



June 2022

North Inland Region Health Status Report Summary

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





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North Inland Region Health Status Report Summary

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

June 2022

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INTRODUCTION

North Inland Region consists of 10 subregional areas (SRAs): Anza-Borrego Springs, Fallbrook, North San Diego, Palomar-Julian, Pauma, Poway, Ramona, San Marcos, and Valley Center. This health status report summary provides the most current information on demographic characteristics, socioeconomic factors, and health concerns in North Inland Region and its SRAs.

The key segments of this report include:

- 1) **Demographic Characteristics:** This section includes an overview of the 2019 population characteristics (e.g., age, race/ethnicity, household income, health insurance coverage, disability status, etc.) for North Inland Region. Characteristics for SRAs are reported in comparison with North Inland Region and San Diego County.
- 2) **Mortality Measures:** This section includes a summary of overall life expectancy for North Inland Region and its SRAs in 2019. Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. This section, additionally, lists the Top 10 Leading Causes of Death in 2019 for North Inland Region, outlining the relative burden of a specific cause of death compared to other causes.
- 3) **Health Outcomes:** This section summarizes health-related information such as rates of death, emergency department (ED) discharge, and hospitalization for the following group of health conditions and indicators:
 - a) Non-Communicable (Chronic) Diseases,
 - b) Communicable Diseases,
 - c) Injury Indicators,
 - d) Behavioral Health Indicators, and
 - e) Maternal and Child Health Indicators.

For additional information, visit: www.SDHealthStatistics.com

Health Status Overview (2019): North Inland Region

DEMOGRAPHIC CHARACTERISTICS
Population Characteristics

Population: 608,177 (18.34% of San Diego County population)
Age Distribution: Highest proportion consisted of individuals aged 25-44 years old (26.1%) and individuals aged 45-64 years old (26.1%)

Income, Health Insurance, Disability Status

Median Household Income: \$92,061
Population Below 200% Federal Poverty Level (FPL): 23.9%
Population with Health Insurance: 92.7%
Population with Disability: 9.6%

MORTALITY MEASURES

Overall Life Expectancy: 83 years

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

HEALTH OUTCOMES
Non-Communicable (Chronic) Diseases

Highest Death Rate: Overall cancer (161.1 per 100,000)
Highest ED Discharge Rate: Overall heart disease (1,585.5 per 100,000)
Highest Hospitalization Rate: Overall heart disease (897.4 per 100,000)

Communicable Diseases

Highest Death Rate: Pneumonia (8.3 per 100,000)
Highest ED Discharge Rate: Urinary tract infection (569.2 per 100,000)
Highest Hospitalization Rate: Pneumonia (119.5 per 100,000)

Injury Indicators

Highest Death Rate: Falls (15.8 per 100,000)
Highest ED Discharge Rate: Falls (1,966.2 per 100,000)
Highest Hospitalization Rate: Falls (375.3 per 100,000)

Behavioral Health Indicators

Highest Death Rate: Alzheimer’s disease and related dementias (ADRD) (104.9 per 100,000)
Highest ED Discharge Rate: Alcohol-related disorders (206.1 per 100,000)
Highest Hospitalization Rate: Alcohol-related disorders (41.9 per 100,000)

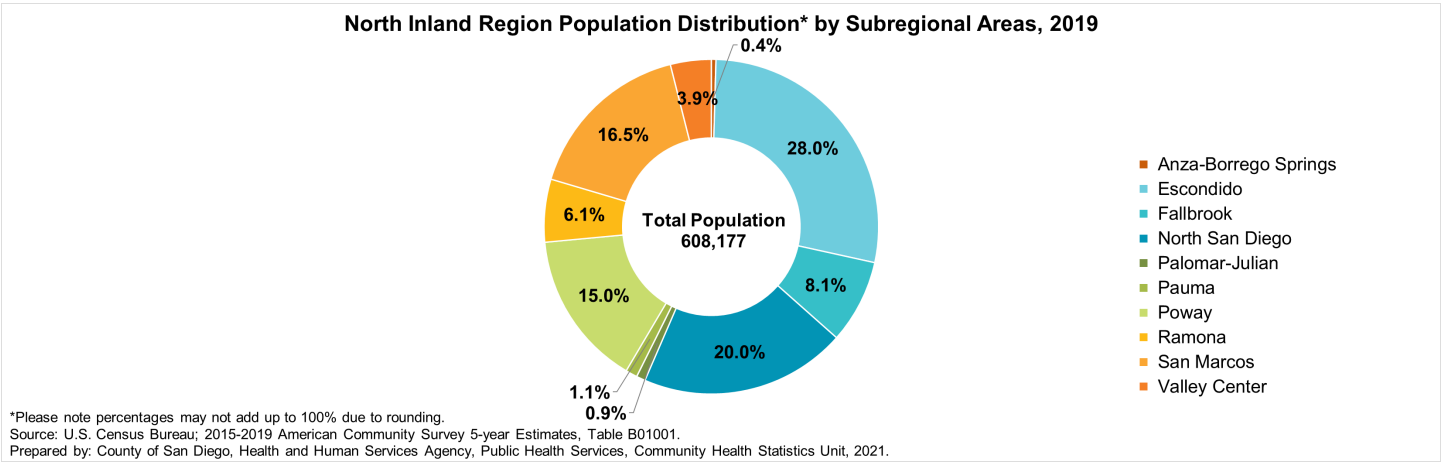
Maternal and Child Health Indicators

Total Live Births: 6,615
Preterm Births: 8.4%
Low Weight Births: 6.8%
Infant Mortality Rate: 4.4 per 1,000 total live births
Fetal Mortality Rate (2018): 4.3 per 1,000 live births plus fetal deaths

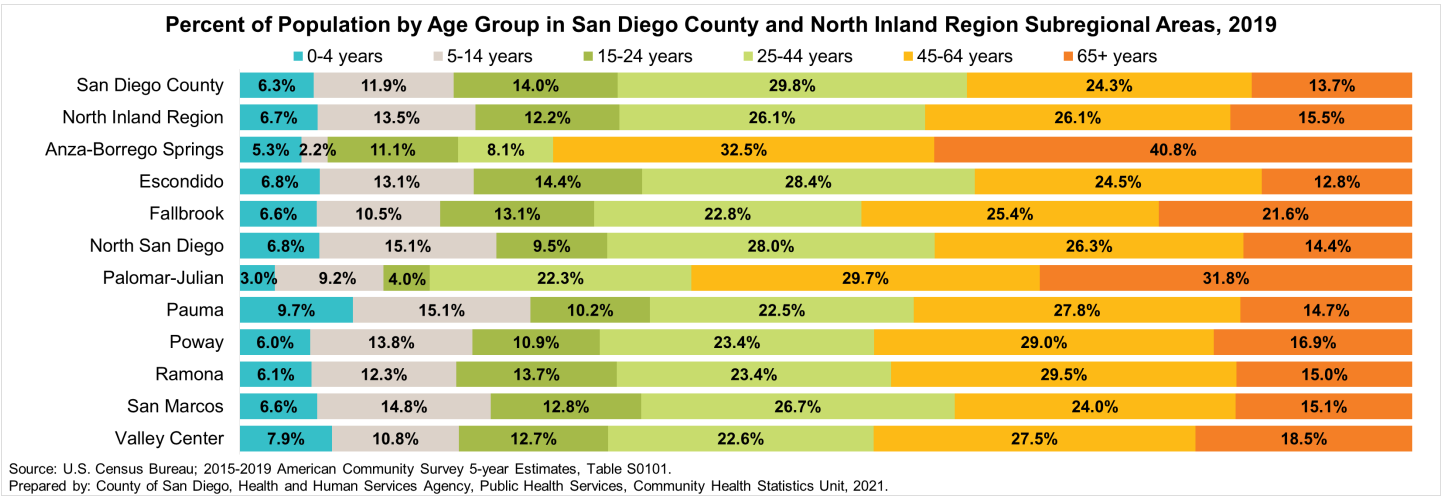
DEMOGRAPHIC CHARACTERISTICS

Population Characteristics

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

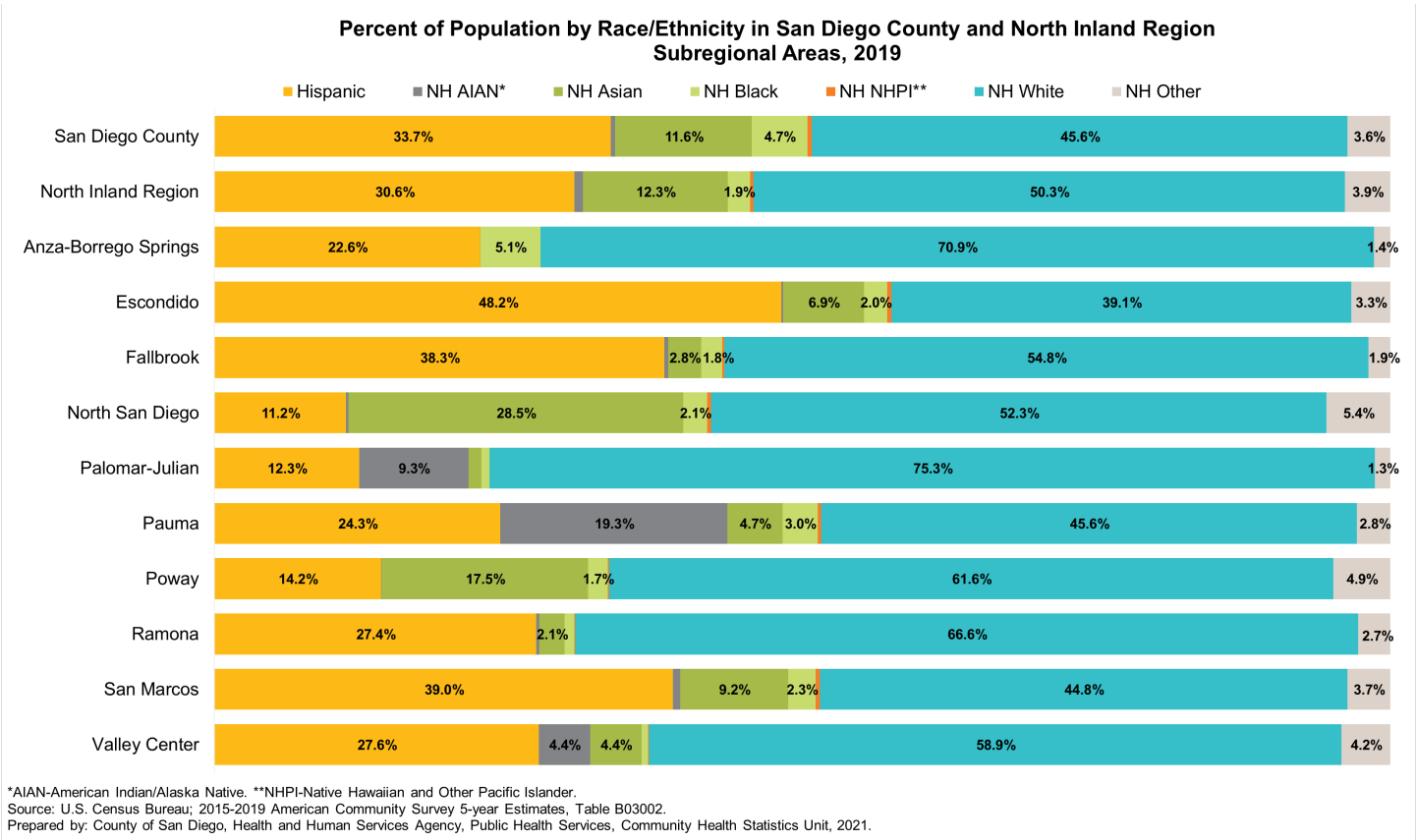


Adults aged 25-44 years old (26.1%) and 45-64 years old (26.1%) constituted the highest proportions of North Inland Region residents. Among North Inland Region subregional areas (SRAs), Escondido had the highest proportion of adults aged 25-44 years old (28.4%), followed by North San Diego (28.0%). North Inland Region had the highest proportion of residents 65 years and over (15.5%) compared to all other Health and Human Services Agency (HHSA) Regions in 2019. Among North Inland Region SRAs, Anza-Borrego Springs (40.8%) and Palomar-Julian (31.8%) had the highest proportion of residents 65 years and over.



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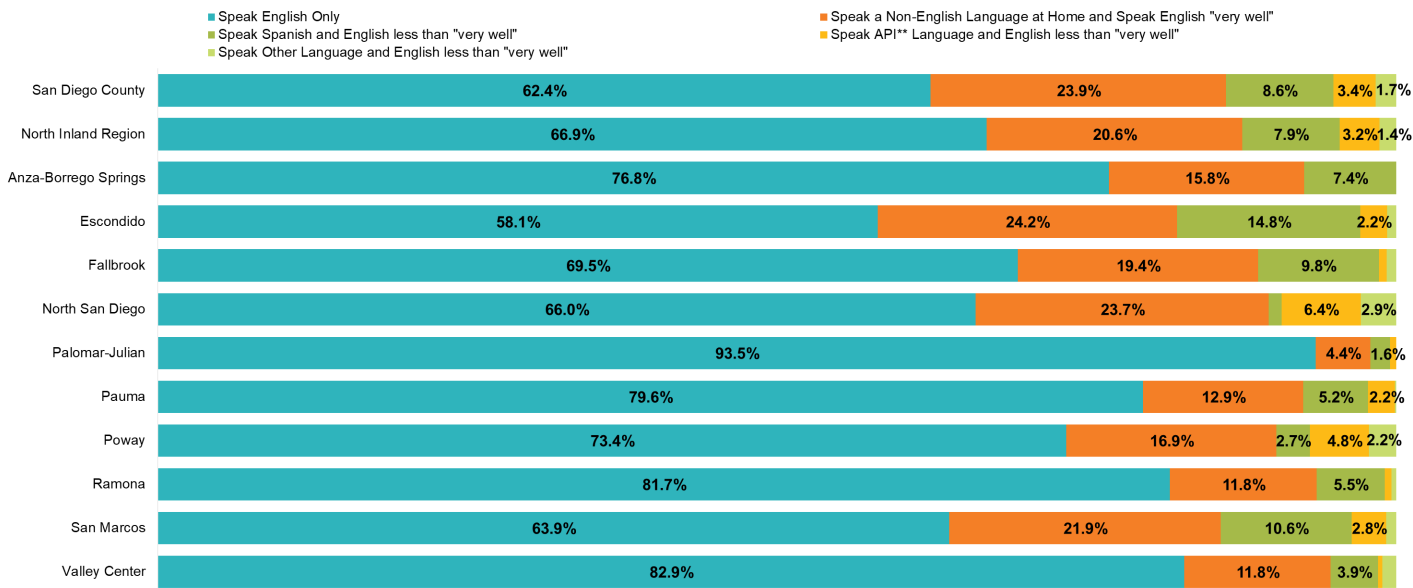
In 2019, residents in North Inland Region were primarily White (50.3%), followed by Hispanic (30.6%), Asian (12.3%), Black (1.9%), American Indian and Alaska Native (0.7%), Native Hawaiian and Other Pacific Islander (0.3%), and Other (3.9%). Among North Inland Region SRAs, Escondido had the highest proportion of Hispanic residents (48.2%), while North San Diego had the lowest proportion (11.2%). Furthermore, Anza-Borrego SRA had the highest proportion of Black residents (5.1%), while Valley Center SRA had the lowest proportion (0.5%). North Inland Region had the highest proportion of American Indian/Alaska Native (AIAN) residents (0.7%) compared to all other HHS Regions in 2019. Among North Inland Region SRAs, Pauma (19.3%), Palomar-Julian (9.3%), and Valley Center (4.4%) had the highest proportion of AIAN residents.



In 2019, over 2 out of 3 residents (66.9%) aged 5 years and older in North Inland Region spoke only English at home. Furthermore, 1 out of 5 residents (20.6%), aged 5 years and older, in North Inland Region spoke English “very well” and another language at home. Among North Inland Region SRAs, Palomar-Julian had the highest proportion of residents speaking only English at home (93.5%), while Escondido had the lowest proportion (58.1%).

