



June 2022

# North Coastal Region Health Status Report Summary

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





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# North Coastal Region Health Status Report Summary

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

June 2022

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# INTRODUCTION

North Coastal Region consists of five subregional areas (SRAs): Carlsbad, Oceanside, Pendleton, San Dieguito, and Vista. This health status report summary provides the most current information on demographic characteristics, socioeconomic factors, and health concerns in North Coastal Region and its SRAs.

The key segments of this report include:

- 1) **Demographic Characteristics:** This section includes an overview of the 2019 population characteristics (e.g., age, race/ethnicity, household income, health insurance coverage, disability status, etc.) for North Coastal Region. Characteristics for SRAs are reported in comparison with North Coastal Region and San Diego County.
- 2) **Mortality Measures:** This section includes a summary of overall life expectancy for North Coastal Region and its SRAs in 2019. 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 2019 for North Coastal Region, outlining the relative burden of a specific cause of death compared to other causes.
- 3) **Health Outcomes:** 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 Diseases,
  - c) Injury Indicators,
  - d) Behavioral Health Indicators, and
  - e) Maternal and Child Health Indicators.

For additional information, visit: [www.SDHealthStatistics.com](http://www.SDHealthStatistics.com)

# Health Status Overview (2019): North Coastal Region

DEMOGRAPHIC CHARACTERISTICS

Population Characteristics

**Population:** 537,759 (16.2% of San Diego County population)  
**Age Distribution:** Highest proportion consisted of individuals aged 25-44 years old (26.7%), followed by individuals aged 45-64 years old (24.7%)

Income, Health Insurance, Disability Status

**Median Household Income:** \$92,593  
**Population Below 200% Federal Poverty Level (FPL):** 24.1%  
**Population with Health Insurance:** 92.3%  
**Population with Disability:** 9.3%

MORTALITY MEASURES

**Overall Life Expectancy:** 83.9 years

**Top 5 Leading Causes of Death:** Cancer, Diseases of the heart, Alzheimer’s Disease, Stroke, Accidents/Unintentional injuries

HEALTH OUTCOMES

Non-Communicable (Chronic) Diseases

**Highest Death Rate:** Overall cancer (150.5 per 100,000)  
**Highest ED Discharge Rate:** Overall heart disease (1,524.5 per 100,000)  
**Highest Hospitalization Rate:** Overall heart disease (878.5 per 100,000)

Communicable Diseases

**Highest Death Rate:** Pneumonia (6.1 per 100,000)  
**Highest ED Discharge Rate:** Urinary tract infection (551.2 per 100,000)  
**Highest Hospitalization Rate:** Pneumonia (114.9 per 100,000)

Injury Indicators

**Highest Death Rate:** Suicide (15.0 per 100,000)  
**Highest ED Discharge Rate:** Falls (1,759.3 per 100,000)  
**Highest Hospitalization Rate:** Falls (351.6 per 100,000)

Behavioral Health Indicators

**Highest Death Rate:** Alzheimer’s disease and related dementias (ADRD) (86.0 per 100,000)  
**Highest ED Discharge Rate:** Alcohol-related disorders (237.6 per 100,000)  
**Highest Hospitalization Rate:** Alcohol-related disorders (50.1 per 100,000)

Maternal and Child Health Indicators

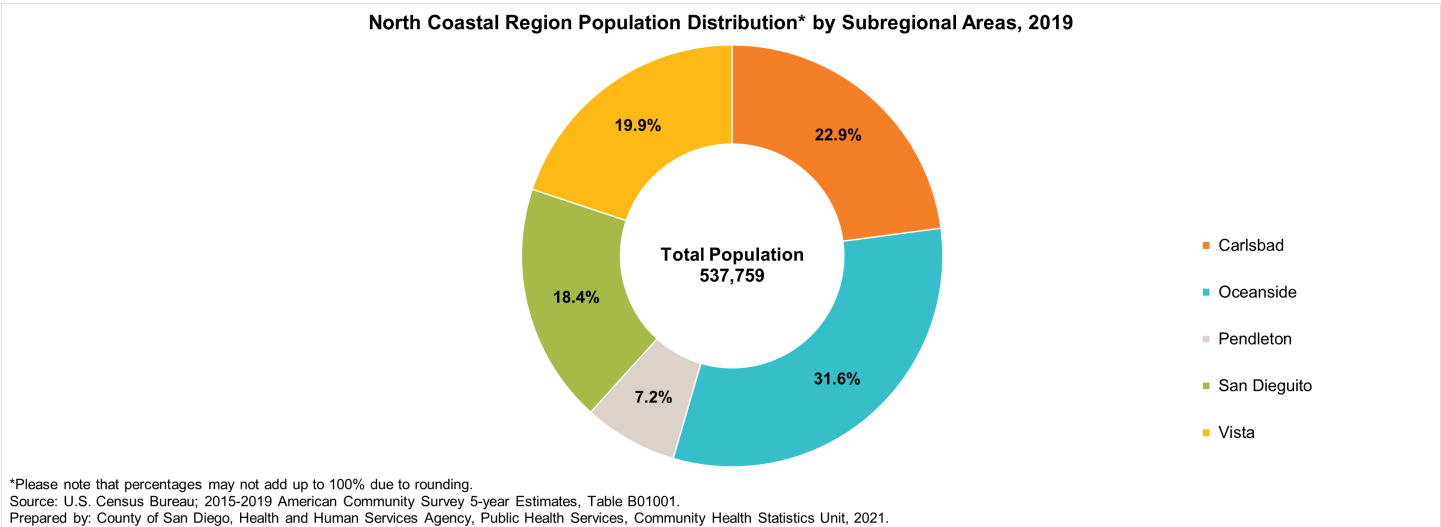
**Total Live Births:** 5,958  
**Preterm Births:** 8.2%  
**Low Weight Births:** 6.5%  
**Infant Mortality Rate:** 2.5 per 1,000 total live births  
**Fetal Mortality Rate (2018):** 3.6 per 1,000 live births plus fetal deaths



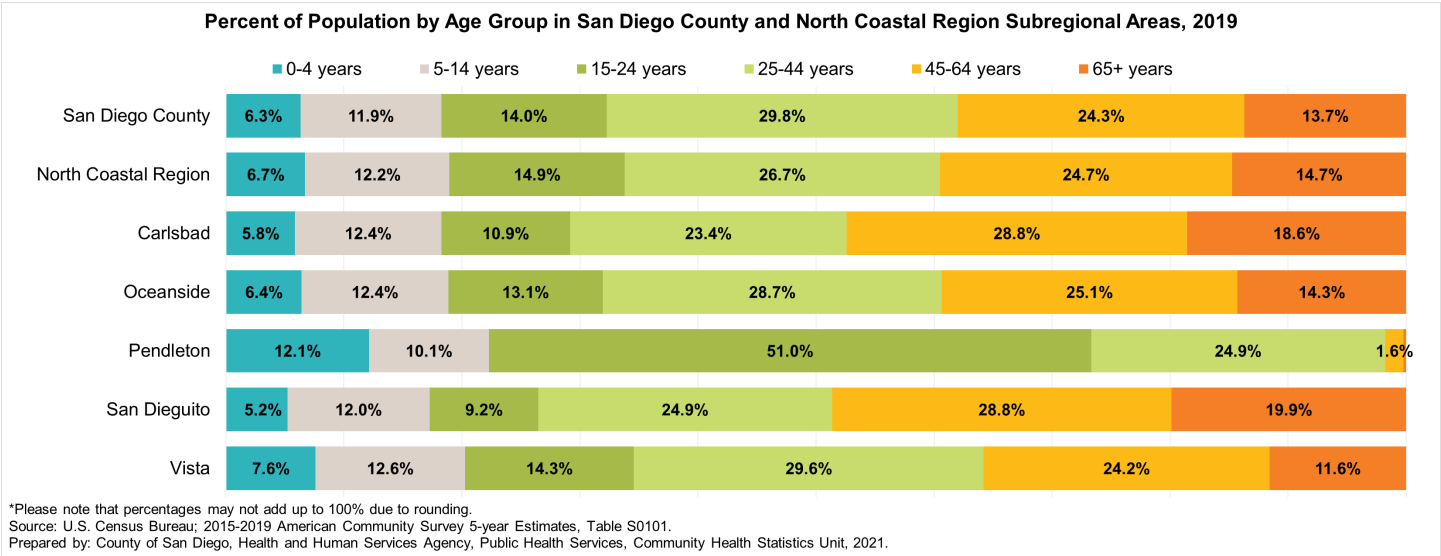
DEMOGRAPHIC CHARACTERISTICS

Population Characteristics

In 2019, North Coastal Region was home to an estimated 537,759 residents, representing 16.2% of the San Diego County population (3,316,073).



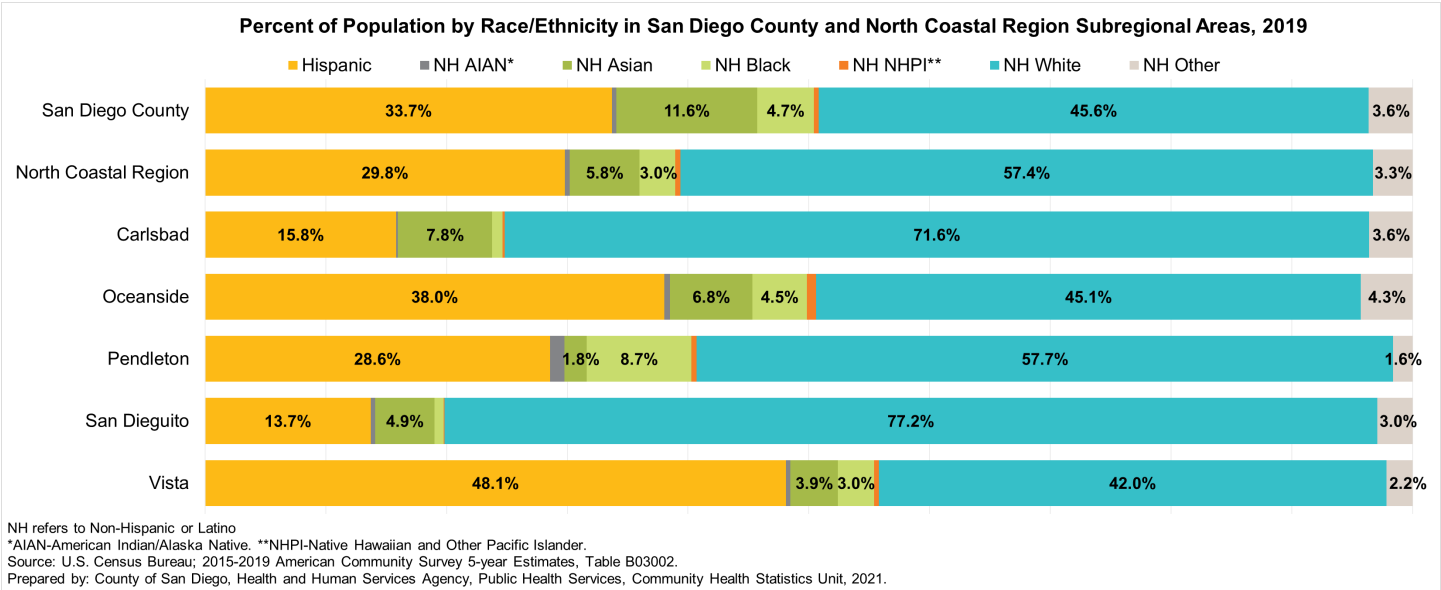
Adults aged 25-44 years old constituted the highest proportion of North Coastal Region residents (26.7%), followed by residents 45-64 years old (24.7%). Among North Coastal Region subregional areas (SRAs), Vista had the highest proportion of adults aged 25-44 years old (29.6%), followed by Oceanside (28.7%). In 2019, over half of the residents in Pendleton SRA were aged 15-24 years old (51.0%).



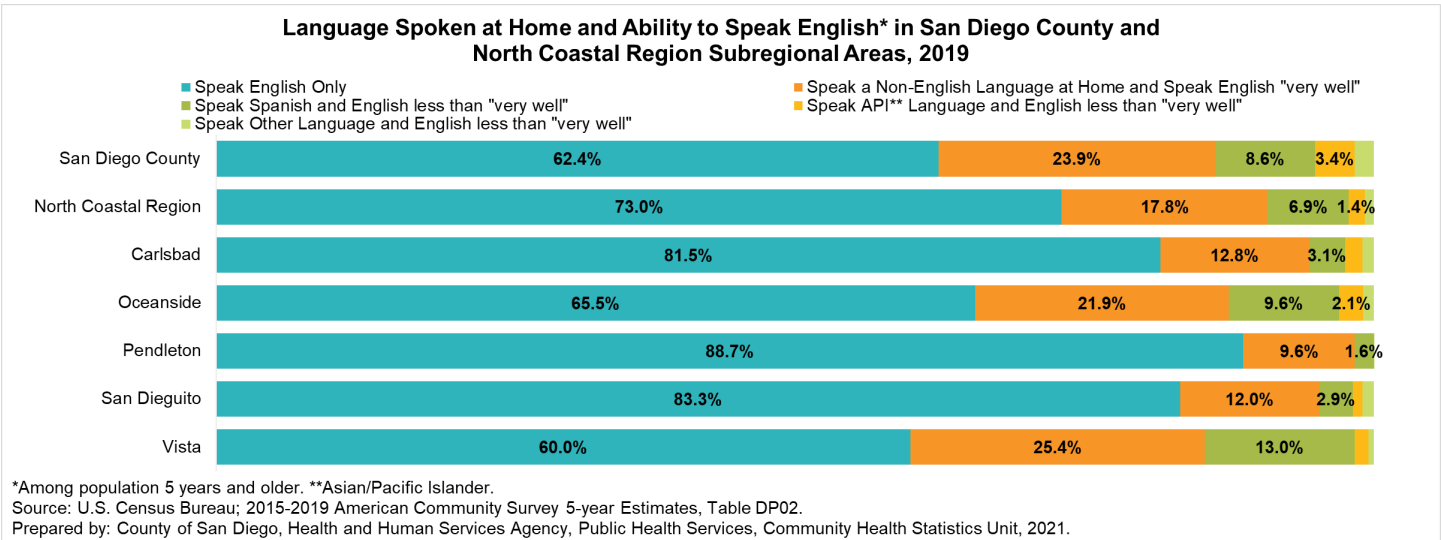


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In 2019, residents in North Coastal Region were primarily White (57.4%), followed by Hispanic (29.8%), Asian (5.8%), Black (3.0%), American Indian and Alaska Native (0.4%), Native Hawaiian and Other Pacific Islander (0.4%), and Other (3.3%). Among North Coastal Region SRAs, Vista had the highest proportion of Hispanic residents (48.1%), while San Dieguito had the lowest proportion (13.7%). Moreover, Pendleton SRA had the highest proportion of Black residents (8.7%), while San Dieguito SRA had the lowest proportion (0.8%).

