



COMMUNITY HEALTH ASSESSMENT: NORTH COUNTY REGIONAL UPDATE

Presented by Leslie Upledger Ray
Presented to North County Regions Leadership Team
March 16, 2022



PURPOSE AND AGENDA



PURPOSE: SHARE AND RECEIVE INFORMATION ABOUT THE HEALTH AND WELL-BEING OF THE PEOPLE WHO LIVE IN NORTH COASTAL AND NORTH INLAND REGIONS.

What is the Community Health Assessment and why is it important?

What are the demographic, economic and social determinants of health and well-being in North Coastal and North Inland Regions?

- New resources: Self Sufficiency Dashboard, Socioeconomic Disparities by Census Tract Dashboard, and the Cost of Living for Older Adults Dashboard

Mortality and morbidity data

- 3-4-50, COVID-19 and Alzheimer's Disease and Related Dementias (ADRD)
- New resources: Community Profiles Dashboard and Medical Encounters of Homeless Persons Dashboards
- Regional Health Status Reports and Regional Briefs

Health and well-being impacts of racism and poverty

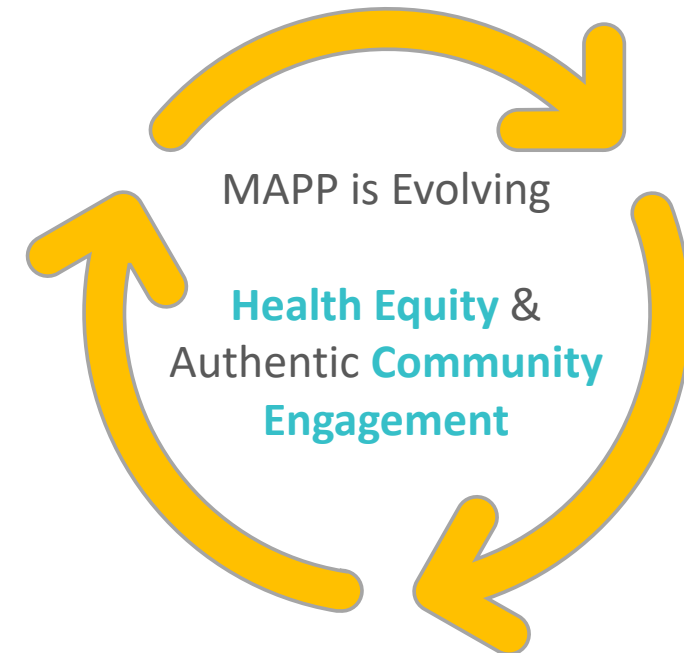
- New resources: Racial Equity Dashboard

Adhere to Robust Planning Process

Mobilizing for Action through Planning and Partnerships (MAPP) Model



There is lots of flexibility in how we approach planning going forward



Source: National Association of County & City Health Officials (NACCHO). Mobilizing for Action through Planning and Partnerships (MAPP). <https://www.naccho.org/programs/public-health-infrastructure/performance-improvement/community-health-assessment/mapp>. Accessed May 30, 2018.



Community Health Assessment



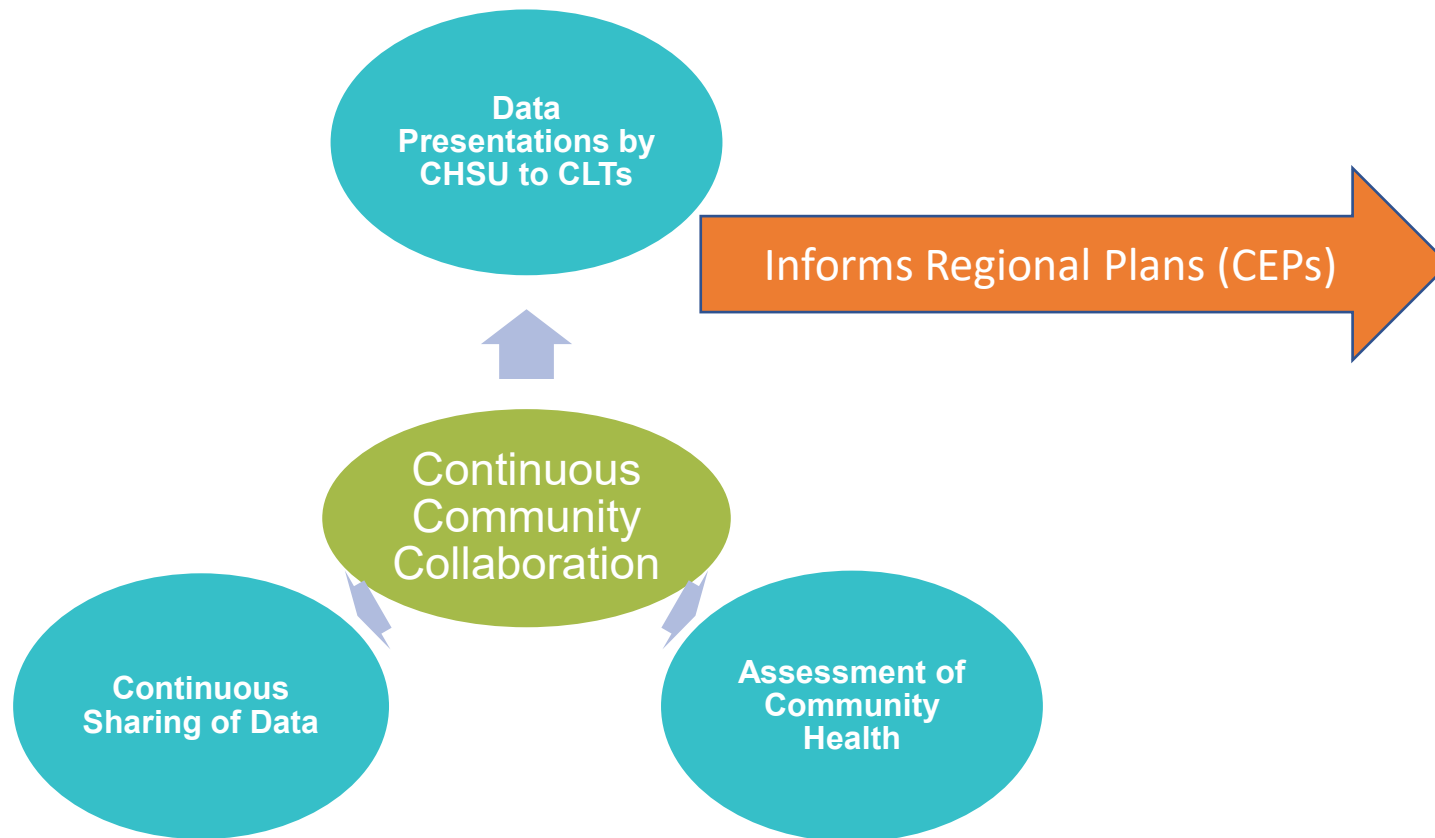
<https://www.sandiegocounty.gov/content/dam/livewell/community-action/2019-21-LWSD-Community-Health-Assessment.pdf>

- What is the Community Health Assessment (CHA)?
 - Continuous community collaboration about the data
- Why is the CHA Important?
 - Captures needs of the community
 - Guide planning for the future
 - Informs Community Enrichment Plans (CEPs)



Community Assessment to Planning

- Ongoing **community collaborative process** for continuous enhancement of the community health assessment that in turn informs the **community (regional) plans**.



Each Region had a CEP & New plans to be developed!



CHSU – Community Health Statistics Unit
CLT – Regional Community Leadership Teams
CHIP – Community Health Improvement Plan
CEP – Community Enrichment Plan

Community Voices: We want to hear from you!

- This survey will provide information on what YOU think are the most important issues and challenges facing your region
- You live and/or work in this community. Your voice is important in telling the story of what your regions priorities are, and what you would like to see change
- This information will help identify priorities for this Leadership Team and develop a new Community Enrichment Plan



Data Presentation Survey

Survey Monkey

- ☐ Due: **2 weeks** after receiving link!

- ✓ Survey Monkey link in the chat, please complete ASAP
- ✓ Capture needs of the community
- ✓ Responses will help plan for future
- ✓ About 5-10 minutes to complete



Tips for Survey Monkey

- **Question 4** addresses Social Determinants of Health (SDOH). Please select the degree of impact of an SDOH on your region (Minimal, Minor, Modest, Significant, Highly Significant)





Community Health Assessment - Regional Update 2022

© PAGE TITLE

Social determinants of health are conditions in the environment in which people are born, live, learn, work, play, and age that affect a wide range of health and quality-of-life outcomes. To what degree do you believe EACH of the Social Determinants or conditions listed below impact your community? Please select the degree of impact from minimal to highly significant for EACH Social Determinant or condition.
 Note: If there are other conditions (social determinants) that you believe are important but are not identified here, please feel free to list these conditions at the bottom of the page and check the degree of impact.

Please select the degree of impact for EACH Social Determinant listed below. 0

* 4. Social Determinant Impacts on Your Community 0


	Minimal	Minor	Modest	Significant	Highly Significant
Lack of cultural competency	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Demographic factors (e.g., age, gender, geography, race/ethnicity)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Racism (interpersonal and structural)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of social cohesion (lack of solidarity between community members)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Economic instability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Economic instability (e.g., unemployment, poverty, homelessness)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Education (e.g., low literacy, low education levels)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unhealthy behaviors: Tobacco use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unhealthy behaviors: Obesity, lack of opportunity for healthy diet and exercise choices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unhealthy behaviors: Substance use and overdose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unhealthy behaviors: Sexual activity, sexually transmitted infections, teen pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health care (e.g., lack of access to preventative health care or disease management, lack of health insurance)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Impact of COVID 19	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Legislation (e.g., elections, policy changes, health care system reform)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Neighborhood and built environment (e.g., limited access to parks, poor neighborhood walkability, poor air quality, unsafe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Tips for Survey Monkey

- **Question 5** identifies challenges that may be affecting your region. If you mark a challenge as a **“Priority Issue”**, then select any of the listed 5 actions needed to address the Priority Issue. **ONLY** mark actions for challenges you have selected as a Priority Issue



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Ⓢ PAGE TITLE

This question involves two steps:

Step 1: Please mark in the left-hand column to indicate if a challenge is a Priority Issue affecting the health and well-being of your community.

Step 2: ONLY for those challenges that you've identified as a Priority Issue, please mark to indicate which of the 5 actions in the columns to the right are most needed to make a change in your community.

🔍 0

*** 5. What Challenges Exist and Which of the 5 Actions are Needed** 🔍 0

	Priority Issue	Strong Leadership and Workforce	Strategic Partnerships	Flexible and Sustainable Funding and Resources	Data, Metrics, and Analysis	Excellence in Service Delivery
Aging concerns (e.g., falls, arthritis)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aging - Independent living (e.g., long-term care, living facility, housing, transportation)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alzheimer's disease and related dementias	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alcohol use disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Opioid use disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

P5

Page Logic

More Actions

Other drug use disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chronic disease (e.g., asthma, cancer, diabetes, heart disease, hypertension, stroke)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of civic engagement (e.g., community involvement, volunteering, voting)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crime	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Education (e.g., absenteeism, graduation rates)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food insecurity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Homelessness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Housing insecurity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Infant mortality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hepatitis C	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intentional injury	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental health issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Obesity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical infrastructure (e.g., roads, sidewalks, parks, walkability)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of public transportation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexually transmitted disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Socio-economic status (e.g., poverty, income inequality)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





2019 DEMOGRAPHICS



LIVE WELL
SAN DIEGO




DEMOGRAPHIC CHARACTERISTICS



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Demographics:

- Population size
- Race/Ethnicity
- Languages spoken
- Poverty level
- and more...








City
Demographic
Profiles
2019

San Diego County

County of San Diego
Health and Human Services Agency
Public Health Services
Community Health Statistics Unit
Published May 2021

Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-Year Estimates, Table DP02.

Educational Attainment Among Population 25 Years and Older

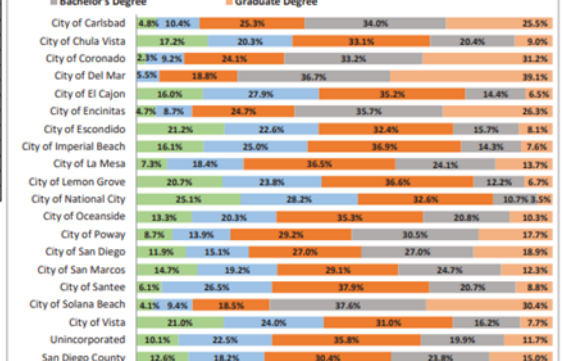
Geography	Population Age 25+	Not a High School Graduate	High School Graduate	Some College or AA/AS	Bachelor's Degree	Graduate Degree
City of Carlsbad	80,508	4.8%	10.4%	25.3%	34.0%	25.5%
City of Chula Vista	175,262	17.2%	20.3%	33.1%	20.4%	9.0%
City of Coronado	15,935	2.3%	9.2%	24.1%	33.2%	31.2%
City of Del Mar	3,626	0.0%	5.5%	18.8%	36.7%	39.1%
City of El Cajon	67,509	16.0%	27.9%	35.2%	14.4%	6.5%
City of Encinitas	46,792	4.7%	8.7%	24.7%	35.7%	26.3%
City of Escondido	99,115	21.3%	22.6%	32.4%	15.7%	8.1%
City of Imperial Beach	17,717	16.1%	25.0%	36.9%	14.3%	7.6%
City of La Mesa	42,411	7.3%	18.4%	36.5%	24.1%	13.7%
City of Lemon Grove	18,062	20.7%	23.8%	36.6%	12.2%	6.7%
City of National City	40,038	25.1%	28.2%	32.6%	10.7%	3.5%
City of Oceanside	121,592	13.3%	20.3%	35.3%	20.8%	10.3%
City of Poway	34,329	8.7%	13.9%	29.2%	30.5%	17.7%
City of San Diego	970,333	11.9%	15.1%	27.0%	24.7%	18.9%
City of San Marcos	60,352	14.7%	19.2%	29.1%	24.7%	12.3%
City of Santee	40,067	6.1%	26.5%	37.9%	20.7%	8.8%
City of Solana Beach	10,209	4.1%	9.4%	18.5%	37.6%	30.4%
City of Vista	63,921	21.0%	24.0%	31.0%	16.2%	7.7%
Unincorporated	338,793	10.1%	22.5%	35.8%	19.9%	11.7%
San Diego County	2,246,571	12.6%	18.2%	30.4%	23.8%	15.0%
California	26,471,543	16.7%	20.5%	28.9%	21.2%	12.8%
United States	220,622,076	12.0%	27.0%	28.9%	19.8%	12.4%

This indicator 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. This is different from the level of schooling that an individual is attending (enrolled in).

How to interpret these data: In 2019, nearly 9 out of 10 adults (87.4%) had at least a high school diploma or GED, while almost 2 out of 5 adults (38.8%) held a bachelor's or higher degree in San Diego County.

Education Attainment Among Population 25 Years and Older by Municipality, 2019

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




Source: U.S. Census Bureau; 2015-2019 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, 2021.

DEMOGRAPHIC CHARACTERISTICS

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Demographics:

- Population size
- Race/Ethnicity
- Languages spoken
- Poverty level
- and more...



2019

Supervisory District Demographic Profiles
San Diego County

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

Published July 2021



Poverty Level for the Population

Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-Year Estimates, Table B17024.

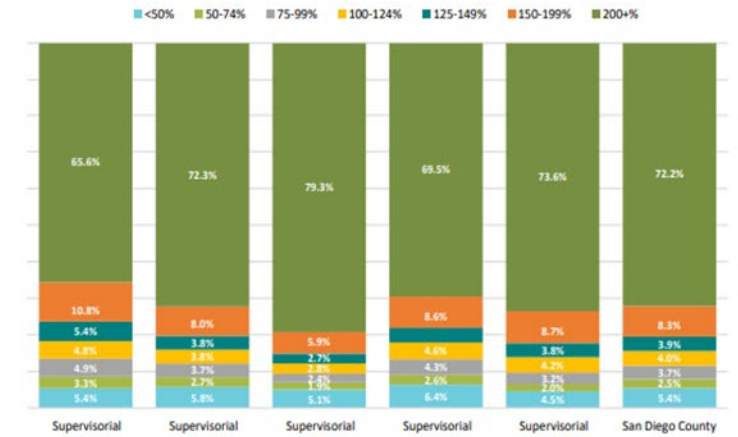
Geography	<50%	50-74%	75-99%	100-124%	125-149%	150-199%	200+%
Supervisory District 1	5.4%	3.3%	4.9%	4.8%	5.4%	10.8%	65.6%
Supervisory District 2	5.8%	2.7%	3.7%	3.8%	3.8%	8.0%	72.3%
Supervisory District 3	5.1%	1.9%	2.4%	2.8%	2.7%	5.9%	79.3%
Supervisory District 4	6.4%	2.6%	4.3%	4.6%	4.0%	8.6%	69.5%
Supervisory District 5	4.5%	2.0%	3.2%	4.2%	3.8%	8.7%	73.6%
San Diego County	5.4%	2.5%	3.7%	4.0%	3.9%	8.3%	72.2%
California	5.9%	3.1%	4.4%	4.5%	4.3%	8.8%	69.0%
United States	6.0%	3.3%	4.1%	4.3%	4.3%	8.8%	69.1%

For this indicator, data shown is the percentage of the population for whom poverty was determined at specified poverty levels. Poverty status was only determined for people not institutionalized, living in military group quarters, in college dormitories, and/or people ages 0-14 living alone or with unrelated roommates (not family).

Poverty status is determined by matching people's annual income before tax to sets of dollar amounts (also known as poverty thresholds) which will vary depending on the number of people in the family, number of children under the age of 18, and the age of householder (i.e., under age 65 or over age 65). If the annual income before tax is under the dollar amount for their threshold, the family and everyone in it living in the same household are determined to be in poverty. The income of anyone else living in the house not related, or in the family, is not considered for this threshold. In fact, these individuals would be compared to their own poverty threshold. In order to account for changes in cost of living year to year, poverty thresholds are updated every year per the Consumer Price Index (CPI-U). Poverty thresholds are the same for all geographies in the United States. While cost of living may differ geographically, these thresholds do not.

How to interpret these data: In 2019, 11.6% of the San Diego County population lived below 100% federal poverty level (FPL). Specifically, 5.4% lived under 50% FPL, 2.5% between 50-74% FPL, and 3.7% between 75-99% FPL.

Percent of Population by Poverty Level by Supervisory District, 2019



Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-Year Estimates, Table B17024.

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



LIVE WELL
SAN DIEGO







DEMOGRAPHIC CHARACTERISTICS



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Demographic Profiles

2019

San Diego County

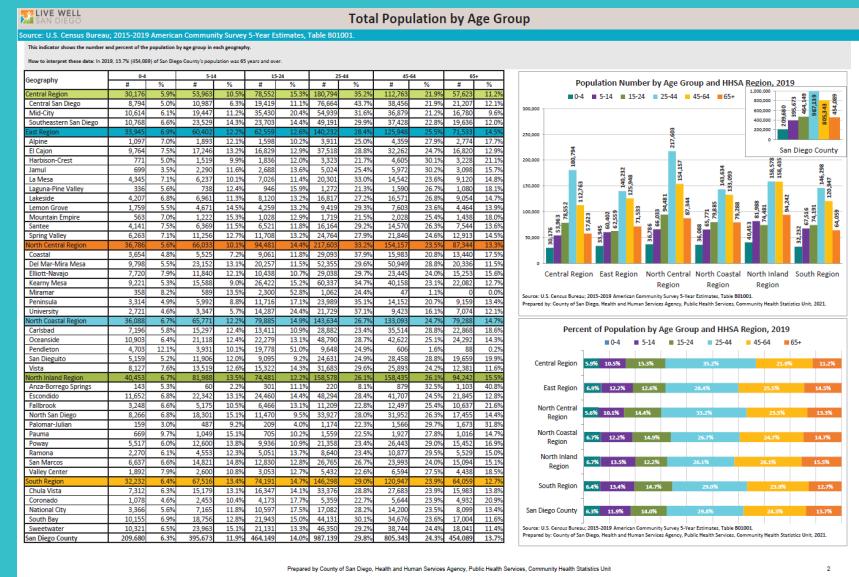
County of San Diego
Health and Human Services Agency
Public Health Services
Community Health Statistics Unit

Published May 2021



Demographics:

- Population size
- Race/Ethnicity
- Languages spoken
- Poverty level
- and more...





NORTH COASTAL REGION - INTRODUCTION

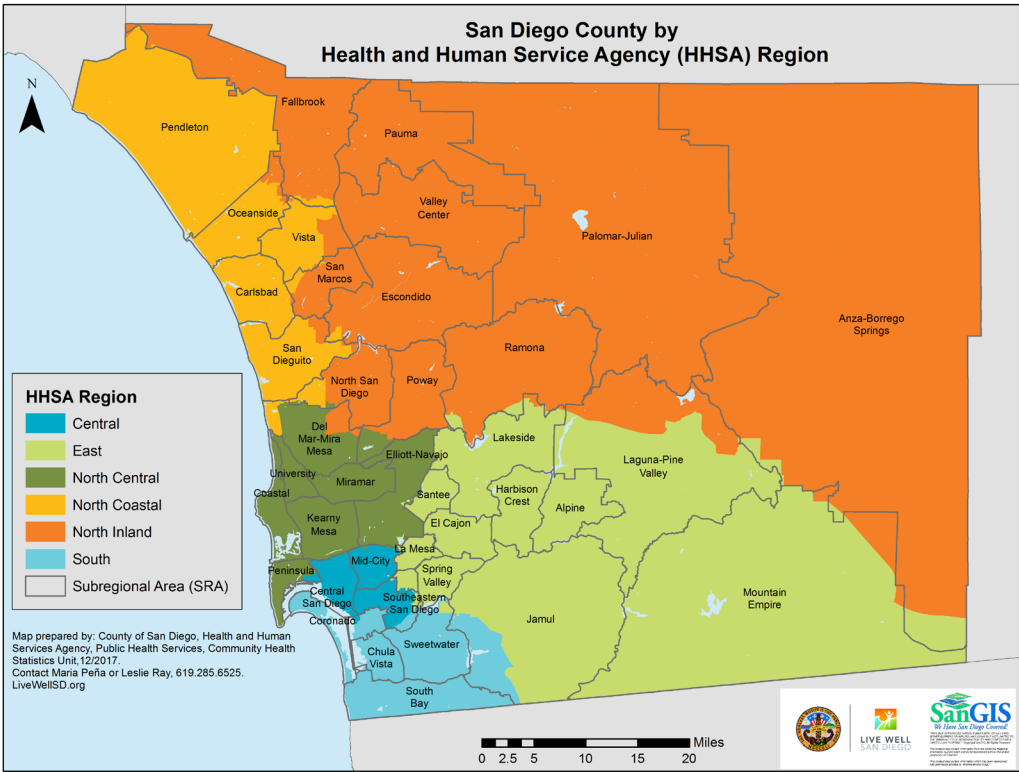
NORTH COASTAL REGION

Subregional Areas

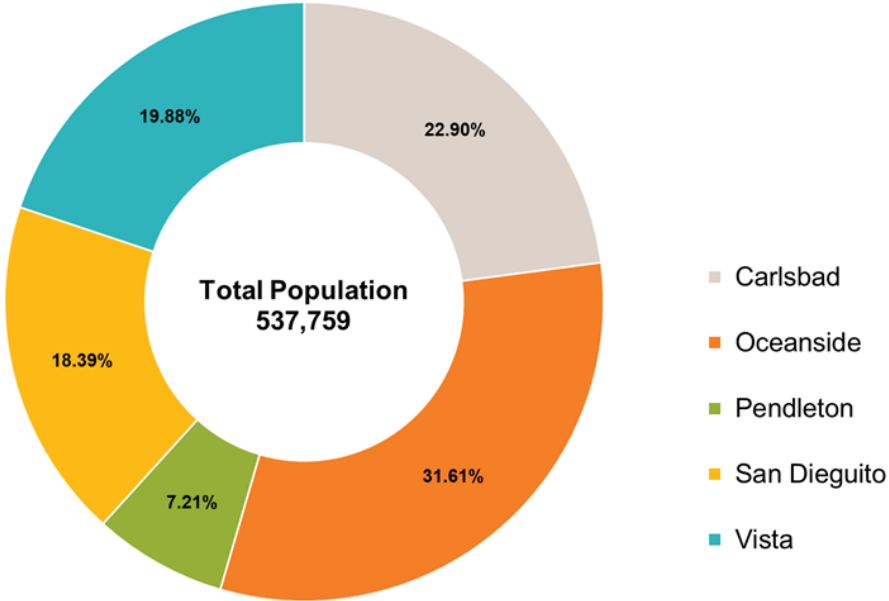
In 2019, **North Coastal Region** was home to an estimated **537,759 residents**, representing **16.2%** of San Diego County population (3,316,073).

Carlsbad, Oceanside, Pendleton, San Dieguito, Vista

COMMUNITIES IN YOUR REGION



North Coastal Region Population Distribution by Subregional Areas, 2019



Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table B01001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.





NORTH INLAND REGION - INTRODUCTION

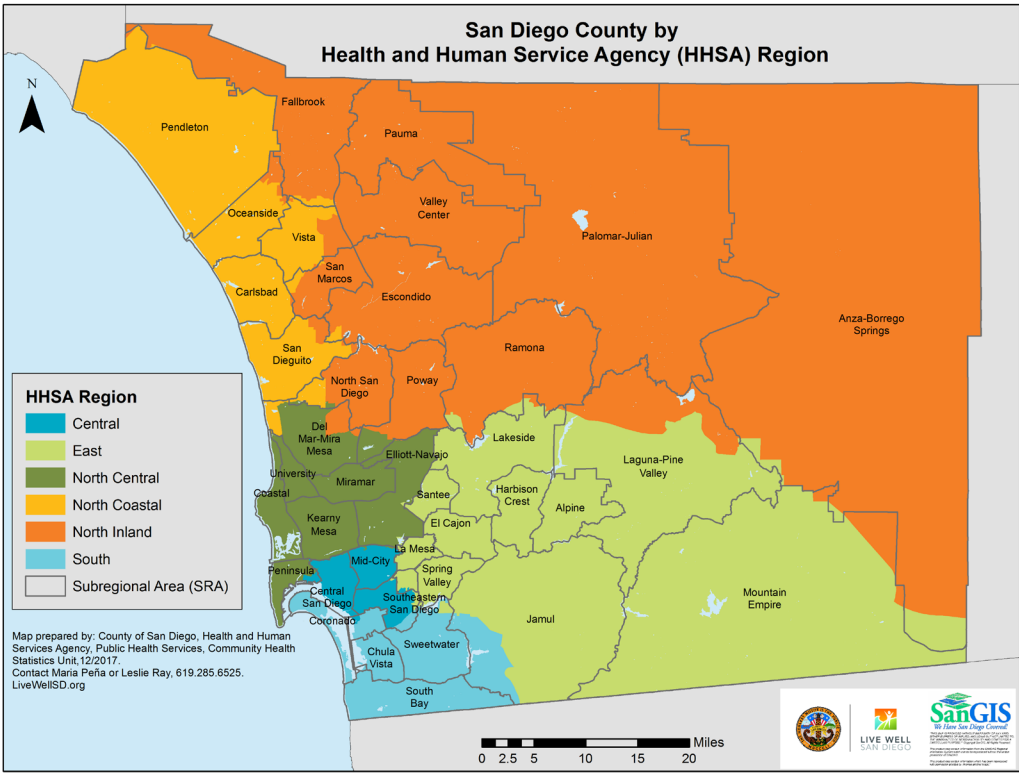
NORTH INLAND REGION

In 2019, **North Inland Region** was home to an estimated **608,177 residents**, representing **18.3%** of San Diego County population (3,316,073).

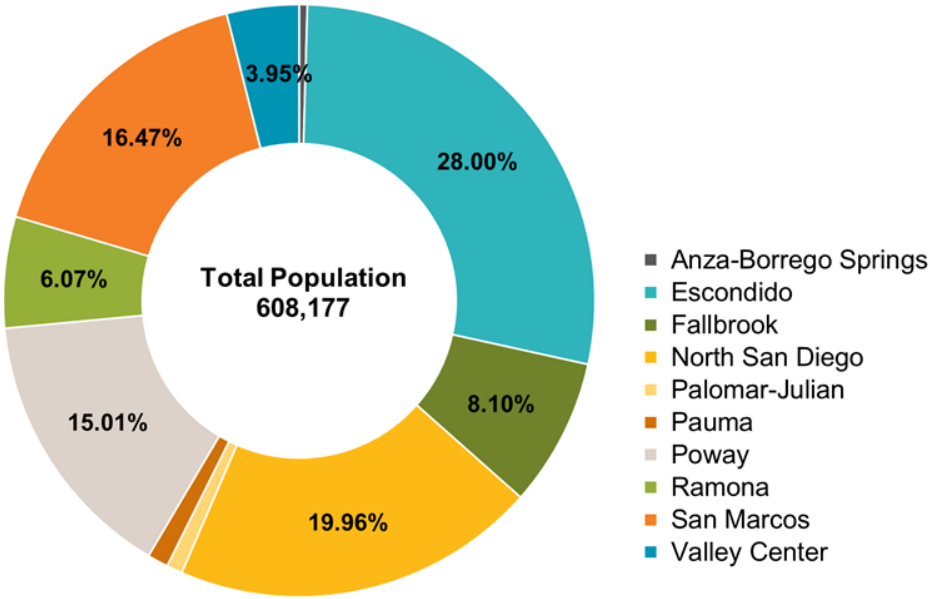
Subregional Areas

Anza-Borrego Springs, Escondido, Fallbrook, North San Diego, Palomar-Julian, Pauma, Poway, Ramona, San Marcos, Valley Center

COMMUNITIES IN YOUR REGION



North Inland Region Population Distribution by Subregional Areas, 2019



Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table B01001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.



NORTH COASTAL REGION POPULATION DISTRIBUTION BY AGE

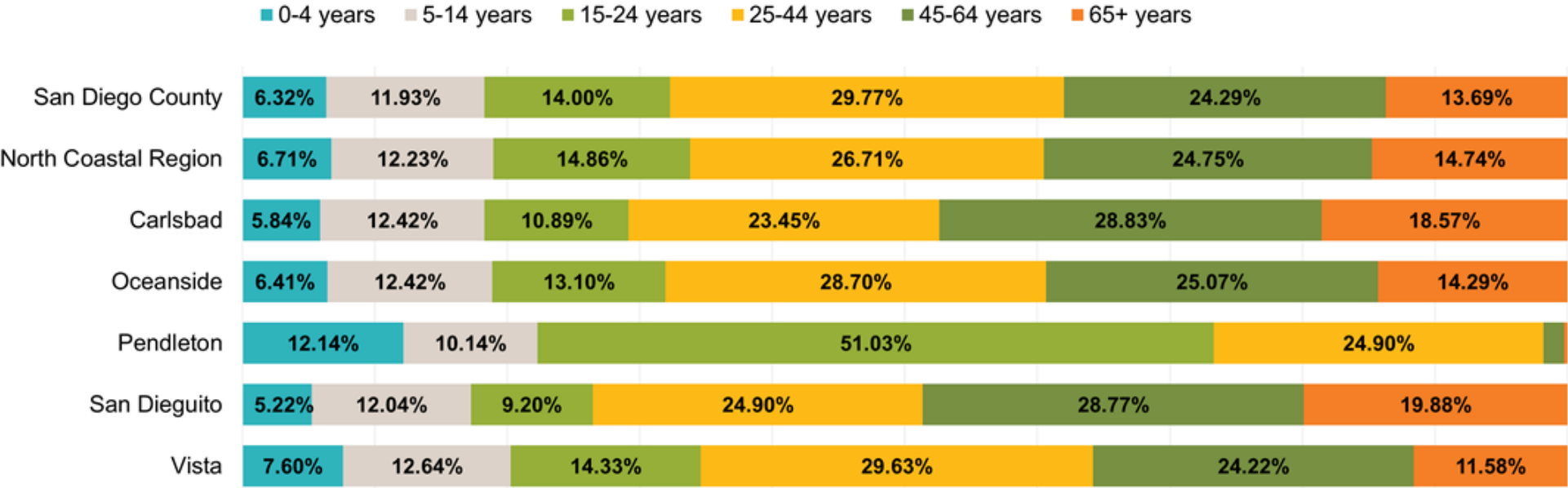


In 2019, adults aged **25-44 years old** constituted the **highest** proportion of North Coastal Region residents (**26.71%**).

45-64 years old constituted the **second highest** proportion of North Coastal Region residents (**24.75%**) in 2019.

In 2019, **Vista SRA** had the **highest** proportion of adults aged **25-44 years old** (**29.63%**) in North Coastal Region.

Percent of Population by Age Group in San Diego County and North Coastal Region Subregional Areas, 2019



Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table S0101.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.



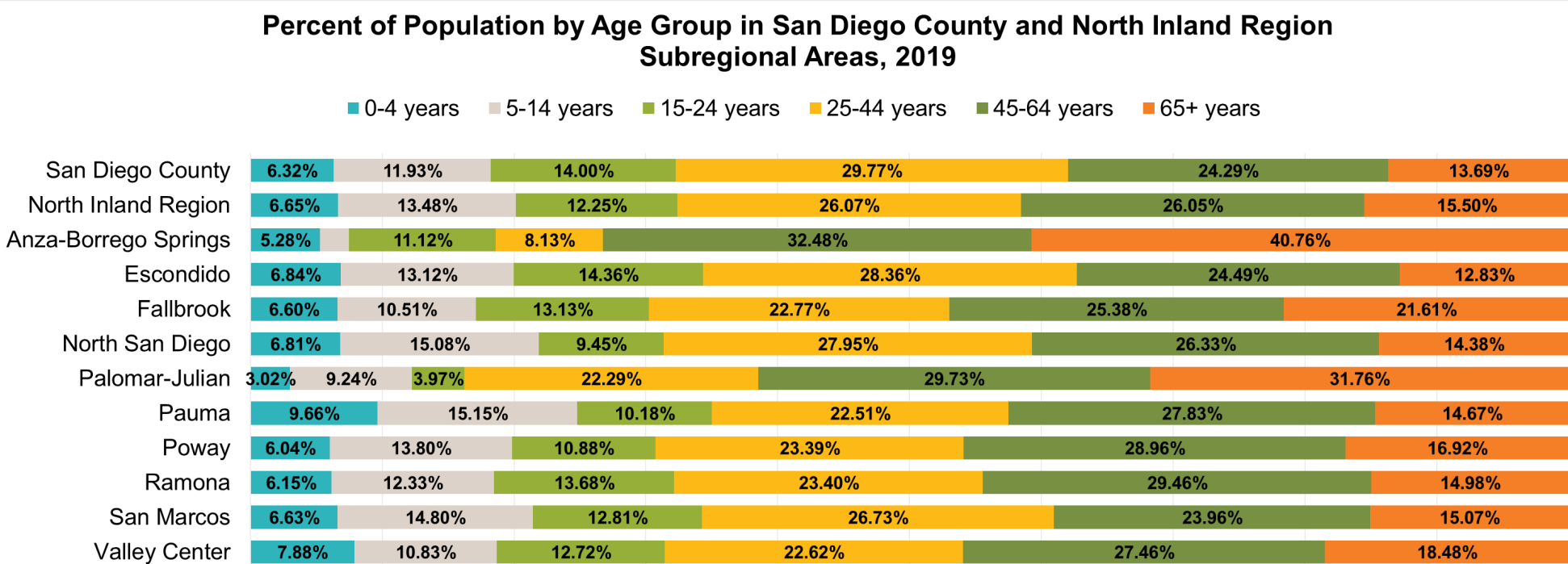
NORTH INLAND REGION POPULATION DISTRIBUTION BY AGE



In 2019, adults aged **25-44 years old** constituted the **highest** proportion of North Inland Region residents (**26.07%**).

45-64 years old constituted the **second highest** proportion of North Inland Region residents (**26.05%**) in 2019.

In 2019, **Escondido SRA** had the **highest** proportion of adults aged **25-44 years old (28.36%)** in North Inland Region.



Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table S0101.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table S0101.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.





NORTH COASTAL REGION POPULATION DISTRIBUTION BY RACE/ETHNICITY

Geography	Hispanic	White	Black	API*	AIAN**	Other
San Diego County	33.70%	45.56%	4.71%	12.01%	0.38%	3.64%
North Coastal Region	29.80%	57.36%	2.98%	6.17%	0.40%	3.28%
Carlsbad	15.84%	71.58%	0.86%	7.96%	0.14%	3.62%
Oceanside	38.03%	45.09%	4.51%	7.60%	0.46%	4.30%
Pendleton	28.57%	57.66%	8.67%	2.28%	1.19%	1.63%
San Dieguito	13.73%	77.21%	0.76%	4.98%	0.36%	2.96%
Vista	48.11%	42.03%	2.99%	4.33%	0.35%	2.19%

The community with the highest proportion of **Hispanic residents** was Vista SRA (48.11%) and the lowest was San Dieguito SRA (13.73%).

The community with the highest proportion of **black residents** was Pendleton SRA (8.67%) and the lowest was San Dieguito SRA (0.76%).

*API-Asian/Pacific Islander **AIAN-American Indian/Alaska Native.
Source: U.S. Census Bureau; 2015-2019 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, 2021.

 Indicates highest Race/Ethnicity proportion within each geography





NORTH INLAND REGION POPULATION DISTRIBUTION BY RACE/ETHNICITY

Geography	Hispanic	White	Black	API*	AIAN**	Other
San Diego County	33.70%	45.56%	4.71%	12.01%	0.38%	3.64%
North Inland Region	30.61%	50.30%	1.87%	12.63%	0.71%	3.88%
Anza-Borrego Springs	22.58%	70.88%	5.10%	0.04%	0.00%	1.40%
Escondido	48.22%	39.09%	1.95%	7.27%	0.15%	3.33%
Fallbrook	38.26%	54.76%	1.77%	3.02%	0.31%	1.88%
North San Diego	11.18%	52.32%	2.06%	28.80%	0.20%	5.44%
Palomar-Julian	12.30%	75.28%	0.70%	1.10%	9.30%	1.31%
Pauma	24.30%	45.57%	2.99%	4.97%	19.32%	2.84%
Poway	14.15%	61.57%	1.69%	17.66%	0.07%	4.86%
Ramona	27.37%	66.58%	0.82%	2.24%	0.26%	2.74%
San Marcos	38.99%	44.83%	2.33%	9.55%	0.63%	3.67%
Valley Center	27.57%	58.89%	0.54%	4.45%	4.39%	4.15%

The community with the highest proportion of **Hispanic residents** was Escondido SRA (48.22%) and the lowest was North San Diego SRA (11.18%).

The community with the highest proportion of **black residents** was Anza-Borrego Springs SRA (5.10%) and the lowest was Valley Center SRA (0.54%).

*API-Asian/Pacific Islander.
**AIAN-American Indian/Alaska Native.
Source: U.S. Census Bureau; 2015-2019 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, 2021.

 Indicates highest Race/Ethnicity proportion within each geography

NORTH COASTAL REGION LANGUAGE*



Geography	Speak English Only	Speak a Non-English Language at Home and Speak English "very well"	Speak Spanish and English less than "very well"	Speak API** Language and English less than "very well"	Speak Other Language and English less than "very well"
San Diego County	62.40%	23.87%	8.65%	3.42%	1.66%
North Coastal Region	73.03%	17.82%	6.95%	1.40%	0.80%
Carlsbad	81.55%	12.84%	3.10%	1.51%	1.01%
Oceanside	65.55%	21.91%	9.55%	2.08%	0.92%
Pendleton	88.71%	9.64%	1.62%	0.00%	0.02%
San Dieguito	83.26%	12.01%	2.89%	0.85%	0.99%
Vista	59.96%	25.43%	12.95%	1.20%	0.46%

In 2019, nearly **three-fourths of the population aged 5 years and older (73.03%)** in North Coastal Region spoke **only English** at home.

In 2019, over **1 out of 5 residents aged 5 years and older (17.82%)** spoke **English "very well" and another language at home** in North Coastal Region.

*Among population 5 years and older **Asian/Pacific Islander.

Source: U.S. Census Bureau; 2015-2019 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, 2021.