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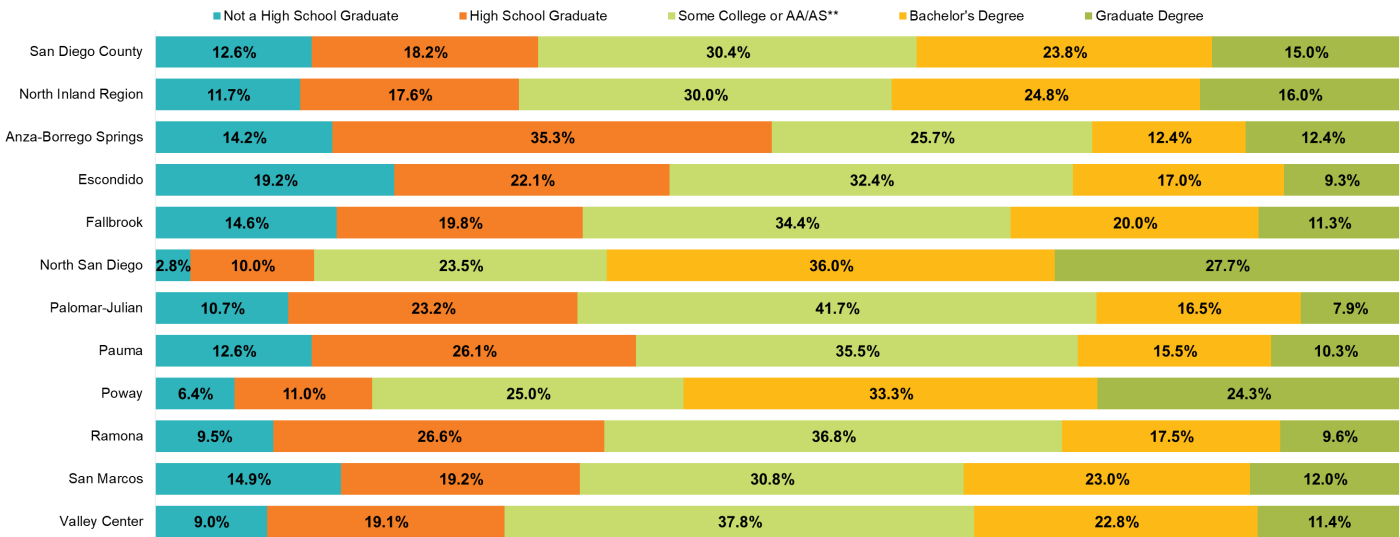
Language Spoken at Home and Ability to Speak English* in San Diego County and North Inland Region Subregional Areas, 2019



*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.

In 2019, nearly 9 out of 10 adults (88.3%), aged 25 years and older, had at least a high school diploma, while over 2 out of 5 adults (40.8%), aged 25 years and older, held a bachelor's or higher degree in North Inland Region. Among North Inland Region SRAs, Escondido had the highest proportion of adults aged 25 years and older without a high school diploma (19.2%), while North San Diego had the lowest proportion (2.8%).

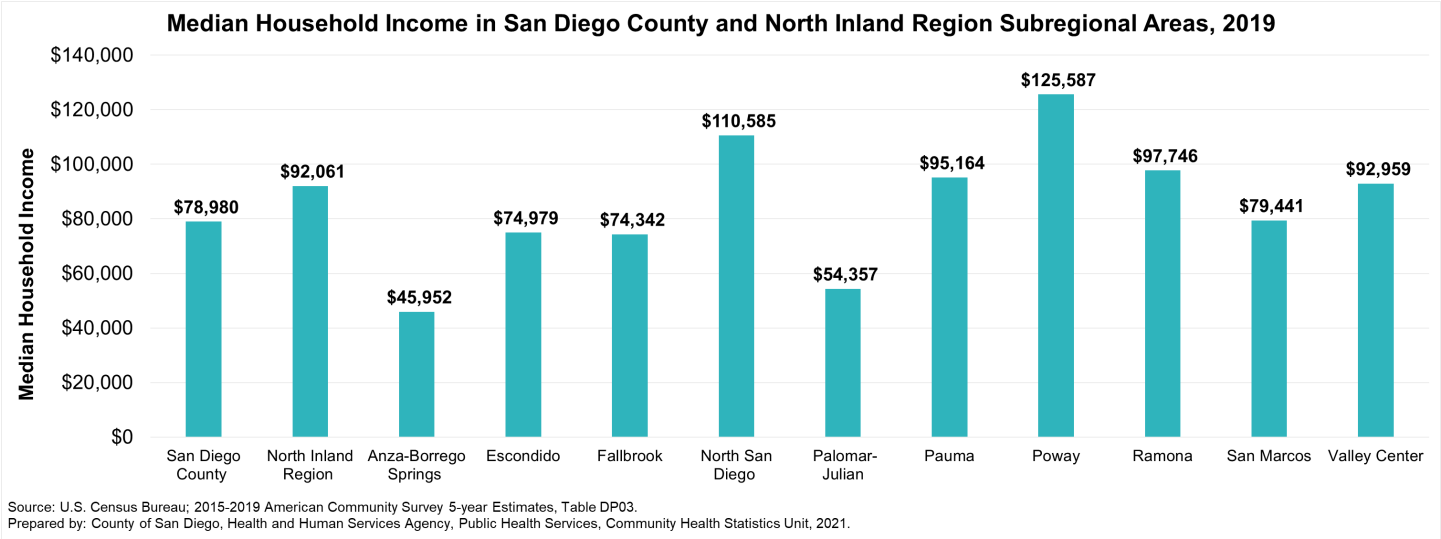
Educational Attainment* in San Diego County and North Inland Region Subregional Areas, 2019



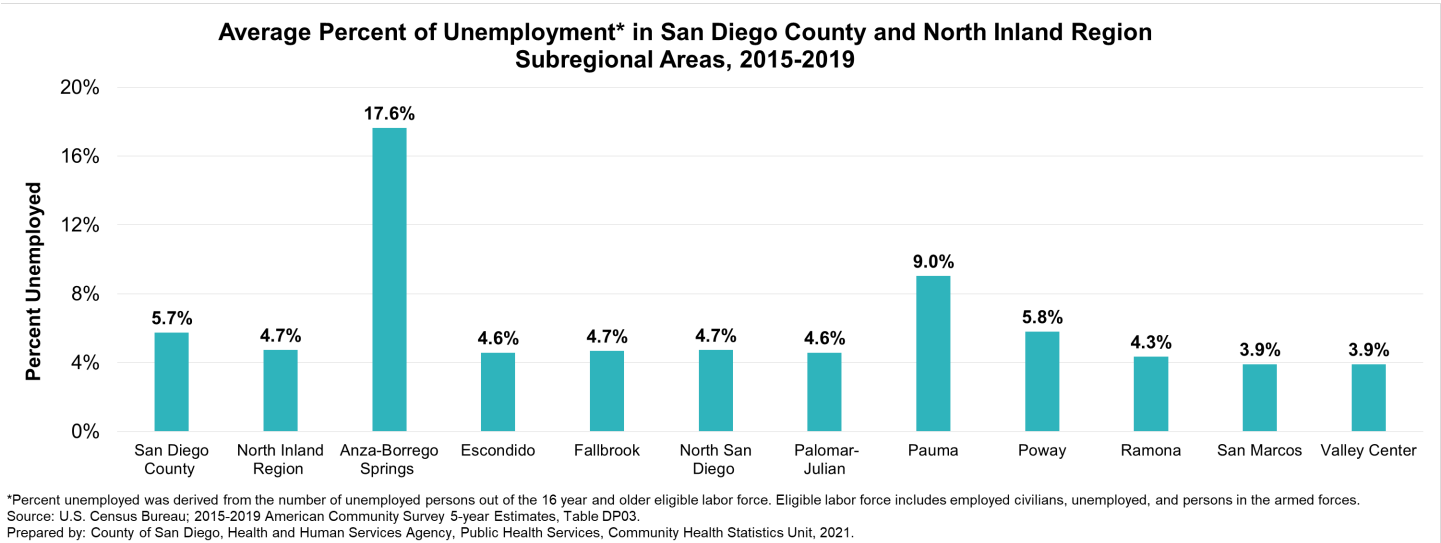
*Among population 25 years and older. **Includes Some college, no degree and Associate's degree.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics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

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The median household income in North Inland Region was \$92,061 in 2019. Among North Inland Region SRAs, Anza-Borrego Springs had the lowest median household income (\$45,952), while Poway had the highest median household income (\$125,587).

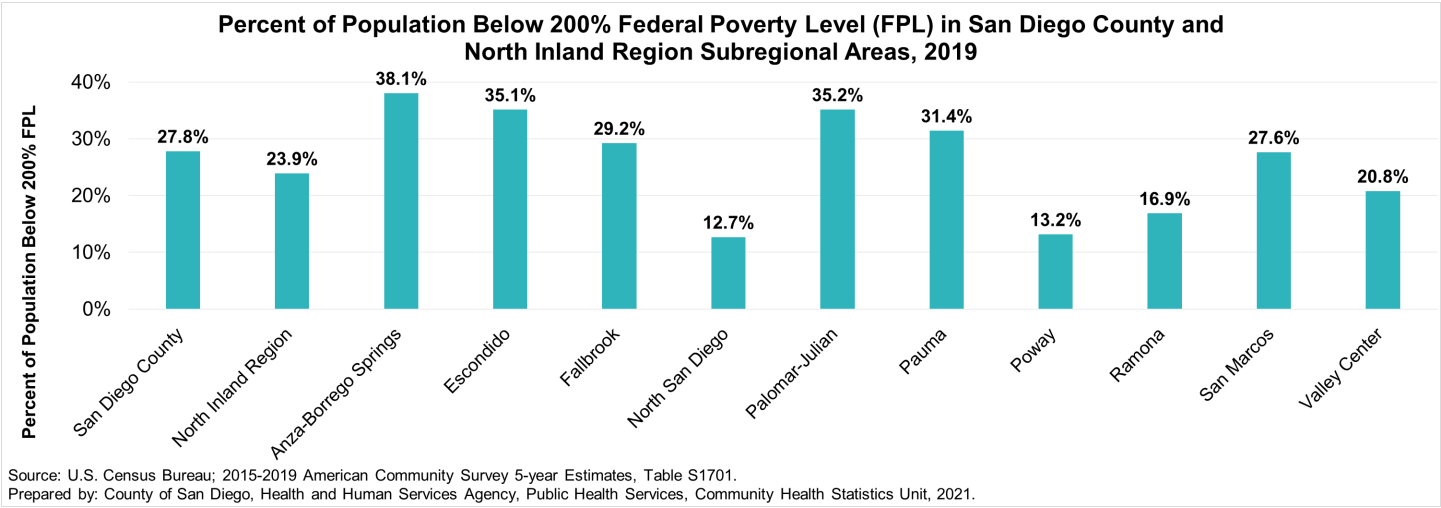


The percent unemployed was derived from the number of unemployed persons, out of the 16 year and older eligible labor force: employed civilians, unemployed, and persons in the armed forces. Between 2015-2019, the 5-year average unemployment rate in North Inland Region was 4.7%. Among North Inland Region SRAs, Anza-Borrego Springs had the highest 5-year average unemployment rate (17.6%), while San Marcos and Valley Center had the lowest 5-year average unemployment rate (3.9% each).

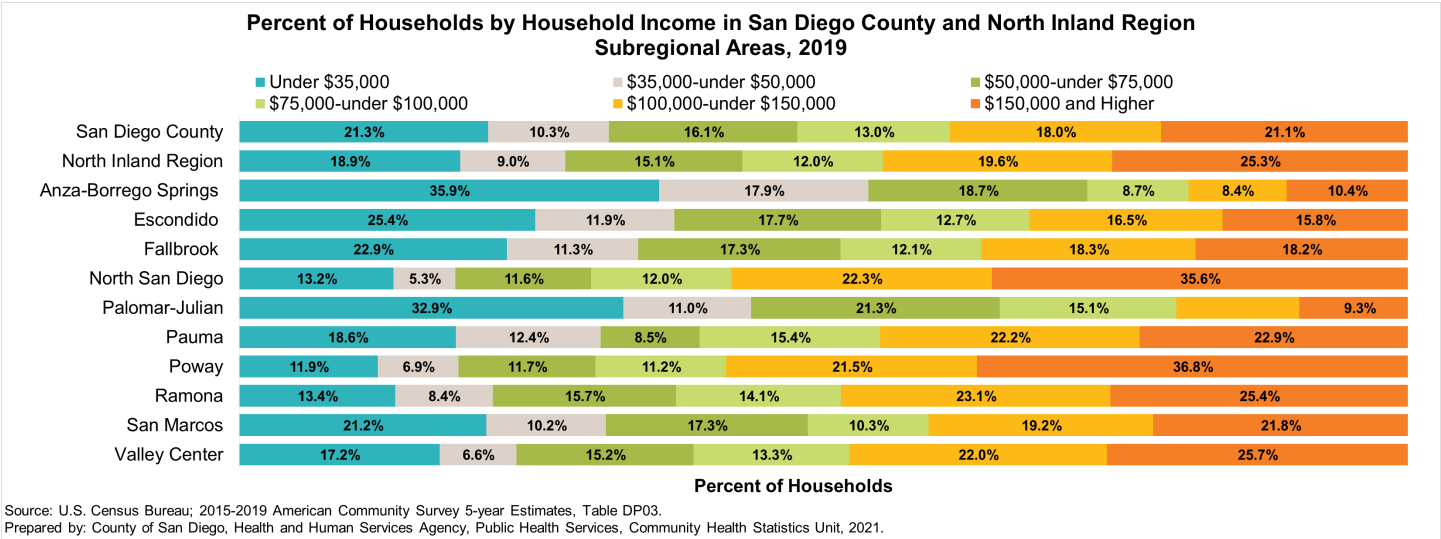


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Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In 2019, nearly 1 out of 4 residents (23.9%), in North Inland Region, lived below 200% FPL. Among North Inland Region SRAs, Anza-Borrego Springs had the highest proportion of residents living below 200% FPL (38.1%), followed by Palomar-Julian (35.2%). Furthermore, the proportion of residents living below 200% FPL in North Inland Region was lower than San Diego County (23.9% vs 27.8%).

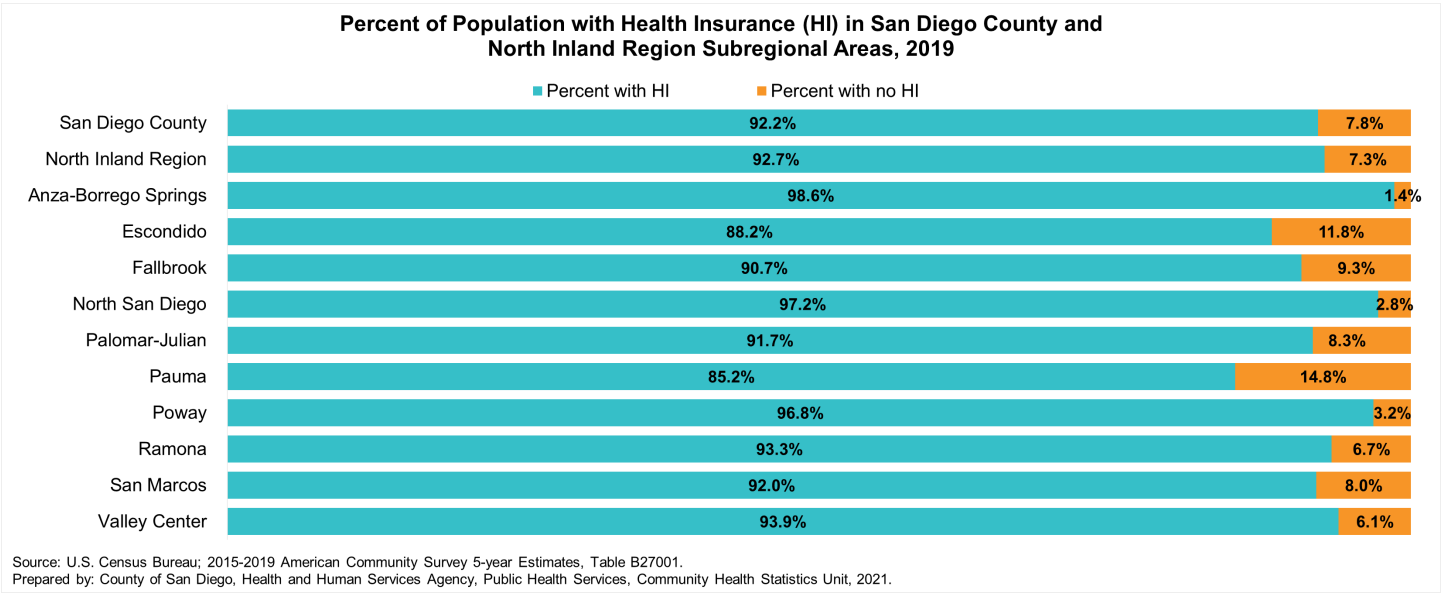


Household income includes the income of the householder and all other individuals 15 years and older in the household, whether they are related to the householder or not. Nearly 1 out of 5 households (18.9%) in North Inland Region had an annual income of less than \$35,000. Anza-Borrego Springs SRA had the highest proportion of households with an annual income of less than \$35,000 (35.9%), while Poway SRA had the lowest proportion (11.9%) in North Inland Region.