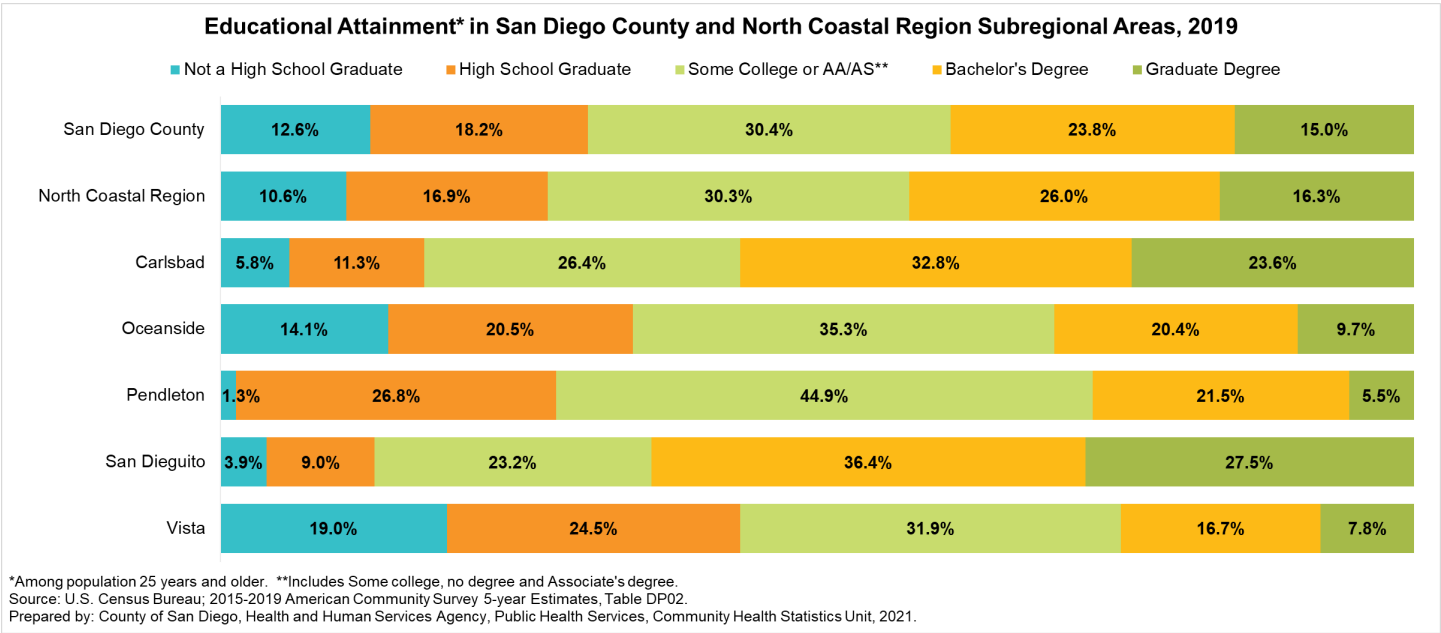


In 2019, nearly 3 out of 4 residents (73.0%), aged 5 years and older, in North Coastal Region spoke only English at home. Additionally, nearly 1 out of 5 residents (17.8%), aged 5 years and older, in North Coastal Region spoke English “very well” and another language at home.

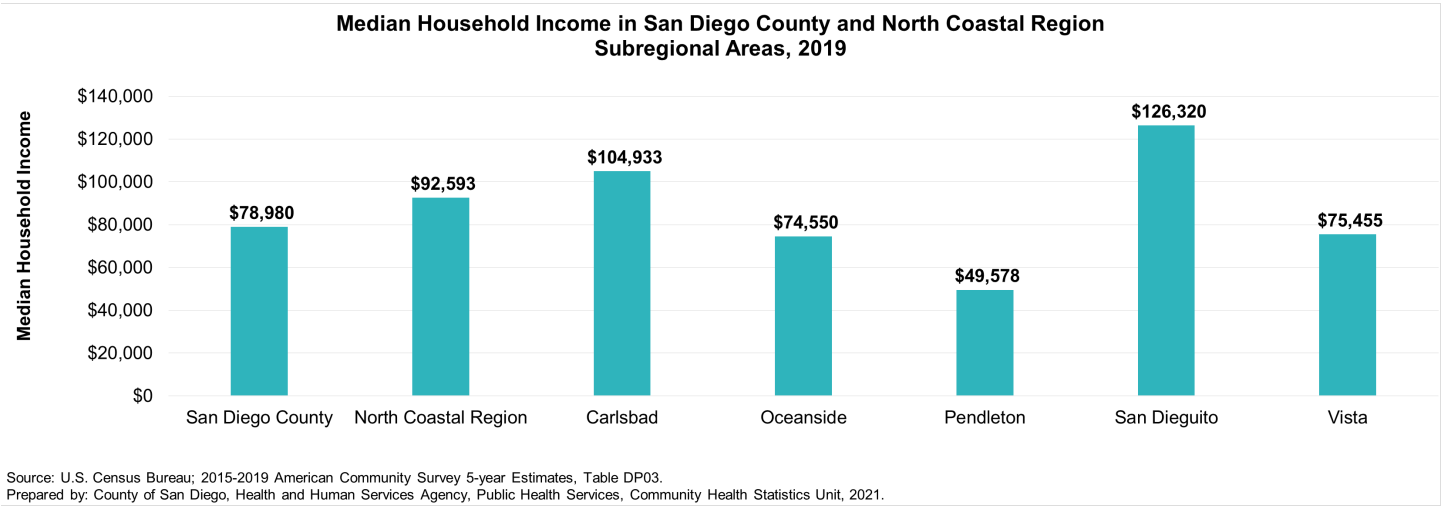


North Coastal Region Health Status Report Summary

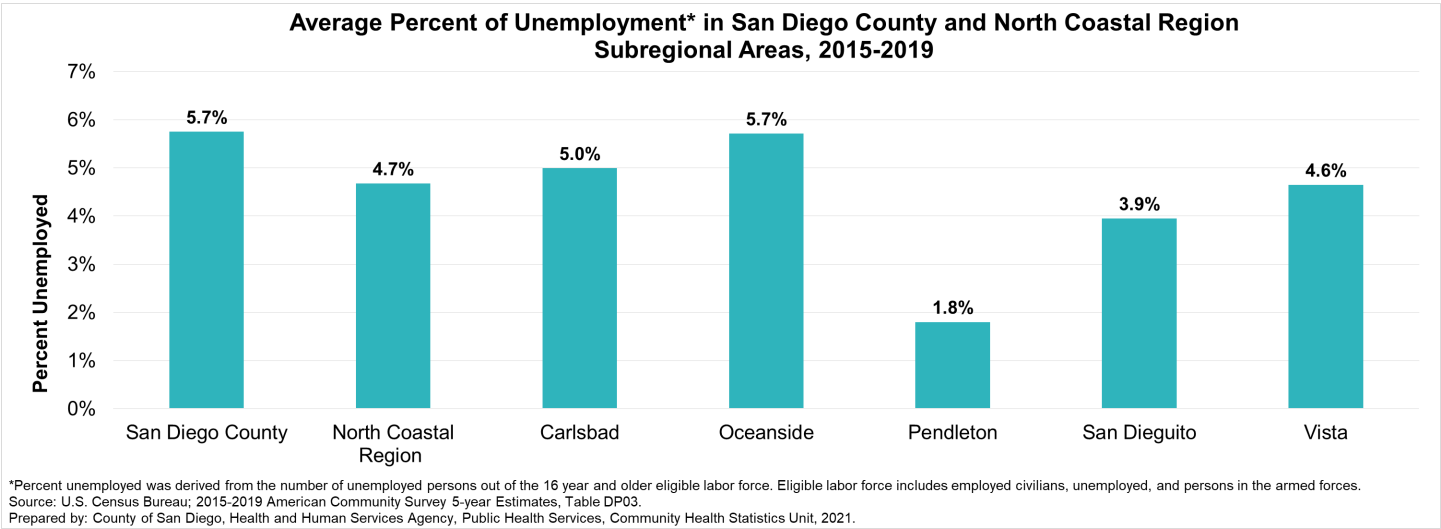
In 2019, nearly 9 out of 10 adults (89.5%), aged 25 years and older, had at least a high school diploma, while over 2 out of 5 adults (42.3%), aged 25 years and older, held a bachelor’s or graduate degree in North Coastal Region. Among North Coastal Region SRAs, Vista had the highest proportion of adults, aged 25 years and older, without a high school diploma (19.0%), while Pendleton had the lowest proportion (1.3%).



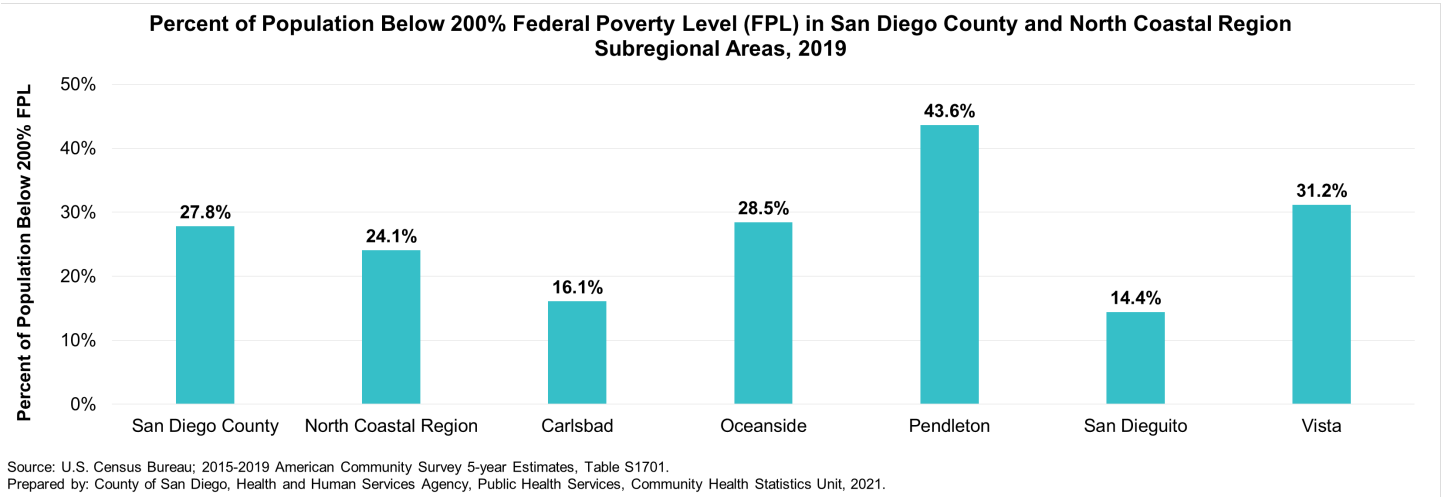
In 2019, the median household income in North Coastal Region was \$92,593. Among North Coastal Region SRAs, Pendleton had the lowest median household income (\$49,578), while San Dieguito had the highest median household income (\$126,320).



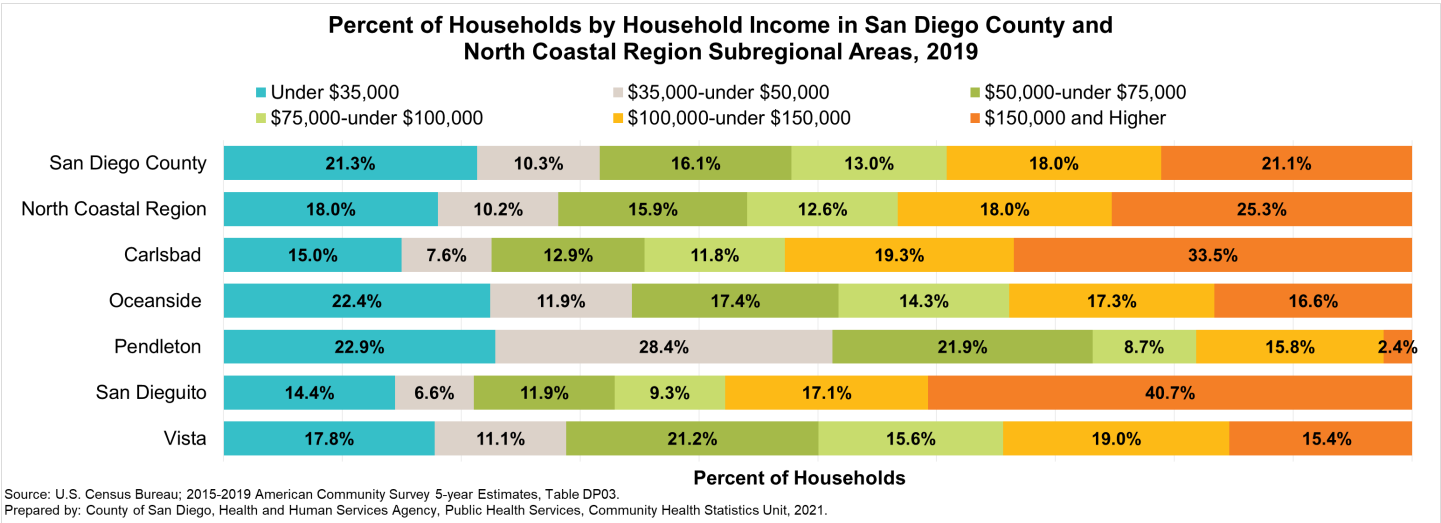
The percent unemployed was derived from the number of unemployed persons, out of the 16 year and older eligible labor force: employed civilians, unemployed, and persons in the armed forces. Between 2015-2019, the 5-year average unemployment rate in North Coastal Region was 4.7%. Among North Coastal Region SRAs, Oceanside had the highest 5-year average unemployment rate (5.7%), while Pendleton had the lowest 5-year average unemployment rate (1.8%).



Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In 2019, nearly 1 out of 4 residents (24.1%), in North Coastal Region, lived below 200% FPL. Among North Coastal Region SRAs, Pendleton had the highest proportion of residents living below 200% FPL (43.6%), followed by Vista (31.2%). Notably, the proportion of residents living below 200% FPL in North Coastal Region was lower than San Diego County overall (24.1% vs 27.8%).

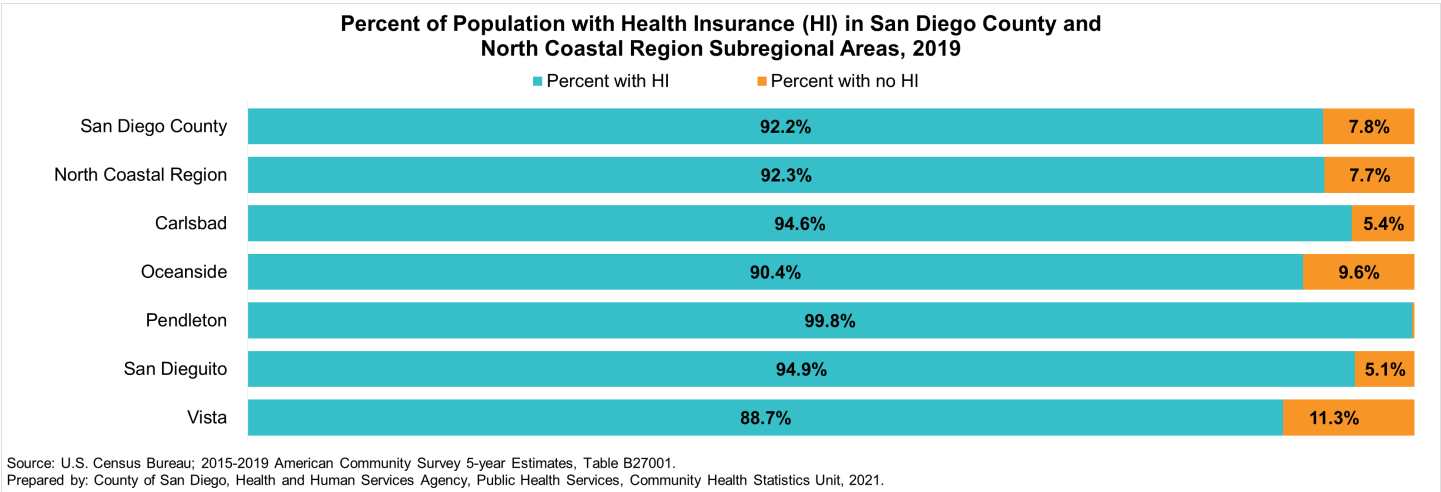


Household income includes the income of the householder and all other individuals 15 years and older in the household, whether they are related to the householder or not. Nearly 1 out of 5 households (18.0%) in North Coastal Region had an annual income of less than \$35,000. Among North Coastal Region SRAs in 2019, Pendleton had the highest proportion of households with an annual income of less than \$35,000 (22.9%), while San Dieguito had the lowest proportion (14.4%).



