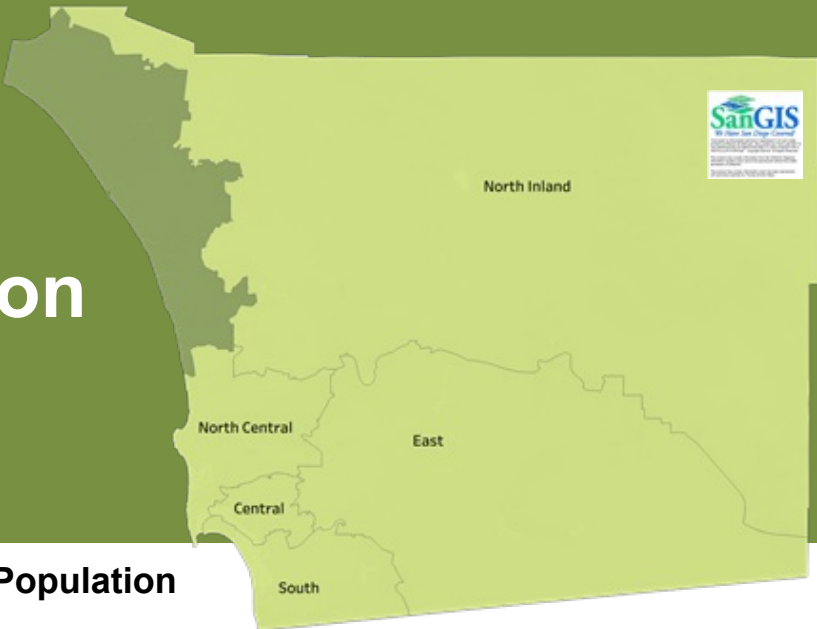




North Coastal Region Health Briefs 2024

Community Health Snapshot

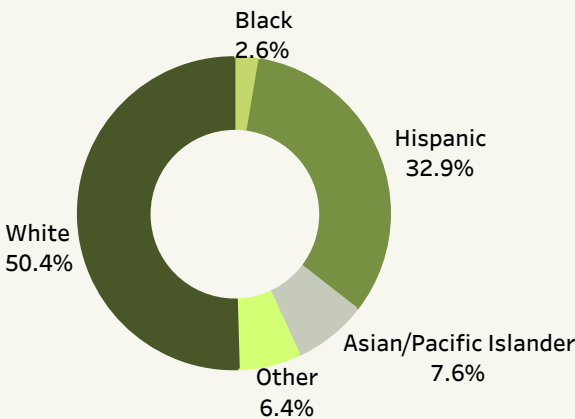


2024 Population

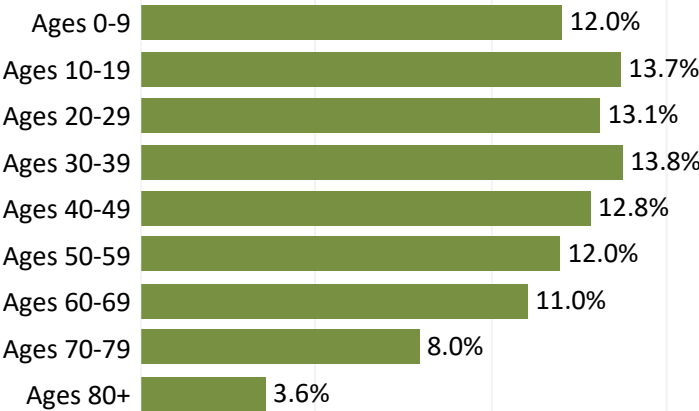
548,231

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

2024 North Coastal Region Population by Race/Ethnicity



2024 North Coastal Region Population by Age



**Leading Cause of Death
in 2024**
Cancer



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



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



**Life Expectancy
in 2024**
84.5



**Percent of Population Living
Below 100% FPL (2024)**
8.1%



**Uninsured All or Part of the Year
(2022-2024)**
10.0%

The North Coastal Region consists of six cities, including Carlsbad, Del Mar, Encinitas, Oceanside, Solana Beach and Vista. Over a dozen more communities stretch geographically from Del Mar in the south to the Orange County border in the north and east, to include Vista and Rancho Santa Fe. The US Marine Corps' largest installation, Camp Pendleton, is also located in the North Coastal Region.



