



North Inland Region Health Status Report Brief



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North Inland Region

The North Inland Region of San Diego County is the largest geographical Region in the county, with a high proportion of white and Hispanic residents. The Region covers 2,373 square miles of urban, suburban, rural, and remote areas. The Region includes the communities of Anza-Borrego Springs, Escondido, Fallbrook, North San Diego, Palomar-Julian, Pauma, Poway, Ramona, San Marcos, and Valley Center.

Population Characteristics

In 2012, the North Inland Region was home to an estimated 581,849 residents, representing 18.5% of San Diego County population. The majority of North Inland residents were white, and nearly one in three were Hispanic. About 67% of all residents spoke English only, while one in six residents were bilingual.

Compared to the other Regions, residents in North Inland generally had higher incomes than the rest of San Diego County residents. About 35% of all households earned more than \$100,000 per year, and only 11% of residents were living in poverty. Among adults with incomes below 200% of the Federal Poverty Level (FPL), only six out of ten had a consistent ability to afford enough food. Half of women earning incomes at or below 300% FPL, who were pregnant or had young children, received assistance through the Women, Infants, and Children (WIC) program.



Insurance, Access, Utilization

North Inland Region residents reported that they had health insurance coverage, access to healthcare, and utilized health services at rates comparable to the rest of the county. About 84% percent of all adults were insured through private or public programs. However, this percentage differed with age. Of adults aged 18-64 years old, nearly one in five did not have any insurance coverage.



3-4-50 Diseases

In the North Inland Region, non-communicable (chronic) disease deaths and medical encounter rates were generally comparable to that of the county overall. Fallbrook had the highest stroke death rate at 64.1% higher than the county.

In the North Inland Region, the death rate due to diabetes was comparable to that of the county. The rate of hospitalization due to diabetes was 27.2% lower and the rate of emergency department (ED) discharge due to diabetes was 20.9% lower in the North Inland Region compared to the county overall. Among the North Inland Region communities, Escondido had the highest rate of death and the highest rate of emergency department (ED) discharge due to diabetes, where Anza-Borrego Springs had the highest rate of hospitalization due to diabetes.

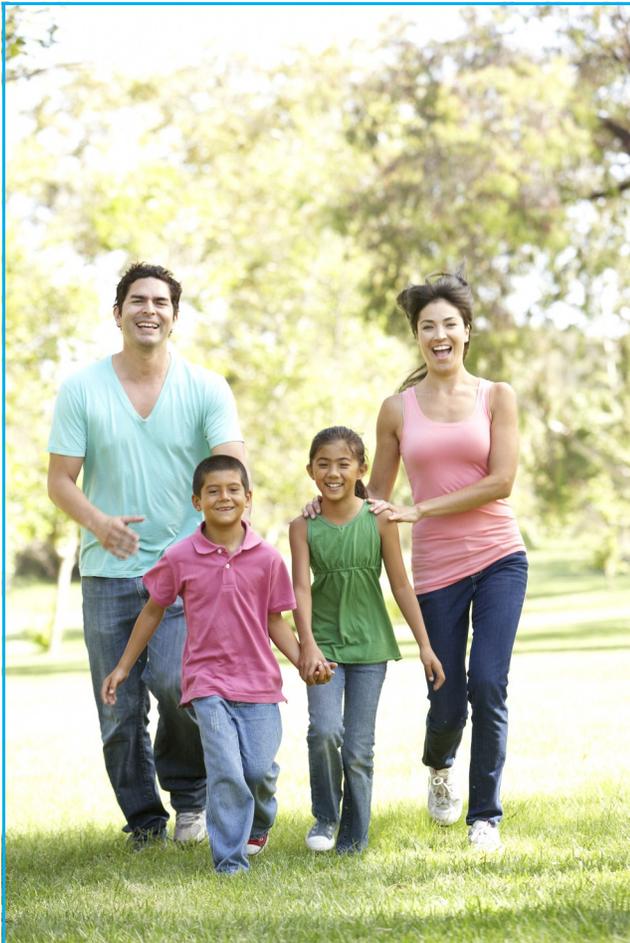
Asthma and chronic obstructive

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pulmonary disease (COPD) medical encounter rates in the North Inland Region were generally comparable to, or lower than, the county overall. The rate of asthma hospitalization was 21.5% lower and the rate of asthma emergency department (ED) discharge was 31.1% lower than the county overall. Fallbrook had the highest rate of asthma hospitalization and the highest rate of asthma emergency department (ED) discharge among the North Inland communities.