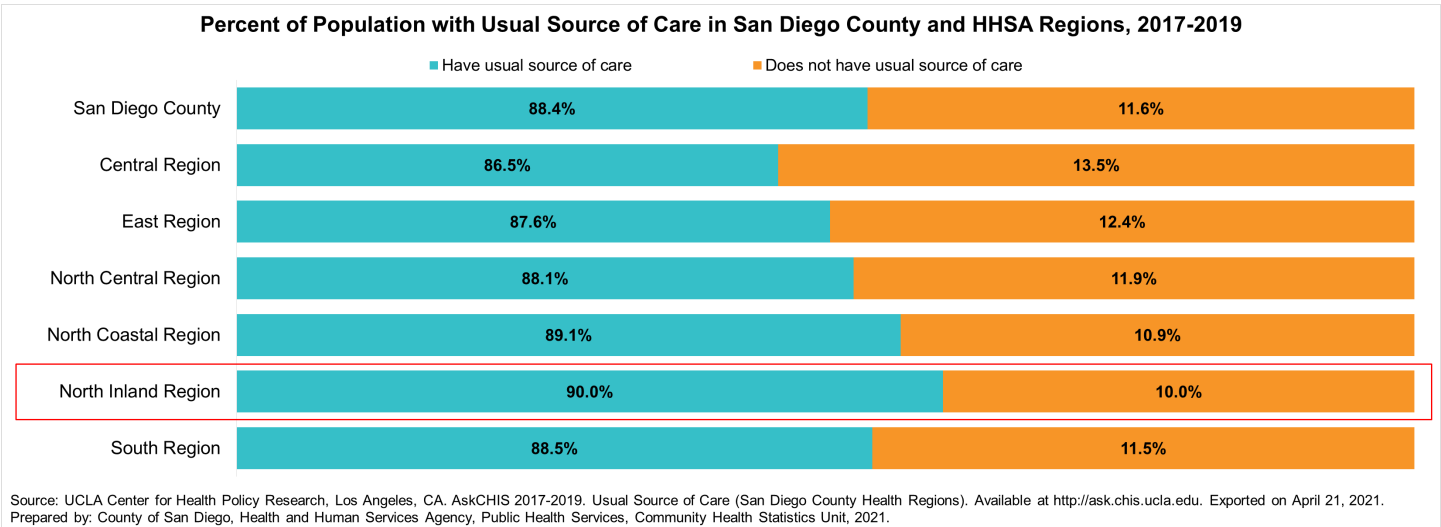


Insurance, Access, and Utilization

In 2019, 92.7% of residents in the North Inland Region were insured through private or public programs, while 7.3% of residents did not have any health insurance coverage. Among North Inland Region subregional areas (SRAs), Pauma had the highest proportion of residents without health insurance (14.8%), followed by Escondido (11.8%).

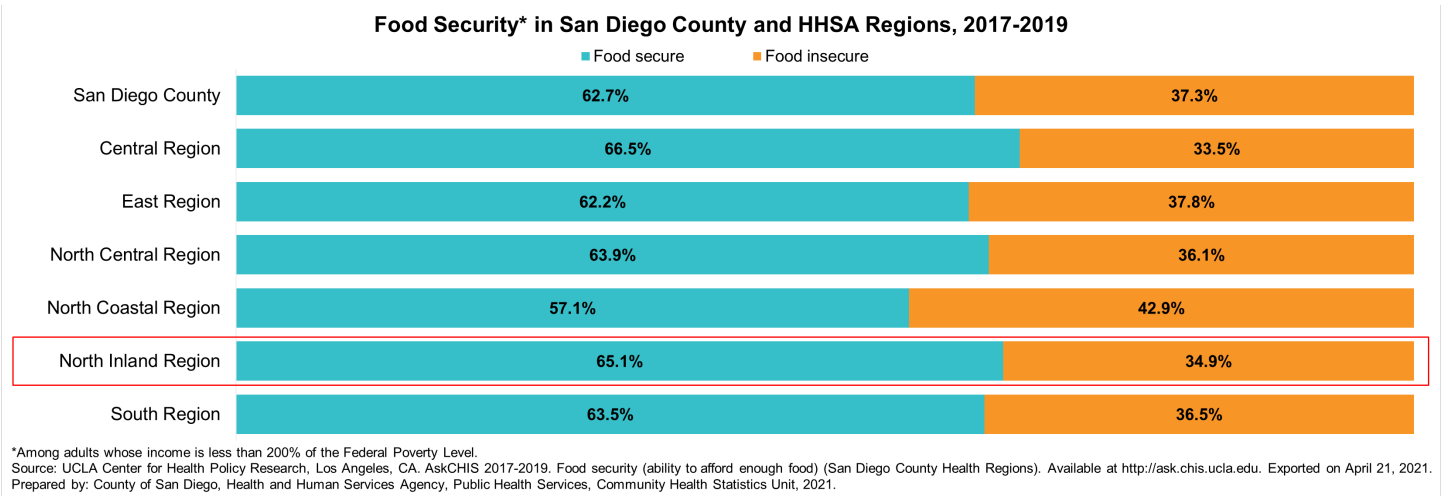


Residents in North Inland Region were more likely to report having a usual place for health care than any other Health and Human Services Agency (HHSA) region. Between 2017-2019, 9 out 10 residents (90.0%) in North Inland Region reported having a usual place to go when sick or needing health advice.

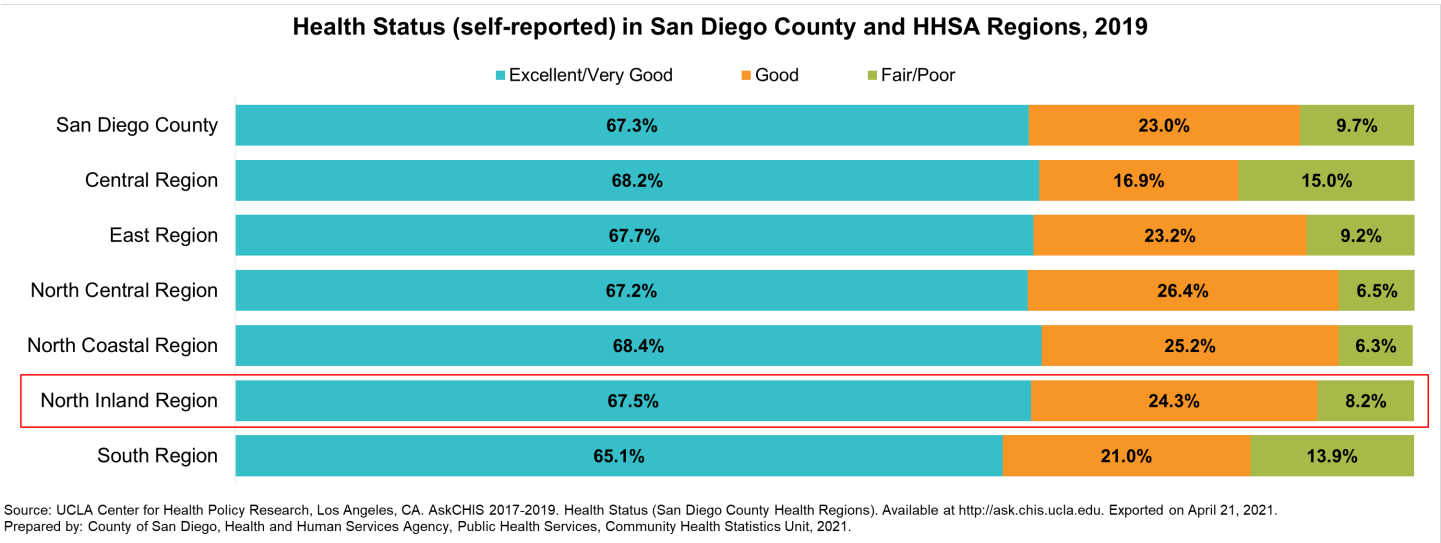


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Among HHSA regions, North Inland Region had the second lowest proportion of adults with an income less than 200% of the Federal Poverty Level (FPL) reporting food insecurity. On average, over 1 out of 3 adults (34.9%), in North Inland Region with an income less than 200% FPL reported an inability to afford enough food, between 2017-2019.

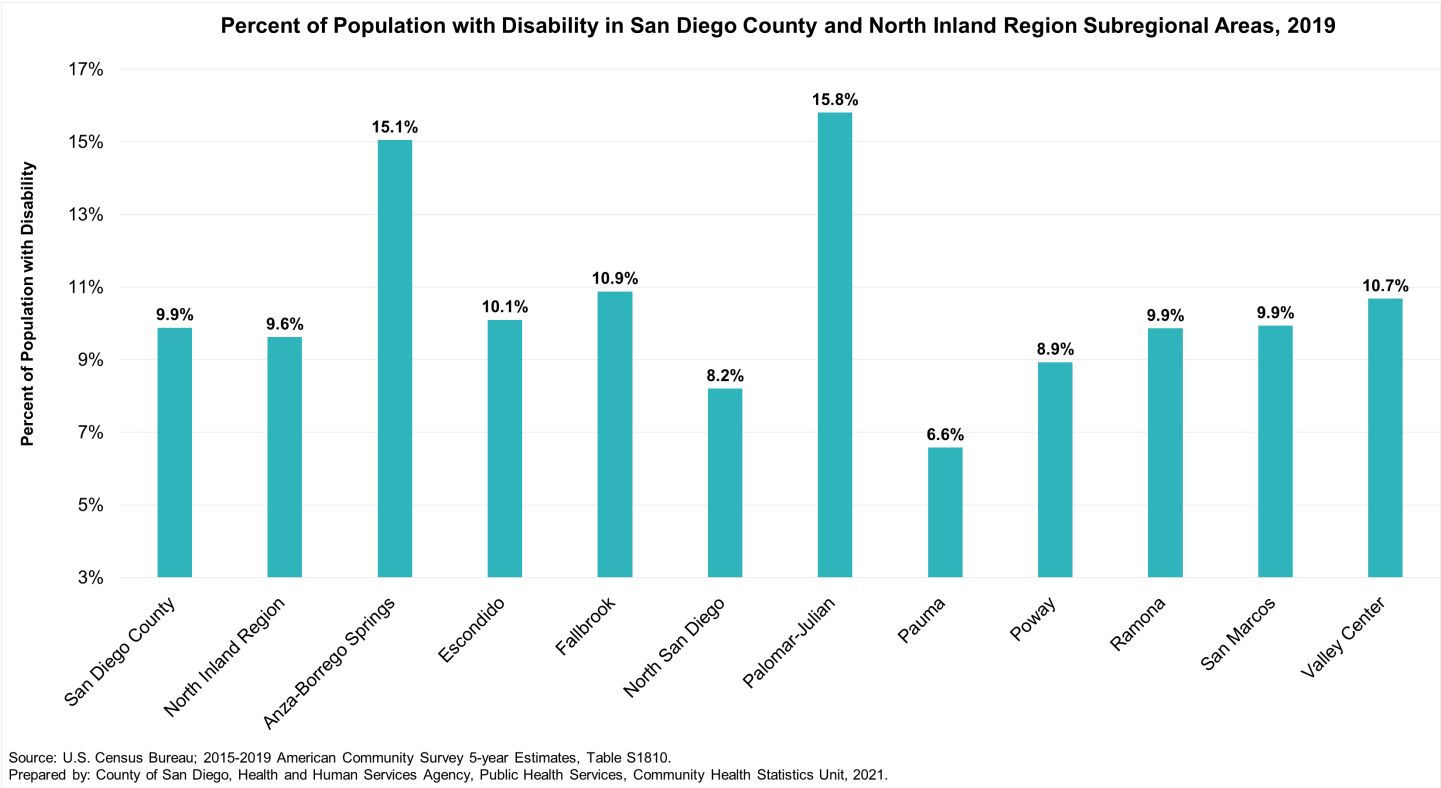


The proportion of residents reporting fair or poor health in North Inland Region (8.2%) was lower than Central, East, and South Regions in 2019. Over 2 out of 3 residents (67.5%) in North Inland Region reported excellent or very good health.



Disability Status

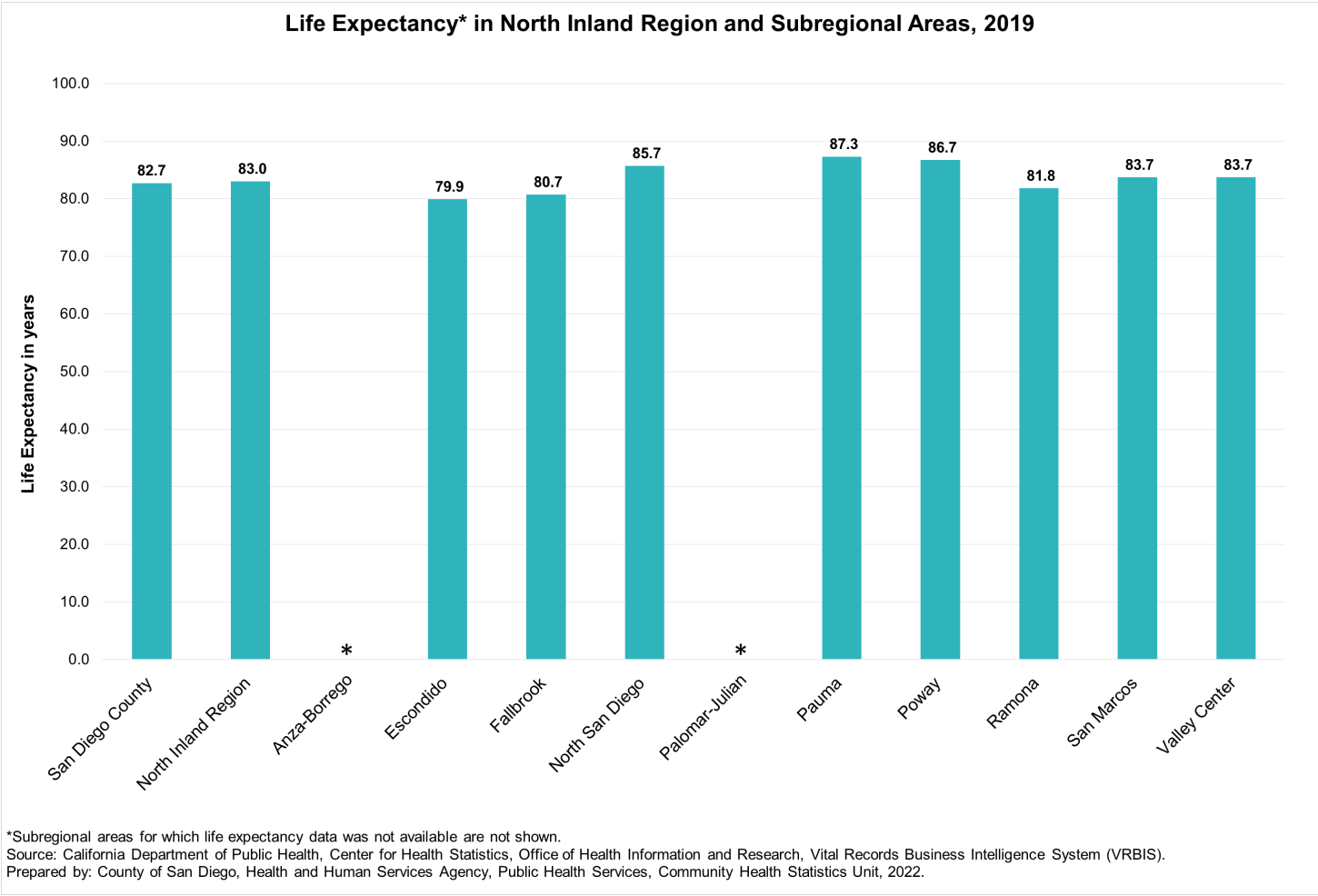
Individuals who report any of six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2019, 9.6% of North Inland Region residents reported having one or more disabilities. Among North Inland Region subregional areas (SRAs), Palomar-Julian had the highest proportion of the population with a disability (15.8%), followed by Anza-Borrego Springs (15.1%).



