



LIVE WELL  
SAN DIEGO

# North Central Region Health Status Report Summary



**MARCH 2026**

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*

**March 2026**

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**Suggested citation:** County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. (2026). *North Central Region Health Status Report Summary*. Retrieved MM/DD/YY from [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com).

**Inquiries regarding this document may be directed to:**

Community Health Statistics Unit  
5530 Overland Ave, Suite 210  
San Diego, CA 92123  
(619) 692-6667  
[www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)



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# INTRODUCTION

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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 2023 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 2023. Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. This section, additionally, lists the Top 10 Leading Causes of Death in 2023 for North Central Region, outlining the relative burden of a specific cause of death compared to other causes.
- 3) **Health Outcomes:** Deaths in this report refer to the underlying cause of death, except for COVID-19 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, except for certain causes of external injury, which may appear anywhere in the medical record. This section summarizes health-related information such as rates of death, emergency department (ED) discharge, and hospitalization for the following group of health conditions and indicators:
  - a) Non-Communicable (Chronic) Diseases,
  - b) Communicable (Infectious) Diseases,
  - c) Injury Indicators,
  - d) Behavioral Health Indicators,
  - e) Alzheimer's Disease and Non-Alzheimer's Dementia, and
  - f) Maternal and Child Health Indicators.

# HEALTH STATUS OVERVIEW (2023): NORTH CENTRAL REGION

## DEMOGRAPHIC CHARACTERISTICS

**Population: 647,676**

(19.7% of San Diego County's population)

### Age Distribution:

- 0-4 years old (5.4%)
- 5-14 years old (9.7%)
- 15-24 years old (14.1%)
- 25-44 years old (32.7%)
- 45-64 years old (23.2%)
- 65+ years old (14.9%)

**Median Household Income: \$132,231**

**Population Below 200% Federal Poverty Level (FPL): 18.3%**

**Population with Health Insurance: 95.5%**

**Population with Disability: 9.0%**

**Households Receiving Food Stamps/SNAP/CalFresh : 5.2%**

## MORTALITY MEASURES

**Overall Life Expectancy: 84.2 years**

### Top 5 Leading Causes of Death:

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

## LEADING HEALTH OUTCOMES

	Death Rate	Emergency Department (ED) Discharge Rate	Hospitalization Rate
Non-Communicable (Chronic) Diseases	Overall Cancer 138.9 per 100,000	Overall Heart Disease 1,517.1 per 100,000	Overall Heart Disease 881.3 per 100,000
Communicable (Infectious) Diseases	COVID-19 (multiple cause of death) 14.1 per 100,000	Urinary Tract Infection 426.9 per 100,000	Pneumonia 76.6 per 100,000
Injury Indicators	Poisoning 22.3 per 100,000	Falls 1,787.7 per 100,000	Falls 434.7 per 100,000
Behavioral Health Indicators	All Drug Overdoses 19.6 per 100,000	Alcohol Use/Abuse/Dependency 242.6 per 100,000	Alcohol Use/Abuse/Dependency 57.9 per 100,000
Alzheimer's Disease	Alzheimer's Disease 33.4 per 100,000	Alzheimer's Disease (any mention) 61.4 per 100,000	Alzheimer's Disease (any mention) 83.6 per 100,000

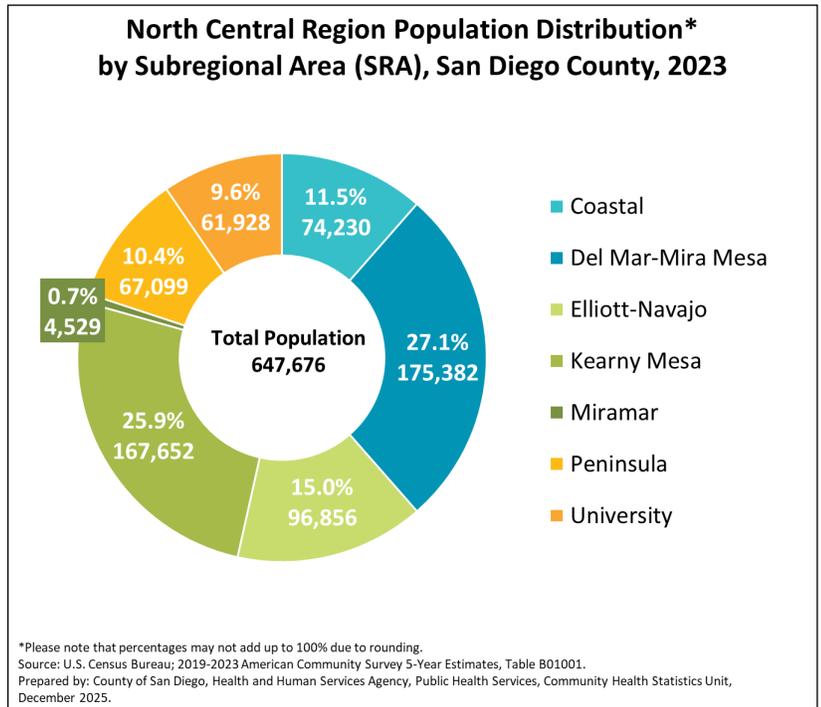
## Maternal and Child Health Indicators

Total Live Births: 5,965	Preterm Births: 9.0%	Infant Mortality Rate (2022): 2.0 per 1,000 Total Live Births
	Low Weight Births: 7.3%	
	Very Low Weight Births: 1.0%	Fetal Mortality Rate: 3.0 per 1,000 Live Births and Fetal Deaths
	Teen Births: 0.1%	
	Received Early Prenatal Care: 87.2%	

# DEMOGRAPHIC CHARACTERISTICS

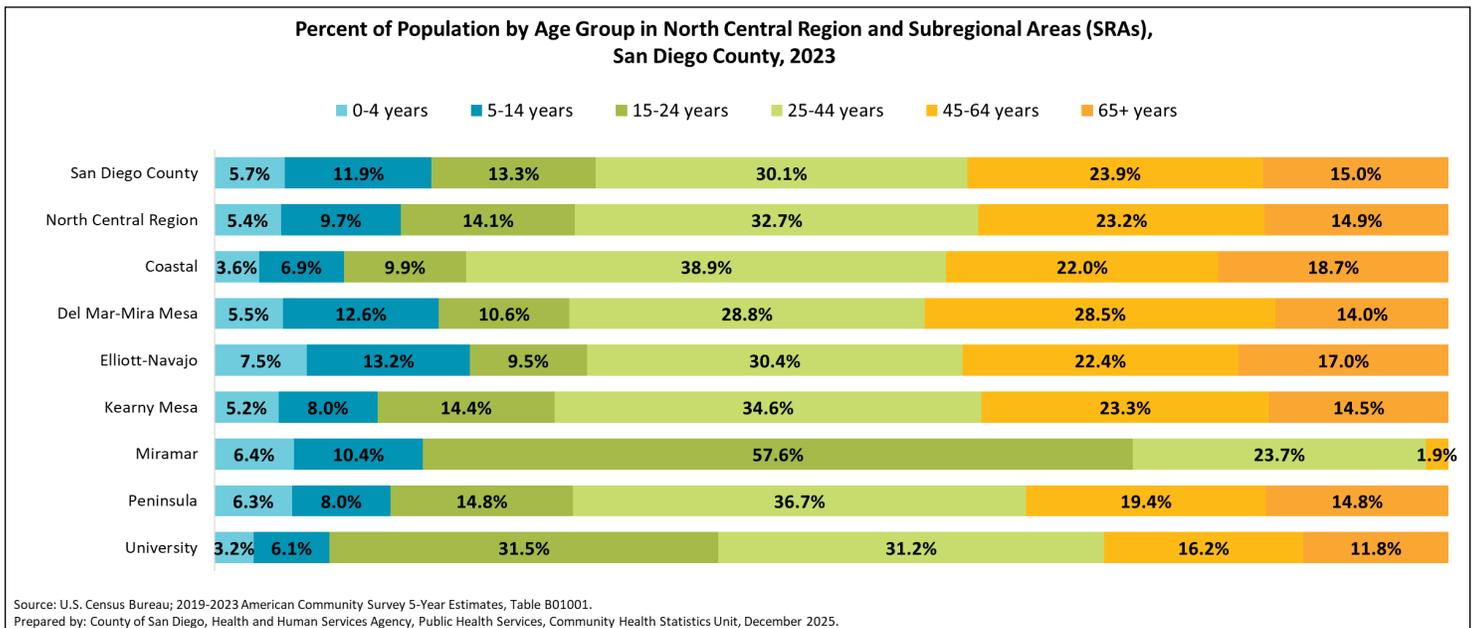
## POPULATION CHARACTERISTICS

In 2023, North Central Region was home to an estimated 647,676 residents, the most populated region in San Diego County, representing 19.7% of San Diego County's population (3,282,782). The most populated subregional area (SRA) in North Central Region was Del Mar-Mira Mesa (175,382), followed by Kearny Mesa (167,652) in 2023.



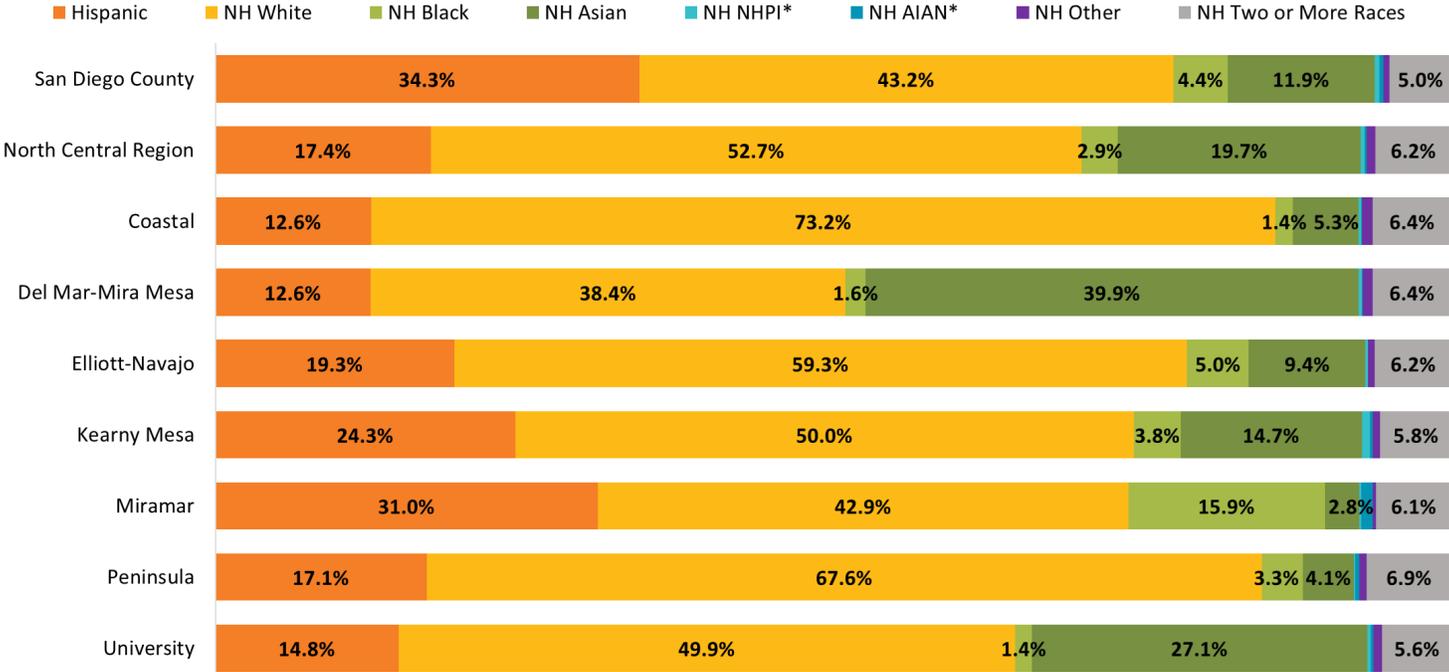
In 2023, residents in North Central Region

between the ages of 25-44 years old made up the highest proportion (32.7%) of the population. The second highest proportion of residents were adults aged 45-64 years old (23.2%). Among North Central Region SRAs, Coastal had the highest proportion of residents aged 25-44 years old (38.9%), followed by Peninsula (36.7%) in 2023. Moreover, Coastal SRA had the highest proportion of older adult residents, 65 years and older (18.7%). Miramar SRA, a subregional area that includes a substantial military population with unique demographics, needs, and resources, had the highest proportion of residents aged 15-24 years old (57.6%) in 2023.



In 2023, residents in North Central Region were primarily Non-Hispanic (NH) White (52.7%), followed by NH Asian (19.7%), Hispanic (17.4%), NH Two or More Races (6.2%), NH Black (2.9%), NH Other (0.7%), NH Native Hawaiian or Pacific Islander (0.3%), and NH American Indian/Alaska Native (0.1%). Among North Central Region SRAs, Coastal had the highest proportion of NH White (73.2%) and NH Other (0.9%) residents, while Miramar SRA had the highest proportion of Hispanic (31.0%), NH Black (15.9%), and NH American Indian/Alaskan Native (0.9%) residents in 2023. Del Mar-Mira Mesa SRA had the highest proportion of NH Asian (39.9%) residents in 2023.

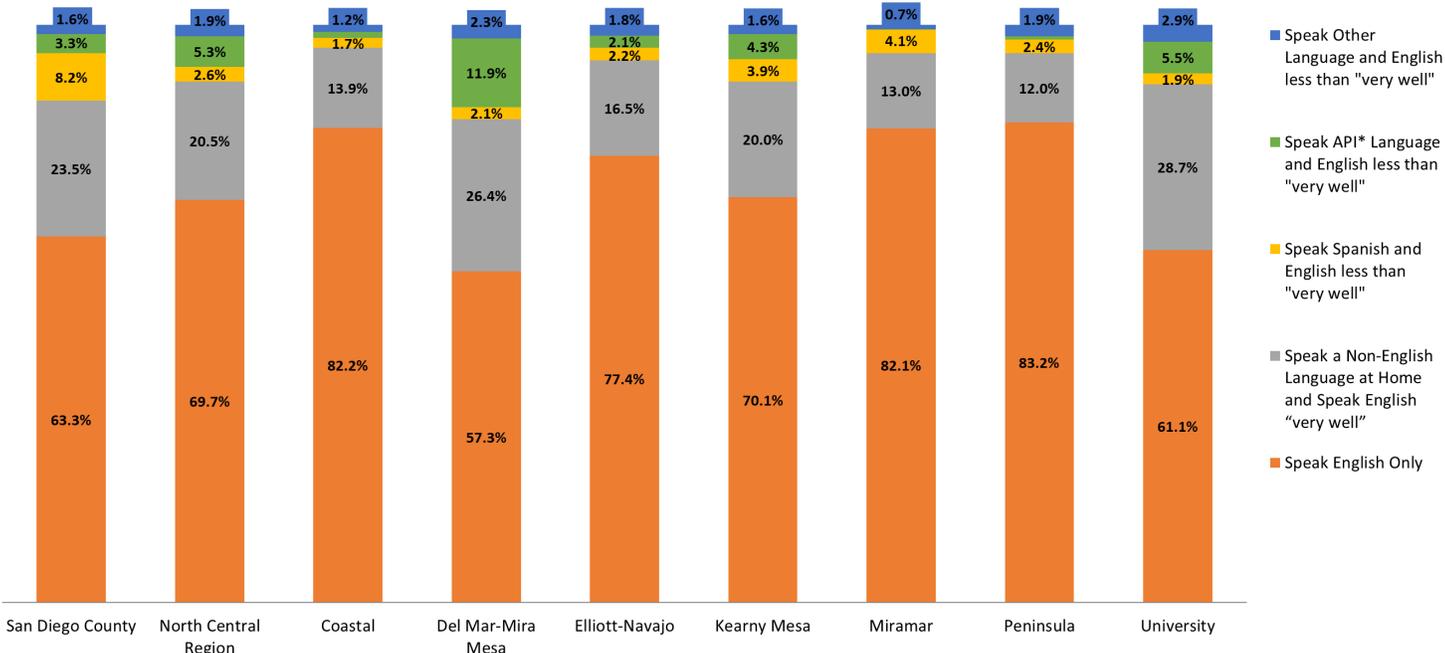
**Percent of Population by Race/Ethnicity in North Central Region and Subregional Areas (SRAs), San Diego County, 2023**



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; 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, December 2025.

In 2023, nearly 7 out of every 10 residents (69.7%) aged 5 years and older spoke only English at home in North Central Region. Moreover, 1 out of every 5 residents (20.5%), aged 5 years and older, in North Central Region spoke English "very well" and another language at home in 2023. Among North Central Region SRAs, Peninsula had the highest proportion of residents speaking only English at home (83.2%), while Del Mar-Mira Mesa had the lowest proportion (57.3%). University had the highest proportion of residents who spoke English "very well" and another language at home, among all North Central Region SRAs in 2023.

Language Spoken at Home Among Population 5 Years and Older in North Central Region and Subregional Areas (SRAs), San Diego County, 2023

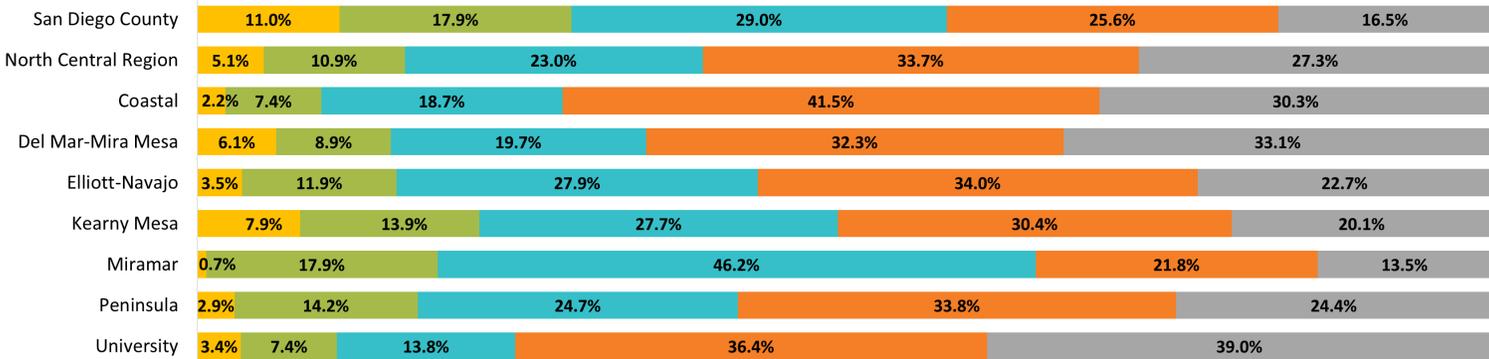


\*API refers to Asian/Pacific Islander.  
 Source: U.S. Census Bureau, 2019-2023 American Community Survey 5-Year Estimates, Table DP02.  
 Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

Educational attainment refers to the highest level of education completed in terms of the highest degree, or the highest level of schooling, completed for the population 25 years and older. In 2023, over 9 out of every 10 adults (94.9%) aged 25 years and older had at least a high school diploma or General Educational Diploma (GED), while over 3 out of every 5 adults (61.0%) held a bachelor's or graduate degree in North Central Region. Among North Central Region SRAs, Kearny Mesa had the highest proportion of adults 25 years and older without a high school diploma (7.9%), followed by Del Mar-Mira Mesa (6.1%) in 2023.