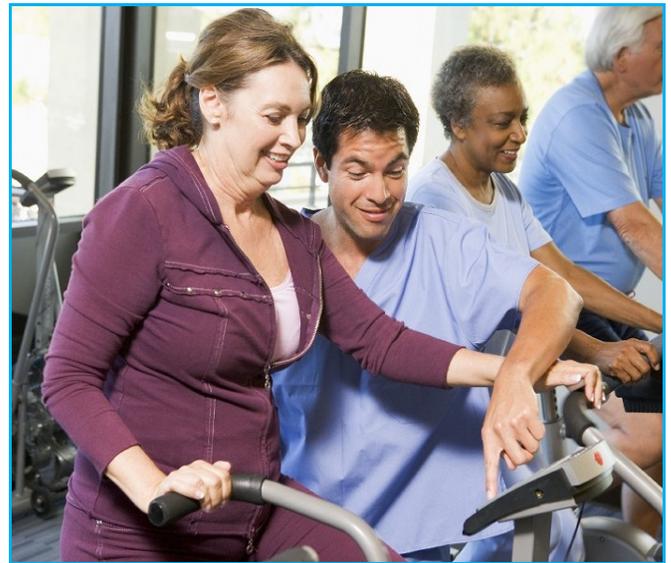
Communicable (Infectious) Diseases

The incidence rate of communicable disease was significantly lower in the North Inland Region than in the county overall. Among the North Inland communities, Escondido had the highest chlamydia and chronic hepatitis C incidence rate, and Pauma had the highest gonorrhea incidence rates. The tuberculosis incidence rate was highest in North San Diego followed by Escondido.



Maternal and Child Health

Overall, maternal and child health indicators for the North Inland Region were either comparable to or lower than that of the county. However, within the North Inland communities, Fallbrook had the highest fetal mortality rate and infant mortality rate. Further, the percentage of preterm births was highest in Anza-Borrego Springs, while Valley Center followed by Palomar-Julian had the lowest percentage of mothers receiving early prenatal care. Ramona had the highest percentage of very low birth weight babies born to mothers.



Injury

The North Inland Region had comparable rates of death and medical encounter due to unintentional injury to the county overall. Within the Region, the rate of unintentional injury emergency department (ED) discharge was 4.7% lower among North Inland residents than in the county overall.

Within the North Inland communities, the death and hospitalization rates due to unintentional injury were highest in Anza-Borrego Springs, while emergency department (ED) discharge was highest in Fallbrook.

Fall-related injury death, hospitalization, and emergency department (ED) discharge rates in the North Inland Region were comparable to the county overall. Among the North Inland Region communities, fall-related death rates were highest in North San Diego,

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while the emergency department (ED) discharge rate and hospitalization rates due to fall-related injuries were highest in Anza-Borrego Springs.

Compared to the county overall, overdose/ poisoning death and emergency department (ED) discharge rates were not significantly different in the North Inland Region. However, the rate hospitalizations due to overdose/poisoning was 26.1% lower among North Inland residents than the county overall. Fallbrook had the highest overdose/ poisoning death and emergency department (ED) discharge rates among the North Inland communities, while Ramona had the highest overdose/poisoning hospitalization rate.

North Inland residents had comparable rates of death, hospitalization, and emergency department (ED) discharge due to motor vehicle injuries compared to the county overall. Among the North Inland communities, Ramona had the highest rate of death due to motor vehicle crash injuries, while Palomar-Julian had the highest rates of hospitalization, and Anza-Borrego Springs had the highest rates of emergency department (ED) discharge due to motor vehicle crash injuries.

Comparatively, the rate of assault hospitalization was 55.5% lower, and the rate of assault emergency department (ED)

discharge was 35.2% lower in the North Inland Region than in the county overall. Among the North Inland communities, Escondido had the highest hospitalization and emergency department (ED) discharge rate due to assault.

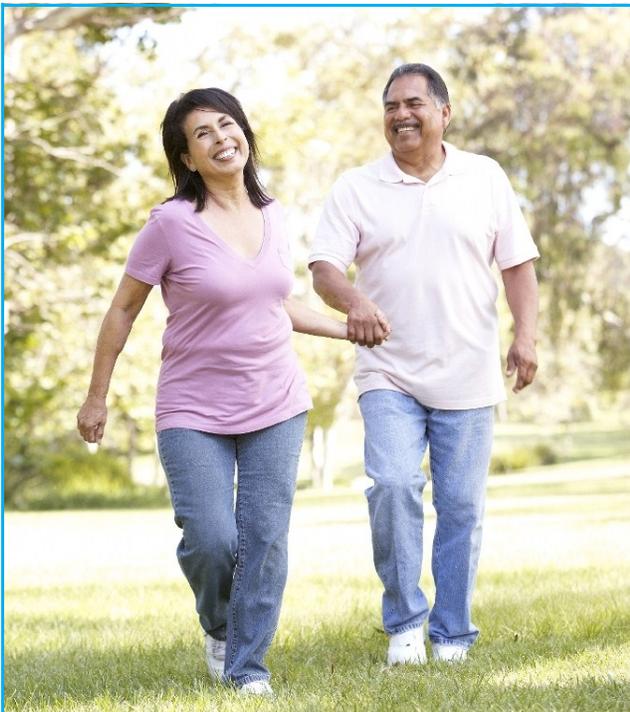
Behavioral Health

Overall, behavioral health indicators for the North Inland Region were either comparable to or lower than that of the county. However, there were a select few outcomes with notable differences. In North Inland region, deaths due to Alzheimer's were 33.2% higher than the county overall, and highest in Anza Borrego Springs, where the rate was 173.4% higher than the county. Fallbrook had the highest rates of hospitalization and emergency department (ED) discharge due to Alzheimer's disease.