NORTH INLAND REGION LANGUAGE*



Geography	Speak English Only	Speak a Non-English Language at Home and Speak English "very well"	Speak Spanish and English less than "very well"	Speak API** Language and English less than "very well"	Speak Other Language and English less than "very well"
San Diego County	62.40%	23.87%	8.65%	3.42%	1.66%
North Inland Region	66.93%	20.64%	7.89%	3.18%	1.36%
Anza-Borrego Springs	76.82%	15.76%	7.41%	0.00%	0.00%
Escondido	58.14%	24.16%	14.82%	2.17%	0.72%
Fallbrook	69.45%	19.39%	9.78%	0.61%	0.77%
North San Diego	66.04%	23.68%	1.03%	6.38%	2.87%
Palomar-Julian	93.52%	4.40%	1.59%	0.49%	0.00%
Pauma	79.56%	12.95%	5.23%	2.16%	0.11%
Poway	73.38%	16.94%	2.73%	4.78%	2.18%
Ramona	81.74%	11.84%	5.51%	0.54%	0.38%
San Marcos	63.92%	21.91%	10.58%	2.80%	0.79%
Valley Center	82.90%	11.79%	3.86%	0.32%	1.13%

In 2019, **66.93%** of the residents aged 5 years and older in North Inland Region spoke **only English** at home.

In 2019, just over **1 out of 5** residents aged 5 years and older (20.64%) spoke **English "very well"** and another **language at home** in North Inland Region.

Among North Inland Region SRAs, proportion of residents speaking **only English** at home was **highest in Palomar-Julian** (93.50%) and **lowest in Escondido** (58.14%).

*Among population 5 years and older **Asian/Pacific Islander.

Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP02.

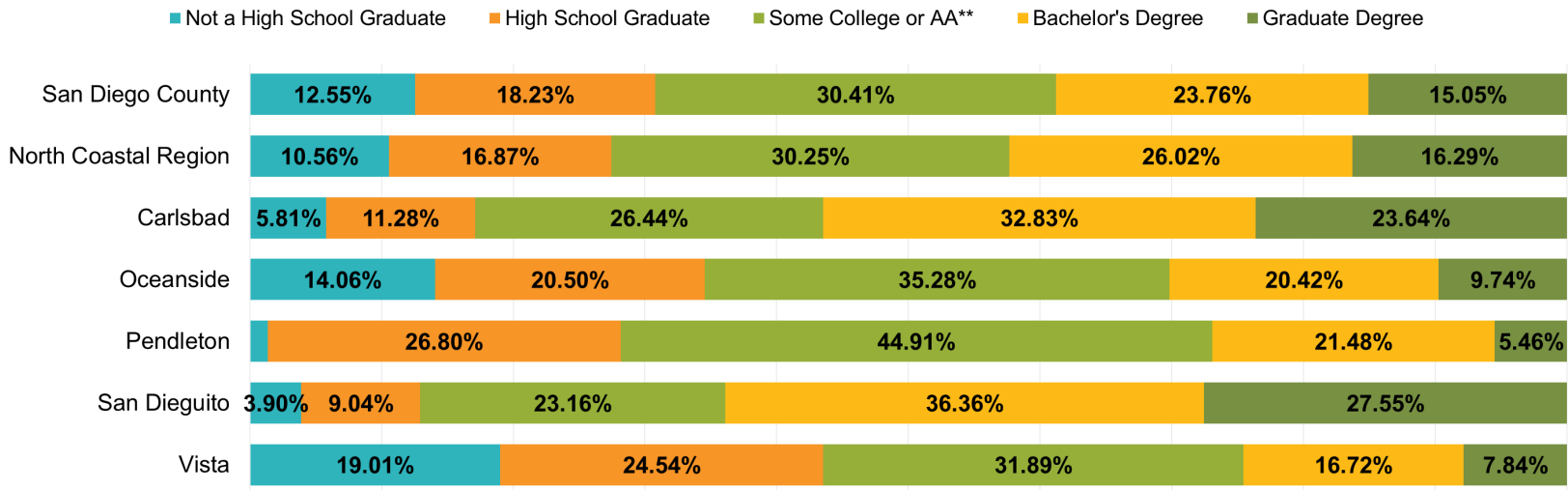
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.



NORTH COASTAL REGION EDUCATIONAL ATTAINMENT*



Educational Attainment* in San Diego County and North Coastal Region
Subregional Areas, 2019



*Among population 25 years and older. **Includes Some college, no degree and Associate's degree.
Source: U.S. Census Bureau; 2015-2019 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, 2021.

*Among population 25 years and older. **Includes Some college, no degree and Associate's degree.
Source: U.S. Census Bureau; 2015-2019 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, 2021.



Educational attainment in North Coastal Region

Nearly 9 out of 10 adults 25 years and older (89.44%) had at least a high school diploma in North Coastal Region in 2019.

Over 2 out of 5 adults 25 years and older (42.31%) held a bachelor's or higher degree in North Coastal Region in 2019.

In North Coastal Region, the proportion of adults 25 years and older **without a high school diploma** was **highest in Vista SRA (19.01%)** and **lowest in Pendleton SRA (1.34%)** in 2019.

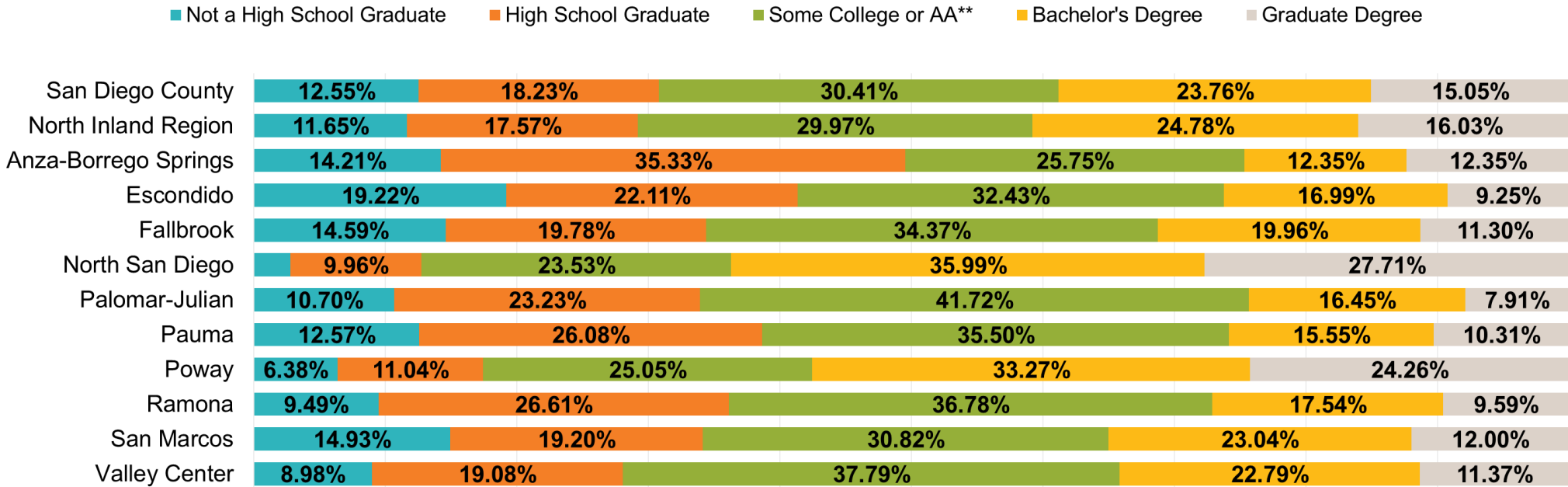


NORTH INLAND REGION EDUCATIONAL ATTAINMENT*



Educational attainment in North Inland Region

Educational Attainment* in San Diego County and North Inland Region Subregional Areas, 2019



In 2019, nearly **9 out of 10 adults** 25 years and older (88.35%) had **at least a high school diploma** in North Inland Region

Just over **2 out of 10 adults** 25 years and older (40.81%) held a **bachelor's or higher degree** in North Inland Region in 2019.

In North Inland Region, the proportion of adults 25 years and older **without a high school diploma** was **highest in Escondido SRA (19.22%)** and **lowest in North San Diego SRA (2.80%)** in 2019.

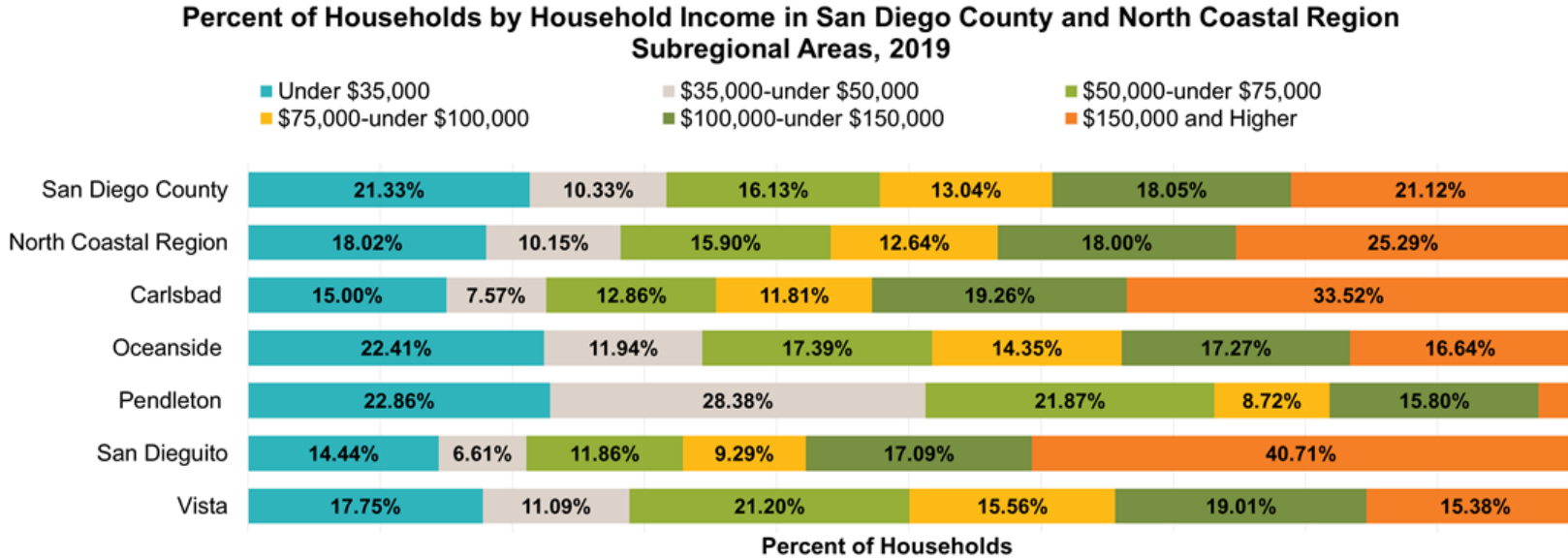
*Among population 25 years and older. **Includes Some college, no degree and Associate's degree.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.



NORTH COASTAL REGION HOUSEHOLD INCOME



HOUSEHOLD INCOME



Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

In 2019, nearly **1 out of 5 households** (18.02%) in North Coastal Region had an **annual income of less than \$35,000**.

In North Coastal Region, the proportion of households with an annual income of less than \$35,000 was highest in **Pendleton SRA** in 2019.

MEDIAN HOUSEHOLD INCOME

Geography	Median Household Income
San Diego County	\$78,980
North Coastal Region	\$92,593
Carlsbad	\$104,933
Oceanside	\$74,550
Pendleton	\$49,578
San Dieguito	\$126,320
Vista	\$75,455

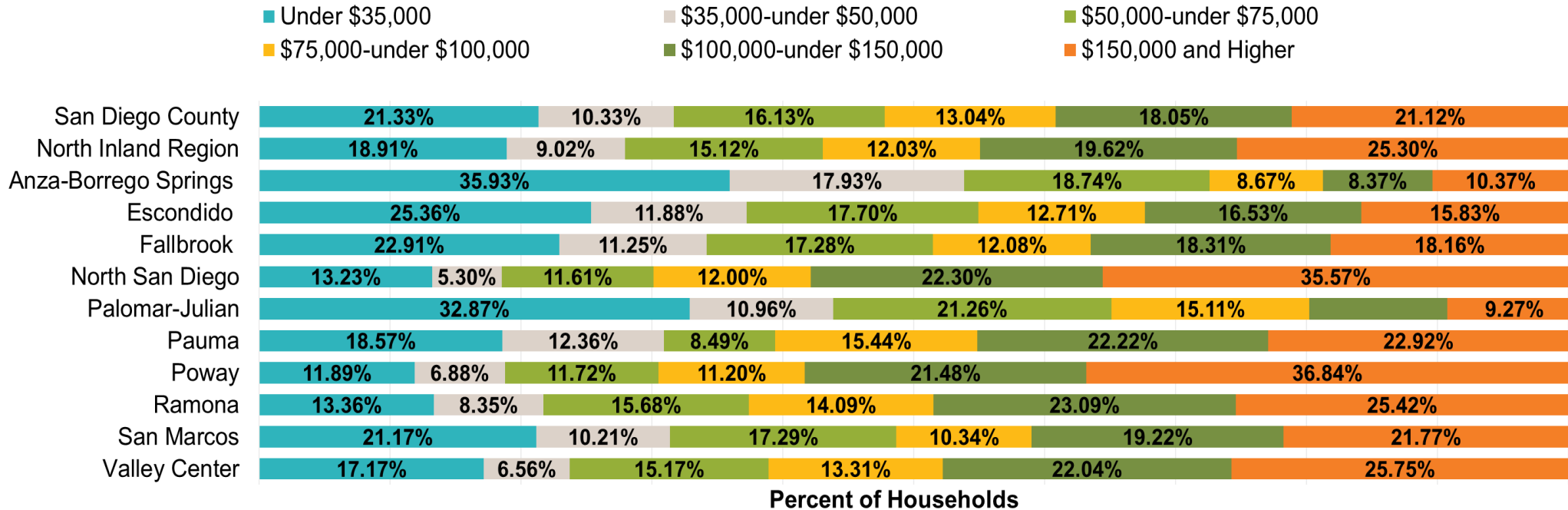
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.



NORTH INLAND REGION HOUSEHOLD INCOME



Percent of Households by Household Income in San Diego County and North Inland Region Subregional Areas, 2019



HOUSEHOLD INCOME

In 2019, nearly **1 out of 5 households** (18.91%) in North Inland Region had an **annual income of less than \$35,000**.

Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

In 2019, among North Inland Region SRAs, **Anza-Borrego Springs** had the **highest** proportion of households with an **annual income of less than \$35,000**



NORTH INLAND REGION MEDIAN HOUSEHOLD INCOME

Geography	Median Household Income
San Diego County	\$78,980
North Inland Region	\$92,061
Anza-Borrego Springs	\$45,952
Escondido	\$ 74,979
Fallbrook	\$74,342
North San Diego	\$110,585
Palomar-Julian	\$54,357
Pauma	\$95,164
Poway	\$ 125,587
Ramona	\$ 97,746
San Marcos	\$79,441
Valley Center	\$92,959

MEDIAN HOUSEHOLD INCOME

In 2019, the **median household income** in North Inland Region was **\$92,061**.

Among North Inland Region SRAs, the **median household income** was **lowest in Anza-Borrego Springs (\$45,952)** and **highest in Poway (\$125,587)**.

Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.



NORTH COASTAL REGION POVERTY & UNEMPLOYMENT



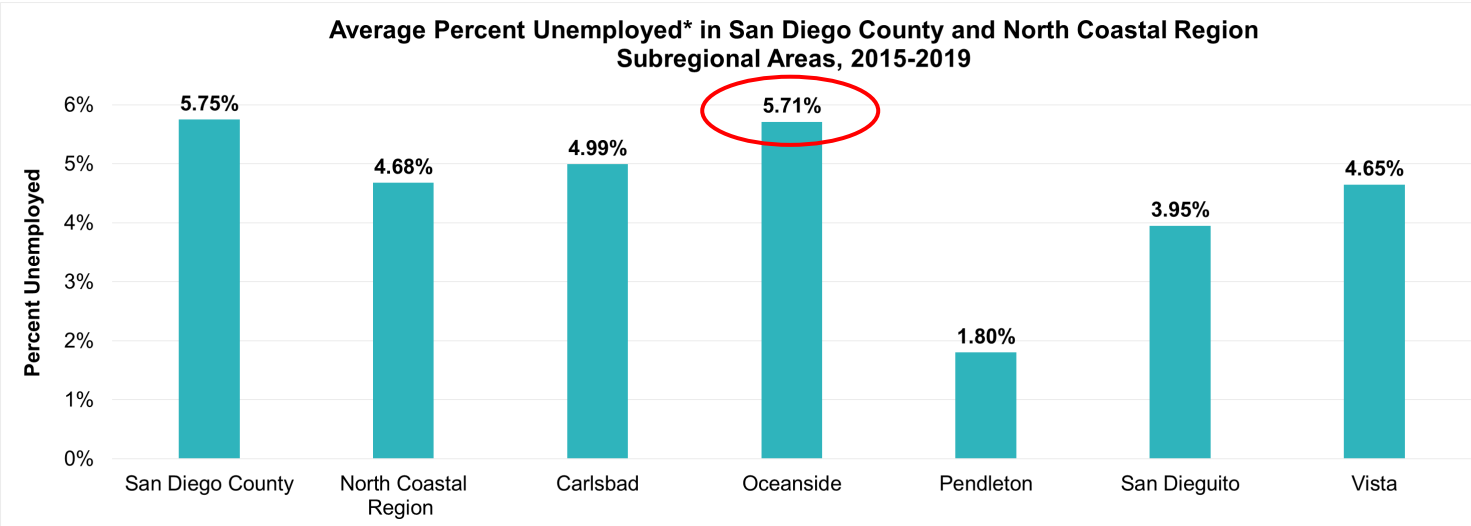
POVERTY

Geography	% Population below 200% federal poverty level (FPL)
San Diego County	27.82%
North Coastal Region	24.07%
Carlsbad	16.09%
Oceanside	28.45%
Pendleton	43.64%
San Dieguito	14.43%
Vista	31.19%

Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table S1701.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

In North Coastal Region, **Pendleton SRA** had the highest proportion of population living below 200% FPL (43.64%) in 2019.

UNEMPLOYMENT



*Percent unemployed of population 16 years and over in labor force. Labor force includes residents employed, unemployed, and in Armed Forces.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

In North Coastal Region, the **average unemployment rate** was **highest in Oceanside SRA (5.71%)** between 2015-2019.



NORTH INLAND REGION POVERTY & UNEMPLOYMENT

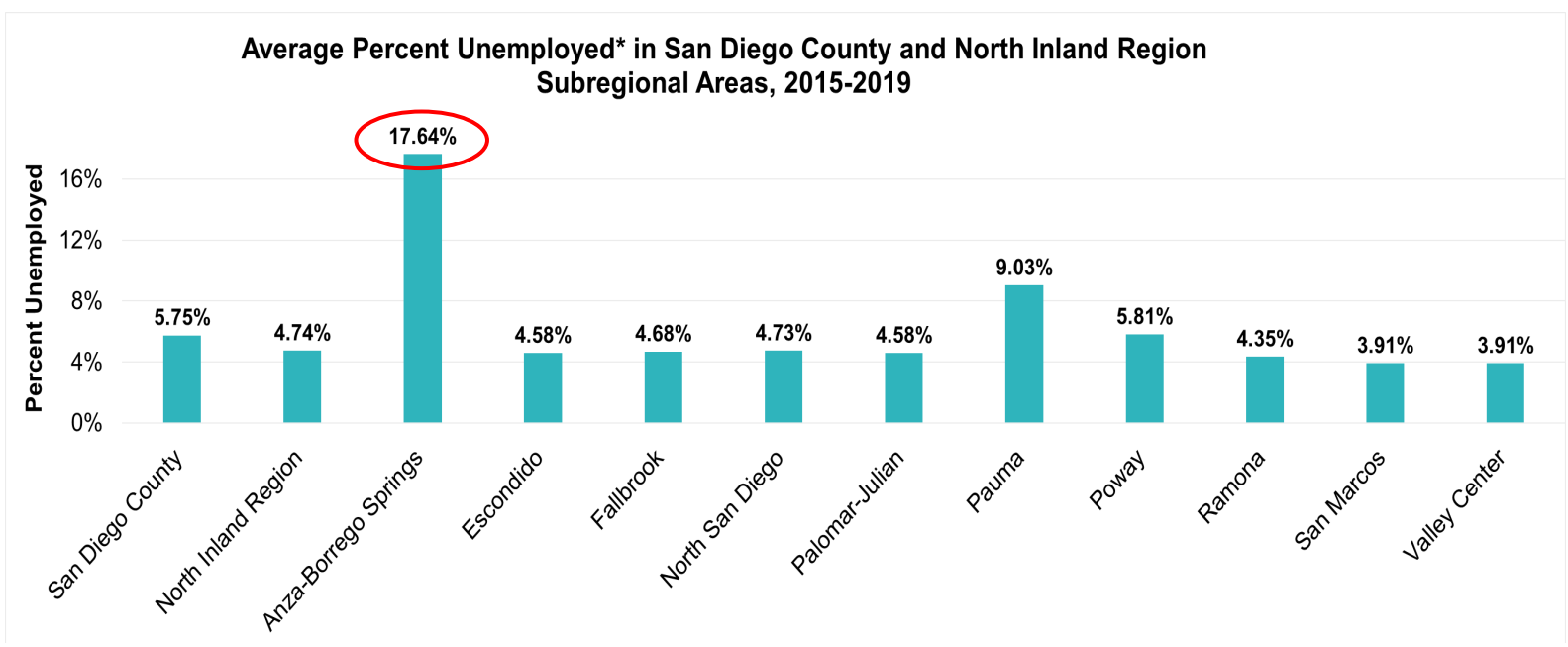


POVERTY

Geography	% Population below 200% federal poverty level (FPL)
San Diego County	27.82%
North Inland Region	23.93%
Anza-Borrego Springs	38.05%
Escondido	35.14%
Fallbrook	29.24%
North San Diego	12.68%
Palomar-Julian	35.17%
Pauma	31.44%
Poway	13.16%
Ramona	16.87%
San Marcos	27.65%
Valley Center	20.81%

Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table S1701.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

UNEMPLOYMENT



*Percent unemployed of population 16 years and over in labor force. Labor force includes residents employed, unemployed, and in Armed Forces.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

In North Inland Region, the **average unemployment rate** was **highest** in **Anza-Borrego Springs SRA (17.64%)** between 2015-2019.

In North Inland Region, **Anza-Borrego Springs SRA** had the highest proportion of population living below 200% FPL (38.05%) in 2019.

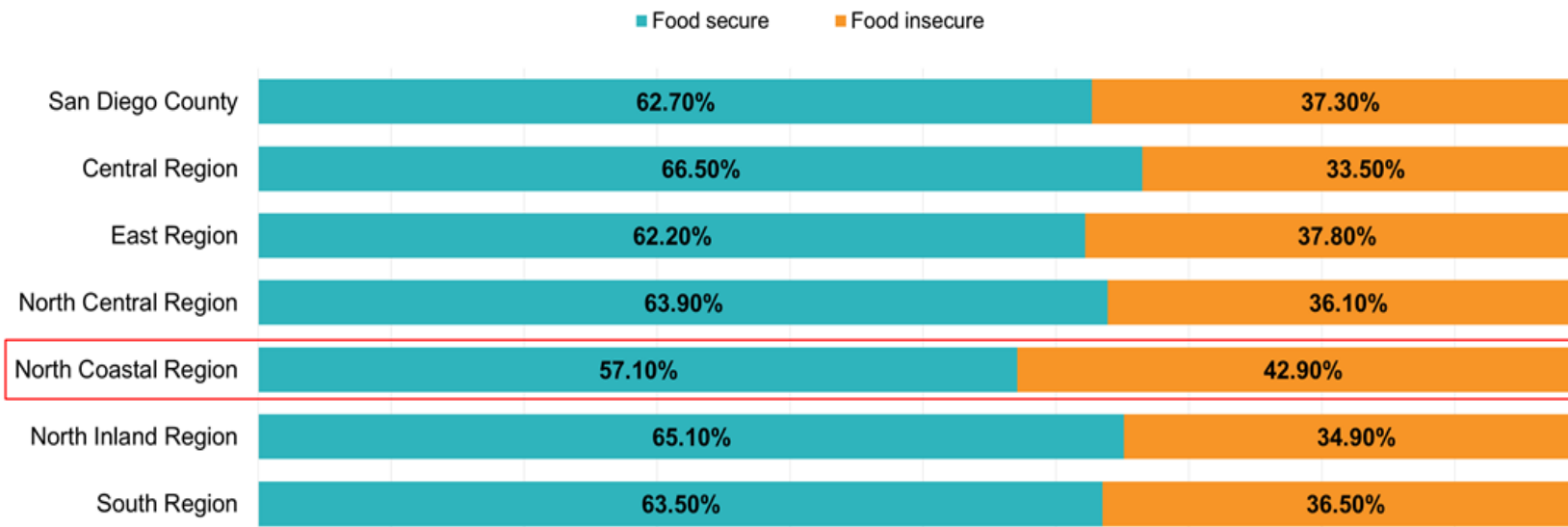


NORTH COASTAL REGION FOOD SECURITY*



FOOD SECURITY* AMONG ADULTS WITH INCOME LESS THAN 200% FEDERAL POVERTY LEVEL

Food Security* in San Diego County and HHSA Regions, 2017-2019



On average, 2 out of 5 adults with income less than 200% FPL, reported an inability to afford enough food in North Coastal Region between 2017-2019.

Additionally, between 2017-2019, the proportion of adults with income less than 200% FPL reporting food insecurity was highest in North Coastal Region, among HHSA regions.

*Among adults whose income is less than 200% of the Federal Poverty Level.
Source: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2017-2019.
Food security (ability to afford enough food) (San Diego County Health Regions).
Available at <http://ask.chis.ucla.edu>. Exported on April 21, 2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

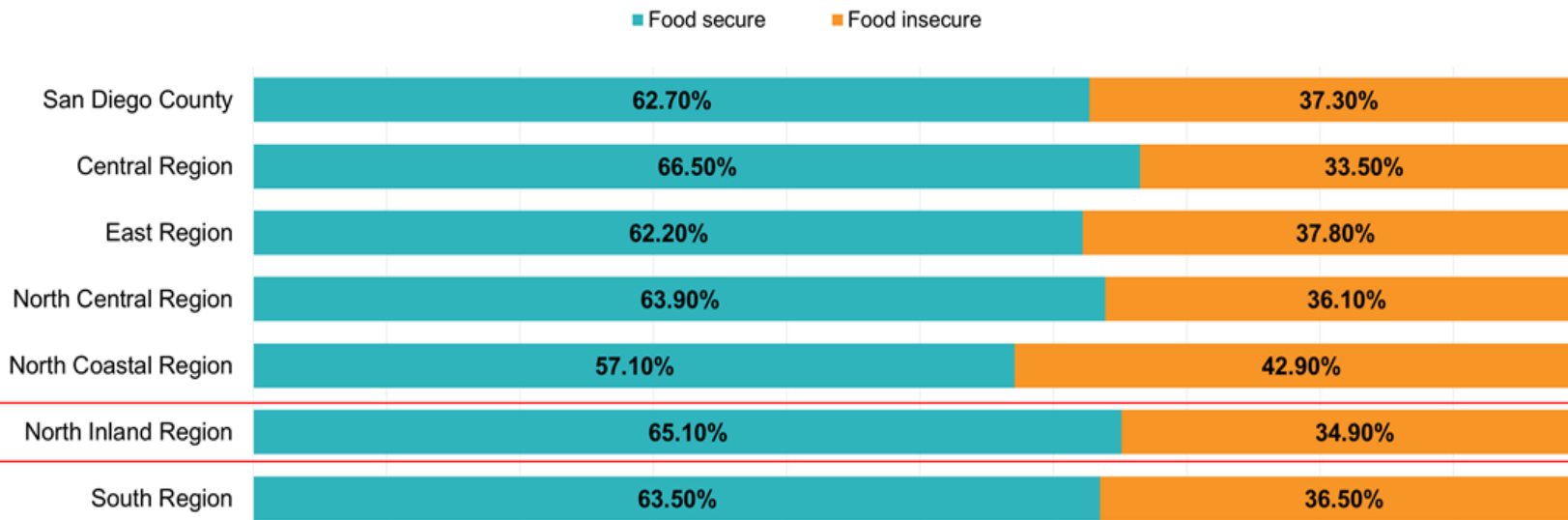


NORTH INLAND REGION FOOD SECURITY*



FOOD SECURITY* AMONG ADULTS WITH INCOME LESS THAN 200% FEDERAL POVERTY LEVEL

Food Security* in San Diego County and HHSA Regions, 2017-2019



On average, over 3 out of 10 adults with income less than 200% FPL, reported an inability to afford enough food in North Inland Region between 2017-2019.

Additionally, between 2017-2019, the proportion of adults with income less than 200% FPL reporting food insecurity was second lowest in North Inland Region, among HHSA regions.

*Among adults whose income is less than 200% of the Federal Poverty Level.
Source: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2017-2019.
Food security (ability to afford enough food) (San Diego County Health Regions).
Available at <http://ask.chis.ucla.edu>. Exported on April 21, 2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.



NORTH COASTAL REGION ACCESS TO HEALTHCARE



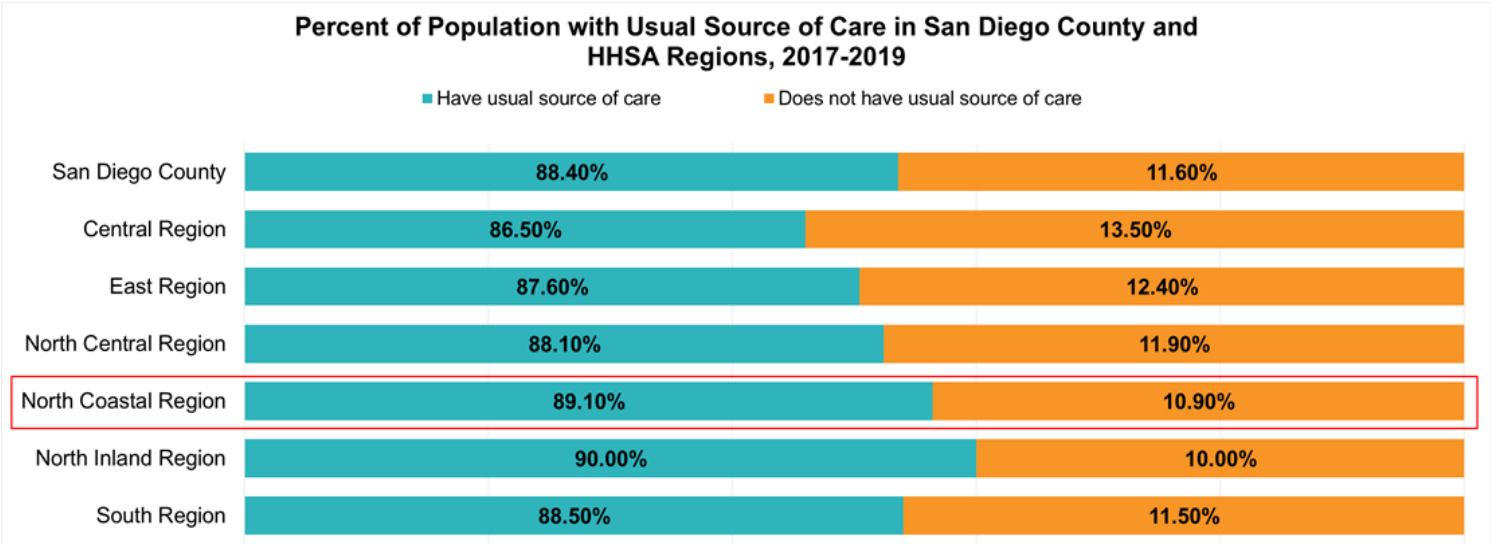
HEALTH INSURANCE (HI)

Geography	% with HI	% with no HI
San Diego County	92.16%	7.84%
North Coastal Region	92.27%	7.73%
Carlsbad	94.63%	5.37%
Oceanside	90.42%	9.58%
Pendleton	99.79%	0.21%
San Dieguito	94.88%	5.12%
Vista	88.74%	11.26%

Source: U.S. Census Bureau; 2015-2019 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, 2021.

Among North Coastal Region SRAs, Vista had the highest proportion of residents with no health insurance (11.26%) followed by Oceanside (9.58%).

USUAL SOURCE OF CARE



Source: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2017-2019. Usual Source of Care (San Diego County Health Regions). Available at <http://ask.chis.ucla.edu>. Exported on April 21, 2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

North Coastal Region residents were more likely to report having a usual place to go when sick or needing health advice compared to most other HHSA regions, except North Inland Region.



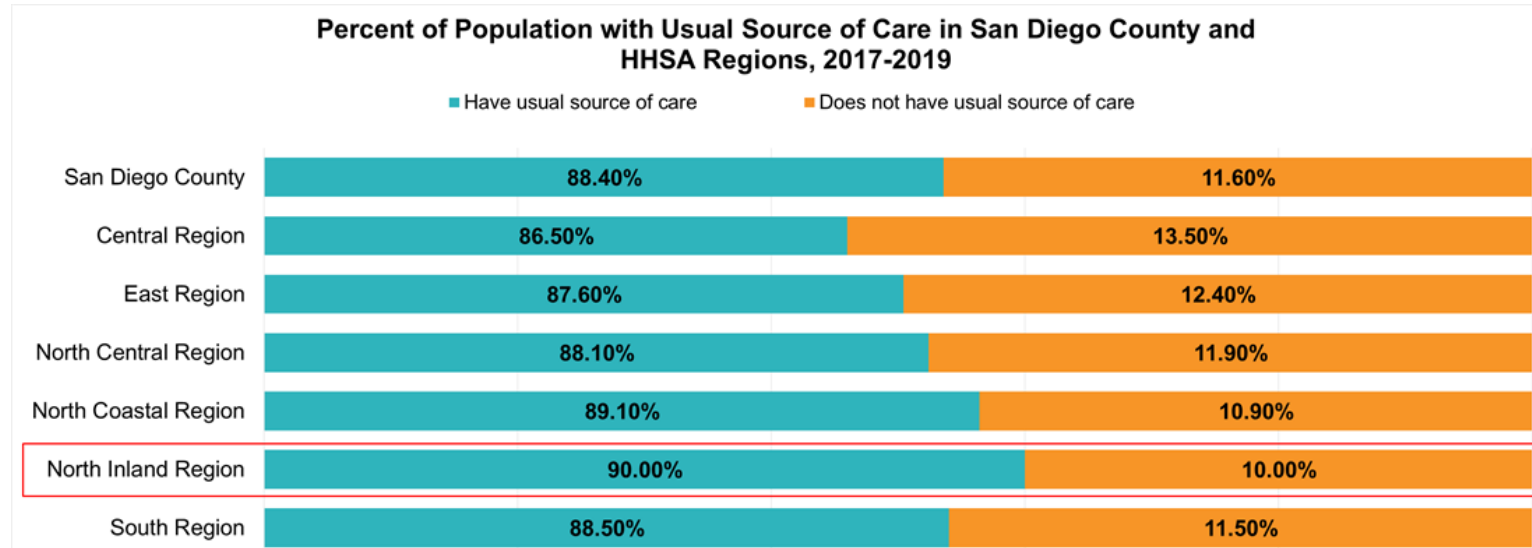
NORTH INLAND REGION ACCESS TO HEALTHCARE



HEALTH INSURANCE (HI)

Geography	% with HI	% with no HI
San Diego County	92.16%	7.84%
North Inland Region	92.70%	7.30%
Anza-Borrego Springs	98.59%	1.41%
Escondido	88.22%	11.78%
Fallbrook	90.74%	9.26%
North San Diego	97.22%	2.78%
Palomar-Julian	91.70%	8.30%
Pauma	85.16%	14.84%
Poway	96.82%	3.18%
Ramona	93.29%	6.71%
San Marcos	91.98%	8.02%
Valley Center	93.89%	6.11%

USUAL SOURCE OF CARE



Source: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2017-2019.

Usual Source of Care (San Diego County Health Regions). Available at <http://ask.chis.ucla.edu>. Exported on April 21, 2021.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

North Inland Region residents were more likely to report having a usual place for health care compared to any other HHSA region.

Among North Inland Region SRAs, Pauma had the highest proportion of residents with no health insurance (14.84%), followed by Escondido (11.78%).



Source: U.S. Census Bureau; 2015-2019 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, 2021.

NORTH COASTAL REGION

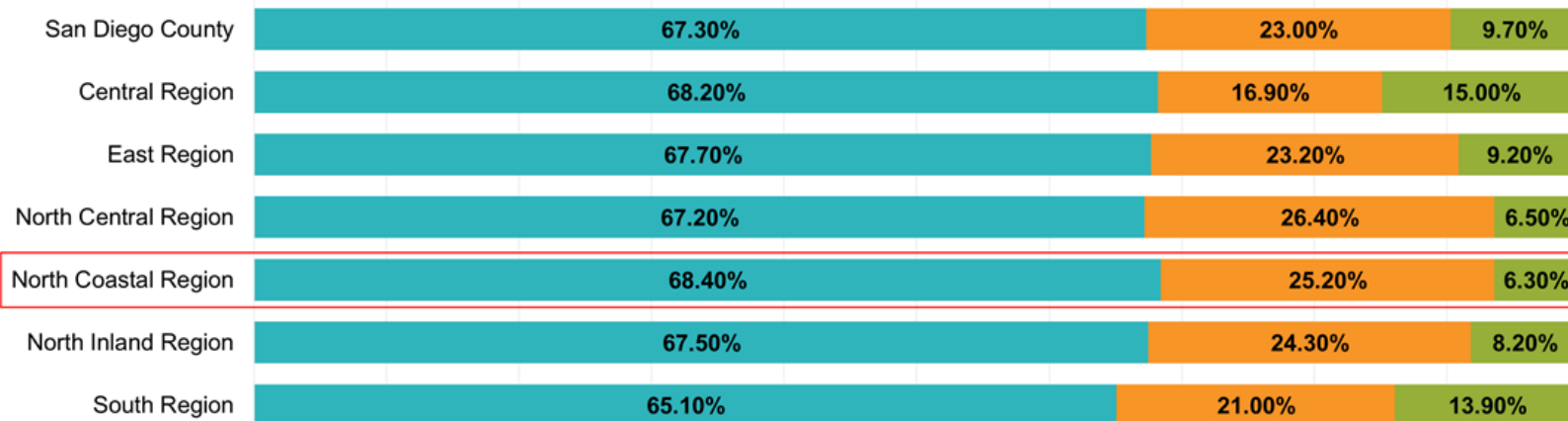
SELF-REPORTED HEALTH STATUS & DISABILITY



SELF-REPORTED HEALTH STATUS

Health Status (self-reported) in San Diego County and HHSA Regions, 2019

■ Excellent/Very Good ■ Good ■ Fair/Poor



Source: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2017-2019. Health Status (San Diego County Health Regions). Available at <http://ask.chis.ucla.edu>. Exported on April 21, 2021.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

Among HHSA regions, North Coastal Region had the lowest proportion of residents reporting fair or poor health (6.3%) in 2019.

DISABILITY

Geography	Disability %
San Diego County	9.88%
North Coastal Region	9.30%
Carlsbad	9.37%
Oceanside	11.72%
Pendleton	5.83%
San Dieguito	8.05%
Vista	7.12%

Source: U.S. Census Bureau; 2015-2019 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, 2021.