MORTALITY MEASURES

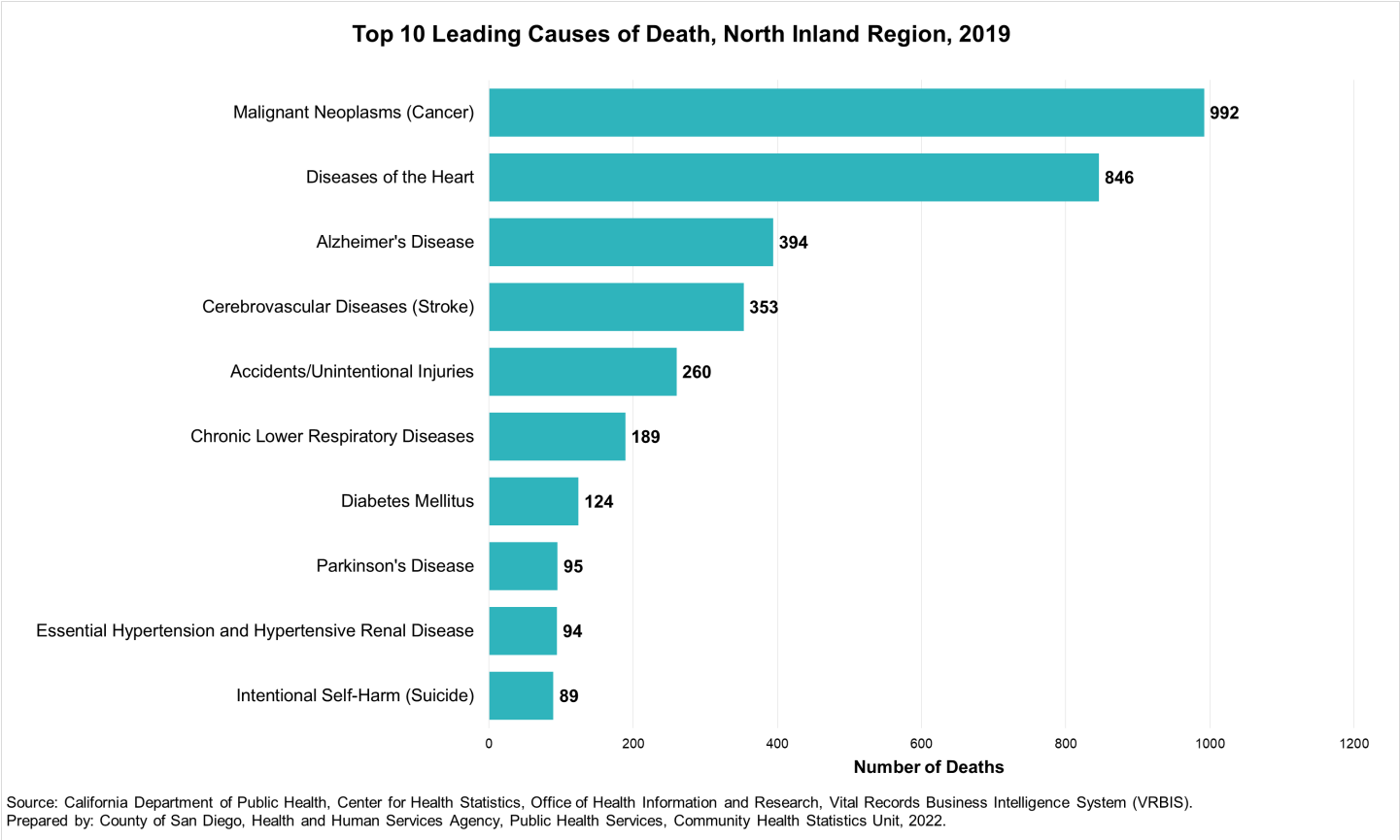
Life Expectancy

Life expectancy is one of the Top 10 Indicators measured for the County of San Diego’s *Live Well San Diego* vision for healthier, safer, and thriving communities. In 2019, a baby born in San Diego County had a life expectancy of 82.7 years, while a baby born in North Inland Region had a life expectancy of 83.0 years. Among North Inland Region subregional areas (SRAs), Pauma had the highest life expectancy (87.3 years), followed by Poway (86.7 years).



Top 10 Leading Causes of Death

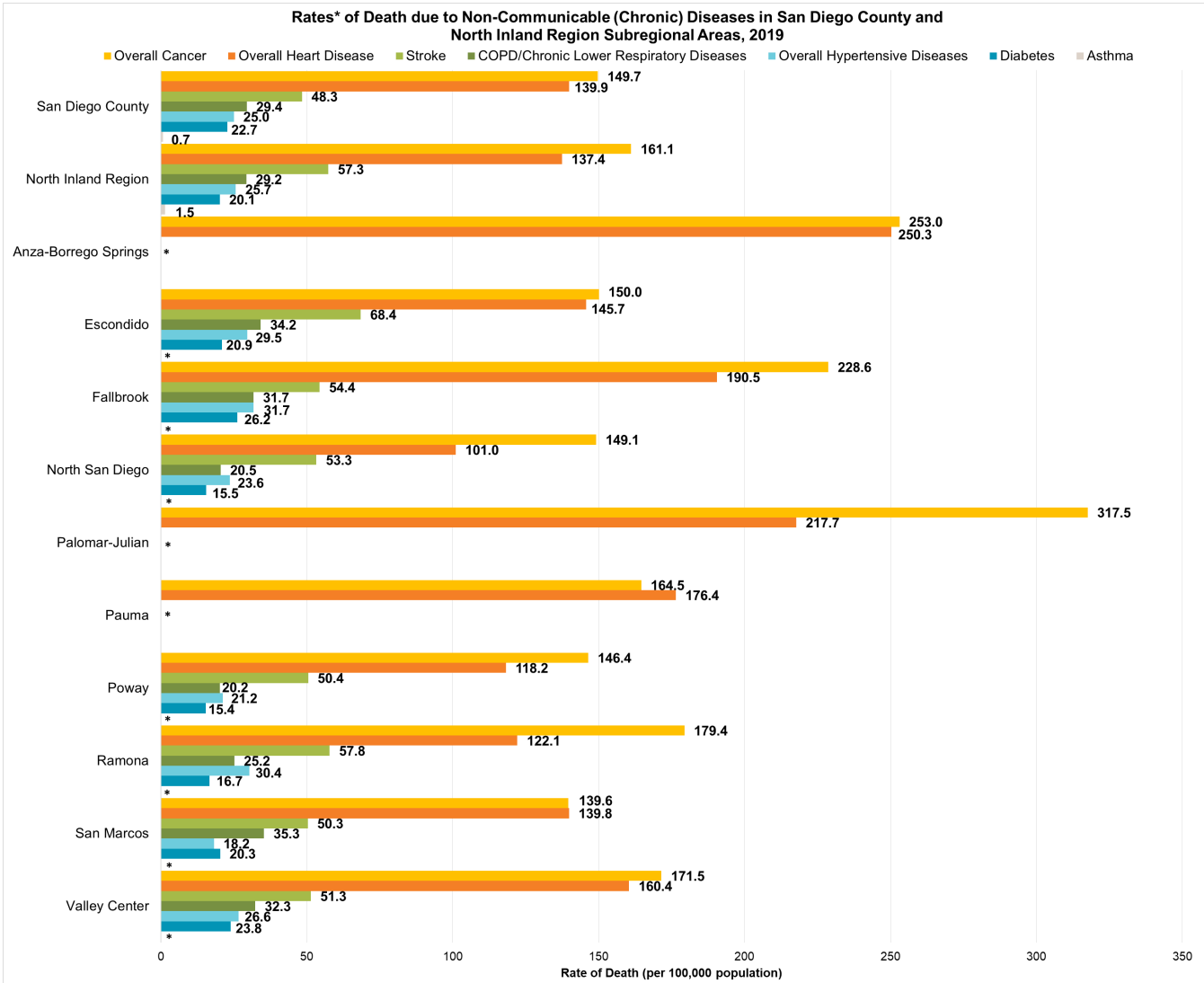
The Leading Causes of Death rankings represent the most frequently occurring causes of death in North Inland Region. These rankings help in assessing the relative burden of a specific cause of death compared to all other causes. In 2019, the leading cause of death in North Inland Region was cancer, followed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



HEALTH OUTCOMES

Non-Communicable (Chronic) Disease

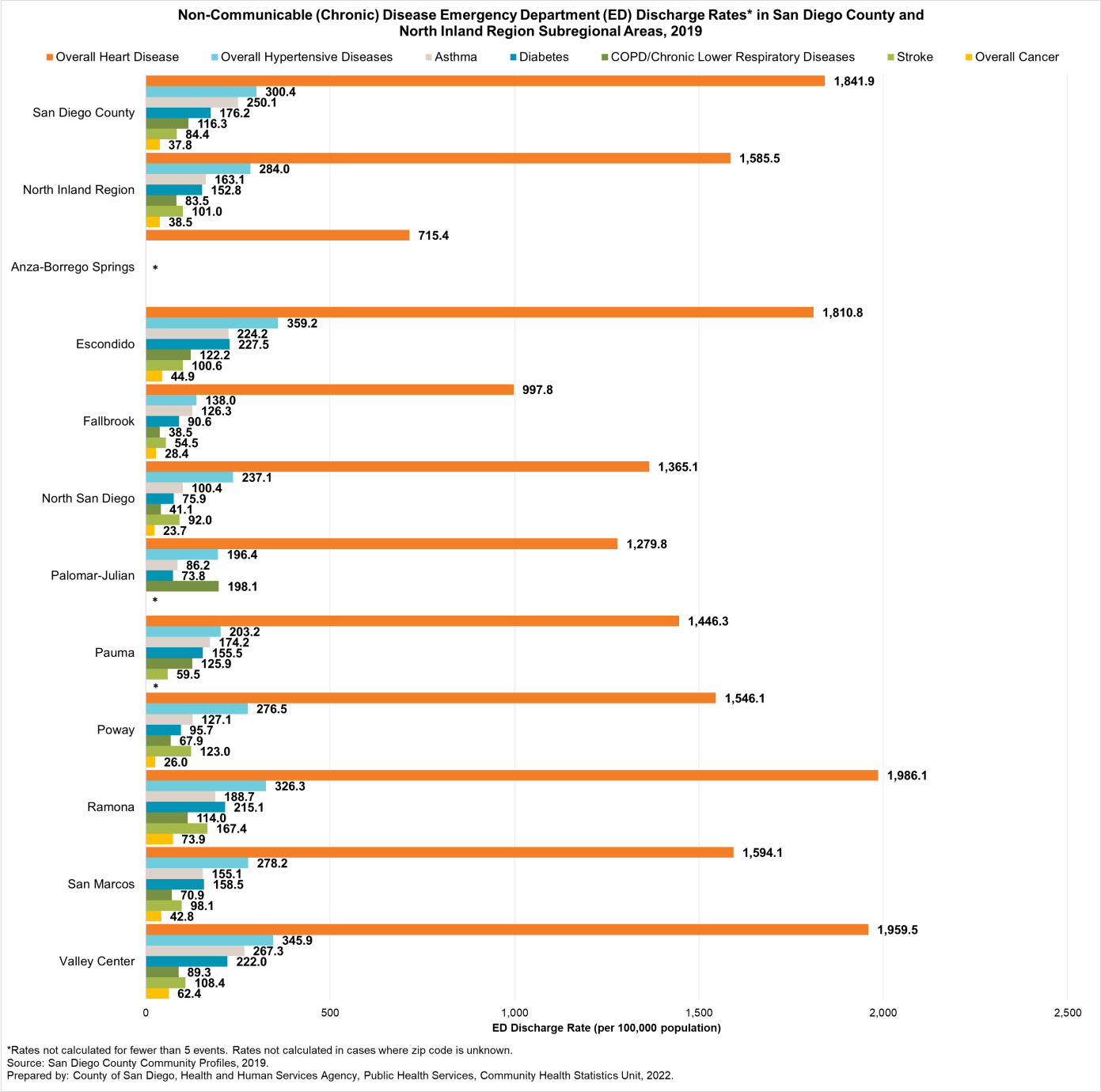
In 2019, among non-communicable (chronic) diseases, the highest rate of death was due to overall cancer (161.1 per 100,000), followed by overall heart disease (137.4 per 100,000) in North Inland Region. Among North Inland Region subregional areas (SRAs), Palomar-Julian had the highest rate of death due to overall cancer (317.5 per 100,000), which was higher than North Inland Region and San Diego County overall. Furthermore, among North Inland Region SRAs, Anza-Borrego Springs had the highest rate of death due to overall heart disease (250.3 per 100,000), which was higher than North Inland Region and San Diego County overall. Among Health and Human Services Agency (HHSA) regions, North Inland Region had the second-highest rate of death due to overall cancer and the second-highest rate of death due to stroke among non-communicable (chronic) diseases in 2019.



*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.

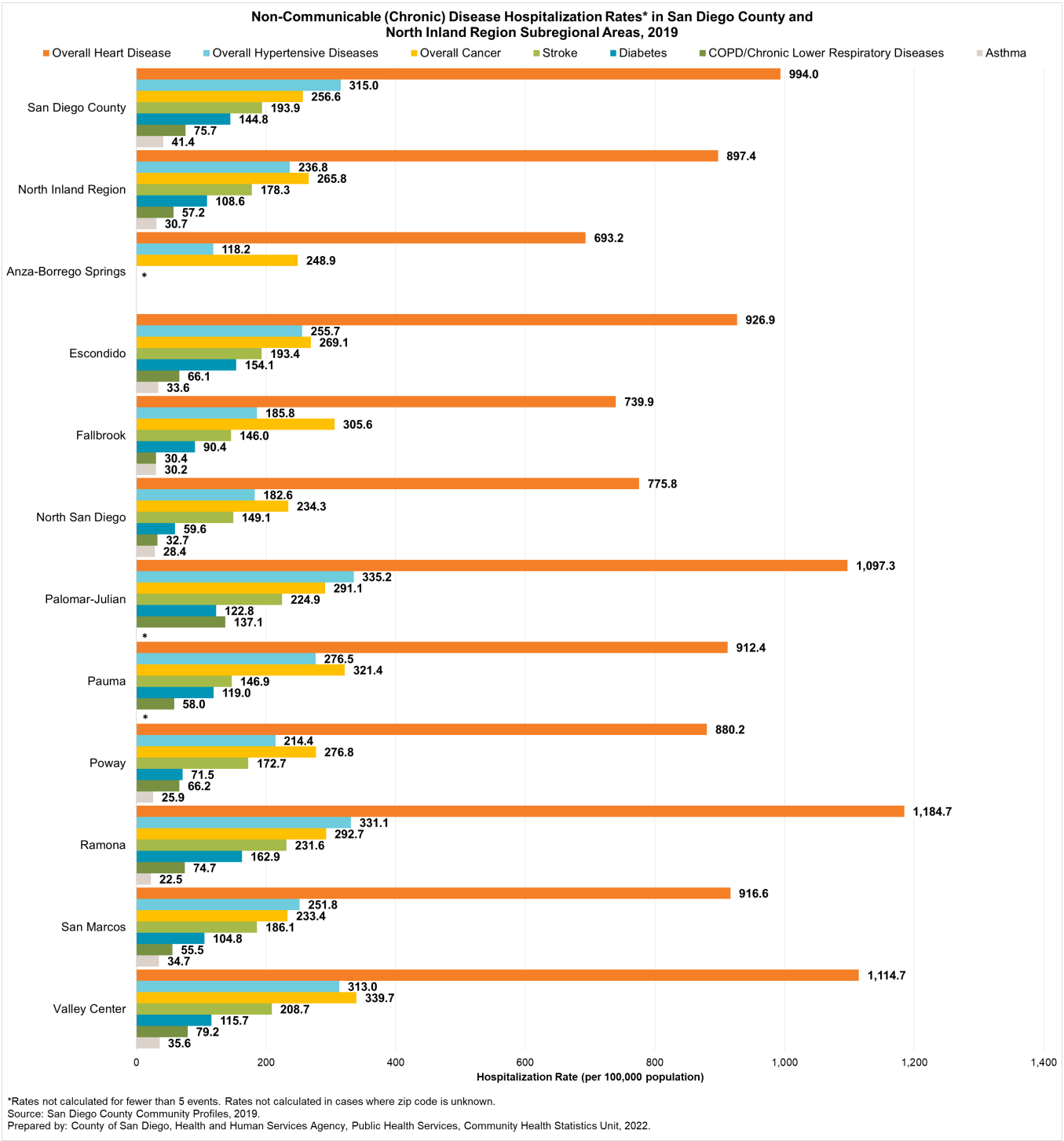
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Among non-communicable (chronic) diseases, the highest emergency department (ED) discharge rate was due to overall heart disease in North Inland Region and its SRAs. In 2019, Ramona SRA had the highest ED discharge rate due to overall heart disease (1,986.1 per 100,000), which was higher than North Inland Region (1,585.5 per 100,000) and San Diego County overall (1,841.9 per 100,000). Among non-communicable (chronic) diseases, the second-highest ED discharge rate was due to overall hypertensive disease in North Inland Region and its SRAs.