Comparatively, the rate of suicide and self-inflicted hospitalizations were 21.1% lower in North Inland than the county overall. Among the North Inland communities, Fallbrook had the highest suicide rate and, where Anza Borrego Springs had the highest hospitalization and emergency department (ED) discharge rates due to self-inflicted injuries.

In North Inland, the rates for both acute alcohol and acute substance abuse medical encounters are lower than the county. Within the North Inland communities, Anza-Borrego Springs has the highest rate of hospitalizations due to acute alcohol abuse, where Escondido had the highest rate of emergency department (ED) discharges due to the same condition. Ramona had the highest rate of acute substance abuse hospitalizations and Pauma had the highest rate of emergency department (ED) discharges due to acute substance abuse.

Chronic alcohol and chronic substance abuse rates of medical encounters are comparable to the county. Chronic alcohol abuse hospitalizations were 23.1% higher in North Inland than the county overall, where as chronic alcohol abuse emergency department (ED) discharge rates were 63.5% lower than the county overall. This trend remains the same for chronic substance abuse medical encounters. Chronic substance abuse



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hospitalizations were 15.4% higher in North Inland than the county overall, where as chronic substance abuse emergency department (ED) discharge rates were 35.2% lower than the county overall. Within the communities, Ramona had the highest rate of chronic alcohol abuse hospitalizations and Poway had the highest rate of chronic substance abuse hospitalizations.

Other Health Conditions

Compared to the county overall, the North Inland Region had higher rates of hospitalization due to arthritis and dorsopathies (diseases and/or disorders of the back). However, rates of arthritis emergency department (ED) discharge and dorsopathy emergency department discharge were lower than the county overall.



Anza-Borrego Springs

The community of Anza-Borrego Springs is located in the North Inland Region of San Diego County, and identified by zip codes 92004, 92036, and 92259. To the west are the communities of Laguna-Pine Valley and Palomar-Julian, and to the south is Mountain Empire. The eastern and northern boundaries of Anza-Borrego Springs border Riverside and Imperial Counties. Geographically, this community is the largest in all of San Diego County, covering 1,071 square miles. However, it is the smallest in population; as of 2012, there were 4,952 residents of Anza-Borrego Springs.

Population Characteristics

Anza-Borrego Springs has the highest proportion of older adults of all the North Inland communities, with nearly every three out of five residents aged 65 years or older. Another 29% were between the ages of 45 and 64 years old. Nearly every two in three people were white, with 39% Hispanic and another .7% black residents. While 65% of the population spoke English only, more than 24% spoke Spanish only.

About one in six Anza-Borrego Springs residents had less than a high school education, and about 19% also had at least a bachelor degree. However, residents earned lower incomes than nearly all other North Inland communities; over 47% of the population had a household income under \$35,000. Over one in six of Anza-Borrego Springs residents earned incomes below the Federal Poverty Level.

3-4-50 Diseases

Compared to other North Inland communities, 3-4-50 chronic disease death and medical encounter rates were relatively high in Anza-Borrego Springs. This was especially apparent for coronary heart disease (CHD), stroke, and cancer, with the highest hospitalization and/or death rates in all of the North Inland Region. Residents of Anza-Borrego Springs also had the highest rates of hospitalization for arthritis



and dorsopathies, compared to other communities in the Region.

Communicable (Infectious) Diseases

The rates of communicable diseases among Anza-Borrego Springs residents were comparable to, or lower than, the North Inland Region overall. However, Anza-Borrego Springs had the highest rate of hospitalizations due to pneumonia.

Maternal and Child Health

In 2011, there were 40 live births in Anza-Borrego Springs, representing less than 1% of all live births in the North Inland Region. Of these, only 72.5% received prenatal care beginning in the first trimester; 12.5% were preterm births.

Injury

The rates of death, hospitalization and

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emergency department (ED) discharge due to unintentional injury in Anza-Borrego Springs were higher than any other community in the North Inland Region and the county overall. Rates of intentional injuries in Anza-Borrego Springs were some of the highest in the North Inland Region as well. Hospitalization and emergency department (ED) discharge rates due to unintentional fall-related injuries and intentional self-inflicted injuries were the highest in Anza-Borrego Springs.

Behavioral Health

Compared to North Inland Region overall, rates of poor behavioral health outcomes were comparable to, or lower among Anza-Borrego Springs residents. However, the rates of Alzheimer's deaths, anxiety disorder emergency department (ED) discharges, and hospitalizations due to mood disorders and acute alcohol abuse were the highest in the region and higher than the county overall.

