North Inland Region

Health Status Report Summary

MARCH 2026

County of San Diego, Health and Human Services Agency,

Public Health Services, Community Health Statistics Unit

North Inland Region
Health Status Report Summary

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

March 2026

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INTRODUCTION

North Inland Region consists of ten subregional areas (SRAs): Anza-Borrego Springs, Escondido, 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 2023 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 the overall life expectancy for North Inland Region and its SRAs in 2023 . 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 leading causes of death in 2023 for North Inland Region, outlining the relative burden of a specific cause of death compared to other causes.
3) **Health Outcomes:** Deaths in this report refer to the underlying cause of death, except for COVID-19 and traumatic brain injury, which are multiple cause of death. Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for certain causes of external injury, which may appear anywhere in the medical record. This section summarizes health-related information such as rates of death, emergency department (ED) discharge, and hospitalization for the following groups of health conditions and indicators:
    a) Non-Communicable (Chronic) Diseases,
    b) Communicable (Infectious) Diseases,
    c) Injury Indicators,
    d) Behavioral Health Indicators,
    e) Alzheimer's Disease and Non-Alzheimer's Dementia, and
    f) Maternal and Child Health Indicators.

HEALTH STATUS OVERVIEW (2023): NORTH INLAND REGION

DEMOGRAPHIC CHARACTERISTICS

Population: 607,938
(18.5% of San Diego County's population)
Age Distribution:

- 0-4 years old (6.3%)
- 5-14 years old (13.1%)
- 15-24 years old (11.4%)
- 25-44 years old (26.6%)
- 45-64 years old (25.7%)
- 65+ years old (17.0%)

Median Household Income: $122,813
Population Below 200% Federal Poverty Level (FPL): 21.0%
Population with Health Insurance: 93.4%
Population with Disability: 10.5%
Households Receiving Food Stamps/SNAP/CalFresh: 6.5%

MORTALITY MEASURES

Overall Life Expectancy: 82.1 years

Top 5 Leading Causes of Death:

1) Malignant Neoplasms (Cancers)
2) Diseases of the Heart
3) Cerebrovascular Diseases (strokes)
4) Accidents/Unintentional Injuries
5) Alzheimer's Disease

LEADING HEALTH OUTCOMES

	Death Rate	ED Discharge Rate	Hospitalization Rate
Non-Communicable (Chronic) Diseases	Overall Cancer 168.8 per 100,000	Overall Heart Disease 1,812.1 per 100,000	Overall Heart Disease 890.7 per 100,000
Communicable (Infectious) Diseases	COVID-19 (multiple cause of death) 17.1 per 100,000	Urinary Tract Infection 588.8 per 100,000	Pneumonia 130.6 per 100,000
Injury Indicators	Poisoning 21.3 per 100,000	Falls 2,129.2 per 100,000	Falls 452.6 per 100,000
Behavioral Health Indicators	All Drug Overdoses 20.1 per 100,000	Alcohol Use/Abuse/ Dependency 184.5 per 100,000	Alcohol Use/Abuse/ Dependency 63.5 per 100,0000
Alzheimer's Disease	Alzheimer's Disease 43.5 per 100,000	Alzheimer's Disease (any mention) 68.6 per 100,000	Alzheimer's Disease (any mention) 87.2 per 100,000