San Diego County Health Briefs

North Coastal Region, 2024



Non-Communicable (Chronic) Disease



Leading Cause of
Non-Communicable
Death
Cancer



Leading Cause of
Non-Communicable
Hospitalization
Heart Disease



Leading Cause of
Non-Communicable
Emergency Department Discharge
Heart Disease

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

		North Coastal Region		San Diego County	
		Count	Rate	Count	Rate
Coronary Heart Disease (CHD)	Death	351	64.0	2,287	69.0
	Hospitalization	945	172.4	5,482	165.4
	Emergency Department Discharge	225	41.0	2,206	66.5
Stroke	Death	277	50.5	1,589	47.9
	Hospitalization	947	172.7	7,135	215.2
	Emergency Department Discharge	470	85.7	4,413	133.1
Overall Heart Disease [^]	Death	771	140.6	4,706	141.9
	Hospitalization	5,376	980.6	36,332	1,095.9
	Emergency Department Discharge	9,927	1,810.7	76,079	2,294.7
Acute Myocardial Infarction	Death	84	15.3	524	15.8
	Hospitalization	616	112.4	3,586	108.2
	Emergency Department Discharge	89	16.2	1,366	41.2
Heart Failure	Death	138	25.2	831	25.1
	Hospitalization	1,094	199.6	8,618	259.9
	Emergency Department Discharge	278	50.7	4,745	143.1
Overall Hypertensive Diseases [~]	Death	163	29.7	1,129	34.1
	Hospitalization	1,448	264.1	12,159	366.7
	Emergency Department Discharge	1,514	276.2	13,939	420.4
Overall Cancer	Death	829	151.2	5,046	152.2
	Hospitalization	1,374	250.6	8,659	261.2
	Emergency Department Discharge	273	49.8	2,645	79.8
Alzheimer's Disease	Death	220	40.1	1,150	34.7
Alzheimer's Disease (any mention)	Hospitalization	584	106.5	3,462	104.4
	Emergency Department Discharge	447	81.5	3,454	104.2
Non-Alzheimer's Dementia	Death	324	59.1	1,626	49.0
Non-Alzheimer's Dementia (any mention)	Hospitalization	2,547	464.6	18,366	554.0
	Emergency Department Discharge	1,822	332.3	18,508	558.2

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



San Diego County Health Briefs

North Coastal Region, 2024



Non-Communicable (Chronic) Disease

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

		North Coastal Region		San Diego County	
		Count	Rate	Count	Rate
Diabetes	Death	111	20.2	948	28.6
	Hospitalization	695	126.8	5,951	179.5
	Emergency Department Discharge	696	127.0	7,338	221.3
COPD/Chronic Lower Respiratory Diseases	Death	127	23.2	823	24.8
	Hospitalization	151	27.5	1,936	58.4
	Emergency Department Discharge	424	77.3	3,802	114.7
Asthma	Death	NA	NA	22	0.7
	Hospitalization	151	27.5	1,626	49.0
	Emergency Department Discharge	799	145.7	8,109	244.6
Parkinson's Disease	Death	94	17.1	413	12.5
	Hospitalization	57	10.4	264	8.0
	Emergency Department Discharge	29	5.3	204	6.2
Lupus and Connective Tissue Disorders	Hospitalization	43	7.8	327	9.9
	Emergency Department Discharge	22	4.0	218	6.6

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

Current Smoker (ages 18+)	North Coastal Region	4.4%
	San Diego County	4.9%
Overweight/Obese (ages 18+)	North Coastal Region	58.0%
	San Diego County	58.3%
Rated Overall Health as Fair or Poor (ages 18+)	North Coastal Region	8.6%
	San Diego County	13.5%
Ever Diagnosed with High Blood Pressure (ages 18+)	North Coastal Region	26.6%
	San Diego County	25.0%
Ever Diagnosed with Diabetes (ages 18+)	North Coastal Region	6.8%
	San Diego County	8.3%
Ever Diagnosed with Asthma (ages 1+)	North Coastal Region	16.8%
	San Diego County	14.4%

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



San Diego County Health Briefs North Coastal Region, 2024



Non-Communicable (Chronic) Disease

Sources

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

San Diego County Health Briefs North Coastal Region, 2024



Communicable Disease



Leading Cause of
Communicable
Death
COVID-19



Leading Cause of
Communicable
Hospitalization
Urinary Tract Infection



Leading Cause of
Communicable
Emergency Department Discharge
Urinary Tract Infection

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

	North Coastal Region		San Diego County	
	Counts	Incidence Rate	Counts	Incidence Rate
Tuberculosis	NA	NA	247	7.5
Chlamydia Reported	2,031	370.5	16,414	495.1
Gonorrhea Reported	558	101.8	6,021	181.6
Primary and Secondary Syphilis Reported	59	10.8	711	21.4