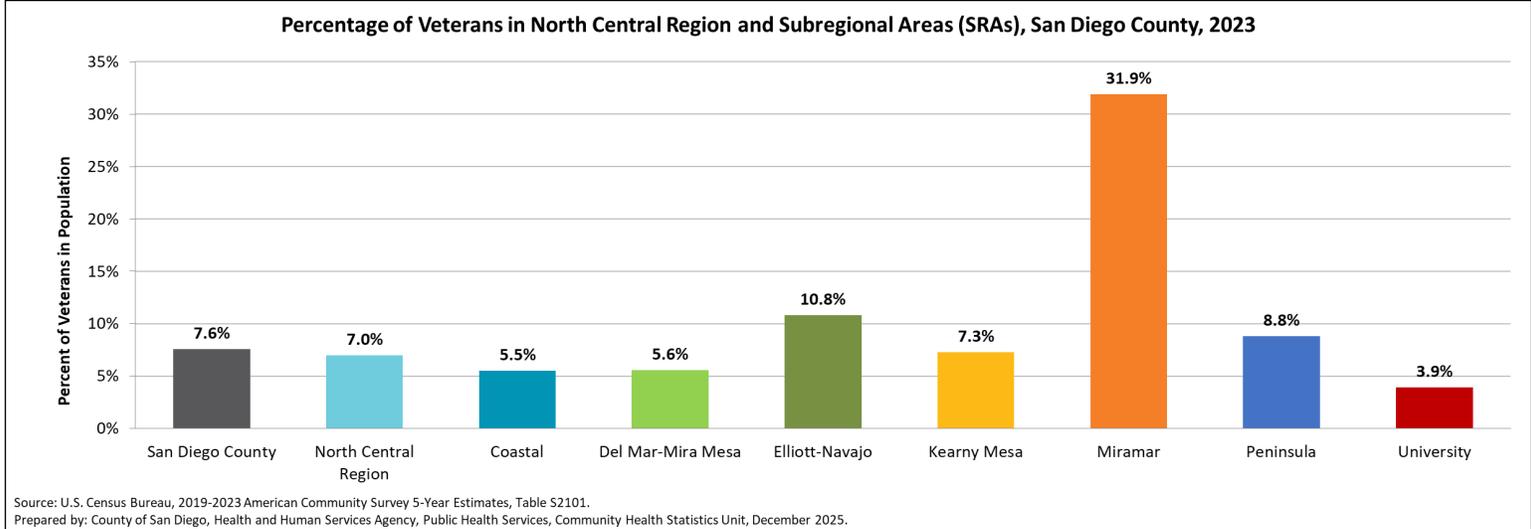
**Educational Attainment Among Population 25 Years and Older in North Central Region and Subregional Areas (SRAs), San Diego County, 2023**

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

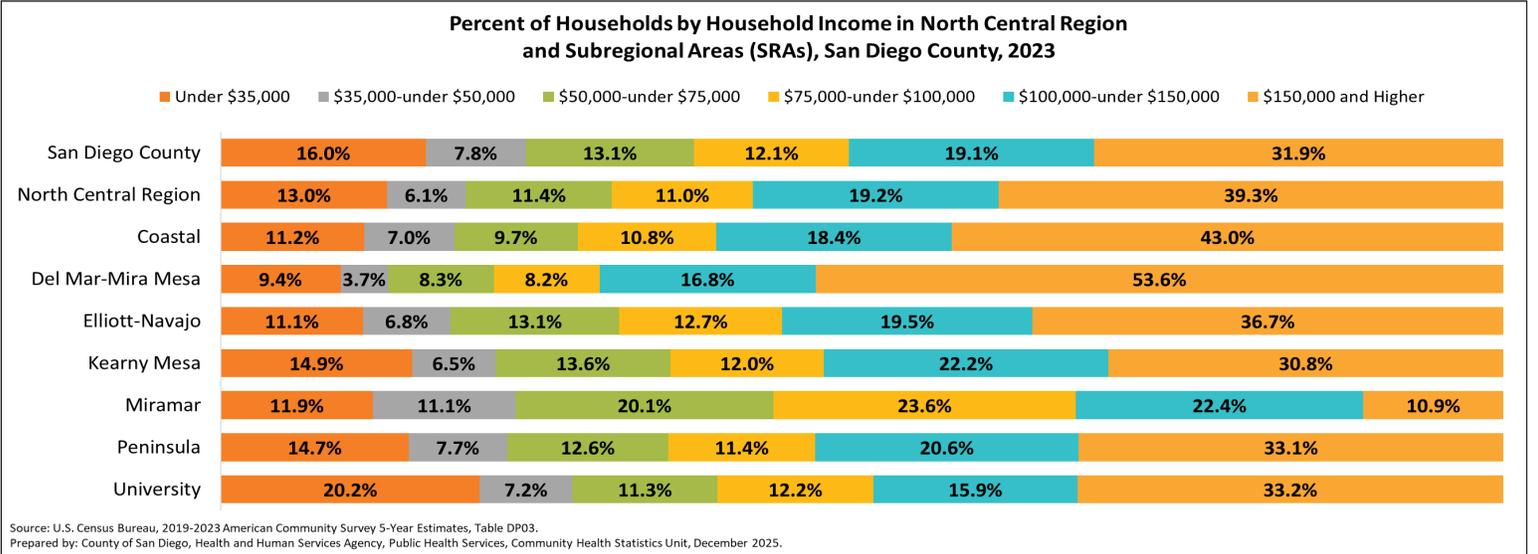


\*Includes some college, no degree and Associate's degree.  
 Source: U.S. Census Bureau, 2019-2023 American Community Survey 5-Year Estimates, Table DP02.  
 Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

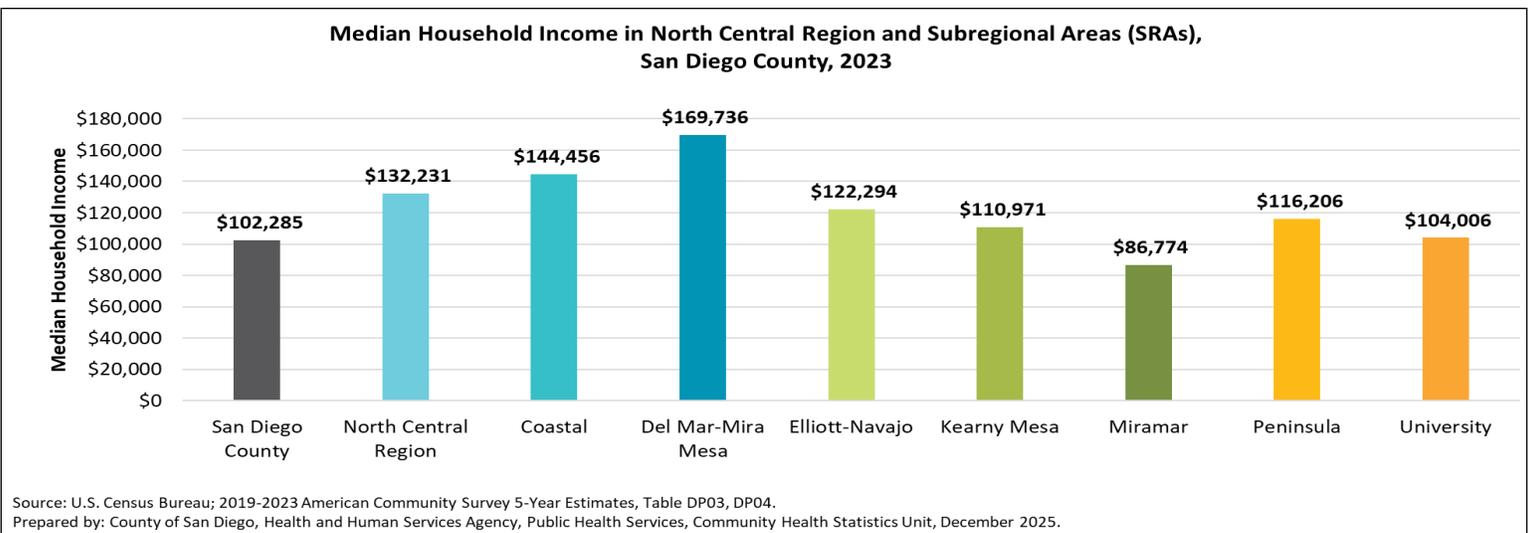
Veterans are civilians who have served officially or non-officially domestically or at war, but are not currently serving on active duty in the U.S. Army, Navy, Air Force, Marine Corps, or the Coast Guard, or who served in the U.S. Merchant Marine during World War II. People who served in the National 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 2023, 7.0% of residents in North Central Region were veterans. In 2023, Miramar SRA had the highest proportion of veterans (31.9%) compared to all other SRAs in San Diego County, while University had the lowest (3.9%).



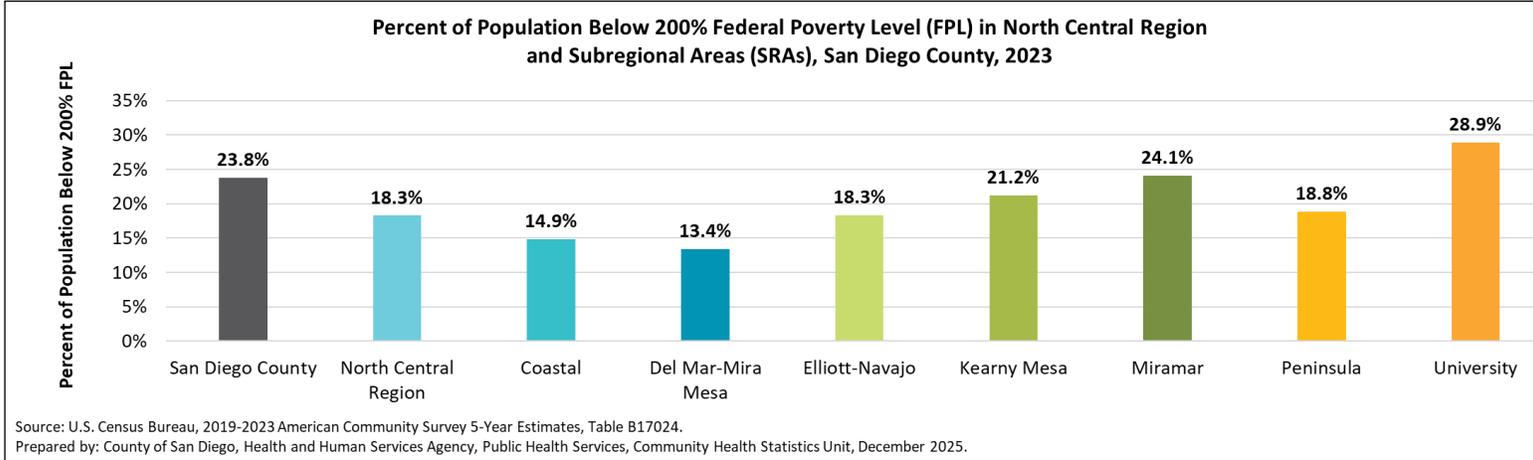
Household income includes the income of the householder, and all other individuals 15 years and older in the household, whether they are related to the householder or not. In 2023, 13.0% of households in North Central Region had an annual income of less than \$35,000—the lowest proportion among all regions in San Diego County. Among North Central Region SRAs, University had the highest proportion of households with an annual income of less than \$35,000 (20.2%), followed by Kearny Mesa (14.9%) and Peninsula (14.7%) in 2023.



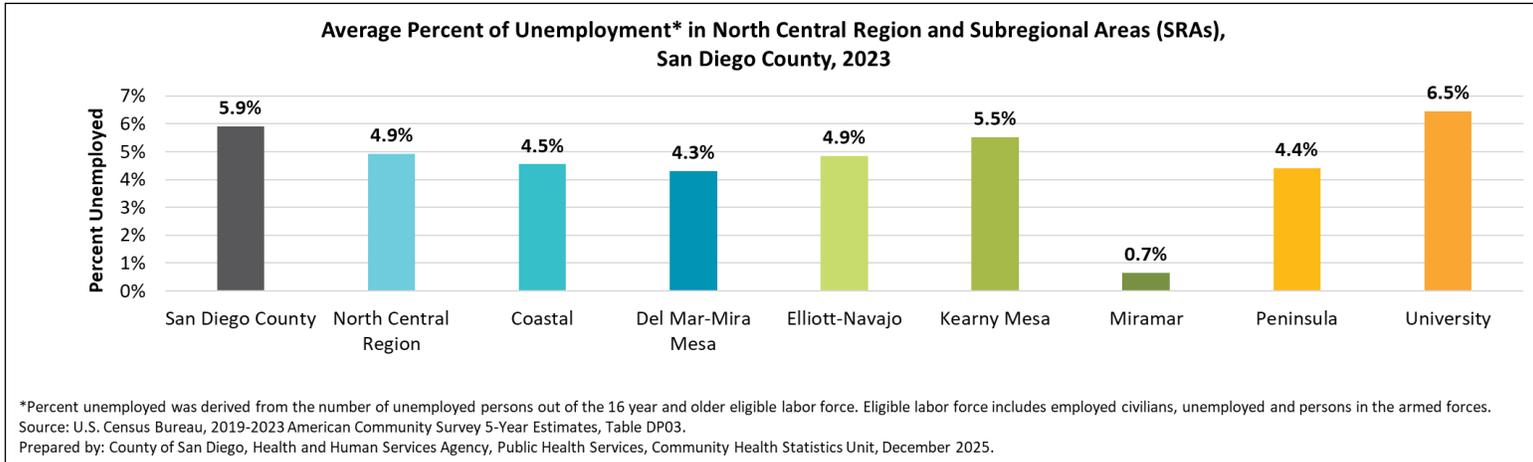
In 2023, the median household income in North Central Region was \$132,231—the highest among all HHSAs regions in San Diego County. Excluding Miramar, a subregional area that includes a substantial military population with unique demographics, needs, and resources, University had the lowest median household income (\$104,006) among North Central Region SRAs. With the exception of Miramar, North Central Region and its SRAs had a higher median household income than San Diego County overall in 2023.



Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In 2023, 18.3% of residents in North Central Region lived below 200% FPL, which was the lowest proportion among all Health and Human Services Agency (HHS) regions. Among North Central Region SRAs, University had the highest proportion of residents (28.9%) living below 200% FPL, followed by Miramar (24.1%) in 2023.



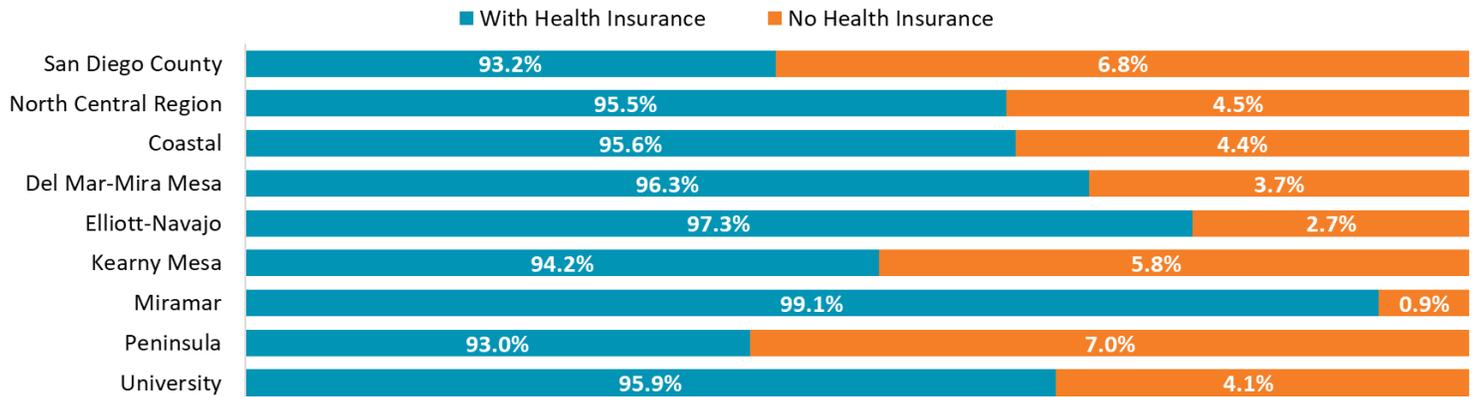
The average 5-year percentage of unemployment was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed, and persons in the armed forces. Between 2019-2023, the 5-year average unemployment rate in North Central Region was 4.9%, lower than the rate for San Diego County overall (5.9%). Among North Central Region SRAs, University had the highest 5-year average unemployment rate (6.5%), while Miramar had the lowest (0.7%) between 2019-2023. Miramar also had the lowest 5-year average unemployment rate compared to all other HHS regions and SRAs from 2019-2023.



## INSURANCE, ACCESS, AND UTILIZATION

In 2023, 95.5% of residents in North Central Region were insured through private or public programs, while 4.5% 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 (5.8%). Among Health and Human Services Agency (HHS) regions, North Central Region had the lowest proportion of uninsured residents (4.5%) in 2023.

**Health Insurance Status in North Central Region and Subregional Areas (SRAs), San Diego County, 2023**



Source: U.S. Census Bureau, 2019-2023 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, December 2025.

In 2023, more than 3 out of every 4 residents (77.0%) in North Central Region reported having a usual place to go when sick or needing health advice. Nevertheless, compared to all other HHS regions in 2023, North Central Region had the highest proportion (23.0%) of residents reporting not having a usual place to go when sick or needing health advice.