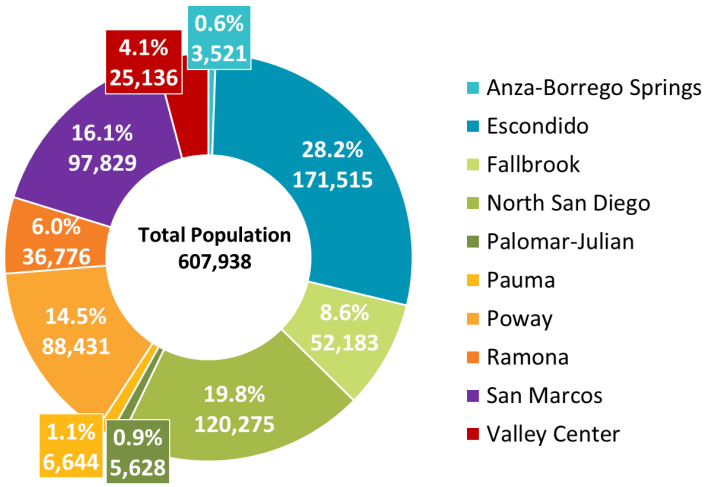
Maternal and Child Health Indicators

Total Live Births: 6,233	Preterm Births: 8.9% Low Weight Births: 7.0% Very Low Weight Births: 1.2% Teen Births: 0.6% Received Early Prenatal Care: 87.0%	Infant Mortality Rate (2022): 3.8 per 1,000 Total Live Births Fetal Mortality Rate: 6.2 per 1,000 Live Births and Fetal Deaths

POPULATION CHARACTERISTICS

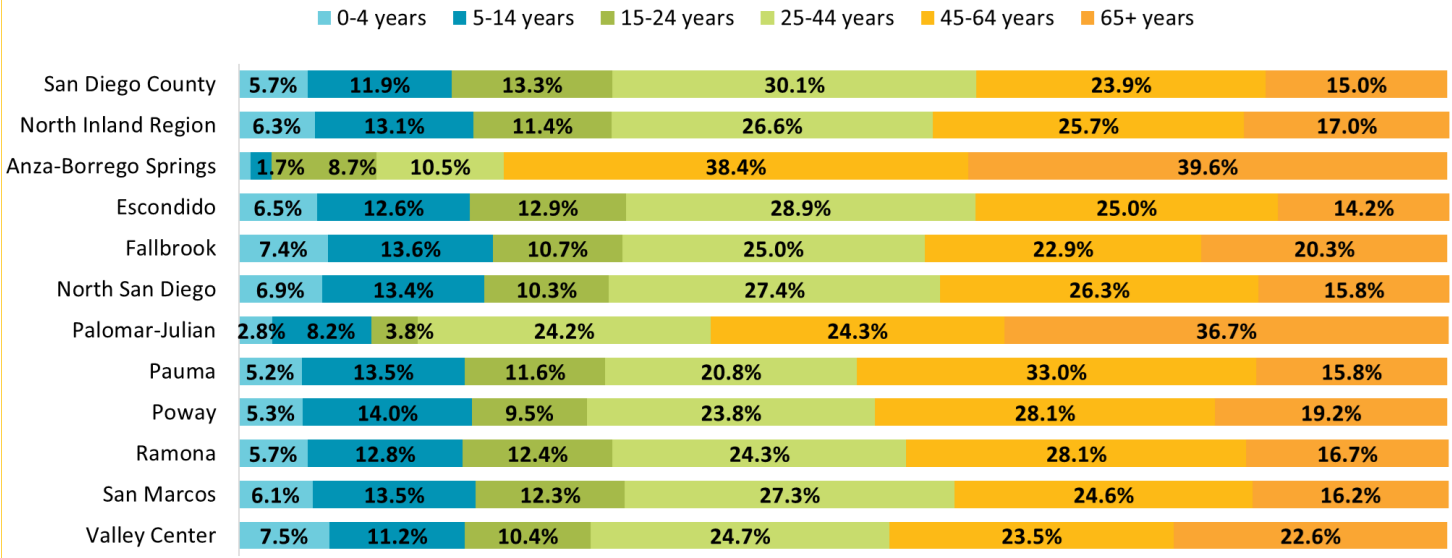
In 2023, North Inland Region was home to an estimated 607,938 residents, representing 18.5% of the San Diego County population (3,282,782). Adults aged 25-44 years old (26.6%) and 45-64 years old (25.7%) constituted the highest proportions of North Inland Region residents. Among North Inland Region subregional areas (SRAs), Escondido had the highest proportion of adults aged 25-44 years old (28.9%), followed by North San Diego (27.4%). North Inland Region had the highest proportion of residents 65 years and over (17.0%) compared to all other Health and Human Services Agency (HHSA) Regions in 2023. Among North Inland Region SRAs, Anza-Borrego Springs (39.6%) and Palomar-Julian (36.7%) had the highest proportion of residents 65 years and over.