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

		North Coastal Region		San Diego County	
		Count	Rate	Count	Rate
Death	COVID-19 (multiple cause of death)	52	9.5	384	11.6
	Influenza (flu) and Pneumonia	37	6.7	257	7.8
Hospitalization	Urinary Tract Infection	492	89.7	4,228	127.5
	COVID-19	307	56.0	2,314	69.8
	Influenza (flu)	89	16.2	721	21.7
	Pneumonia	503	91.7	4,107	123.9
Emergency Department Discharge	Urinary Tract Infection	3,304	602.7	26,873	810.6
	COVID-19	1,414	257.9	12,160	366.8
	Influenza (flu)	1,121	204.5	10,192	307.4
	Pneumonia	1,308	238.6	10,797	325.7

Health Behaviors & Related Health Factors (2024)⁷

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

North Coastal Region

*

San Diego County

45.0%

San Diego County Health Briefs North Coastal Region, 2024



Communicable Disease

Sources

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

*Indicates statistically unstable estimate or data are unavailable.



San Diego County Health Briefs

North Coastal Region, 2024



Maternal and Child Health

Maternal and Child Health Outcomes ^{1,2}

	North Coastal Region			San Diego County	
	Count	Percent of Region	Percent of County	Count	Percent
Live Births	5,997	100.0%	16.6%	36,036	100.0%
Live Births to Teens, Ages 15-17	26	2.7%	16.6%	157	2.6%
Live Births with Early Prenatal Care, % of Known Prenatal Care	5,294	89.0%	17.3%	30,522	85.5%
Live Births Born Preterm	494	8.2%	15.6%	3,176	8.8%
Low Birth Weight Births	379	6.3%	14.8%	2,560	7.1%
Very Low Birth Weight Births	58	1.0%	14.1%	412	1.1%

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

[MCFHS Statistics](#)

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

Adults Under 200% FPL Unable to Afford Enough Food	North Coastal Region	38.8%
	San Diego County	39.7%
Rated Overall Health as Fair or Poor (18+)	North Coastal Region	8.6%
	San Diego County	13.5%
Women with a High School Degree or Less Education (ages 25+)	North Coastal Region	17.6%
	San Diego County	28.3%
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages 6 and under)	North Coastal Region	23.2%
	San Diego County	19.8%
Agree or Strongly Agree that People in Neighborhood can be Trusted (ages 12-17)	North Coastal Region	*
	San Diego County	86.4%
No Dental Insurance Coverage in the Past Year (ages 3-11)	North Coastal Region	*
	San Diego County	6.3%

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



San Diego County Health Briefs North Coastal Region, 2024



Maternal and Child Health

Sources

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

*Indicates statistically unstable estimate or data are unavailable.



San Diego County Health Briefs

North Coastal Region, 2024



Injury



Leading Cause of Injury
Death
Poisoning



Leading Cause of Injury
Hospitalization
Falls



Leading Cause of Injury
Emergency Department Discharge
Falls

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

		North Coastal Region		San Diego County	
		Count	Rate	Count	Rate
Unintentional Injuries (All Causes)	Death	215	39.2	1,521	45.9
	Hospitalization	4,151	757.2	27,382	825.9
	Emergency Department Discharge	24,757	4,515.8	193,903	5,848.6
Fall-Related Injury	Death	72	13.1	401	12.1
	Hospitalization	2,720	496.1	16,513	498.1
	Emergency Department Discharge	10,678	1,947.7	78,913	2,380.2
Poisoning	Death	105	19.2	753	22.7
	Hospitalization	235	42.9	1,978	59.7
	Emergency Department Discharge	678	123.7	5,853	176.5
Motor Vehicle Injuries	Death	36	6.6	300	9.0
	Hospitalization	336	61.3	2,666	80.4
	Emergency Department Discharge	2,381	434.3	20,943	631.7
Motor Vehicle Injuries to Pedestrian	Death	NA	NA	98	3.0
	Hospitalization	35	6.4	353	10.6
	Emergency Department Discharge	83	15.1	852	25.7
Electric Bicycle (E-Bike) Injuries	Hospitalization	48	8.8	186	5.6
	Emergency Department Discharge	246	44.9	865	26.1
Assault	Death	NA	NA	97	2.9
	Hospitalization	91	16.6	962	29.0
	Emergency Department Discharge	914	166.7	8,896	268.3
Suicide (or Suicide Attempt/Ideation/Intentional Self-Harm)	Death	74	13.5	377	11.4
	Hospitalization	62	11.3	628	18.9
	Emergency Department Discharge	912	166.4	7,801	235.3
Firearm-Related Injuries	Death	27	4.9	185	5.6
	Hospitalization	12	NA	149	4.5
	Emergency Department Discharge	14	NA	141	4.3