Escondido

Escondido is located in the North Inland Region of San Diego County, and identified by zip codes 92025, 92026, 92027, 92029, and 92096. It is surrounded by the communities of Valley Center, Palomar-Julian, Ramona, Poway, North San Diego, San Dieguito, and San Marcos. Escondido had the largest population of all the North Inland communities, with 165,438 residents in 2012.

Population Characteristics

Escondido was one of the younger communities in the North Inland Region, with nearly one out of every four residents less than 15 years of age; only 11% were 65 years and older. The residents of Escondido were racially and ethnically diverse; more than two of five residents in the population were white, 47% were Hispanic, and 6% were Asian. While most residents spoke English only or were bilingual, more than 21% spoke Spanish only.

Escondido residents were less educated and earned lower incomes than most other communities in the North Inland Region. About one quarter of all adults ages 25 years and older had less than a high school education, and one out of four earned a bachelor degree or higher. Nearly 33% of the population had a household income under \$35,000 and over one in six of Escondido residents earned incomes below the Federal Poverty Level.

3-4-50 Diseases

Compared to other North Inland Region communities, Escondido 3-4-50 chronic disease death and medical encounter rates were among the highest. In particular, diabetes death and emergency department (ED) discharge rates were higher than any other community in the North Inland Region. Asthma hospitalization, and asthma emergency department (ED) discharge rates were higher than the Region as well. Escondido residents also had the highest rates of ED discharge and due to Dorsopathies and arthritis than any of the North Inland region communities as well.



Communicable (Infectious) Diseases

Overall, communicable disease rates were some of the highest in the region. Tuberculosis, hepatitis C, chlamydia and primary and secondary Syphilis rates were all higher than the North Inland Region. Influenza hospitalization and emergency department (ED) discharge rates were higher than North Inland and the county overall.

Maternal and Child Health

In 2011, there were 2,693 live births in Escondido, representing one-third of all births in the North Inland Region. Of these, 76.2% received prenatal care beginning in the first trimester of pregnancy and 8.4% were preterm births.

Injury

The rates of death, hospitalization and emergency department (ED) discharge due to intentional and unintentional injuries in Escondido were comparable, or slightly higher than the North Inland Region and the county overall. In particular, hospitalization and emergency department (ED)

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discharge rates due to pedestrian injuries were higher than any other community. Also, the death rate due to overdose/poisoning was among the highest in the region.

Behavioral Health

Poor behavioral health outcome rates in Escondido were generally slightly higher than the North Inland Region overall. In particular, Escondido had the highest emergency department (ED) discharge rates due to mood disorders, personality disorders, schizophrenia, and acute alcohol abuse; all of which were higher than all the North Inland communities and the county overall. Escondido also had the second highest Alzheimer's death rate which was 74% higher than the county overall, and the third highest emergency department (ED) discharge rate due to Alzheimer's disease of all the North Inland communities.

Fallbrook

The community of Fallbrook is located in the North Inland Region of San Diego County, and identified by zip codes 92003 and 92028. Its northern boundary serves as part of the northern border of San Diego County. To the east is Pauma, to the south are Valley Center and Vista, and to the west are Oceanside and Pendleton. Fallbrook was the fifth largest North Inland Region community in population, with 48,167 residents in 2012.

Population Characteristics

Residents of Fallbrook were distributed relatively evenly by age, compared to other North Inland communities. Nearly one out of five residents of Fallbrook were under 15 years of age, and more than one out of six were ages 65 years and older. While the majority of Fallbrook residents were white (56%), just over one-third was Hispanic. Most residents spoke English only or were bilingual, but 14.5% spoke Spanish only.

Fallbrook was one of the more educated communities in the North Inland Region, with more than one out of every four having earned at least a Bachelor degree. While more than 28% of households earned more than \$100,000 in 2012, more than a quarter of the population earned less than \$35,000. Twelve percent of the population earned incomes below the Federal poverty level.



3-4-50 Diseases

Compared to other North Inland Region communities, Fallbrook 3-4-50 chronic disease death rates were among the highest. In particular, stroke and colorectal cancer death rates were higher than in any other community. Hospitalizations for the 3-4-50 diseases were also higher than most other North Inland communities with the second highest CHD death and hospitalization rates and the highest emergency department (ED) discharge rate due to CHD of all the North Inland communities. Fallbrook also had the highest stroke and COPD death rates of all the North Inland communities.

Communicable (Infectious) Diseases

The rates of communicable diseases among Fallbrook residents were comparable to, or lower than, the North Inland Region overall. However, Fallbrook had the higher rates of influenza/ pneumonia deaths and hospitalizations due to pneumonia than the North Inland Region and county overall.

Maternal and Child Health

In 2011, there were 661 live births in Fallbrook, representing 8% of all births in the North Inland Region. Of these, 76% received prenatal care beginning in the first trimester of pregnancy, which is less than the rest of the Region.