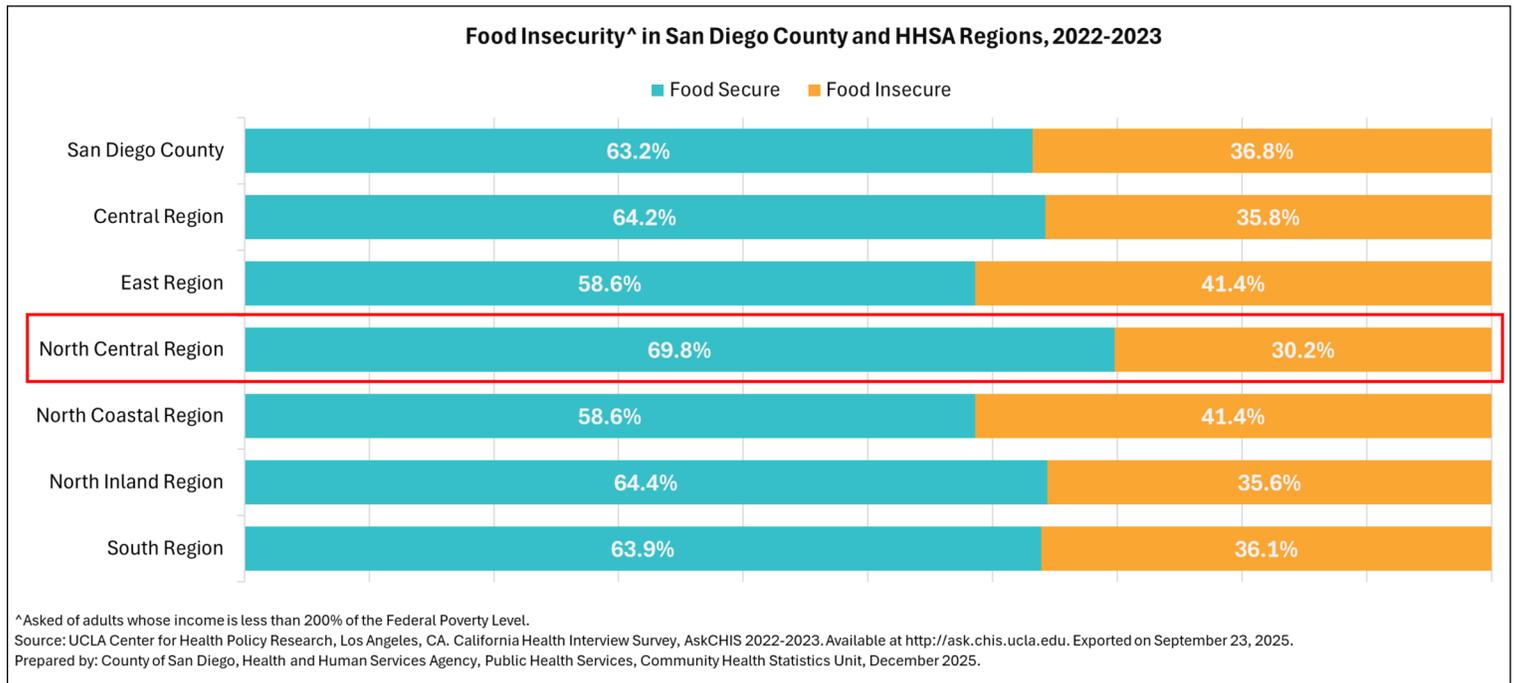
**Percent of Residents With Usual Source of Care in San Diego County and HHS Regions, 2023**



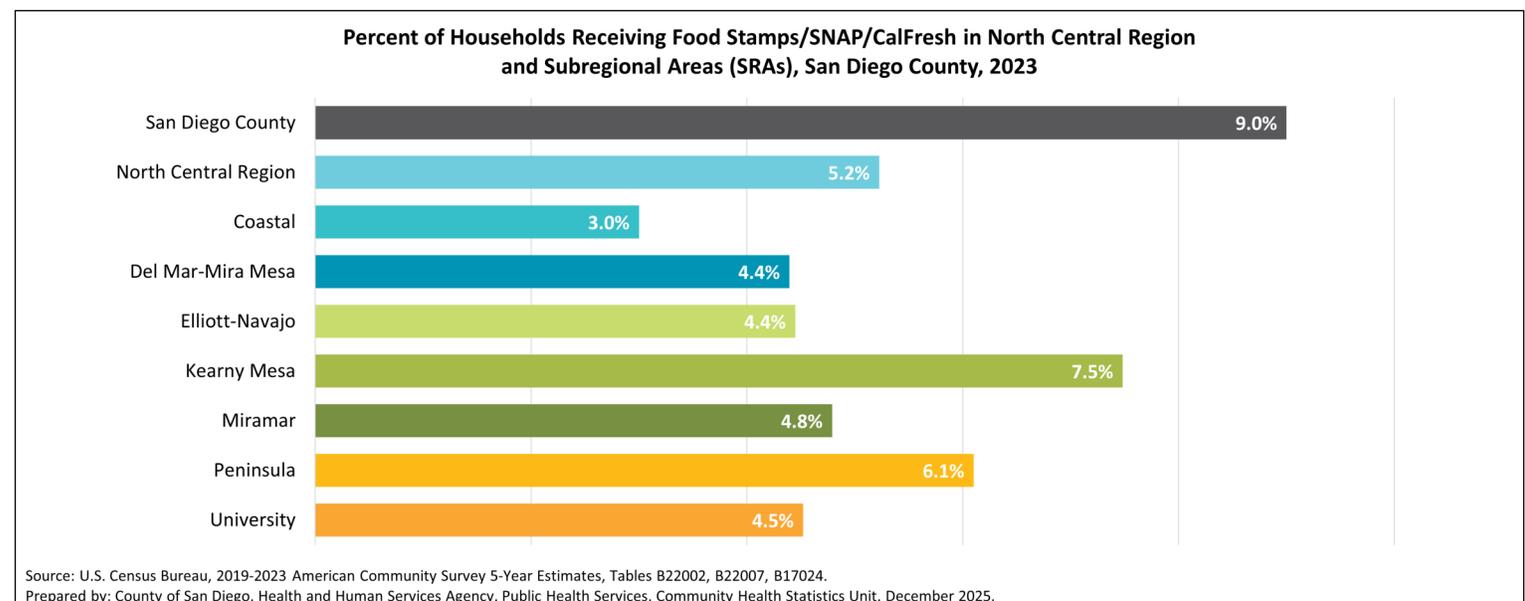
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2023. Available at <http://ask.chis.ucla.edu>. Exported on September 23, 2025.

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

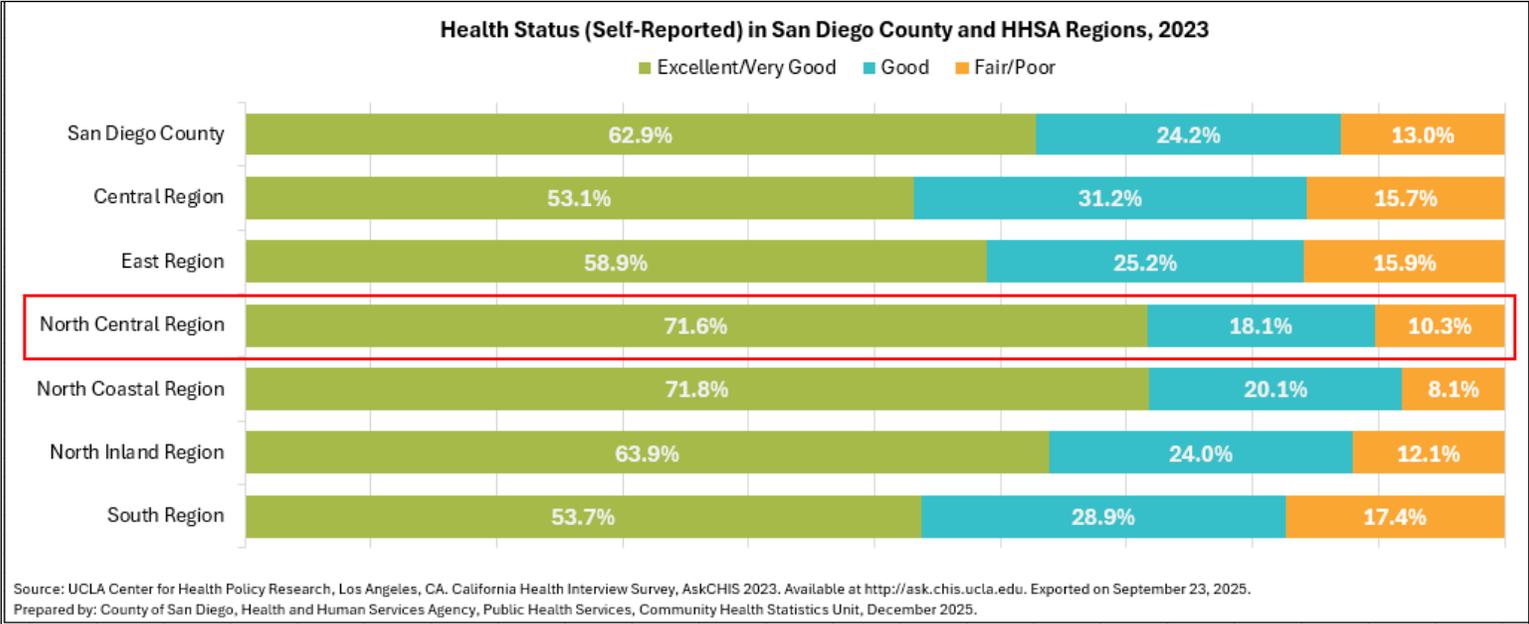
Among HHS regions, North Central Region had the highest proportion of adults, with income less than 200% of the Federal Poverty Level (FPL), reporting food security (69.8%) between 2022-2023. However, 3 out of every 10 adults (30.2%) adults in North Central Region, with income less than 200% FPL, reported an inability to afford enough food.



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 2023, 5.2% 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 (7.5%), followed by Peninsula (6.1%).



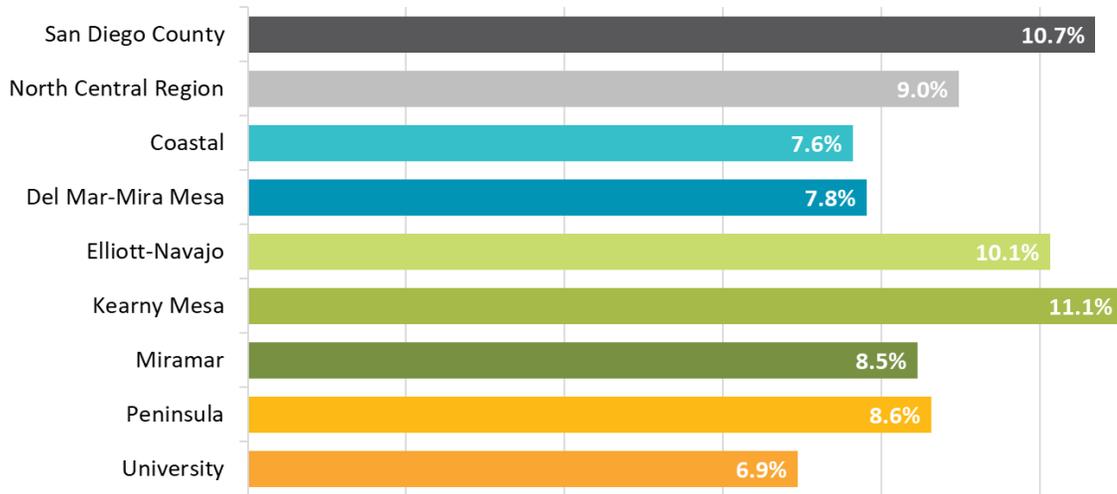
Among HHSAs regions, North Central Region had the second highest proportion of residents (71.6%) reporting excellent or very good health in 2023. Compared to all other HHSAs regions, North Central Region had the lowest proportion of residents reporting good health (18.1%) and the second lowest proportion reporting fair or poor health (10.3%) in 2023.



## DISABILITY STATUS

Disability is a dynamic concept that changes over time as one's health improves or declines, as technology advances, and as social structures adapt. Individuals who report any of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2023, 9.0% 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 (11.1%), followed by Elliott-Navajo (10.1%).

**Percent of Population with Disability in North Inland Region and Subregional Areas (SRAs), San Diego County, 2023**



Source: U.S. Census Bureau, 2019-2023 American Community Survey 5-Year Estimates, Table S1810.

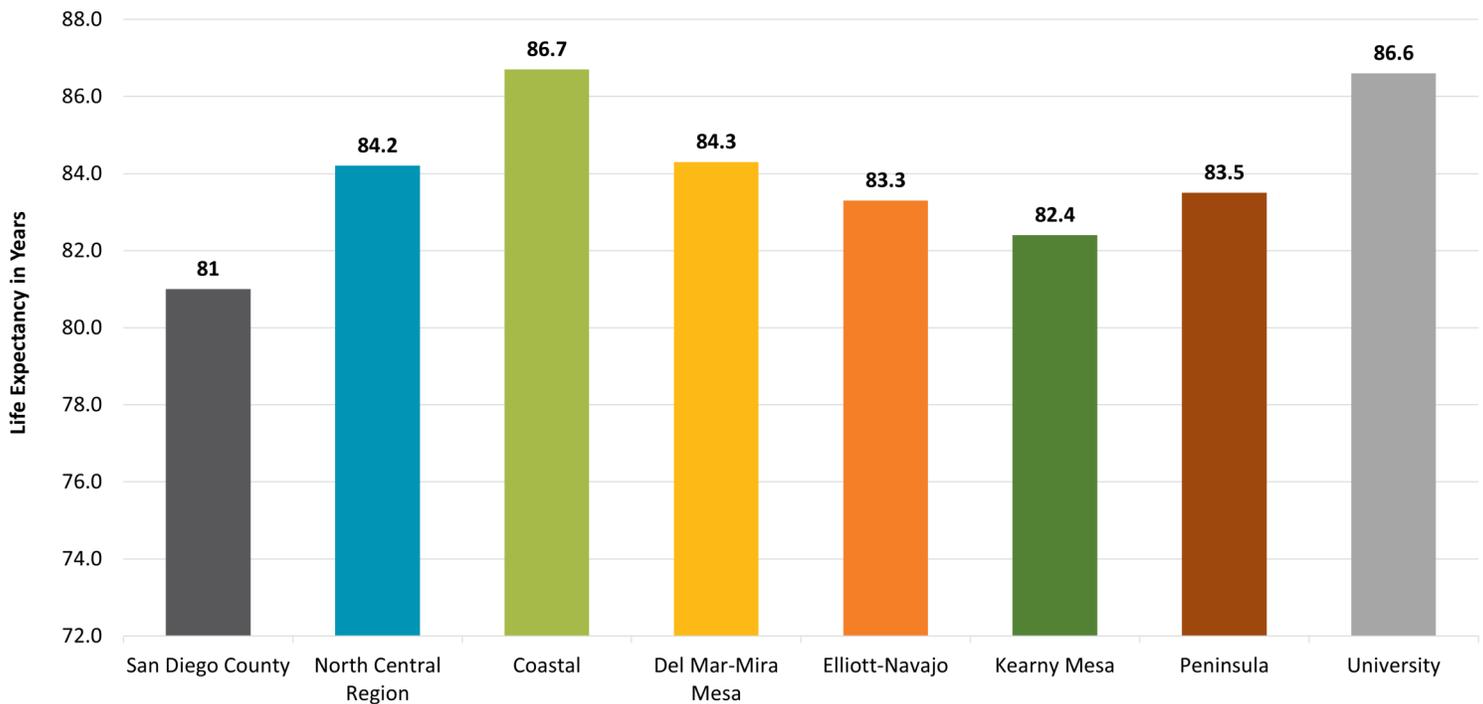
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

# MORTALITY MEASURES

## 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 2023, a baby born in San Diego County had a life expectancy of 81.0 years, while a baby born in North Central Region had a life expectancy of 84.2 years. Among North Central Region subregional areas (SRAs), Coastal and University had the highest life expectancy at 86.7 years and 86.6 years, respectively.

Life Expectancy in North Central Region by Subregional Area (SRA), San Diego County, 2023

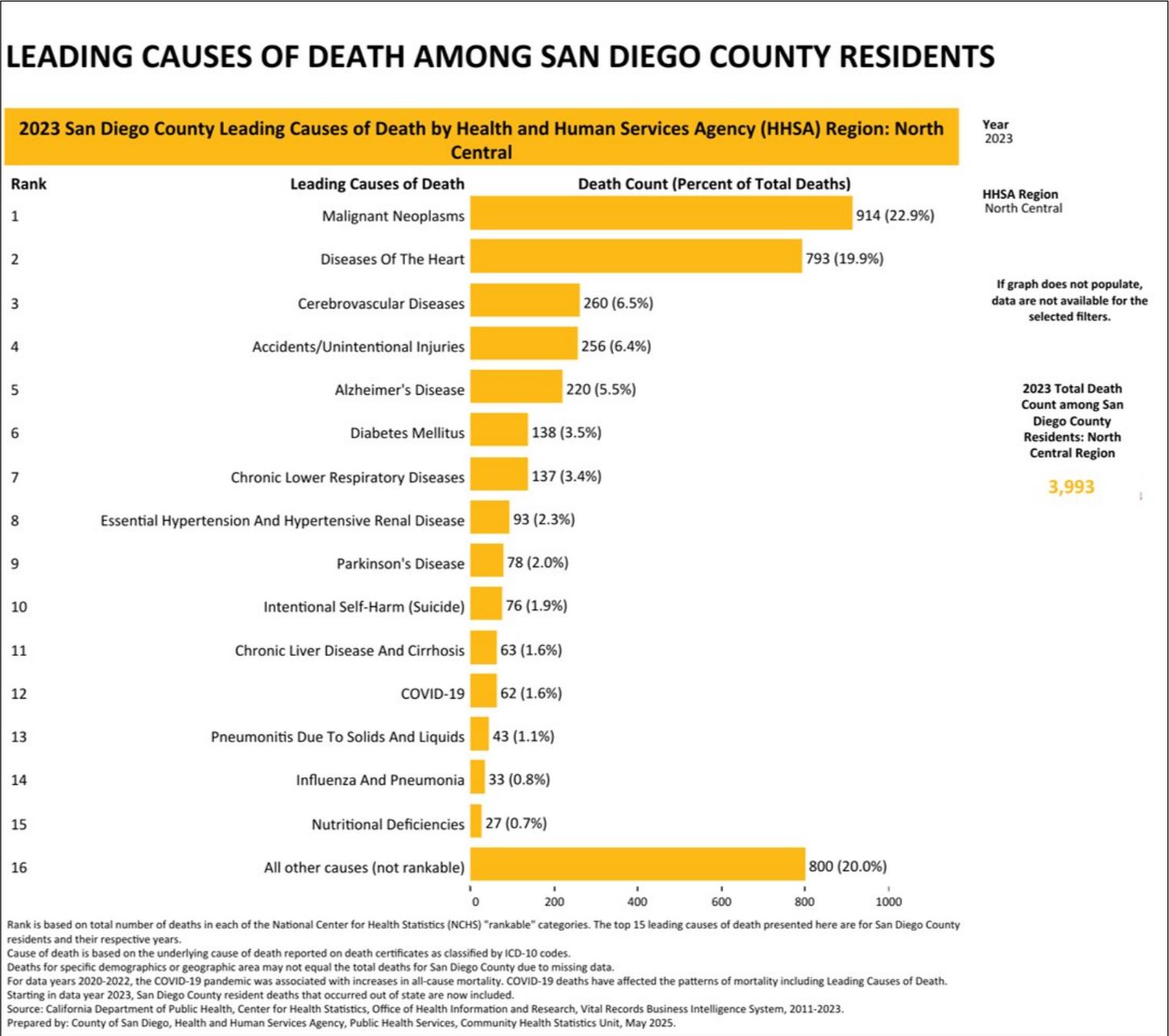


Miramar life expectancy is not available and not shown, censored due to variance in population size.

