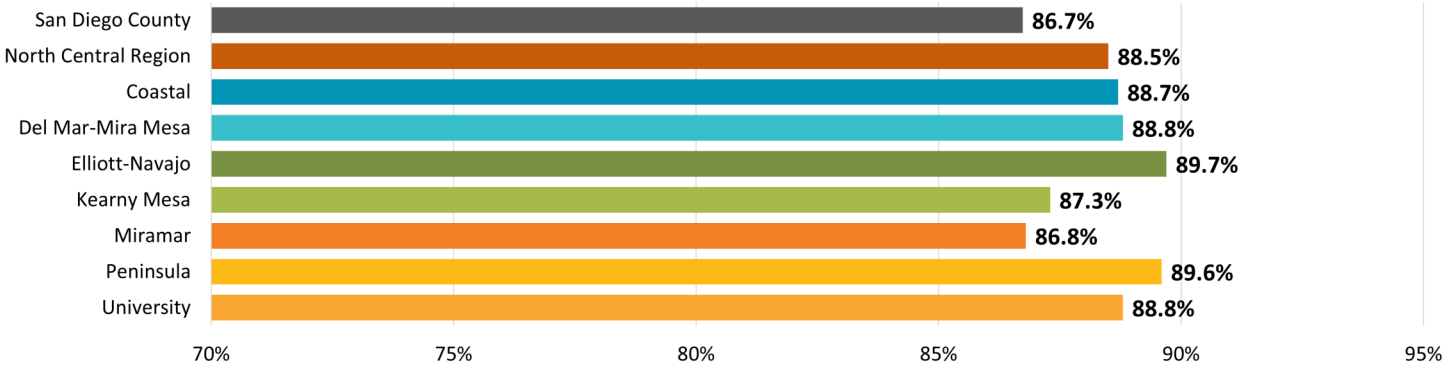
Distribution of Live Births in North Central Region by Subregional Area (SRA), San Diego County, 2022



*Total live births in subregional areas (SRAs) may not add up to the regional total live births due to allocation.
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2022. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, Novebmer 2024.

Early prenatal care is defined as care beginning during the 1st trimester of pregnancy, however, it does not account for frequency of care. In North Central Region, the proportion of mothers who received early prenatal care (88.5%) was higher than in San Diego County overall (86.7%). Among North Central Region SRAs, Miramar had the lowest proportion of births that received early prenatal care (86.8%), followed by Kearny Mesa (87.3%).

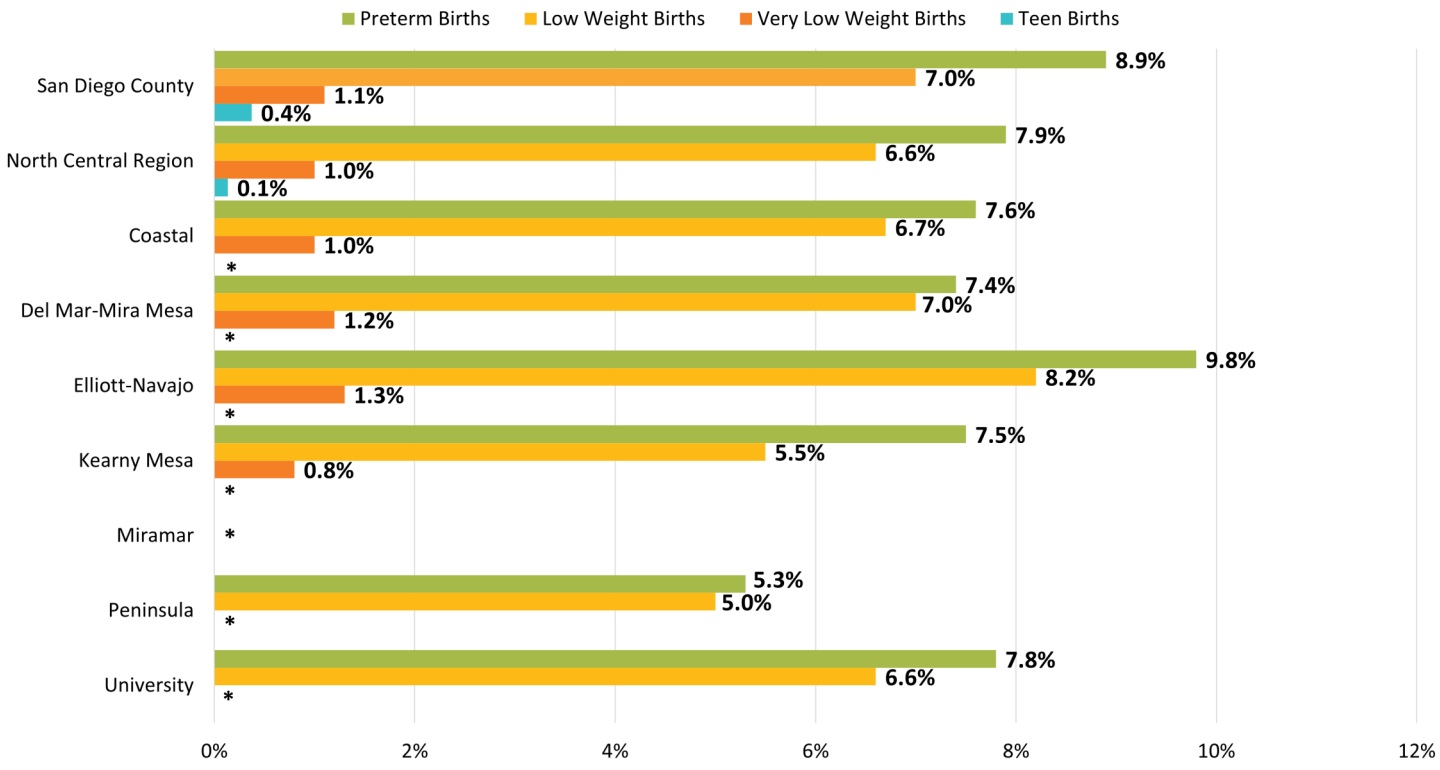
Percentage of Early Prenatal Care Among Births in North Central Region and Subregional Areas (SRAs), San Diego County, 2022