Injury

Unintentional injury death and medical encounter rates in Fallbrook were comparable or slightly higher than the rest of the North Inland Region, as were the rates of intentional injury. The unintentional emergency department (ED) discharge rate was the highest in the Region. Additionally, the rates of death and emergency department (ED) discharges due to overdose/ poisoning were the highest of all the North Inland communities and higher than the county overall. Fallbrook also had the highest rates of suicide death and firearm emergency department (ED)

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discharges of all the North Inland communities.

Behavioral Health

Poor behavioral health outcome rates among Fallbrook residents were generally comparable to the North Inland Region overall. However, Fallbrook had the highest rates of hospitalizations and emergency department (ED) discharges due to Alzheimer's disease of all the North Inland communities and the county overall.

North San Diego



North San Diego is a community located in the North Inland Region of San Diego County, and identified by zip codes 92091, 92127, 92128, and 92129. Surrounding communities include San Dieguito, Escondido, Poway, and Del Mar/Mira Mesa. As one of the larger communities in the Region, the population of North San Diego was 110,927 in 2012.

Population Characteristics

The ages of North San Diego residents were similar to the North Inland Region overall; more than half of all residents were of working age, 25 to 64 years old. While nearly three out of five residents were White, another 25% were Asian; the nearly 28,000 Asian residents of North San Diego made up the largest number and proportion of Asian residents compared to all other communities in the Region. The majority of residents either spoke English only or were bilingual; however 7% spoke an Asian or Pacific Islander language only. Within the North Inland Region, North San Diego was the most educated community, and households subsequently earned among the highest incomes in the Region. Over half of all adults ages 25+ years earned at least their bachelors degree, and nearly half of all households earned at least \$100,000 in 2012.

3-4-50 Diseases

Compared to other North Inland Region communities, 3-4-50 chronic disease death and medical encounter rates in North San Diego were comparable. However, the rates of overall cancer death, coronary heart disease (CHD) death, hospitalization, and emergency department (ED) discharge and stroke death, and emergency department (ED) discharge were higher than most other communities and the county overall. However, the rates of diabetes and chronic obstructive pulmonary disorder (COPD) death, hospitalization, and emergency department (ED) discharges were lower than most other communities.

Communicable (Infectious) Diseases

Overall, communicable disease rates were comparable or lower to in the North Inland Region. However, the rate of Tuberculosis was greater than region and the rate of death due to Influenza/ Pneumonia was higher than the region and the county overall.

Maternal and Child Health

In 2011, there were 1,726 live births in North San Diego, representing 21.8% of all live births in the North Inland Region. Nearly 94% of all live births received prenatal care beginning in the first trimester, which was higher than any other community in the North Inland Region.

Injury

Unintentional injury death and medical encounter rates in North San Diego were among the lowest in the Region. However, the rates of unintentional fall-related death, hospitalization, and emergency department (ED) discharge were among the highest. The rate for unintentional fall-related deaths were 104.7% higher than the county overall.

Behavioral Health

Compared to North Inland Region overall, rates of poor behavioral health outcomes were

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comparable to, or lower among North San Diego residents. However, the rates of Alzheimer's disease death, hospitalization, and emergency department (ED) discharges were among the highest in the region and higher than the county overall. The rates of death and hospitalizations due to dementia were also among the highest in the region and higher than the county overall.

Palomar-Julian

Palomar-Julian, identified by zip codes 92060, 92066, 92070, and 92085, is a large, remote community located in the center of the North Inland Region. To the north of Palomar-Julian is Riverside County, and to the east is Anza Borrego Springs. Laguna-Pine Valley and Ramona are found to the south, and Escondido, Valley Center, and Pauma are found to the west. In 2012, there were 6,529 residents of Palomar-Julian, which covers 572.3 square miles.

Population Characteristics

Palomar-Julian has the second highest proportion of older adults in the North Inland Region; over 25% of residents were 65 years or older. The community was not as racially or ethnically diverse as many other communities. Just over 70% of the population was white, and 16% was Hispanic. Consequently, almost all residents spoke either English only (87%) or were bilingual (8%).

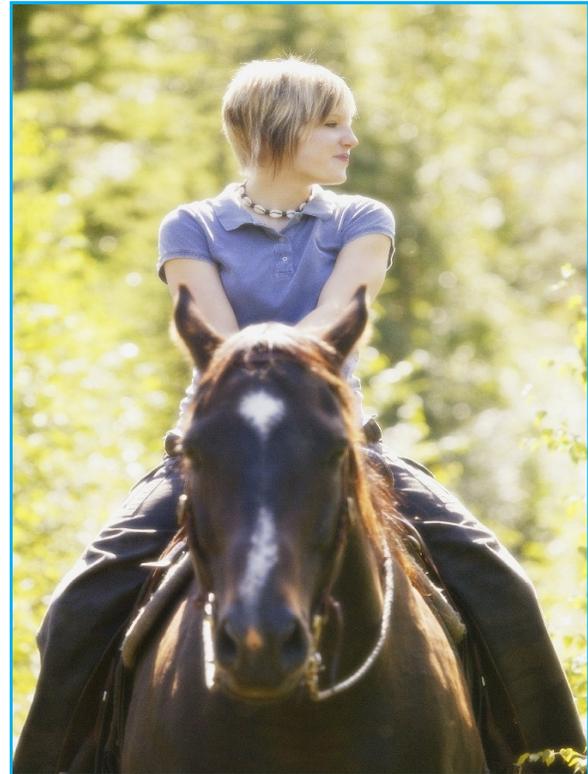
The education level of Palomar-Julian residents was similar to the North Inland Region overall. Over one in four adults earned at least a Bachelor degree, and just 11% had less than a high school education. Household incomes were generally middle class, with 49% of households earning between \$35,000 and \$100,000 in 2012. Eleven percent of the population earned incomes below the poverty level.