North Inland Region Population Distribution* by Subregional Area (SRA), 2023



*Please note that percentages may not add up to 100% due to rounding.
Source: U.S. Census Bureau; 2019-2023 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, December 2025.

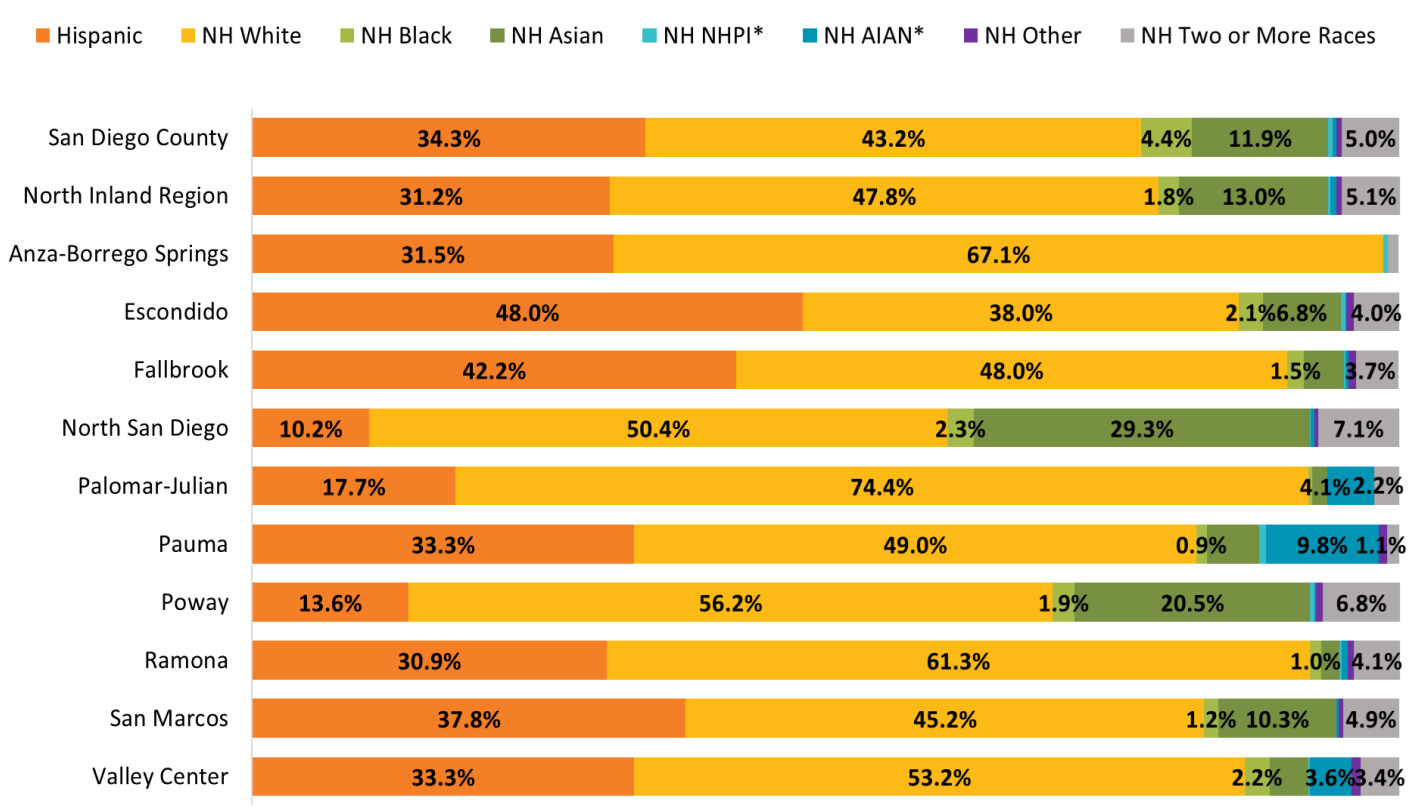
Percent of Population by Age in North Inland Region and Subregional Areas (SRAs), San Diego County, 2023



Source: U.S. Census Bureau; 2019-2023 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, December 2025.