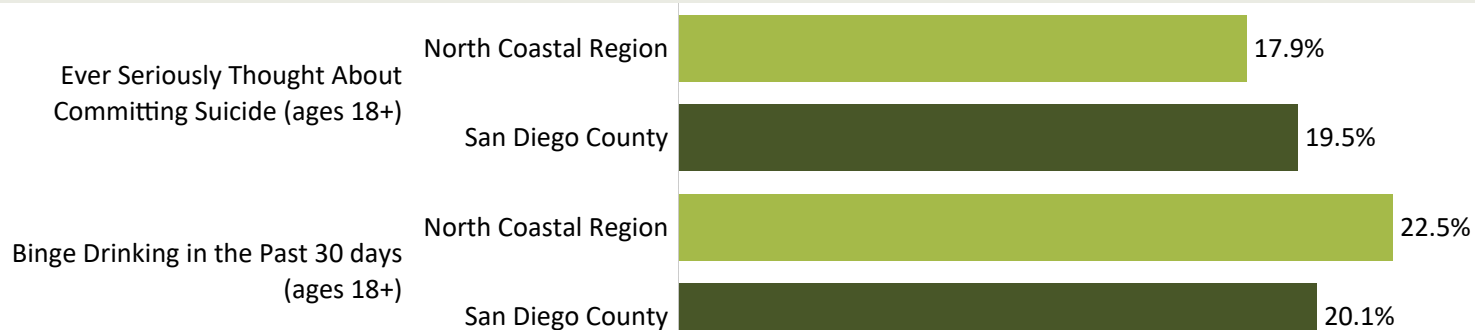
San Diego County Health Briefs

North Coastal Region, 2024



Injury

Health Behaviors (2022-2024)⁵



Sources

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

San Diego County Health Briefs North Coastal Region, 2024



Behavioral Health



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



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



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

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

		North Coastal Region		San Diego County	
		Count	Rate	Count	Rate
Schizophrenia	Hospitalization	25	4.6	312	9.4
	Emergency Department Discharge	354	64.6	3,774	113.8
	In-Patient Treatment	365	66.6	5,275	159.1
Suicide (or Suicide Attempt/Ideation/Intentional Self-Harm)	Death	74	13.5	377	11.4
	Hospitalization	62	11.3	628	18.9
	Emergency Department Discharge	912	166.4	7,801	235.3
Mood Disorders	Hospitalization	26	4.7	209	6.3
	Emergency Department Discharge	289	52.7	2,566	77.4
	In-Patient Treatment	801	146.1	7,096	214.0
Depression	Hospitalization	19	NA	137	4.1
	Emergency Department Discharge	178	32.5	1,572	47.4
	In-Patient Treatment	486	88.6	4,497	135.6
Acute Alcohol Poisoning	Death	NA	NA	37	1.1
Chronic Alcohol Consumption	Death	85	15.5	526	15.9
Alcohol Use/Abuse/Dependency~	Hospitalization	389	71.0	2,673	80.6
	Emergency Department Discharge	1,531	279.3	11,029	332.7
	In-Patient Treatment	213	38.9	1,389	41.9
Substance Use/Abuse/Dependency~	Hospitalization	34	6.2	279	8.4
	Emergency Department Discharge	443	80.8	3,914	118.1
	In-Patient Treatment	46	8.4	346	10.4
Opioid Use/Abuse/Dependency~	Hospitalization	NA	NA	107	3.2
	Emergency Department Discharge	141	25.7	1,472	44.4
	In-Patient Treatment	21	3.8	125	3.8
Cannabis Use/Abuse/Dependency~	Hospitalization	NA	NA	25	0.8
	Emergency Department Discharge	46	8.4	493	14.9
	In-Patient Treatment	NA	NA	33	1.0