3-4-50 Diseases

Due to the small population, 3-4-50 chronic disease death and medical encounter rates were often not able to be calculated because there were too few cases. However, the rate of deaths due to cancer was the second highest in the North Inland Region. Hospitalization and emergency department discharge rates for arthritis and dorsopathies were also among the lowest in the Region.

Communicable (Infectious) Diseases

The rates of communicable diseases among



Palomar-Julian residents were lower than, the North Inland Region overall.

Maternal and Child Health

In 2011, there were 18 live births in Palomar-Julian, representing less than 1% of all live births in the North Inland Region. Of these, 70.6% received prenatal care beginning in the first trimester, one of the lowest percentages receiving prenatal care than any other community in the Region.

Injury

Unintentional injury death and medical encounter rates among Palomar-Julian residents were lower than the North Inland Region and lower than the county overall.

Behavioral Health

Compared to North Inland Region overall, rates of poor behavioral health outcomes were lower among Palomar-Julian residents and lower than the county overall.

Pauma

The community of Pauma is located in the North Inland Region of San Diego County, and identified by zip codes 92059 and 92061. Pauma borders Riverside County to the North, Palomar-Julian to the east, Valley Center to the south, and Fallbrook to the west. Pauma is a rural community with the third smallest population of all North Inland Region communities. As of 2012, there were 7,798 residents of Pauma, covering 96.3 square



miles.

Population Characteristics

Pauma residents were generally younger than other North Inland communities, and highly racially and ethnically diverse. Nearly two-thirds of all residents were between the ages of 15 and 64 years. Nearly, two out of five Pauma residents were Hispanic (39%) and 38% were white. Another 18% were “other,” which includes Native American. While the majority of residents either spoke English only (69%) or were bilingual (14%), 13% spoke Spanish only.

An estimated 16% of Pauma adults had less than a high school education, while 24% had a high school diploma, 33% had some college or an associate’s degree, and 27% had a bachelor’s degree or higher. One out of ten residents lived below the federal poverty level

and the median household income was \$83,094 in 2012.

3-4-50 Diseases

Compared to other North Inland Region communities, the Pauma 3-4-50 chronic disease death and medical encounter rates were relatively low or comparable. Notably, rates of coronary heart disease (CHD) and cancer deaths were lower than the North Inland Region and the county overall. Specifically, Pauma residents had the lowest cancer death rate of all the North Inland communities. However, Pauma also had the second highest rate of chronic obstructive pulmonary disease (COPD) hospitalizations of all the North Inland communities and higher than the county overall.

Communicable (Infectious) Diseases

Overall, rates of communicable disease among Pauma residents were comparable to the Region overall. However, the rate of reported gonorrhea was the highest among all North Inland communities and higher than the county overall.

Maternal and Child Health

In 2011, there were 55 live births in Pauma, representing 0.7% of all live births in the North Inland Region. Of these, 72.7% received prenatal care beginning in the first trimester, lower than the region overall.

Injury

Overall unintentional injury hospitalization and emergency department (ED) discharge rates were lower in Pauma compared to other North Inland Region communities; however the rate of death due to unintentional injury was the second highest in the Region. Additionally, the rate of injury due to motor vehicle crashes was significantly higher than the other North Inland communities.

Behavioral Health

Rates of poor behavioral health outcomes among Pauma residents were comparable to the

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Region overall. However, the emergency department (ED) discharge rate due to acute substance abuse was the highest among North Inland Region communities. Additionally, Pauma residents had the second highest hospitalization and third highest emergency department (ED) discharge rates due to self-inflicted injuries of all the North Inland Region communities.

Poway

Poway is a suburban community of the North Inland Region. The community of Escondido borders to the north, Ramona to the east, Lakeside and Elliott-Navajo are to the south, and Del Mar/Mira Mesa and North San Diego are to the west. In 2012, the population was 87,385.

Population Characteristics

Poway residents were comparable in age to the rest of the North Inland Region; approximately 19% were under 15 years of age, and more than 13% were 65 years and older. While Poway was not as racially and ethnically diverse as other communities, one of the largest Asian and Pacific Islander populations in the North Inland Region was located in Poway. More than 66% of the residents of Poway were white, while another 16% were Asian or Pacific Islander.