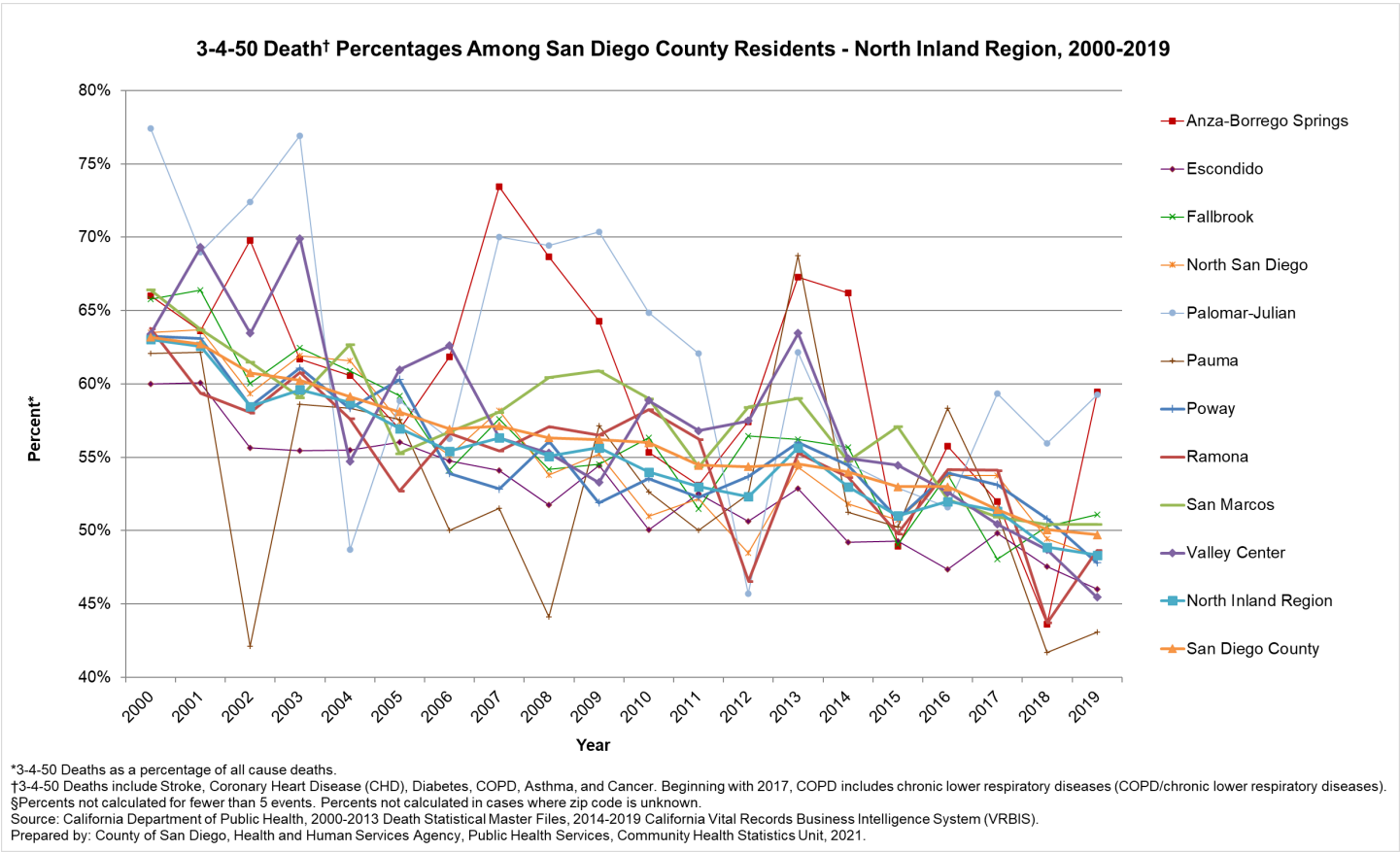
North Inland Region Health Status Report Summary

Among non-communicable (chronic) diseases, the highest hospitalization rate was due to overall heart disease in North Inland Region and its SRAs. In 2019, Ramona SRA had the highest hospitalization rate due to overall heart disease (1,184.7 per 100,000), which was higher than North Inland Region (897.4 per 100,000) and San Diego County overall (994.0 per 100,000). Among non-communicable (chronic) diseases, the second-highest hospitalization rate was due to overall cancer in North Inland Region and its SRAs, except Palomar-Julian, Ramona, and San Marcos, where overall hypertensive diseases had the second-highest hospitalization rates.



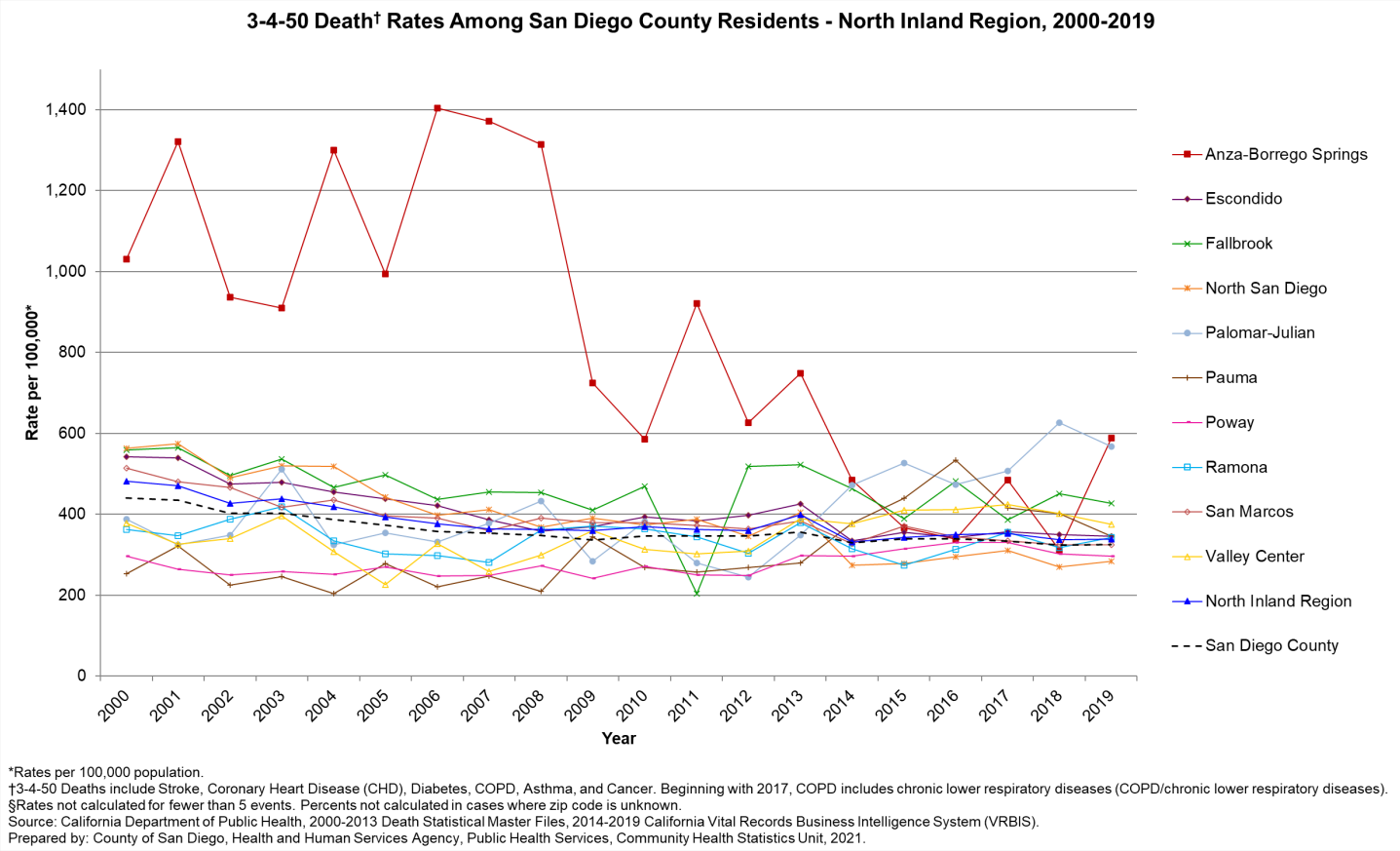
3-4-50: Chronic Diseases

Three behaviors (poor diet, physical inactivity, and tobacco use) contribute to four chronic diseases (cancer, heart disease and stroke, type 2 diabetes, and lung diseases such as asthma) that cause over 50% of all deaths worldwide. Overall, the percentage of deaths due to 3-4-50 chronic diseases decreased in North Inland Region from 2000 to 2019. In 2019, cancer, heart disease and stroke, diabetes, and lung disease caused 48% of all deaths in North Inland Region. Among North Inland Region subregional areas (SRAs), Anza-Borrego Springs and Palomar-Julian had the highest percentage of deaths (59%) due to 3-4-50 chronic diseases in 2019.



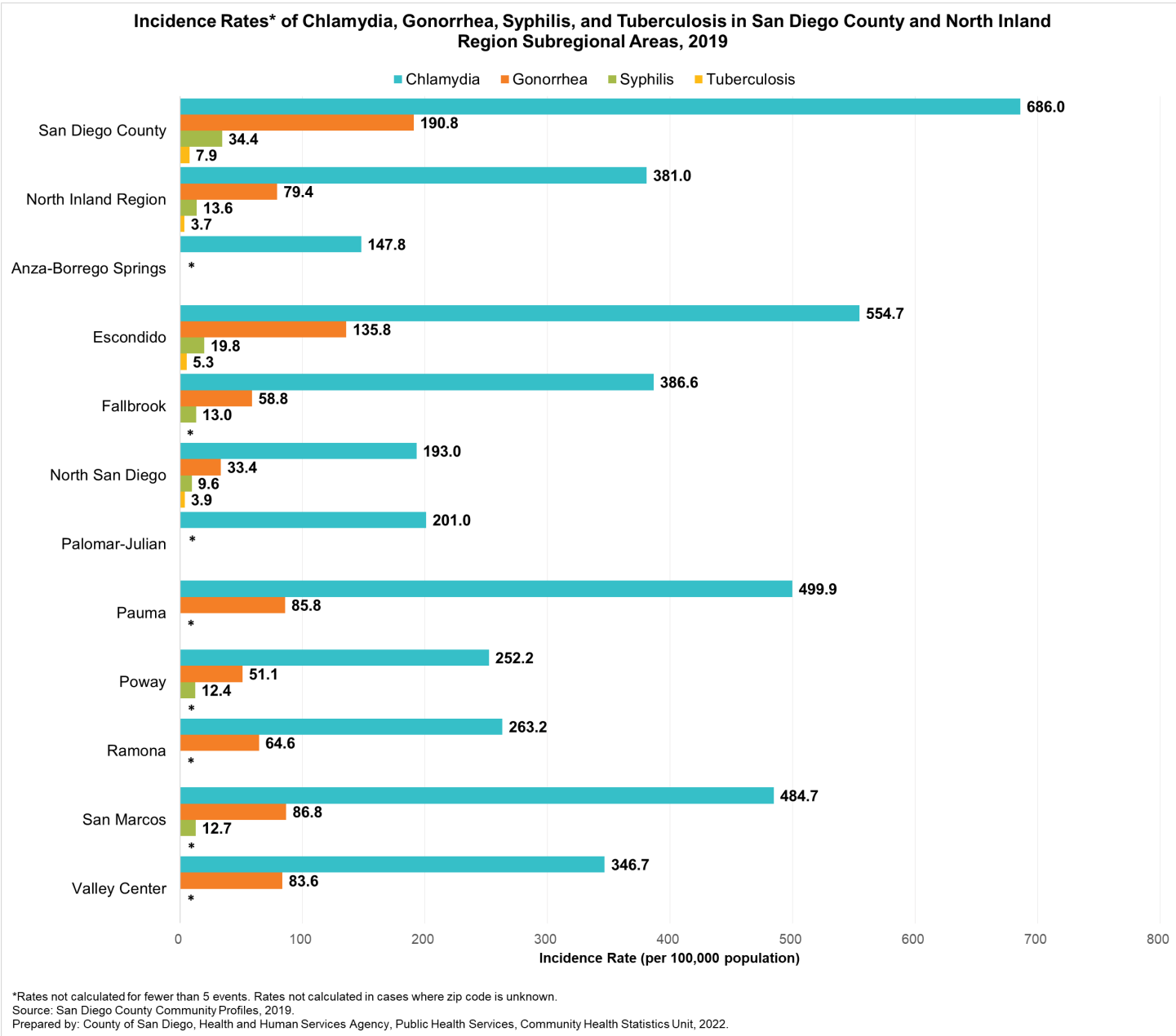
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Overall, the rate of death due to 3-4-50 chronic diseases decreased in North Inland Region and its SRAs, except Palomar-Julian and Pauma, where the rates have increased from 2000 to 2019. Among North Inland Region SRAs, Anza-Borrego Springs (588.1 per 100,000) and Palomar-Julian (568.1 per 100,000) had the highest rate of death due to 3-4-50 chronic diseases in 2019.

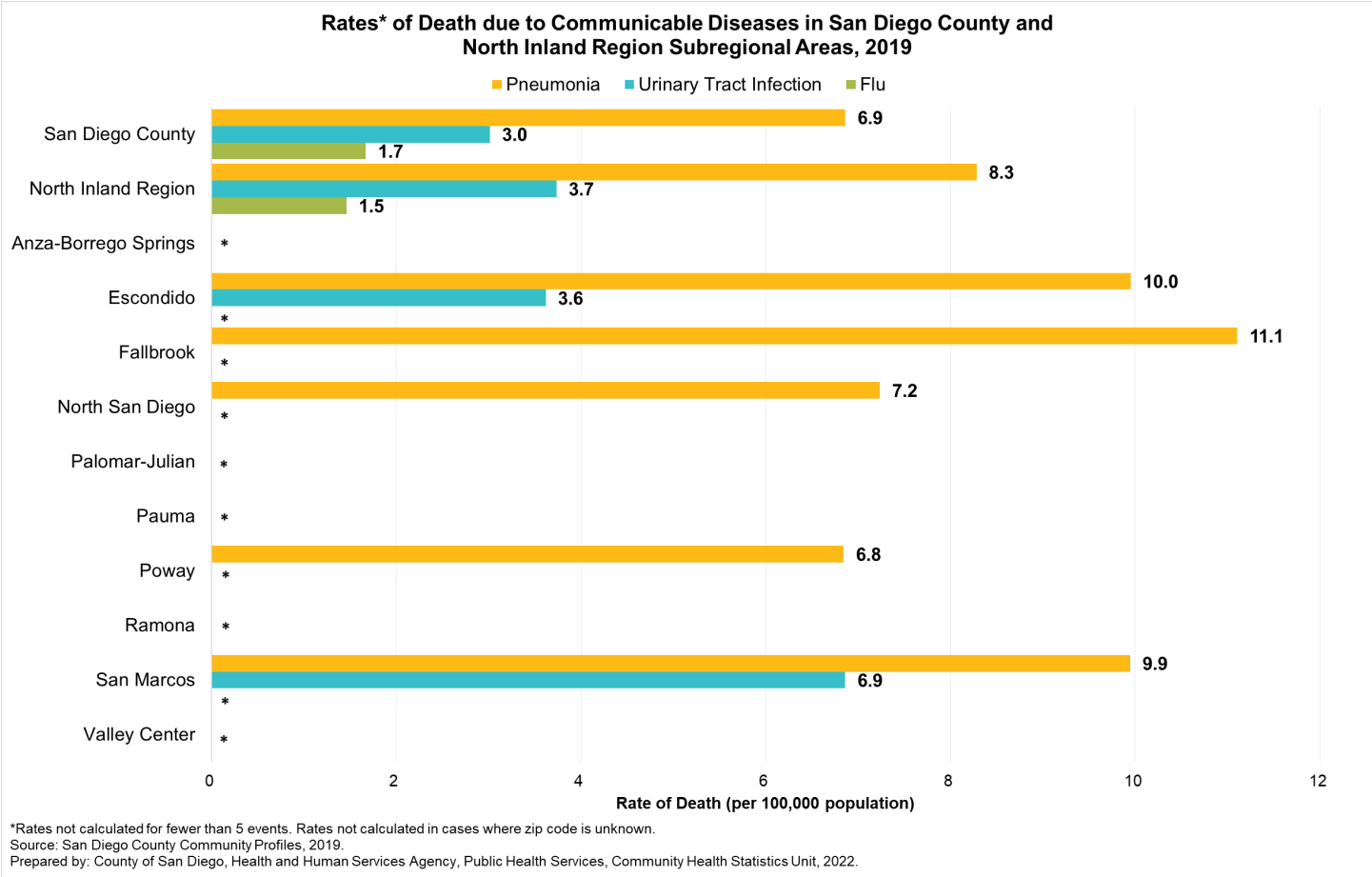


Communicable Diseases

In 2019, the incidence rates of communicable diseases (chlamydia, gonorrhea, syphilis, and tuberculosis) in North Inland Region were lower than San Diego County overall. Among North Inland Region subregional areas (SRAs), Escondido had the highest incidence rate of chlamydia (554.7 per 100,000), which was higher than North Inland Region (381.0 per 100,000). Similarly, Escondido SRA had a higher incidence rate of gonorrhea (135.8 per 100,000) than North Inland Region (79.4 per 100,000).