NORTH INLAND REGION

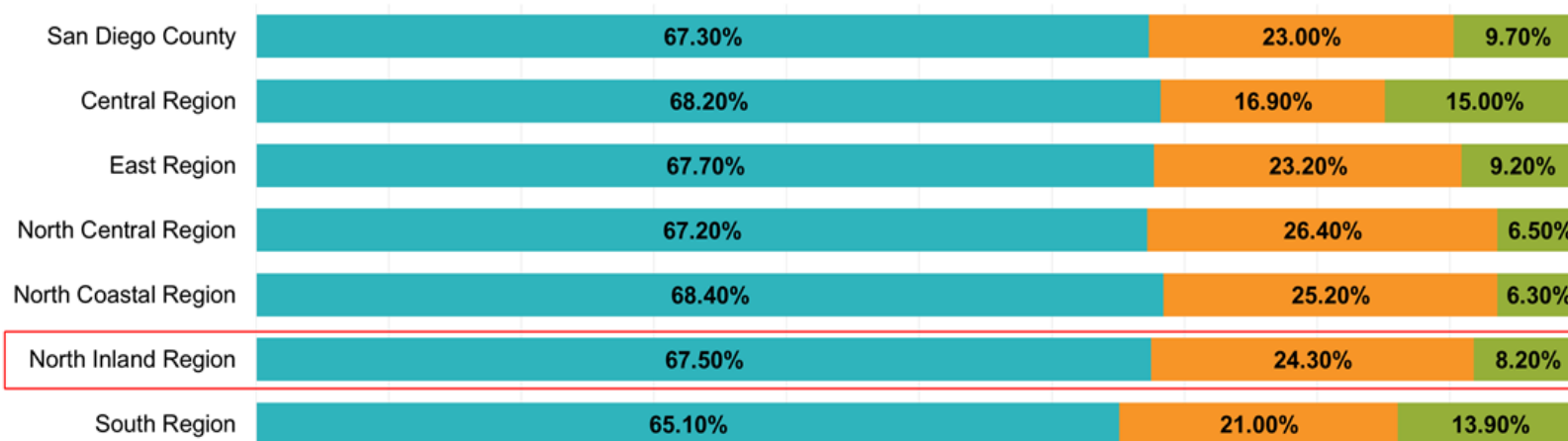
SELF-REPORTED HEALTH STATUS & DISABILITY



SELF-REPORTED HEALTH STATUS

Health Status (self-reported) in San Diego County and HHSA Regions, 2019

■ Excellent/Very Good ■ Good ■ Fair/Poor



Source: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2017-2019. Health Status (San Diego County Health Regions).

Available at <http://ask.chis.ucla.edu>. Exported on April 21, 2021.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

In 2019, nearly 7 out of 10 residents (67.50%) in North Inland Region reported excellent or very good health.



DISABILITY

Geography	Disability %
San Diego County	9.88%
North Inland Region	9.62%
Anza-Borrego Springs	15.05%
Escondido	10.10%
Fallbrook	10.88%
North San Diego	8.20%
Palomar-Julian	15.81%
Pauma	6.58%
Poway	8.93%
Ramona	9.86%
San Marcos	9.94%
Valley Center	10.68%

Source: U.S. Census Bureau; 2015-2019 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, 2021.

SELF-SUFFICIENCY STANDARD DASHBOARD



Select household type

Use the drop-down Filters to choose geography

Self-Sufficiency Standard* for San Diego County, 2021[^]

The self-sufficiency standard measures how much income is needed for a household of a certain composition to adequately meet their basic needs without public or private assistance.

This interactive tool helps to visualize the minimum wage required for self-sufficiency* based on the average amount spent on basic necessities in each Health and Human Services Agency (HHSA) Region, subregional area (SRA), and San Diego County overall.

Select household type to explore the differences in the income required to be economically self-sufficient:

- ☐ Single-Adult Household
- ☐ Household with 2 Adults
- ☐ Single Parent Household with 2 Children (1 Preschool-Age, 1 School-Age)
- ☒ Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age)

Select San Diego County/HHSA Region and subregional area (SRA) to explore the differences by geography:

San Diego County and HHSA Regions

San Diego County

Subregional Area (SRA)

Oceanside

Self-Sufficiency* Income for a Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age), 2021

The average minimum income required to be economically self-sufficient without public or private assistance (based on each adult working 40 hours per week).

	San Diego County	Oceanside SRA
Hourly (per adult)	\$19.71	\$19.07
Monthly	\$6,832.37	\$6,609.66
Annual	\$81,988.42	\$79,315.89

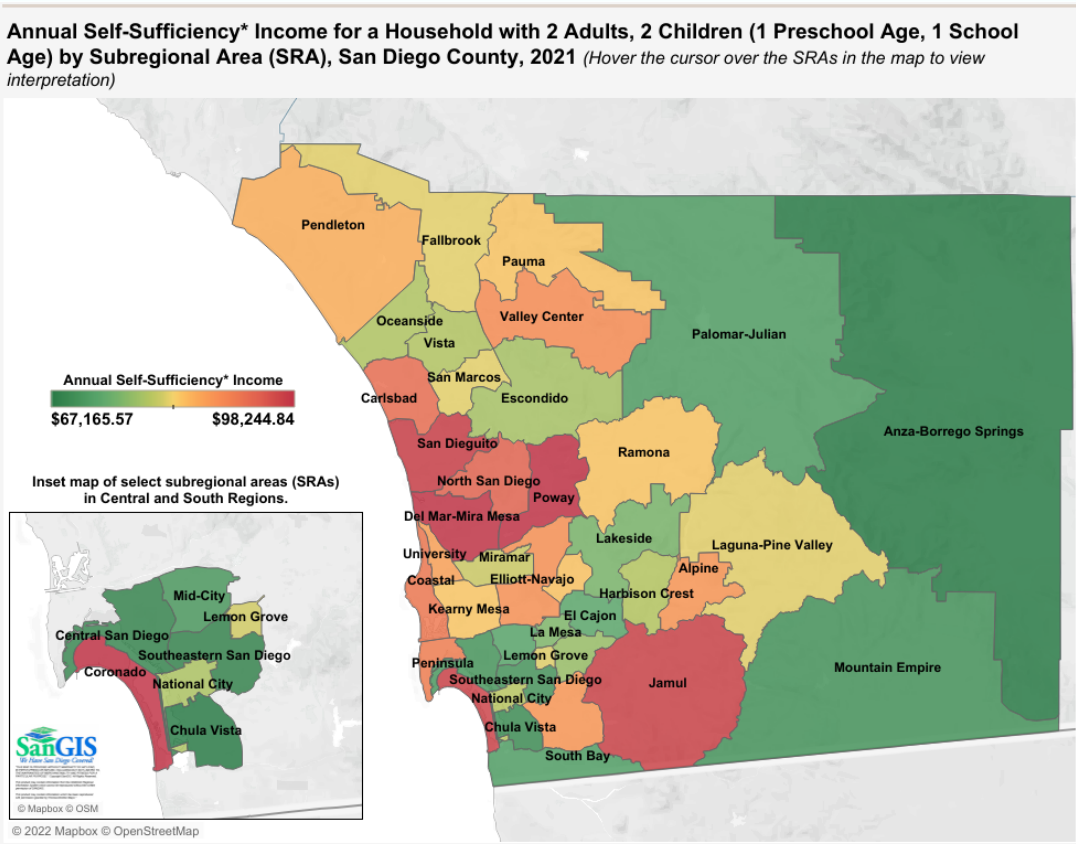
Monthly Contribution to Emergency Savings Fund

	San Diego County	Oceanside SRA
	\$131.46	\$124.00

Monthly Expenses for a Household with 2 Adults, 2 Children (1 Preschool-Age, 1 School-Age), 2021

The average amount spent per month by expense type to meet basic necessities without public or private assistance.

	San Diego County	Oceanside SRA
Housing	\$1,866.23	\$1,819.31
Transportation	\$1,187.50	\$1,236.72
Childcare	\$1,351.80	\$1,240.52
Food	\$926.00	\$926.00
Healthcare	\$587.90	\$528.28
Taxes	\$727.11	\$684.48
Miscellaneous	\$591.94	\$575.08
Child Care Tax Credit	(\$48.31)	(\$49.62)
Child Tax Credit	(\$176.00)	(\$173.13)
Earned Income Tax Credit	(\$181.81)	(\$177.99)



[^]The Self-Sufficiency Standard measures how much income is needed for a household of a certain composition to adequately meet their basic needs without public or private assistance. (<https://insightcced.org/family-needs-calculator/>). *Estimates based on the most recent data available. See methodology ([insert link](#)) for detailed information.

Sources (Individual): Insight Center's Family Needs Calculator. <https://insightcced.org/family-needs-calculator/>. Accessed October 2021. Health care expenditure: 2021 Community Analyst ESRI Medical Expenditures. Average amount spent on health care. Accessed October 2021. Housing: U.S. Census Bureau; 2015-2019 American Community Survey 5-Year Estimates, Table B25105. Child care cost: The YMCA of San Diego County. 2021 Average cost of child care in San Diego by zip code. <https://www.ymcasd.org/community-support/childcare-resource-service/family-resources/choosing-child-care/cost-child-care>. Accessed November 2021. Transportation cost: The Housing and Transportation Affordability Index, The Center for Neighborhood Technology (CNT). <https://htaindex.cnt.org/>. Accessed November 2021. Tax data: Internal Revenue Service. Individual Income Tax Statistics—2019 ZIP Code Data (SOI). <https://www.irs.gov/statistics/soi-tax-stats-individual-income-tax-statistics-2018-zip-code-data-soi>. Accessed October 2021.

Sources (Household with 2 adults, 2 children): Insight Center's Family Needs Calculator. <https://insightcced.org/family-needs-calculator/>. Accessed October 2021. Housing: 2021 Fair Market Rents (40th Percentile Rents), HUD's Office of Policy Development and Research (PD&R). https://www.huduser.gov/portal/datasets/fmr.html#2021_query. Accessed December 2021. Transportation cost: The Housing and Transportation Affordability Index, The Center for Neighborhood Technology (CNT). <https://htaindex.cnt.org/>. Accessed November 2021. Health care cost: 2021 Products by Zip Code, Health, Individual, Covered California. Average Annual Dollars per Person Spent on Medical Care in 2019 in San Diego, CA, Policy Map. Accessed December 2021. 2015-2019 American Community Survey 5-Year Estimates, Table S0101.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.

COST OF LIVING FOR OLDER ADULTS (AGES 65 YEARS AND OVER) DASHBOARD



LIVE WELL
SAN DIEGO

Cost of Living for Older Adults (Ages 65 Years and Over), San Diego County, 2021*

This cost of living tool helps to highlight the economic issues faced by the aging population in San Diego County. This tool helps determine the basic costs of living for older adults (those aged 65 years and over).

This interactive tool helps to visualize the amount spent on basic necessities for older adults in each Health and Human Services Agency (HHSA) Region, subregional area (SRA), and San Diego County overall. Select household composition, housing tenure, and geography to explore the differences in the expenditure on basic necessities.

Select household composition:

☒ Older Adult Couple
☐ Single Older Adult

Select housing tenure:

☒ Owner Occupied Household
☐ Renter Occupied Household

Select San Diego County/HHSA Region and subregional area (SRA) to explore the differences by geography:

San Diego County and HHSA Regions	Subregional Area (SRA)
North Inland Region	Escondido

Cost of Living for an Older Adult Couple, Owner Occupied Household, 2021

The average costs for housing, food, healthcare, transportation, and miscellaneous expenditure.

North Inland Region	Escondido SRA	Annual Cost of Living for an Older Adult Couple, Owner Occupied Household, Escondido SRA, 2021
Monthly Expenditure	\$4,745.48	\$4,362.75
Annual Expenditure	\$56,945.81	\$52,353.02

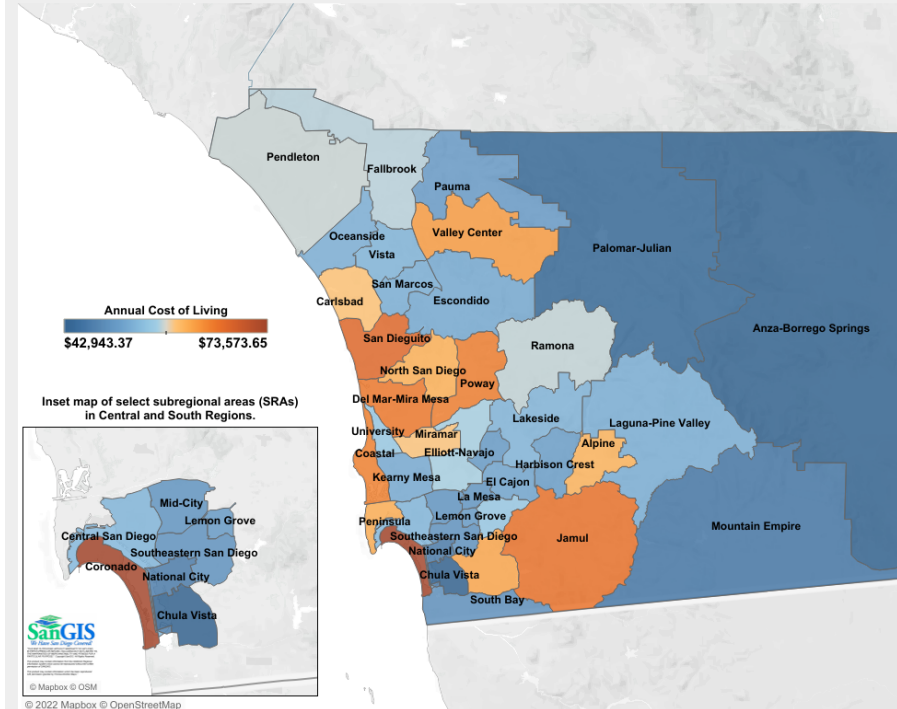


Monthly Expenses for an Older Adult Couple, Owner Occupied Household, 2021

The average amount spent per month by expense type to meet basic necessities without public or private assistance.

	North Inland Region	Escondido SRA
Housing	\$1,638.23	\$1,423.18
Healthcare	\$995.66	\$995.66
Transportation	\$689.23	\$585.33
Food	\$631.00	\$631.00
Miscellaneous	\$790.91	\$727.13

Estimated Annual Cost of Living* for an Older Adult Couple, Owner Occupied Household by Subregional Area (SRA), San Diego County, 2021 (Hover the cursor over the SRAs in the map to view interpretation)



*Estimates based on the most recent data available. See the Cost of Living for Older Adults, San Diego County, 2021 Brief on www.SDHealthStatistics.com for detailed information on methodology.

Sources: UCLA Center for Health Policy Research, Elder Index Cost of Living Dashboard, California, 2019. (<https://healthpolicy.ucla.edu/programs/health-disparities/elder-health/elder-index-data/Pages/CostOfLiving.aspx>) 2015-2019 American Community Survey 5-Year Estimates, Tables B25007, B25027, B25088, B25064, B51925, S1903. U.S. Department of Housing and Urban Development, 2021 Fair Market Rents (40th Percentile Rents), HUD's Office of Policy Development and Research (PD&R). (https://www.huduser.gov/portal/datasets/fmr.html#2021_query) Official U.S. Department of Agriculture (USDA) Food Plans: Cost of Food at Home at Three Levels, U.S. Average, November 2021. U.S. Bureau of Labor Statistics Consumer Expenditures for the San Diego Metropolitan Area: 2019-2020. Kaiser Permanente, Kaiser Senior Advantage Plan, 2021. (<https://healthy.kaiserpermanente.org/content/dam/kporg/final/documents/health-plan-documents/summary-of-benefits/medicare/2021/summary-of-benefits-san-diego-sca.pdf>) Centers for Medicare & Medicaid Services, 2021 Medicare Parts A&B Premiums and Deductibles, 2020. (<https://www.cms.gov/newsroom/fact-sheets/2021-medicare-parts-b-premiums-and-deductibles>) U.S. Bureau of Labor Statistics Consumer Expenditures Surveys 2019-2020, consumer units of one person by age of reference person, consumer units of two people by age of reference person.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, February 2022.



COST OF LIVING FOR OLDER ADULTS (AGES 65 YEARS AND OVER) DASHBOARD



LIVE WELL
SAN DIEGO

Economic Issues Unique to Older Adults, San Diego County

Income in the Past 12 Months (in 2019 Inflation-Adjusted Dollars), Householder Aged 65 Years and Over, San Diego County, 2019

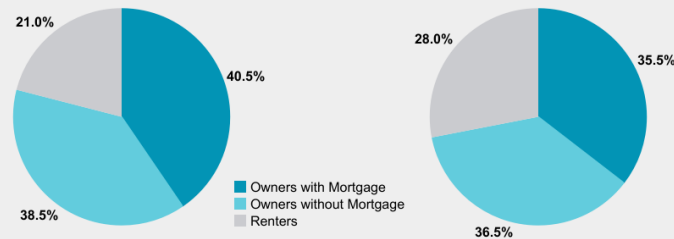
The proportion of households with householder aged 65 years and over and mean income by income type.

Income type	Percentage of Households	Mean Income (Per Month)	Mean Income (Per Year)
Earnings	41.1%	\$6,164	\$73,963
Social Security Income	85.9%	\$1,767	\$21,209
Supplemental Security Income	8.4%	\$809	\$9,707
Cash Public Assistance	1.6%	\$302	\$3,618
Retirement	50.6%	\$3,187	\$38,244

Housing Tenure by Type (Owner, Renter) and Mortgage Status, Householders Aged 65 and Over, by Subregional Area, HHSA Region, and San Diego County, 2019

The proportion of households with householder aged 65 years and over by housing tenure and mortgage status.

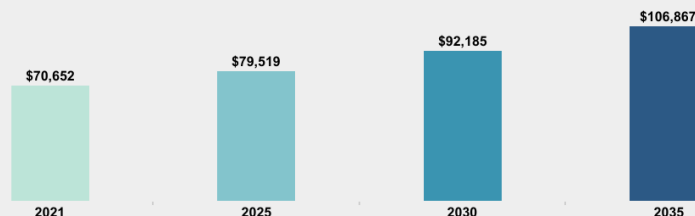
San Diego County and HHSA Regions	Subregional Area (SRA)
North Inland Region	Escondido
North Inland Region	Escondido SRA



Projected Annual Median Long Term Care Costs, San Diego County, 2021-2035

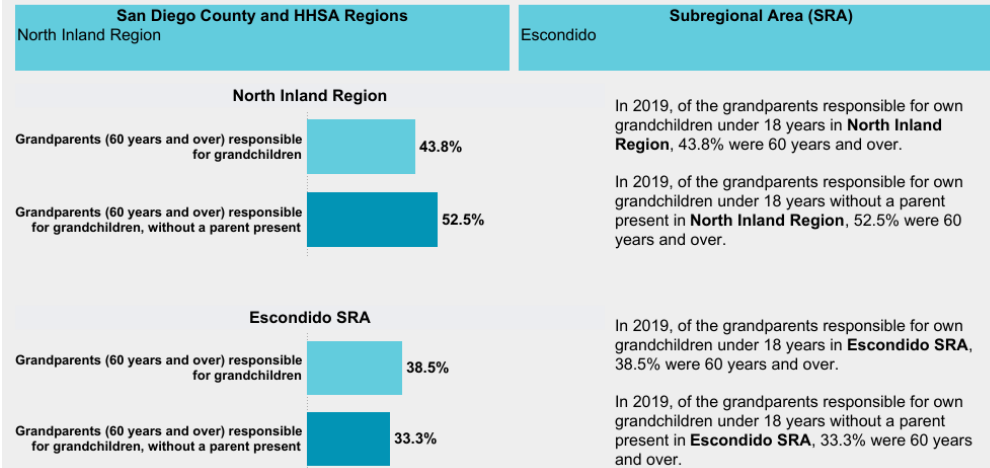
The long term care cost varies based on care setting and level of care required.

Care Setting, Level of Care
In-Home Care, Homemaker Services
Projected Annual Median Cost of Care, In-Home Care, Homemaker Services, San Diego County, 2021-2035



Grandparents (60 Years and Older) Responsible for Grandchildren, San Diego County, 2019

The percentage of grandparents (60 years and older) responsible for grandchildren under 18 years.



Additional Cost to Grandparents (65 Years and Older) Responsible for Grandchildren by Housing Tenure, San Diego County, 2019*

The additional cost spent on basic necessities such as housing, food, transportation, and other miscellaneous expenditures.

Housing Tenure	Household Composition	Additional Monthly Cost*	Additional Annual Cost*
Renter	Older Adult Couple		
One	Number of Grandchildren	\$962	\$11,544

*The estimated additional cost to grandparents (65 years and older) responsible for grandchildren includes expenses on housing, food, transportation, and other miscellaneous expenditures such as personal care etc. This estimated additional cost does not include childcare costs, healthcare costs, and tax credits.

Sources: Income in the past 12 months: 2015-2019 American Community Survey 5-Year Estimates, Table S0103. Housing tenure: 2015-2019 American Community Survey 5-Year Estimates, Tables B25007, B25027. Projected annual median long term care costs: Genworth Cost of Care Survey, Compare Long Term Care Costs Across the United States, California, San Diego Area. <https://www.genworth.com/about-us/industry-expertise/cost-of-care.html> Grandparents responsible for grandchildren: 2015-2019 American Community Survey 5-Year Estimates, Table B10051. Additional cost to grandparents responsible for grandchildren: UCLA Center for Health Policy Research, Elder Index Cost of Living Dashboard, California, 2019 (<https://healthpolicy.ucla.edu/programs/health-disparities/elder-health/elder-index-data/Pages/CostOfLiving.aspx>). Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, February 2022.



SOCIOECONOMIC DISPARITIES BY CENSUS TRACT, 2019



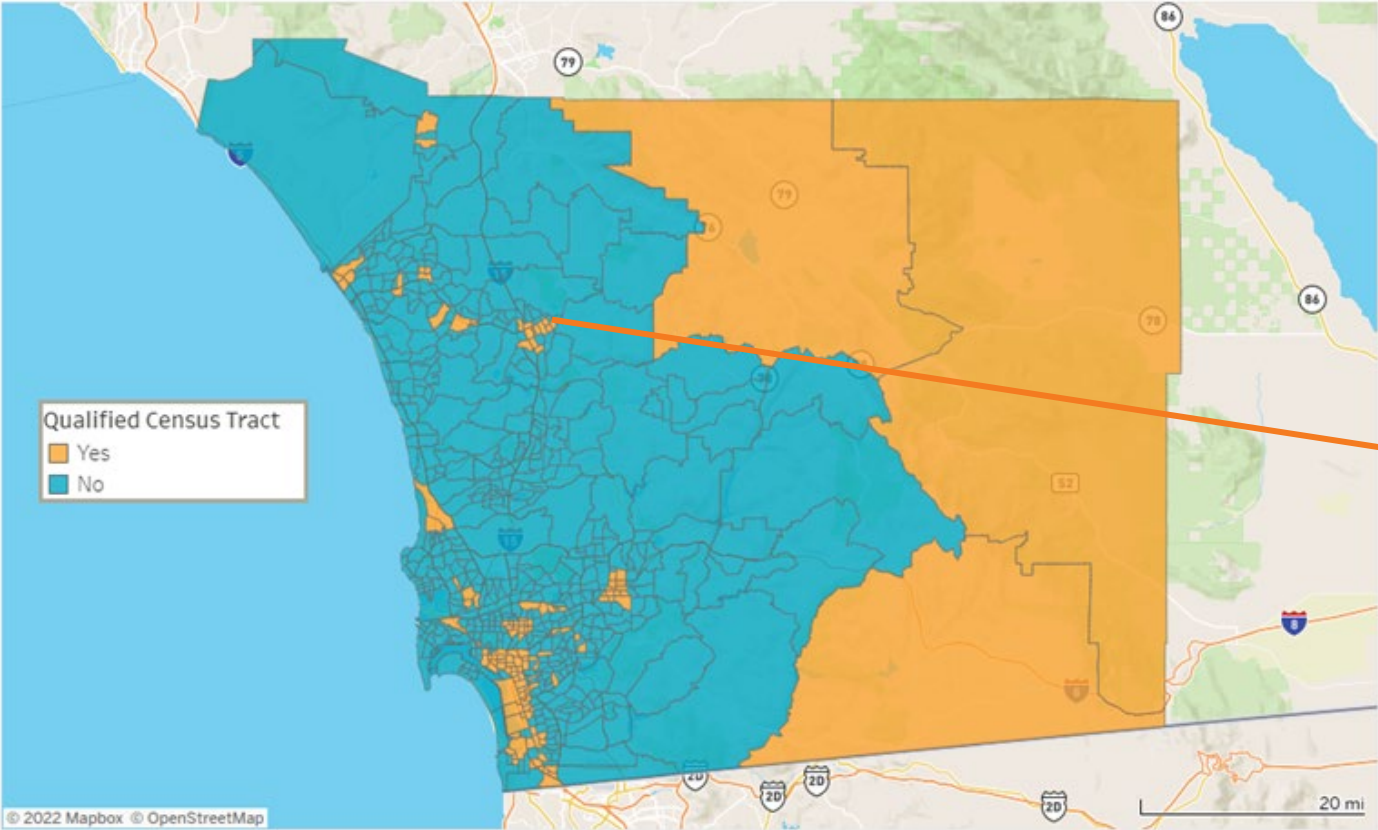
Map Demographics Dashboard Housing Dashboard Employment Dashboard Income/Benefits Dashboard

Map of San Diego County by Census Tract

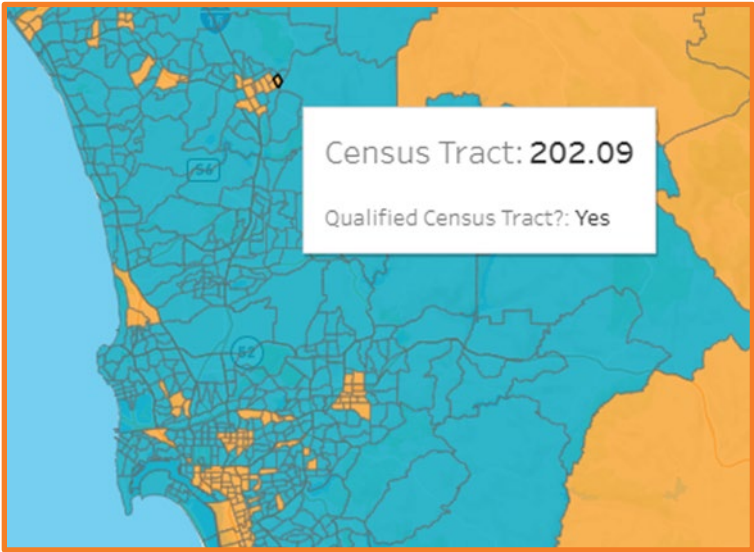
Census Tract
Highlight Census Tract

To use this map: **Hover** over a census tract to view its label and if it is a Qualified Census Tract. Alternatively, use the **search bar** in the upper right corner to search for a census tract. **Navigate** to the other tabs and select the desired census tract.

Another way
to find a
specific
census tract



North Inland Region



A **Qualified Census Tract** is defined as any census tract in which at least 50 percent of households have an income less than 60 percent of the Area Median Gross Income (AMGI), or which has a poverty rate of at least 25 percent.

Source: U.S. Department of Housing, American Rescue Plan Act of 2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.



SOCIOECONOMIC DISPARITIES BY CENSUS TRACT, 2019

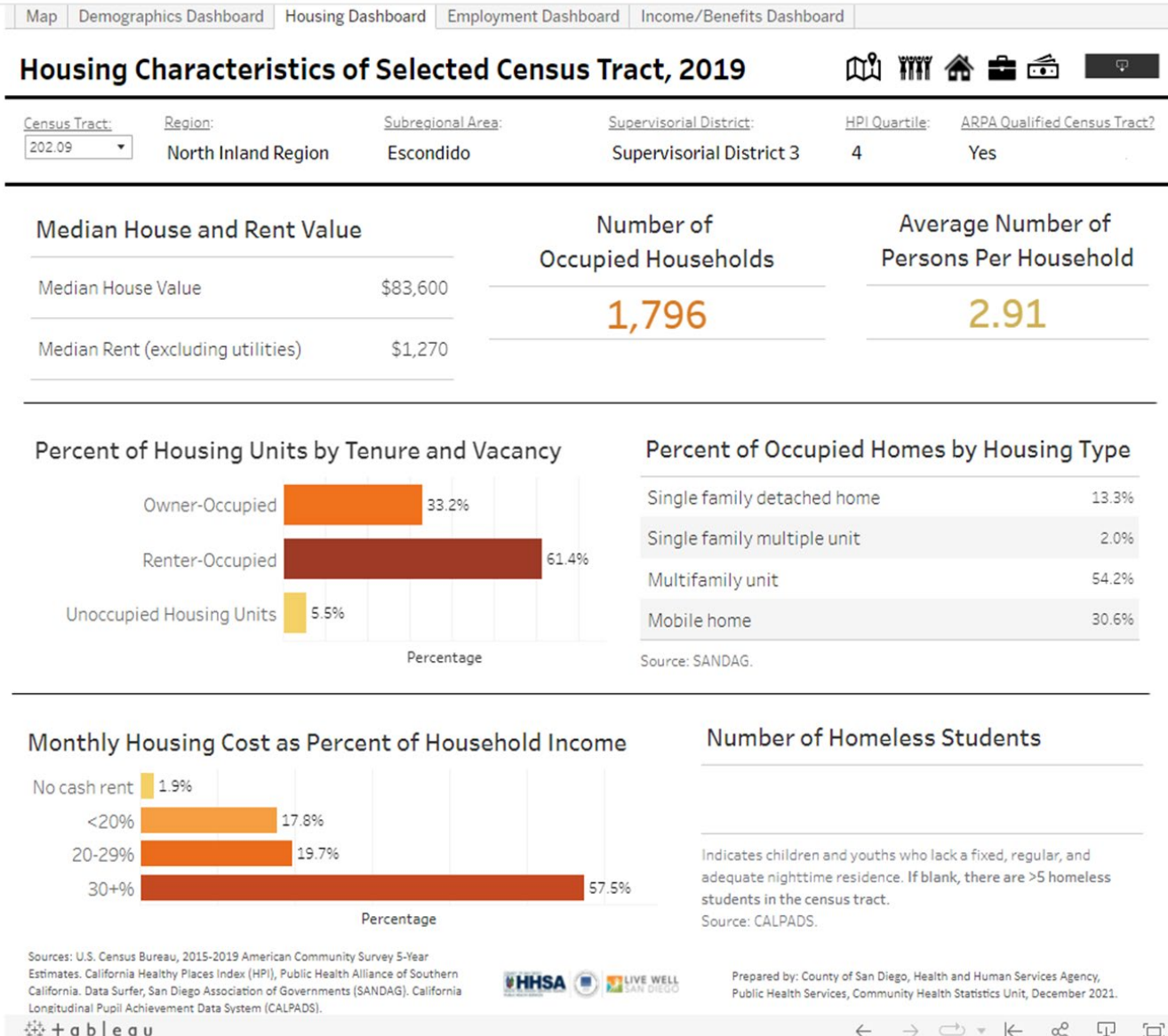
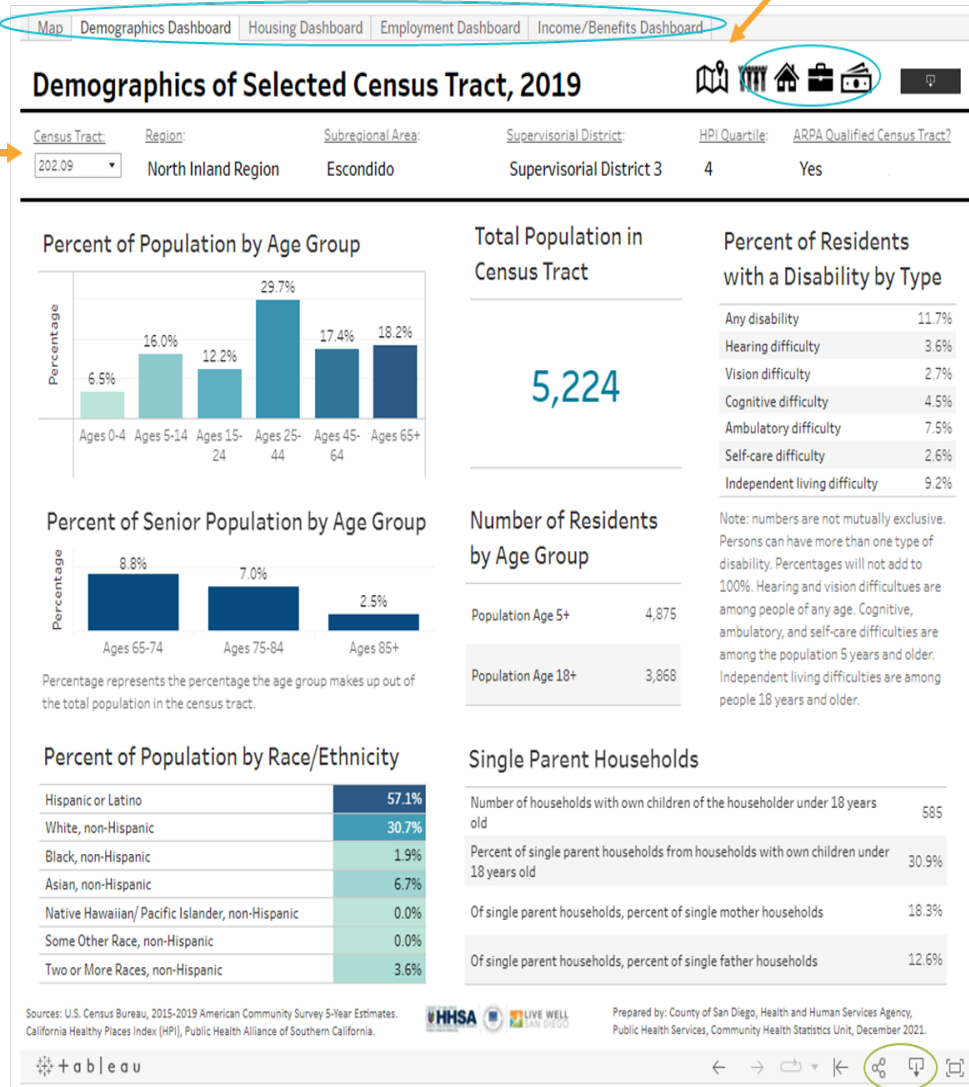


The tabs & icons navigate to more data for the selected census tract

Go back to the map

Click to download this view or download multiple sheets from the workbook

Change the census tract



SOCIOECONOMIC DISPARITIES BY CENSUS TRACT, 2019



Map Demographics Dashboard Housing Dashboard Employment Dashboard Income/Benefits Dashboard

Employment Characteristics of Selected Census Tract, 2019



Census Tract:	Region:	Subregional Area:	Supervisory District:	HPI Quartile:	ARPA Qualified Census Tract?
202.09	North Inland Region	Escondido	Supervisory District 3	4	Yes

Population Age 16 and Older in Labor Force

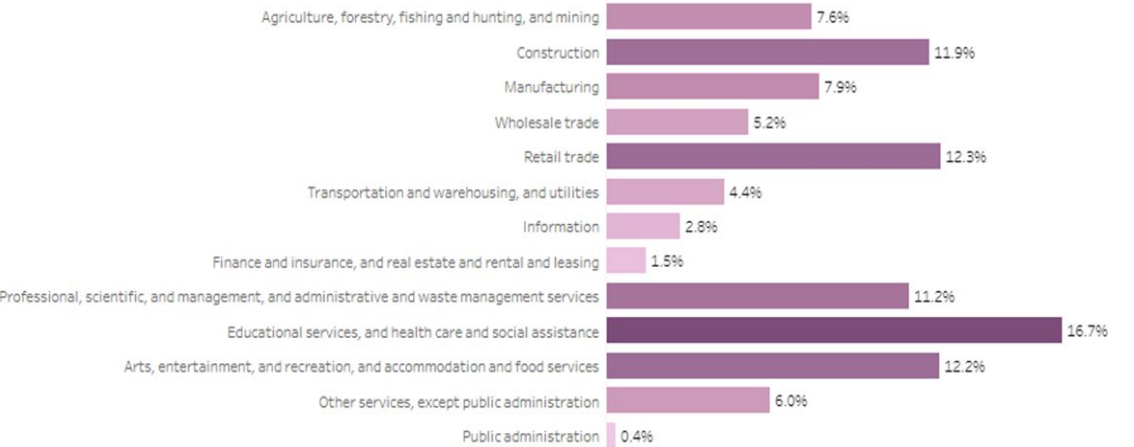
2,299

Five-Year Average Percent Unemployed Population Age 16 and Older in Labor Force

3.3%

Percent unemployed was derived from the number of unemployed persons out of the 16 year and older eligible labor force. This unemployment rate is based on a 5-year average (2015-2019) and may not be comparable to unemployment rates from other sources with different methodology and/or unemployment definitions, including the unemployment Live Well San Diego Indicator. Unemployment may be influenced by seasonal variability.

Occupation of Workers by Type of Industry
Workers Age 16 and Older



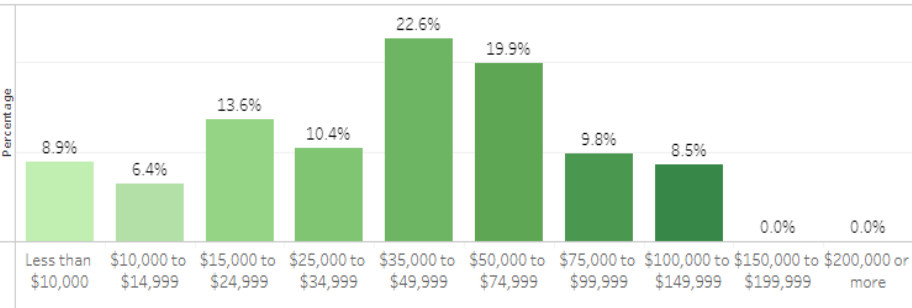
Map Demographics Dashboard Housing Dashboard Employment Dashboard Income/Benefits Dashboard

Income & Benefit Characteristics of Selected Census Tract, 2019



Census Tract:	Region:	Subregional Area:	Supervisory District:	HPI Quartile:	ARPA Qualified Census Tract?
202.09	North Inland Region	Escondido	Supervisory District 3	4	Yes

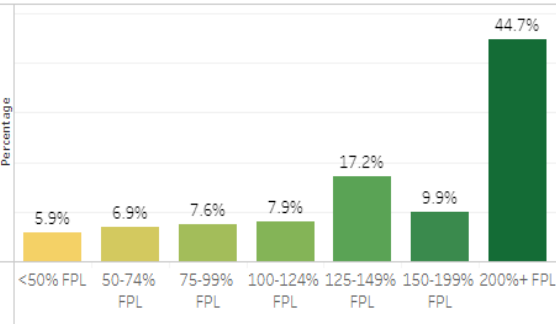
Percent of Households per Household Income



Median Household Income

\$39,968

Percent of Population by Poverty Level



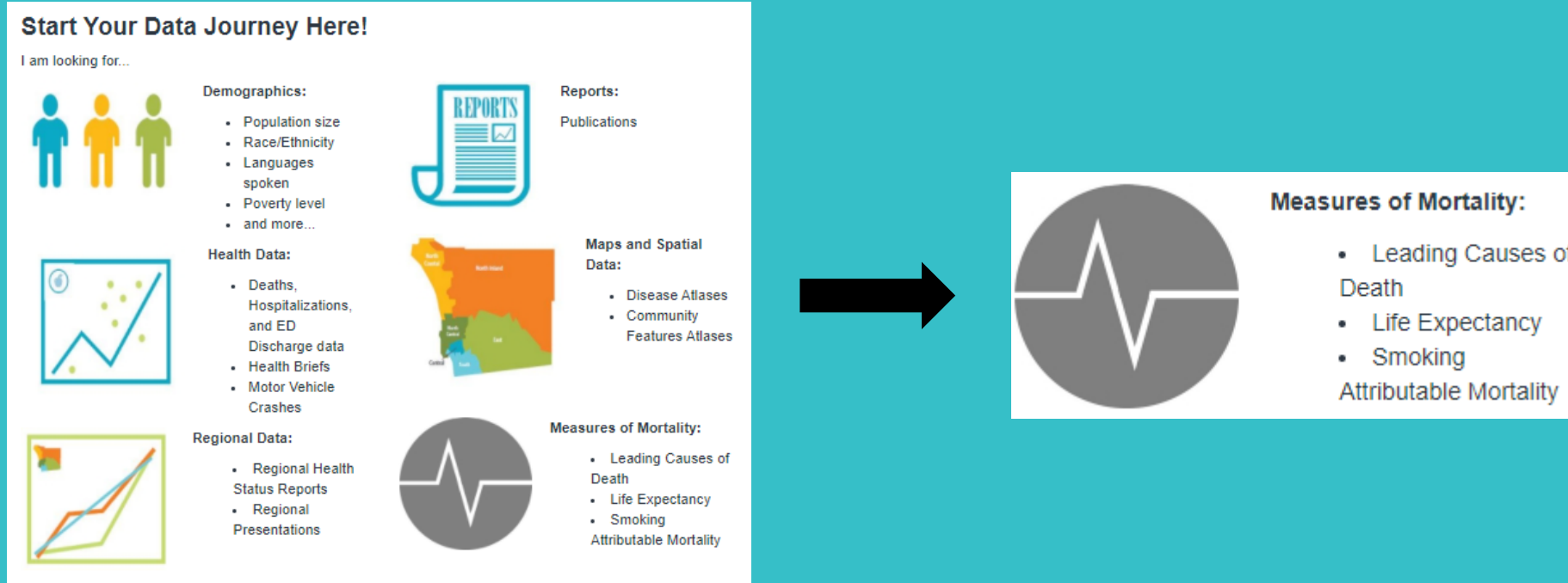
Food Stamps/SNAP/CalFresh Receipt

Total number of households in census tract	1,796
Percent of households receiving SNAP	12.5%
Total number of households with children under 18 years old	647
Percent of households with children under 18 years old with SNAP	23.0%

MORTALITY MEASURES



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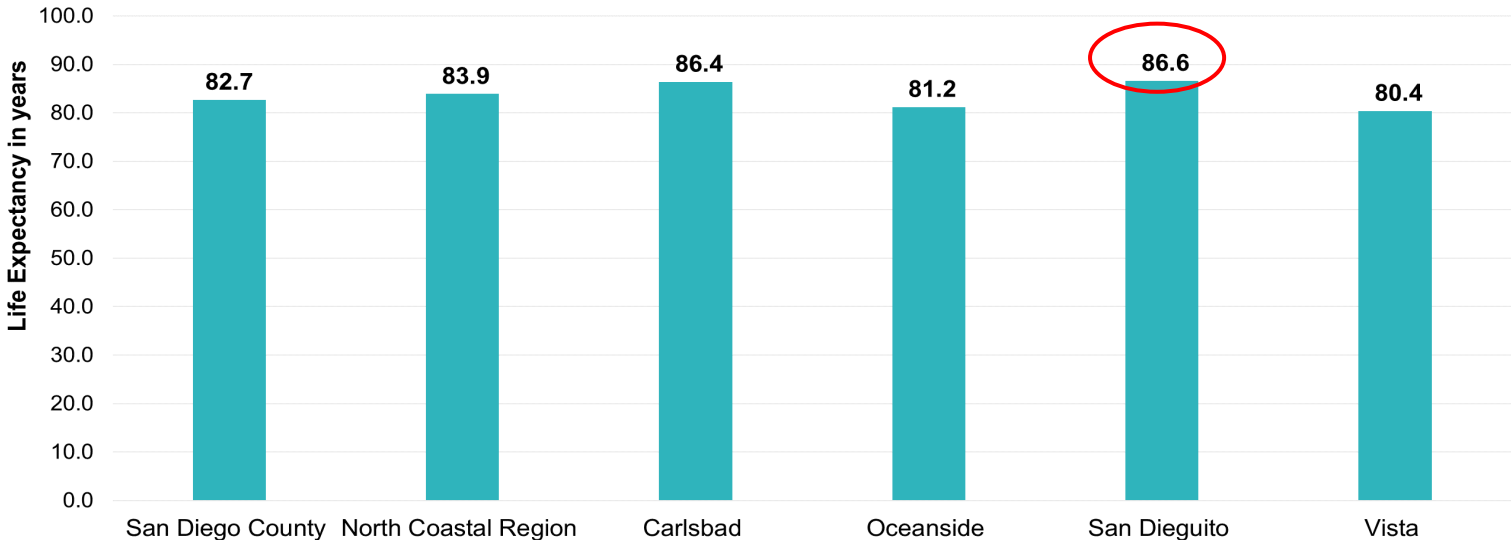


LIVE WELL
SAN DIEGO

NORTH COASTAL REGION MORTALITY MEASURES, 2019

LIFE EXPECTANCY*

Life Expectancy in North Coastal Region and Subregional Areas, 2019



*Subregional areas (SRAs) for which life expectancy was not available are not shown in graph; censored due to variance in population size.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

In 2019, among North Coastal Region SRAs, San Dieguito had the highest life expectancy (86.6 years), followed by Carlsbad (86.4 years).