Data Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS). California Department of Finance. Demographic Research Unit. Report P-3: Population Projections, California, 2020-2070 (Baseline 2023 Population Projections; Vintage 2024 Release). Sacramento: California. September 2024. 2023 Esri Updated Demographics Complete Database. Starting with 2023, life expectancy utilizes California Department of Finance and Esri population estimates. 2023 vintage should not be trended back to previous years. Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, February 2025.

# LEADING CAUSES OF DEATH

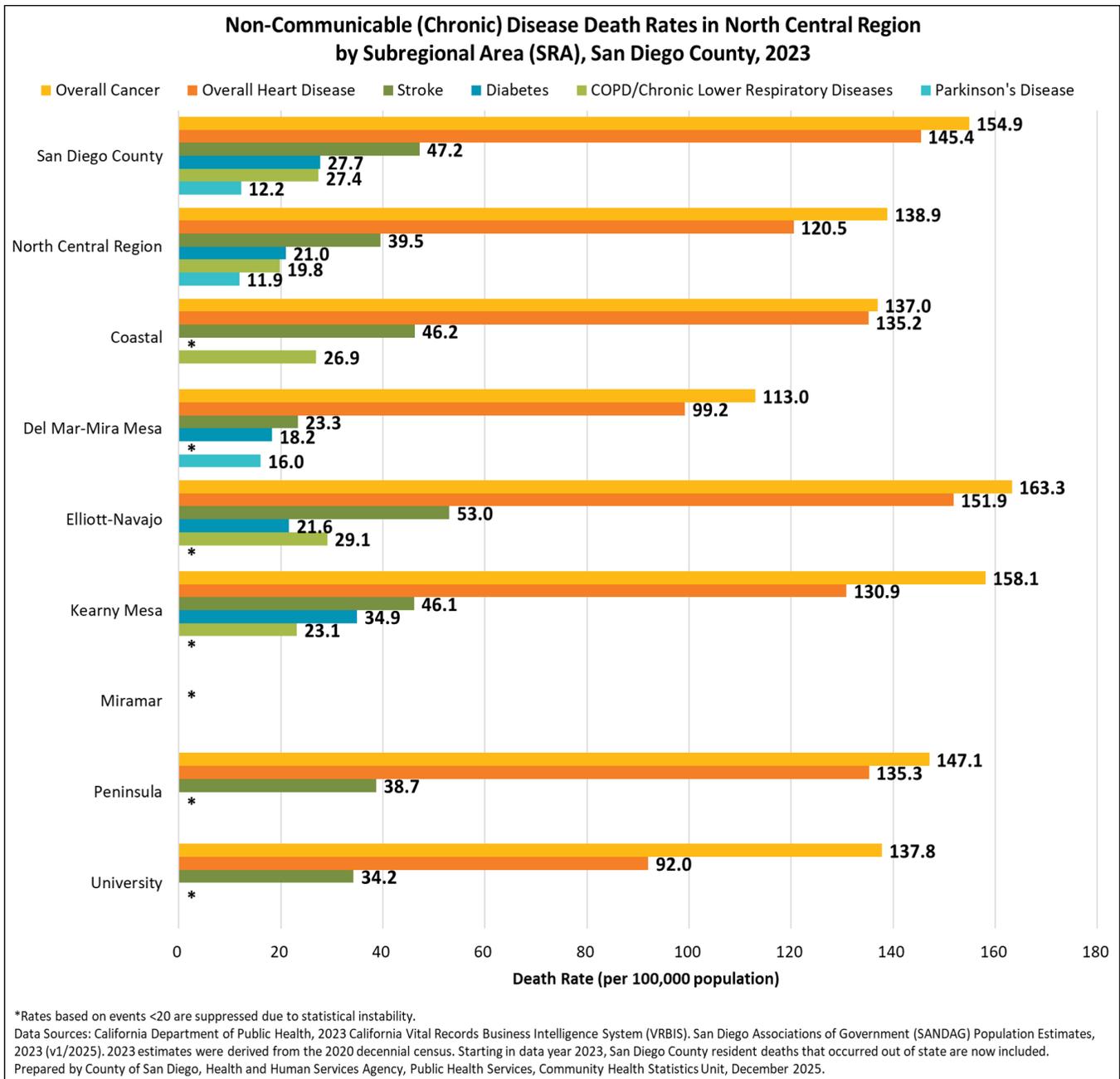
The Leading Causes of Death rankings represent the most frequently occurring causes of death. These rankings help assess the relative burden of a specific cause of death compared to all other causes. In 2023, malignant neoplasms (cancers) were the number one leading cause of death in North Central Region, 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: malignant neoplasms, diseases of the heart, cerebrovascular diseases (commonly known as stroke), and Alzheimer's Disease.



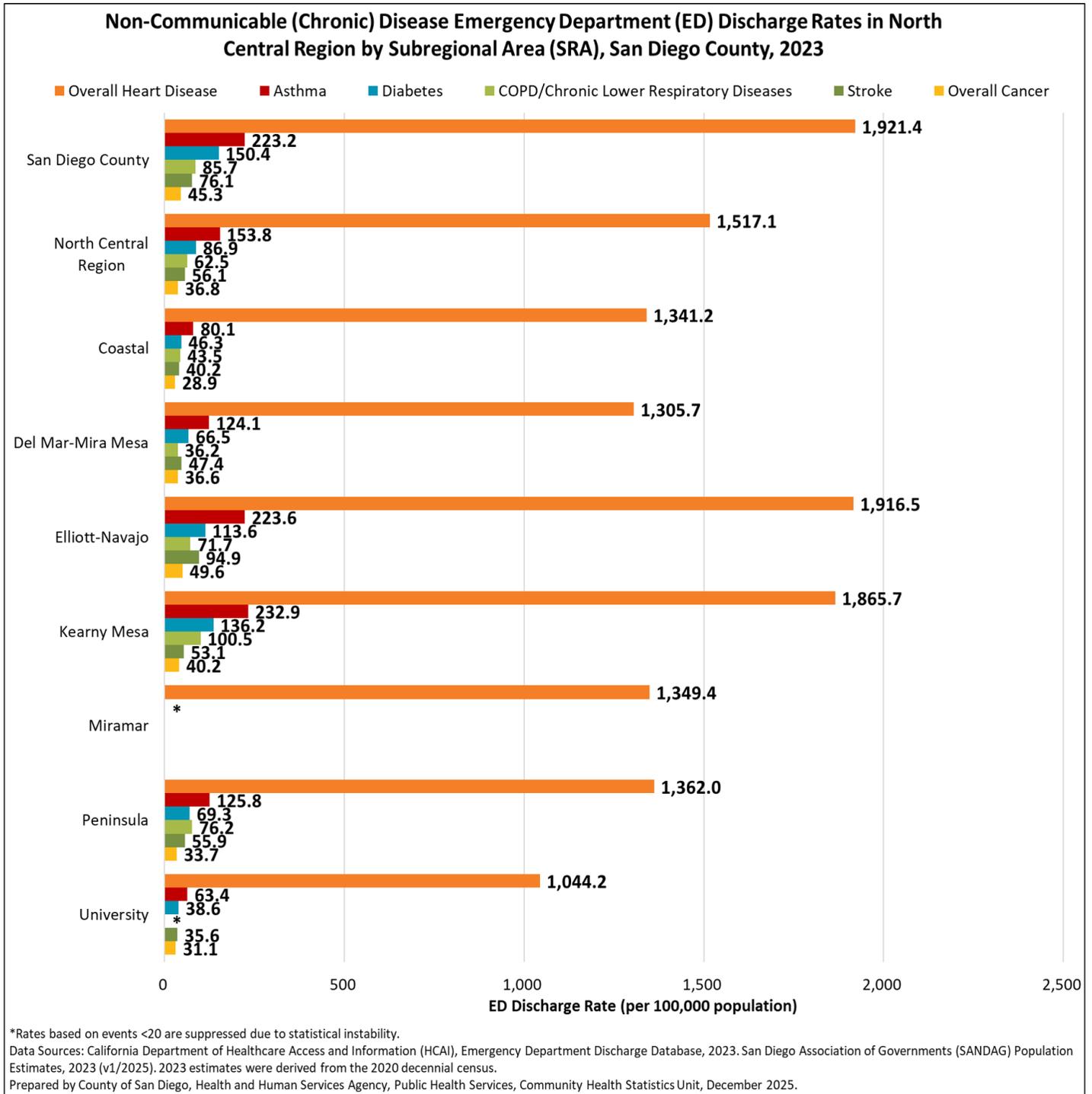
# HEALTH OUTCOMES

## NON-COMMUNICABLE (CHRONIC) DISEASES

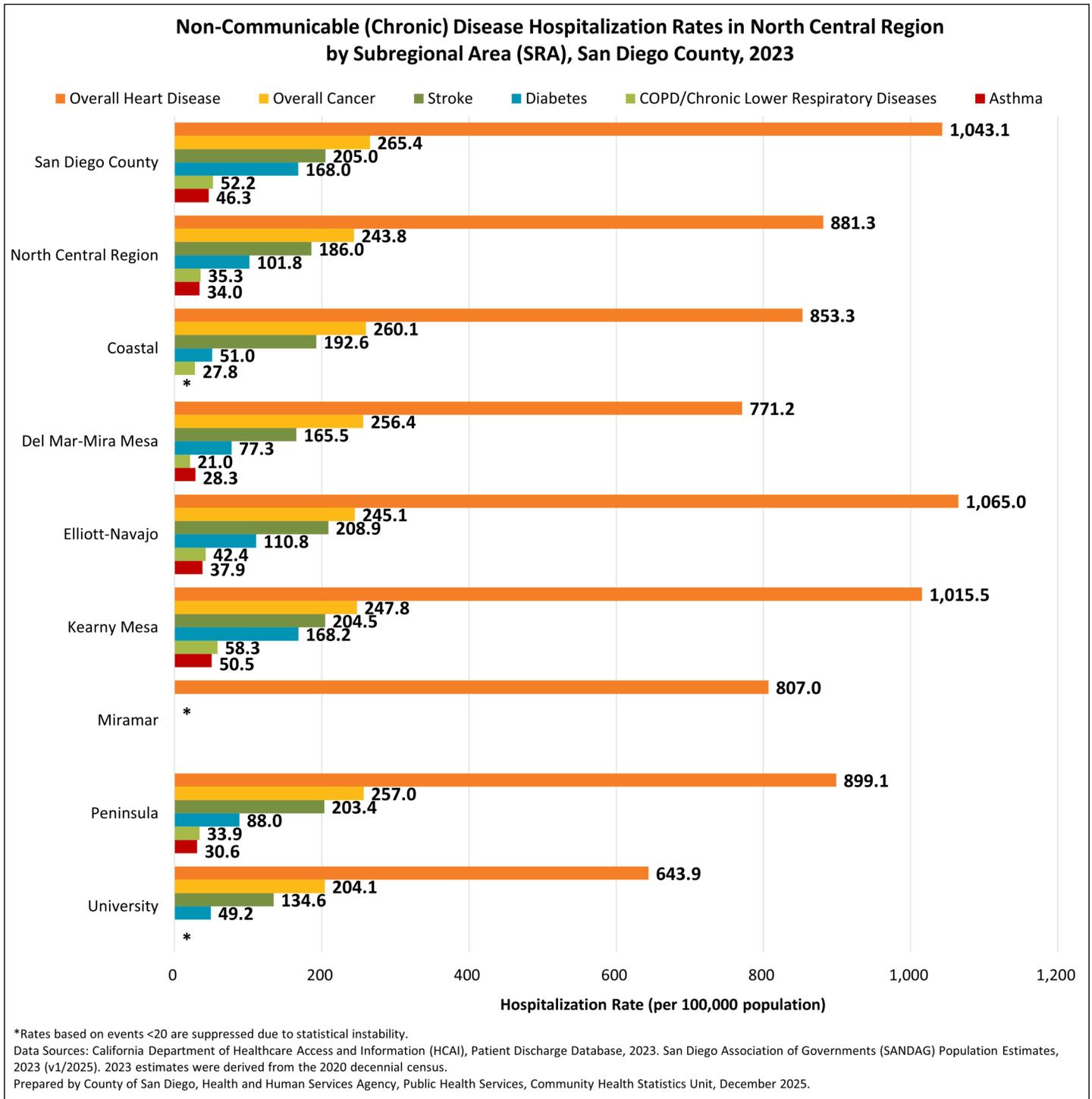
In 2023, the highest death rates among non-communicable (chronic) diseases were due to overall cancer in North Central Region and all its subregional areas (SRAs). Among North Central Region SRAs, Elliott-Navajo had the highest death rate due to overall cancer (163.3 per 100,000), overall heart disease (151.9 per 100,000), stroke (53.0 per 100,000), and chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases (29.1 per 100,000). Kearny Mesa had the highest death rate due to diabetes (34.9 per 100,000) and Del Mar-Mira Mesa had the highest death rate due to Parkinson's Disease (16.0 per 100,000) in 2023.



Among non-communicable (chronic) diseases in 2023, the highest emergency department (ED) discharge rates were due to overall heart disease in North Central Region and all its SRAs. Elliott-Navajo SRA had the highest ED discharge rate due to overall heart disease (1,916.5 per 100,000), stroke (94.9 per 100,000), and overall cancer (49.6 per 100,000), compared to all other SRAs in North Central Region. Furthermore, Kearny Mesa SRA had the highest ED discharge rates due to asthma (232.9 per 100,000), diabetes (136.2 per 100,000), and COPD/chronic lower respiratory diseases (100.5 per 100,000) among North Central Region SRAs.

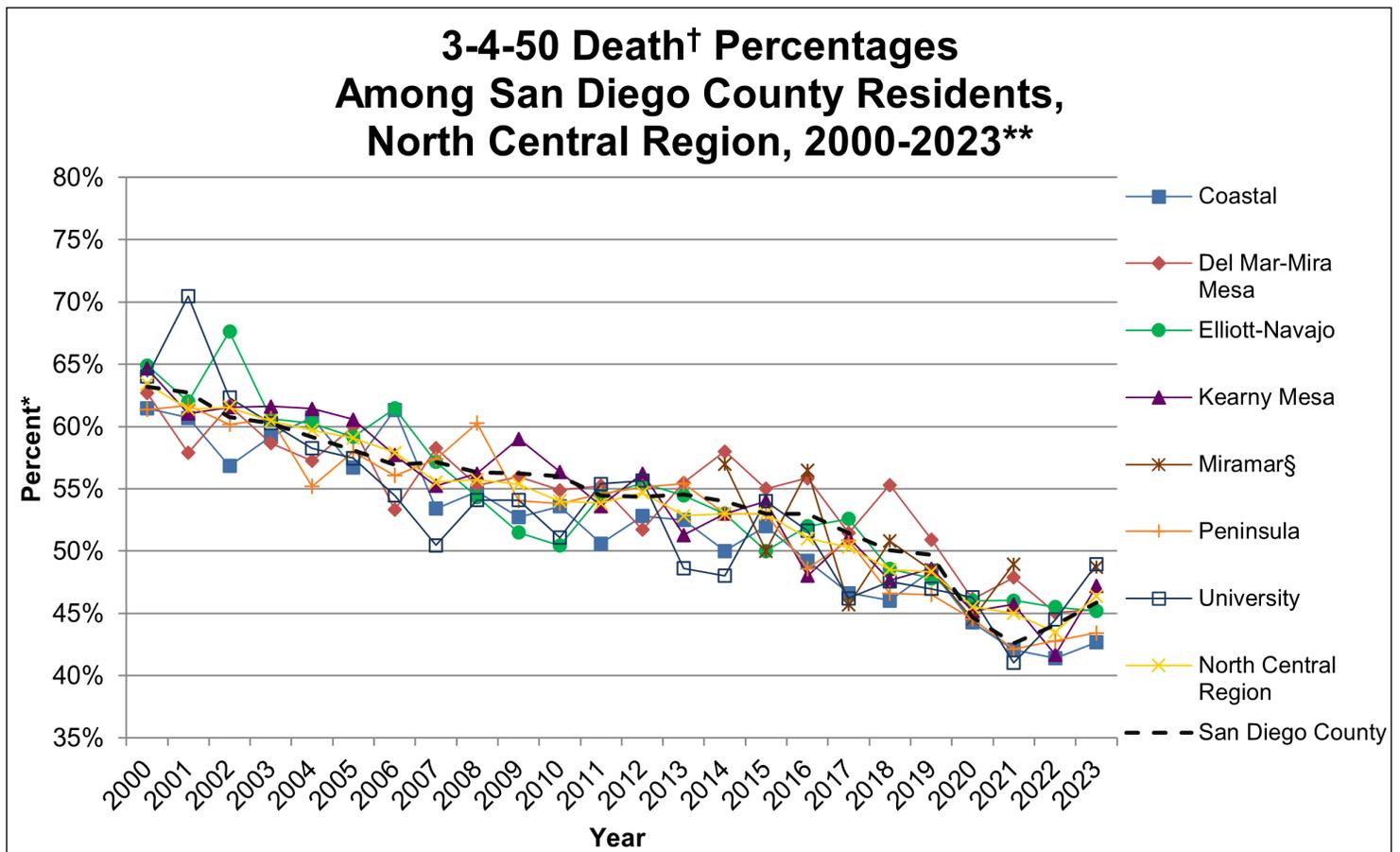


In 2023, the highest hospitalization rates among non-communicable (chronic) diseases were due to overall heart disease in North Central Region and all its SRAs. Among North Central Region SRAs, Elliott-Navajo had the highest hospitalization rates due to overall heart disease (1,065.0 per 100,000), and stroke (208.9 per 100,000), while Coastal SRA had the highest hospitalization rate due to overall cancer (260.1 per 100,000). Furthermore, Kearny Mesa SRA had the highest hospitalization rates due to diabetes (168.2 per 100,000), COPD/chronic lower respiratory disease (58.3 per 100,000), and asthma (50.5 per 100,000).