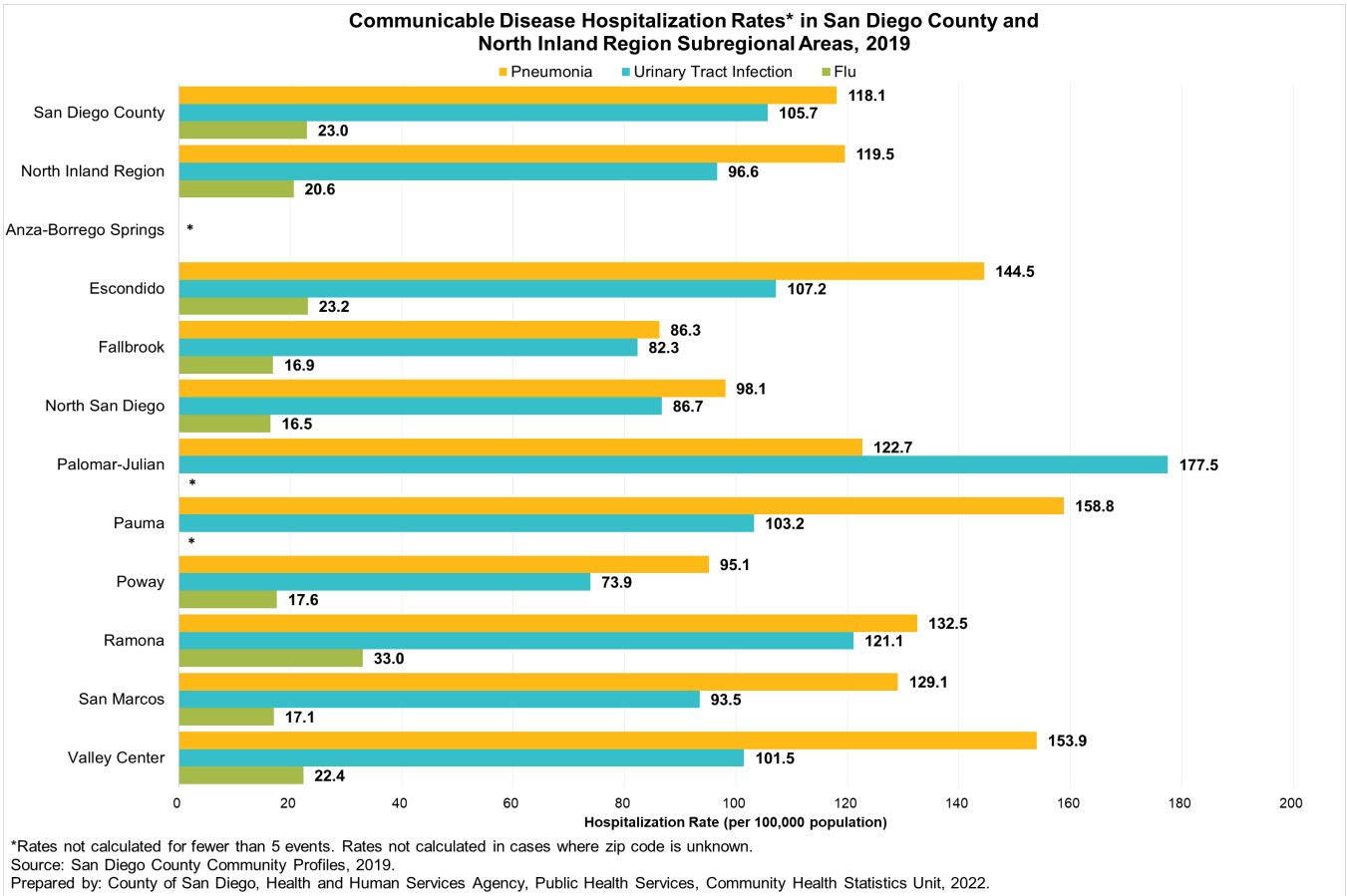
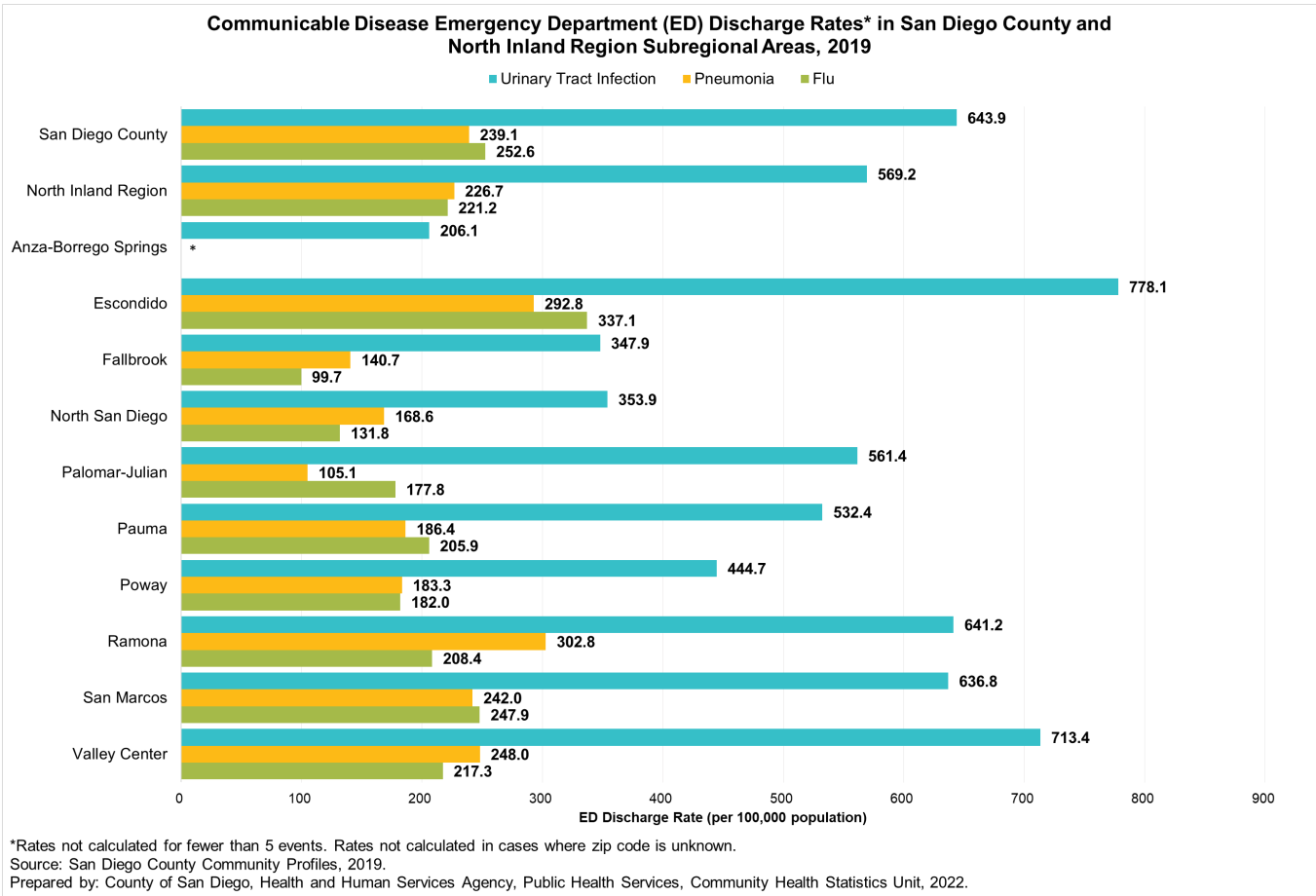


Among communicable diseases in North Inland Region, the highest rate of death was due to pneumonia (8.3 per 100,000). Among North Inland Region SRAs, Fallbrook had the highest rate of death due to pneumonia (11.1 per 100,000), followed by Escondido (10.0 per 100,000).



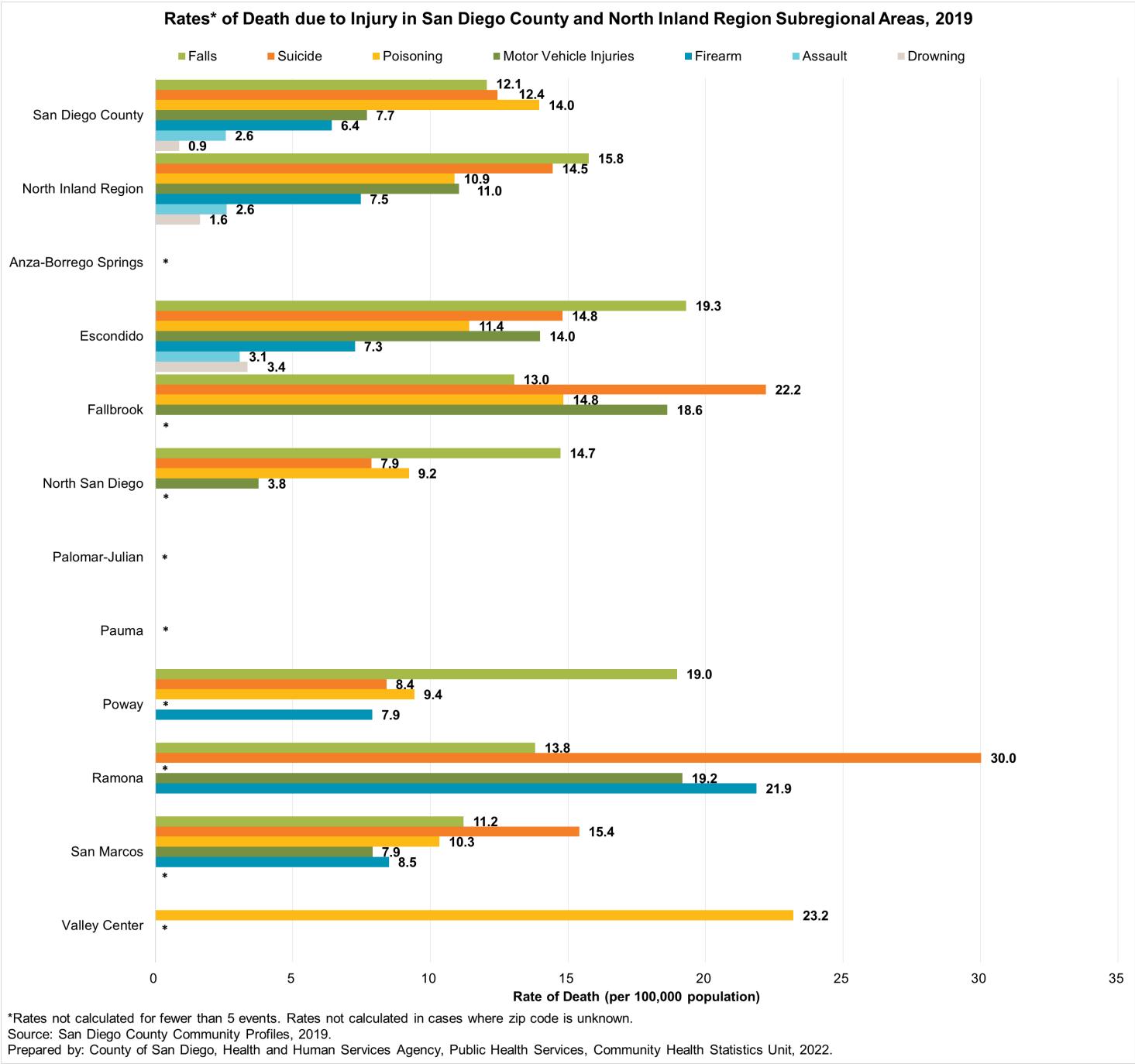
Among communicable diseases in 2019, the highest emergency department (ED) discharge rate was due to urinary tract infections in North Inland Region and its SRAs. Among North Inland Region SRAs, Escondido (778.1 per 100,000) and Valley Center (713.4 per 100,000) had the highest ED discharge rates due to urinary tract infections, which were higher than North Inland Region (569.2 per 100,000) and San Diego County overall (643.9 per 100,000). In 2019, the highest hospitalization rate was due to pneumonia in North Inland Region and its SRAs, except Palomar-Julian where urinary tract infections had the highest hospitalization rates among communicable diseases. Among North Inland Region SRAs, Pauma had the highest hospitalization rate due to pneumonia (158.8 per 100,000), which was higher than North Inland Region (119.5 per 100,000) and San Diego County overall (118.1 per 100,000).

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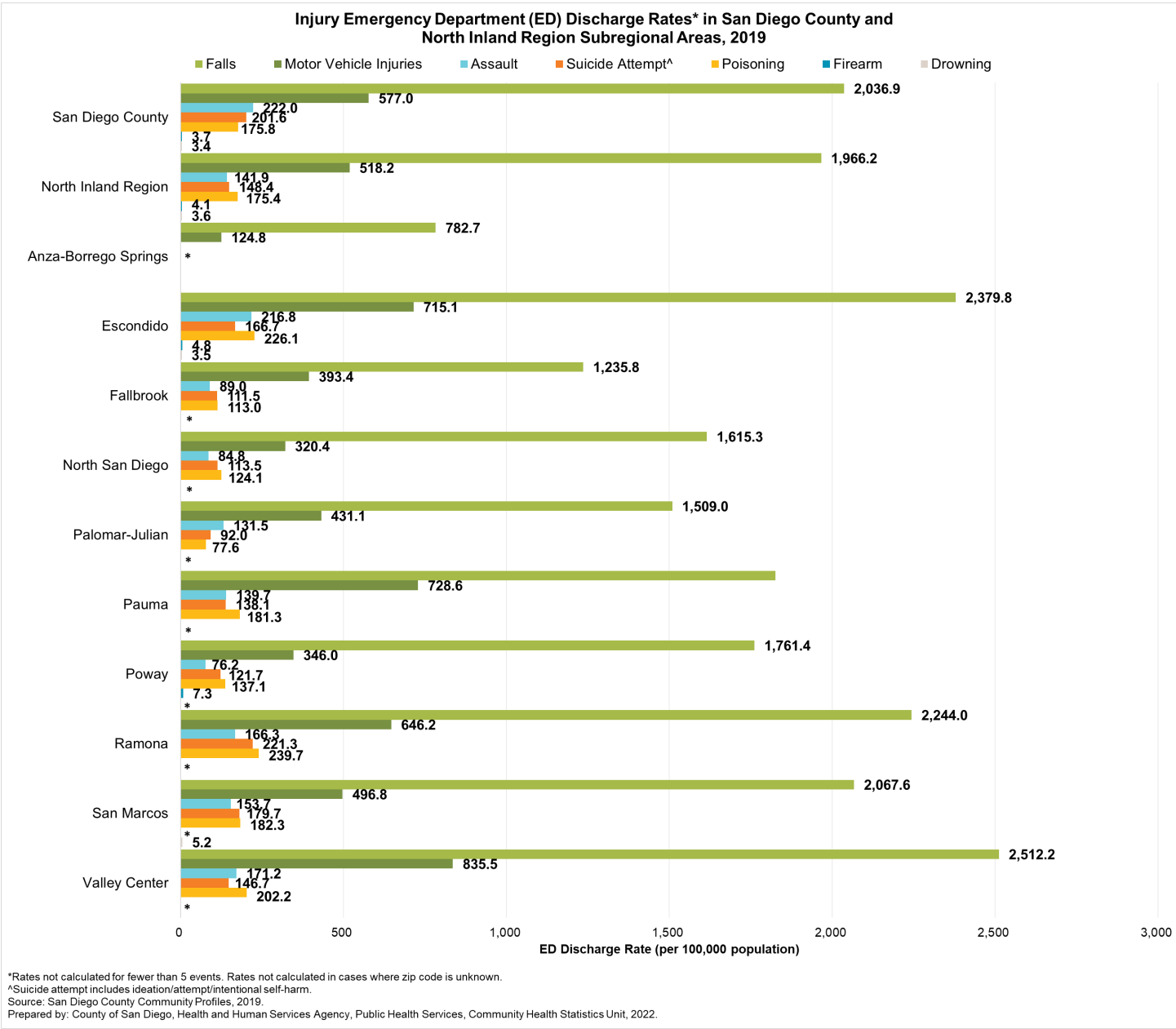
Injury Indicators

Among injuries in 2019, the highest rate of death was due to falls in North Inland Region. In 2019, Escondido (19.3 per 100,000) and Poway (19.0 per 100,000) subregional areas (SRAs) had higher rates of death due to falls than North Inland Region (15.8 per 100,000) and San Diego County overall (12.1 per 100,000). In North Inland Region, the highest rates of suicide were in Ramona (30.0 per 100,000), Fallbrook (22.2 per 100,000), and San Marcos (15.4 per 100,000) SRAs.