Poway residents were the second most educated of all North Inland Region communities and households had the highest incomes. More than half of all adults ages 25 years and older earned at least a bachelor degree and half of households earned at least \$100,000 in 2012. Less than 4% of the population earned incomes below the Federal poverty level; lower than any other community in the Region.

3-4-50 Diseases

Compared to other North Inland Region communities, 3-4-50 chronic disease death and medical encounter rates in Poway were low. Poway residents had among the lowest rates of death due to cancer and stroke. Additionally, rates of asthma and diabetes hospitalization and emergency department (ED) discharge rates were also among the lowest compared to other North Inland communities.

Communicable (Infectious) Diseases

Overall, rates of communicable disease were among the lowest in the North Inland Region. Specifically, rates of reported chlamydia and

chronic hepatitis C were significantly lower than the region overall.

Maternal and Child Health

In 2011, there were 880 live births in Poway, representing nearly 11% of all live births in the North Inland Region. Of these, more than 90% received prenatal care beginning in the first trimester; the second highest percentage in the Region. In addition, the percentage of births to teen girls aged 15 to 17 years was the lowest among all of the North Inland communities.



Injury

Overall unintentional injury death, hospitalizations, and emergency department (ED) discharge rates were lower among Poway residents compared to the Region overall. In particular, the rate of total motor vehicle crash injuries was the lowest in the Region, as were the rates of alcohol involved and drinking driver crash injuries. Intentional injury rates, including assault hospitalization and emergency department (ED) discharge were among the lowest as well.

Behavioral Health

Poor behavioral health outcome rates among Poway residents were generally comparable to the North Inland Region overall. However, rates of anxiety and chronic substance abuse hospitalization were higher among Poway residents.

Ramona

Ramona is a rural community located in the North Inland Region of San Diego County, and identified by zip code 92065. It is surrounded by Escondido, Palomar-Julian, Laguna-Pine Valley, Lakeside, and Poway. In 2012, there were 35,635 residents of Ramona.

Population Characteristics

The majority of Ramona residents were between the ages of 25 to 64 years, while 12% were aged 65 years or over. Nearly 70% of the residents of Ramona were white, while another 25% were Hispanic. While the majority of Ramona residents spoke English only (79%) or were bilingual (12%), 8% spoke Spanish only.

Education levels among Ramona adults were comparable to other North Inland Region communities, although the median household income was among the highest. Nearly one out of four Ramona adults held at least a Bachelor degree, while 14% had less than a high school education.

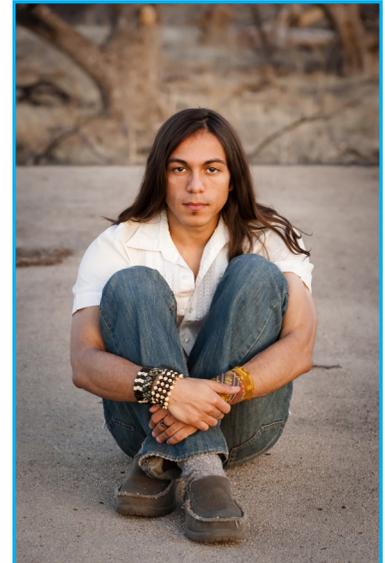
More than a third of households earned more than \$100,000 per year, and the median household income of all households in Ramona was \$88,991. Ten percent of the Ramona population earned incomes below the Federal Poverty Level. Approximately 34% of the employed residents of Ramona were employed in management, professional, and related occupations, and another 24% were in sales and office jobs.

3-4-50 Diseases

Compared to other North Inland Region communities, 3-4-50 chronic disease death and medical encounter rates were often comparable in Ramona. Notably, the rate of asthma hospitalization was among the lowest in the region. However, rates of cancer death and hospitalization and emergency department (ED) discharges due to chronic obstructive pulmonary disease (COPD) and stroke were higher than the region overall.

Communicable (Infectious) Diseases

Overall, rates of communicable disease among Ramona residents were comparable to, and often, lower than other North Inland Region communities. In particular, rates of influenza (flu) hospitalization and emergency department (ED) discharge were among the lowest in the entire region.



Maternal and Child Health

In 2011, there were 377 live births in Ramona, representing 4.8% of all live births in the North Inland Region. Of these, 2.7% were to girls age 15 to 17, a higher percentage than the majority of North Inland communities. Of all live births in Ramona, 78% received prenatal care beginning in the first trimester which was lower than the region overall. In addition, the percentage of very low birth weight births was highest in the region and higher than the county overall.

Injury

Overall, unintentional injury rates were generally higher than in other communities in the North Inland Region. In particular, rates of motor vehicle crash death, hospitalization, and emergency department (ED) discharge injuries were higher than the Region overall. Additionally, rates of overdose/poisoning and assault hospitalization were higher than the region overall.