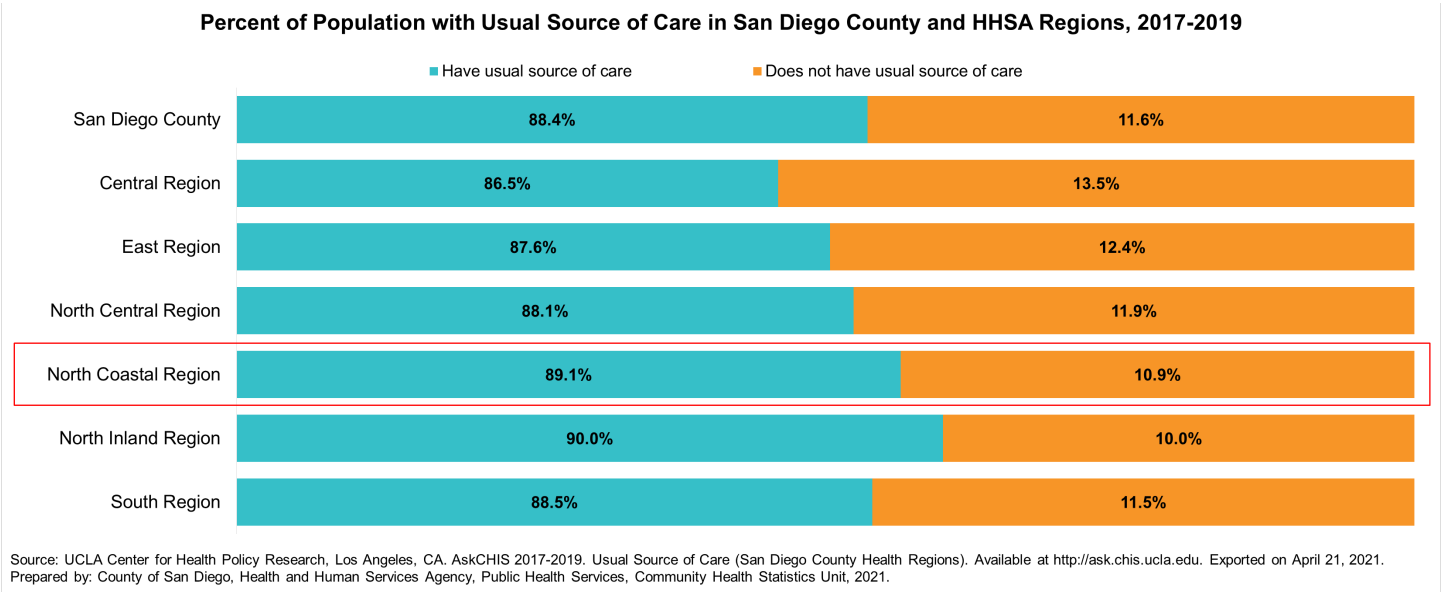
Insurance, Access, and Utilization

In 2019, 92.3% of residents in North Coastal Region were insured through private or public programs, while 7.7% of residents did not have any health insurance coverage. Among North Coastal Region subregional areas (SRAs), Vista had the highest proportion of residents without health insurance (11.3%), followed by Oceanside (9.6%).

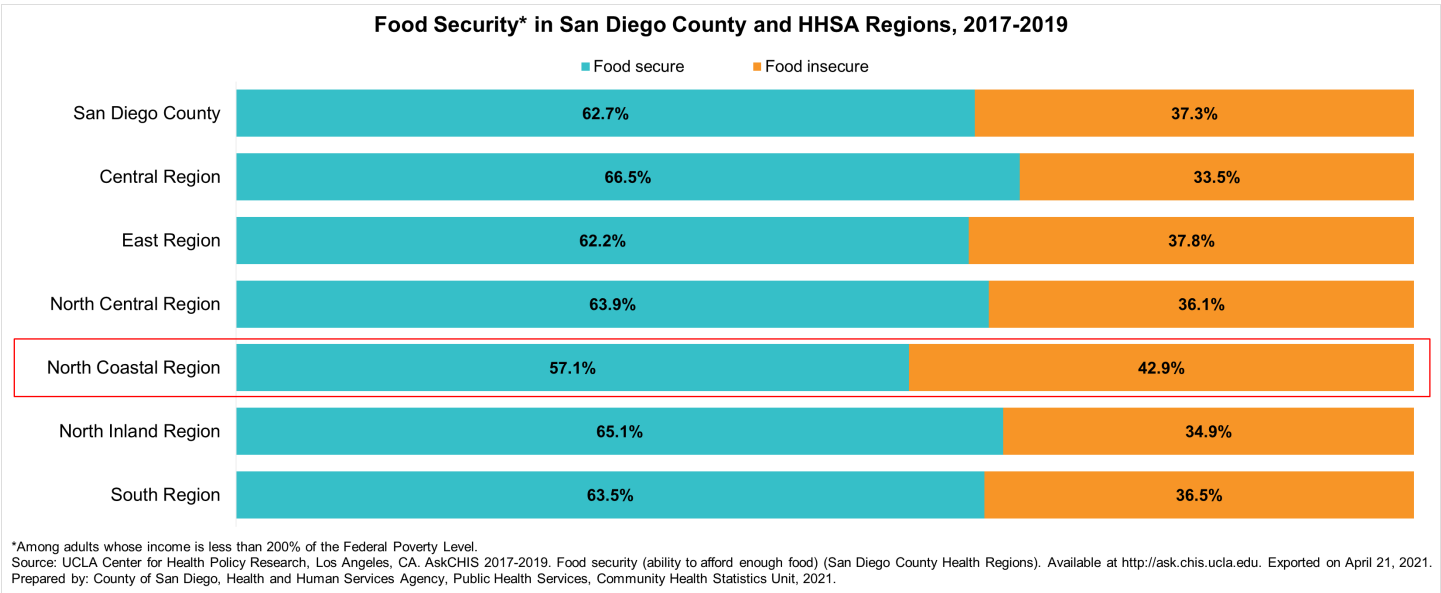


# North Coastal Region Health Status Report Summary

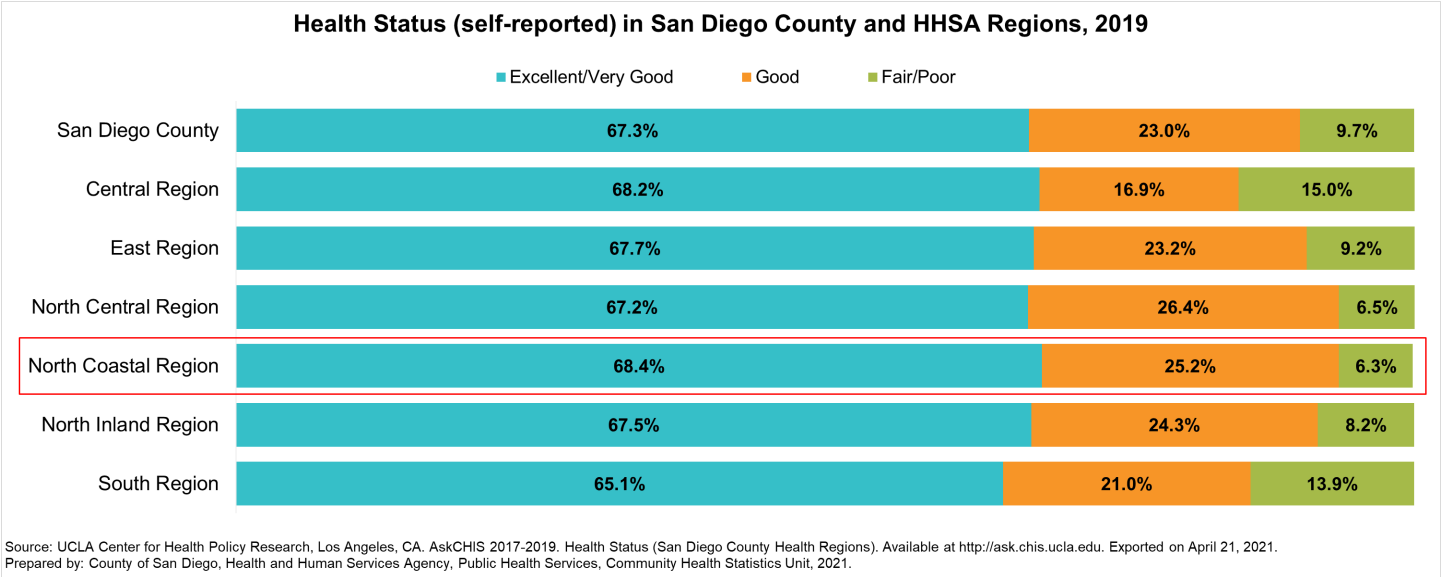
North Coastal Region residents were more likely to report having a usual place of health care compared to all other Health and Human Services Agency (HHSA) regions, except North Inland Region. Between 2017-2019, nearly 9 out of 10 residents (89.1%) in North Coastal Region reported having a usual place to go when sick or needing health advice.



Among HHSA regions, North Coastal Region had the highest proportion of adults, with an income less than 200% of the Federal Poverty Level (FPL), reporting food insecurity (42.9%). On average, over 2 out of 5 adults (42.9%), with income less than 200% FPL, reported an inability to afford enough food in North Coastal Region, between 2017-2019.

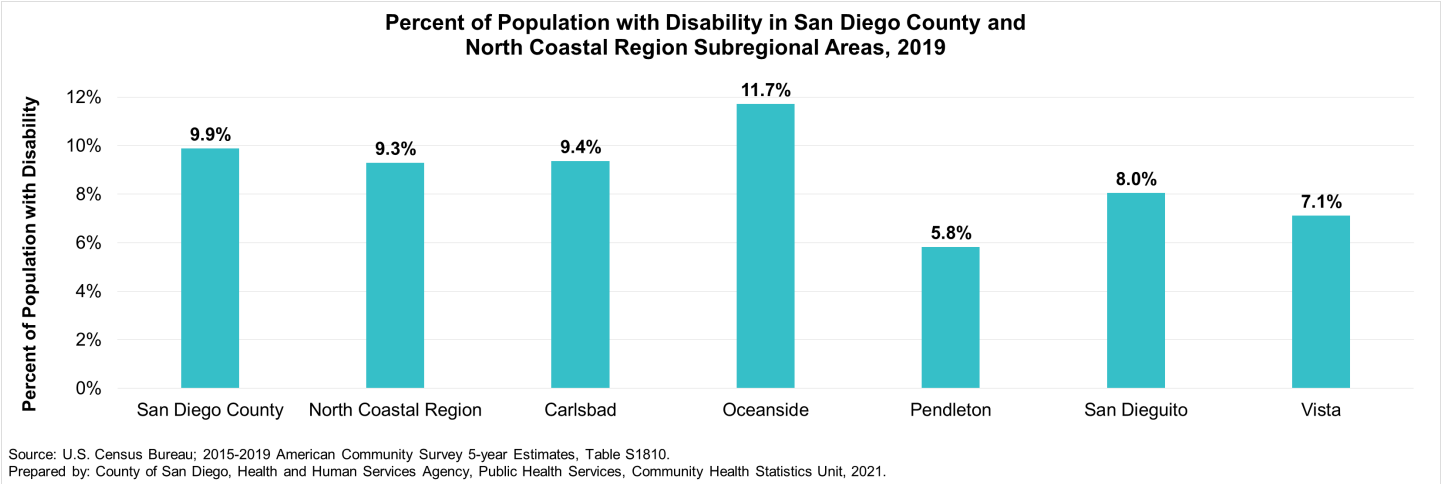


Among HHSA regions, North Coastal Region had the lowest proportion of residents, reporting fair or poor health (6.3%). However, nearly 7 out of 10 residents (68.4%) in North Coastal Region reported excellent or very good health in 2019.



Disability Status

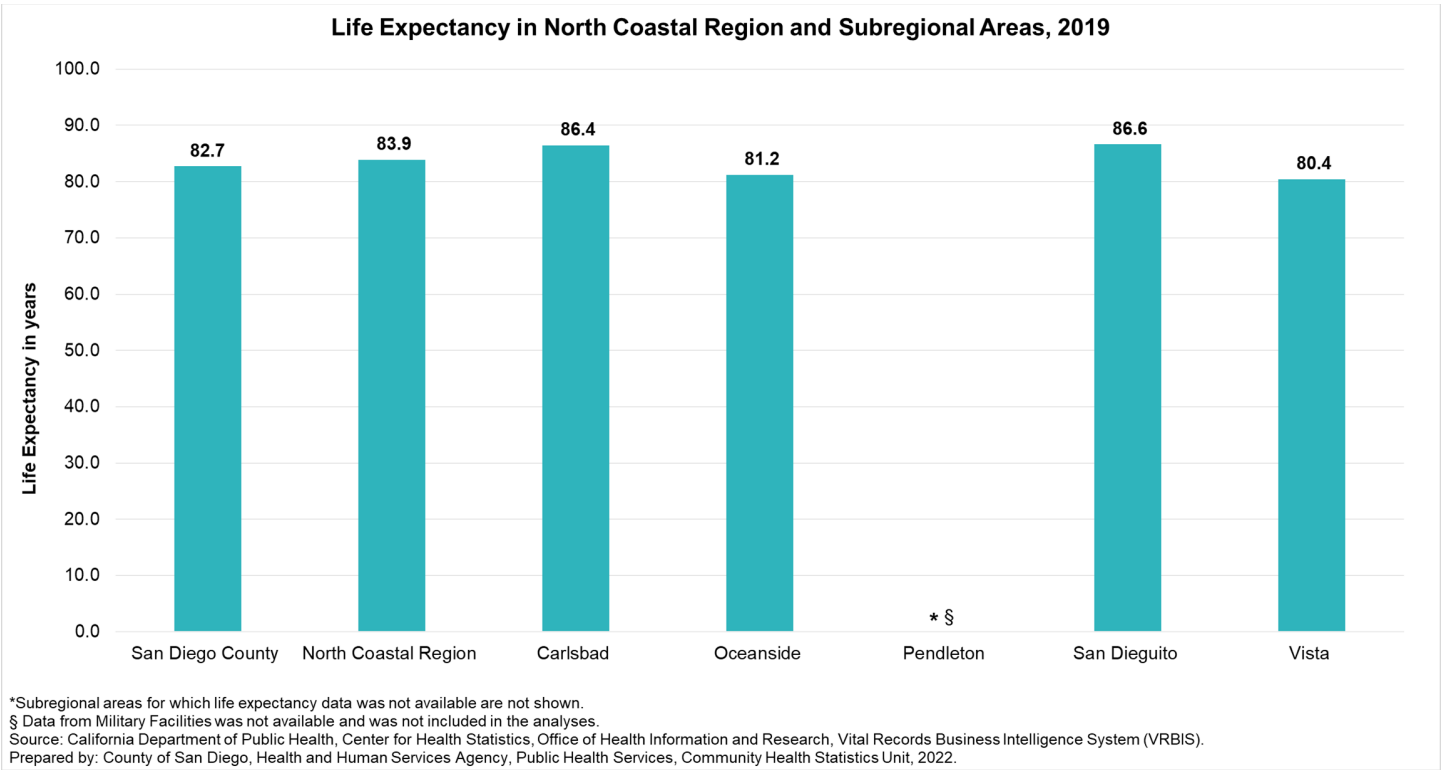
Individuals who report any of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2019, 9.3% of the North Coastal Region population reported having one or more disabilities. Among North Coastal Region subregional areas (SRAs), Oceanside had the highest proportion of the population with a disability (11.7%), followed by Carlsbad (9.4%).