In 2023, residents in North Inland Region were primarily non-Hispanic (NH) White (47.8%), followed by Hispanic (31.2%), NH Asian (13.0%), NH residents with two or more races (5.1%), NH Black (1.8%), NH American Indian and Alaska Native (0.5%), NH Other (0.5%), and NH Native Hawaiian and Other Pacific Islander (0.2%). Among North Inland Region SRAs, Escondido had the highest proportion of Hispanic residents (48.0%), while North San Diego had the lowest proportion (10.2%). Furthermore, North San Diego SRA had the highest proportion of Black residents (2.3%), while Anza-Borrego Springs SRA had the lowest proportion (<0.01%). North Inland Region had the highest proportion of American Indian/Alaska Native (AIAN) residents (0.5%) compared to all other HHSA Regions in 2023. Among North Inland Region SRAs, Pauma (9.8%), Palomar-Julian (4.1%), and Valley Center (3.6%) had the highest proportion of AIAN residents in 2023.

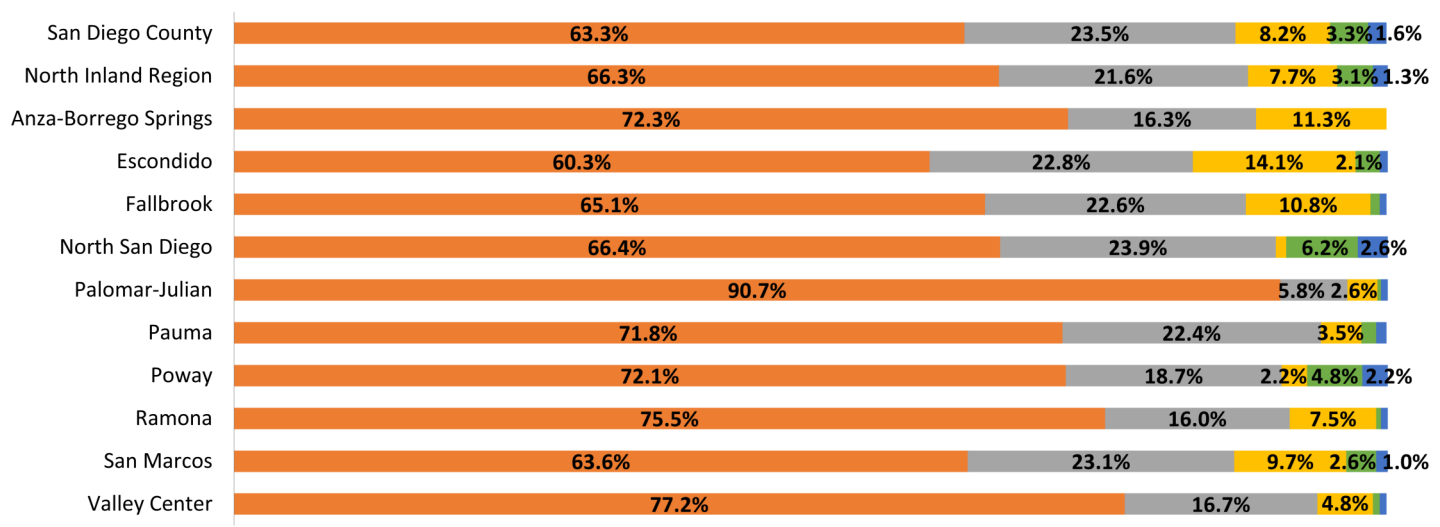
Percent of Population by Race/Ethnicity in North Inland Region and Subregional Areas (SRAs), San Diego County, 2023



NH refers to Non-Hispanic or Latino.
*NHPI refers to Native Hawaiian or Pacific Islander; AIAN refers to American Indian/Alaska Native.
Source: U.S. Census Bureau; 2019-2023 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, December 2025.