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

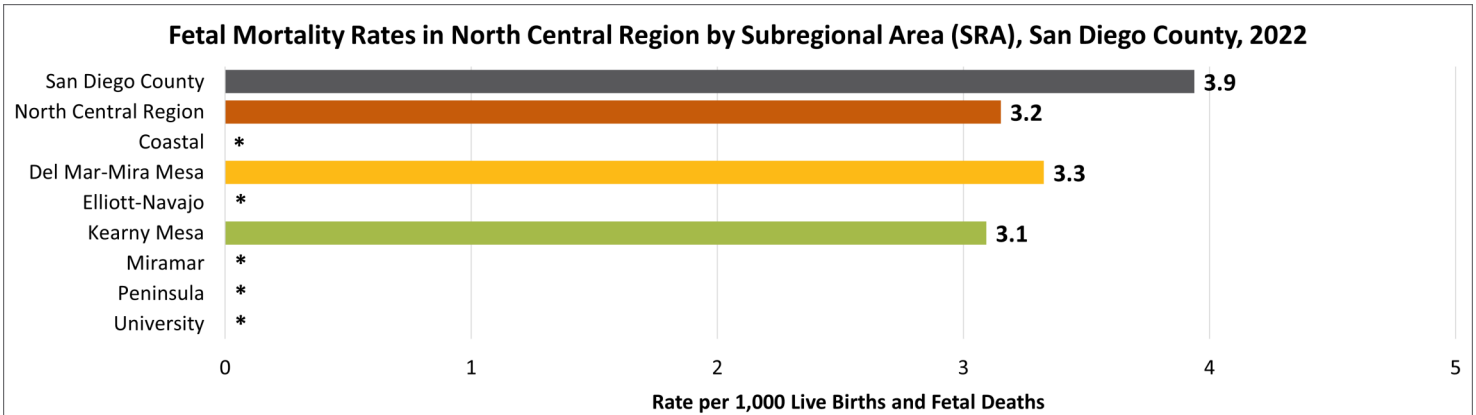
Preterm birth is the delivery of a baby before completing 37 weeks of gestation. In 2022, the proportion of preterm births in North Central Region (7.9%) was lower than in San Diego County overall (8.9%). Among North Central Region SRAs, Elliott-Navajo had the highest proportion of preterm births (9.8%), while Peninsula had the lowest (5.3%). A baby with a birth weight less than 2,500 g (approximately 5 lbs., 8 oz.) is considered to have low birth weight, while a baby with a birth weight less than 1,500 g (approximately 3 lbs., 5 oz.) is classified as very low birth weight. In North Central Region, the proportion of low weight births (6.6%) was lower than in San Diego County (7.0%); similarly, the proportion of very low weight births (1.0%) was lower than in San Diego County overall (1.1%). Among North Central Region SRAs, Elliott-Navajo had the highest proportion of low weight births (8.2%), followed by Del Mar-Mira Mesa (7.0%). In 2022, Elliott-Navajo SRA had the highest proportion of very low weight births (1.3%), followed by Del Mar-Mira Mesa SRA (1.2%). The percentage of teen births (aged 15-17 years) out of all live births in a specific area is referred to as the teen birth percentage. The proportion of teen births in North Central Region (0.1%) was lower than in San Diego County overall (0.4%) in 2022.