### 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 2023. In 2023, stroke, coronary heart disease (CHD), diabetes, chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases, asthma, and cancer caused 46% of all deaths in North Central Region. Among North Central Region subregional areas (SRAs), Miramar and University had the highest percentage of deaths due to 3-4-50 chronic diseases (49%) in 2023. Additionally, Coastal SRA had a 30.6% decrease in deaths from 3-4-50 chronic diseases, which was the greatest decrease among North Central Region SRAs, from 2000 to 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).

§Percents not calculated for fewer than 5 events for the years 2000 to 2019. Percents not calculated for fewer than 11 events for the years 2020 and 2023. Percents not calculated in cases where zip code is unknown.

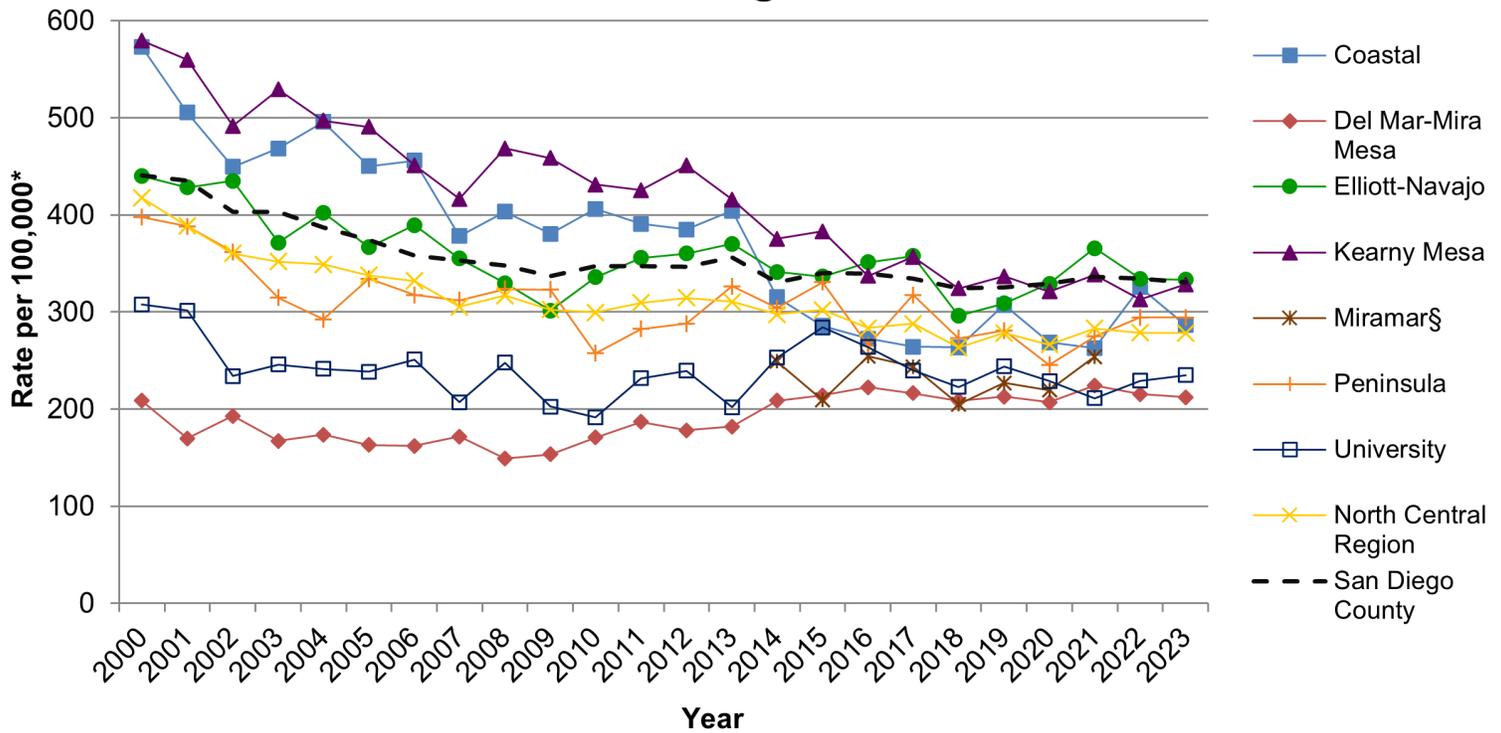
\*\*For data years 2020-2022, the COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.

Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2023 California Vital Records Business Intelligence System (VRBIS). Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHS), Public Health Services (PHS), Community Health Statistics Unit, February 2025.

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 2023. Among North Central Region SRAs, Elliott-Navajo had the highest death rate due to 3-4-50 chronic diseases in 2023 (333.1 per 100,000), while Del Mar-Mira Mesa had the lowest (212.1 per 100,000). Moreover, Coastal SRA had the greatest decrease (50%) in the death rate from 3-4-50 chronic diseases, from 572.7 per 100,000 in 2000 to 286.2 per 100,000 in 2023.

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



\*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).

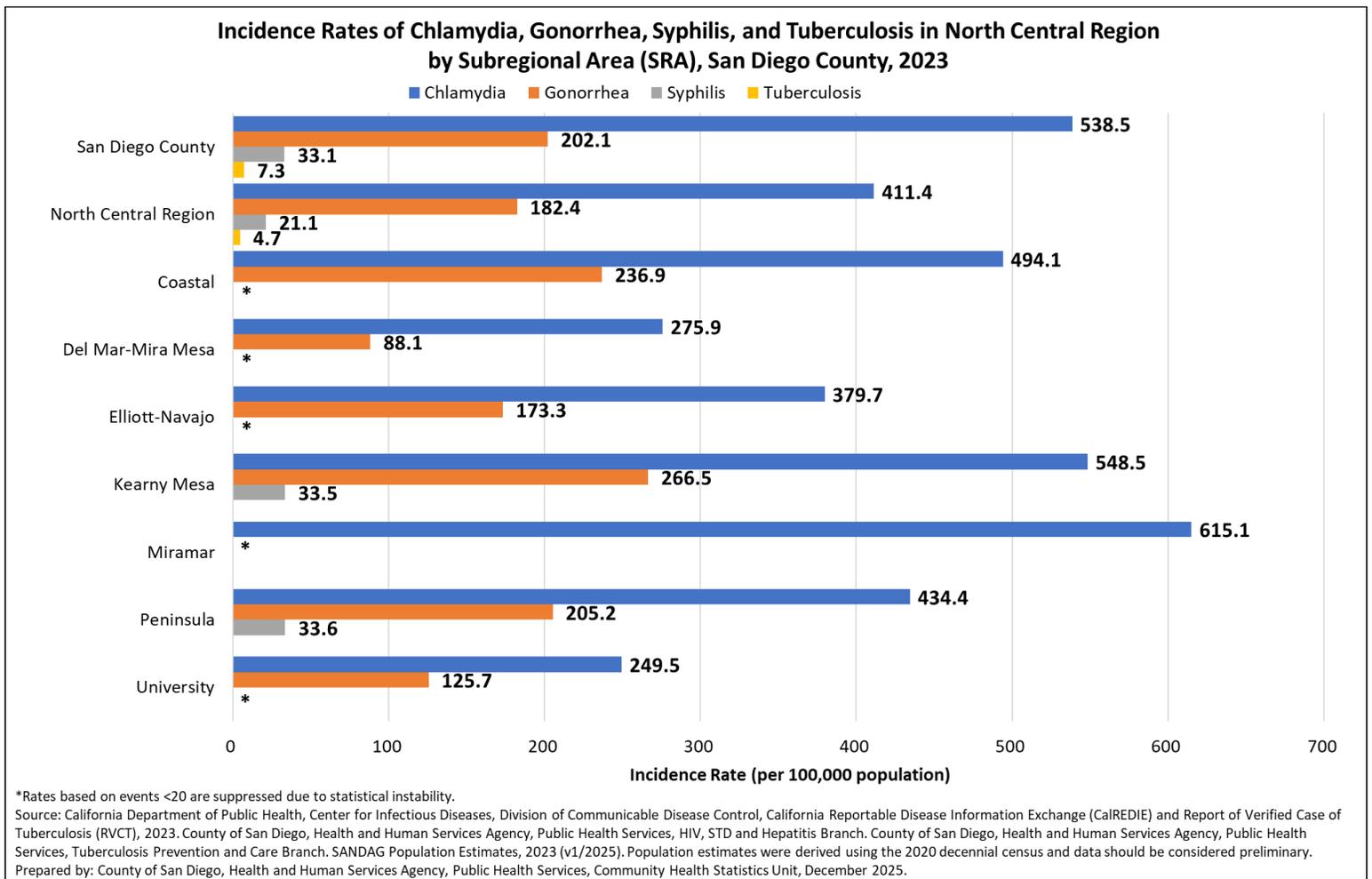
§Rates not calculated for fewer than 5 events for the years 2000 to 2019. Rates not calculated for fewer than 11 events for the years 2020-2022. Rates not calculated for fewer than 20 events starting with the year 2023. Rates not calculated in cases where zip code is unknown.

\*\*For data years 2020-2022, the COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including 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). Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included. SANDAG, Current Population Estimates. 2020-2021 population estimates 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.

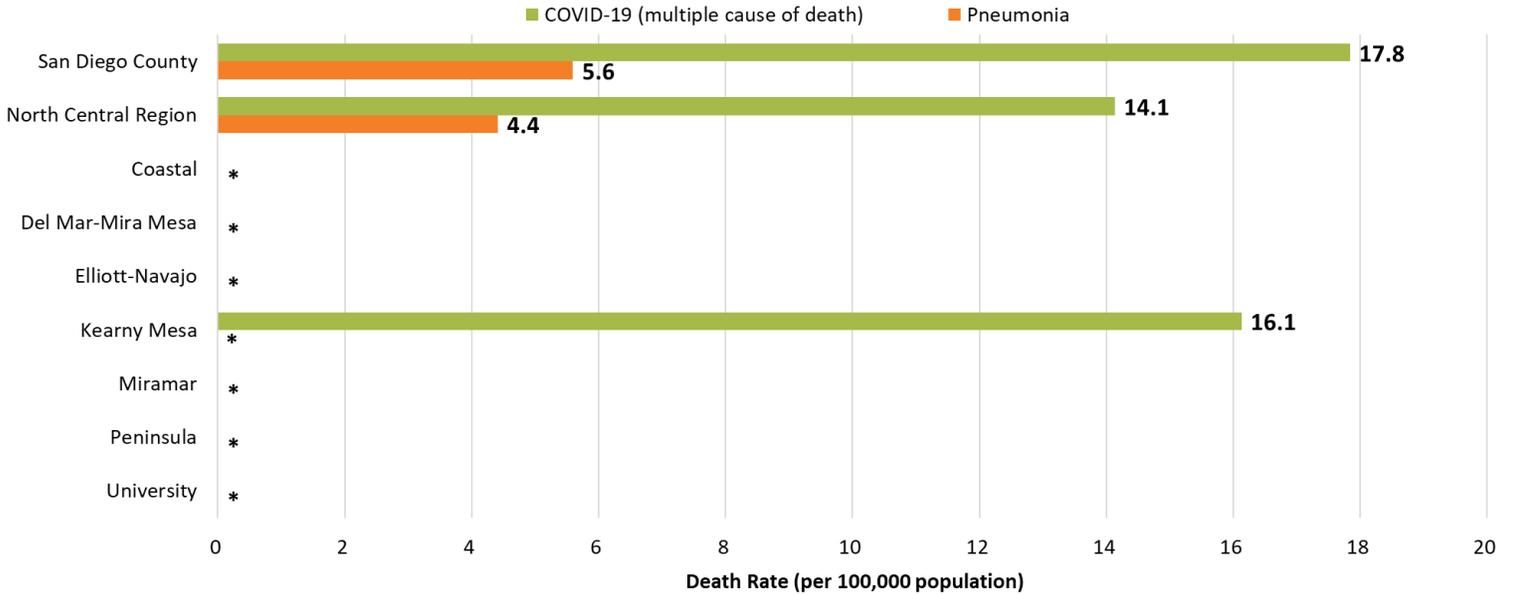
## COMMUNICABLE (INFECTIOUS) DISEASES

In 2023, 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 2023. Among North Central Region SRAs, Miramar had the highest incidence rate of chlamydia (615.1 per 100,000), while Kearny Mesa had the highest incidence rate of gonorrhea (266.5 per 100,000) in 2023. Furthermore, Peninsula had the highest incidence rate of syphilis (33.6 per 100,000), followed by Kearny Mesa (33.5 per 100,000) in 2023.



In 2023, the death rate among communicable (infectious) diseases was lower in North Central Region than in San Diego County overall. In North Central Region, the death rates for communicable diseases were 14.1 per 100,000 for COVID-19 (multiple cause of death) and 4.4 per 100,000 for pneumonia, compared to 17.8 and 5.6 per 100,000 respectively in San Diego County.

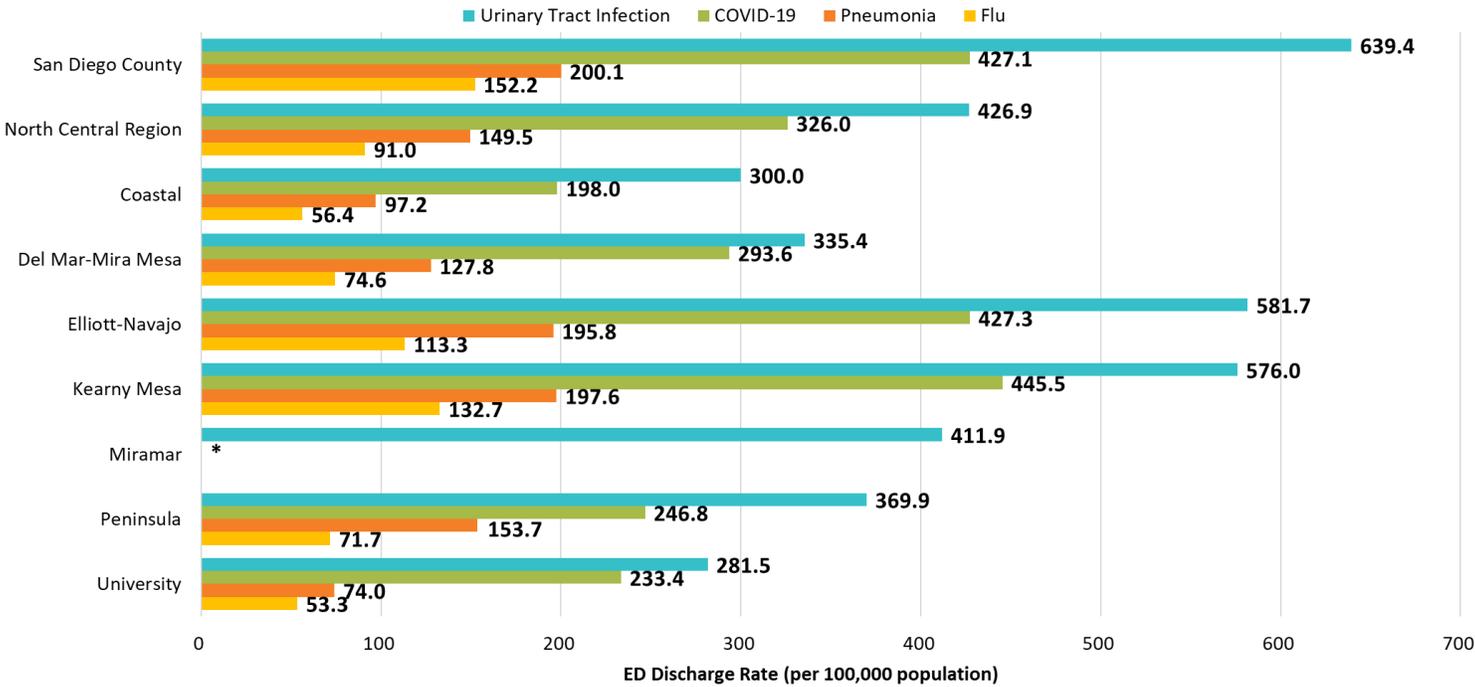
**Communicable (Infectious) Disease Death Rates in North Central Region by Subregional Area (SRA), San Diego County, 2023**



\*Rates based on events <20 are suppressed due to statistical instability.  
 Data Sources: California Department of Public Health, 2023 California Vital Records Business Intelligence System (VRBIS). San Diego Associations of Government (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, December 2025.

In North Central Region and its SRAs, the highest emergency department (ED) discharge rates among communicable (infectious) diseases were due to urinary tract infection. Among North Central Region SRAs, Elliot-Navajo had the highest ED discharge rate due to urinary tract infection (581.7 per 100,000), while Kearny Mesa had the highest ED discharge rate due to COVID-19 (445.5 per 100,000), pneumonia (197.6 per 100,000), and flu (132.7 per 100,000). Elliot-Navajo and Kearny Mesa SRAs both had higher ED discharge rates for urinary tract infection, COVID-19, pneumonia, and flu than North Central Region overall.