San Diego County Health Briefs North Coastal Region, 2024



Behavioral Health

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

Likely Has Had Serious Psychological Distress During Past Year (ages 18+)	North Coastal Region	10.6%
	San Diego County	14.5%
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)	North Coastal Region	3.8%
	San Diego County	7.0%
Emotions Severely Impaired Social Life in Past Year (ages 18+)	North Coastal Region	8.7%
	San Diego County	11.9%
Emotions Severely Impaired Work in Past 12 Months (ages 18-70)	North Coastal Region	6.3%
	San Diego County	9.1%
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress in past year)	North Coastal Region	44.0%
	San Diego County	55.3%
Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)	North Coastal Region	19.5%
	San Diego County	21.4%
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+)	North Coastal Region	11.1%
	San Diego County	13.2%
Ever Seriously Thought About Committing Suicide (ages 18+)	North Coastal Region	17.9%
	San Diego County	19.5%

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

Binge Drinking in Past 30 Days (ages 12-17)	Binge Drinking in the Past 30 days (ages 18+)	Ever Tried Marijuana or Hashish (18+)
		58.3%
		52.5%
	22.5%	
	20.1%	
*	5.8%	
North Coastal Region	San Diego County	North Coastal Region
		San Diego County

Sources

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



San Diego County Health Briefs

North Coastal Region, 2024



Environmental Health

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

		North Coastal Region		San Diego County	
		Count	Rate	Count	Rate
Asthma	Death	NA	NA	22	0.7
	Hospitalization	151	27.5	1,626	49.0
	Emergency Department Discharge	799	145.7	8,109	244.6
Coronary Heart Disease (CHD)	Death	351	64.0	2,287	69.0
	Hospitalization	945	172.4	5,482	165.4
	Emergency Department Discharge	225	41.0	2,206	66.5
Overall Cancer	Death	829	151.2	5,046	152.2
	Hospitalization	1,374	250.6	8,659	261.2
	Emergency Department Discharge	273	49.8	2,645	79.8
COPD/Chronic Lower Respiratory Diseases	Death	127	23.2	823	24.8
	Hospitalization	151	27.5	1,936	58.4
	Emergency Department Discharge	424	77.3	3,802	114.7
Diabetes	Death	111	20.2	948	28.6
	Hospitalization	695	126.8	5,951	179.5
	Emergency Department Discharge	696	127.0	7,338	221.3
Depression	Hospitalization	19	NA	137	4.1
	Emergency Department Discharge	178	32.5	1,572	47.4
	In-Patient Treatment	486	88.6	4,497	135.6
Heat Illness/Injury	Hospitalization	NA	NA	70	2.1
	Emergency Department Discharge	39	7.1	340	10.3

Air Quality (2019-2024)⁵

	North Coastal Region	San Diego County
3-Year average of the 98th percentile of collected samples for a 24 hr standard (particulate matter 2.5) (2019)	*	*
Average of Ozone Concentration of the 4th high 8-hr intervals over a 3 year period (2019)	0.06300	*
Percent of Days that Air Quality was Rated as Unhealthy for Sensitive Populations (2024)	*	13.1%