Percentage of Preterm Births, Low Weight Births, Very Low Weight Births, and Teen Births in North Central Region by Subregional Area (SRA), San Diego County, 2022



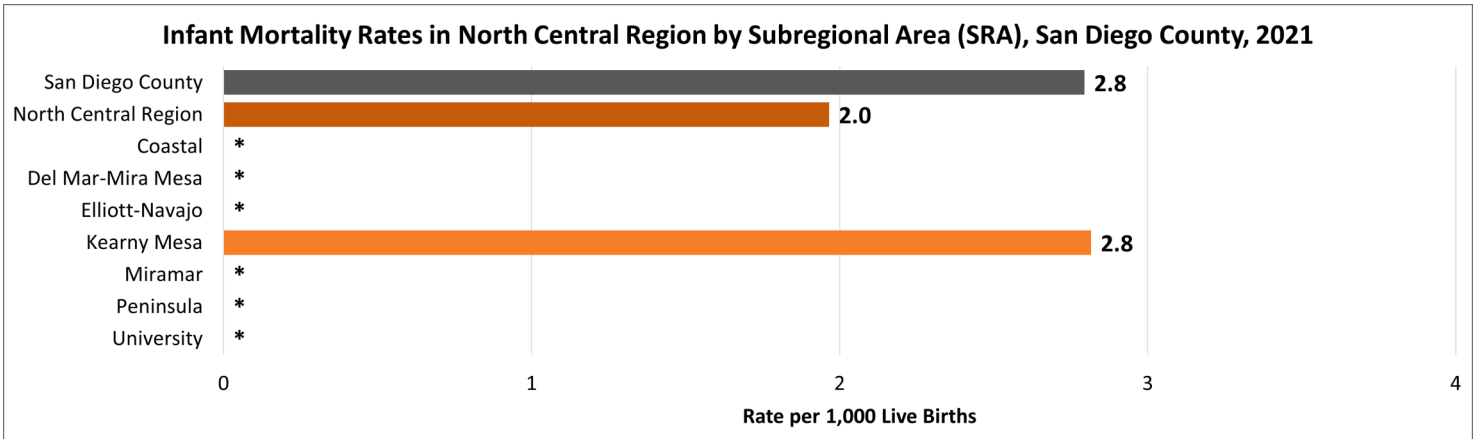
*Percentages not calculated for fewer than 5 events.
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2022. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Fetal mortality refers to a fetal death during a pregnancy with at least 20 complete weeks of gestation. In 2022, the fetal mortality rate in North Central Region (3.2 per 1,000 live births and fetal deaths) was lower than in San Diego County overall (3.9 per 1,000 live births and fetal deaths). Among North Central Region SRAs, Del Mar-Mira Mesa had the highest fetal mortality rate (3.3 per 1,000 live births and fetal deaths), followed by Kearny Mesa (3.1 per 1,000 live births and fetal deaths).



*Rates not calculated for fewer than 5 events.
Sources: VRBIS: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System, 2022. Cohort file: State of California, Department of Public Health, Death Statistical Master Files (before 2014), California Comprehensive Death Files (2014 and later), and Birth Statistical Master Files.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Infant mortality refers to an infant's death before one year of age. In 2021, the infant mortality rate in North Central Region (2.0 per 1,000 live births) was lower than in San Diego County overall (2.8 per 1,000 live births).



*Rates not calculated for fewer than 5 events.
Sources: State of California, Department of Public Health, Death Statistical Master Files (before 2014), California Comprehensive Death Files (2014 and later), and Birth Statistical Master Files, 2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

CONCLUSION

The North Central Region Health Status Report Summary provides descriptive information on demographic and socioeconomic characteristics, as well as morbidity/mortality rates for various health conditions. Below is a summary of the demographic characteristics, socioeconomic factors, and health concerns in North Central Region and its SRAs.

Demographic Characteristics

- In 2022, North Central Region was the most populated region, representing 19.5% of San Diego County's population.
- In San Diego County, North Central Region had the second highest proportion of residents aged 25-44 years (32.8%) in 2022.

Socioeconomic Factors

- In 2022, North Central Region had the lowest proportion of residents living below 200% of the Federal Poverty Level (FPL) at 18.9%.
- North Central Region had the highest median income household ($125,054) in San Diego County in 2022.

Health Outcomes

- Among North Central Region SRAs, Elliott-Navajo and Kearny Mesa generally had the highest emergency department (ED) discharge and hospitalization rates across several health indicators.

This information can be used by both Health and Human Services Agency (HHSA) internal as well as external stakeholders, such as local community organizations, in the process of identifying evidence-based decisions to inform health policy by assessing the health status and factors that may contribute to the overall health and well-being of North Central Region.

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