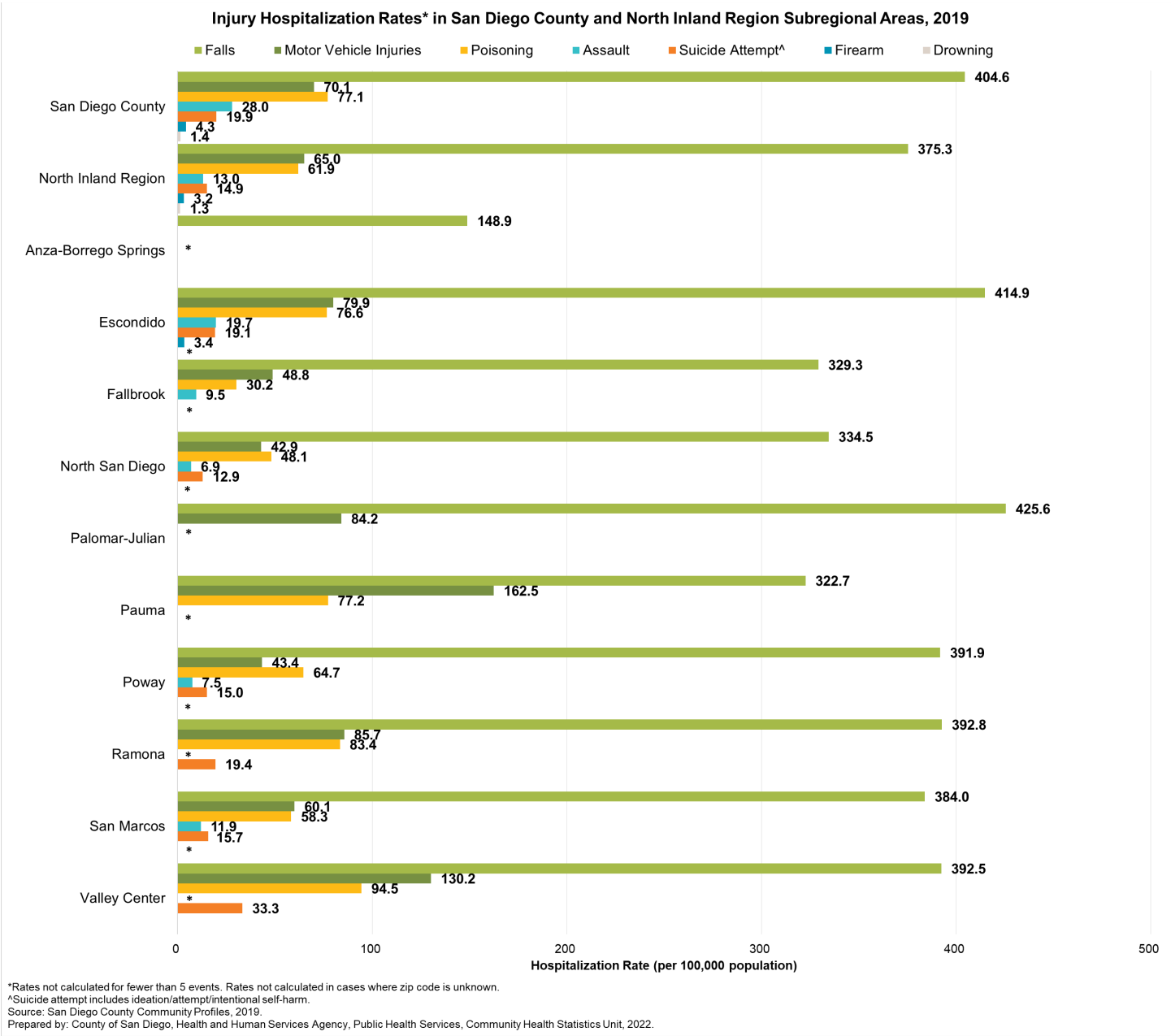
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Among injuries, the highest emergency department (ED) discharge rate was due to falls in North Inland Region and its SRAs in 2019. In North Inland Region, Valley Center (2,512.2 per 100,000), Escondido (2,379.8 per 100,000), Ramona (2,244.0 per 100,000), and San Marcos (2,244.0 per 100,000) SRAs had higher ED discharge rates due to falls than North Inland Region (1,966.2 per 100,000) and San Diego County overall (2,036.9 per 100,000).



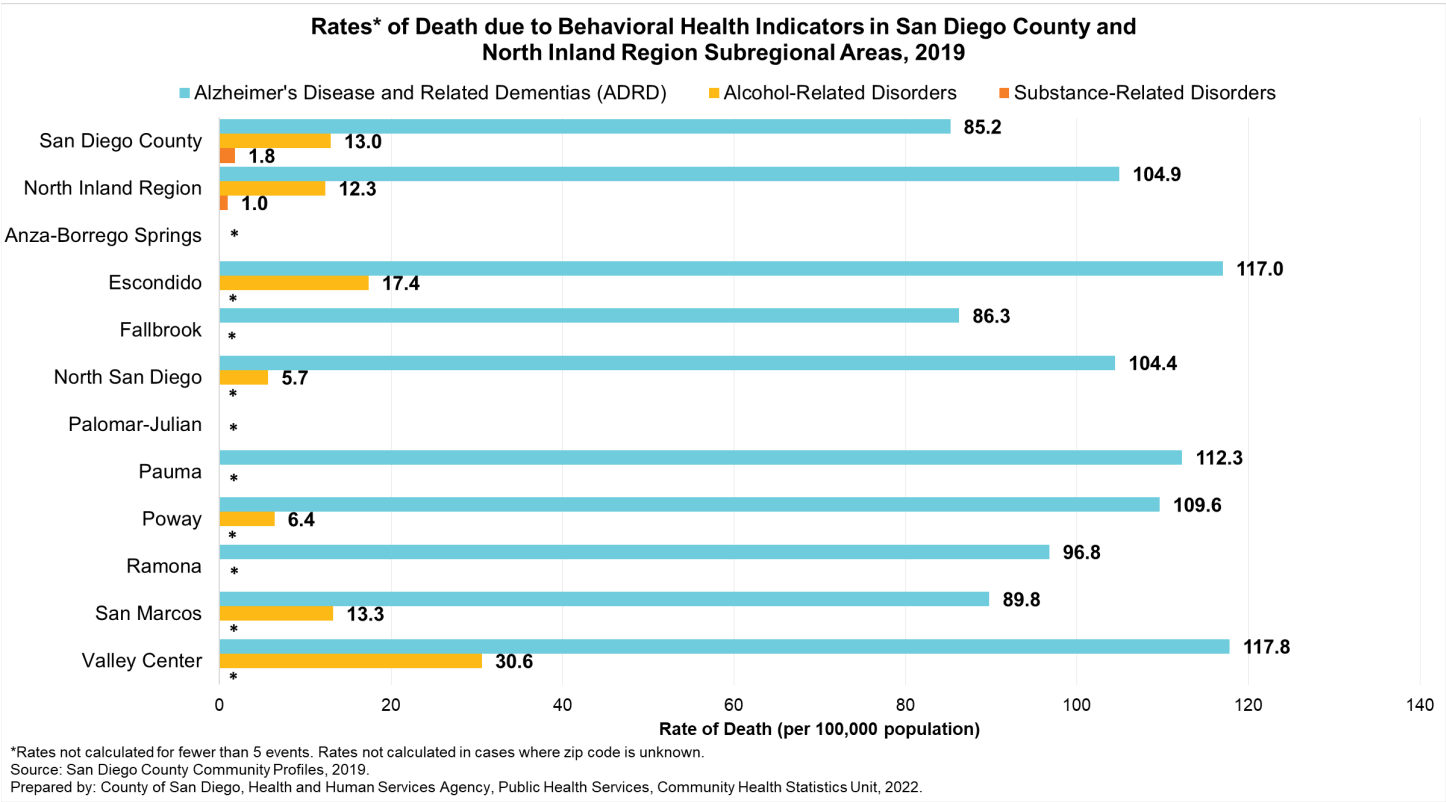
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Among injuries, the highest hospitalization rate was due to falls in North Inland Region and its SRAs in 2019. Among North Inland Region SRAs, Palomar-Julian (425.6 per 100,000) and Escondido (414.9 per 100,000) had higher hospitalization rates due to falls than North Inland Region (375.3 per 100,000) and San Diego County overall (404.6 per 100,000).



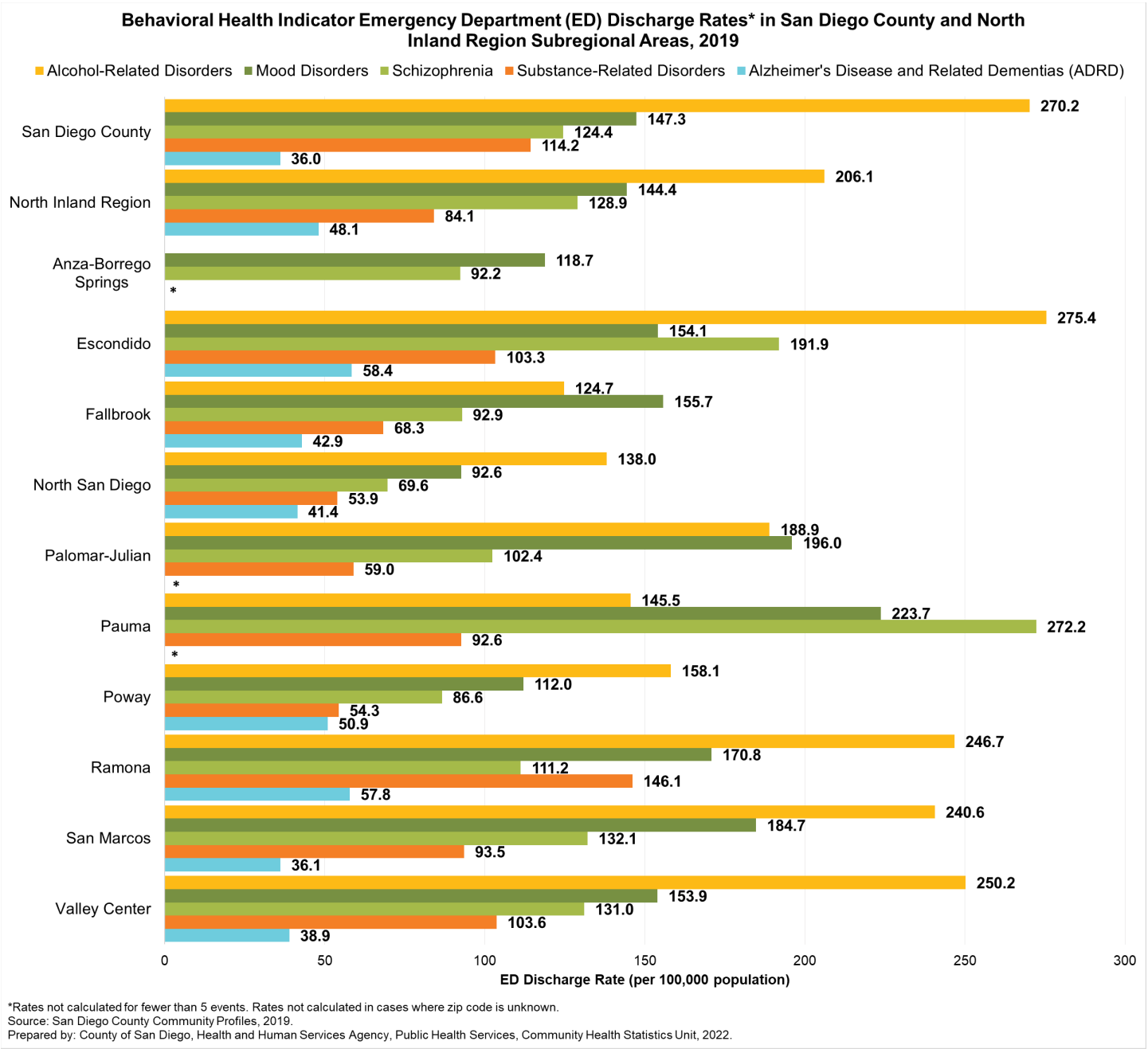
Behavioral Health Indicators

In North Inland Region and its subregional areas (SRAs), the highest rate of death was due to Alzheimer’s disease and related dementias (ADRD) in 2019. Among North Inland Region SRAs, Valley Center had the highest rate of death due to ADRD (117.8 per 100,000), which was higher than North Inland Region (104.9 per 100,000) and San Diego County overall (85.2 per 100,000).



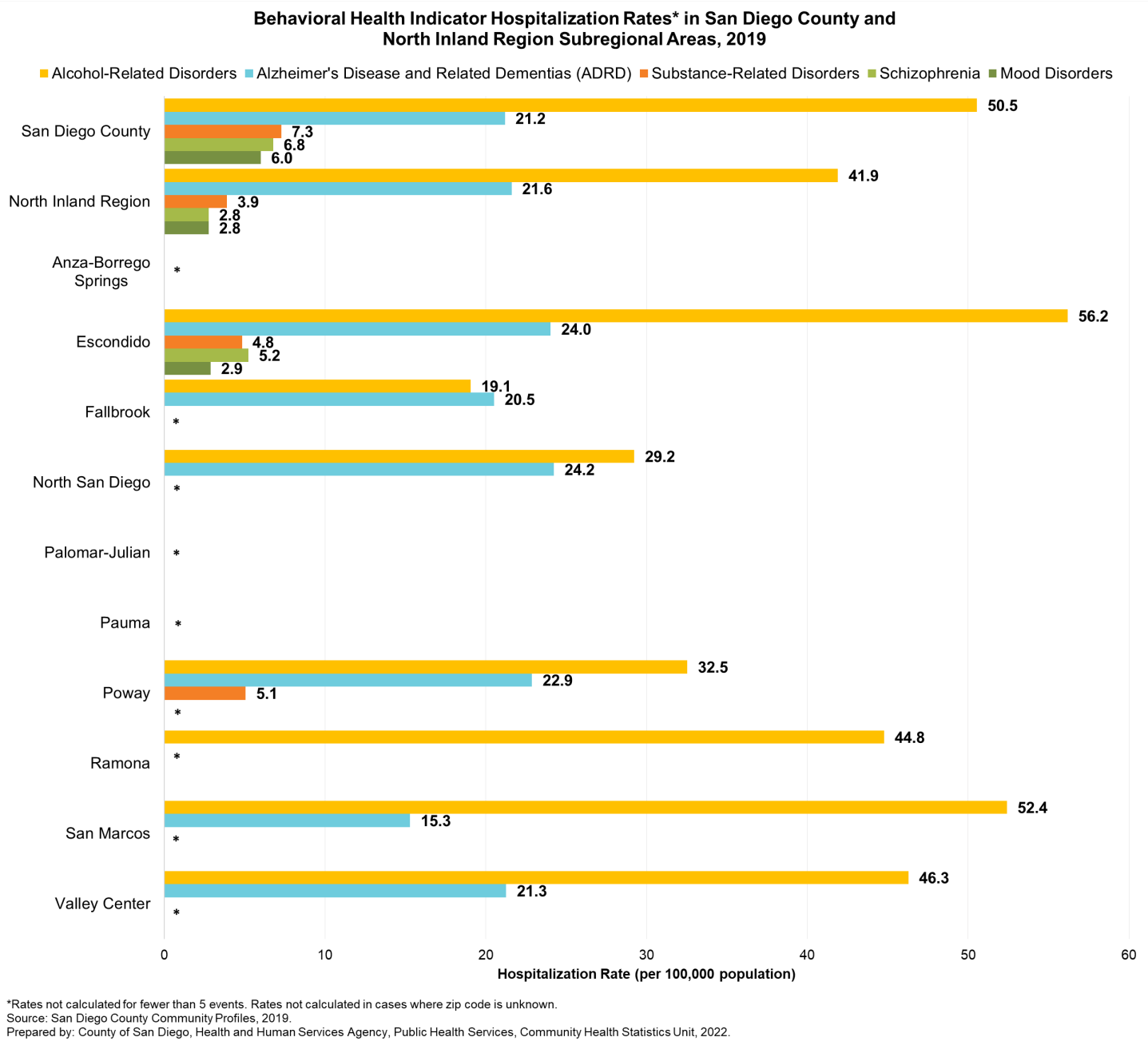
In 2019, North Inland Region had the lowest ED discharge rate due to alcohol-related disorders compared to all other Health and Human Services Agency (HHSA) regions. However, among behavioral health indicators in 2019, the highest emergency department (ED) discharge rate was due to alcohol-related disorders in North Inland Region and its SRAs, except Anza-Borrego Springs, Fallbrook, Palomar-Julian, and Pauma. Among North Inland Region SRAs, Escondido had the highest ED discharge rate for alcohol-related disorders (275.4 per 100,000), which was higher than North Inland Region overall (206.1 per 100,000) and San Diego County overall (270.2 per 100,000). In Pauma SRA, the highest ED discharge was due to schizophrenia (272.2 per 100,000), which was higher than all other SRAs in North Inland Region. The highest ED discharge rate was due to mood disorders in Anza-Borrego Springs (118.7 per 100,000), Fallbrook (155.7 per 100,000), and Palomar-Julian (196.0 per 100,000) SRAs.