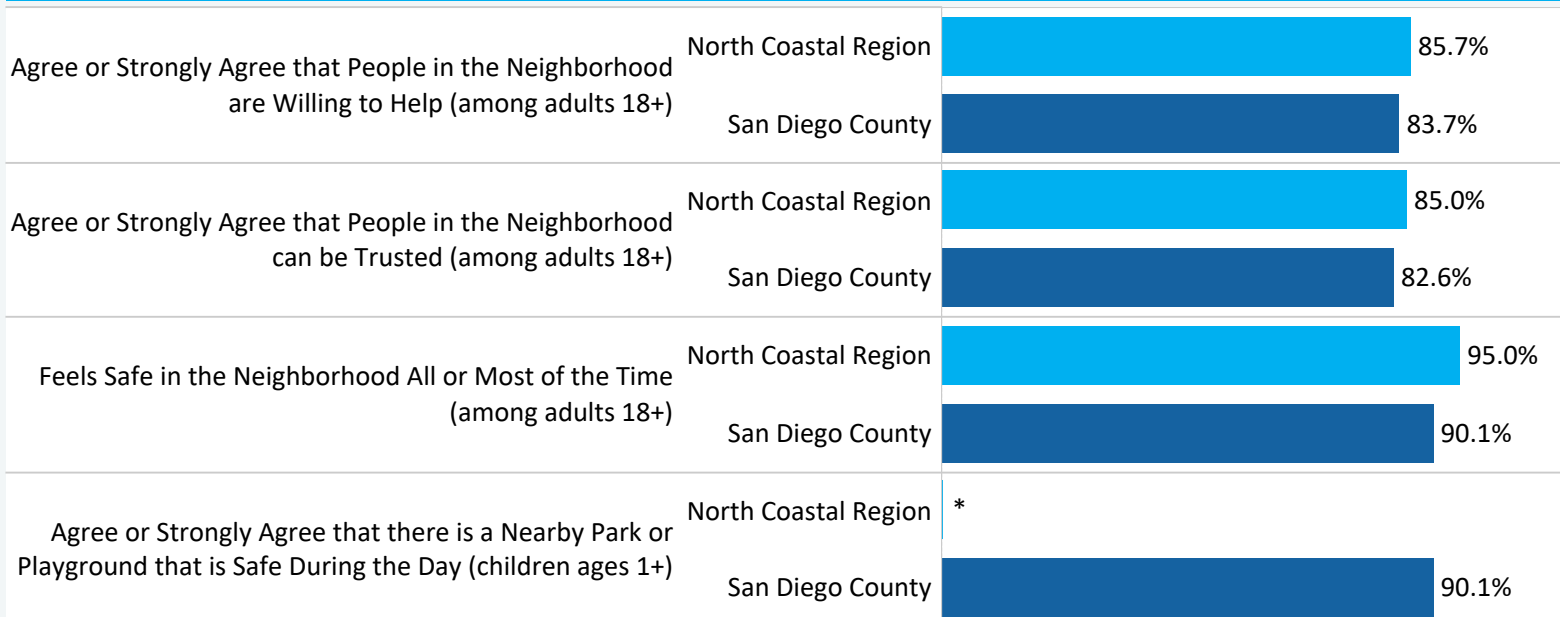


San Diego County Health Briefs North Coastal Region, 2024

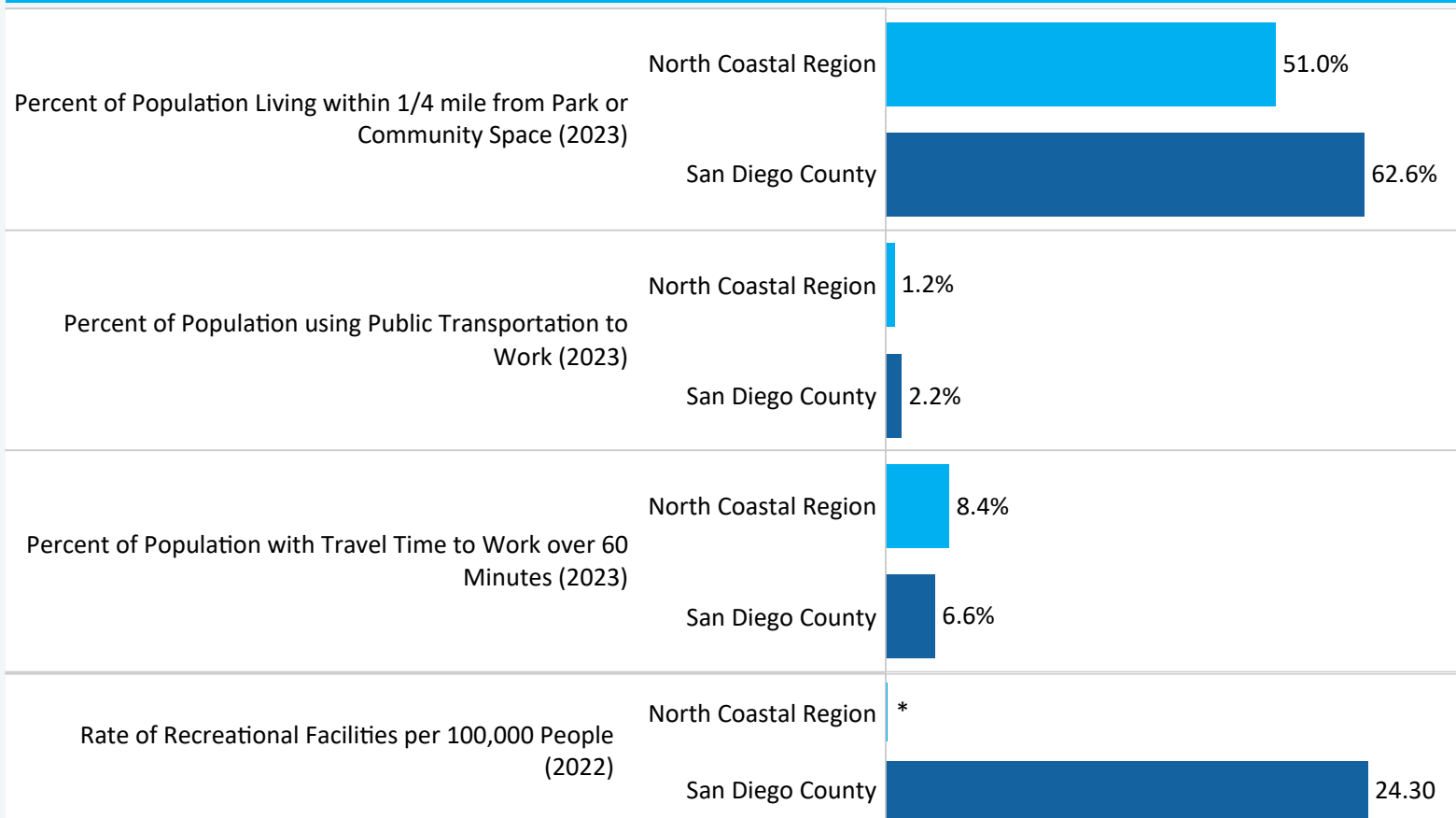


Environmental Health

Place of Residence (2022-2024)⁶



Place of Residence (2022-2023)⁵



San Diego County Health Briefs North Coastal Region, 2024



Environmental Health

Climate Change (2022-2024)⁶

Experienced Extreme Weather-Related Event in the Past 2 Years (among adults 18+) (2023-2024)	North Coastal Region	42.6%
	San Diego County	44.5%
Mental Health was Affected by Extreme Weather-Related event in Past 2 Years (among adults 18+) (2023-2024)	North Coastal Region	10.0%
	San Diego County	9.4%
Physical Health was Affected by Extreme Weather-Related event in Past 2 Years (among adults 18+) (2023-2024)	North Coastal Region	7.0%
	San Diego County	8.3%
Climate Change Makes you Nervous/Depressed/Stressed (among teens ages 12-17)	North Coastal Region	37.6%
	San Diego County	37.9%

Sources

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

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

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

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

*Indicates statistically unstable estimate or data are unavailable.