MORTALITY MEASURES

Life Expectancy

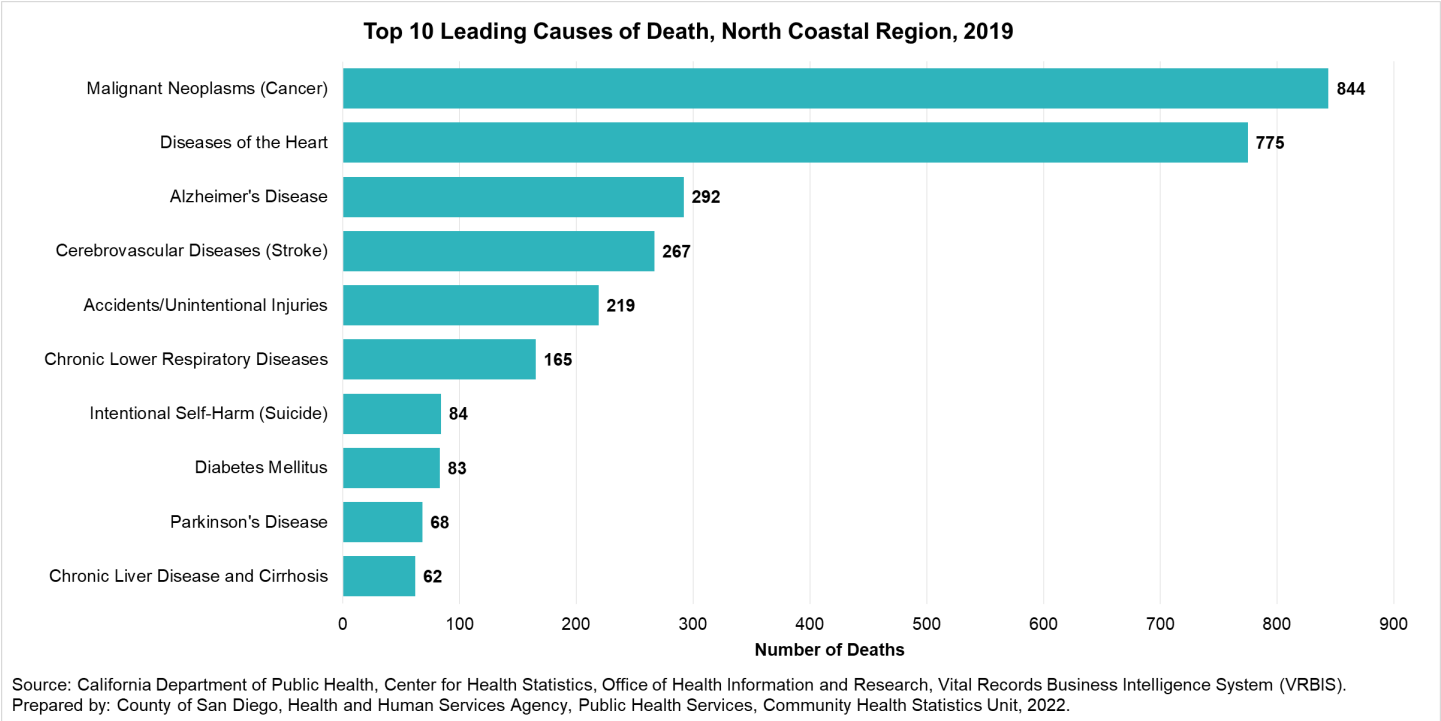
Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. In 2019, a baby born in San Diego County had a life expectancy of 82.7 years, while a baby born in North Coastal Region had a life expectancy of 83.9 years. Among North Coastal Region subregional areas (SRAs), San Dieguito (86.6 years) and Carlsbad (86.4 years) had higher life expectancies than North Coastal Region and San Diego County overall.





Top 10 Leading Causes of Death

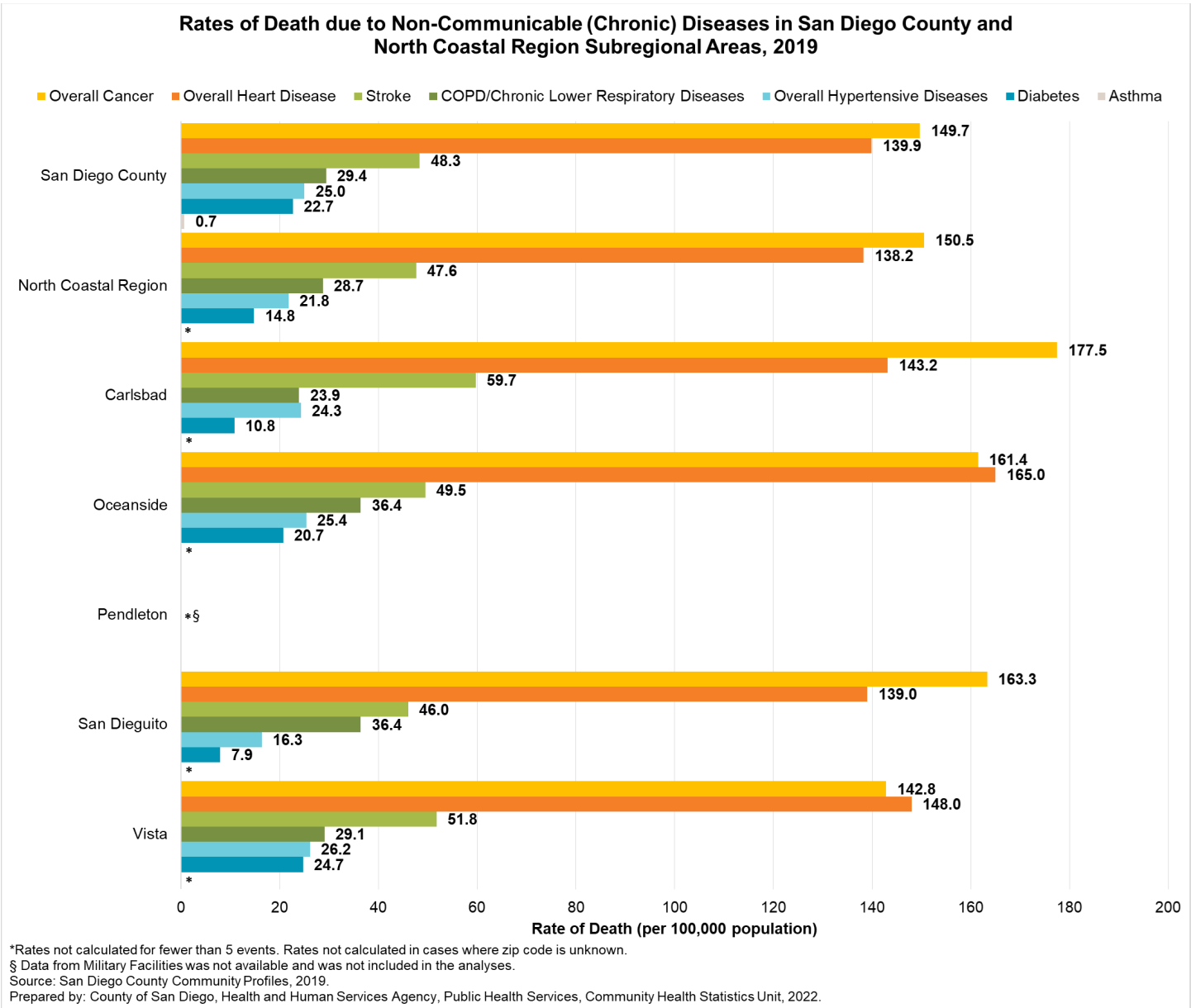
The Leading Causes of Death rankings represent the most frequently occurring causes of death in North Coastal Region. These rankings help in assessing the relative burden of a specific cause of death compared to all other causes. In 2019, the leading cause of death in North Coastal Region was cancer, followed by diseases of the heart. In North Coastal Region, 4 out of the top 5 leading causes of death were non-communicable (chronic) diseases (cancer, diseases of the heart, Alzheimer’s Disease, and stroke).



HEALTH OUTCOMES

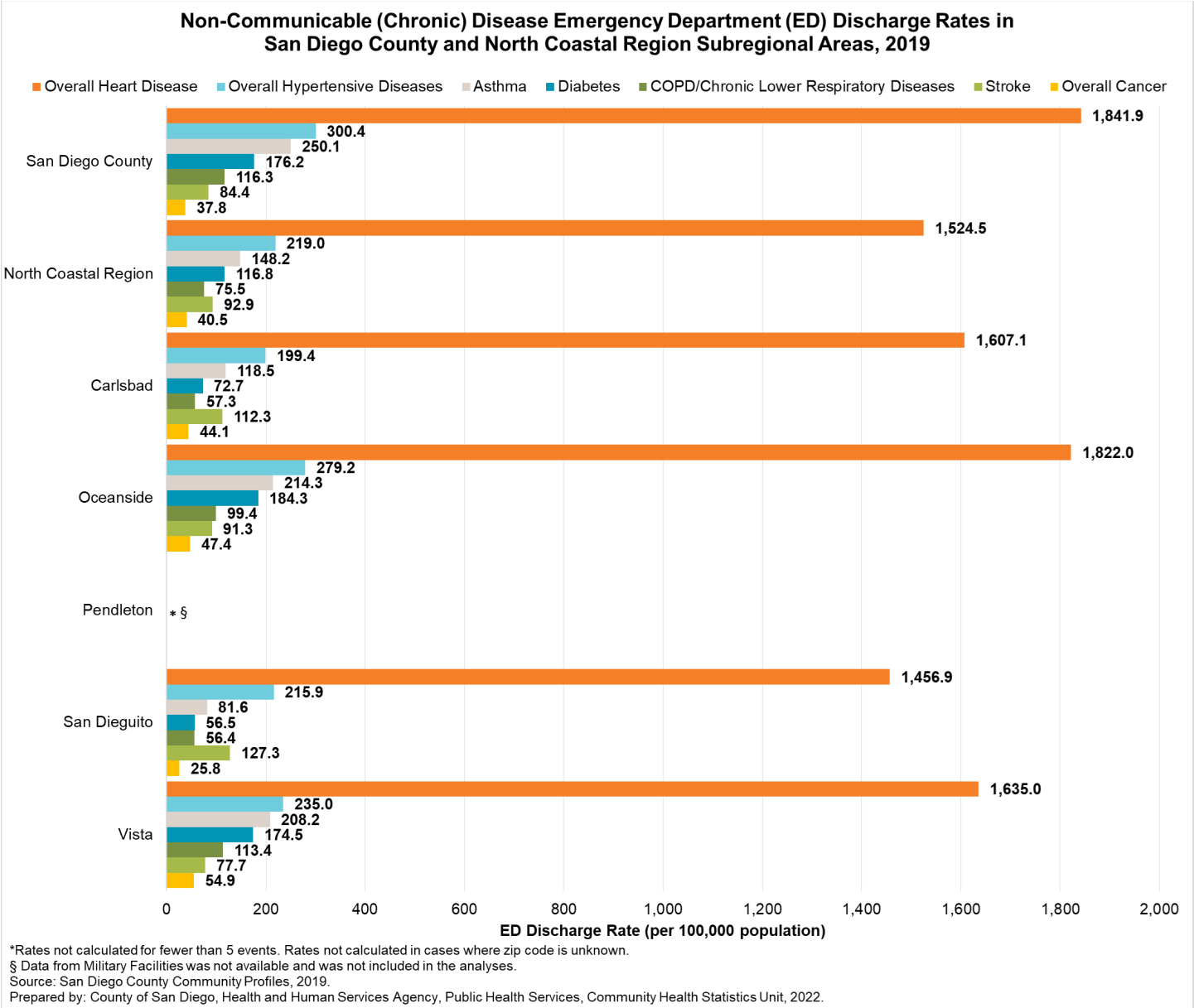
Non-Communicable (Chronic) Disease

Among non-communicable (chronic) diseases in 2019, the highest rate of death was due to overall cancer (150.5 per 100,000), followed by overall heart disease (138.2 per 100,000) in North Coastal Region and its SRAs, except Oceanside and Vista. In 2019, Oceanside SRA (165.0 per 100,000) and Vista SRA (148.0 per 100,000) had the highest rates of death due to overall heart disease. Among North Coastal SRAs, Carlsbad had the highest rate of death due to overall cancer (177.5 per 100,000), followed by San Dieguito (163.3 per 100,000).



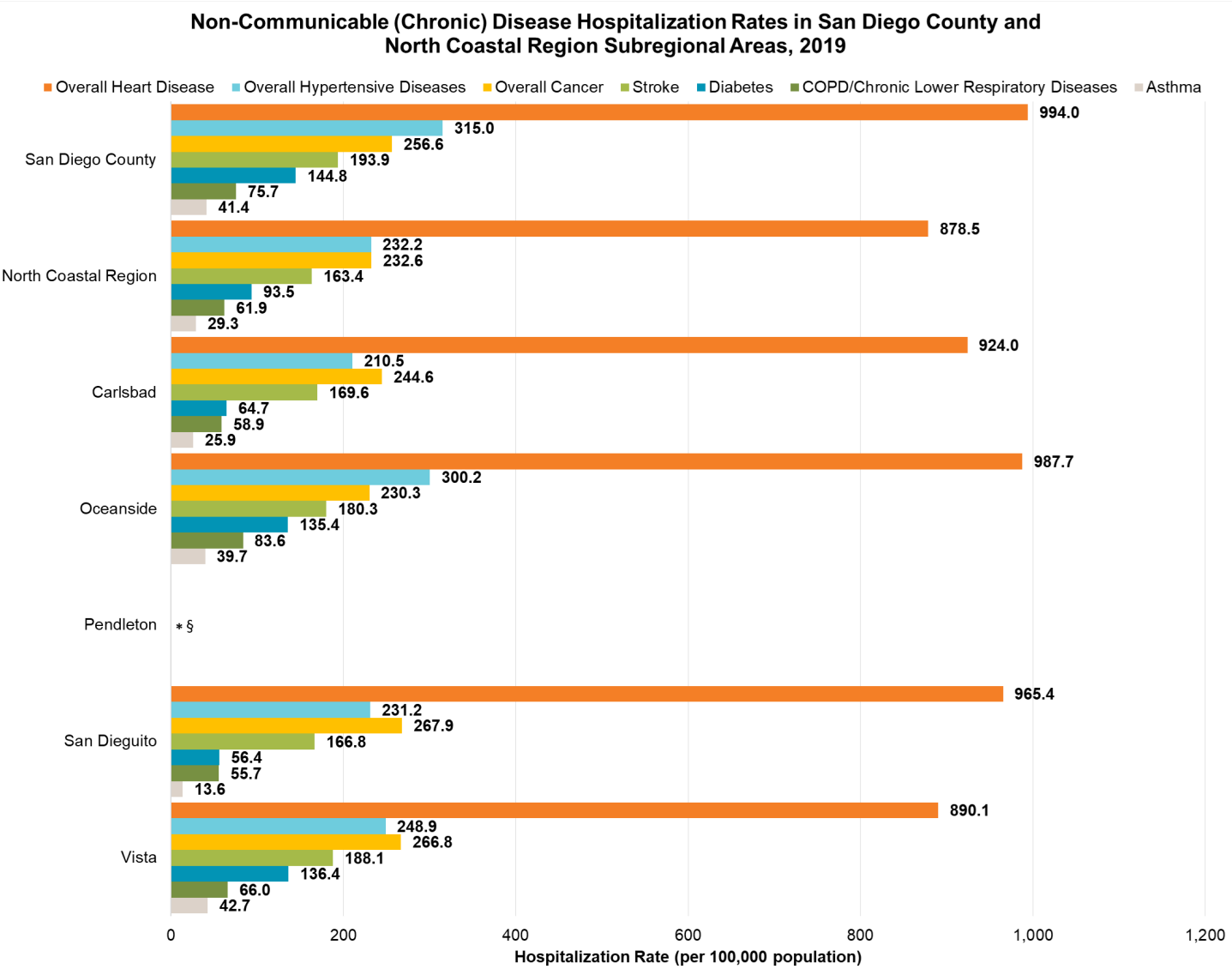
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Among non-communicable (chronic) diseases in 2019, the highest emergency department (ED) discharge rate was due to overall heart disease in North Coastal Region and its SRAs. Among North Coastal Region SRAs, Oceanside had the highest ED discharge rate due to overall heart disease (1,822.0 per 100,000), followed by Vista (1,635.0 per 100,000). Similarly, Oceanside SRA had the highest ED discharge rate due to overall hypertensive diseases (279.2 per 100,000), followed by Vista SRA (235.0 per 100,000). North Coastal Region and its SRAs, except Vista, which had higher ED discharge rates due to stroke than San Diego County overall. Among North Coastal Region SRAs, San Dieguito had a higher ED discharge rate (127.3 per 100,000) due to stroke than North Coastal Region (92.9 per 100,000) and San Diego County overall (84.4 per 100,000).