TOP 10 LEADING CAUSES OF DEATH

In North Coastal Region, 8 out of the top 10 leading causes of death were chronic diseases in 2019.

1. Cancer
2. Heart Diseases
3. Alzheimer's Disease
4. Cerebrovascular Diseases (Stroke)
5. Accidents/Unintentional Injuries
6. Chronic Lower Respiratory Diseases
7. Intentional Self-Harm (Suicide)
8. Diabetes Mellitus
9. Parkinson's Disease
10. Chronic Liver Disease and Cirrhosis

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.



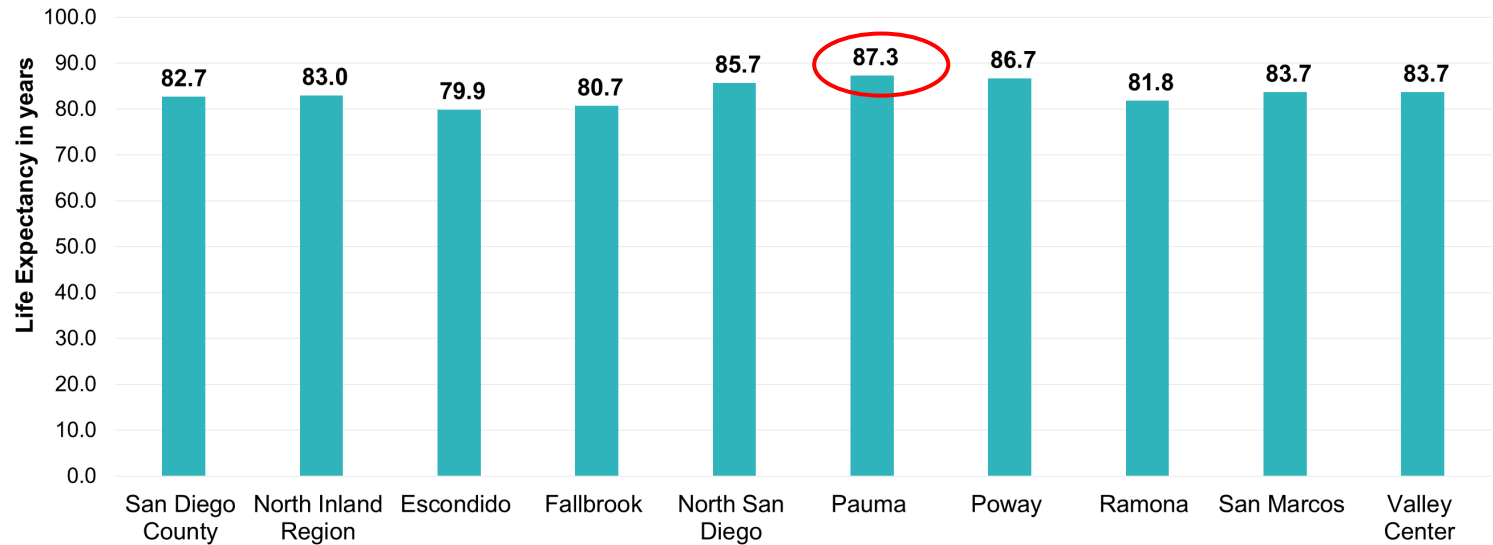


LIVE WELL
SAN DIEGO

NORTH INLAND REGION MORTALITY MEASURES, 2019

LIFE EXPECTANCY*

Life Expectancy in North Inland Region and Subregional Areas, 2019



*Subregional areas (SRAs) for which life expectancy was not available are not shown in graph; censored due to variance in population size.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

In 2019, among North Inland Region SRAs, Pauma had the highest life expectancy (87.3 years), followed by Poway (86.7 years).

TOP 10 LEADING CAUSES OF DEATH

In North Inland Region, 8 out of the top 10 leading causes of death were chronic diseases in 2019.

1. Cancer
2. Heart Diseases
3. Alzheimer's Disease
4. Cerebrovascular Diseases (Stroke)
5. Accidents/Unintentional Injuries
6. Chronic Lower Respiratory Diseases
7. Diabetes Mellitus
8. Parkinson's Disease
9. Essential Hypertension and Hypertensive Renal Disease
10. Intentional Self-Harm (Suicide)

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.



HEALTH OUTCOMES

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Start Your Data Journey Here!

I am looking for...

Demographics:

- Population size
- Race/Ethnicity
- Languages spoken
- Poverty level
- and more...

Reports:

Publications

Health Data:

- Deaths, Hospitalizations, and ED Discharge data
- Health Briefs
- Motor Vehicle Crashes

Maps and Spatial Data:

- Disease Atlases
- Community Features Atlases

Regional Data:

- Regional Health Status Reports
- Regional Presentations

Measures of Mortality:

- Leading Causes of Death
- Life Expectancy
- Smoking
- Attributable Mortality

Health Data:

- Deaths, Hospitalizations, and ED Discharge data
- Health Briefs
- Motor Vehicle Crashes

Health Data by Year

Alzheimer's Disease and Related Dementias (ADRD)

- 2016
- 2017
- 2018
- 2019

Behavioral Health Outcomes

- 2016
- 2017
- 2018
- 2019

Communicable Diseases

- 2016
- 2017
- 2018
- 2019

Injuries

- 2016
- 2017
- 2018
- 2019

Non-Communicable (Chronic) Diseases

- 2016
- 2017
- 2018
- 2019

Maternal and Child Health Outcomes

- 2016
- 2017
- 2018
- 2019

Public Health Services Data Guide and Codebook

For previous years' health data, dating back to 2000, visit our [archives](#).

Community Profiles contain a variety of health-related information in San Diego County and its communities. We currently have 2016 to 2019 deaths, hospitalizations, emergency department discharges, in-patient treatment discharges, physical rehabilitation and skilled nursing facility discharges for all conditions. The data is collected by age groups by race/ethnicity as well.

The 2019 Community Profiles are available online as dynamic Tableau dashboards. These dashboards help to visualize the health data by the lenses of health equity: geography, socioeconomic status, race/ethnicity, age, and gender. There are over 80 conditions with 6 outcomes available for the Health & Human Services Agency (HHSA) Regions and their respective subregional areas (SRAs). Individual tabs can be downloaded as images and the entire profile can be downloaded as PDFs or PowerPoint slides.

Select a link to be directed to Tableau Public:

- All HHSA Regions
- Central Region
- East Region
- North Central Region
- North Coastal Region
- North Inland Region
- South Region

See the below picture to learn how to use the Community Profiles:

Navigate to data by various lenses of health equity

Use the drop-down arrows to filter by condition and outcome

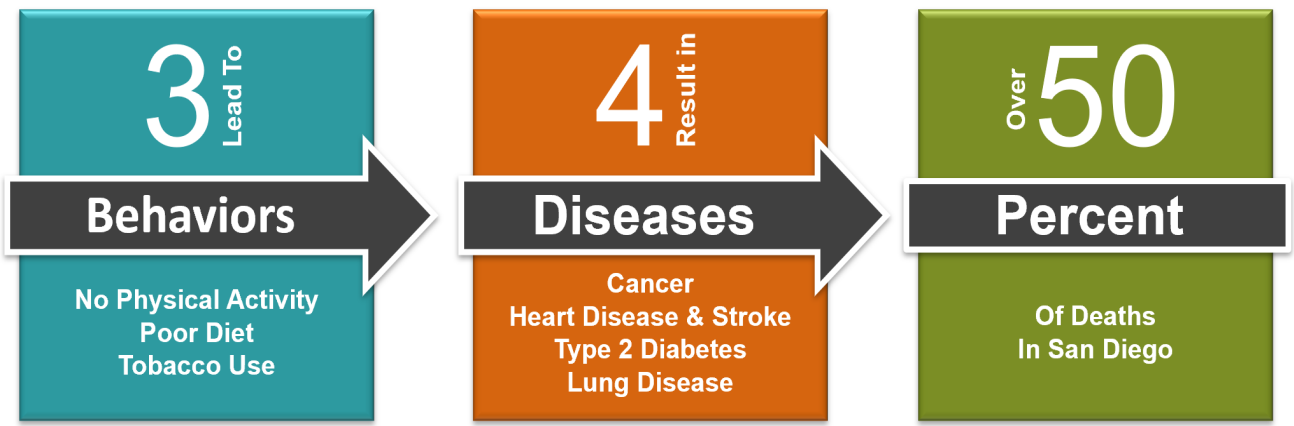
How to see more data

Share or download





3-4-50: CHRONIC DISEASE DEATHS



Change your life by...

- Walking for 30 minutes every day 
- Eating healthy, at least 5 fruits and veggies daily 
- Not smoking! 

San Diego County



The proportion of deaths due to 3-4-50 chronic diseases in San Diego County dropped from **63% in 2000** to **50% in 2019**

North Coastal Region

The proportion of deaths due to 3-4-50 chronic diseases in North Coastal Region dropped from **63% in 2000** to **49% in 2019**

North Inland Region

The proportion of deaths due to 3-4-50 chronic diseases in North Inland Region dropped from **63% in 2000** to **48% in 2019**



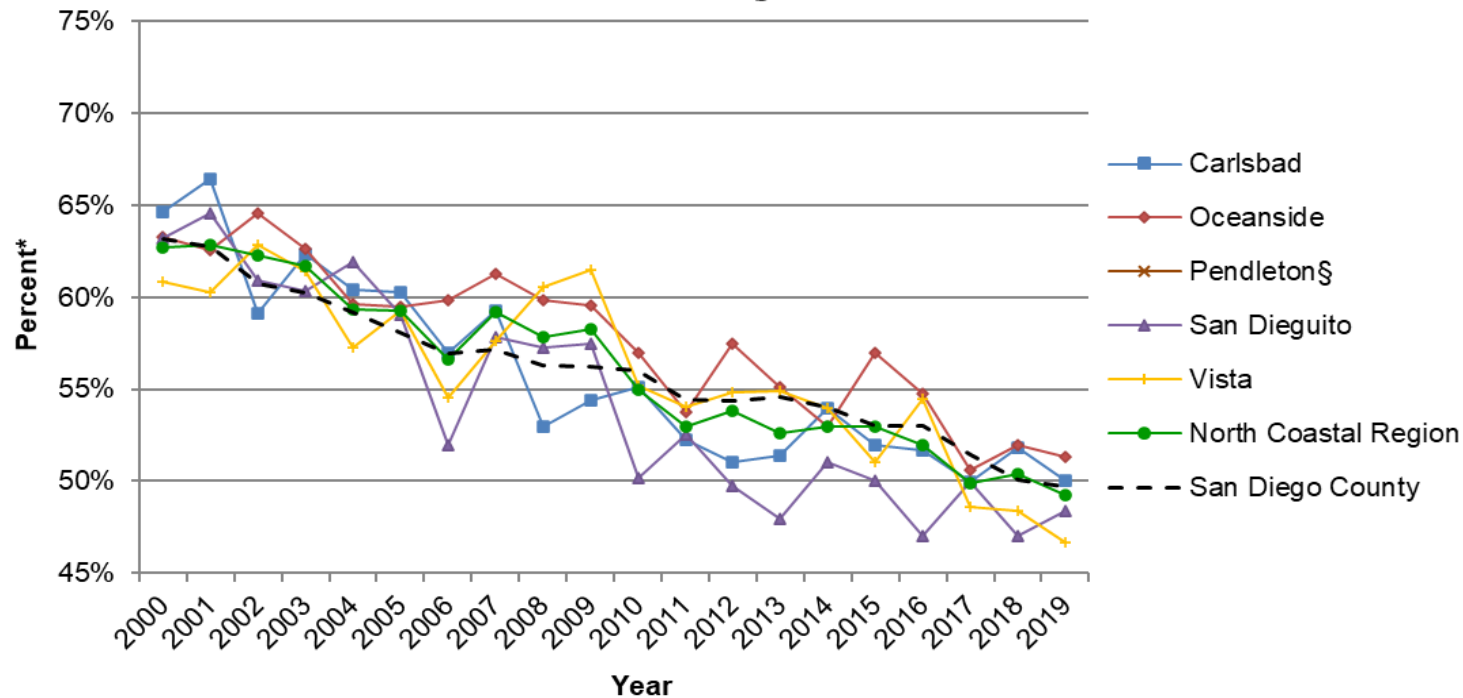
NORTH COASTAL REGION

3-4-50: CHRONIC DISEASE DEATHS



Percentages, Trend 2000-2019

**3-4-50 Death† Percentages
Among San Diego County Residents -
North Coastal Region, 2000-2019**



The proportion of deaths due to 3-4-50 chronic diseases in North Coastal Region dropped from 63% in 2000 to 49% in 2019.

Among the North Coastal Region SRAs, Oceanside had the highest percentage of deaths due to 3-4-50 chronic disease (51%) in 2019.

*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).

§Percentages not calculated for fewer than 5 events. Percentages not calculated in cases where zip code is unknown.

Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2019 California Vital Records Business Intelligence System (VRBIS).

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.



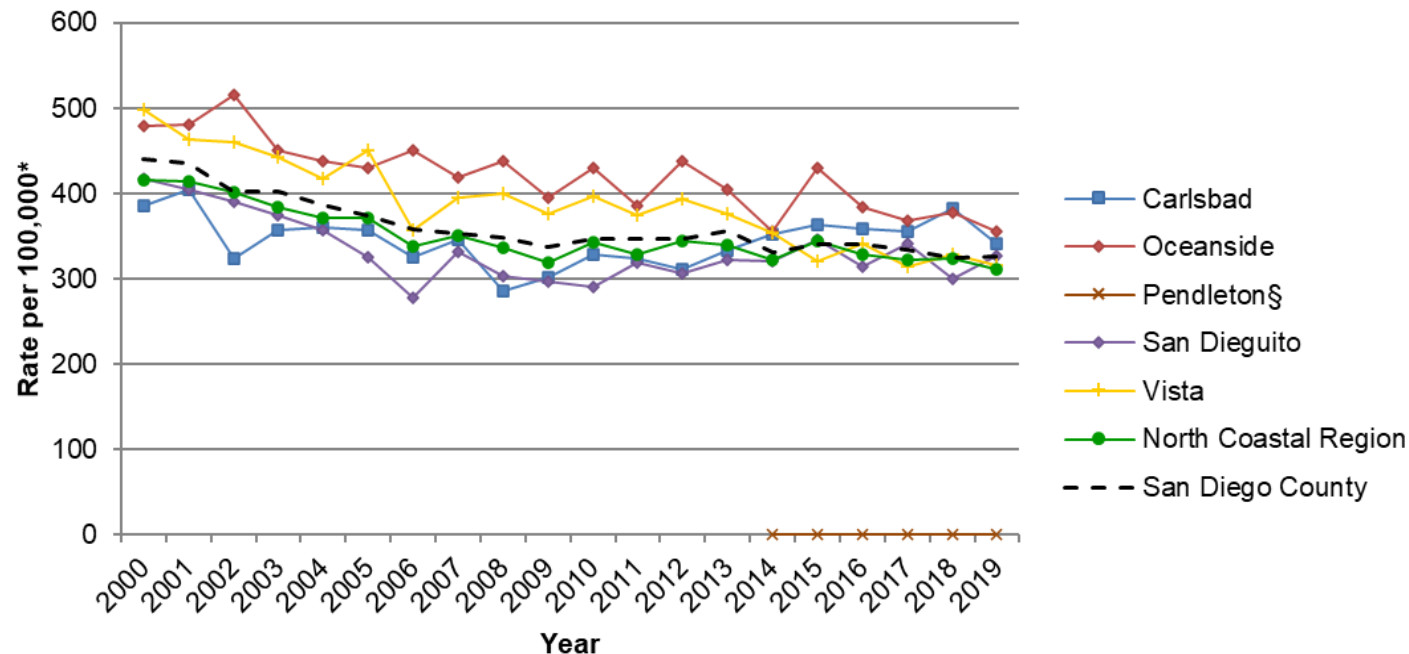
NORTH COASTAL REGION

3-4-50: CHRONIC DISEASE DEATHS



Rates, Trend 2000-2019

**3-4-50 Death† Rates
Among San Diego County Residents -
North Coastal Region, 2000-2019**



3-4-50 chronic disease death rate in North Coastal Region dropped from 415.1 per 100,000 in 2000 to 311.6 per 100,000 in 2019.

Among the North Coastal Region SRAs, Oceanside had the highest 3-4-50 chronic disease death rate (355.3 per 100,000) in 2019.

Overall, 3-4-50 chronic disease death rates have decreased in the North Coastal Region and all its SRAs from 2000 to 2019.

*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. Rates not calculated in cases where zip code is unknown.

Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2019 California Vital Records Business Intelligence System (VRBIS).

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.



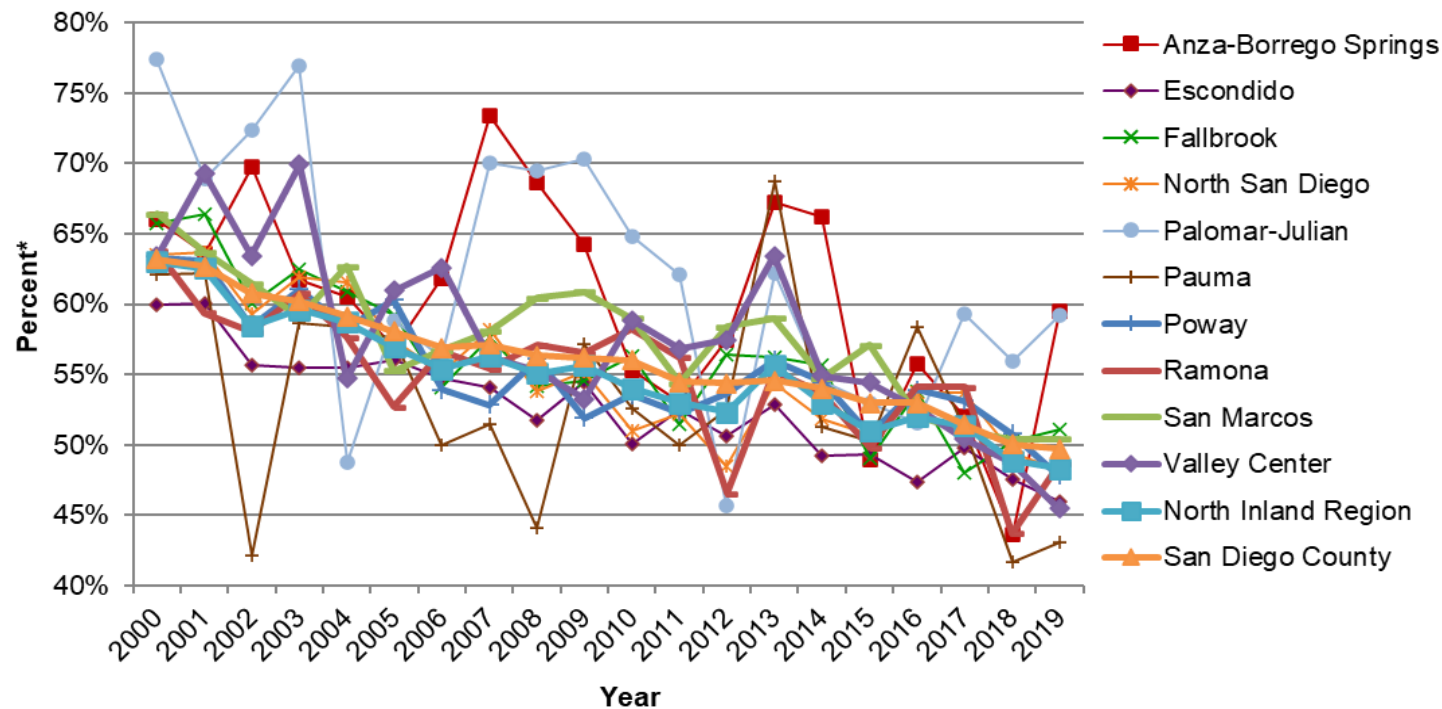
NORTH INLAND REGION

3-4-50: CHRONIC DISEASE DEATHS



Percentages, Trend 2000-2019

3-4-50 Death[†] Percentages
Among San Diego County Residents -
North Inland Region, 2000-2019



The proportion of deaths due to 3-4-50 chronic diseases in North Inland Region dropped from 63% in 2000 to 48% in 2019.

Among the North Inland Region SRAs, Anza-Borrego Springs and Palomar-Julian had the highest percentage of deaths due to 3-4-50 chronic disease (59%) in 2019.

*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).

§Percentages not calculated for fewer than 5 events. Percentages not calculated in cases where zip code is unknown.

Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2019 California Vital Records Business Intelligence System (VRBIS).

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.



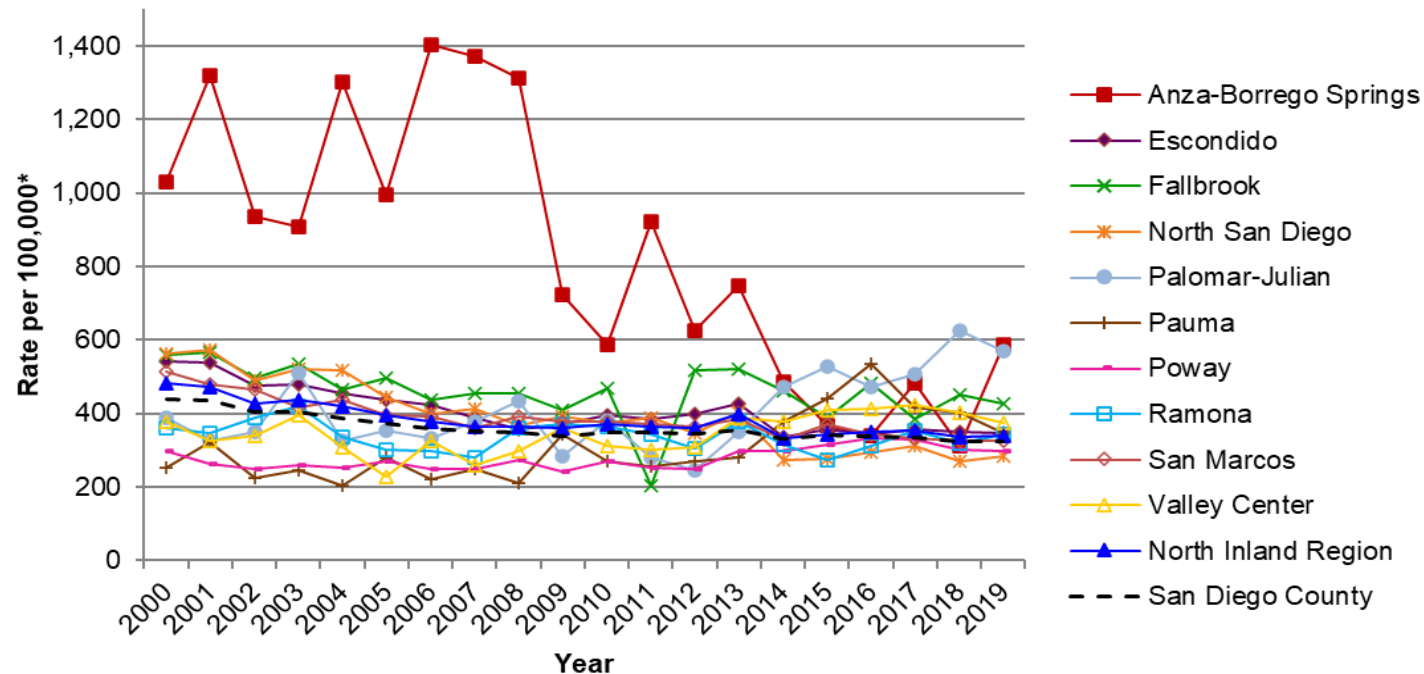
NORTH INLAND REGION

3-4-50: CHRONIC DISEASE DEATHS



Rates, Trend 2000-2019

**3-4-50 Death† Rates
Among San Diego County Residents -
North Inland Region, 2000-2019**



3-4-50 chronic disease death rate in North Inland Region dropped from 482.0 per 100,000 in 2000 to 338.3 per 100,000 in 2019.

Among the North Inland Region SRAs, Anza-Borrego Springs had the highest 3-4-50 chronic disease death rate (588.1 per 100,000) in 2019.

Overall, 3-4-50 chronic disease death rates have decreased in the North Inland Region and its SRAs from 2000 to 2019, except Palomar-Julian, Pauma SRAs, where the rates have increased.

*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. Rates not calculated in cases where zip code is unknown.

Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2019 California Vital Records Business Intelligence System (VRBIS).

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.



NORTH COASTAL REGION

NON-COMMUNICABLE (CHRONIC) DISEASES



Geography	Death Rate* (per 100,000)		Hospitalization Rate* (per 100,000)		ED** Discharge Rate* (per 100,000)	
	Highest	Second Highest	Highest	Second Highest	Highest	Second Highest
San Diego County	Cancer (149.7)	Heart Disease (139.9)	Heart Disease (994.0)	Hypertensive Diseases (315.0)	Heart Disease (1,841.9)	Hypertensive Diseases (300.4)
North Coastal Region	Cancer (150.5)	Heart Disease (138.2)	Heart Disease (878.5)	Cancer (232.6)	Heart Disease (1,524.5)	Hypertensive Diseases (219.0)
Carlsbad	Cancer (177.5)	Heart Disease (143.2)	Heart Disease (924.0)	Cancer (244.6)	Heart Disease (1,607.1)	Hypertensive Diseases (199.4)
Oceanside	Heart Disease (165.0)	Cancer (161.4)	Heart Disease (987.7)	Hypertensive Diseases (300.2)	Heart Disease (1,822.0)	Hypertensive Diseases (279.2)
Pendleton	-	-	-	-	-	-
San Dieguito	Cancer (163.3)	Heart Disease (139.0)	Heart Disease (965.4)	Cancer (267.9)	Heart Disease (1,456.9)	Hypertensive Diseases (215.9)
Vista	Heart Disease (148.0)	Cancer (142.8)	Heart Disease (890.1)	Cancer (266.8)	Heart Disease (1,635.0)	Hypertensive Diseases (235.0)

*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.

**Emergency Department. 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.

 Indicates highest rate due to specified condition compared to other SRAs



NORTH INLAND REGION

NON-COMMUNICABLE (CHRONIC) DISEASES



Geography	Death Rate (per 100,000)		Hospitalization Rate (per 100,000)		ED* Discharge Rate (per 100,000)	
	Highest	Second Highest	Highest	Second Highest	Highest	Second Highest
San Diego County	Cancer (149.7)	Heart Disease (139.9)	Heart Disease (994.0)	Hypertensive Diseases (315.0)	Heart Disease (1,841.9)	Hypertensive Diseases (300.4)
North Inland Region	Cancer (161.1)	Heart Disease (137.4)	Heart Disease (897.4)	Cancer (265.8)	Heart Disease (1,585.5)	Hypertensive Diseases (284.0)
Anza-Borrego Springs	Cancer (253.0)	Heart Disease (250.3)	Heart Disease (693.2)	Cancer (248.9)	Heart Disease (715.4)	-
Escondido	Cancer (150.0)	Heart Disease (145.7)	Heart Disease (926.9)	Cancer (269.1)	Heart Disease (1,810.8)	Hypertensive Diseases (359.2)
Fallbrook	Cancer (228.6)	Heart Disease (190.5)	Heart Disease (739.9)	Cancer (305.6)	Heart Disease (997.8)	Hypertensive Diseases (138.0)
North San Diego	Cancer (149.1)	Heart Disease (101.0)	Heart Disease (775.8)	Cancer (234.3)	Heart Disease (1,365.1)	Hypertensive Diseases (237.1)
Palomar-Julian	Cancer (317.5)	Heart Disease (217.7)	Heart Disease (1,097.3)	Hypertensive Diseases (335.2)	Heart Disease (1,279.8)	COPD/Chronic Lower Respiratory Diseases (198.1)
Pauma	Heart Disease (176.4)	Cancer (164.5)	Heart Disease (912.4)	Cancer (321.4)	Heart Disease (1,446.3)	Hypertensive Diseases (203.2)

 Indicates highest rate due to specified condition compared to other SRAs

*Emergency Department.

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.



NORTH INLAND REGION

NON-COMMUNICABLE (CHRONIC) DISEASES



Geography	Death Rate (per 100,000)		Hospitalization Rate (per 100,000)		ED* Discharge Rate (per 100,000)	
	Highest	Second Highest	Highest	Second Highest	Highest	Second Highest
San Diego County	Cancer (149.7)	Heart Disease (139.9)	Heart Disease (994.0)	Hypertensive Diseases (315.0)	Heart Disease (1,841.9)	Hypertensive Diseases (300.4)
North Inland Region	Cancer (161.1)	Heart Disease (137.4)	Heart Disease (897.4)	Cancer (265.8)	Heart Disease (1,585.5)	Hypertensive Diseases (284.0)
Poway	Cancer (146.4)	Heart Disease (118.2)	Heart Disease (880.2)	Cancer (276.8)	Heart Disease (1,546.1)	Hypertensive Diseases (276.5)
Ramona	Cancer (179.4)	Heart Disease (122.1)	Heart Disease (1,184.7)	Hypertensive Diseases (331.1)	Heart Disease (1,986.1)	Hypertensive Diseases (326.3)
San Marcos	Heart Disease (139.8)	Cancer (139.6)	Heart Disease (916.6)	Hypertensive Diseases (251.8)	Heart Disease (1,594.1)	Hypertensive Diseases (278.2)
Valley Center	Cancer (171.5)	Heart Disease (160.4)	Heart Disease (1,114.7)	Cancer (339.7)	Heart Disease (1,959.5)	Hypertensive Diseases (345.9)

*Emergency Department.

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.

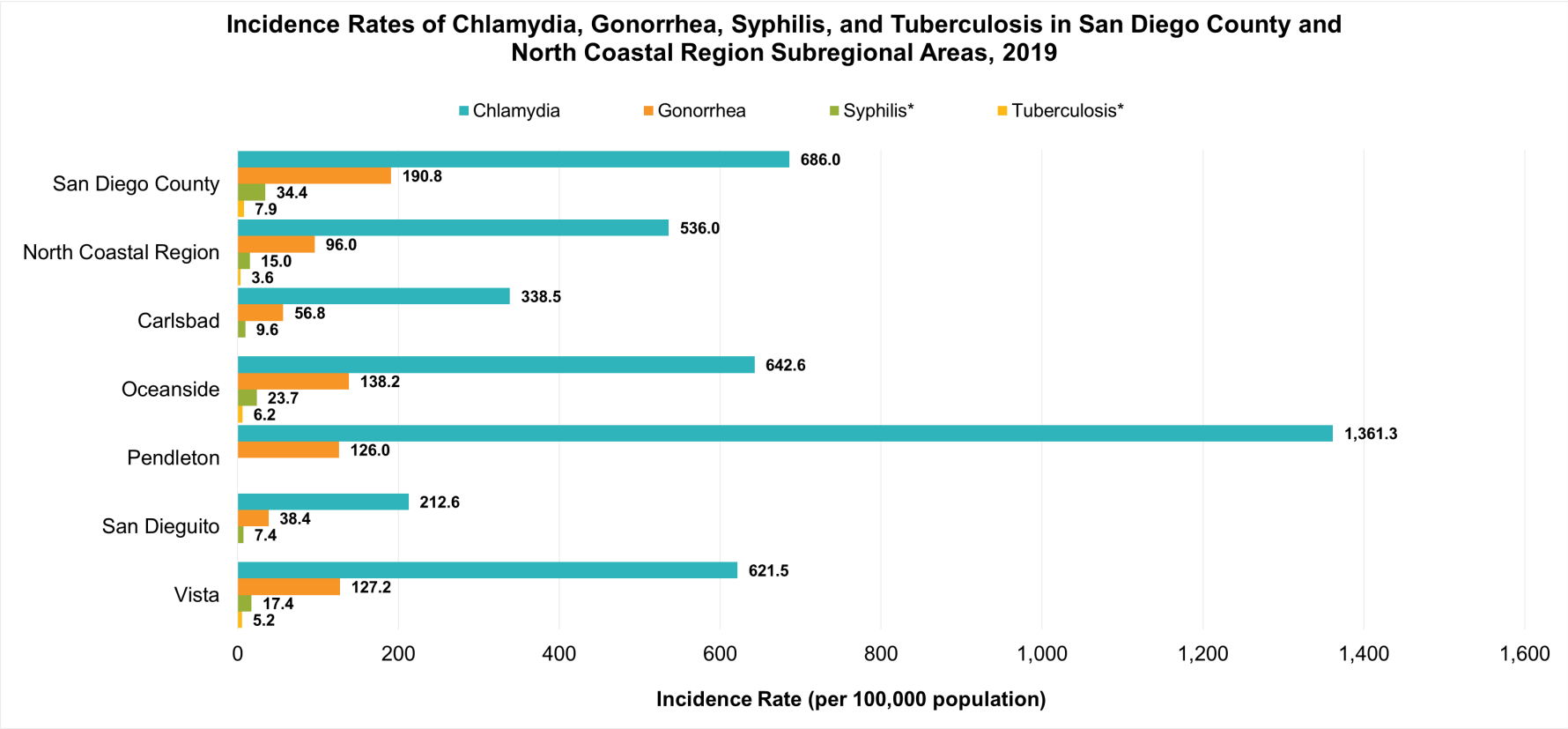


NORTH COASTAL REGION COMMUNICABLE (INFECTIOUS) DISEASES



INCIDENCE RATES FOR INFECTIOUS DISEASES

Incidence Rates of Chlamydia, Gonorrhea, Syphilis, and Tuberculosis in San Diego County and North Coastal Region Subregional Areas, 2019



In 2019, the incidence rates for **infectious diseases** (chlamydia, gonorrhea, syphilis, and tuberculosis) were **lower in North Coastal Region** compared to San Diego County overall.

In 2019, the incidence rate of **chlamydia** in **Pendleton SRA** was higher than that in North Coastal Region and San Diego County overall.

In 2019, **Oceanside SRA** had the highest incidence rate for **gonorrhea** in North Coastal Region, with a rate higher than the North Coastal Region overall.

*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
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.



NORTH COASTAL REGION

COMMUNICABLE (INFECTIOUS) DISEASES



Geography	Rates of Death* (per 100,000)		Hospitalization Rates* (per 100,000)		ED** Discharge Rates* (per 100,000)	
	Highest	Second Highest	Highest	Second Highest	Highest	Second Highest
San Diego County	Pneumonia (6.9)	UTI*** (3.0)	Pneumonia (118.1)	UTI*** (105.7)	UTI*** (643.9)	Flu (252.6)
North Coastal Region	Pneumonia (6.1)	UTI*** (2.9)	Pneumonia (114.9)	UTI*** (85.1)	UTI*** (551.2)	Pneumonia (239.4)
Carlsbad	Pneumonia (10.2)	UTI*** (5.7)	Pneumonia (122.9)	UTI*** (97.0)	UTI*** (450.9)	Pneumonia (216.7)
Oceanside	Pneumonia (3.3)	UTI*** (2.8)	Pneumonia (134.6)	UTI*** (84.1)	UTI*** (696.2)	Pneumonia (300.3)
Pendleton	-	-	-	-	-	-
San Dieguito	Pneumonia (9.3)	-	Pneumonia (112.8)	UTI*** (107.0)	UTI*** (407.9)	Pneumonia (171.2)
Vista	Pneumonia (4.7)	Flu (4.5)	Pneumonia (119.8)	UTI*** (84.0)	UTI*** (813.8)	Pneumonia (339.7)

 Indicates highest rate due to specified condition compared to other SRAs

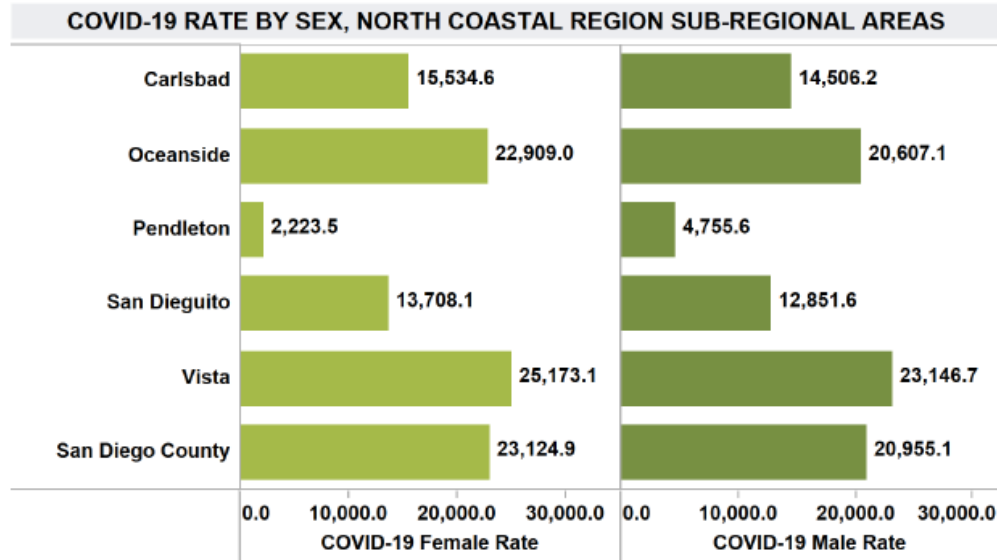
*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.