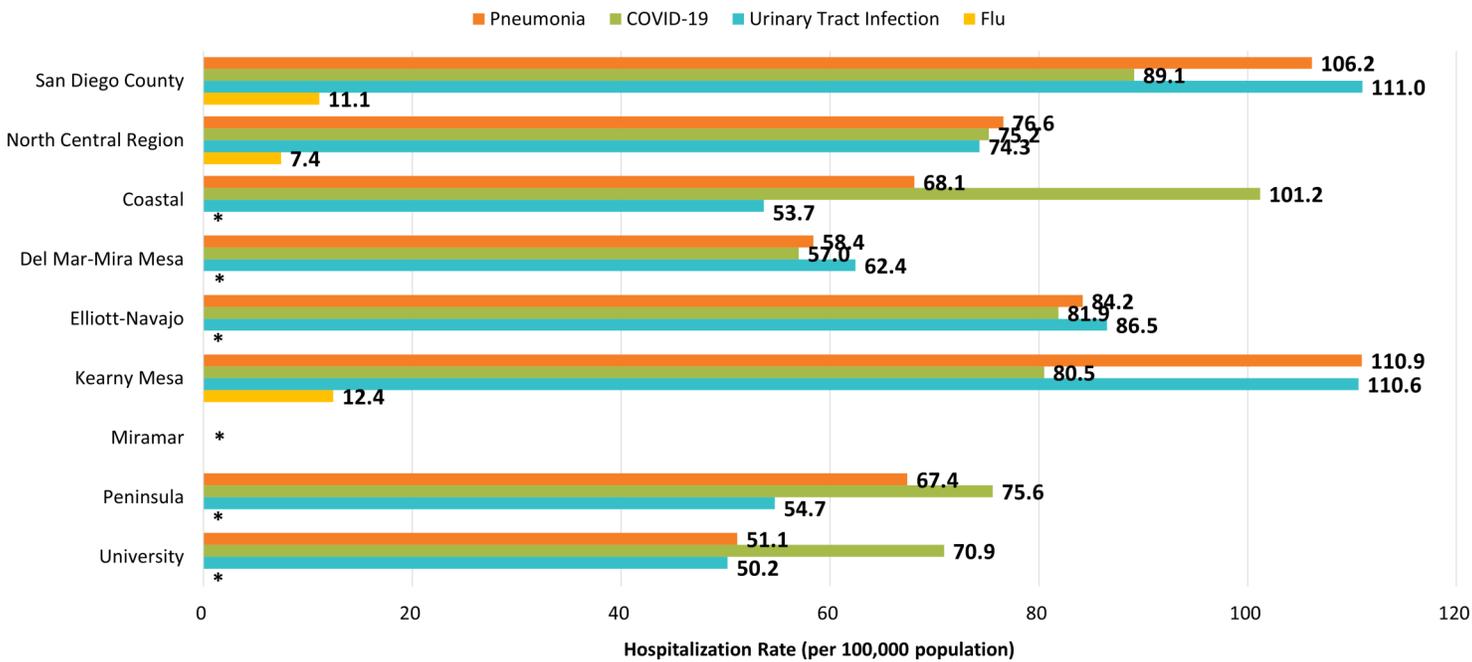
**Communicable (Infectious) Disease Emergency Department (ED) Discharge Rates in North Central Region by Subregional Area (SRA), San Diego County, 2023**



\*Rates based on events <20 are suppressed due to statistical instability.  
 Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2023. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025). 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, December 2025.

In 2023, the highest hospitalization rates among communicable (infectious) diseases were due to pneumonia in North Central Region. Among North Central Region SRAs, Kearny Mesa had the highest hospitalization rates due to pneumonia (110.9 per 100,000), urinary tract infection (110.6 per 100,000), and flu (12.4 per 100,000) in 2023. Coastal SRA had the highest hospitalization rate due to COVID-19 (101.2 per 100,000).

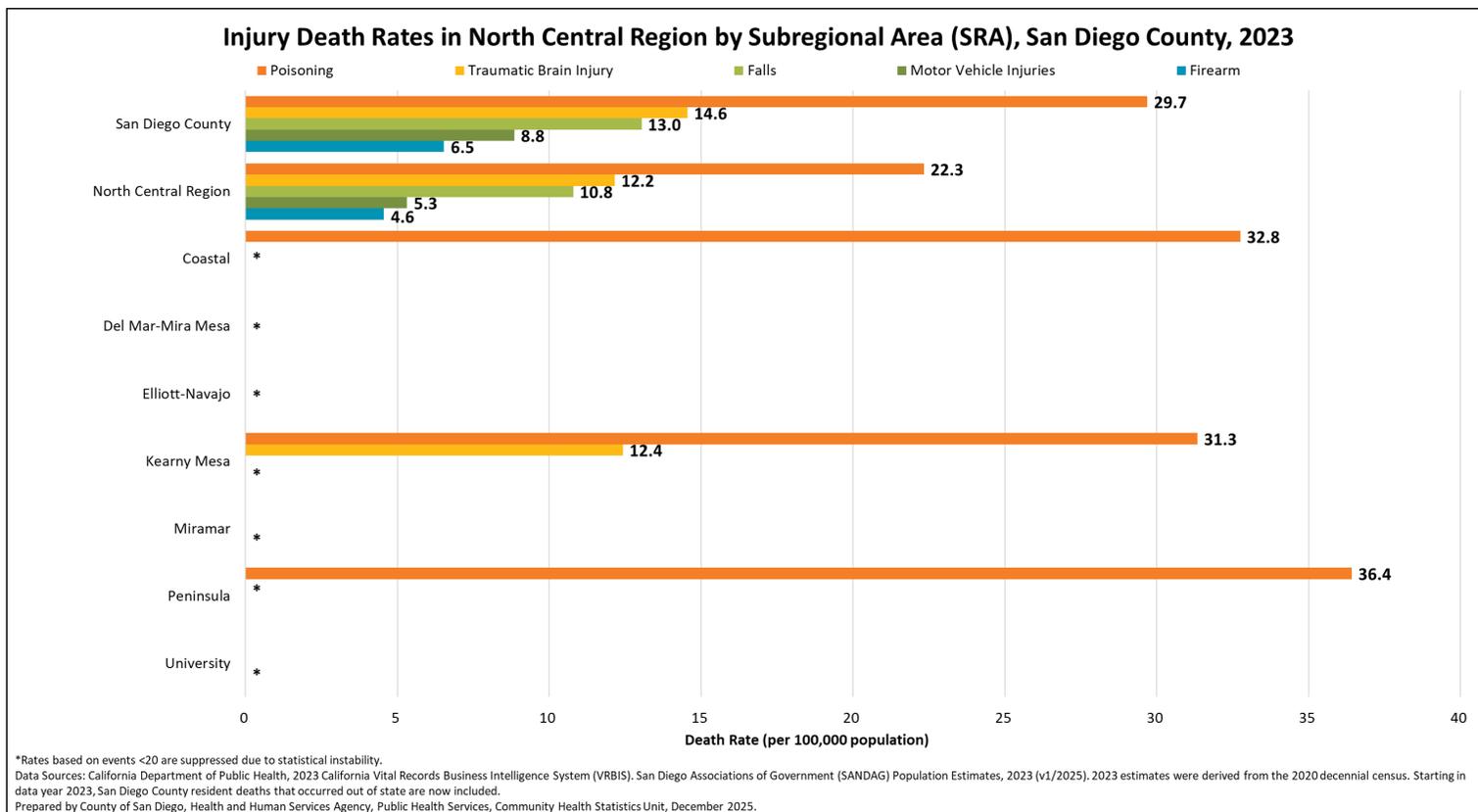
**Communicable (Infectious) Disease Hospitalization Rates in North Central Region by Subregional Area (SRA), San Diego County, 2023**



\*Rates based on events <20 are suppressed due to statistical instability.  
 Data Sources: California Department of Healthcare Access and Information (HCAI), Patient Discharge Database, 2023. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025). 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, December 2025.

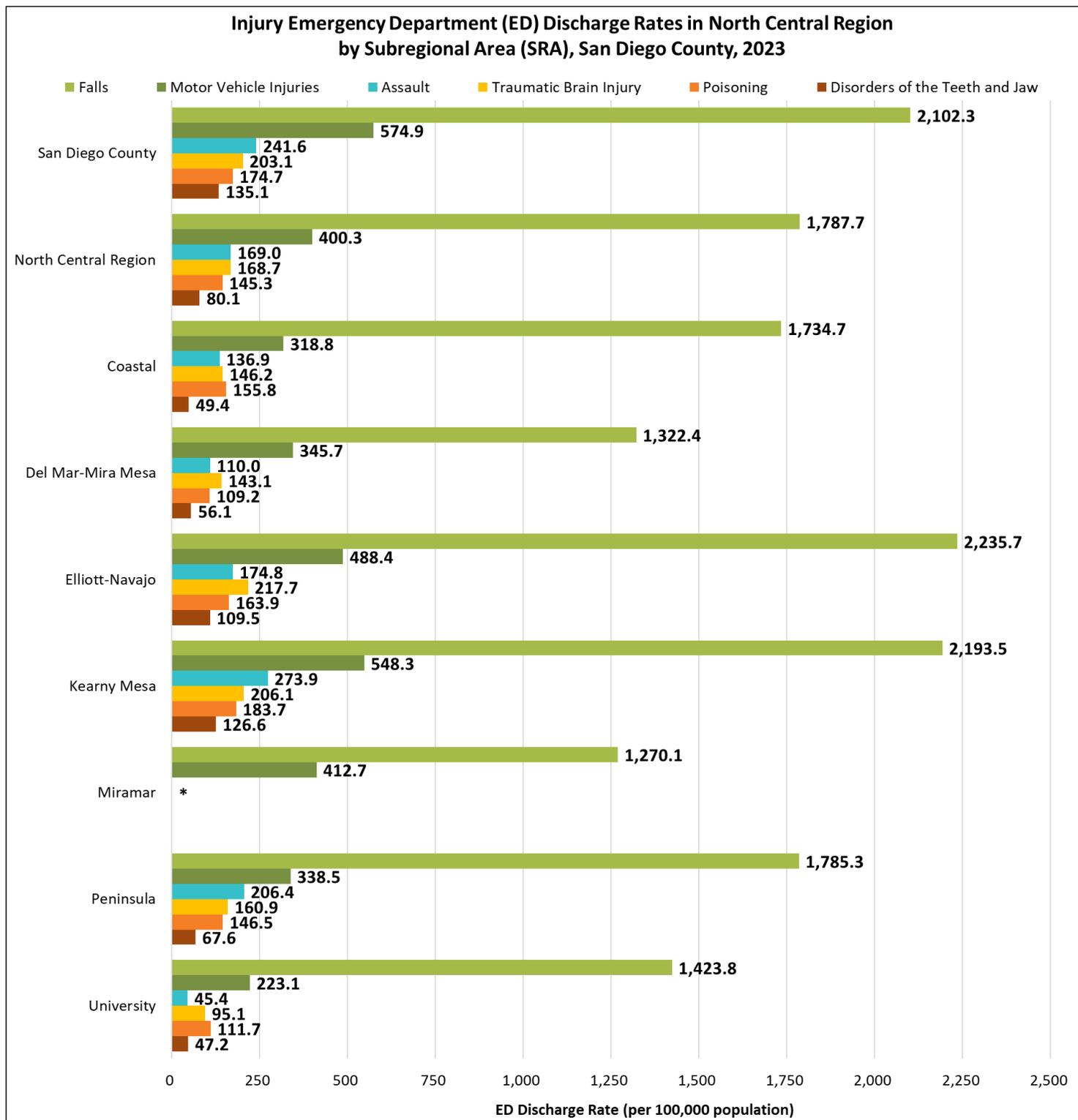
## INJURY INDICATORS

In North Central Region, the highest death rate among injury indicators was due to poisoning, followed by traumatic brain injury in 2023. Among North Central Region SRAs, Peninsula had the highest death rate due to poisoning (36.4 per 100,000), which was higher than North Central Region (22.3 per 100,000) and San Diego County overall (29.7 per 100,000). In 2023, Kearny Mesa SRA had the highest death rate due to traumatic brain injury (12.4 per 100,000) compared to all other North Central Region SRAs.



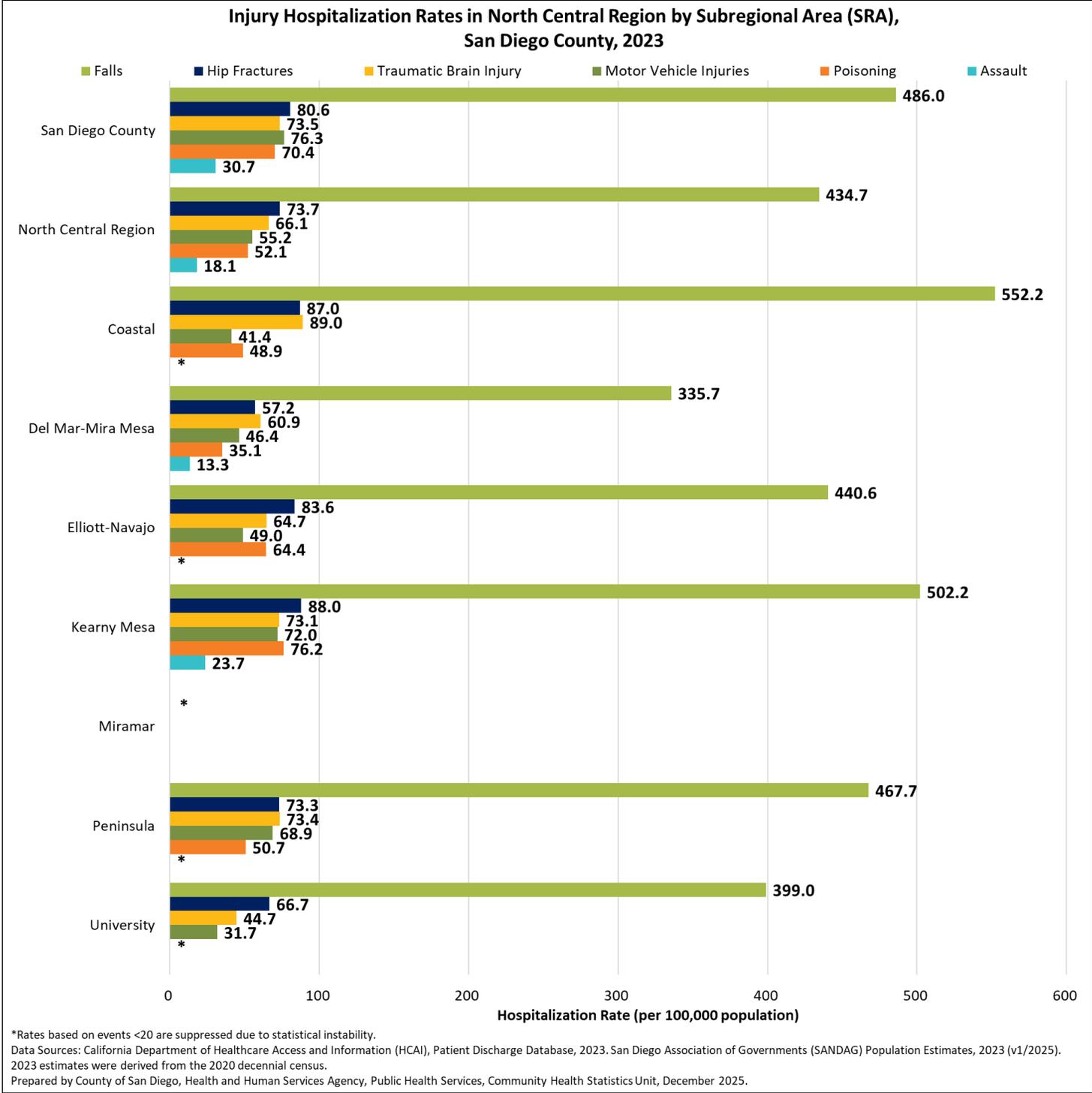
In North Central Region and its SRAs, the highest emergency department (ED) discharge rates among injury indicators were due to falls in 2023. Elliott-Navajo SRA had the highest ED discharge rate due to falls (2,235.7 per 100,000), while Miramar had the lowest (1,270.1 per 100,000) among North Central Region SRAs. Moreover, Elliott-Navajo SRA had the highest ED discharge rate due to traumatic brain injury (217.7 per 100,000) in 2023. The second-highest ED discharge rates among injury indicators in North Central Region and its SRAs were due to motor vehicle injuries in 2023. Kearny Mesa SRA had the highest ED discharge rates due to motor vehicle injuries (548.3 per 100,000), while University SRA had the lowest (223.1 per 100,000) among North Central Region

SRAs. Furthermore, Kearny Mesa SRA also had the highest ED discharge rates due to assault (273.9 per 100,000), poisoning (183.7 per 100,000), and disorders of the teeth and jaw (126.6 per 100,000).