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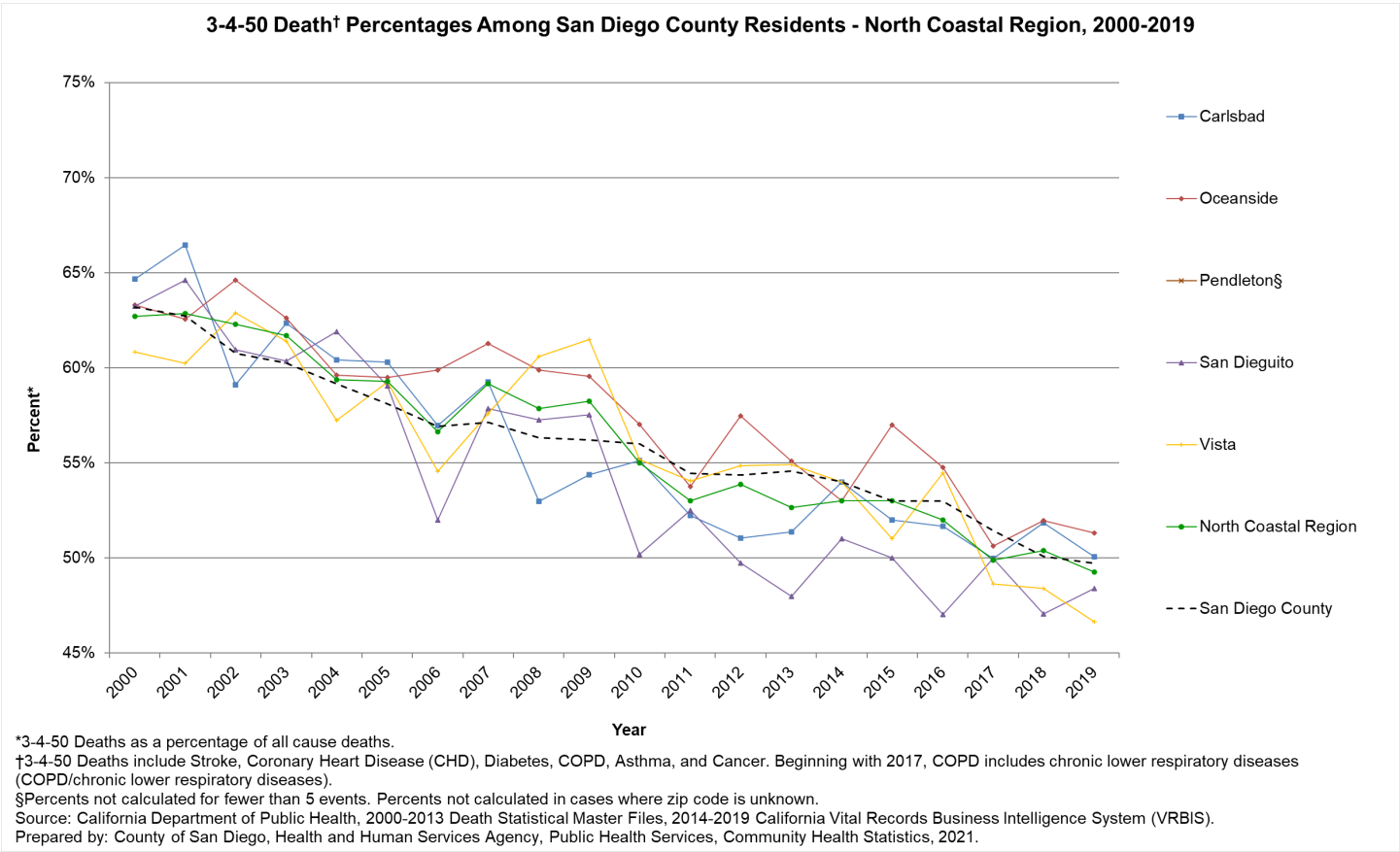
In 2019, among non-communicable (chronic) diseases, the hospitalization rates were highest for overall heart disease in North Coastal Region and its SRAs. Furthermore, the second-highest hospitalization rate was due to overall cancer in North Coastal Region and its SRAs, except Oceanside where the second-highest hospitalization rate was due to overall hypertensive diseases. Among North Coastal Region SRAs, San Dieguito had the highest hospitalization rate due to overall cancer (267.9 per 100,000), followed by Vista (266.8 per 100,000). In 2019, Oceanside SRA had a higher hospitalization rate due to overall hypertensive diseases (300.2 per 100,000) than North Coastal Region (232.2 per 100,000) and all other SRAs.



\*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.  
§ Data from Military Facilities was not available and was not included in the analyses.  
Source: San Diego County Community Profiles, 2019.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

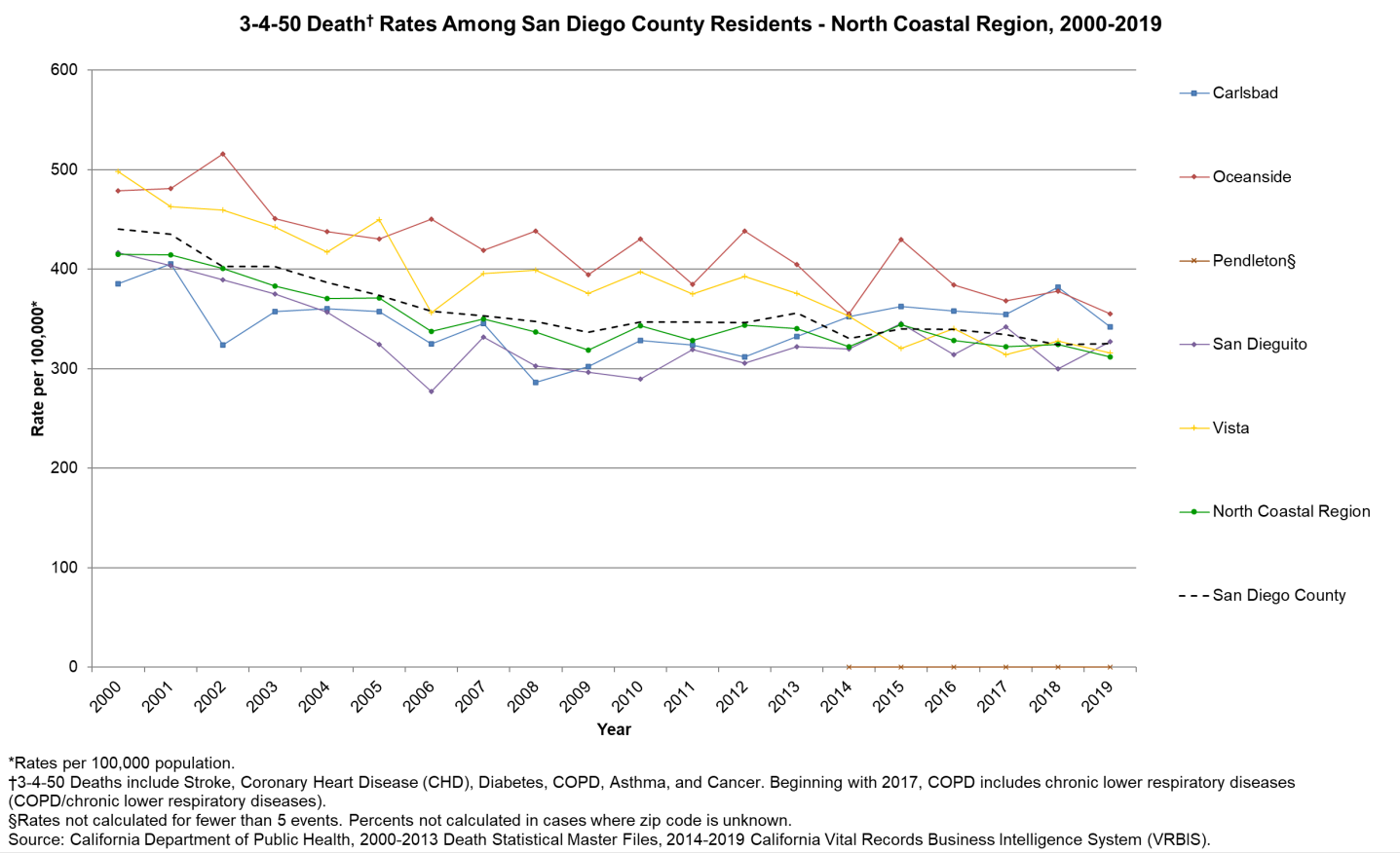
3-4-50: Chronic Diseases

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 cause over 50% of all deaths worldwide. Overall, the percentage of deaths due to 3-4-50 chronic diseases decreased in North Coastal Region from 2000 to 2019. In 2019, cancer, heart disease and stroke, diabetes, and lung disease caused 50% of all deaths in North Coastal Region. Among North Coastal Region subregional areas (SRAs), Oceanside had the highest percentage of deaths (51%) due to 3-4-50 chronic diseases, while Vista had the lowest percentage (47%) in 2019.



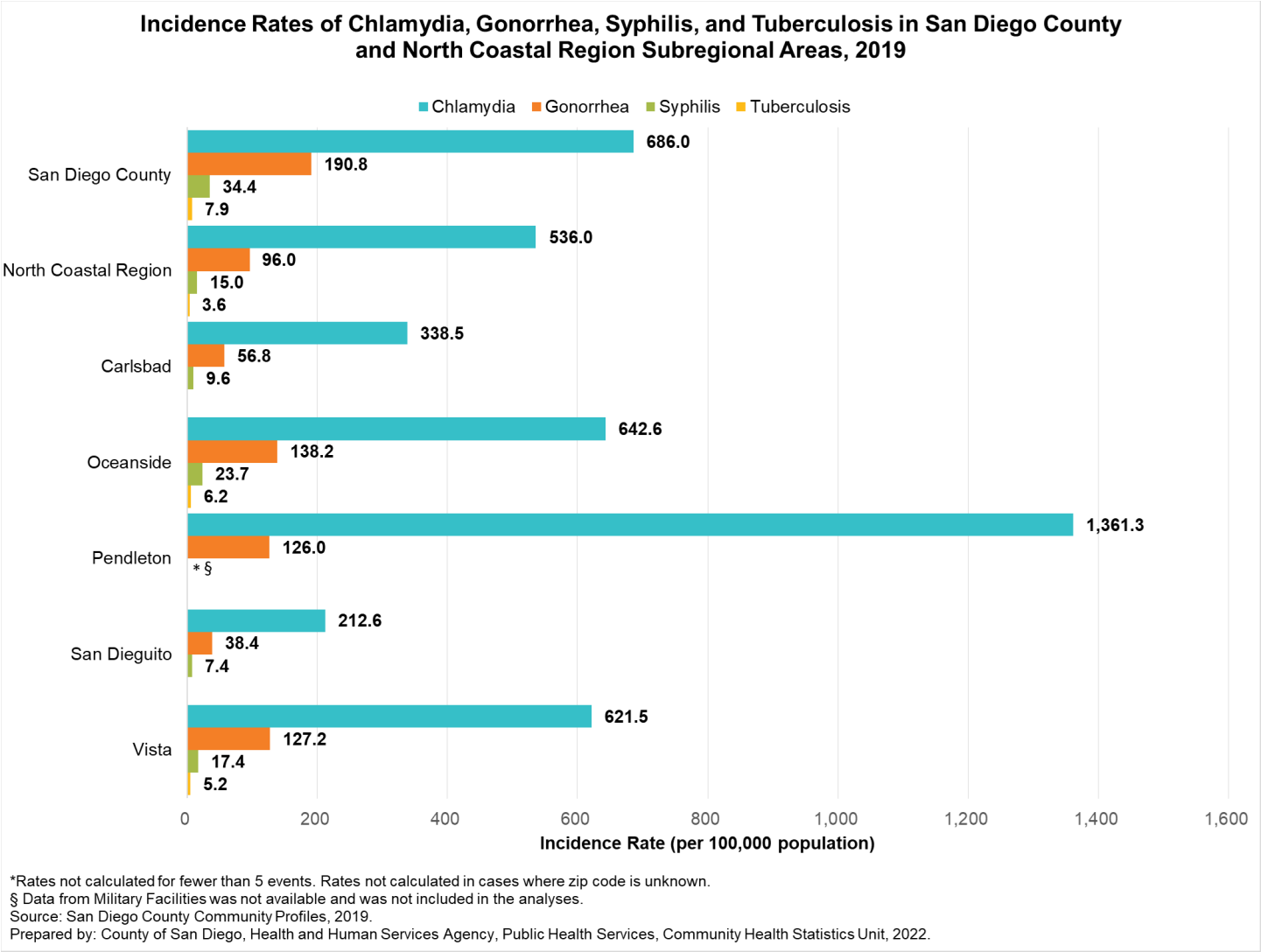
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Overall, the rate of death due to 3-4-50 chronic diseases decreased in North Coastal Region and its SRAs from 2000 to 2019. Among North Coastal Region SRAs, Oceanside had the highest rate of death due to 3-4-50 chronic diseases (355.3 per 100,000) in 2019, while Vista had the lowest rate (316.0 per 100,000).



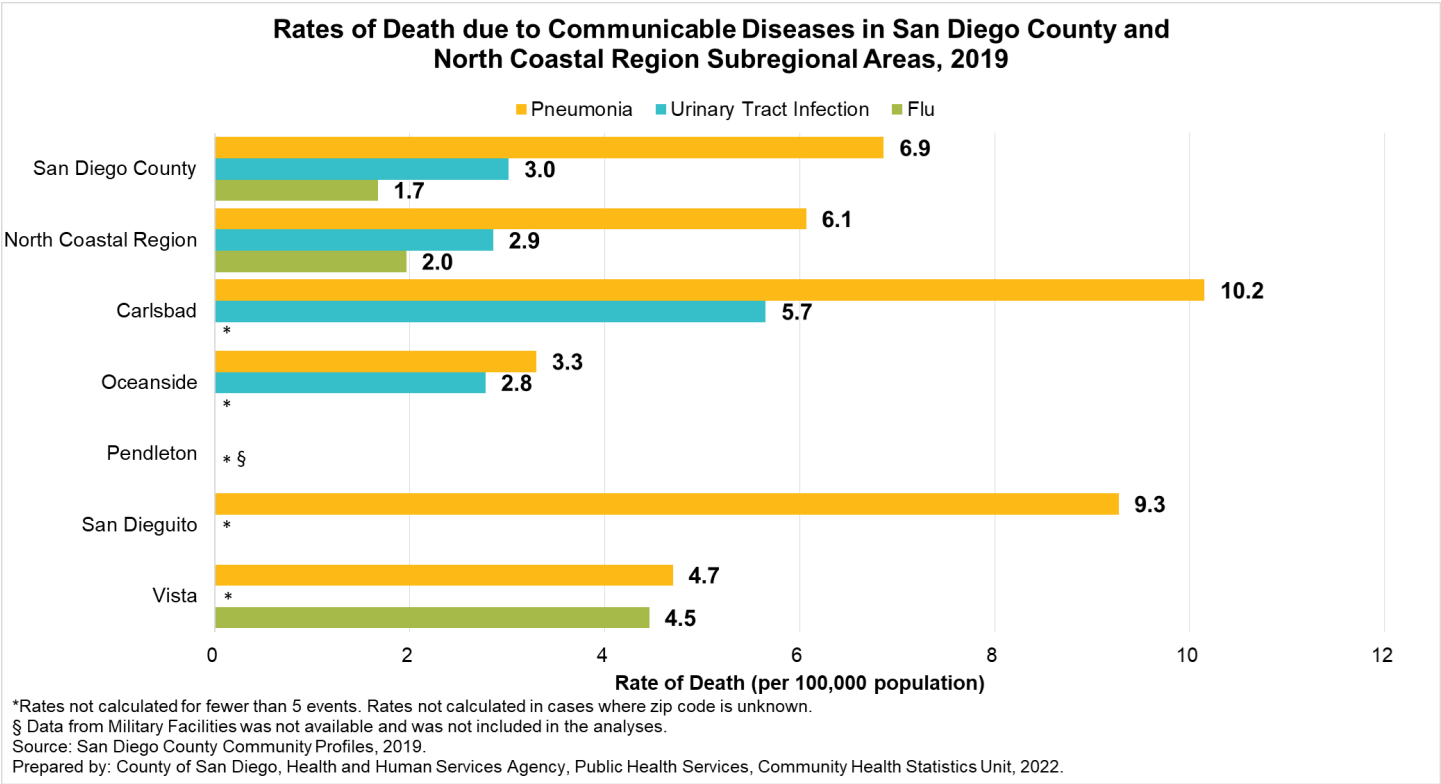
Communicable Diseases

In 2019, the incidence rates of communicable diseases (chlamydia, gonorrhea, syphilis, and tuberculosis) were lower in North Coastal Region than San Diego County overall. However, among North Coastal Region subregional areas (SRAs), the incidence rate of chlamydia in Pendleton (1,361.3 per 100,000) was higher than the incidence rate of chlamydia in North Coastal Region (536.0 per 100,000) and San Diego County overall (686.0 per 100,000). Among North Coastal Region SRAs, the incidence rate of gonorrhea in Oceanside (138.2 per 100,000), Vista (127.2 per 100,000), and Pendleton (126.0 per 100,000) were higher than the incidence rate of gonorrhea in North Coastal Region (96.0 per 100,000).