Emergency Department. *Urinary Tract Infection. Source: San Diego County Community Profiles, 2019.

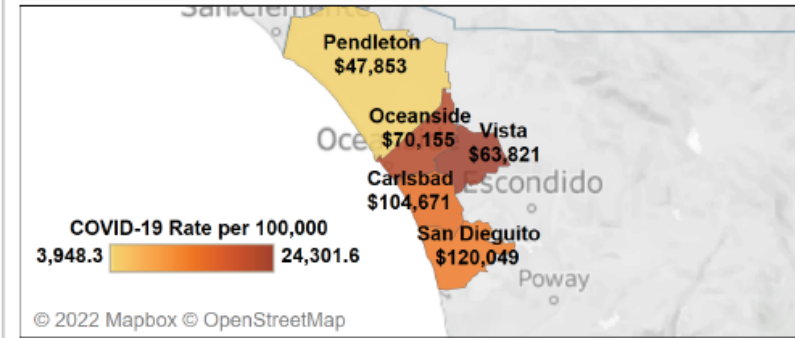
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.



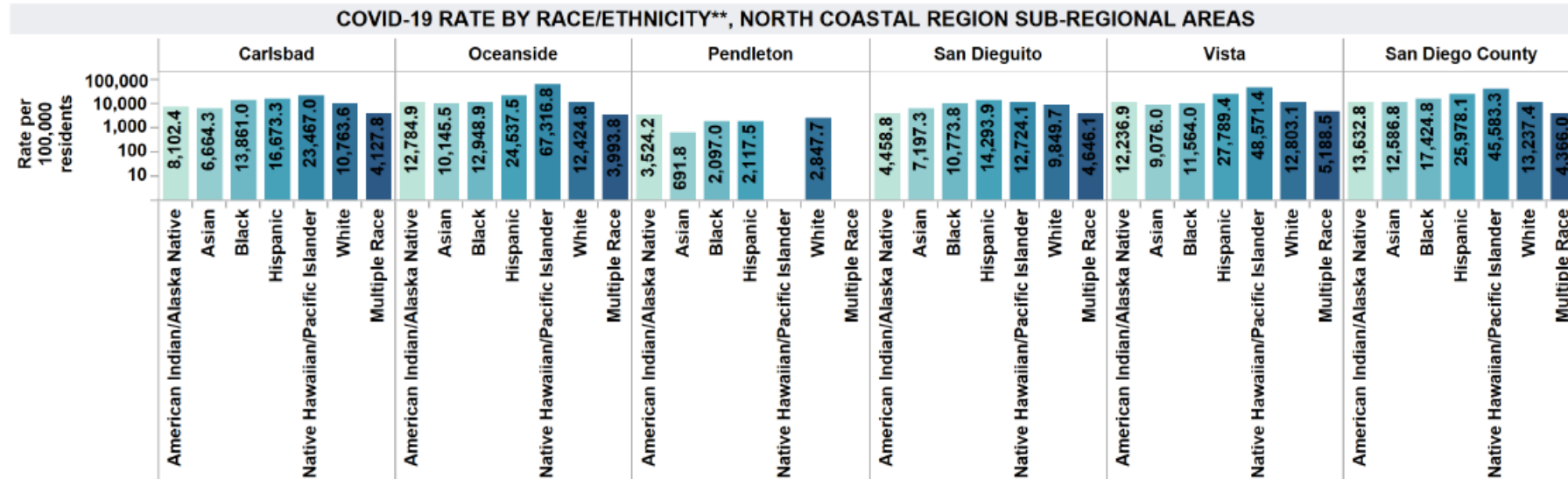
SAN DIEGO COUNTY CUMULATIVE COVID-19 RATE* PER 100,000 RESIDENTS BY NORTH COASTAL REGION SUB-REGIONAL AREAS^ (DATA THROUGH MARCH 13, 2022)



SAN DIEGO COUNTY COVID-19 RATE BY NORTH COASTAL REGION SUB-REGIONAL AREAS (MEDIAN HOUSEHOLD INCOME IN DOLLARS)

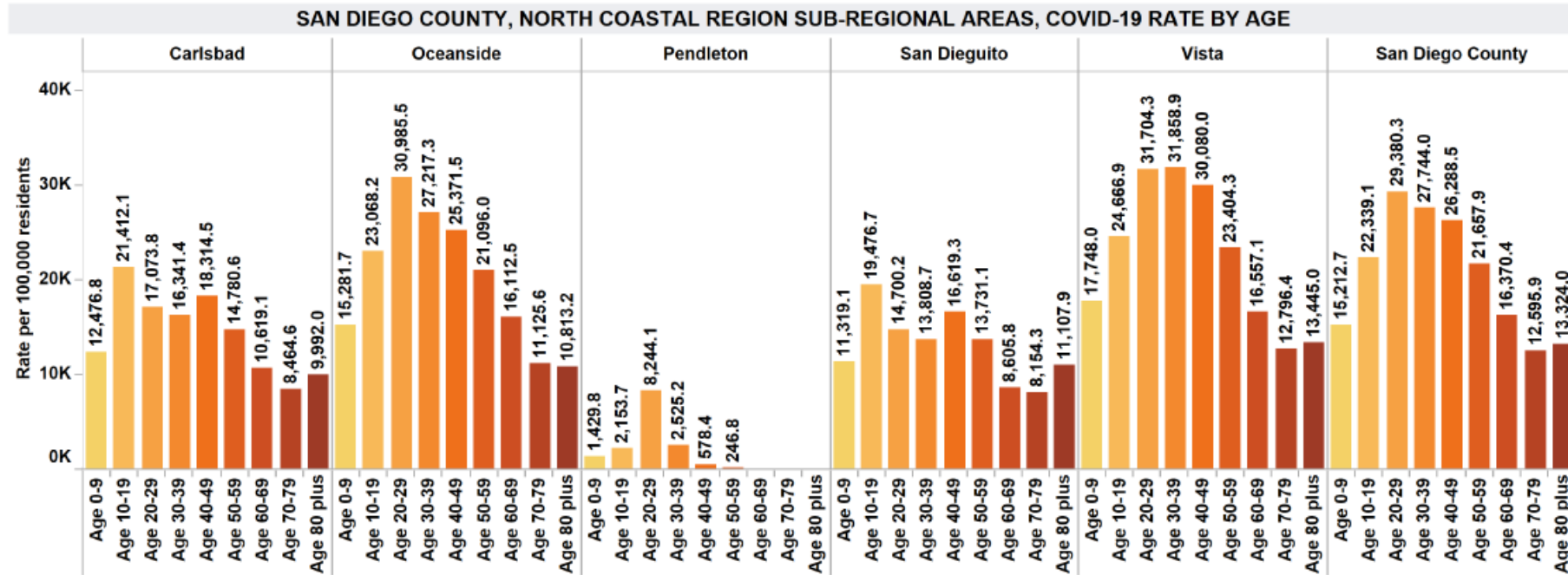


Health equity is achieved when “every person has the opportunity to ‘attain his or her full health potential’ and no one is disadvantaged from achieving this potential because of social position or other socially determined circumstances.” -Centers for Disease Control and Prevention



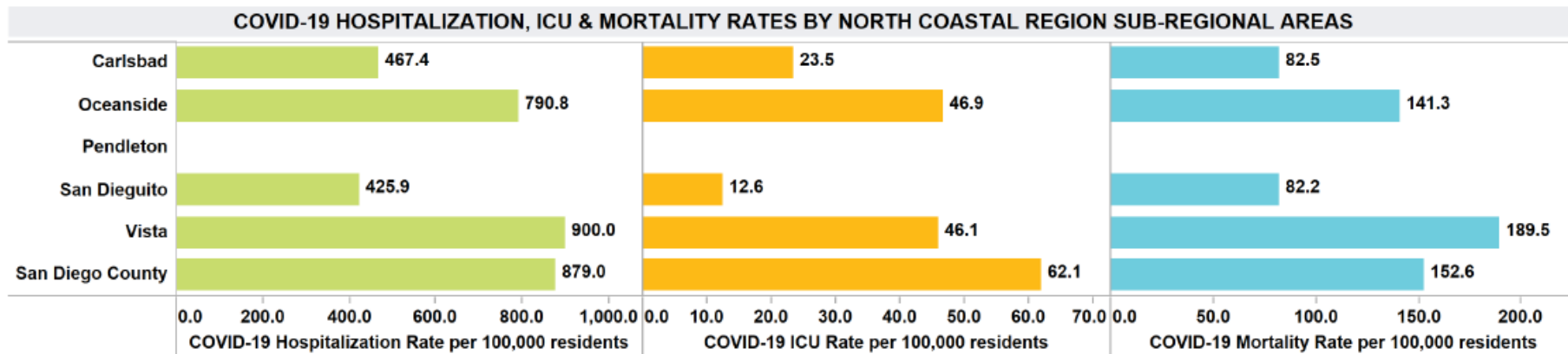
**Persons of Hispanic/Latino ethnicity may belong to any race group. All categories except Hispanic/Latino include persons for whom race is known but ethnicity is non-Hispanic or unknown.
Data through 3/13/2022. Data are preliminary and subject to change. More information may become available as individual case investigations are completed. ^SRA of residence, which may not be location of exposure, only cases with known zip code are included in rate calculation. Data source: San Diego County Communicable Disease Registry. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 3/15/2022.

SAN DIEGO COUNTY CUMULATIVE COVID-19 RATE* PER 100,000 RESIDENTS BY NORTH COASTAL REGION SUB-REGIONAL AREAS^ (DATA THROUGH MARCH 13, 2022)



*A rate is the number of cases divided by the population, usually multiplied by a constant (100,000 in the following example). For example 987 cases, divided by population of 654,321, would be a rate of 150.8 per 100,000 population. This means for every 100,000 people, 150- 151 cases would be expected.

Health equity is achieved when “every person has the opportunity to ‘attain his or her full health potential’ and no one is disadvantaged from achieving this potential because of social position or other socially determined circumstances.” -Centers for Disease Control and Prevention



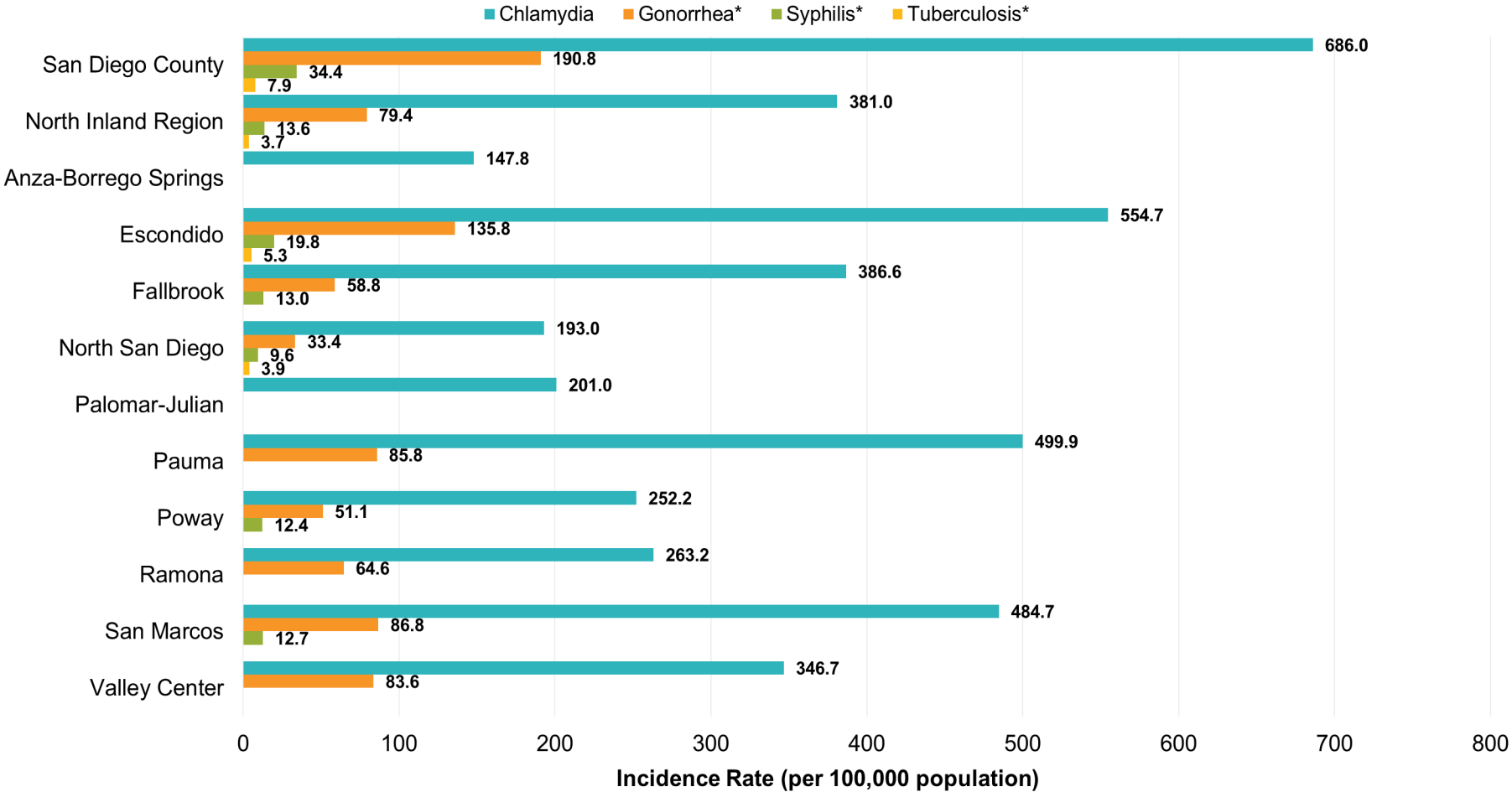
Data through 3/13/2022. Data are preliminary and subject to change. More information may become available as individual case investigations are completed. ^SRA of residence, which may not be location of exposure, only cases with known zip code are included in rate calculation. Data source: San Diego County Communicable Disease Registry. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 3/15/2022.

NORTH INLAND REGION COMMUNICABLE (INFECTIOUS) DISEASES



INCIDENCE RATES FOR INFECTIOUS DISEASES

Incidence Rates of Chlamydia, Gonorrhea, Syphilis, and Tuberculosis in San Diego County and North Inland Region Subregional Areas, 2019



In 2019, the incidence rates for infectious diseases (chlamydia, gonorrhea, syphilis, and tuberculosis) were **lower in North Inland Region** overall compared to San Diego County overall.

Among North Inland Region SRAs in 2019, **Escondido** had the highest incidence rate of **chlamydia**, with a rate higher than North Inland Region overall.

In 2019, **Escondido SRA** had the highest incidence rate for **gonorrhea** in North Inland Region, with a rate higher than North Inland Region overall.

*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
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.



NORTH INLAND REGION

COMMUNICABLE (INFECTIOUS) DISEASES



Geography	Death Rate* (per 100,000)		Hospitalization Rate* (per 100,000)		ED** Discharge Rate (per 100,000)	
	Highest	Second Highest	Highest	Second Highest	Highest	Second Highest
San Diego County	Pneumonia (6.9)	UTI*** (3.0)	Pneumonia (118.1)	UTI*** (105.7)	UTI*** (643.9)	Flu (252.6)
North Inland Region	Pneumonia (8.3)	UTI*** (3.7)	Pneumonia (119.5)	UTI*** (96.6)	UTI*** (569.2)	Pneumonia (226.7)
Anza-Borrego Springs	-	-	-	-	UTI*** (206.1)	-
Escondido	Pneumonia (10.0)	UTI*** (3.6)	Pneumonia (144.5)	UTI*** (107.2)	UTI*** (778.1)	Flu (337.1)
Fallbrook	Pneumonia (11.1)	-	Pneumonia (86.3)	UTI*** (82.3)	UTI*** (347.9)	Flu (140.7)
North San Diego	Pneumonia (7.2)	-	Pneumonia (98.1)	UTI*** (86.7)	UTI*** (353.9)	Pneumonia (168.6)
Palomar-Julian	-	-	UTI*** (177.5)	Pneumonia (122.7)	UTI*** (561.4)	Flu (177.8)
Pauma	-	-	Pneumonia (158.8)	UTI*** (103.2)	UTI*** (532.4)	Flu (205.9)

 Indicates highest rate due to specified condition compared to other SRAs

*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.

Emergency Department. *Urinary Tract Infection. 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.



NORTH INLAND REGION

COMMUNICABLE (INFECTIOUS) DISEASES



Geography	Death Rate* (per 100,000)		Hospitalization Rate* (per 100,000)		ED** Discharge Rate (per 100,000)	
	Highest	Second Highest	Highest	Second Highest	Highest	Second Highest
San Diego County	Pneumonia (6.9)	UTI*** (3.0)	Pneumonia (118.1)	UTI*** (105.7)	UTI*** (643.9)	Flu (252.6)
North Inland Region	Pneumonia (8.3)	UTI*** (3.7)	Pneumonia (119.5)	UTI*** (96.6)	UTI*** (569.2)	Pneumonia (226.7)
Poway	Pneumonia (6.8)	-	Pneumonia (95.1)	UTI*** (73.9)	UTI*** (444.7)	Pneumonia (183.3)
Ramona	-	-	Pneumonia (132.5)	UTI*** (121.1)	UTI*** (641.2)	Pneumonia (302.8)
San Marcos	Pneumonia (9.9)	UTI*** (6.9)	Pneumonia (129.1)	UTI*** (93.5)	UTI*** (636.8)	Flu (247.9)
Valley Center	-	-	Pneumonia (153.9)	UTI*** (101.5)	UTI*** (713.4)	Pneumonia (248.0)

 Indicates highest rate due to specified condition compared to other SRAs

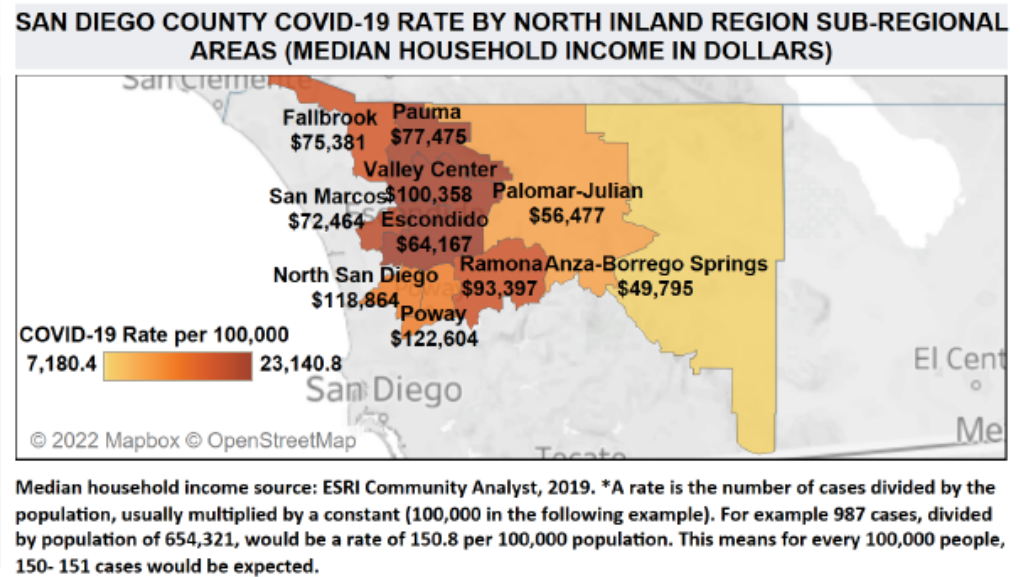
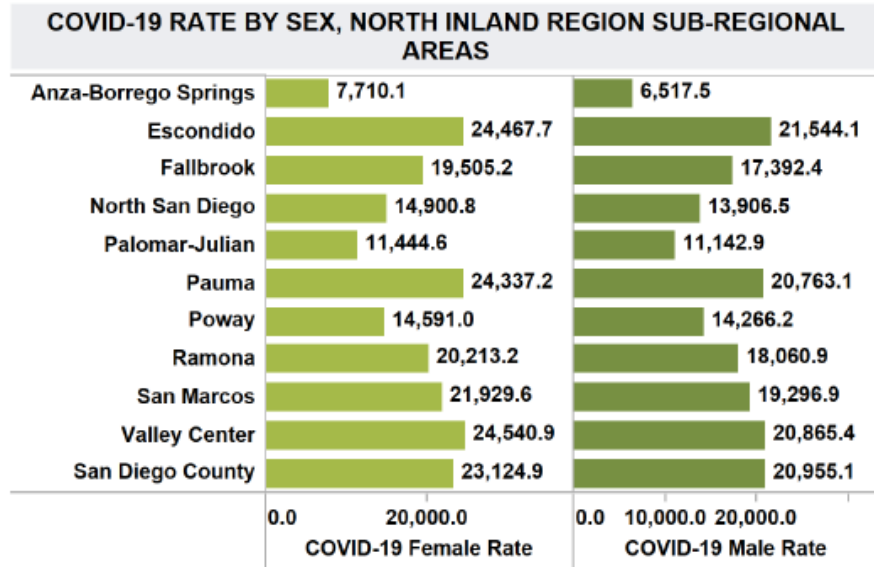
*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.

Emergency Department. *Urinary Tract Infection. Source: San Diego County Community Profiles, 2019.

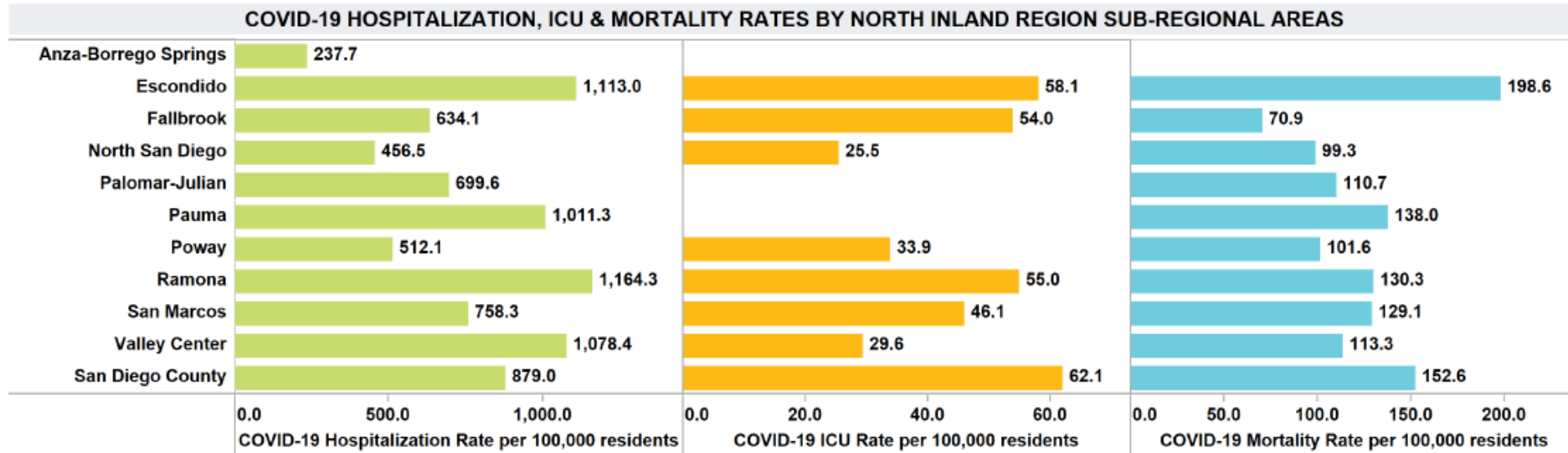
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.



SAN DIEGO COUNTY CUMULATIVE COVID-19 RATE* PER 100,000 RESIDENTS BY NORTH INLAND REGION SUB-REGIONAL AREAS^ (DATA THROUGH MARCH 13, 2022)

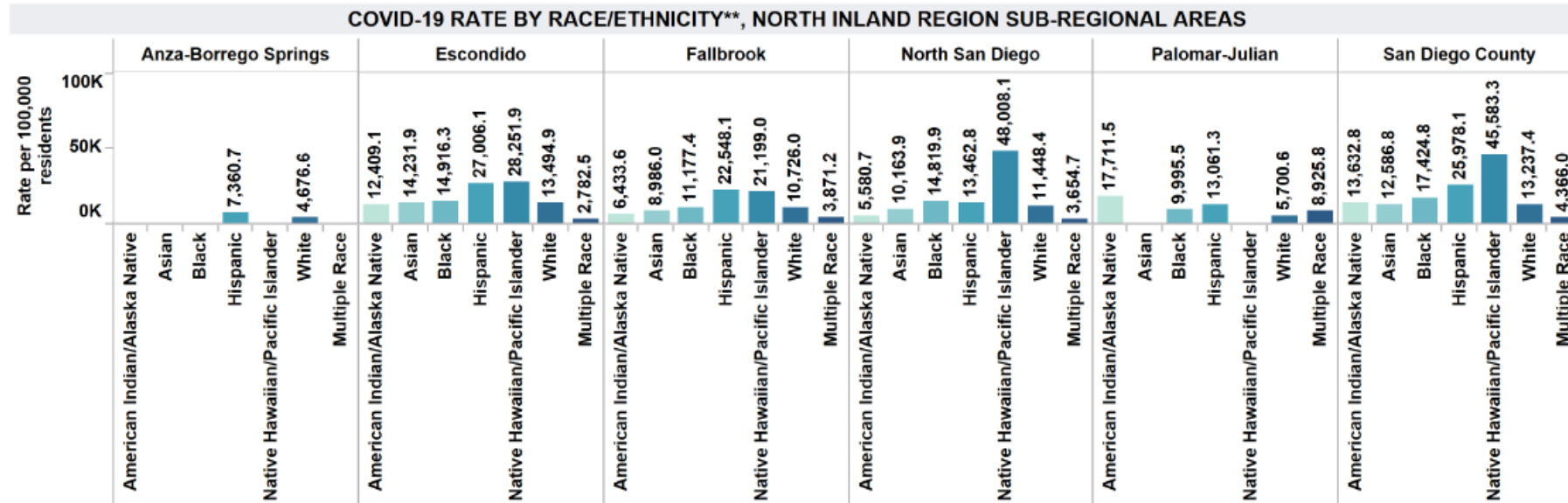


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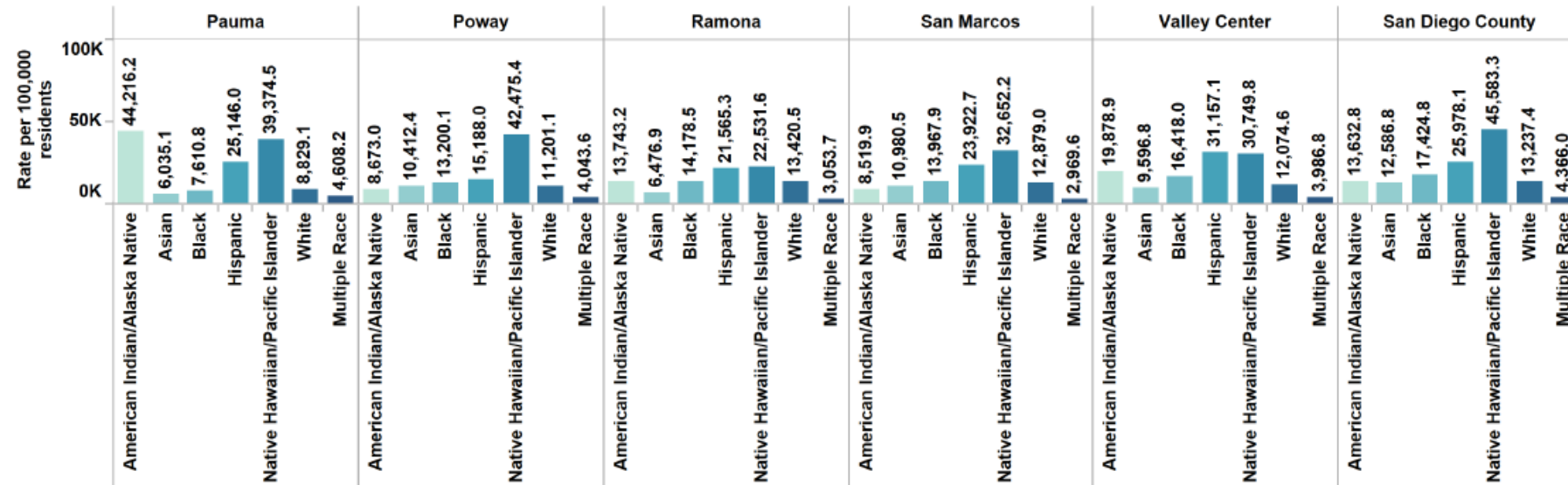


Data through 3/13/2022. Data are preliminary and subject to change. More information may become available as individual case investigations are completed. ^SRA of residence, which may not be location of exposure, only cases with known zip code are included in rate calculation. Data source: San Diego County Communicable Disease Registry. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 3/15/2022.

SAN DIEGO COUNTY CUMULATIVE COVID-19 RATE* PER 100,000 RESIDENTS BY NORTH INLAND REGION SUB-REGIONAL AREAS^ (DATA THROUGH MARCH 13, 2022)



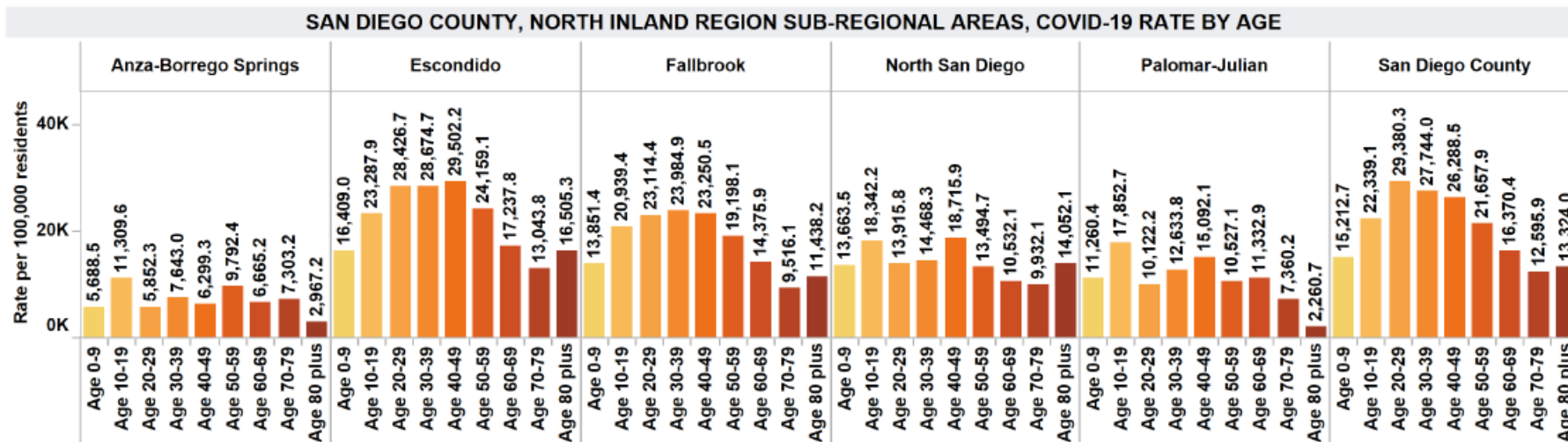
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**Persons of Hispanic/Latino ethnicity may belong to any race group. All categories except Hispanic/Latino include persons for whom race is known but ethnicity is non-Hispanic or unknown.

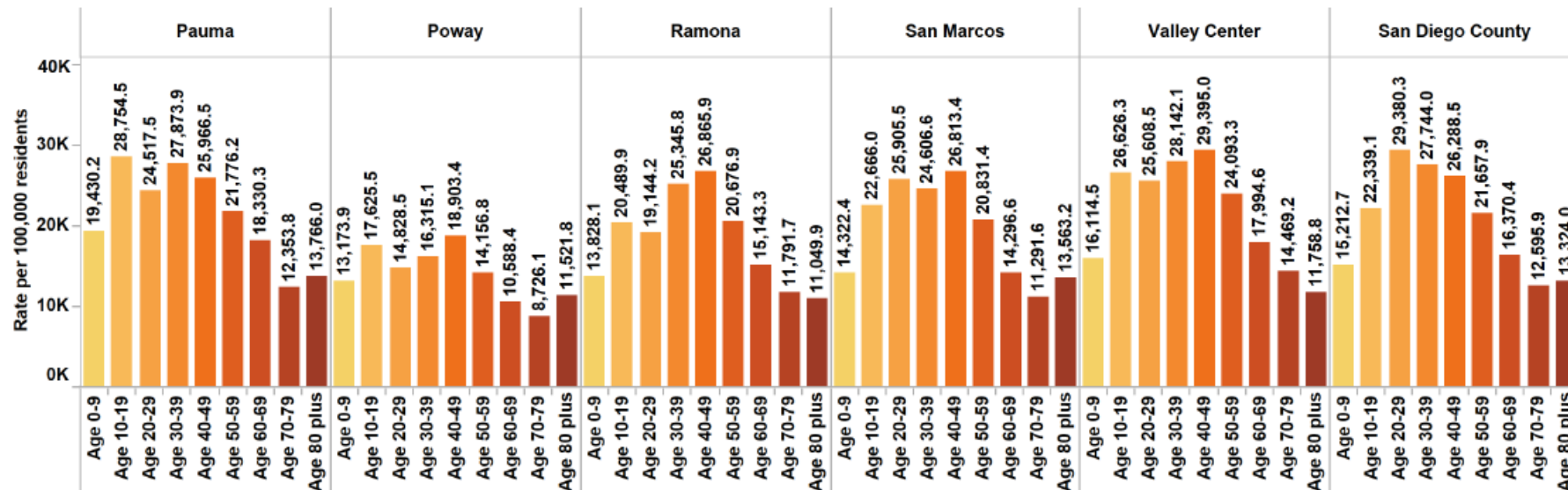
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SAN DIEGO COUNTY CUMULATIVE COVID-19 RATE* PER 100,000 RESIDENTS BY NORTH INLAND REGION SUB-REGIONAL AREAS^ (DATA THROUGH MARCH 13, 2022)



*A rate is the number of cases divided by the population, usually multiplied by a constant (100,000 in the following example). For example 987 cases, divided by population of 654,321, would be a rate of 150.8 per 100,000 population. This means for every 100,000 people, 150- 151 cases would be expected.

Health equity is achieved when “every person has the opportunity to ‘attain his or her full health potential’ and no one is disadvantaged from achieving this potential because of social position or other socially determined circumstances.” -Centers for Disease Control and Prevention



Data through 3/13/2022. Data are preliminary and subject to change. More information may become available as individual case investigations are completed. ^SRA of residence, which may not be location of exposure, only cases with known zip code are included in rate calculation. Data source: San Diego County Communicable Disease Registry. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 3/15/2022.

NORTH COASTAL REGION INJURY



Geography	Rates of Death* (per 100,000)		Hospitalization Rates* (per 100,000)		ED** Discharge Rates* (per 100,000)	
	Highest	Second Highest	Highest	Second Highest	Highest	Second Highest
San Diego County	Poisoning (14.0)	Suicide (12.4)	Falls (404.6)	Poisoning (77.1)	Falls (2,036.9)	MVI*** (577.0)
North Coastal Region	Suicide (15.0)	Falls (13.9)	Falls (351.6)	Hip Fractures (74.9)	Falls (1,759.3)	MVI*** (399.9)
Carlsbad	Falls (18.3)	Suicide (15.1)	Falls (400.3)	Hip Fractures (83.2)	Falls (1,902.4)	MVI*** (340.8)
Oceanside	Suicide (15.9)	Poisoning (15.5)	Falls (355.6)	MVI*** (65.4)	Falls (1,816.7)	MVI*** (523.6)
Pendleton	Suicide (24.2)	-	-	-	MVI*** (21.8)	Falls (12.1)
San Dieguito	Suicide (15.7)	Falls (15.5)	Falls (461.9)	Hip Fractures (89.4)	Falls (1,968.4)	MVI*** (307.0)
Vista	Poisoning (21.9)	MVI*** (13.0)	Falls (297.3)	MVI*** (70.3)	Falls (2,002.5)	MVI*** (527.2)

*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.

Emergency Department. *Motor Vehicle Injuries. 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.

 Indicates highest rate due to specified condition compared to other SRAs




NORTH INLAND REGION

INJURY



Geography	Death Rate* (per 100,000)		Hospitalization Rate (per 100,000)		ED** Discharge Rate (per 100,000)	
	Highest	Second Highest	Highest	Second Highest	Highest	Second Highest
San Diego County	Poisoning (14.0)	Suicide (12.4)	Falls (404.6)	Poisoning (77.1)	Falls (2,036.9)	MVI*** (577.0)
North Inland Region	Falls (15.8)	Suicide (14.5)	Falls (375.3)	Hip Fractures (81.5)	Falls (1,966.2)	MVI*** (518.2)
Anza-Borrego Springs	-	-	Falls (148.9)	-	Falls (782.7)	MVI*** (124.8)
Escondido	Falls (19.3)	Suicide (14.8)	Falls (414.9)	Hip Fractures (97.2)	Falls (2,379.8)	MVI*** (715.1)
Fallbrook	Suicide (22.2)	MVI*** (18.6)	Falls (329.3)	Hip Fractures (81.7)	Falls (1,235.8)	MVI*** (393.4)
North San Diego	Falls (14.7)	Poisoning (9.2)	Falls (334.5)	MVI*** (72.3)	Falls (1,615.3)	MVI*** (320.4)
Palomar-Julian	-	-	Falls (425.6)	MVI*** (84.2)	Falls (1,509.0)	MVI*** (431.1)

 Indicates highest rate due to specified condition compared to other SRAs

*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
 Emergency Department. *Motor Vehicle Injuries. 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.



NORTH INLAND REGION

INJURY



Geography	Death Rate* (per 100,000)		Hospitalization Rate (per 100,000)		ED** Discharge Rate (per 100,000)	
	Highest	Second Highest	Highest	Second Highest	Highest	Second Highest
San Diego County	Poisoning (14.0)	Suicide (12.4)	Falls (404.6)	Poisoning (77.1)	Falls (2,036.9)	MVI*** (577.0)
North Inland Region	Falls (15.8)	Suicide (14.5)	Falls (375.3)	Hip Fractures (81.5)	Falls (1,966.2)	MVI*** (518.2)
Pauma	-	-	Falls (322.7)	MVI*** (162.5)	Falls (1,825.3)	MVI*** (728.6)
Poway	Falls (19.0)	Poisoning (9.4)	Falls (391.9)	Hip Fractures (71.1)	Falls (1,761.4)	MVI*** (346.0)
Ramona	Suicide (30.0)	Firearm (21.9)	Falls (392.8)	MVI*** (85.7)	Falls (2,244.0)	MVI*** (646.2)
San Marcos	Suicide (15.4)	Falls (11.2)	Falls (384.0)	Hip Fractures (78.9)	Falls (2,067.6)	MVI*** (496.8)
Valley Center	Poisoning (23.2)	-	Falls (392.5)	MVI*** (130.2)	Falls (2,512.2)	MVI*** (835.5)

*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.

Emergency Department. *Motor Vehicle Injuries. 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.