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



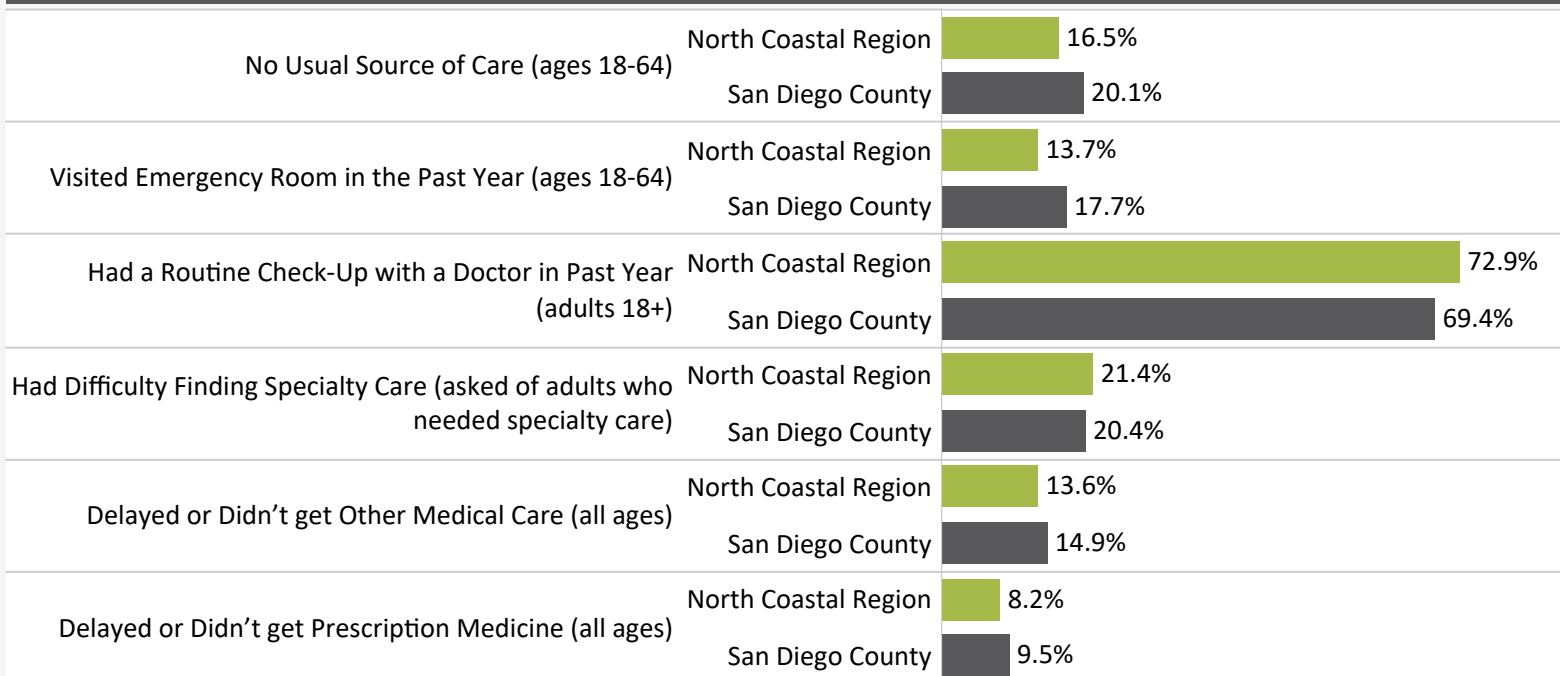
San Diego County Health Briefs

North Coastal Region, 2024

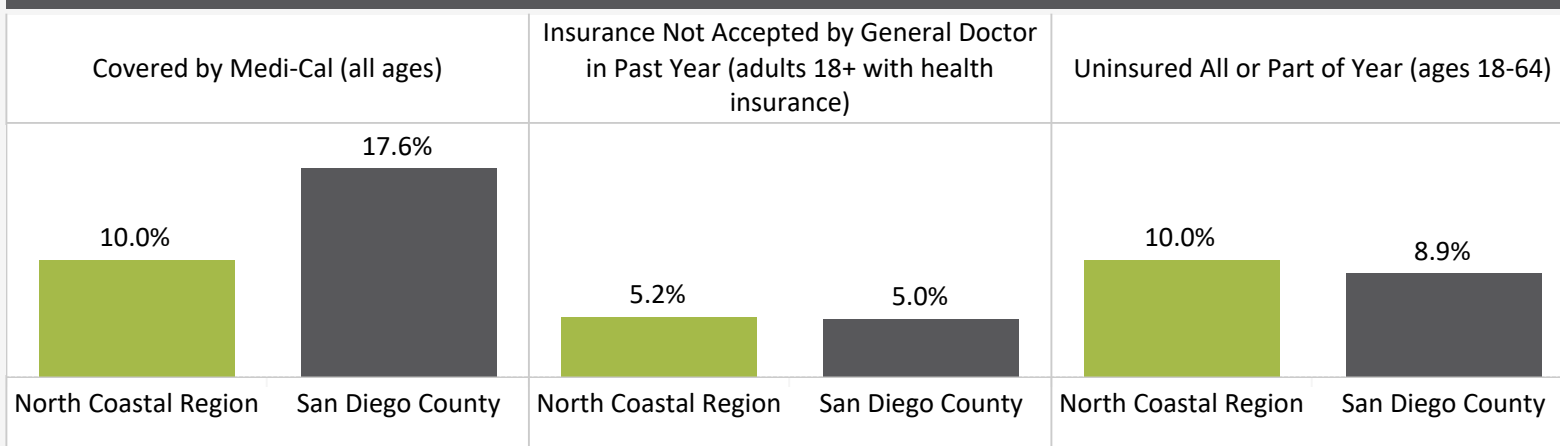


Access to Care

Access and Utilization (2022-2024)¹



Insurance (2022-2024)¹



Medical Debt (2022-2024)¹



San Diego County Health Briefs North Coastal Region, 2024



Access to Care

Public Program Participation (2022-2024)¹

Currently Receiving Supplemental Security Income (SSI) (ages 18+, up to 200% FPL)	North Coastal Region	 5.4%
	San Diego County	 11.4%
Currently Receiving TANF or CalWORKS (all ages, up to 200% FPL)	North Coastal Region	*
	San Diego County	 9.3%
Children Age 6 and Under Currently on WIC (up to 200% FPL)	North Coastal Region	*
	San Diego County	 46.2%
Residents Receiving Food Stamps (all ages, up to 200% FPL)	North Coastal Region	 26.5%
	San Diego County	 29.3%
Women Below 200% FPL (ages 18-64)	North Coastal Region	 21.5%
	San Diego County	 27.1%

Sources

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

*Indicates statistically unstable estimate or data are unavailable.