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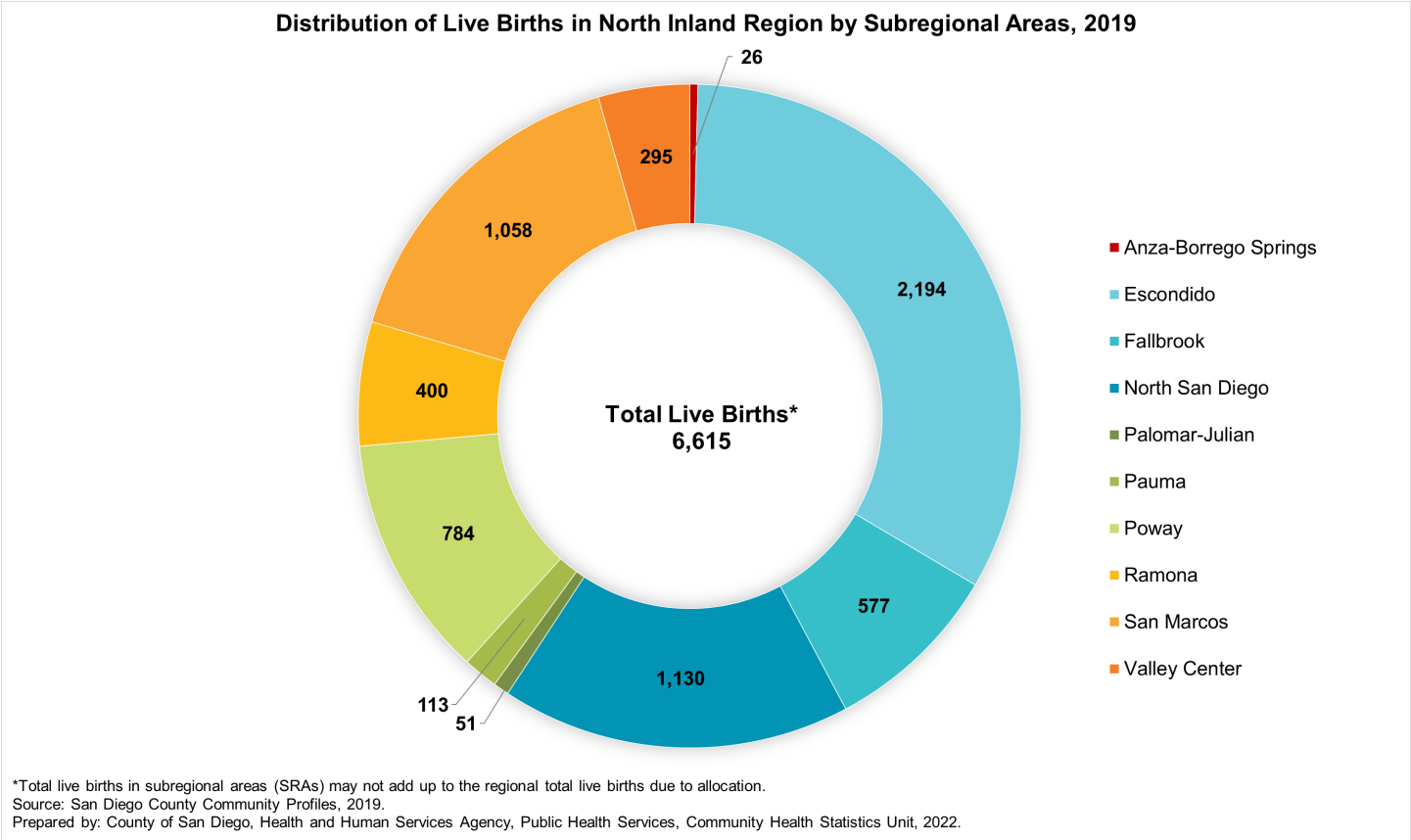
North Inland Region Health Status Report Summary

In 2019, North Inland Region had the second lowest hospitalization rate due to alcohol-related disorders compared to all other HHSA Regions. However, among behavioral health indicators in 2019, the highest hospitalization rate was due to alcohol-related disorders in North Inland Region and its SRAs, except Fallbrook, Palomar-Julian, and Pauma. In North Inland Region, Escondido (56.2 per 100,000) and San Marcos (52.4 per 100,000) SRAs had higher hospitalization rates due to alcohol-related disorders than North Inland Region (41.9 per 100,000) and San Diego County overall (50.5 per 100,000).



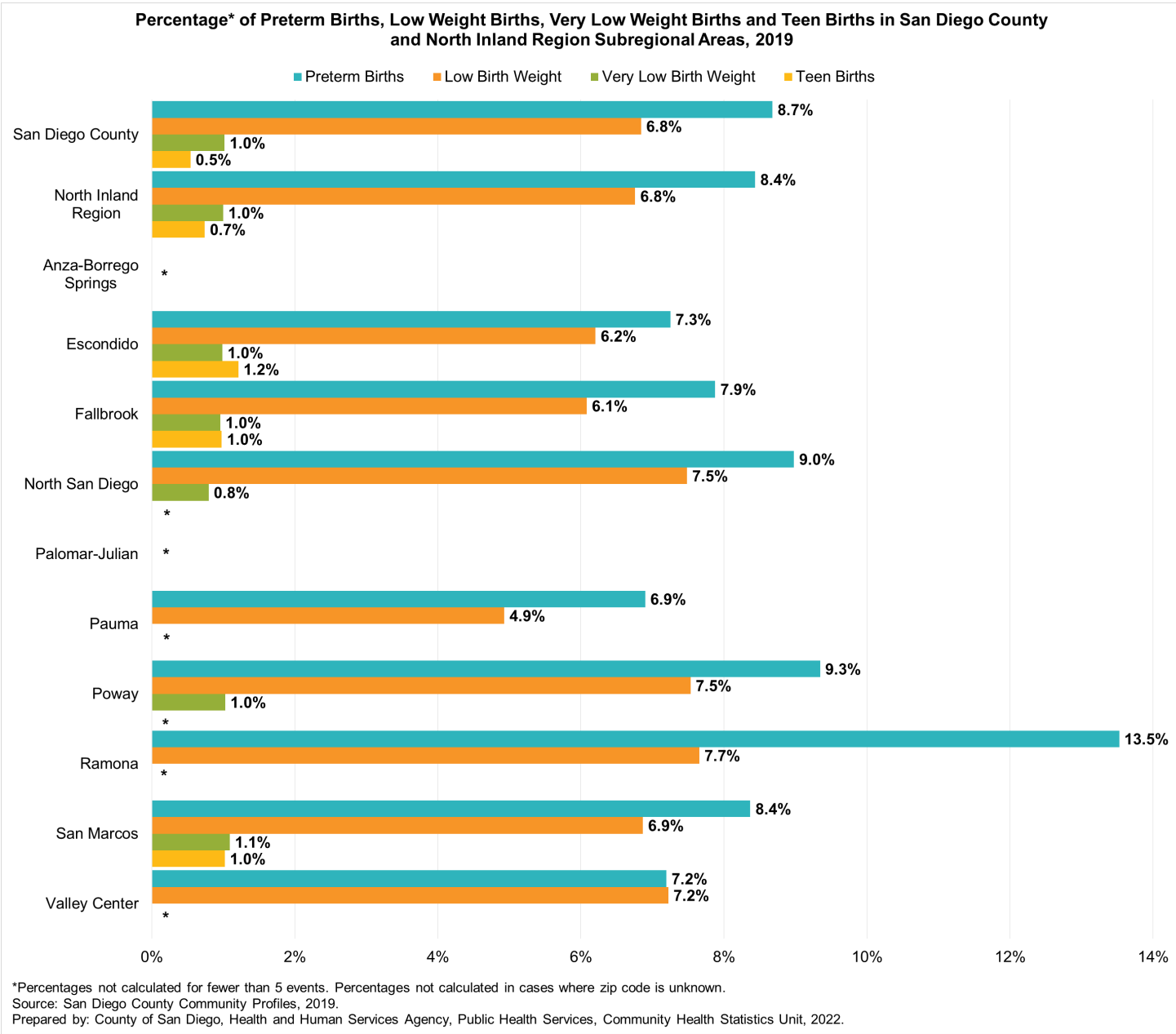
Maternal and Child Health Indicators

In 2019, there were 6,615 total live births in North Inland Region, which represented 17.2% of the total live births in San Diego County (38,445).



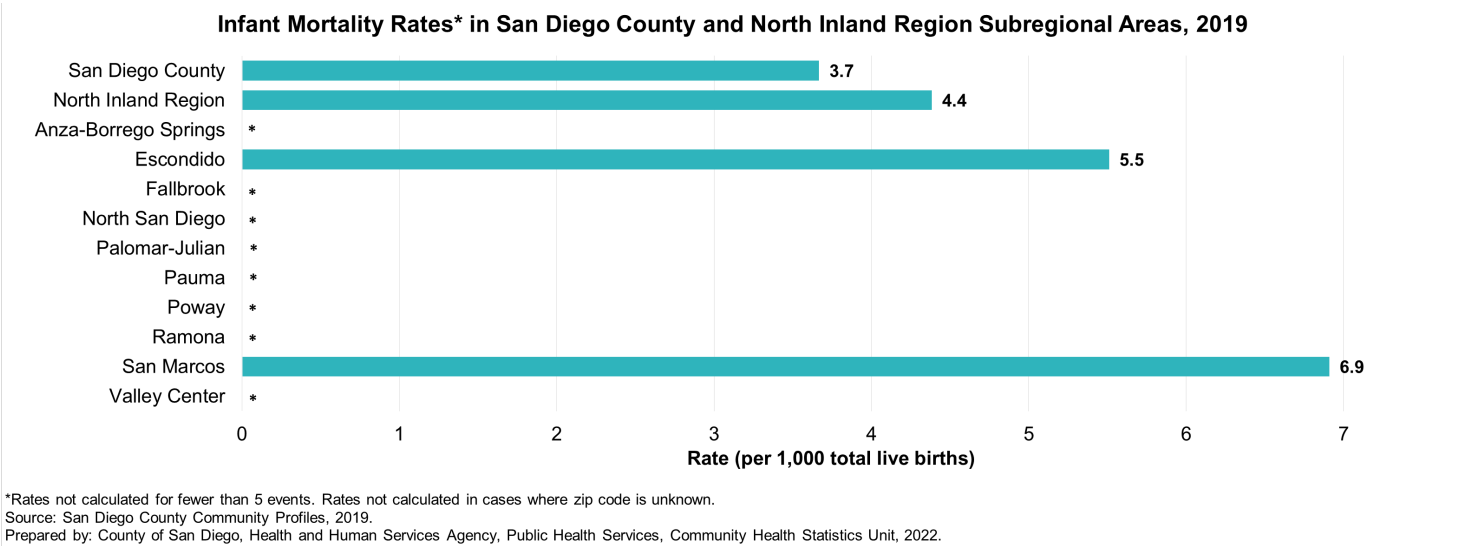
North Inland Region Health Status Report Summary

In 2019, 8.4% of the live births in North Inland Region were preterm births, while 6.8% of the live births were low weight births. Among North Inland Region subregional areas (SRAs), Ramona had the highest proportion of preterm births (13.5%), followed by Poway (9.3%). Among all live births in North Inland Region, Ramona SRA (7.7%) had the highest proportion of infants with low birth weight, followed by Poway SRA (7.5%), and North San Diego SRA (7.5%).

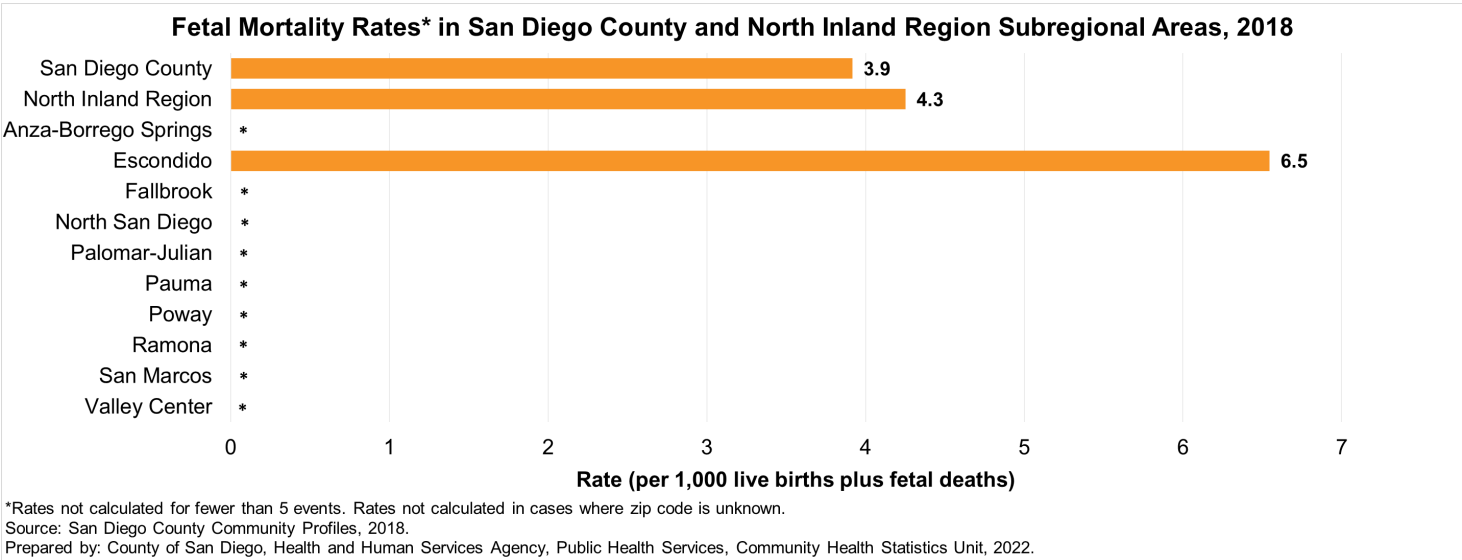


North Inland Region Health Status Report Summary

In 2019, North Inland Region had a higher infant mortality rate (4.4 per 1,000 total live births) than San Diego County overall (3.7 per 1,000 total live births). In North Inland Region, San Marcos SRA (6.9 per 1,000 total live births) and Escondido SRA (5.5 per 1,000 total live births) had higher infant mortality rates than North Inland Region and San Diego County overall.



In 2018, North Inland Region had a higher fetal mortality rate (4.3 per 1,000 live births plus fetal deaths) than San Diego County overall (3.9 per 1,000 live births plus fetal deaths). In North Inland Region, Escondido SRA had a higher fetal mortality rate (6.5 per 1,000 live births plus fetal deaths) than North Inland Region and San Diego County overall.



CONCLUSION

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



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