NORTH COASTAL REGION


BEHAVIORAL HEALTH INDICATORS



Geography	Rates of Death* (per 100,000)		Hospitalization Rates* (per 100,000)		ED** Discharge Rates* (per 100,000)	
	Highest	Second Highest	Highest	Second Highest	Highest	Second Highest
San Diego County	ADRD*** (85.2)	Alcohol-Related Disorders (13.0)	Alcohol-Related Disorders (50.5)	ADRD*** (21.2)	Alcohol-Related Disorders (270.2)	Anxiety~ (231.5)
North Coastal Region	ADRD*** (86.0)	Alcohol-Related Disorders (15.0)	Alcohol-Related Disorders (50.1)	ADRD*** (13.6)	Alcohol-Related Disorders (237.6)	Anxiety~ (166.8)
Carlsbad	ADRD*** (96.4)	Alcohol-Related Disorders (11.5)	Alcohol-Related Disorders (49.7)	ADRD*** (18.2)	Alcohol-Related Disorders (210.0)	Mood Disorders (143.1)
Oceanside	ADRD*** (76.1)	Alcohol-Related Disorders (18.6)	Alcohol-Related Disorders (49.4)	Opioid Overdoses (9.4)	Alcohol-Related Disorders (267.2)	Anxiety~ (211.7)
Pendleton	-	-	-	-	-	-
San Dieguito	ADRD*** (120.5)	Alcohol-Related Disorders (13.1)	Alcohol-Related Disorders (60.8)	ADRD*** (20.0)	Alcohol-Related Disorders (276.6)	Anxiety~ (146.8)
Vista	ADRD*** (92.5)	Alcohol-Related Disorders (20.5)	Alcohol-Related Disorders (57.2)	ADRD*** (11.5)	Alcohol-Related Disorders (273.3)	Anxiety~ (228.5)

*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
 Emergency Department. * Alzheimer's Disease and Related Dementias; ~Anxiety and Fear Related Disorders. 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.




 Indicates highest rate due to specified condition compared to other SRAs

NORTH INLAND REGION

BEHAVIORAL HEALTH INDICATORS



Geography	Death Rate* (per 100,000)		Hospitalization Rate* (per 100,000)		ED** Discharge Rate* (per 100,000)	
	Highest	Second Highest	Highest	Second Highest	Highest	Second Highest
San Diego County	ADRD*** (85.2)	Alcohol-Related Disorders (13.0)	Alcohol-Related Disorders (50.5)	ADRD*** (21.2)	Alcohol-Related Disorders (270.2)	Anxiety~ (231.5)
North Inland Region	ADRD*** (104.9)	Alcohol-Related Disorders (12.3)	Alcohol-Related Disorders (41.9)	ADRD*** (21.6)	Anxiety~ (209.7)	Alcohol-Related Disorders (206.1)
Anza-Borrego Springs	-	-	-	-	Mood Disorders (118.7)	Schizophrenia (92.2)
Escondido	ADRD*** (117.0)	Alcohol-Related Disorders (17.4)	Alcohol-Related Disorders (56.2)	ADRD*** (24.0)	Alcohol-Related Disorders (275.4)	Anxiety~ (269.0)
Fallbrook	ADRD*** (86.3)	-	ADRD*** (20.5)	Alcohol-Related Disorders (19.1)	Mood Disorders (155.7)	Anxiety~ (128.1)
North San Diego	ADRD*** (104.4)	Alcohol-Related Disorders (5.7)	Alcohol-Related Disorders (29.2)	ADRD*** (24.2)	Anxiety~ (162.8)	Alcohol-Related Disorders (138.0)
Palomar-Julian	-	-	-	-	Mood Disorder (196.0)	Alcohol-Related Disorders (188.9)

 Indicates highest rate due to specified condition compared to other SRAs

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 Emergency Department. * Alzheimer's Disease and Related Dementias; ~Anxiety and Fear Related Disorders. 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.




NORTH INLAND REGION

BEHAVIORAL HEALTH INDICATORS



Geography	Death Rate* (per 100,000)		Hospitalization Rate* (per 100,000)		ED** Discharge Rate* (per 100,000)	
	Highest	Second Highest	Highest	Second Highest	Highest	Second Highest
San Diego County	ADRD*** (85.2)	Alcohol-Related Disorders (13.0)	Alcohol-Related Disorders (50.5)	ADRD*** (21.2)	Alcohol-Related Disorders (270.2)	Anxiety~ (231.5)
North Inland Region	ADRD*** (104.9)	Alcohol-Related Disorders (12.3)	Alcohol-Related Disorders (41.9)	ADRD*** (21.6)	Anxiety~ (209.7)	Alcohol-Related Disorders (206.1)
Pauma	ADRD*** (112.3)	-	-	-	Schizophrenia (272.2)	Mood Disorder (223.7)
Poway	ADRD*** (109.6)	Alcohol-Related Disorders (6.4)	Alcohol-Related Disorders (32.5)	ADRD*** (22.9)	Anxiety~ (158.9)	Alcohol-Related Disorders (158.1)
Ramona	ADRD*** (96.8)	-	Alcohol-Related Disorders (44.8)	-	Alcohol-Related Disorders (246.7)	Anxiety~ (232.3)
San Marcos	ADRD*** (89.8)	Alcohol-Related Disorders (13.3)	Alcohol-Related Disorders (52.4)	ADRD*** (15.3)	Alcohol-Related Disorders (240.6)	Anxiety~ (221.4)
Valley Center	ADRD*** (117.8)	Alcohol-Related Disorders (30.6)	Alcohol-Related Disorders (46.3)	ADRD*** (21.3)	Anxiety~ (310.3)	Alcohol-Related Disorders (250.2)

 Indicates highest rate due to specified condition compared to other SRAs

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Emergency Department. * Alzheimer's Disease and Related Dementias; ~Anxiety and Fear Related Disorders. 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.



2020 INCREASES IN DEATHS IN SAN DIEGO COUNTY



LIVE WELL
SAN DIEGO

Cause of Death	Total Number of Deaths in 2020	Percent Increase in Rate from 2019
Alzheimer's disease and related dementias	2,618	6.0%
COVID-19	1,727	N/A
All Causes	24,570	9.3%

Source: California Department of Public Health Fusion Center. Data Brief: 2020/Q1 2021 Increases in Deaths in San Diego County, last updated 10/15/2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

- In San Diego County, Alzheimer's disease and related dementias had the second largest absolute increase in number of deaths from 2019 to 2020 (+241 deaths) compared to other selected causes of death.
- Increases in death due to ADRD are consistent with long-term increasing trends.

ALZHEIMER'S DISEASE AND RELATED DEMENTIAS (ADRD) IN SAN DIEGO COUNTY



LIVE WELL
SAN DIEGO

2015

84,405

2030

115,194

2045

157,214

2060

214,562

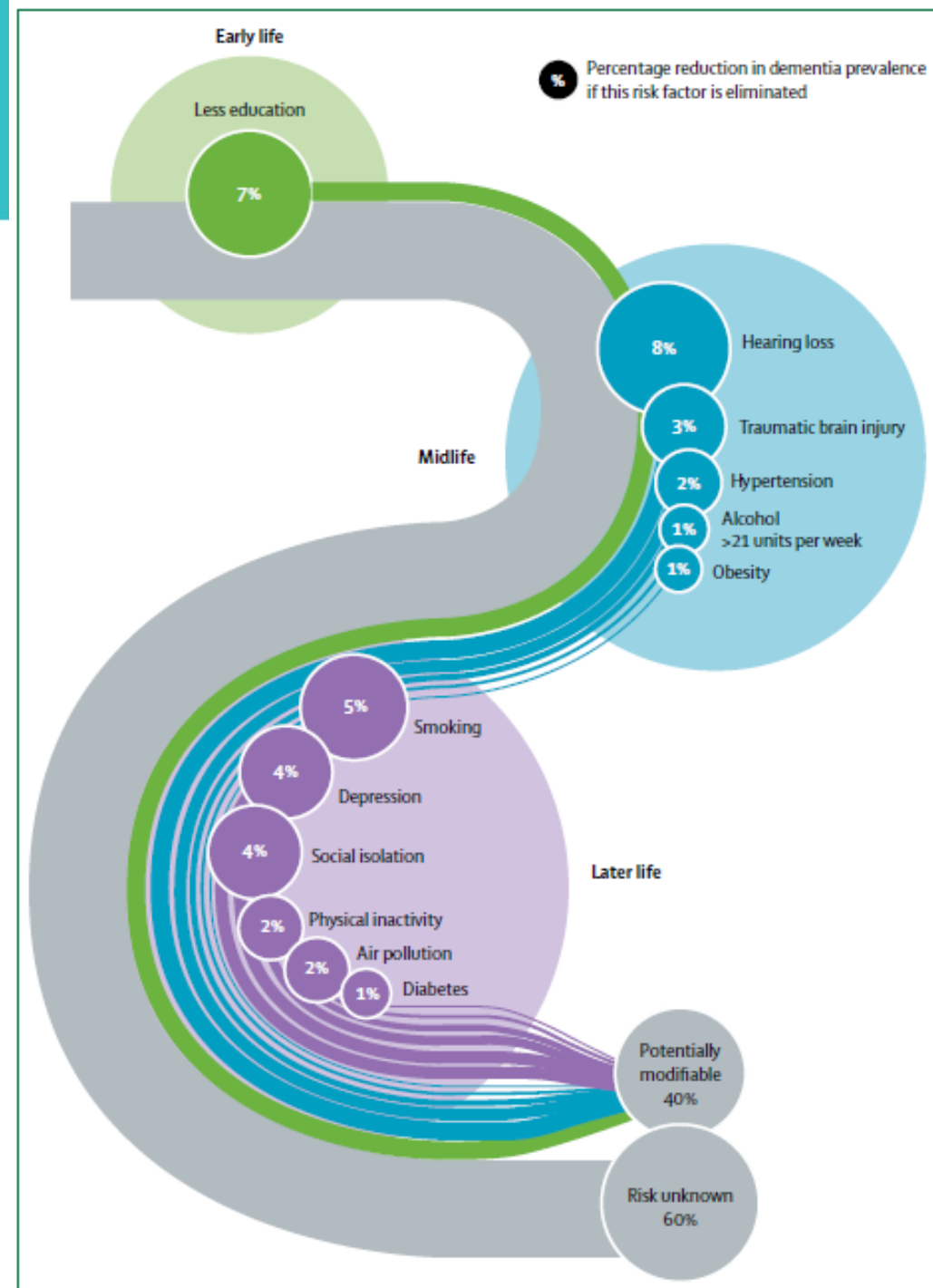
Adults over the age of 55
who will have a diagnosis of
ADRD, if nothing changes.

DEMENTIA PREVENTION

DEMENTIA PREVENTION, INTERVENTION, AND CARE

- Article published in The Lancet in July 2017, updated in 2020
- Research team working with the World Health Organization
- Big data analysis
 - All studies done relating to Alzheimer's Disease and Related Dementias (ADRD)
 - Purpose: to identify modifiable risk factors
- Determined that 40% of ADRD cases could be prevented through behavioral and lifestyle changes

Source: Dementia prevention, intervention, and care. (2020) Livingston, G. et al. *The Lancet*, 396, 413-46.
doi:10.1016/s0140-6736(20)30367-6

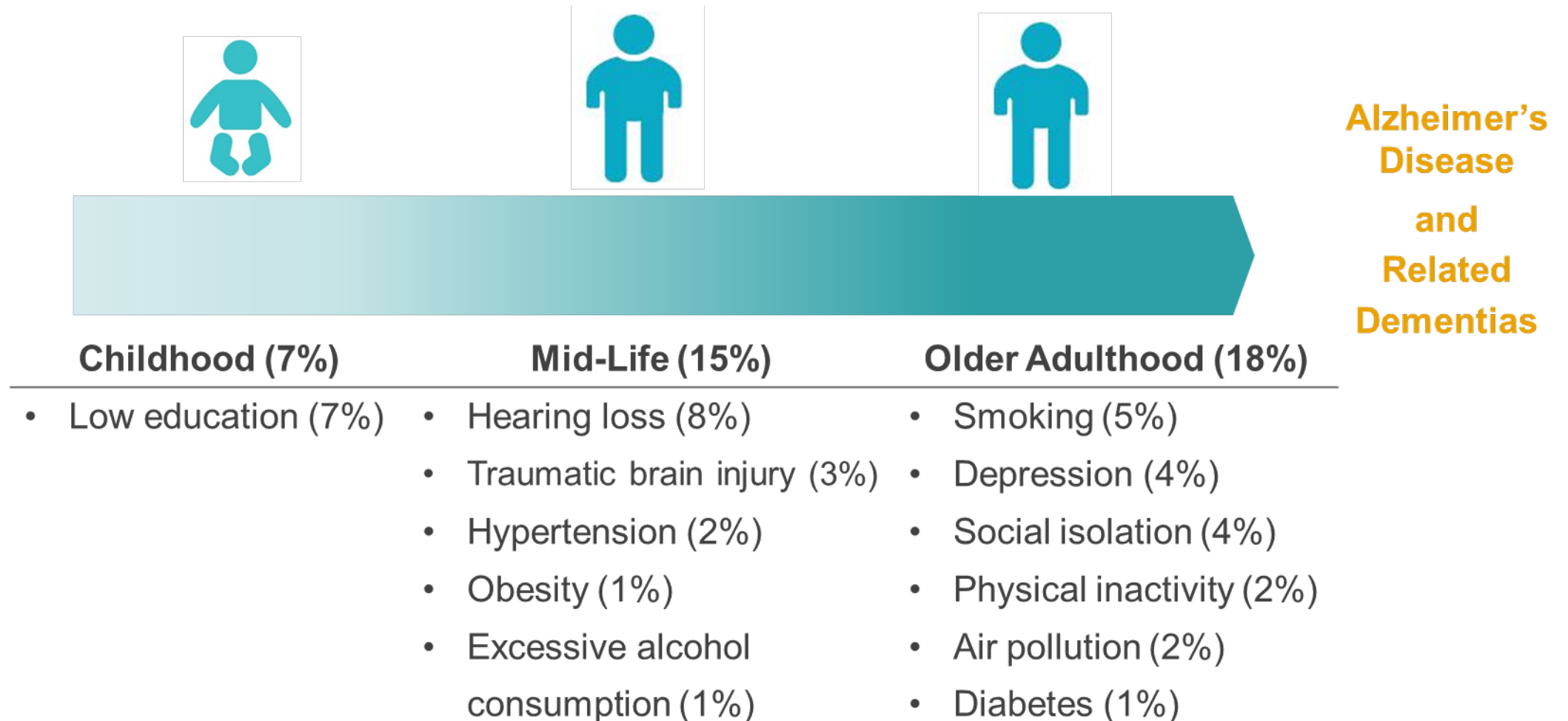


MODIFIABLE RISK FACTORS



LIVE WELL
SAN DIEGO

ALZHEIMER'S DISEASE AND RELATED DEMENTIA RISK FACTORS BY LIFE STAGE



HEALTHY BODY, HEALTHY MIND



LIVE WELL
SAN DIEGO

HEALTHY BODY, HEALTHY MIND



Keep Moving



Maintain Social Interactions



Eat Fruit and Vegetables Daily



Expand Your Thinking

LIVE YOUR BEST LIFE! KNOW YOUR HEALTH NUMBERS

For more information, contact your
health provider.

YOUR HEALTH IS UP TO **YOU!** MAKE IT **FUN!**

EATING HEALTHY IS EASY & **COLORFUL!**

- Try adding a new fruit or vegetable to your meals each month
- Pick foods of all different colors for your plate
- Olive and avocado oils are healthy fats to use instead of animal fats
- Have fresh fruit easily available for your family instead of candy and pastries
- Choose whole wheat and whole grains instead of white flour for breads
- Read package nutrition information and look for products with at least 5 grams of fiber
- Avoid fad diets that are hard to maintain and tend to promote weight gain after their use



HAVE **FUN** INCREASING YOUR ACTIVITY

- Pick one or two activities you really enjoy, and can do comfortably
- If you are getting started with activity, start slow and build up over a few weeks
- Try to get moderate exercise 30 minutes a day, three or four days a week
- Brisk walking, dancing, hiking can improve the health of your heart, lungs and circulatory system
- Make it a family activity! Get the kids out with you to improve their health as well.
- Gardening is a great strengthening activity for the whole family
- Try a new activity, like cycling, flying a kite with children, or exploring a new area of the community
- Be sure to stretch your muscles when you are done with your activity to keep muscles from aching



SOCIAL CONNECTION KEEPS YOU **HAPPY**

- Stay in touch with family and friends, even if it is on the telephone
- Plan and enjoy meals with friends and other families
- Your faith community can be an important social connection
- Take a class for social connection and testing your brain
- Find group activities you like, such as singing in a choir, joining a walking group or bowling league



TEST YOUR **BRAIN**

- Learn a new subject by reading or watching videos
- Sing songs from your childhood as well as new ones
- Try your hand at jigsaw puzzles or word games
- Tell your children and grandchildren stories about your life experiences
- Take a cooking class



KNOW YOUR **HEALTH NUMBERS**

- 0 smoking, vaping, or chewing tobacco
- 7 - 9 hours sleep nightly
- Know your blood pressure, weight, cholesterol, and blood sugar (A1c) and keep them in check
- 100% - Take all your medications as prescribed



This effort is supported by the California Department of Public Health Alzheimer's Disease Program. Funding is provided by the 2019 California Budget Act one-time General Fund expenditure authority over the State Fiscal Years from 2019 to 2022.



This effort is supported by the California Department of Public Health Alzheimer's Disease Program. Funding is provided by the 2019 California Budget Act one-time General Fund expenditure authority over the State Fiscal Years from 2019 to 2022.



<https://championsforhealth.org/programs/alzheimers-and-dementia/>

HEALTHY BRAIN INITIATIVE



LIVE WELL
SAN DIEGO



HEALTHY BRAIN
INITIATIVE



California Department of
Public Health



COUNTY OF SAN DIEGO



HHSA

HEALTH AND HUMAN SERVICES AGENCY



CHAMPIONS
for HEALTH

PHYSICIANS
IMPROVING HEALTH
CHANGING LIVES

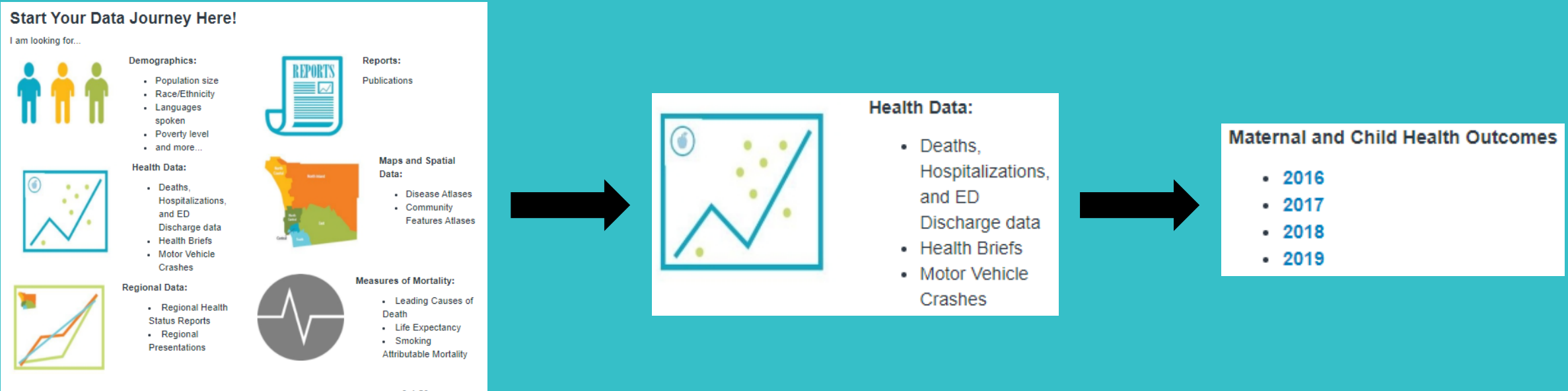


LIVE WELL
SAN DIEGO

MATERNAL AND CHILD HEALTH INDICATORS



WWW.SDHEALTHSTATISTICS.COM



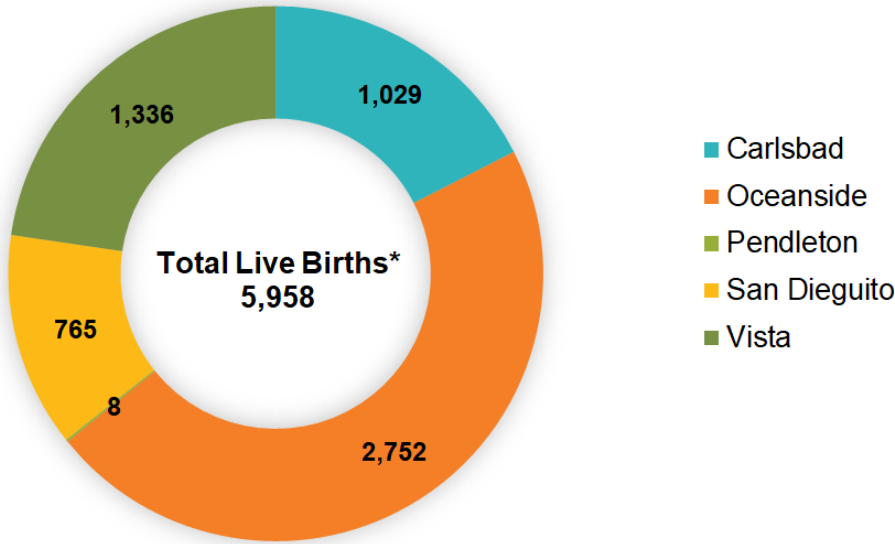


NORTH COASTAL REGION

MATERNAL AND CHILD HEALTH INDICATORS

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

Distribution of Live Births in North Coastal Region by Subregional Areas, 2019



*Subregional areas may not add to regional total live births due to allocation.
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.



Geography	Preterm Births*	Low Weight Births*	Very Low Weight Births*	Teen Births*
San Diego County	8.7%	6.8%	1.0%	0.5%
North Coastal Region	8.2%	6.5%	0.9%	0.6%
Carlsbad	9.2%	7.2%	1.2%	-
Oceanside	8.1%	6.5%	0.9%	0.5%
Pendleton	-	-	-	-
San Dieguito	8.2%	6.2%	0.8%	-
Vista	8.0%	6.4%	0.8%	1.4%

*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
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.

Indicates proportion higher than North Coastal Region

In North Coastal Region, the proportion of preterm births was highest in Carlsbad SRA (9.2%) in 2019.

The proportion of low birth weight infants among all live births within North Coastal Region was highest in Carlsbad SRA (7.2%) in 2019.

NORTH COASTAL REGION

MATERNAL AND CHILD HEALTH INDICATORS



In 2019, North Coastal Region had a slightly lower percent of births with early prenatal care compared to the county overall. Among North Coastal Region SRAs, **Pendleton SRA** had the **highest percent of births with early prenatal care** (100%).

In 2018, **Carlsbad SRA** had the **highest fetal mortality rate** among North Coastal SRAs. In 2019, **Carlsbad SRA** had the **highest infant mortality rate** in North Coastal Region.

Early Prenatal Care	
Geography	Early Prenatal Care
San Diego County	88.2%
North Coastal Region	88.1%
Carlsbad	91.7%
Oceanside	88.0%
Pendleton	100.0%
San Dieguito	93.0%
Vista	82.7%

Fetal Mortality and Infant Mortality		
Geography	Fetal Mortality Rate* per 1,000 (2018)	Infant Mortality Rate* per 1,000 (2019)
San Diego County	3.9	3.7
North Coastal Region	3.6	2.5
Carlsbad	4.1	5.1
Oceanside	3.2	2.3
Pendleton	-	-
San Dieguito	-	-
Vista	3.7	-

*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2018, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Indicates proportion/rate higher than North Coastal Region

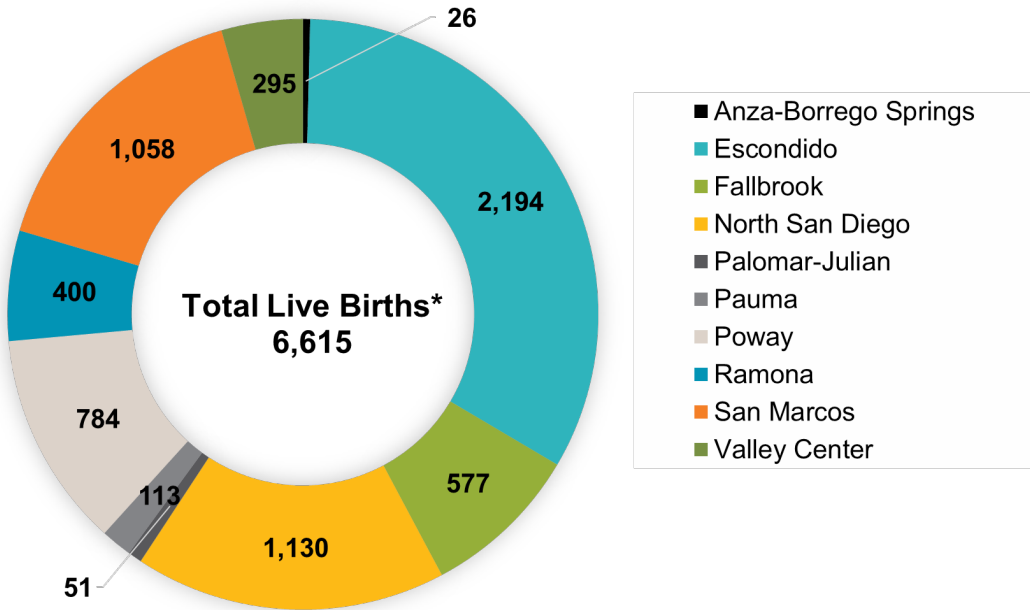




NORTH INLAND REGION MATERNAL AND CHILD HEALTH INDICATORS

In 2019, there were **6,615 total live births** in North Inland Region representing **17%** of the total live births in San Diego County (38,445).

Distribution of Live Births in North Inland Region by Subregional Areas, 2019



*Subregional areas may not add to regional total live births due to allocation.

The proportion of **low birth weight infants** among all live births within North Inland Region was **highest in Ramona SRA (7.7%)** in 2019.

In North Inland Region, the proportion of **preterm births** was highest in **Ramona SRA (13.5%)** in 2019.

Geography	Preterm Births*	Low Weight Births*	Very Low Weight Births*	Teen Births*
San Diego County	8.7%	6.8%	1.0%	0.5%
North Inland Region	8.4%	6.8%	1.0%	0.7%
Anza-Borrego Springs	-	-	-	-
Escondido	7.3%	6.2%	1.0%	1.2%
Fallbrook	7.9%	6.1%	1.0%	1.0%
North San Diego	9.0%	7.5%	0.8%	-
Palomar-Julian	-	-	-	-
Pauma	6.9%	4.9%	-	-
Poway	9.3%	7.5%	1.0%	-
Ramona	13.5%	7.7%	-	-
San Marcos	8.4%	6.9%	1.1%	1.0%
Valley Center	7.2%	7.2%	-	-

*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.

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.

○ Indicates highest proportion compared to other SRAs



NORTH INLAND REGION MATERNAL AND CHILD HEALTH INDICATORS


Early Prenatal Care

Geography	Early Prenatal Care
San Diego County	88.2%
North Inland Region	92.3%
Anza-Borrego Springs	88.7%
Escondido	92.2%
Fallbrook	88.8%
North San Diego	95.7%
Palomar-Julian	83.7%
Pauma	89.0%
Poway	95.0%
Ramona	91.8%
San Marcos	90.1%
Valley Center	90.3%

Fetal Mortality and Infant Mortality

Geography	Fetal Mortality Rate* per 1,000 (2018)	Infant Mortality Rate* per 1,000 (2019)
San Diego County	3.9	3.7
North Inland Region	4.3	4.4
Anza-Borrego Springs	-	-
Escondido	6.6	5.5
Fallbrook	-	-
North San Diego	-	-
Palomar-Julian	-	-
Pauma	-	-
Poway	-	-
Ramona	-	-
San Marcos	-	6.9
Valley Center	-	-

*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2018, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

 Indicates highest proportion/rate compared to other SRAs



2019 COMMUNITY PROFILES IN TABLEAU



LIVE WELL
SAN DIEGO



Navigate to data by various lenses of health equity

Use the drop-down arrows to filter by condition and outcome

1: Geography & SES 2: Race/Ethnicity 3: Age 4: Gender 5: All lenses

Condition

Asthma

Outcome

ED Discharge

How to interpret rates:

A rate is the number of cases divided by the population, usually multiplied by a constant (100,000 in the example). For example, 987 cases, divided by a population of 654,321, would be a rate of 150.8 per 100,000 population. This means for every 100,000 people, 150-151 cases would be expected.

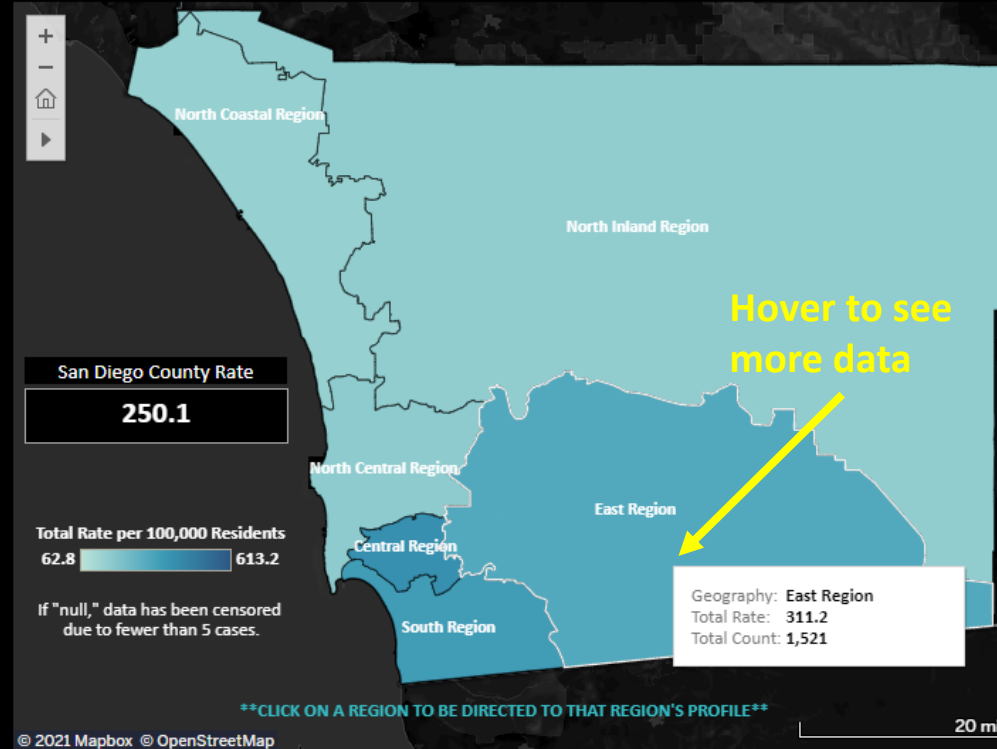
Socioeconomic Status

Geography	2021 Median Household Income
Central Region	\$61,817
East Region	\$77,818
North Central Region	\$102,024
North Coastal Region	\$93,906
North Inland Region	\$98,478
South Region	\$76,304

2019 COMMUNITY PROFILES

SAN DIEGO COUNTY HEALTH CONDITION RATE PER 100,000 RESIDENTS
BY HEALTH AND HUMAN SERVICES AGENCY (HHSA) REGION

Total Rate (per 100,000 residents) and Total Count of
Asthma ED Discharge
in San Diego County and HHSA Regions



Median household income source: ESRI Community Analyst, 2021. Data source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS); California Office of Statewide Health Planning & Development (OSHPD), Emergency Department and Patient Discharge data, 2019. All conditions are a primary diagnosis unless preceded by "Any Mention". "Any Mention" diagnoses are any mention of the condition in the discharge record. Data suppressed for counts < 5. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 12/1/2021.



Share or download

2019 COMMUNITY PROFILES

HEALTH CONDITION RATE PER 100,000 RESIDENTS BY NORTH COASTAL REGION SUBREGIONAL AREAS (SRA)

Condition

Depression

Outcome

ED Discharge

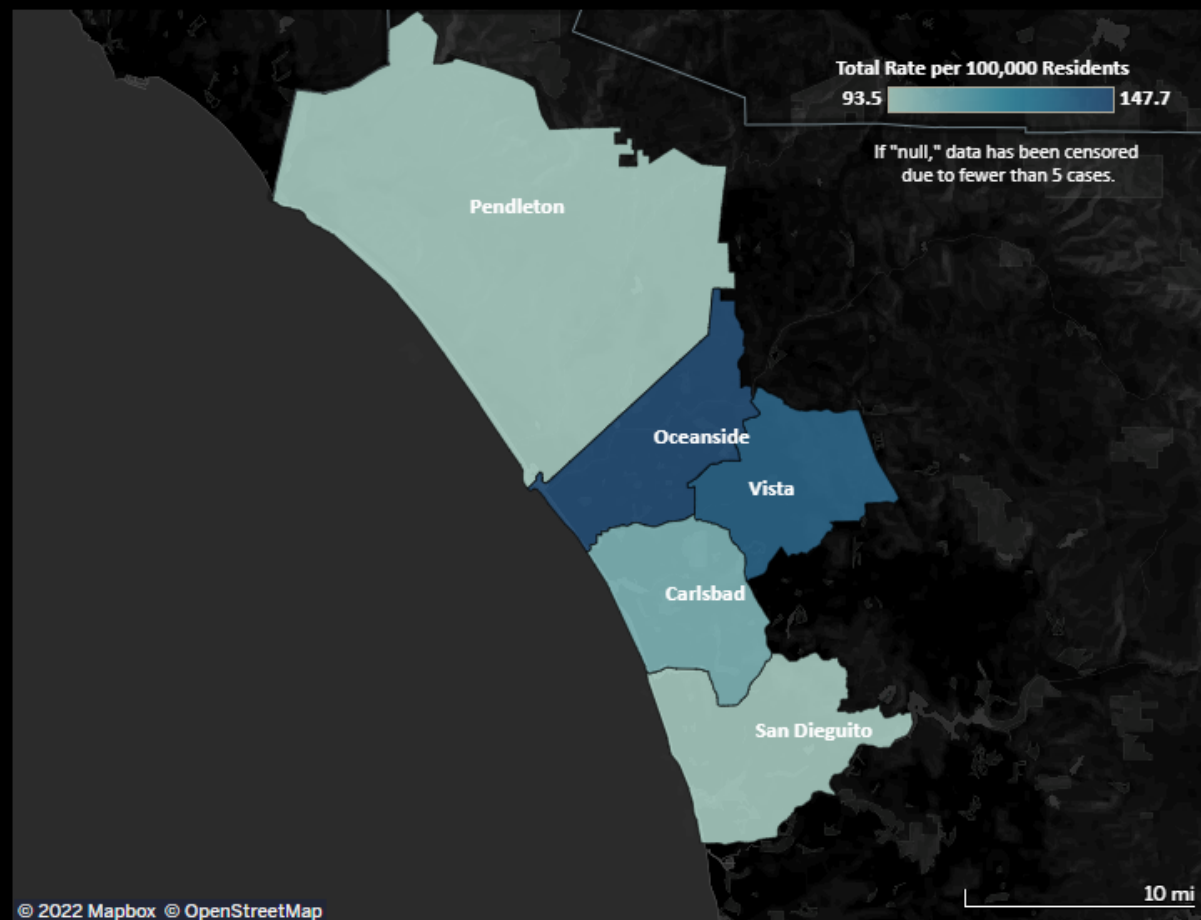
Total Rate (per 100,000 residents) and Total Count of Depression ED Discharge in San Diego County North Coastal Region Subregional Areas (SRA)

How to interpret rates:

A rate is the number of cases divided by the population, usually multiplied by a constant (100,000 in the example). For example, 987 cases, divided by a population of 654,321, would be a rate of 150.8 per 100,000 population. This means for every 100,000 people, 150-151 cases would be expected.

Socioeconomic Status

Geography	2021 Median Household Income
Carlsbad	\$113,028
Oceanside	\$76,667
Pendleton	\$48,354
San Dieguito	\$125,577
Vista	\$77,626



Median household income source: ESRI Community Analyst, 2021. Data source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS); California Office of Statewide Health Planning & Development (OSHPD), Emergency Department and Patient Discharge data, 2019. All conditions are a primary diagnosis unless preceded by "Any Mention". "Any Mention" diagnoses are any mention of the condition in the discharge record. Data suppressed for counts < 5. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 12/1/2021.



2019 COMMUNITY PROFILES

HEALTH CONDITION RATE PER 100,000 RESIDENTS BY RACE/ETHNICITY, NORTH COASTAL SUBREGIONAL AREAS (SRA)

Condition

Depression

Outcome

ED Discharge

If graphs do not populate, data is not available for the selected filters.

Legend

- NH White
- NH Black
- Hispanic
- NH API
- NH Other Race
- Total Rate

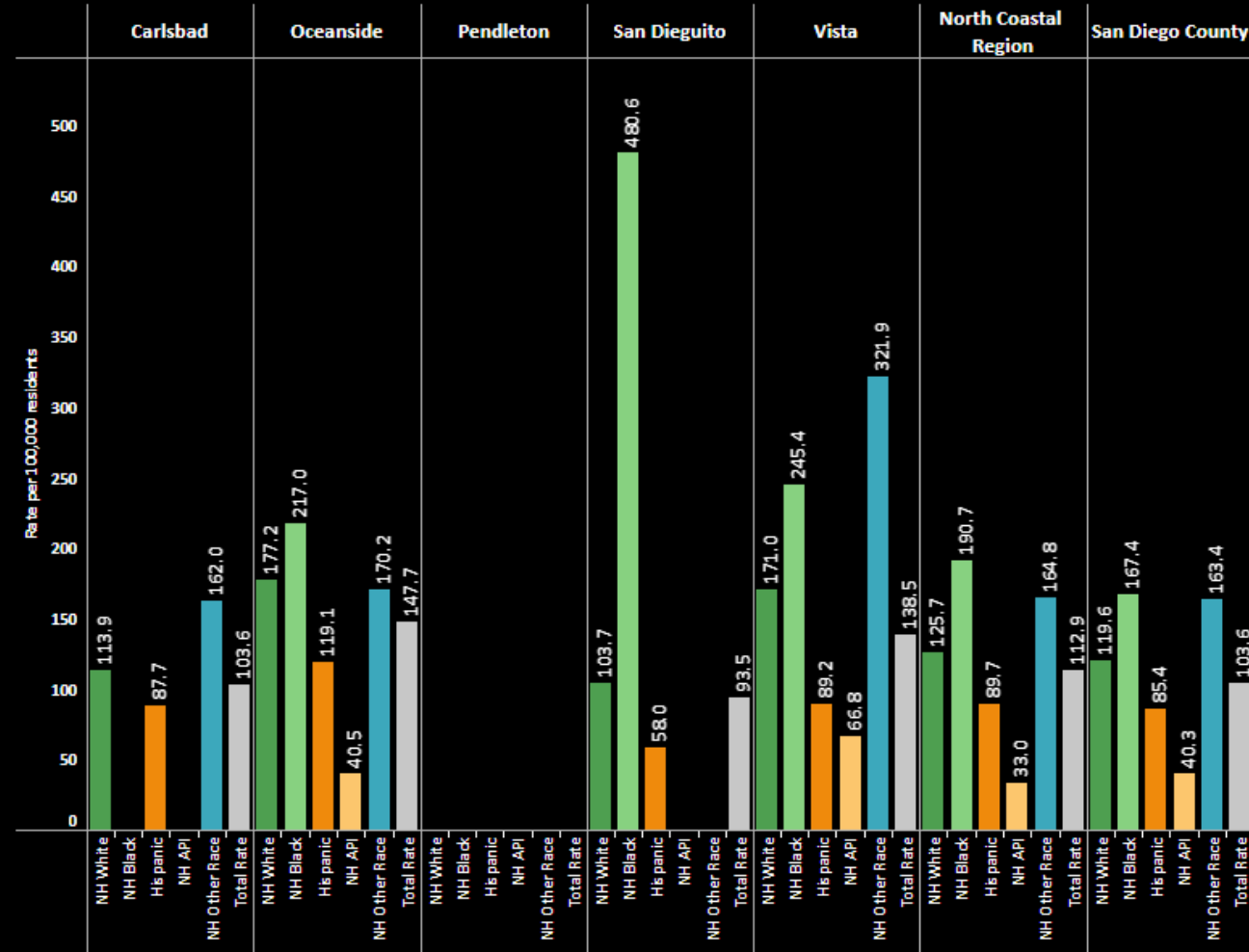
Note:

NH: Non-Hispanic
API: Asian/Pacific Islander
Other Race: American Indian/Alaska Native (AIAN), multiple races, or some other race

How to interpret rates:

A rate is the number of cases divided by the population, usually multiplied by a constant (100,000 in the example). For example, 987 cases, divided by population of 654,321, would be a rate of 150.8 per 100,000 population. This means for every 100,000 people, 150-151 cases would be expected.