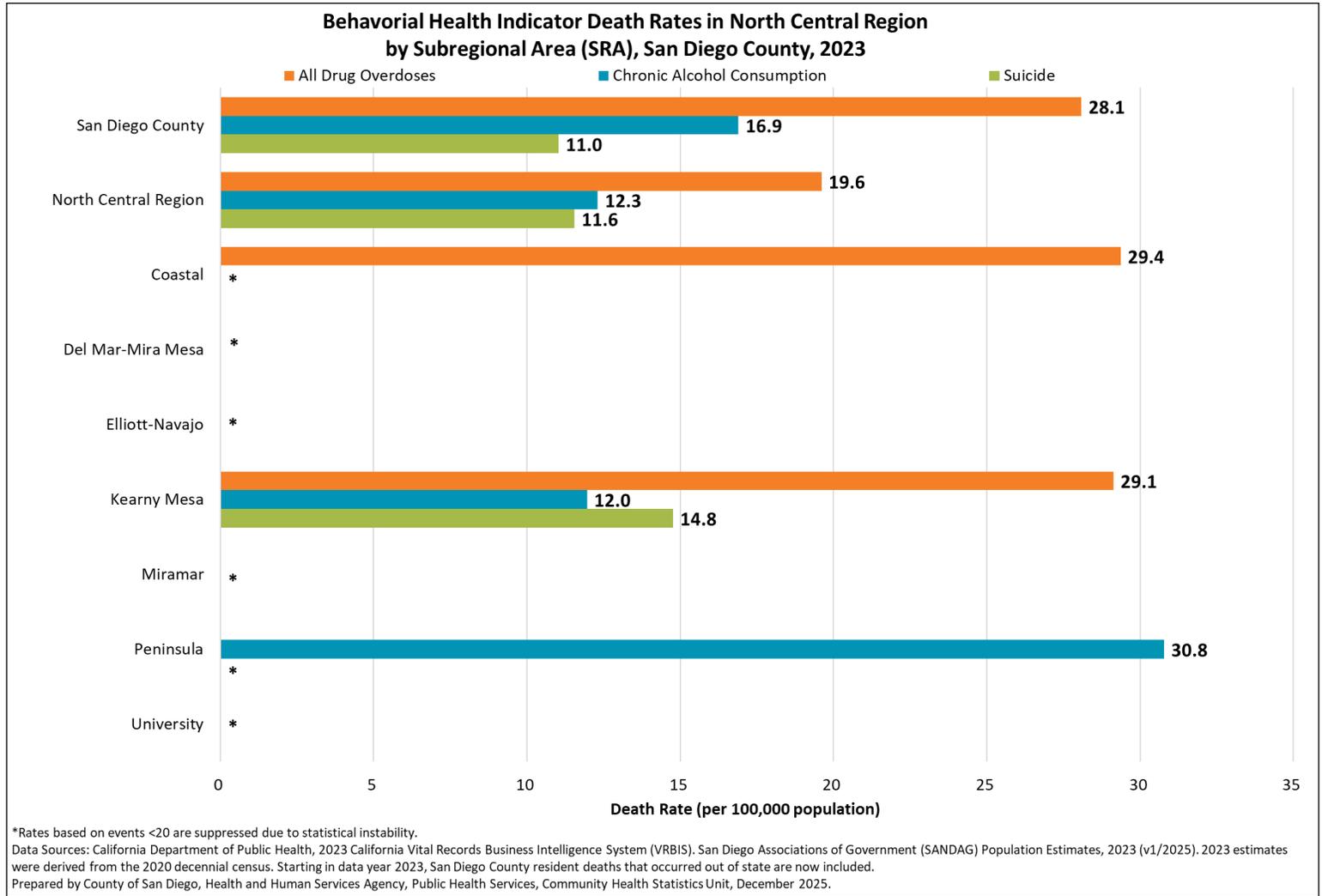
\*Rates based on events <20 are suppressed due to statistical instability.  
 Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2023. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025). 2023 estimates 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, December 2025.

The highest hospitalization rate among injury indicators in North Central Region and its SRAs were due to falls. Among North Central Region SRAs, Coastal had the highest hospitalization rate due to falls (552.2 per 100,000), followed by Kearny Mesa (502.2 per 100,000), in 2023. In addition to falls, Coastal SRA had the highest hospitalization rates due to traumatic brain injury (89.0 per 100,000) in 2023. Kearny Mesa SRA had the highest hospitalization rates due to hip fractures (88.0 per 100,000), motor vehicle injuries (72.0 per 100,000), poisoning (76.2 per 100,000), and assault (23.7 per 100,000) among North Central Region SRAs.



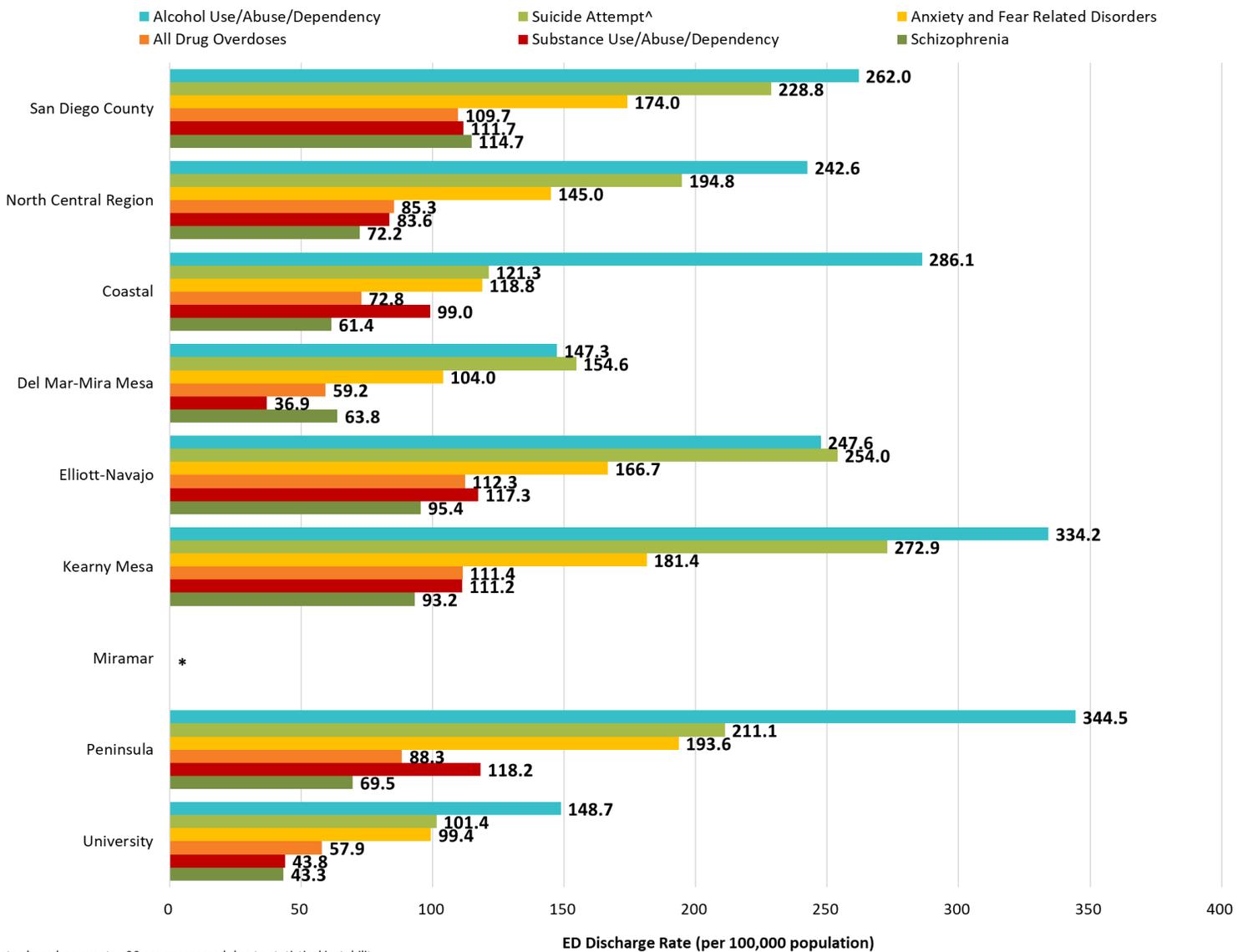
## BEHAVIORAL HEALTH INDICATORS

Among behavioral health indicators, the highest death rates were due to all drug overdoses in North Central Region in 2023. Among North Central Region SRAs, Coastal had the highest death rate due to all drug overdoses (29.4 per 100,000), followed by Kearny Mesa (29.1 per 100,000). Moreover, Peninsula SRA had the highest death rate due to chronic alcohol consumption (30.8 per 100,000), while Kearny Mesa had the highest death rate due to suicide (14.8 per 100,000).



In North Central Region and its SRAs, the highest ED discharge rates among behavioral health indicators were due to alcohol use/abuse/dependency, with the exception of Del Mar-Mira Mesa and Elliot-Navajo. Among North Central Region SRAs, Peninsula had the highest ED discharge rate due to alcohol use/abuse/dependency (344.5 per 100,000), followed by Kearny Mesa (334.2 per 100,000). While suicide attempt/ideation/intentional self-harm was the leading condition among ED discharge rates in Del Mar-Mira Mesa (154.6 per 100,000) and Elliot-Navajo (254.0 per 100,000), Kearny Mesa SRA had the highest ED discharge rate due to suicide attempt/ideation/intentional self-harm (272.9 per 100,000) in 2023.

**Behavioral Health Indicator Emergency Department (ED) Discharge Rates in North Central Region by Subregional Area (SRA), San Diego County, 2023**



\*Rates based on events <20 are suppressed due to statistical instability.

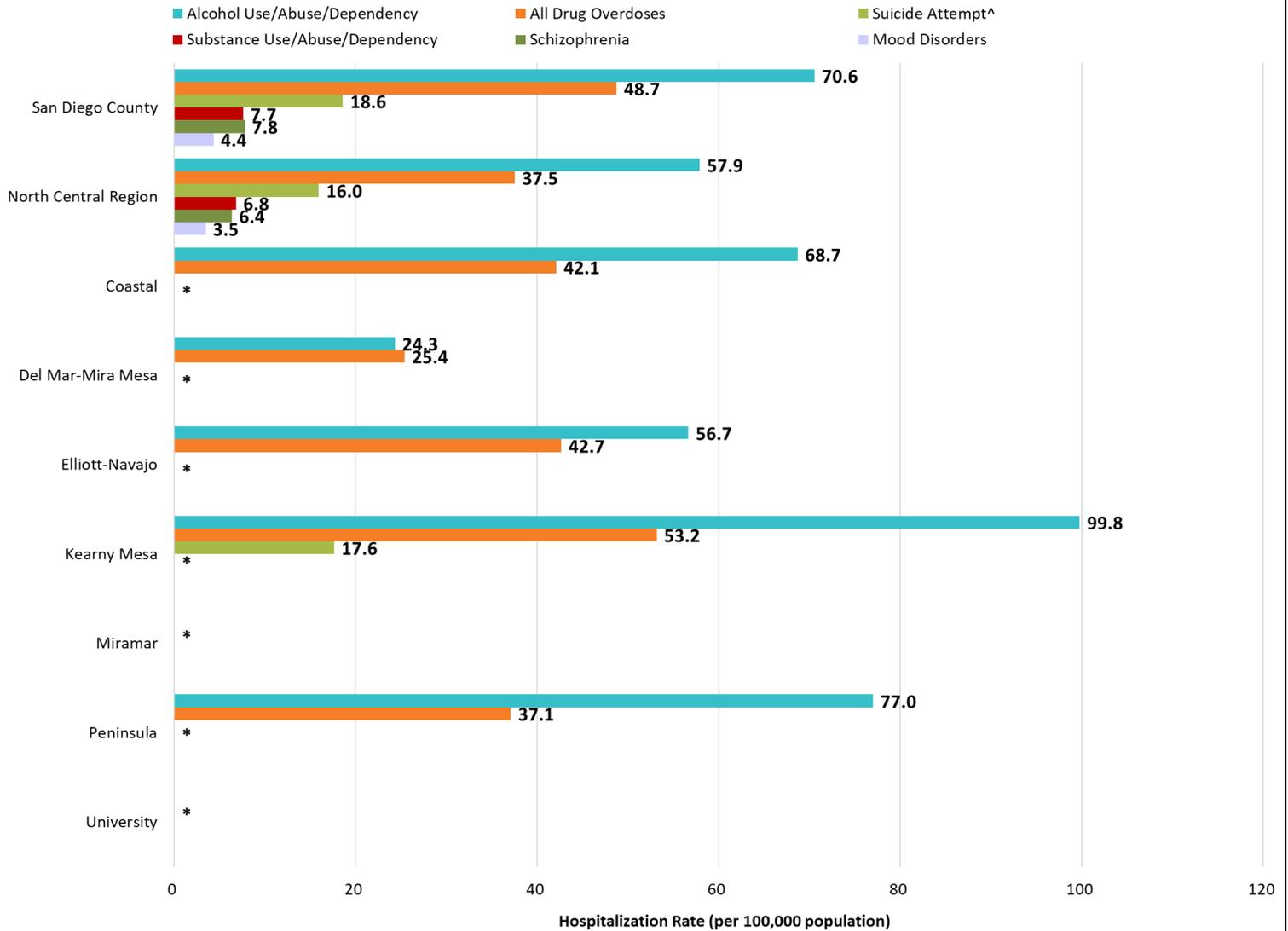
<sup>^</sup>Suicide Attempt includes ideation/attempt/intentional self-harm.

Data Sources: California Department of Healthcare Access and Information (HCAI), Emergency Department Discharge Database, 2023. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025). 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, December 2025.

In 2023, the highest hospitalization rates among behavioral health indicators in North Central Region were due to alcohol use/abuse/dependency, followed by all drug overdoses. Kearny Mesa had the highest hospitalization rate of alcohol/use/abuse/dependency (99.8 per 100,000) and all drug overdoses (53.2 per 100,000) among all North Central Region SRAs.

**Behavioral Health Indicator Hospitalization Rates in North Central Region by Subregional Area (SRA), San Diego County, 2023**



\*Rates based on events <20 are suppressed due to statistical instability.

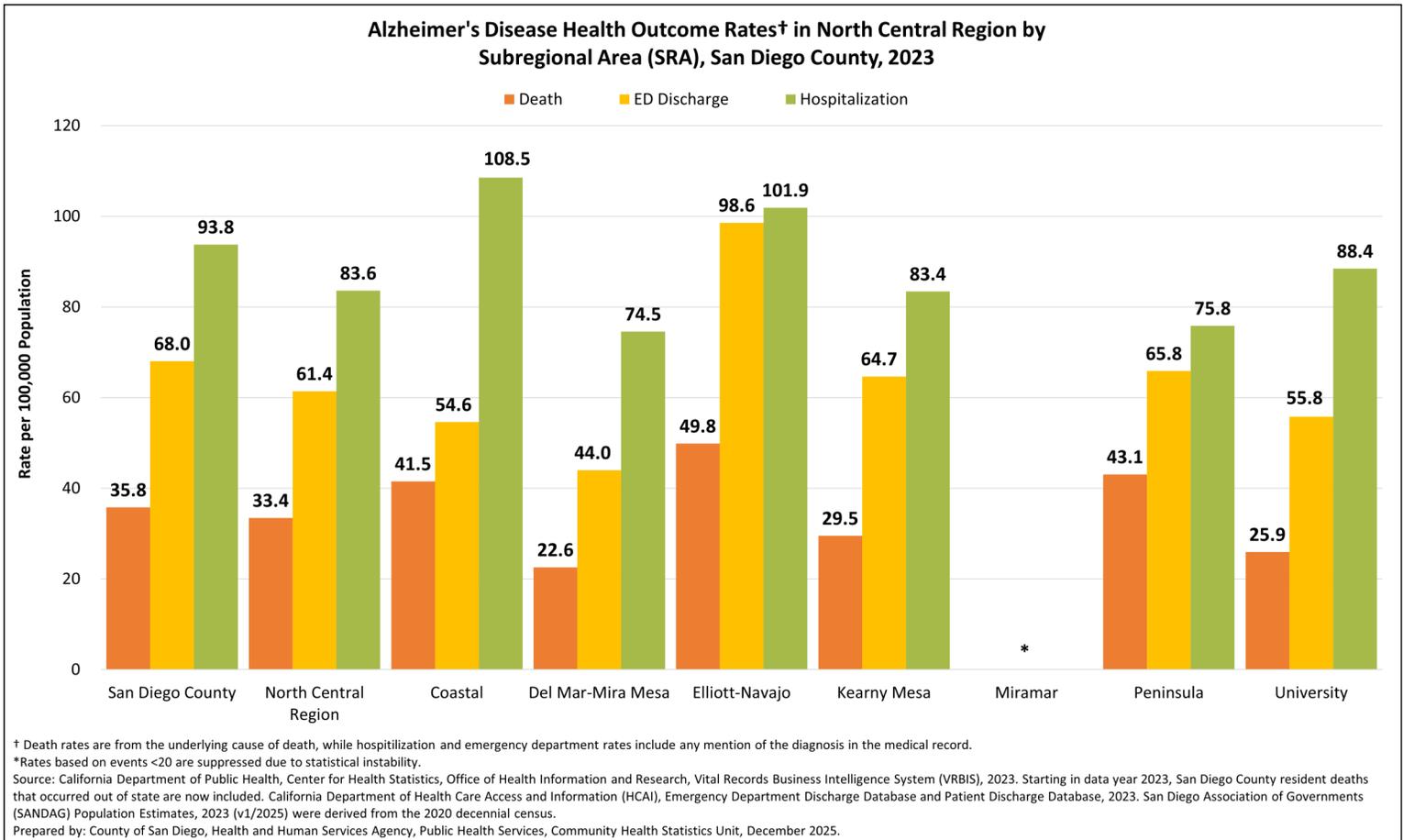
^Suicide Attempt includes ideation/attempt/intentional self-harm.

Data Sources: California Department of Healthcare Access and Information (HCAI), Patient Discharge Database, 2023. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025). 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, December 2025.

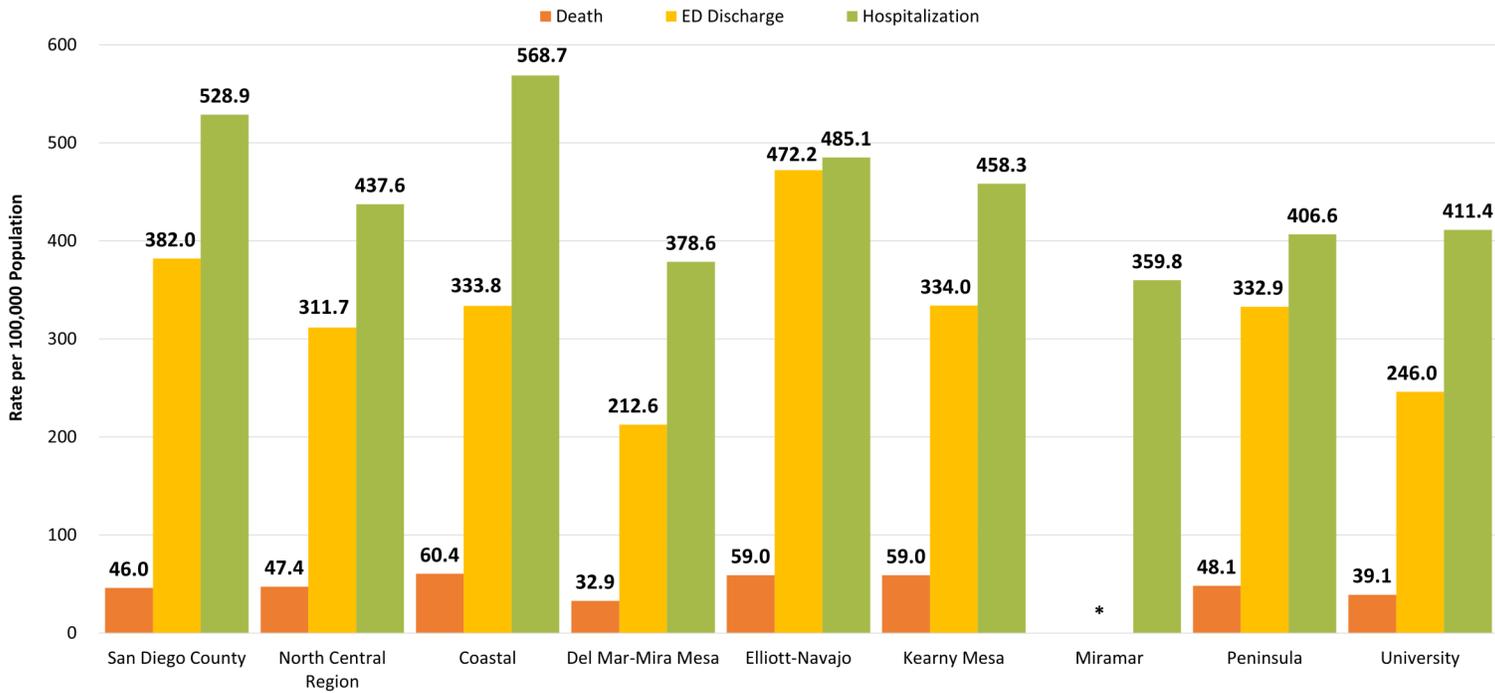
## ALZHEIMER’S DISEASE AND NON-ALZHEIMER’S DEMENTIA

In 2023, North Central Region had a lower rate of death due to Alzheimer’s Disease and lower rates of emergency department (ED) discharge and hospitalization due to any mention of Alzheimer’s Disease than San Diego County overall. Among North Central Region subregional areas (SRAs), Elliott-Navajo had the highest rates of death due to Alzheimer’s Disease (49.8 per 100,000) and ED discharge (98.6 per 100,000) due to any mention of Alzheimer’s Disease. Coastal SRA had the highest hospitalization rate (108.5 per 100,000) due to any mention of Alzheimer’s Disease, while Del Mar-Mira Mesa had the lowest (74.5 per 100,000) among all North Central Region SRAs in 2023.