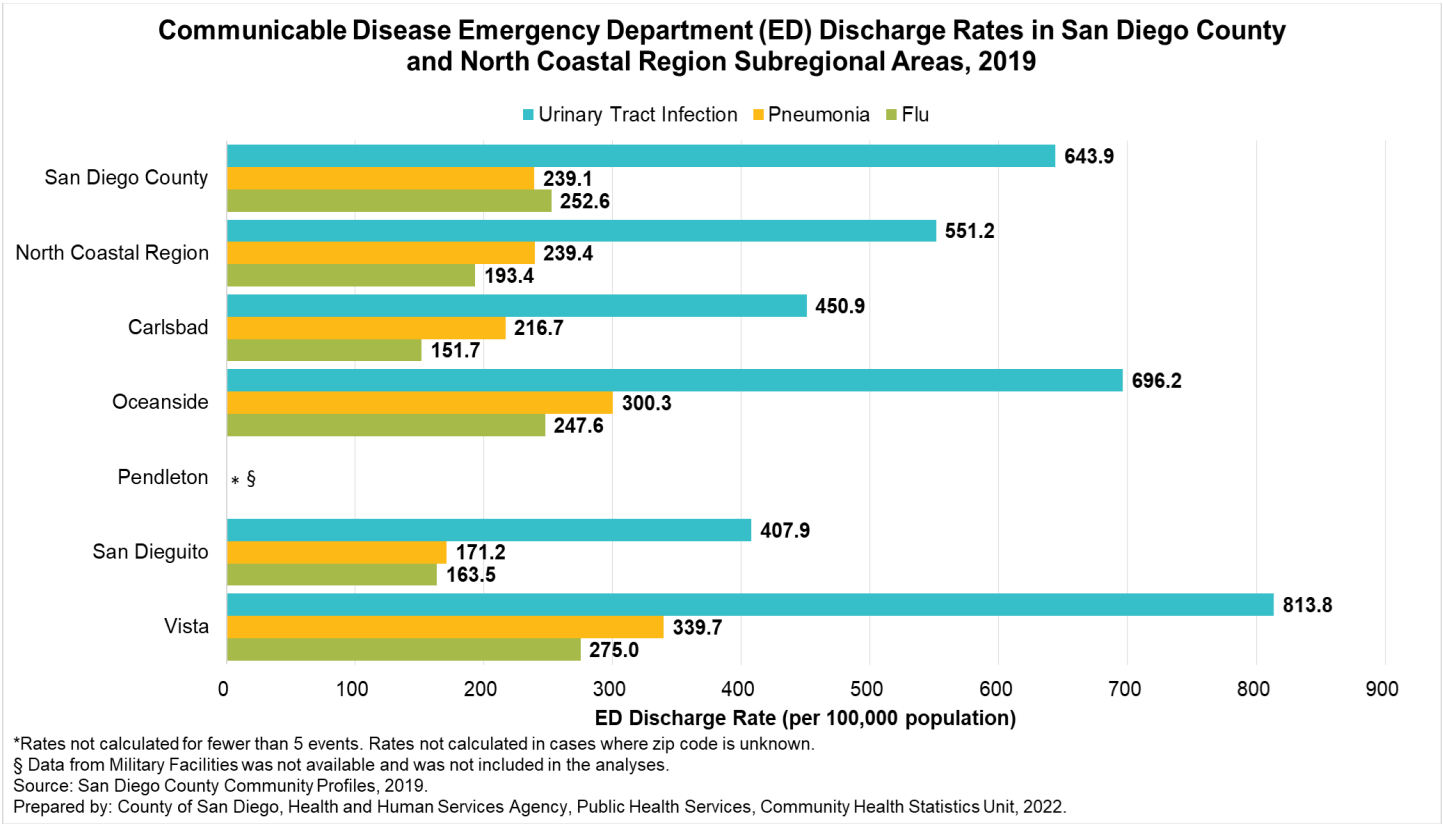




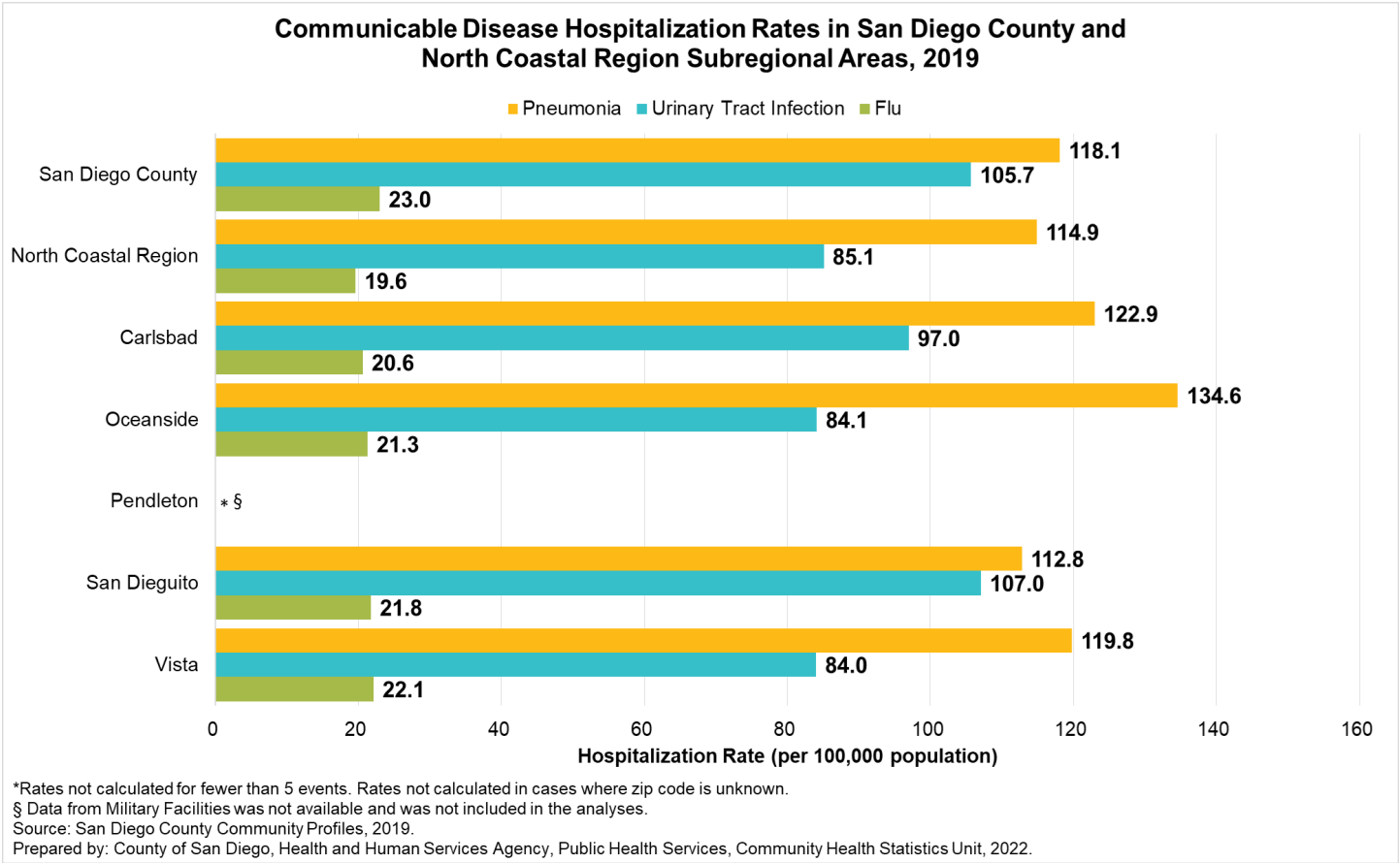
In 2019, among communicable diseases, the highest rate of death was due to pneumonia in North Coastal Region (6.1 per 100,000) and its SRAs. Among North Coastal Region SRAs, Carlsbad had the highest rate of death due to pneumonia (10.2 per 100,000) and the highest rate of death due to urinary tract infections (5.7 per 100,000).



In 2019, among communicable diseases, the highest emergency department (ED) discharge rates were due to urinary tract infections (551.2 per 100,000), followed by pneumonia (239.4 per 100,000) in North Coastal Region and its SRAs. Among North Coastal Region SRAs, Vista had the highest ED discharge rates due to urinary tract infections (813.8 per 100,000) and pneumonia (339.7 per 100,000), which were higher than North Coastal Region and San Diego County overall.

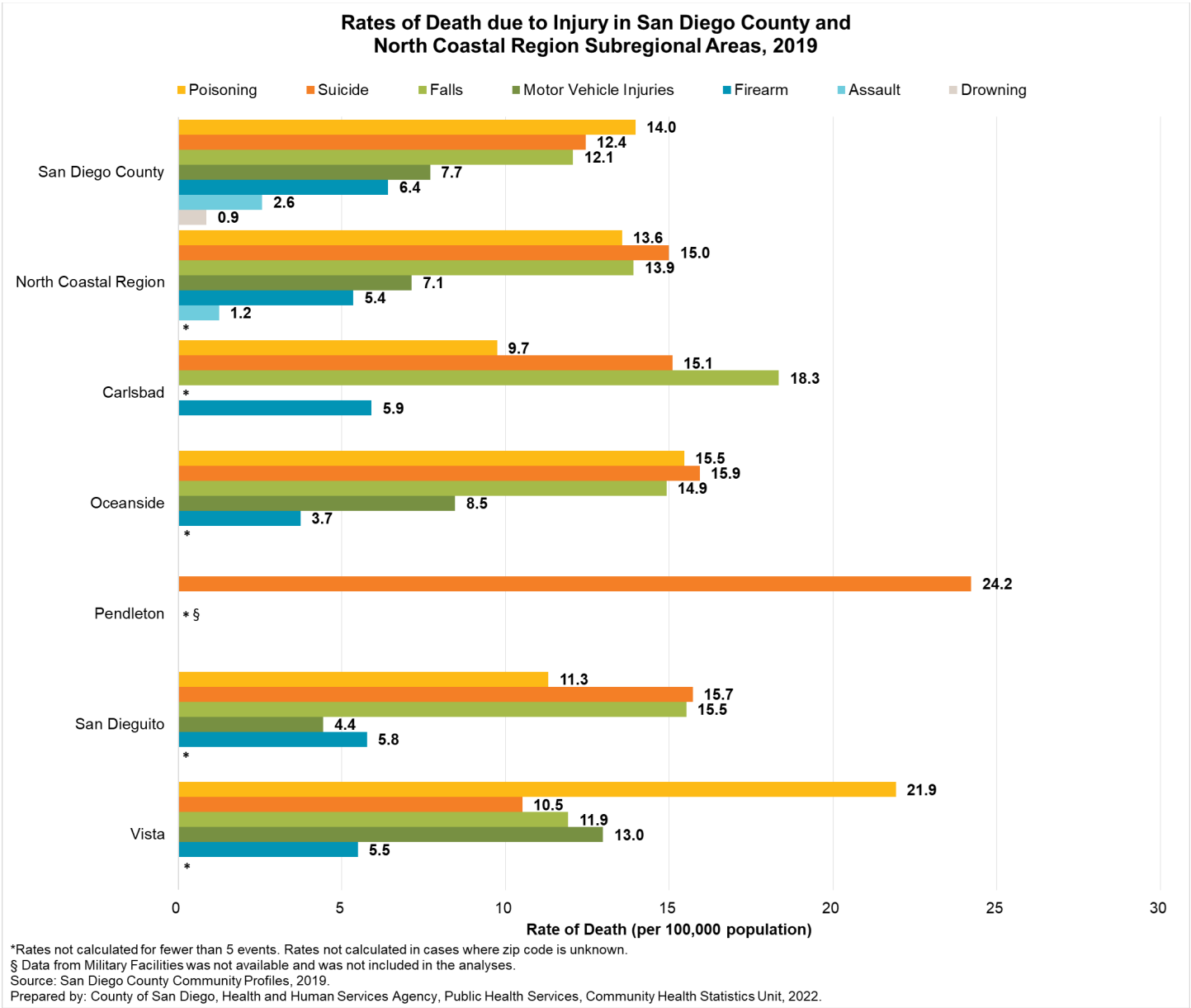


In 2019, among communicable diseases, the highest hospitalization rate was due to pneumonia in North Coastal Region (114.9 per 100,000) and its SRAs. Among North Coastal Region SRAs, Oceanside had the highest hospitalization rate due to pneumonia (134.6 per 100,000), followed by Carlsbad (122.9 per 100,000). In 2019, San Dieguito SRA had the highest hospitalization rate due to urinary tract infections (107.0 per 100,000), which was higher than North Coastal Region (85.1 per 100,000) and San Diego County overall (105.7 per 100,000).