Depression ED Discharge Rate (per 100,000 residents) by Race/Ethnicity, North Coastal Region SRA



Data source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS); California Office of Statewide Health Planning & Development (OSHPD), Emergency Department and Patient Discharge data, 2019. All conditions are a primary diagnosis unless preceded by "Any Mention". "Any Mention" diagnoses are any mention of the condition in the discharge record. Data suppressed for counts < 5. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 12/1/2021.

2019 COMMUNITY PROFILES

HEALTH CONDITION RATE PER 100,000 RESIDENTS BY AGE, NORTH COASTAL REGION SUBREGIONAL AREAS (SRA)

Condition

Depression

Outcome

ED Discharge

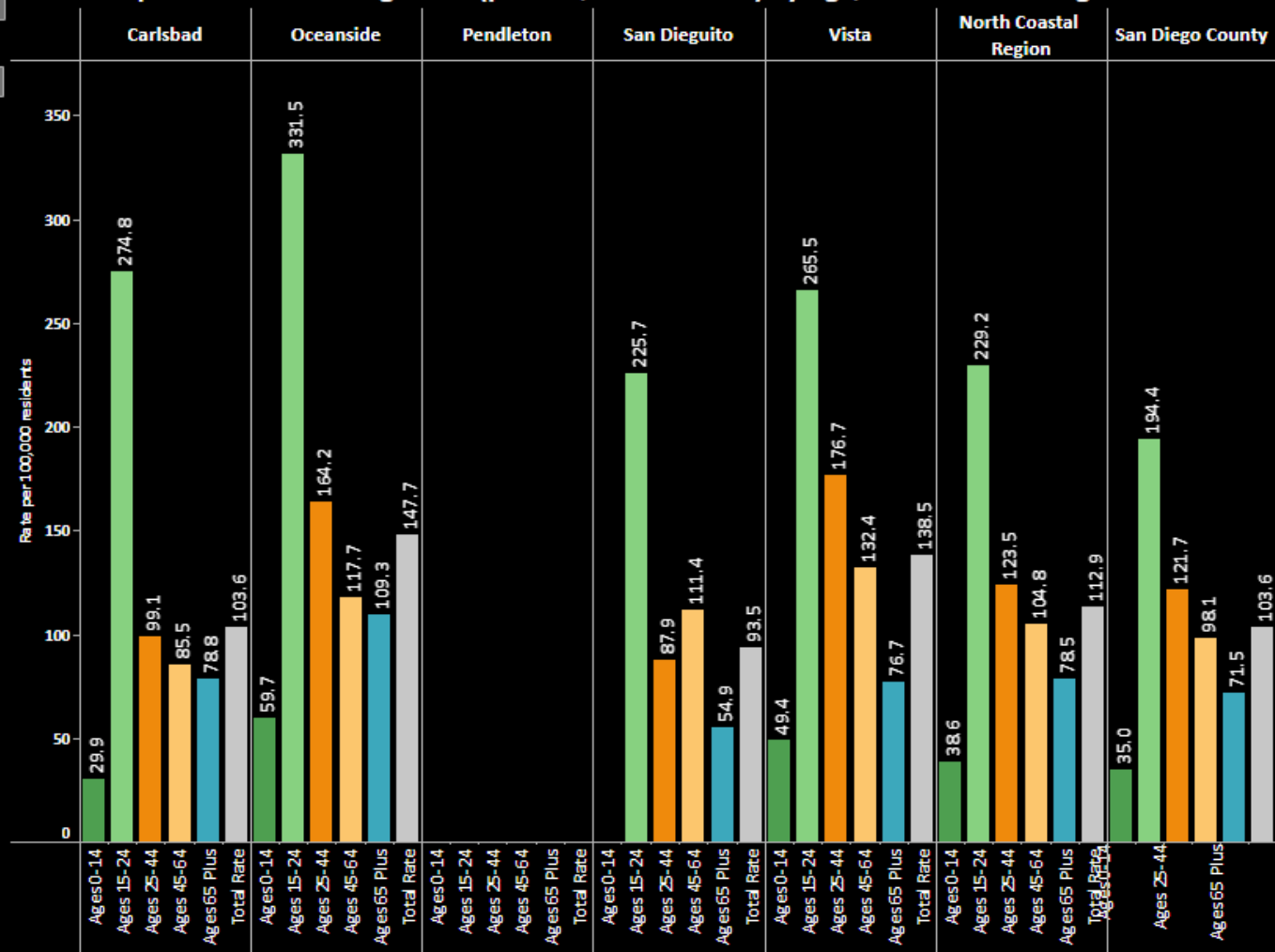
If graphs do not populate, data is not available for the selected filters.

Legend

- Ages 0-14
- Ages 15-24
- Ages 25-44
- Ages 45-64
- Ages 65 Plus
- Total Rate

How to interpret rates:
A rate is the number of cases divided by the population, usually multiplied by a constant (100,000 in the example). For example, 987 cases, divided by population of 654,321, would be a rate of 150.8 per 100,000 population. This means for every 100,000 people, 150-151 cases would be expected.

Depression ED Discharge Rate (per 100,000 residents) by Age, North Coastal Region SRA



Data source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS); California Office of Statewide Health Planning & Development (OSHPD), Emergency Department and Patient Discharge data, 2019. All conditions are a primary diagnosis unless preceded by "Any Mention". "Any Mention" diagnoses are any mention of the condition in the discharge record. Data suppressed for counts < 5. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 12/1/2021.

2019 COMMUNITY PROFILES

HEALTH CONDITION RATE PER 100,000 RESIDENTS BY GENDER, NORTH COASTAL REGION SUBREGIONAL AREAS (SRA)

Condition

Depression

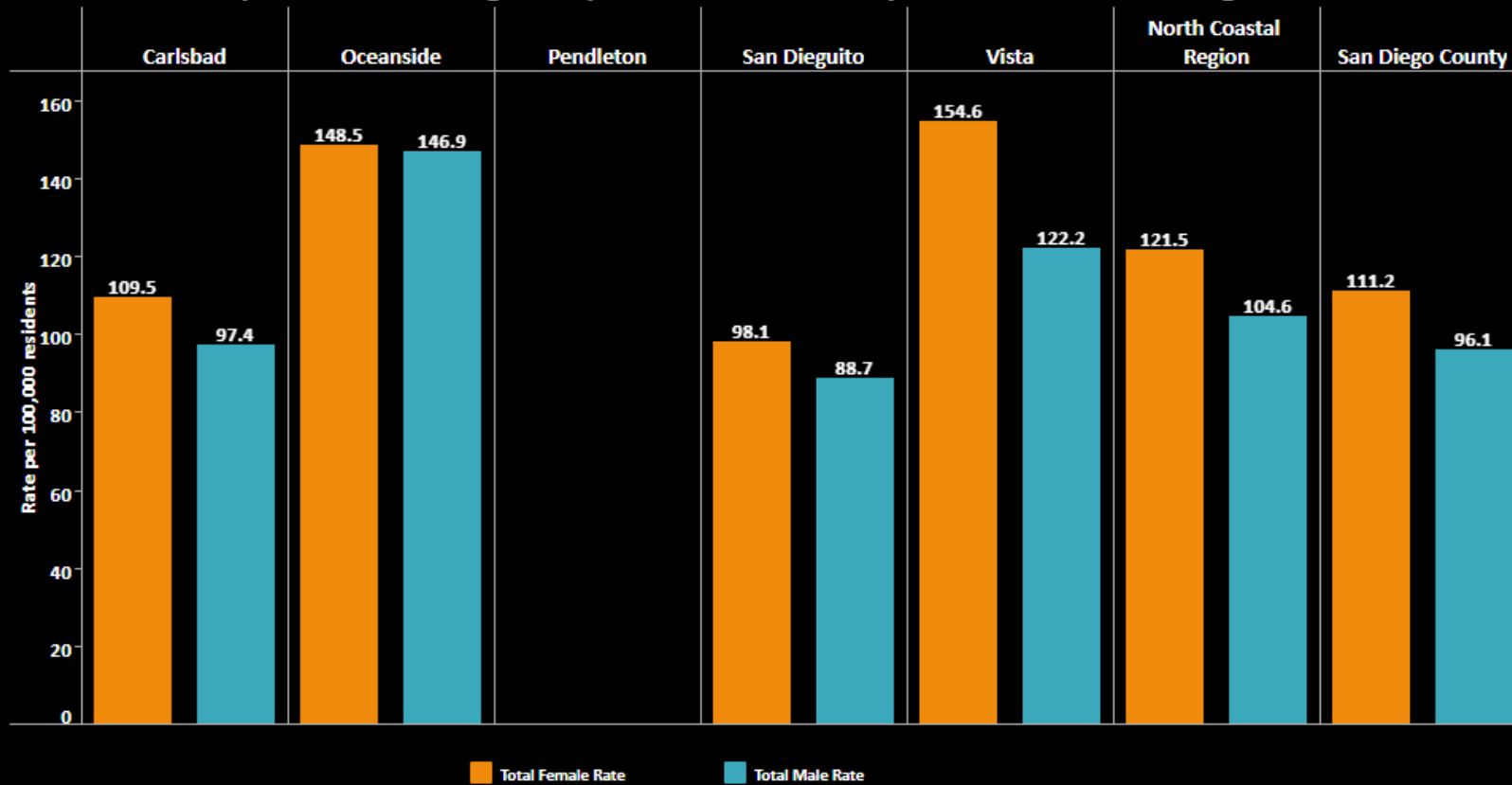
Outcome

ED Discharge

How to interpret a rate: A rate is the number of cases divided by the population, usually multiplied by a constant (100,000 in the following example). For example, 987 cases, divided by population of 654,321, would be a rate of 150.8 per 100,000 population. This means for every 100,000 people, 150- 151 cases would be expected.

If graphs do not populate, data is not available for the selected filters.

Depression ED Discharge Rate per 100,000 Residents by Gender, North Coastal Region SRA



Data source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS); California Office of Statewide Health Planning & Development (OSHPD), Emergency Department and Patient Discharge data, 2019. All conditions are a primary diagnosis unless preceded by "Any Mention". "Any Mention" diagnoses are any mention of the condition in the discharge record. Data suppressed for counts < 5. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 12/1/2021.



2019 COMMUNITY PROFILES

HEALTH CONDITION RATE PER 100,000 RESIDENTS BY RACE/ETHNICITY, GENDER, SOCIOECONOMIC STATUS, AND AGE
BY NORTH COASTAL REGION SUBREGIONAL AREA (SRA)North Coastal Region
Subregional Area

Oceanside

Condition

Depression

Outcome

ED Discharge

If graphs do not populate, data is
not available for the selected
filters.

Note:

NH: Non-Hispanic

API: Asian/Pacific Islander

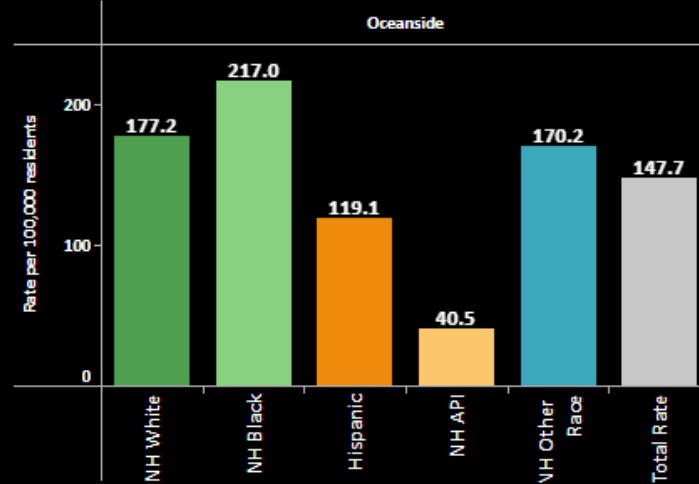
Other Race: American

Indian/Alaska Native (AIAN),

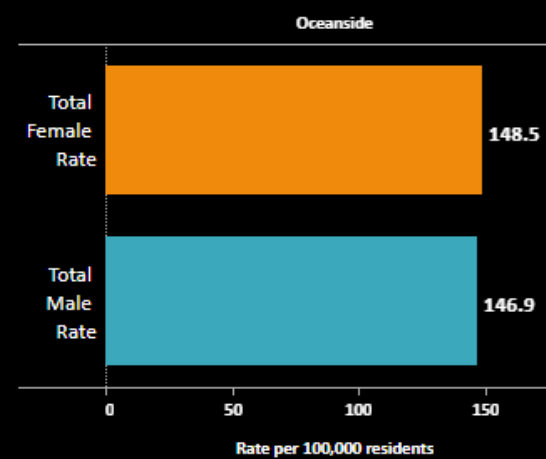
multiple races, or some other race

How to interpret a rate:
A rate is the number of cases
divided by the population,
usually multiplied by a
constant (100,000 in the
following example). For
example, 987 cases, divided
by population of 654,321,
would be a rate of 150.8 per
100,000 population. This
means for every 100,000
people, 150- 151 cases would
be expected.

Race/Ethnicity (rate per 100,000 residents)



Gender (rate per 100,000 residents)

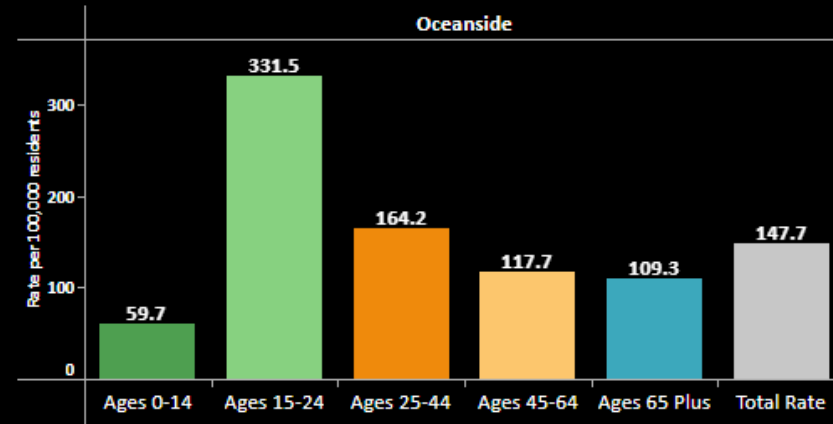


Socioeconomic Status

Geography	2021 Median Household Income
Oceanside	\$76,667

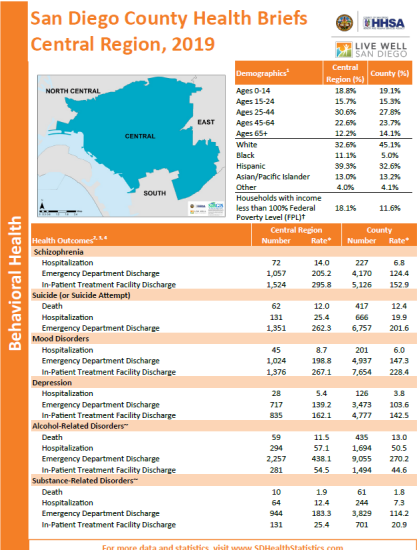
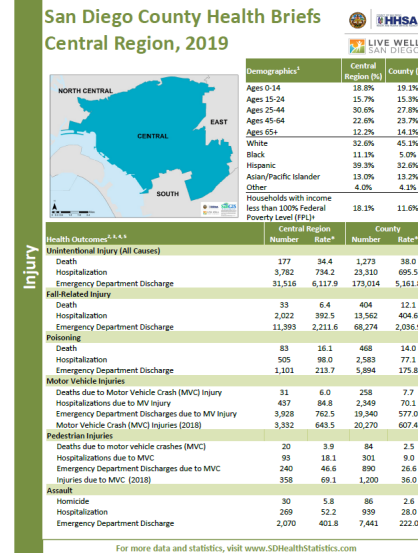
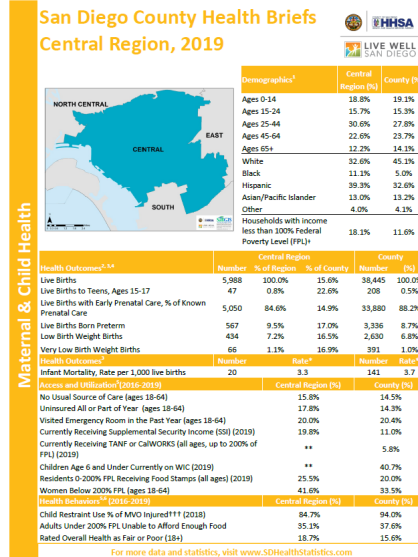
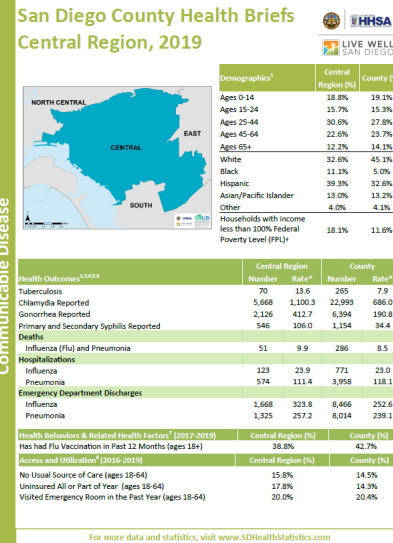
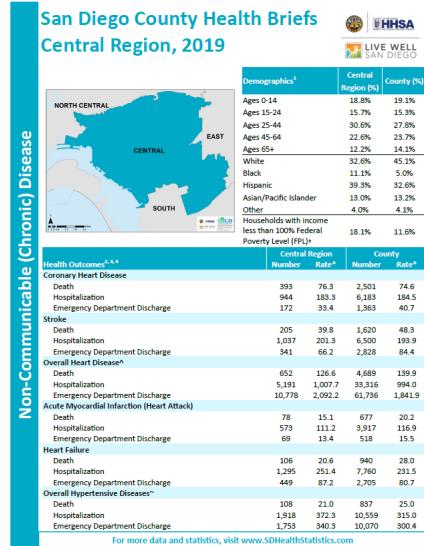
Oceanside \$76,667

Age (rate per 100,000 residents)



Median household income source: ESRI Community Analyst, 2021. Data source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS); California Office of Statewide Health Planning & Development (OSHPD), Emergency Department and Patient Discharge data, 2019. All conditions are a primary diagnosis unless preceded by "Any Mention". "Any Mention" diagnoses are any mention of the condition in the discharge record. Data suppressed for counts < 5. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 12/1/2021.

HEALTH BRIEFS, 2019

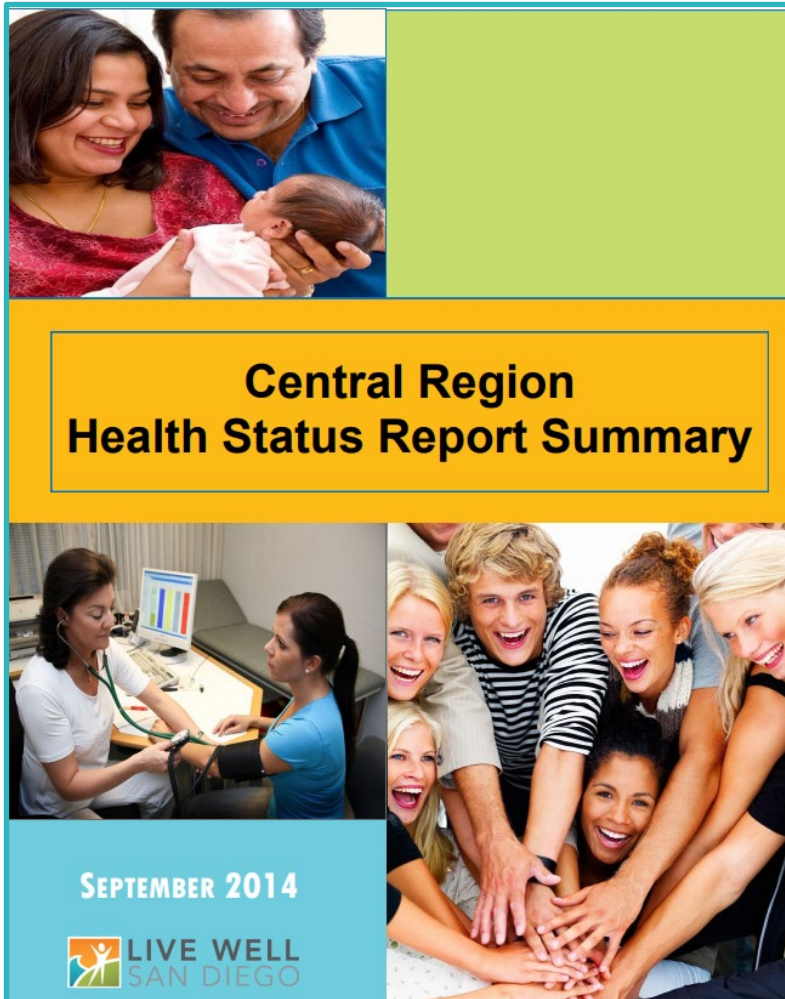


Health Briefs are easy-to-read, printable health statistics by Region using data from the Community Profiles and the California Health Interview Survey (CHIS). Each health brief is divided into non-communicable disease, communicable disease, ADRD, maternal & child health, injury, and behavioral health data.

COMING SOON: REGIONAL HEALTH SUMMARIES, 2019



LIVE WELL
SAN DIEGO



Regional Health Summaries are a compilation of information made available to the public health community and public policy-makers to better understand and manage the health and well-being of the resident of our county.

The purpose of this report is to provide detailed information about the health and characteristics of people in San Diego County.

It is designed to help the Health and Human Services Agency (HHS) staff in each of the Health Service Area Regions (HHS Regions) identify problems and priority needs within their communities.



HOSPITAL AND EMERGENCY DEPARTMENT DISCHARGE DATA FOR PERSONS EXPERIENCING HOMELESSNESS, 2019



2019 Hospital Discharge Data for Persons Experiencing Homelessness

Number of
Individuals
Experiencing
Homelessness
Discharged from
the Hospital

4,116

Total Number
of Hospital
Discharges
Experiencing
Homelessness

6,945

Average
Number of
Visits per
Person

1.7

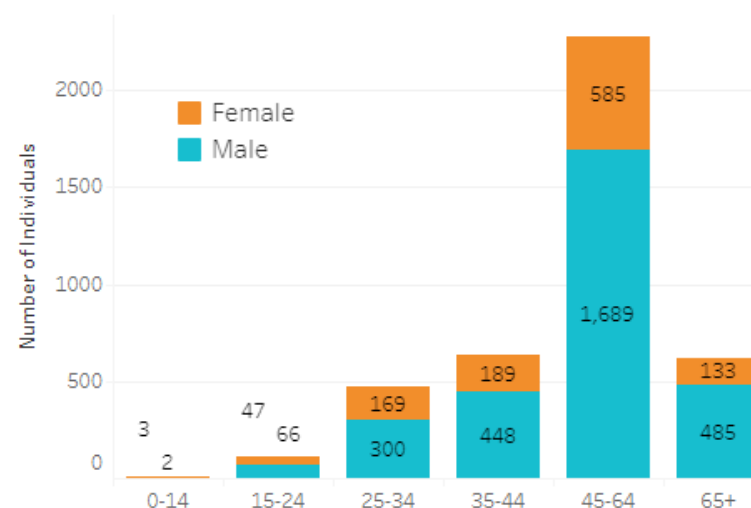
Median Age

54

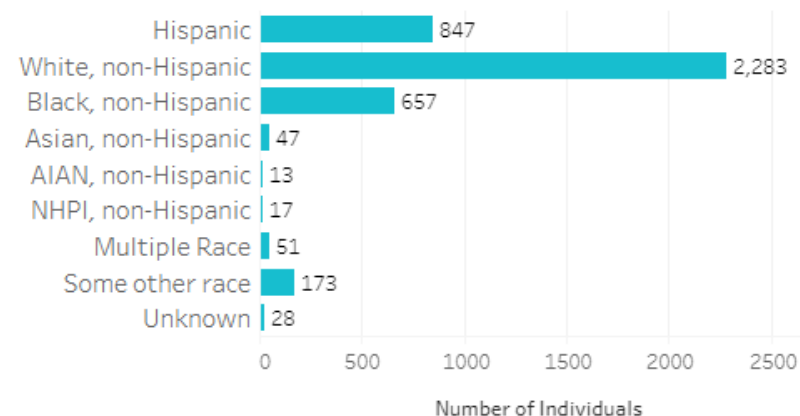
Age Range

0 to 92 years old

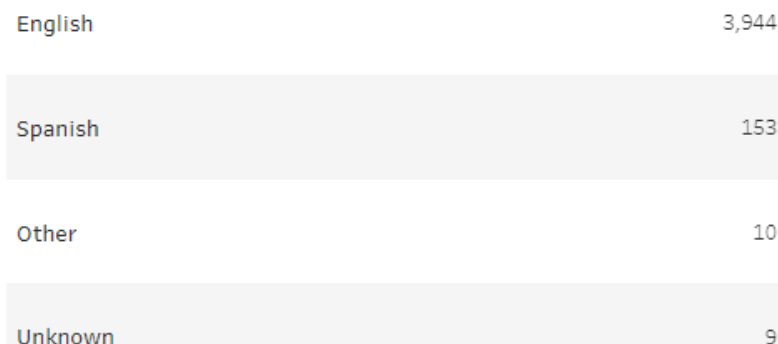
Gender by Age



Race/Ethnicity



Preferred Language Spoken

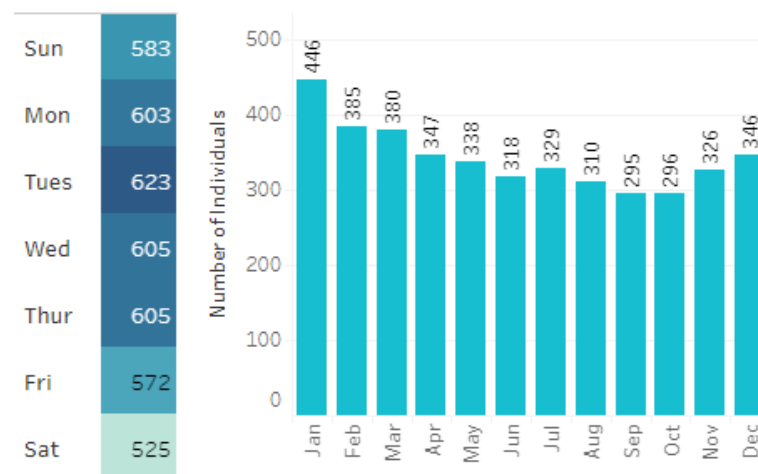


Footnote: Additional discharges of the same individual were removed from the total. All hospitalizations represent acute care facilities only. AIAN: American Indian/Alaska Native. NHPI: Native Hawaiian/Pacific Islander. Source: California Office of Statewide Health Planning & Development (OSHPD), Patient Discharge Data, 2019. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.

2019 Hospital Discharge Data for Persons Experiencing Homelessness



Admittance Day of Week and Month



Average Length of Stay: **6 days**

Top 10 Primary Diagnosis Groups

Septicemia	554
Skin and subcutaneous tissue infections	425
Alcohol-related disorders	249
Heart failure	197
Diabetes mellitus with complication	163
Poisoning by drugs, initial encounter	91
Chronic obstructive pulmonary disease and bronchiectasis	89
Pneumonia (except that caused by tuberculosis)	86
Fracture of the lower limb (except hip), initial encounter	86
Cardiac dysrhythmias	63

Top 5 Facility Zipcodes

92103	1,859
91942	474
92123	417
92120	286
92025	268

Top 5 Expected Sources of Payment

Medi-Cal	2,797
Medicare	988
Self-Pay	177
Private Coverage	92
Other Government	54

Top 3 Patient Dispositions

Discharged to home or self care (routine discharge)	2,753
Discharged/transferred to a skilled nursing facility (SNF) with Medicare certification in anticipation of skilled care	724
Left against medical advice or discontinued care	247

Footnote: Additional discharges of the same individual were removed from the total. All hospitalizations represent acute care facilities only. Source: California Office of Statewide Health Planning & Development (OSHPD), Patient Discharge Data, 2019. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.



2019 Hospital Discharge Data for Persons Experiencing Homelessness

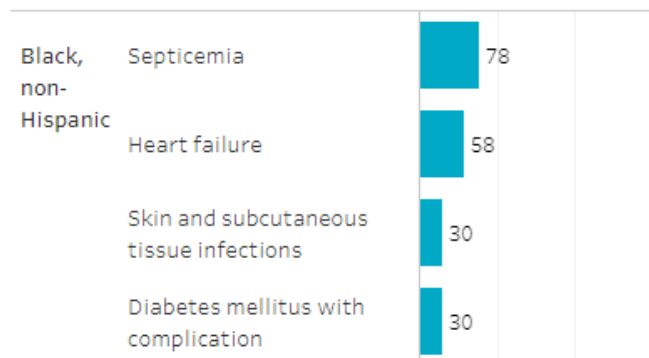
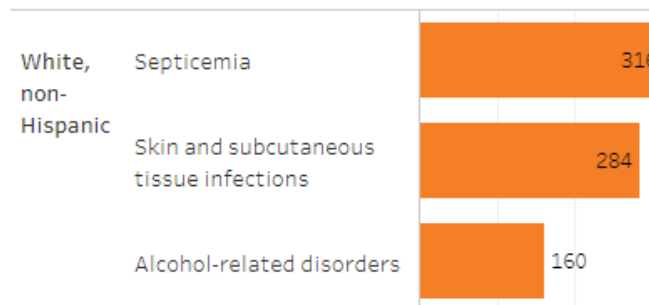
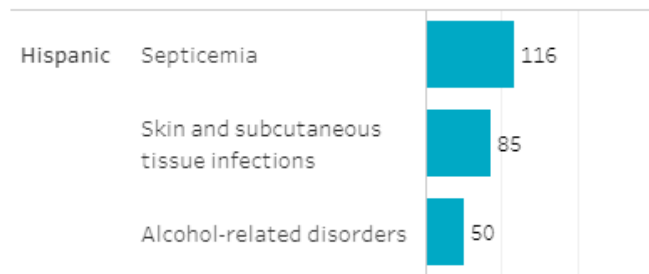
Top 10 Primary Diagnosis Groups

Septicemia	554
Skin and subcutaneous tissue infections	425
Alcohol-related disorders	249
Heart failure	197
Diabetes mellitus with complication	163
Poisoning by drugs, initial encounter	91
Chronic obstructive pulmonary disease and bronchiectasis	89
Pneumonia (except that caused by tuberculosis)	86
Fracture of the lower limb (except hip), initial encounter	86
Cardiac dysrhythmias	63

Top 10 Primary Diagnosis Groups by Age Group**

	15-24	25-34	35-44	45-64	65+
Septicemia	18	72	95	285	84
Skin and subcutaneous tissue infections	12	68	98	213	34
Alcohol-related disorders		21	44	155	27
Heart failure		5	12	139	40
Diabetes mellitus with complication		14	23	100	22
Poisoning by drugs, initial encounter	5	24	18	36	8
Chronic obstructive pulmonary disease and bronchiectasis				67	18
Pneumonia (except that caused by tuberculosis)			11	47	23
Fracture of the lower limb (except hip), initial encounter		17	13	49	
Cardiac dysrhythmias				38	20

Top 3 Primary Diagnosis Groups for 3 Most Common Race/Ethnicities*



Footnote: Additional discharges of the same individual were removed from the total. All hospitalizations represent acute care facilities only. *Hispanic, Non-Hispanic White, and Non-Hispanic Black make up 92% of homeless individuals who were discharged from the hospital in 2019. **Counts less than 5 were suppressed. Ages 0-14 had no top 10 diagnosis groups greater than 5. Source: California Office of Statewide Health Planning & Development (OSHPD), Patient Discharge Data, 2019. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.

2019 Emergency Department Data for Persons Experiencing Homelessness



Number of
Individuals
Experiencing
Homelessness
Discharged
from the ED

6,724

Total Number
of ED
Discharges
Experiencing
Homelessness

16,376

Average
Number of
Visits per
Person

2.4

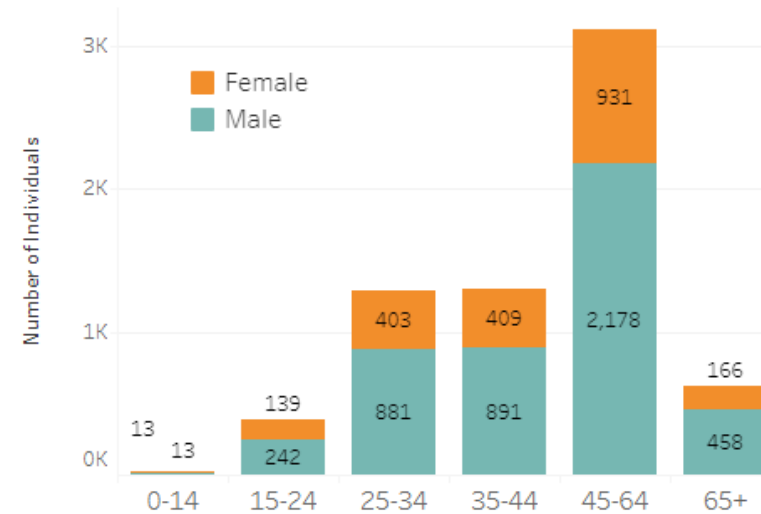
Median Age

47

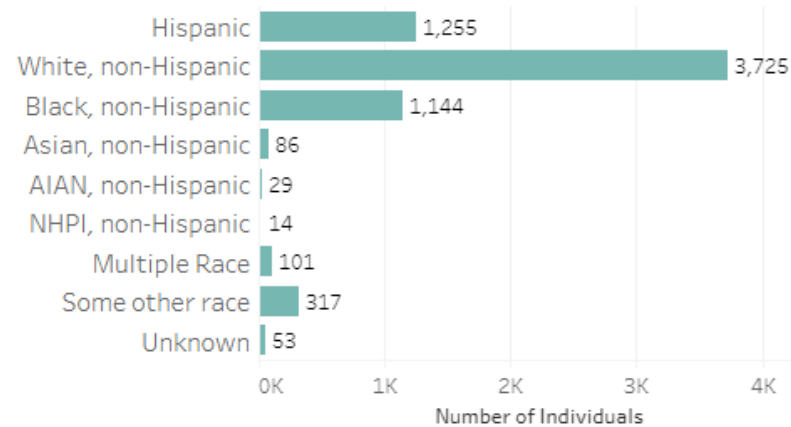
Age Range

0 to 98 years old

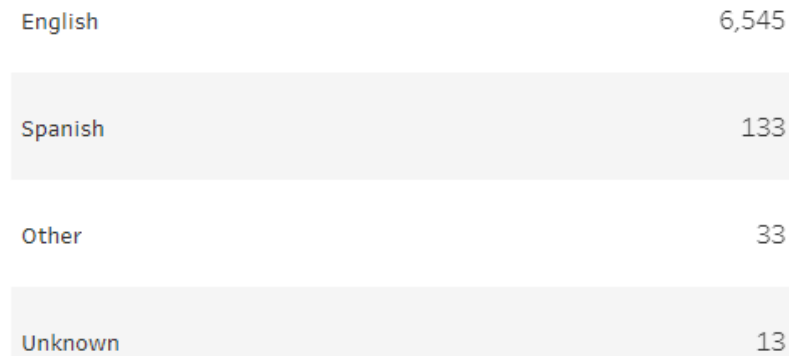
Gender by Age



Race/Ethnicity



Preferred Language Spoken



Footnote: Additional discharges of the same individual were removed from the total. AIAN: American Indian/Alaska Native. NHPI: Native Hawaiian/Pacific Islander.

Source: California Office of Statewide Health Planning & Development (OSHPD), Emergency Department Discharge Data, 2019.

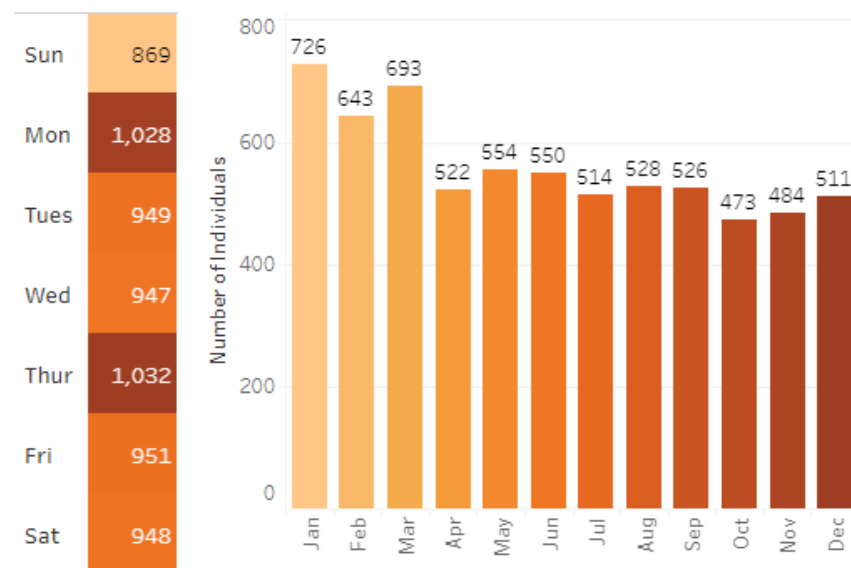
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.



2019 Emergency Department Data for Persons Experiencing Homelessness



Service Day of Week and Month



Top 10 Primary Diagnosis Groups

Skin and subcutaneous tissue infections	461
Schizophrenia spectrum & other psychotic disorders	417
Alcohol-related disorders	394
Suicidal ideation/attempt/intentional self-harm	309
Musculoskeletal pain, not low back pain	301
Superficial injury; contusion, initial encounter	251
Abdominal pain & other digestive/abdomen signs/symptoms	197
Nonspecific chest pain	191
Depressive disorders	182
Stimulant-related disorders	151

Top 5 Facility Zipcodes

92103	2,957
91942	915
92025	711
92123	579
92120	525

Top 5 Expected Sources of Payment

Medicaid (Medi-Cal)	4,421
Medicare Part B	881
Self Pay	710
Health Maintenance Organization (HMO) Medicare Risk	381
Health Maintenance Organization (HMO)	121

Top 3 Patient Dispositions

Discharged to home or self care (routine discharge)	6,086
Discharged/Transferred to a psychiatric hospital or psychiatric distinct part/unit of a hospital	222
Left against medical advice or discontinued care	209

Footnote: Additional discharges of the same individual were removed from the total.

Source: California Office of Statewide Health Planning & Development (OSHPD), Emergency Department Discharge Data, 2019.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.



2019 Emergency Department Data for Persons Experiencing Homelessness

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Nonspecific chest pain	191
Depressive disorders	182
Stimulant-related disorders	151

Top 10 Primary Diagnosis Groups by Age Group**

	15-24	25-34	35-44	45-64	65+
Skin and subcutaneous tissue infections	22	116	104	192	27
Schizophrenia spectrum & other psychotic disorders	31	101	100	168	17
Alcohol-related disorders	15	54	70	211	44
Suicidal ideation/attempt/intentional self-harm	33	72	62	120	18
Musculoskeletal pain, not low back pain	8	38	48	182	24
Superficial injury; contusion, initial encounter	20	55	49	109	17
Abdominal pain & other digestive/abdomen signs/symptoms	12	34	41	96	14
Nonspecific chest pain		18	24	121	25
Depressive disorders	13	48	45	69	7
Stimulant-related disorders	14	47	37	51	

Top 3 Primary Diagnosis Groups for 3 Most Common Race/Ethnicities*

Hispanic	Skin and subcutaneous tissue infections	78
	Schizophrenia spectrum & other psychotic disorders	70
	Alcohol-related disorders	70

White, non-Hispanic	Skin and subcutaneous tissue infections	314
	Alcohol-related disorders	259
	Schizophrenia spectrum & other psychotic disorders	211

Black, non-Hispanic	Schizophrenia spectrum & other psychotic disorders	91
	Musculoskeletal pain, not low back pain	70
	Suicidal ideation/attempt/intentional self-harm	65

Footnote: Additional discharges of the same individual were removed from the total. *Hispanic, Non-Hispanic White, and Non-Hispanic Black make up 91% of homeless individuals who presented to the emergency department (ED) in 2019. **Counts less than 5 were suppressed. Ages 0-14 had no top 10 diagnoses greater than 5. Source: California Office of Statewide Health Planning & Development (OSHPD), Emergency Department Discharge Data, 2019. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.