In 2023, North Central Region had a higher rate of death due to Non-Alzheimer’s Dementia and lower rates of emergency department (ED) discharge and hospitalization due to any mention of Non-Alzheimer's Dementia than San Diego County overall. Among North Central Region subregional areas (SRAs), Coastal had the highest rates of death due to Non-Alzheimer’s Dementia (60.4 per 100,000) and hospitalizations (568.7 per 100,000) due to any mention of Non-Alzheimer's Dementia. Elliott-Navajo SRA had the highest ED discharge rate (472.2 per 100,000) due to any mention of Non-Alzheimer's Dementia, while Del Mar-Mira Mesa had the lowest (212.6 per 100,000). The hospitalization rates for all North Central Region SRAs, except Coastal SRA, were lower than San Diego County overall in 2023.

**Non-Alzheimer's Dementia Health Outcome Rates† in North Central Region by Subregional Area (SRA), San Diego County, 2023**

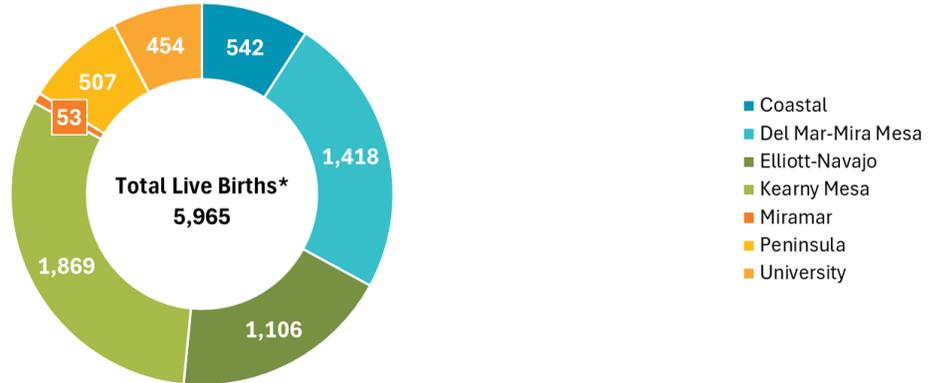


† Death rates are from the underlying cause of death, while hospitalization and emergency department rates include any mention of the diagnosis in the medical record.  
 \* Rates based on events <20 are suppressed due to statistical instability.  
 Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2023. San Diego Association of Governments (SANDAG) Population Estimates, 2023 (v1/2025) 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, December 2025.

## MATERNAL AND CHILD HEALTH INDICATORS

In 2023, there were 5,965 total live births in North Central Region, which represented 16.7% of the total live births in San Diego County (35,713). Among North Central Region subregional areas (SRAs), live births in Kearny Mesa (31.3%) and Del Mar-Mira Mesa (23.7%) made up over half of the total live births in North Central Region in 2023.

**Distribution of Live Births in North Central Region by Subregional Area (SRA), San Diego County, 2023**



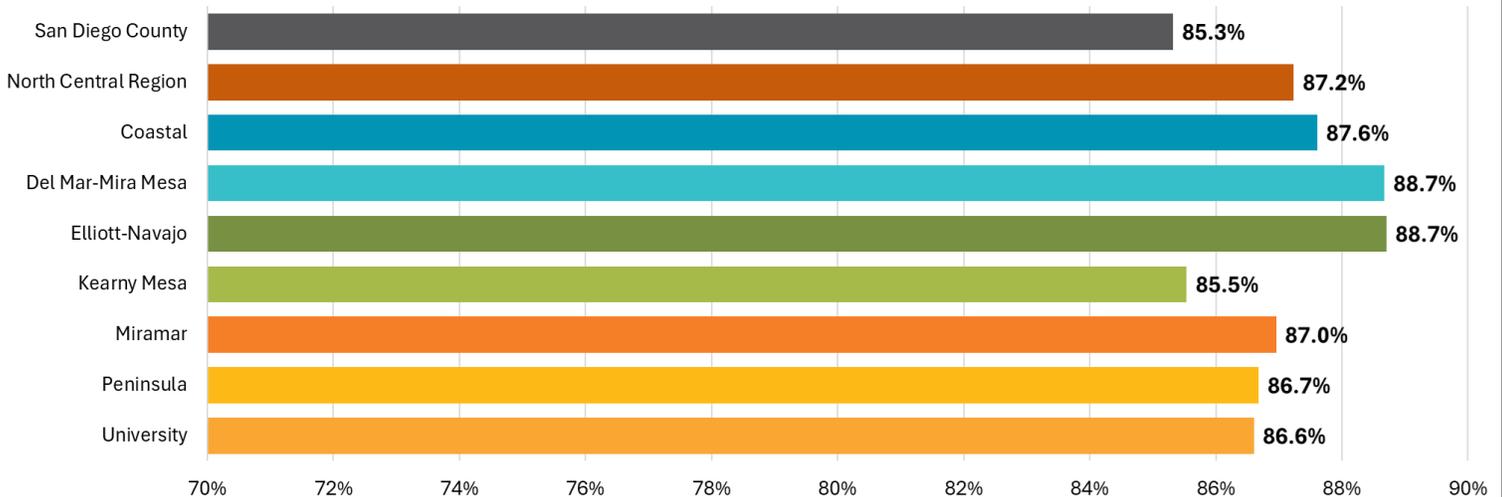
\*Total live births in subregional areas (SRAs) may not add up to the regional total live births due to allocation.

Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2023. 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, December 2025.

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 (87.2%) was higher than in San Diego County overall (85.3%). Among North Central Region SRAs, Kearny Mesa had the lowest proportion of births that received early prenatal care (85.5%), followed by University (86.6%).

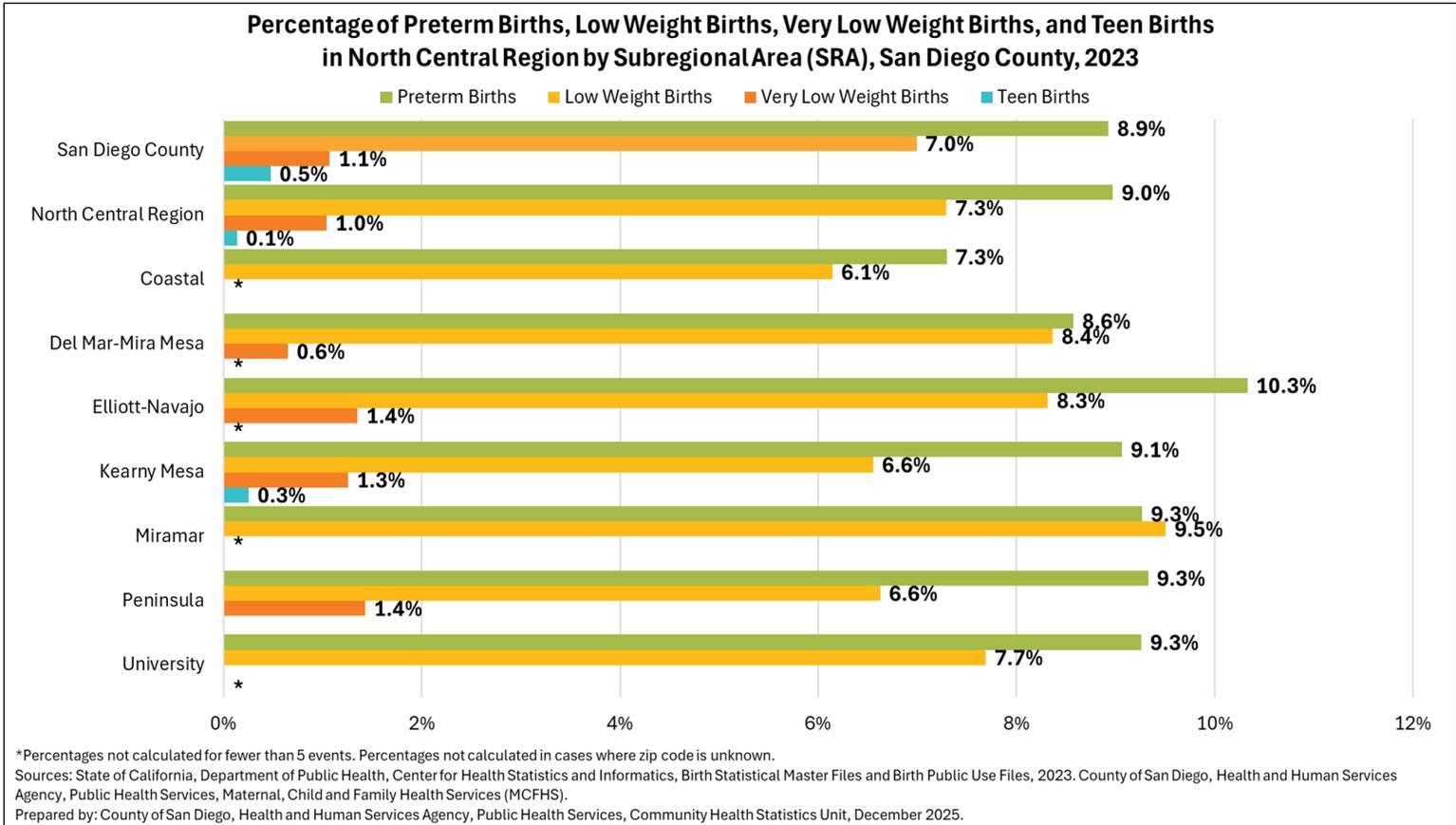
**Percentage of Early Prenatal Care Among Births in North Central Region and Subregional Areas (SRAs), San Diego County, 2023**



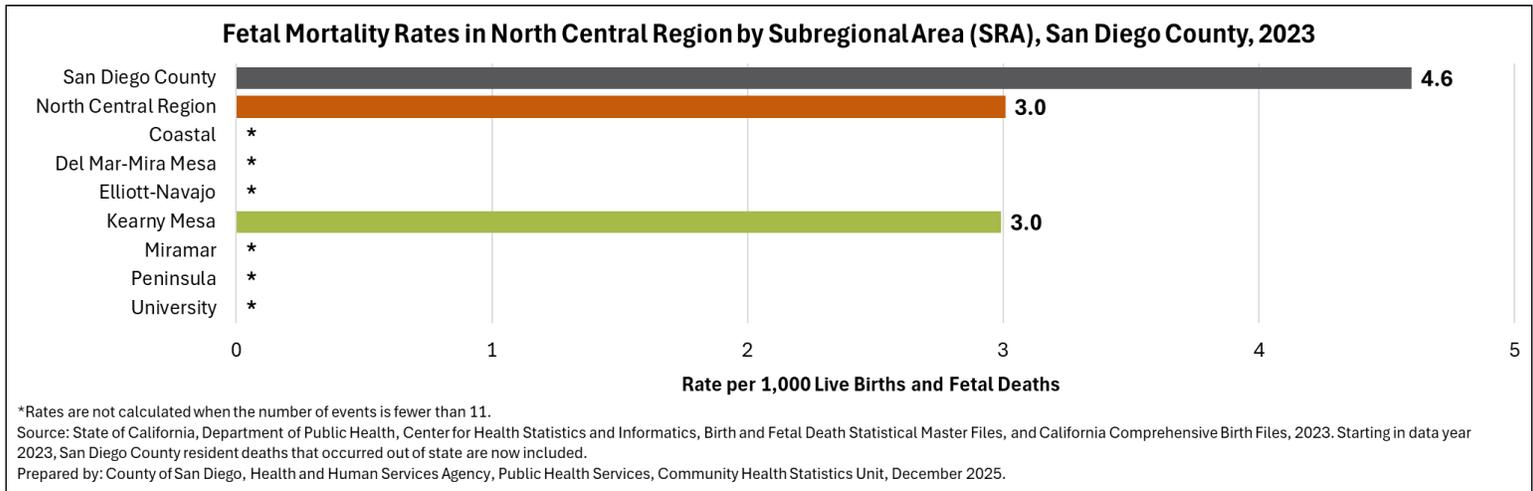
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2023. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).

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

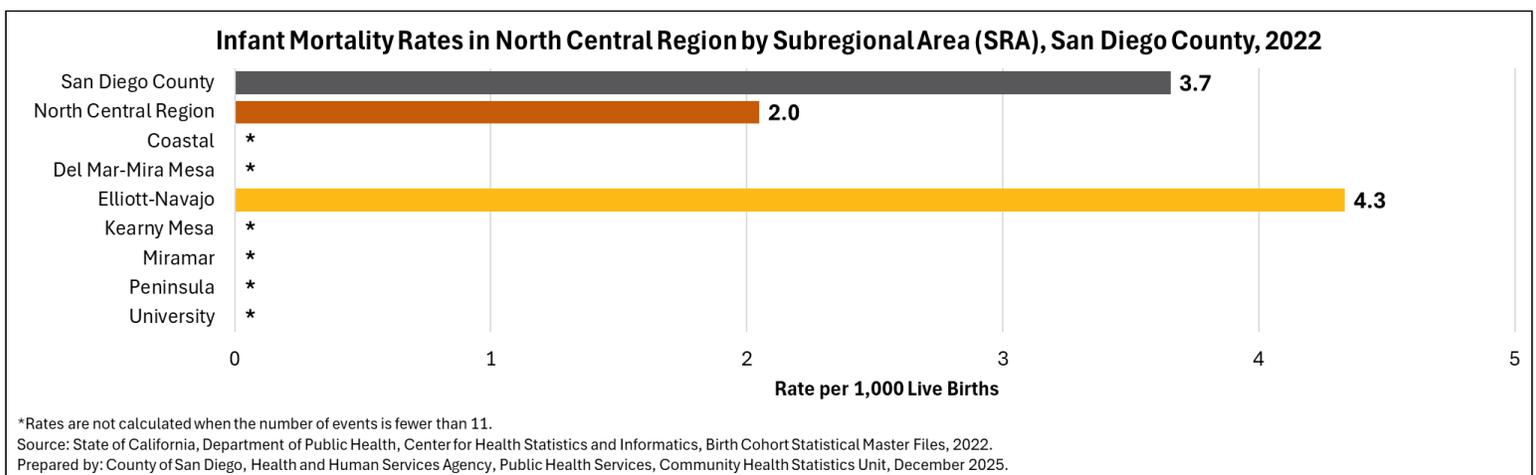
Preterm birth is the delivery of a baby before completing 37 weeks of gestation. In 2023, the proportion of preterm births in North Central Region (9.0%) was about equal to San Diego County overall (8.9%). Among North Central Region SRAs, Elliott-Navajo had the highest proportion of preterm births (10.3%), while Coastal had the lowest (7.3%). 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 (7.3%) was higher than in San Diego County (7.0%), while the proportion of very low weight births (1.0%) was lower than in San Diego County overall (1.1%). Among North Central Region SRAs, Miramar had the highest proportion of low weight births (9.5%), followed by Del Mar-Mira Mesa (8.4%). In 2023, Elliott-Navajo and Peninsula SRA's had the highest proportion of very low weight births (1.4%), followed by Kearny Mesa (1.3%). 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 (0.5%) in 2023.



Fetal mortality refers to a fetal death during a pregnancy with at least 20 complete weeks of gestation. In 2023, the fetal mortality rate in North Central Region (3.0 per 1,000 live births and fetal deaths) was lower than in San Diego County overall (4.6 per 1,000 live births and fetal deaths). Among North Central Region SRAs, Kearny Mesa had the highest fetal mortality rate (3.0 per 1,000 live births and fetal deaths).



Infant mortality refers to an infant's death before one year of age. In 2022, the infant mortality rate in North Central Region (2.0 per 1,000 live births) was lower than in San Diego County overall (3.7 per 1,000 live births). Among North Central Region SRAs, Elliott-Navajo had the highest infant mortality rate (4.3 per 1,000 live births), higher than the rate for San Diego County overall (3.7 per 1,000 live births).



# 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 2023, North Central Region was the most populated region of the County, representing 19.7% of San Diego County's population.
- In 2023, Miramar had the highest proportion of veterans (31.9%) compared to all other SRAs in San Diego County.

## Socioeconomic Factors

- In 2023, North Central Region had the lowest proportion of residents living below 200% of the Federal Poverty Level (18.3%) among all HHSA regions.
- Miramar had the lowest 5-year average unemployment rate compared to all other SRAs in San Diego County, from 2019-2023.

## Health Outcomes

- Among North Central Region SRAs, Elliott-Navajo and Kearny Mesa generally had the highest death, emergency department (ED) discharge, and hospitalization rates among several health conditions and indicators in 2023.

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.