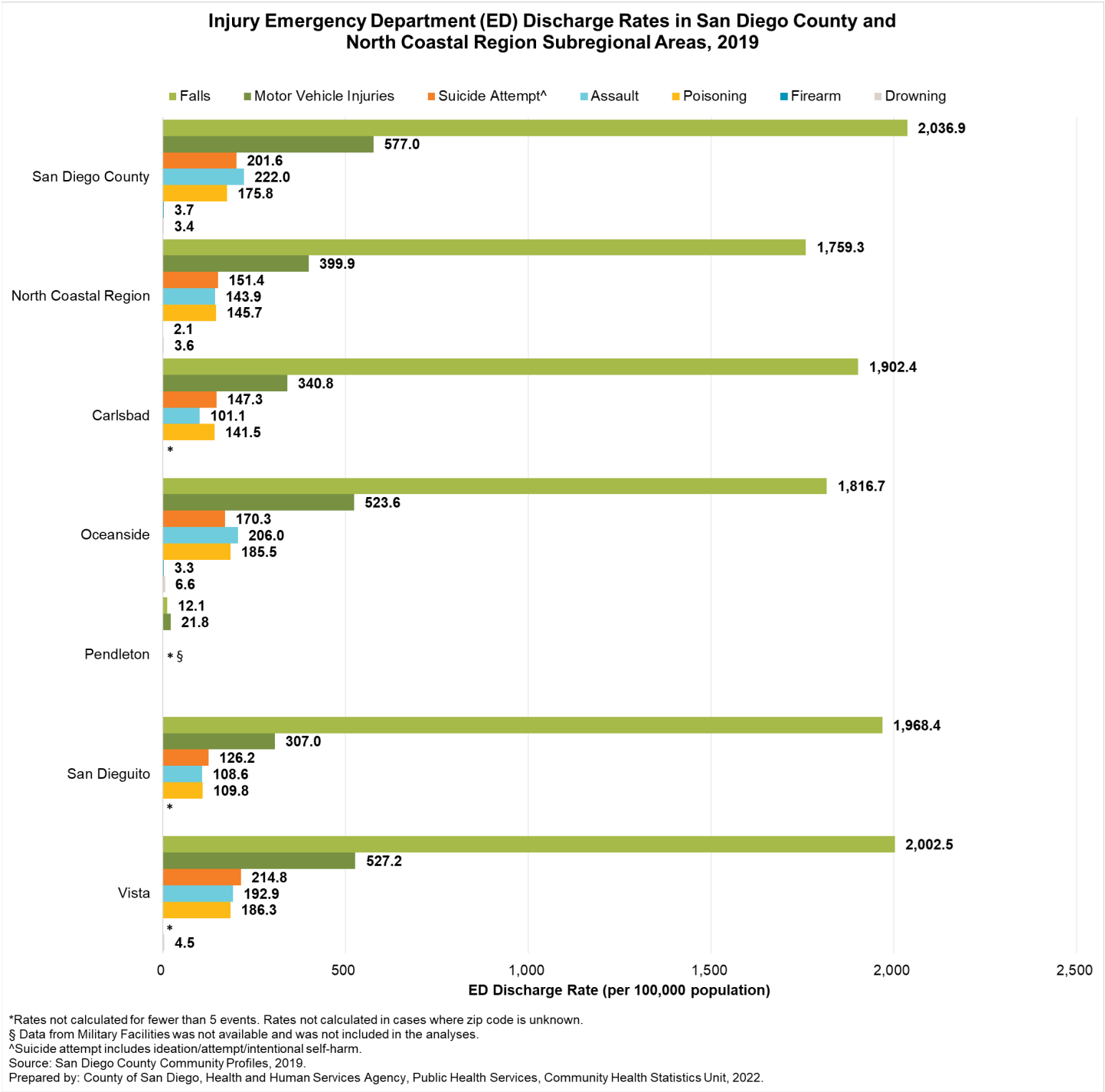
Injury Indicators

Among injuries in 2019, the highest rate of suicide in North Coastal Region and its subregional areas (SRAs), except Carlsbad and Vista. Among North Coastal Region SRAs, Pendleton had the highest rate of suicide (24.2 per 100,000), which was nearly twice as high as the rate of suicide in San Diego County overall (12.4 per 100,000). In 2019, Carlsbad SRA had a higher rate of death due to falls (18.3 per 100,000) than North Coastal Region (13.9 per 100,000) and San Diego County overall (12.1 per 100,000). Among North Coastal Region SRAs, Vista had the highest rate of death due to poisoning (21.9 per 100,000), followed by Oceanside (15.5 per 100,000).

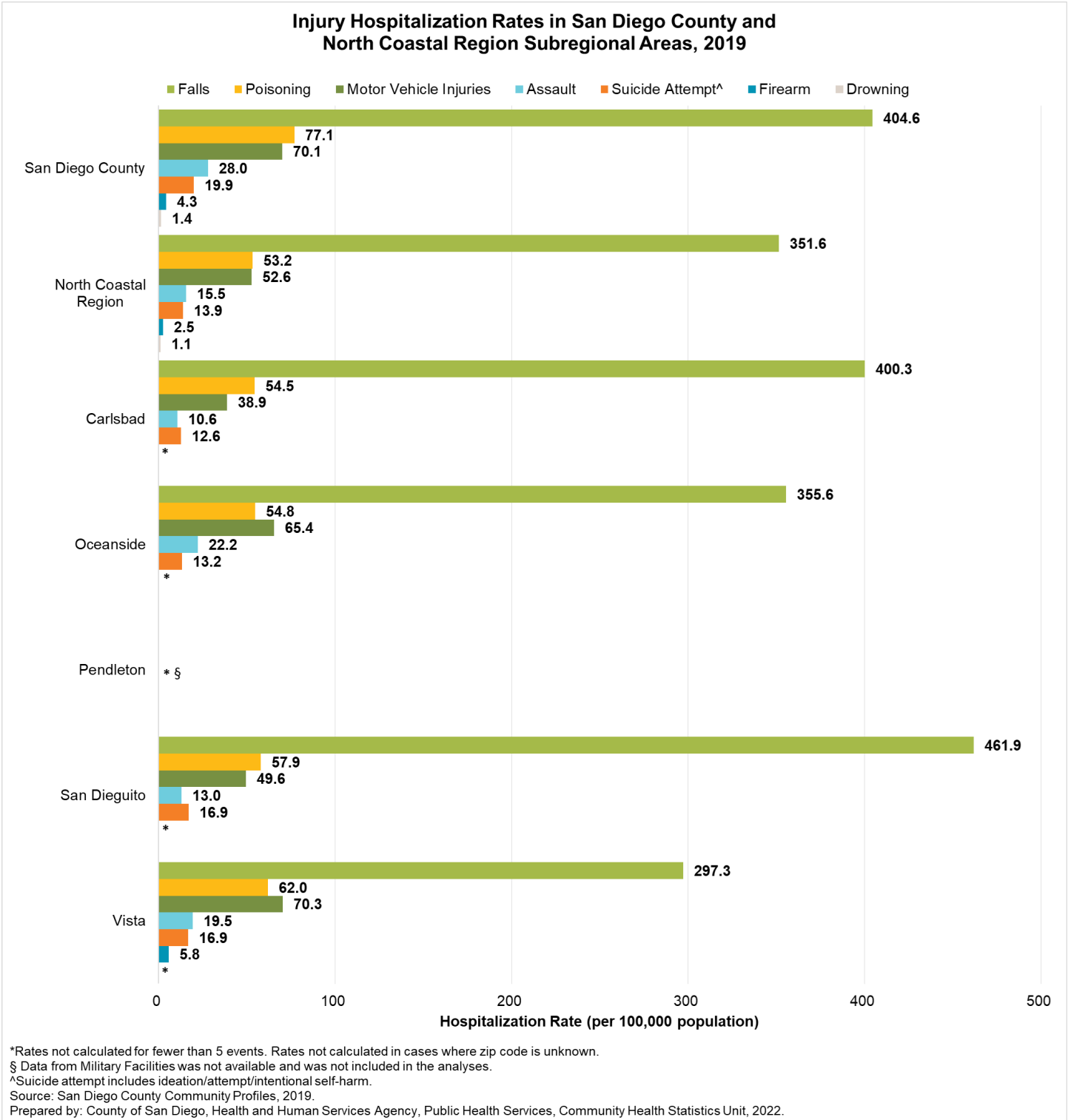


Among injuries, the highest emergency department (ED) discharge rate was due to falls in North Coastal Region and its SRAs, except Pendleton, where the highest ED discharge rate was due to motor vehicle injuries. Among North Coastal Region SRAs, Vista had the highest ED discharge rate due to falls (2,002.5 per 100,000), followed by San Dieguito (1,968.4 per 100,000). In 2019, among North Central Region SRAs, Oceanside had the highest ED discharge rate due to assault (206.0 per 100,000).

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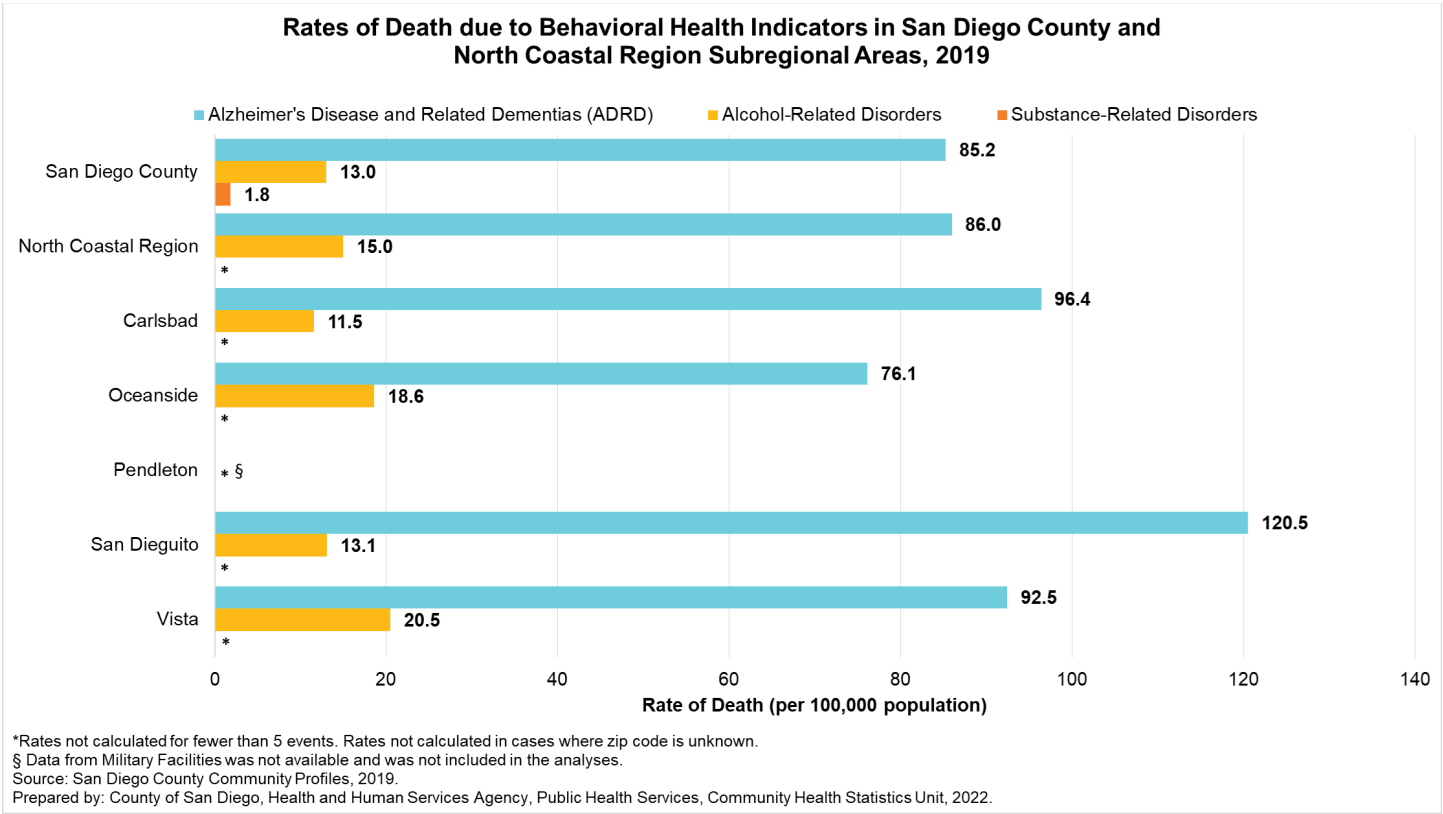


Among injuries, the highest hospitalization rate was due to falls in North Coastal Region and its SRAs in 2019. Among North Coastal Region SRAs, San Dieguito had the highest hospitalization rate due to falls (461.9 per 100,000), followed by Carlsbad (400.3 per 100,000). In 2019, the second-highest hospitalization rate was due to poisoning in North Coastal Region and its SRAs, except Vista and Oceanside, where the second-highest hospitalization rates were due to motor vehicle injuries.



Behavioral Health Indicators

In 2019, among behavioral health indicators, the highest rate of death was due to Alzheimer’s disease and related dementias (ADRD) in North Coastal Region (86.0 per 100,000) and its subregional areas (SRAs). In 2019, the rate of death due to ADRD in San Dieguito SRA (120.5 per 100,000) was higher than North Coastal Region and San Diego County overall.

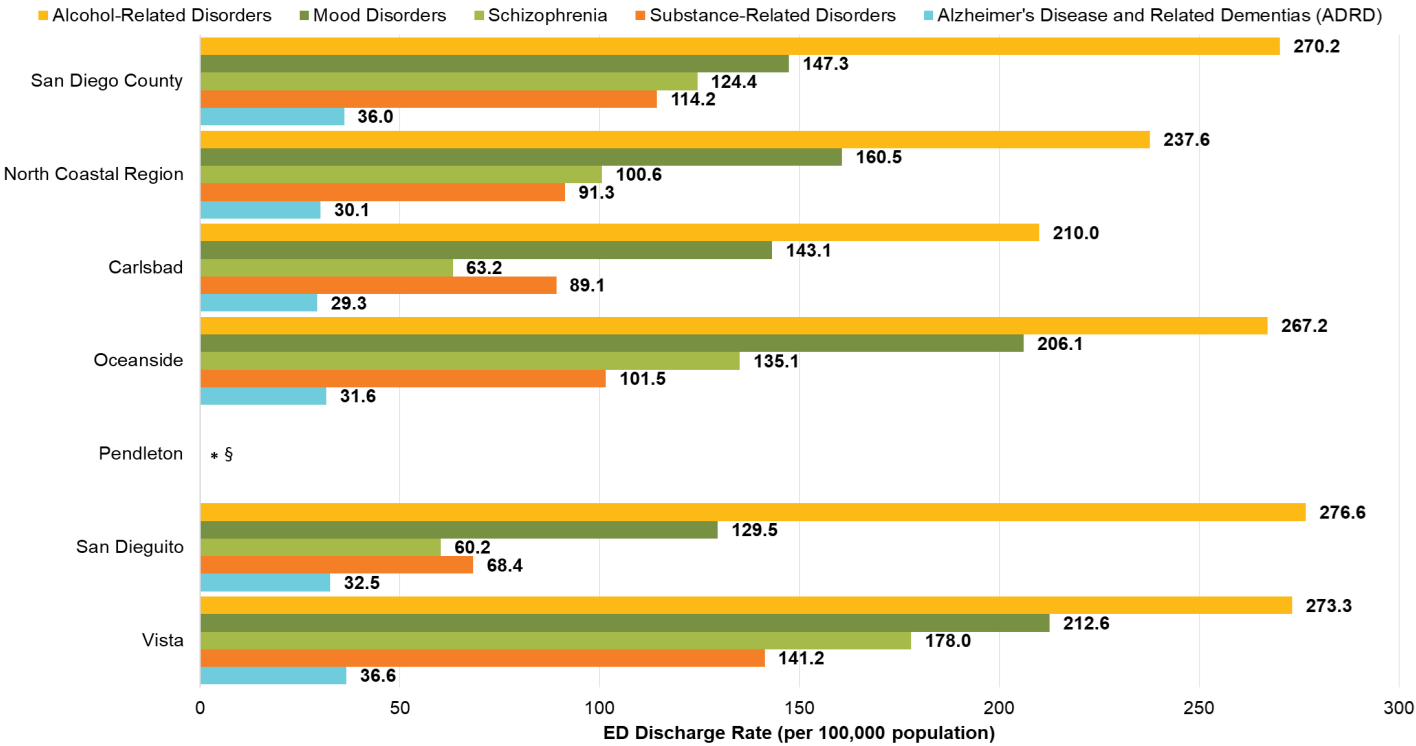


Among behavioral health indicators, the highest emergency department (ED) discharge and hospitalization rates were due to alcohol-related disorders in North Coastal Region and its SRAs. In 2019, San Dieguito SRA had the highest ED discharge rate due to alcohol-related disorders (276.6 per 100,000), followed by Vista SRA (273.3 per 100,000). Similarly, San Dieguito SRA had the highest hospitalization rate due to alcohol-related disorders (60.8 per 100,000), followed by Vista SRA (57.2 per 100,000). In North Coastal Region, the second-highest ED discharge rate was due to mood disorders (160.5 per 100,000), while the second highest hospitalization rate was due to ADRD (13.6 per 100,000). Among North Coastal Region SRAs, Vista (212.6 per 100,000) and Oceanside (206.1 per 100,000) had higher ED discharge rates due to mood disorders than North Coastal Region (160.5 per 100,000) and San Diego County overall (147.3 per 100,000).