HEALTH EQUITY DASHBOARD SERIES

RACIAL EQUITY DASHBOARDS



LIVE WELL
SAN DIEGO



HEALTH EQUITY DASHBOARD SERIES

Racial Equity Dashboards

These interactive Tableau dashboards help to visualize the demographic data, social determinants of health, and health outcomes disaggregated..

Please click the dashboard buttons below to navigate. Click the home button on any dashboard to return to this page.

Demographic Data

Demographics Dashboard-1	Demographics Dashboard-2	Demographics Dashboard-3
<ul style="list-style-type: none"> Population distribution by age, gender, geography, and race/ethnicity. 	<ul style="list-style-type: none"> Population distribution by age, gender, geography, and race/ethnicity. Representated as population pyramids. 	<ul style="list-style-type: none"> Marital status by geography, race and ethnicity.

Social Determinants of Health by Race and Ethnicity

Health Dashboard-1	Knowledge Dashboard-1	Standard of Living Dashboard-1	Community Dashboard-1	Social Dashboard
<ul style="list-style-type: none"> Disability .. 	<ul style="list-style-type: none"> School enrollment Educational attainment Field of bachelor's degree 	<ul style="list-style-type: none"> Household Income Employment status Poverty status Upward economic mobility Supplemental Nutrition Assistance Program (SNAP) 	<ul style="list-style-type: none"> Means of commute Tenure .. 	<ul style="list-style-type: none"> Voter engagement Psychological distress Incarceration rate by family income Students: Alcohol, cigarette, e-cigarette, ..

Social Determinants of Health by Race/Ethnicity

Health Dashboard-2	Knowledge Dashboard-2	Standard of Living Dashboard-2	Community Dashboard-2
<ul style="list-style-type: none"> Life Expectancy Usual source of care Finding primary care Unfair treatment while getting m.. 	<ul style="list-style-type: none"> Early childhood education Dropout rate .. 	<ul style="list-style-type: none"> Food insecurity Families using CalFresh Forgone medical care Problems paying medical bills 	<ul style="list-style-type: none"> Neighborhood safety Home loan mortgage denials Home purchase loan denials Subsidized housing

Health Outcomes by Race/Ethnicity

Health Outcomes Dashboard

Race and Ethnicity Dashboards: Data are presented with an overall Hispanic category, and then under separate race categories. There is overlap between the Hispanic category and the race categories – that is, an individual who identifies as Hispanic will be counted in the Hispanic category and counted again under the race category that they also identified. **Race/Ethnicity Dashboards:** Data are presented as Hispanic (of any race) and non-Hispanic race. Individuals included in the Hispanic category may be of any race. Individuals in non-Hispanic race categories do not identify as Hispanic. See the Racial Equity: Framework and Outcomes Brief on www.SDHealthStatistics.com for detailed information.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.



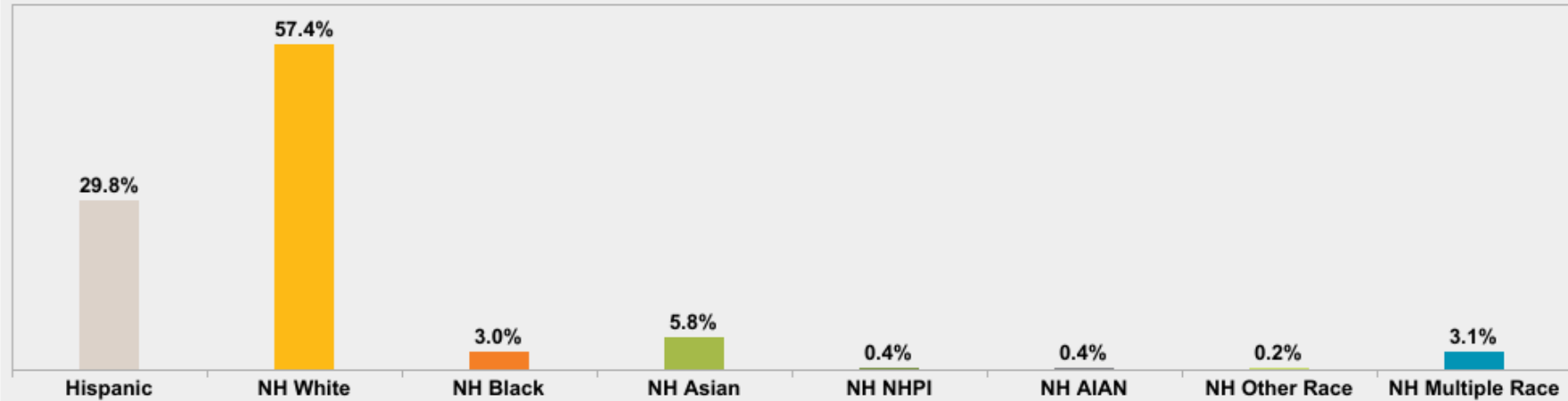


DEMOGRAPHIC INDICATORS - POPULATION DISTRIBUTION BY RACE/ETHNICITY, 2020

Geography

North Coastal Region

Proportion of Total Population by Race/Ethnicity, North Coastal Region, 2020

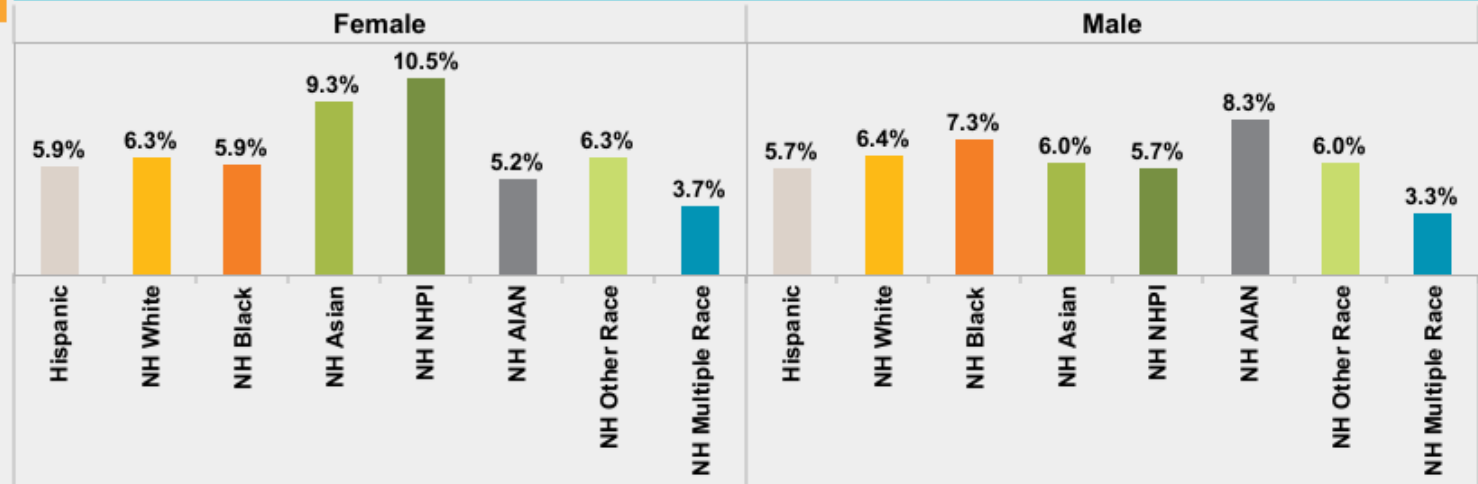


Age Group
45-54 years

Proportion of Population Ages 45-54 years by Gender and Race/Ethnicity, North Coastal Region, 2020

Legend

- Hispanic
- NH White
- NH Black
- NH Asian
- NH NHPI
- NH AIAN
- NH Other Race
- NH Multiple Race



Note: **NH** indicates Non-Hispanic. **NHPI**: Native Hawaiian/Pacific Islander, **AIAN**: American Indian/Alaska Native.

If blank, data is statistically unstable or unavailable.

Sources: SANDAG, 2020 Current Population Estimates (Data extracted on: 08/11/2021).

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.



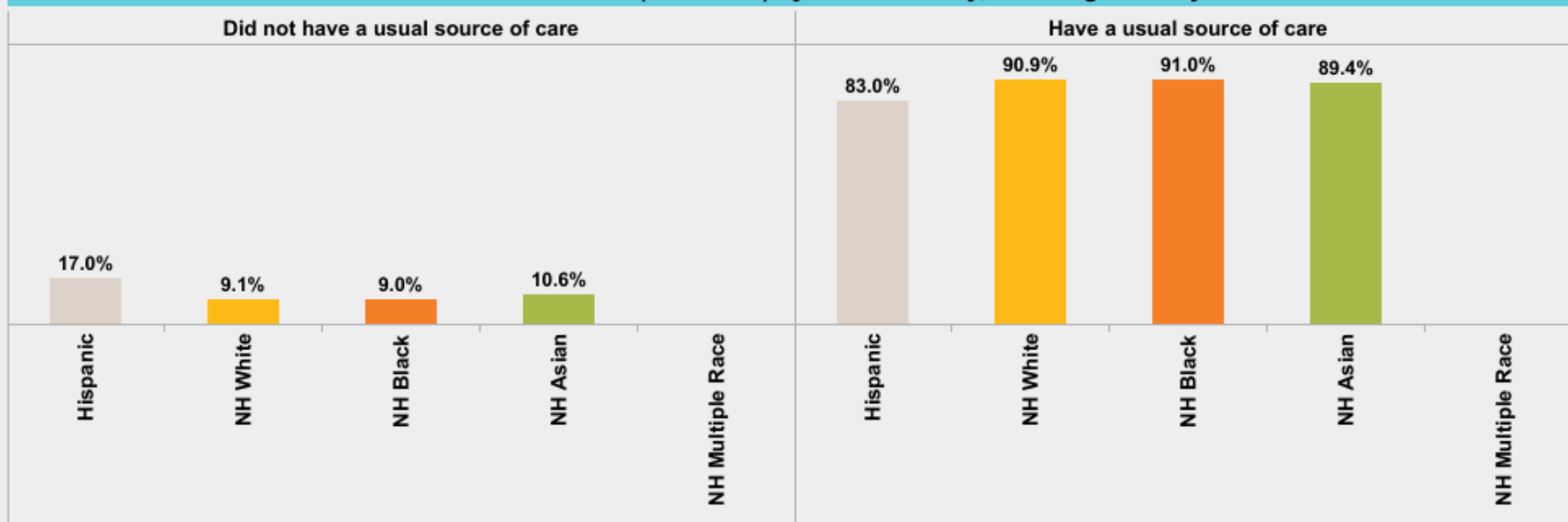


HEALTH DOMAIN INDICATORS BY RACE/ETHNICITY

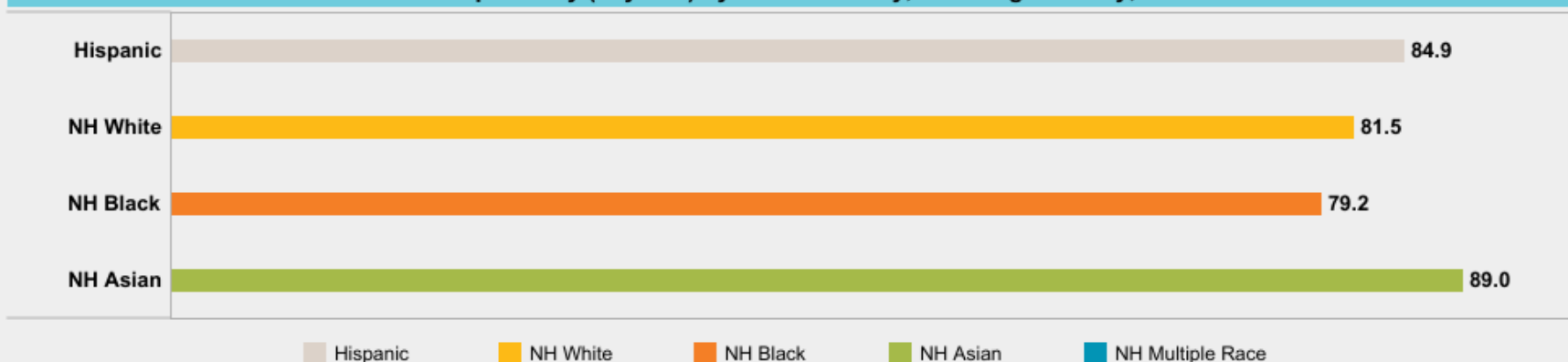
Indicator

Usual Source of Care (2015-2019)

Usual Source of Care (2015-2019) by Race/Ethnicity, San Diego County



Life Expectancy (in years) by Race/Ethnicity, San Diego County, 2019



Note: **NH** indicates Non-Hispanic. **AIAN**: American Indian/Alaska Native.

If blank, data is statistically unstable or unavailable.

Sources: Provider Availability: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2015-2019. Quality of Care: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2015-2017. Available at <http://ask.chis.ucla.edu> Life Expectancy: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS). SANDAG January 1 Population Estimates, 2019.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.



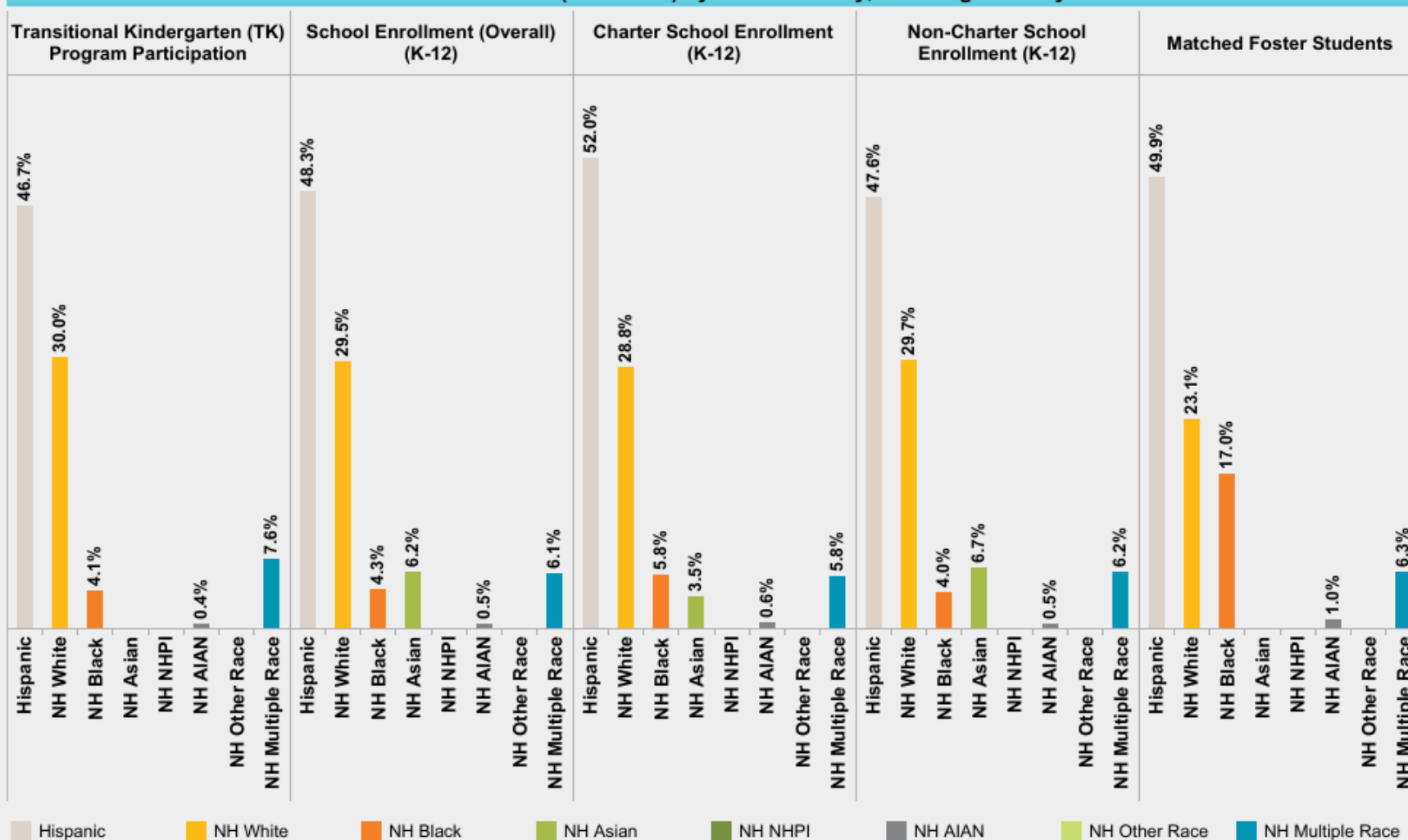


KNOWLEDGE DOMAIN INDICATORS BY RACE/ETHNICITY

Indicator

School Enrollment (2019-2020)

School Enrollment (2019-2020) by Race/Ethnicity, San Diego County



Note: **NH** indicates Non-Hispanic. **NHPI**: Native Hawaiian/Pacific Islander, **AIAN**: American Indian/Alaska Native.

If blank, data is statistically unstable or unavailable.

Sources: Early childhood education: California Dept. of Education (2019-2020). Dropout percentage: California Dept. of Education (2015-2017). Student reported truancy: WestEd, California Healthy Kids Survey (CHKS) and Biennial State CHKS. California Dept. of Education (Mar. 2019).

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.



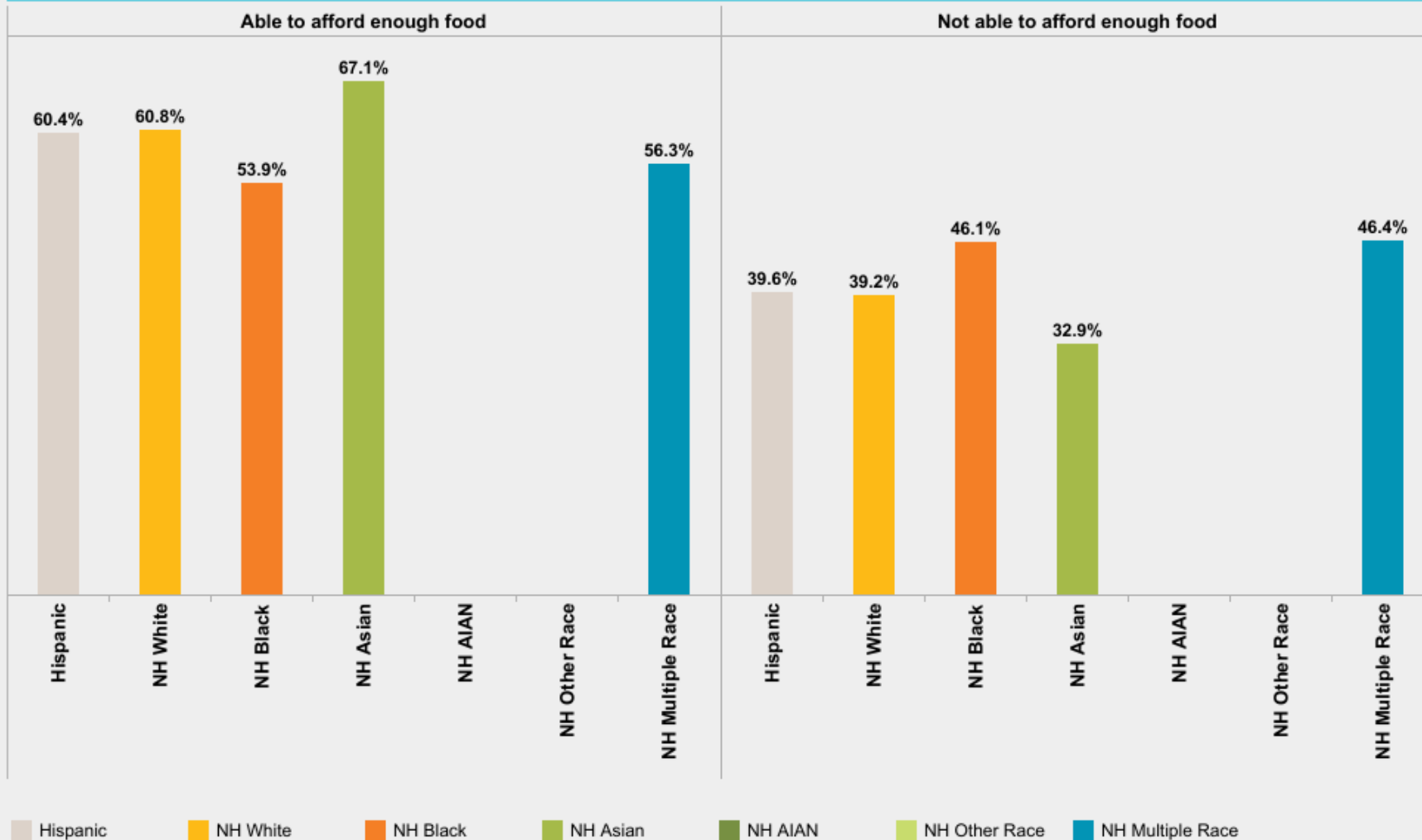


STANDARD OF LIVING DOMAIN INDICATORS BY RACE/ETHNICITY

Indicator

Food insecurity among adults whose income is <200% FPL (2015-2019)

Food insecurity among adults whose income is <200% FPL (2015-2019) by Race/Ethnicity, San Diego County



Note: **NH** indicates Non-Hispanic. **AIAN**: American Indian/Alaska Native.
If blank, data is statistically unstable or unavailable.

Sources: Food insecurity, Forgone needed medical care: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2015-2019. Medical Bills: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2017-2019. Available at <http://ask.chis.ucla.edu> Families using CalFresh: As cited on kidsdata.org, California Dept. of Social Services, CalFresh Data Tables (Oct. 2018).



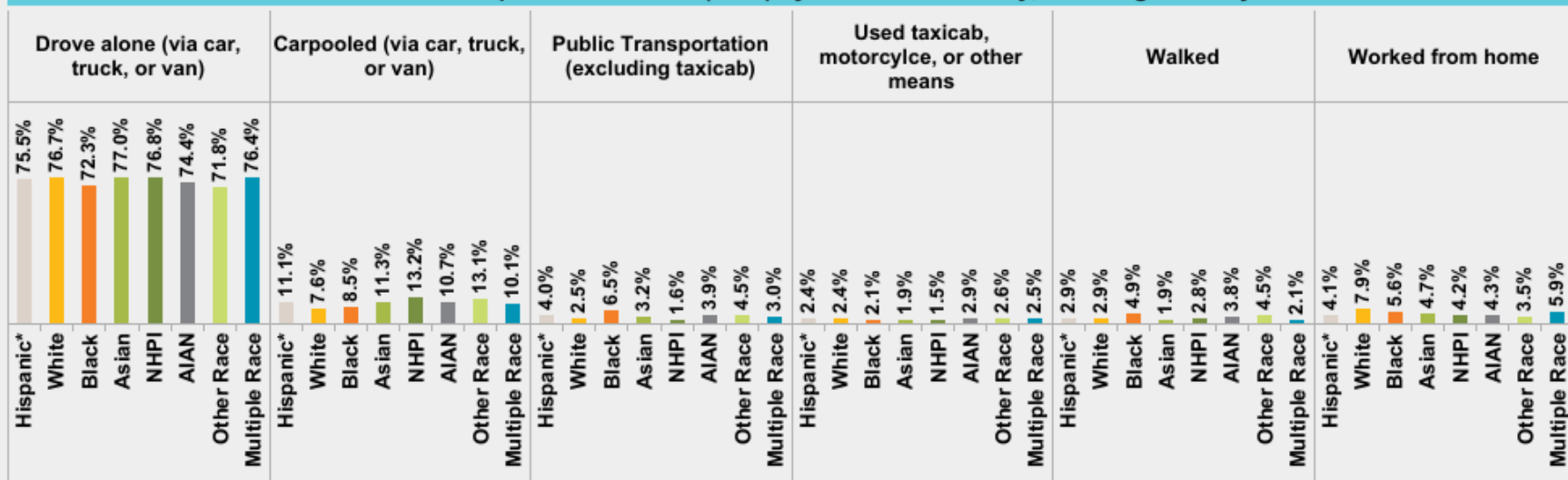


COMMUNITY DOMAIN INDICATORS RACE AND ETHNICITY

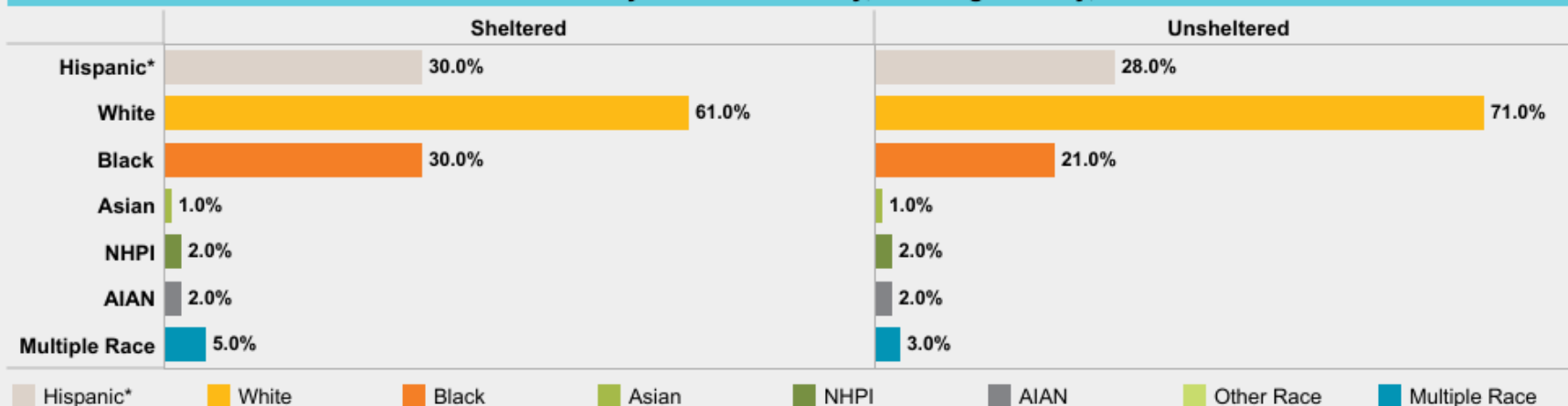
Indicator

Means of transportation to work (2019)

Means of transportation to work (2019) by Race and Ethnicity, San Diego County



Homelessness by Race and Ethnicity, San Diego County, 2020



NHPI: Native Hawaiian/Pacific Islander, AIAN: American Indian/Alaska Native. If blank, data is statistically unstable or unavailable.

*Data by race and ethnicity includes possible overlap between racial and ethnic groups, as Hispanic includes population of Hispanic/Latino origin of all races and each racial group includes population of all ethnicities.

Sources: U.S. Census Bureau; 2015-2019 American Community Survey 5-Year Estimates, Tables B25003A-G,I; B08105A-G,I. Homelessness: 2020 Weallcount Report, San Diego Regional Task Force on the Homeless.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.



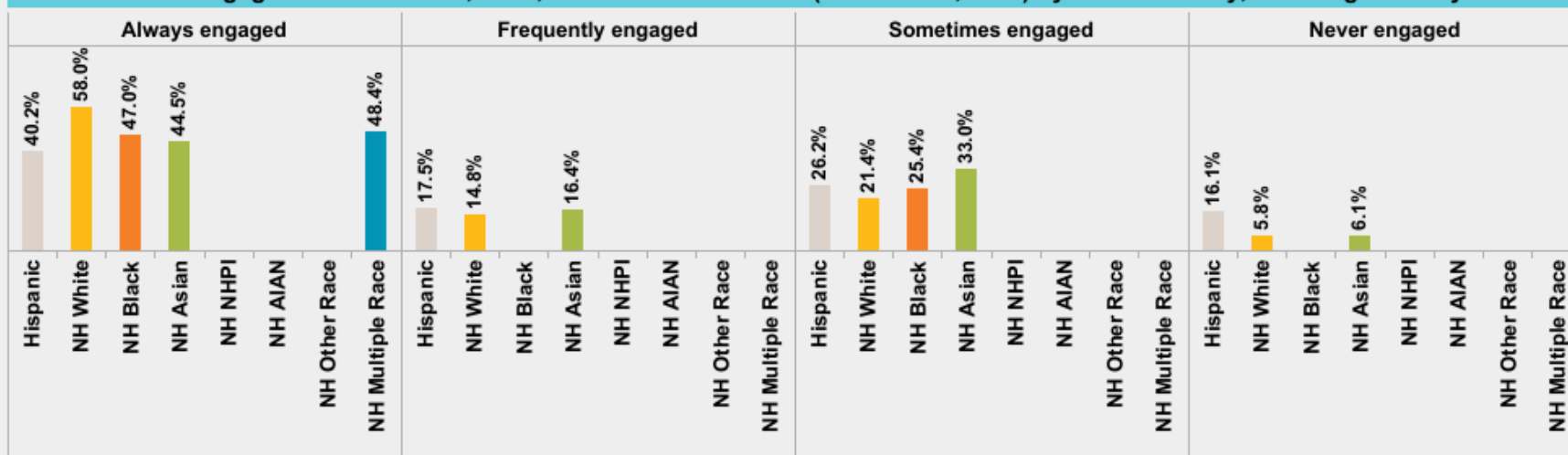


SOCIAL DOMAIN INDICATORS BY RACE/ETHNICITY

Indicator

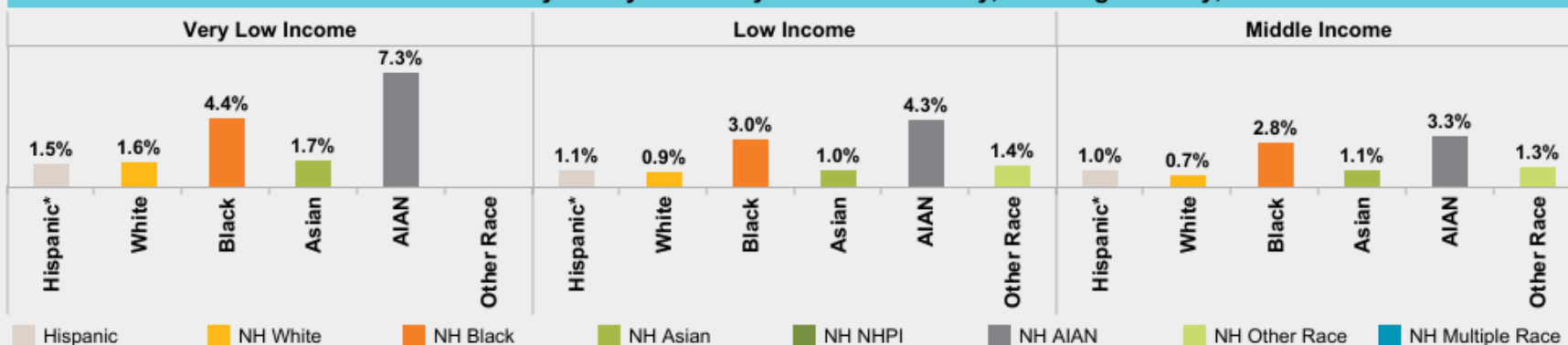
Voter engagement in national, state, and location elections (US Citizens, 2019)

Voter engagement in national, state, and location elections (US Citizens, 2019) by Race/Ethnicity, San Diego County



SOCIAL DOMAIN INDICATORS BY RACE AND ETHNICITY

Incarceration Rate by Family Income by Race and Ethnicity, San Diego County, 2018



Note: **NH** indicates Non-Hispanic. **NHPI**: Native Hawaiian/Pacific Islander, **AIAN**: American Indian/Alaska Native.

If blank, data is statistically unstable or unavailable.

*Data by race and ethnicity includes possible overlap between racial and ethnic groups, as Hispanic includes population of Hispanic/Latino origin of all races and each racial group includes population of all ethnicities.

Sources: WestEd, California Healthy Kids Survey (CHKS) and Biennial State CHKS. California Dept. of Education. Community engagement and involvement: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS. Available at <http://ask.chis.ucla.edu> Incarceration Rate: Census, Opportunity Insights, Policy Map, 2018.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.





HEALTH OUTCOMES BY RACE/ETHNICITY IN SAN DIEGO COUNTY, 2019

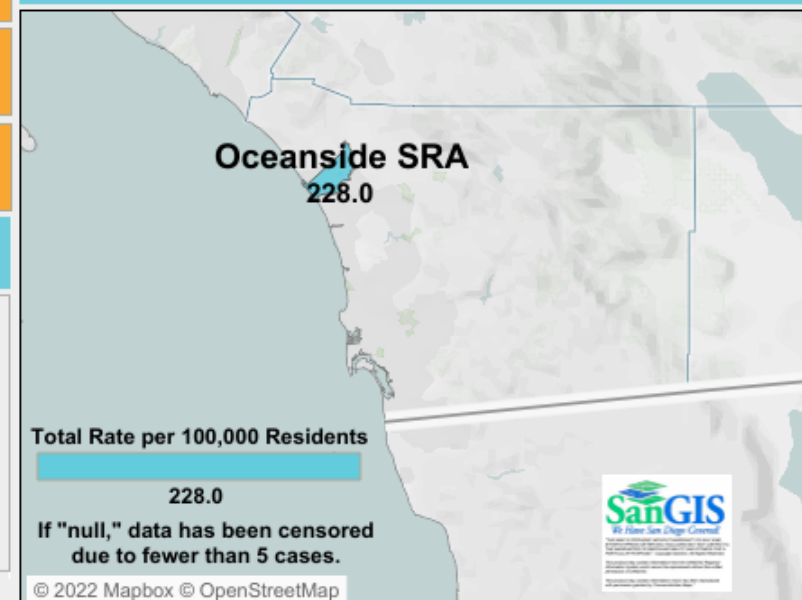
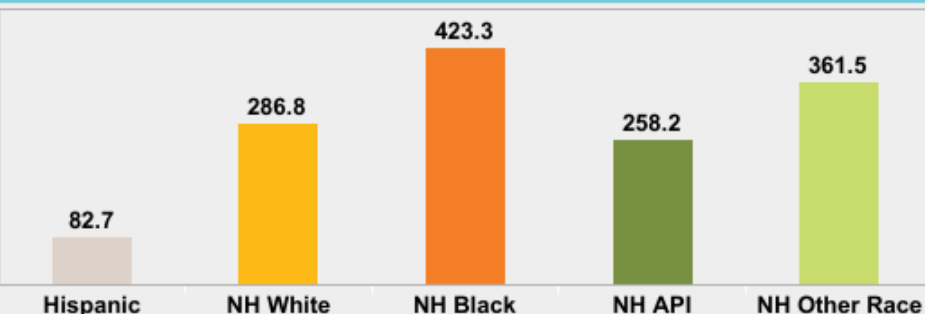
Subregional Area (SRA)	Outcome
Oceanside	Hospitalization

Total Rate (per 100,000 residents) of Hospitalization due to Heart Failure, Oceanside SRA, 2019

Racial Inequity and Health Conditions ⓘ
Conditions associated with racial inequity

Choose Health Condition of Interest
Heart Failure

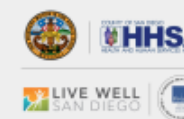
Heart Failure Hospitalization Rate (per 100,000 residents) by Race/Ethnicity, Oceanside SRA, 2019



Heart Failure Hospitalization Rate (per 100,000 residents) by Race/Ethnicity, 2019

Central Region					East Region					North Central Region					North Coastal Region					North Inland Region					South Region					San Diego County																																							
Hispanic	146.6	NH White	222.1	NH Black	682.3	NH API	257.3	NH Other Race	264.7	Hispanic	149.5	NH White	370.1	NH Black	468.3	NH API	182.1	NH Other Race	899.9	Hispanic	77.5	NH White	233.9	NH Black	319.4	NH API	74.6	NH Other Race	243.6	Hispanic	80.8	NH White	229.4	NH Black	255.9	NH API	134.2	NH Other Race	237.5	Hispanic	81.6	NH White	268.5	NH Black	215.8	NH API	94.1	NH Other Race	287.8	Hispanic	239.1	NH White	422.0	NH Black	451.1	NH API	285.8	NH Other Race	288.4	Hispanic	143.8	NH White	274.9	NH Black	469.0	NH API	154.3	NH Other Race	363.8

NH indicates Non-Hispanic. API: Asian/Pacific Islander; Other Race: American Indian/Alaska Native (AIAN), multiple races, or some other race.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS); California Office of Statewide Health Planning & Development (OSHPD), Emergency Department and Patient Discharge data, 2019. All conditions are a primary diagnosis unless preceded by "Any Mention". "Any Mention" diagnoses are any mention of the condition in the discharge record. Data suppressed for counts < 5.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.



HEALTH OUTCOMES BY RACE/ETHNICITY IN SAN DIEGO COUNTY, 2019

Subregional Area (SRA)
Oceanside

Outcome
Hospitalization

Total Rate (per 100,000 residents) of Hospitalization due to Heart Failure, Oceanside SRA, 2019

Racial Inequity and Health Conditions ⓘ

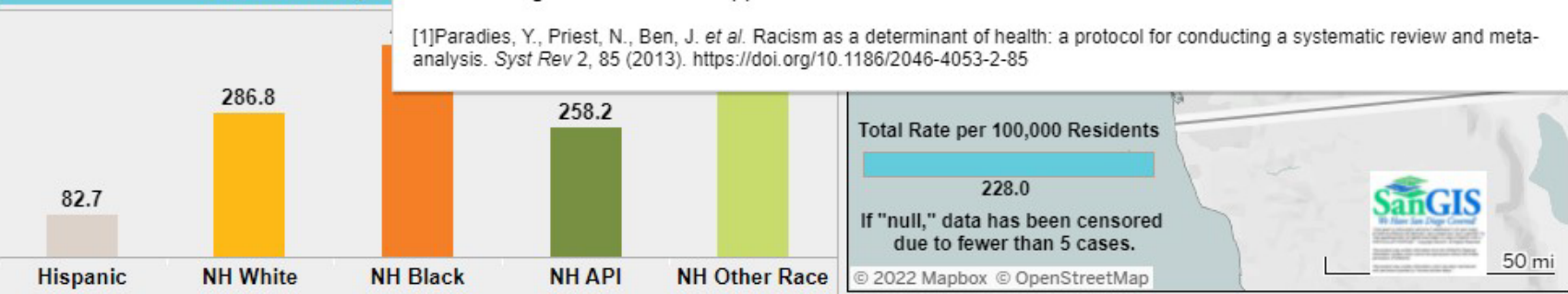
+

Conditions associated with racial inequity

Choose Health Condition

Heart Failure

Heart Failure Hospitalization Rate (per 100,000 residents) by Race/Ethnicity, 2019



Heart Failure Hospitalization Rate (per 100,000 residents) by Race/Ethnicity, 2019

Central Region					East Region					North Central Region					North Coastal Region					North Inland Region					South Region					San Diego County																																							
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Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2021.

WE NEED YOUR VOICE!



LIVE WELL
SAN DIEGO

PLEASE TELL US YOUR EXPERIENCES, YOUR STORIES, YOUR REALITIES
SO WE CAN MAKE MEANINGFUL CHANGE TOGETHER.

- There is a renewed emphasis at all aspects of county government on the demographic, economic and social factors that impact our diverse populations.
- I can tell you what I know from our databases, but that is only part of the story. We need to hear from you.
- Please go to <https://www.surveymonkey.com/r/B33YRJW> to complete the survey. It should take only 10 minutes of your time. Your responses are important to help guide our future efforts. Please feel free to voice the issues we missed in the text boxes.
- If you have questions or concerns or if you want us to look for data on a specific issue, feel free to email us!
 - Christopher.O'Malley@sdcounty.ca.gov
 - Maria.Pena@sdcounty.ca.gov
 - phs.chsu.hhsa@sdcounty.ca.gov

Questions?



For more information, including data, resources
and reports, from Public Health Services:
www.SDHealthStatistics.com

Contact Information:
Community Health Statistics Unit
[pfs.chsu.hhsa@sdcounty.ca.gov](mailto:phs.chsu.hhsa@sdcounty.ca.gov)

Maria Peña, MPH
Maria.Pena@sdcounty.ca.gov



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