Behavioral Health

Compared to the North Inland Region overall, rates of poor behavioral health outcomes were

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similar. However, rates of acute and chronic alcohol and substance abuse hospitalization and emergency department (ED) discharge were notably high. Additionally, the rate of self-inflicted emergency department (ED) discharge was higher than the region overall.

San Marcos

San Marcos is located within the North Inland Region of San Diego County. It is surrounded by the communities of Vista, Escondido, San Dieguito, and Carlsbad. As of 2012, the population was 91,465.

Population Characteristics

San Marcos residents were comparable in age to the North Inland Region overall; half were of working age, between 25 and 64 years of age. San Marcos residents were slightly more diverse than the region overall. While about half of residents were white, more than one-third were Hispanic. Most of the population either spoke English only or were bilingual, however, eighteen percent spoke Spanish only. Among San Marcos adults, more than one out of four had a bachelor's degree or higher, nearly one out of every six adults had less than a high school education, and about 47% of households earned less than \$50,000 in 2012.

3-4-50 Diseases

Compared to other North Inland Region communities, 3-4-50 chronic disease death and medical encounter rates in San Marcos were comparable, if not relatively low. However, rates of coronary heart disease (CHD) deaths and chronic obstructive pulmonary disease (COPD) hospitalizations were notably higher.

Communicable (Infectious) Diseases

Rate of communicable disease among San Marcos residents were comparable to, or lower than, the North Inland Region overall. Notably, the rate of chronic hepatitis C was among the lowest in the region.

Maternal and Child Health

In 2011, there were 1,299 live births in San Marcos, representing 16.4% of all live births in the North Inland Region. Of these, 85.5% received prenatal care beginning in the first

trimester, which was higher than the region overall. The percentages of preterm births, low birth weight births, and very low birth weight births were comparable to or lower than other communities in the region.

Injury

Overall, unintentional injury and intentional injury rates in San Marcos were generally lower than, or comparable to, the region. Notably, death, hospitalization and emergency department (ED) discharge rates due to fall-related injuries were lower than the region overall. The rate of injuries due motor vehicle crashes occurring in San Marcos was the lowest among all North Inland communities, as was the rate of pedestrian injuries. Assault hospitalization and emergency department (ED) discharge rates were considerably lower than the region overall.

Behavioral Health

Compared to the North Inland Region overall, rates of poor behavioral health outcomes were comparable to, or lower among San Marcos residents. However, the rate of chronic alcohol abuse emergency department (ED) discharge was among the highest in the region and higher than the region overall.



Valley Center

Valley Center is rural community located in the North Inland Region of San Diego County. It is surrounded by the communities of Pauma, Palomar-Julian, Escondido, Vista, and Fallbrook. Geographically, Valley Center covers 116 square miles, and as of 2012 the population was 23,553.

Population Characteristics

Valley Center residents were older than many other North Inland Region communities; approximately 32% were 45 to 64 years of age, and another 18% were 65 years or older. Residents were less racially and ethnically diverse than other communities. Sixty-two percent of residents were white and a quarter were Hispanic. Most of the population either spoke English only or were bilingual; however, 7% spoke Spanish only.

Valley Center residents were more educated, and earned higher incomes than many other North Inland Region communities in San Diego County. Nearly 32% of residents ages 25 years and older earned at least a Bachelor's degree, and 38% of households earned at least \$100,000 in 2012. Of the employed residents of Valley Center, 40% worked in management, professional, educational, and related occupations. Fewer than one out of eleven residents earned incomes below the Federal Poverty Level.



3-4-50 Diseases

Compared to other North Inland Region communities, 3-4-50 chronic disease death and medical encounter rates in Valley Center were comparable. Valley Center residents had the lowest rate of asthma and one of the lowest rates of chronic obstructive pulmonary disease (COPD) hospitalization in the region. However, the diabetes death rate was among the highest.

Communicable (Infectious) Diseases

Rate of communicable disease among Valley Center residents were comparable to or lower than the North Inland Region overall. However, the rate of reported chronic hepatitis C was among the highest in the region and higher than the region overall.

Maternal and Child Health

In 2011, there were 174 live births in Valley Center, representing 2.2% of all live births in the North Inland Region. Of these, only 70% received prenatal care beginning in the first trimester. Compared to other communities in the North Inland Region, the percentage of preterm births was among the highest, while the percentage of low birth weight births was among the lowest.

Injury

Unintentional injury rates in Valley Center were comparable to or lower than the Region overall. However, rates of medical encounters due to hip fractures were both higher than the North Inland Region and higher than the county overall. Valley Center residents had a hip fracture emergency department (ED) discharge rate that was 157.9% higher than the county overall.

Behavioral Health

Rates of behavioral health outcomes among Valley Center residents tended to be comparable to or lower than the region overall. However, rates of acute substance abuse emergency department (ED) discharge and chronic substance abuse hospitalizations were higher than the region overall.