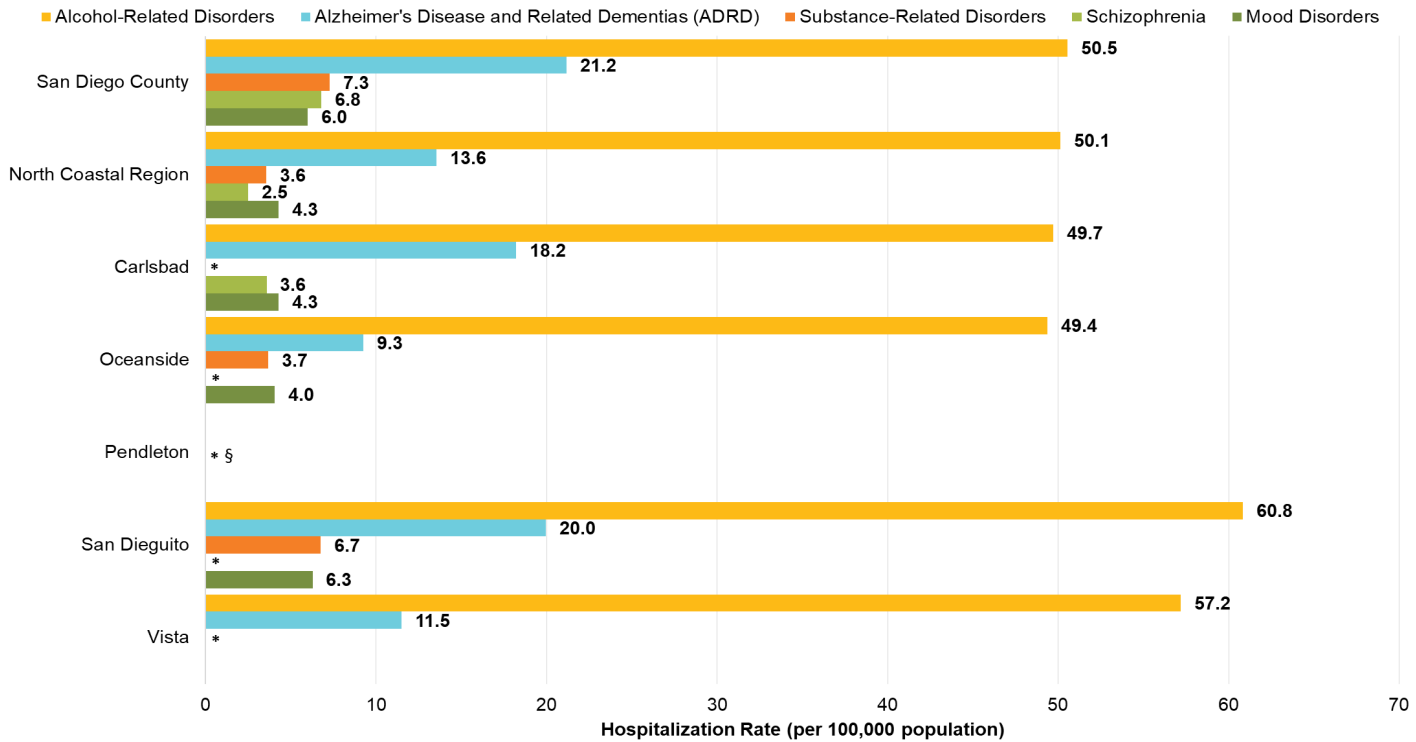
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Behavioral Health Indicators Emergency Department (ED) Discharge Rates in San Diego County and North Coastal Region Subregional Areas, 2019



\*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.  
§ Data from Military Facilities was not available and was not included in the analyses.  
Source: San Diego County Community Profiles, 2019.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

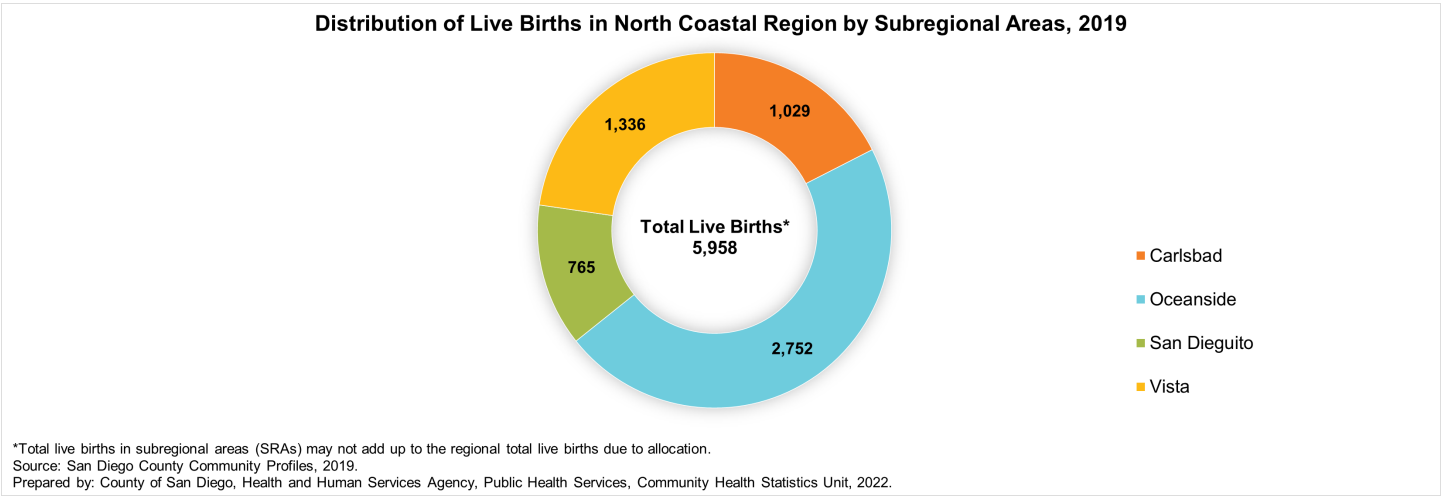
Behavioral Health Indicators Hospitalization Rates in San Diego County and North Coastal Region Subregional Areas, 2019



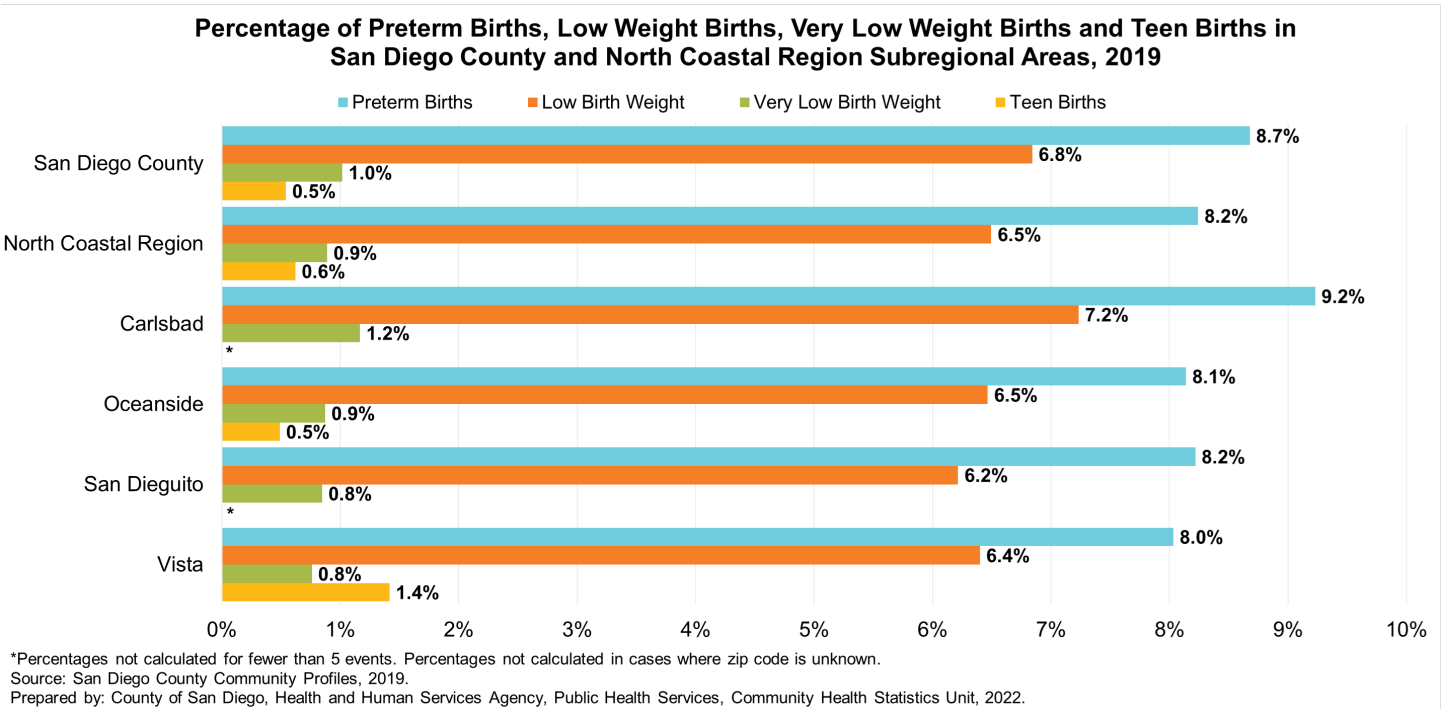
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§ Data from Military Facilities was not available and was not included in the analyses.  
Source: San Diego County Community Profiles, 2019.  
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Maternal and Child Health Indicators

In 2019, there were 5,958 total live births in North Coastal Region, which represented 15.5% of the total live births in San Diego County (38,445).

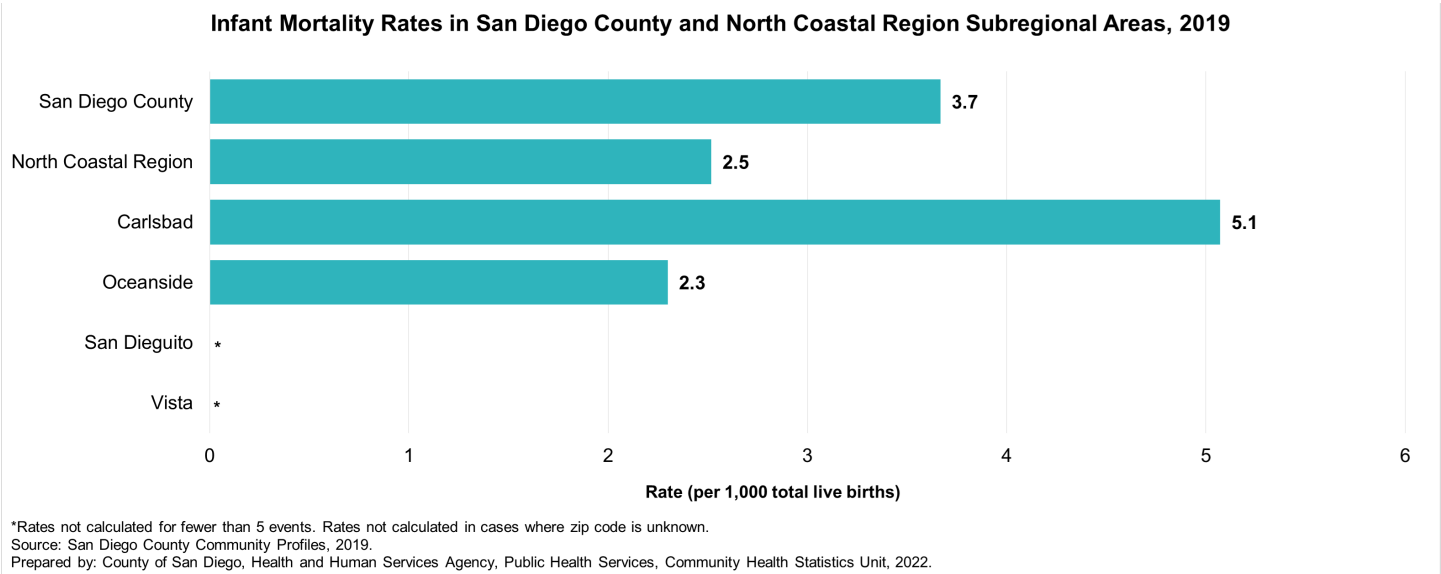


In 2019, 8.2% of the live births in North Coastal Region were preterm births, while 6.5% of the live births were low weight births. Among North Coastal Region subregional areas (SRAs), the proportion of preterm births was highest in Carlsbad (9.2%), followed by San Dieguito (8.2%). Among all live births in North Coastal Region, Carlsbad SRA had the highest proportion of infants with low birth weight (7.2%), followed by Oceanside SRA (6.5%).

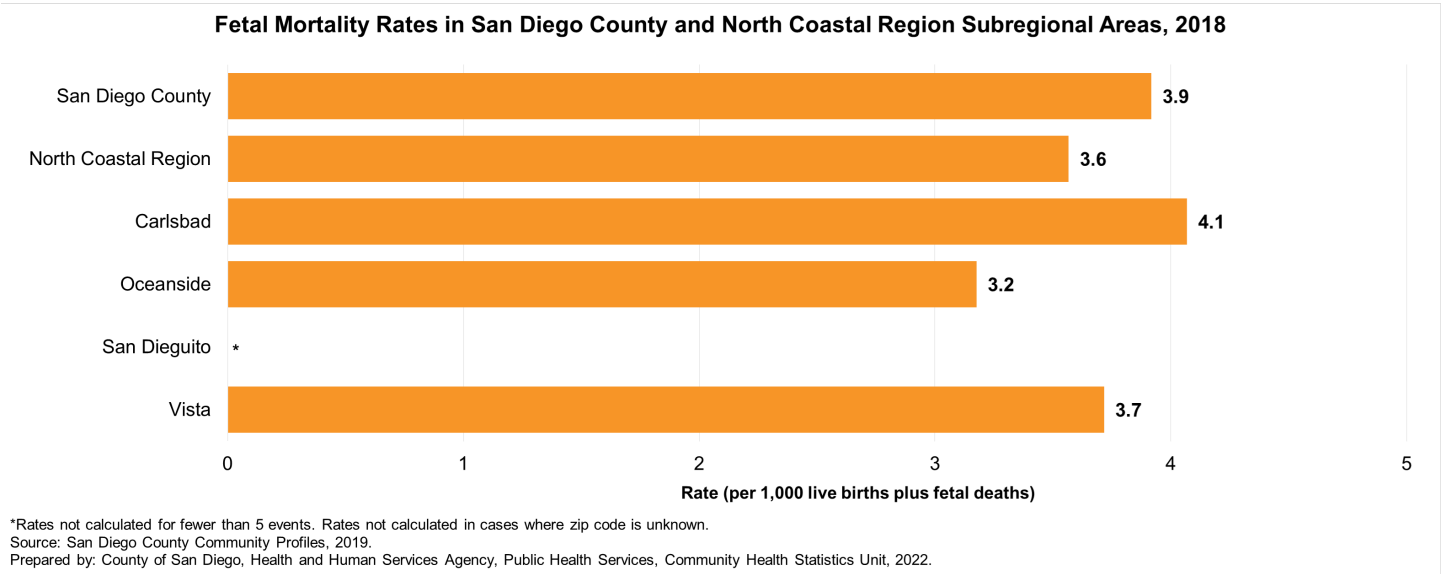


North Coastal Region Health Status Report Summary

In 2019, North Coastal Region had a lower infant mortality rate (2.5 per 1,000 live births plus fetal deaths) than San Diego County overall (3.7 per 1,000 live births plus fetal deaths). The infant mortality rate in Carlsbad SRA (5.1 per 1,000 live births plus fetal deaths) was higher than North Coastal Region and San Diego County overall.



In 2019, North Coastal Region had a lower fetal mortality rate (3.6 per 1,000 total live births) than San Diego County overall (3.9 per 1,000 total live births). The fetal mortality rate in Carlsbad SRA (4.1 per 1,000 live births plus fetal deaths) was higher than North Coastal Region and San Diego County overall.



# CONCLUSION

The North Coastal Region Health Status Report Summary provides descriptive information on demographic and socioeconomic characteristics, as well as morbidity/mortality rates for various health conditions. This information can be used by both Health and Human Services Agency (HHSA) internal as well as external stakeholders, like local community organizations, in the process of identifying evidence-based decisions to inform health policy by assessing the health status and factors that may potentially contribute to the overall health and well-being of North Coastal Region.



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