In 2023, nearly 2 out of 3 residents (66.3%) aged 5 years and older in North Inland Region spoke only English at home. Furthermore, over 1 out of 5 residents (21.6%), 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, aged 5 years and older, speaking only English at home (90.7%), while Escondido had the lowest proportion (60.3%) in 2023. Escondido SRA had the highest proportion of Spanish speaking residents, aged 5 years and older, who spoke English less than “very well” (14.1%) and North San Diego SRA had the highest proportion of Asian/Pacific Islander language speaking residents, aged 5 years and older, who spoke English less than “very well” (6.2%) in North Inland Region.

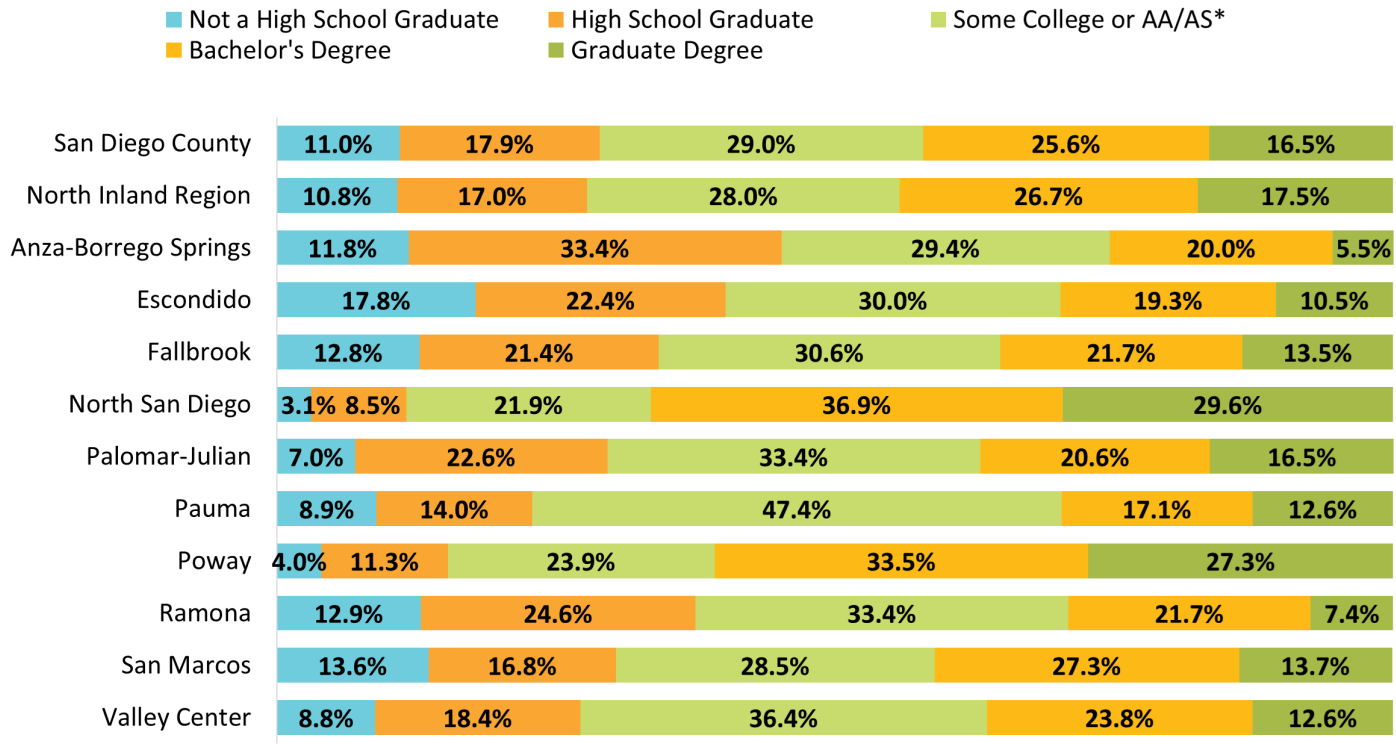
Language Spoken at Home Among Population 5 Years and Older in North Inland Region and Subregional Areas (SRAs), San Diego County, 2023



*API refers to Asian/Pacific Islander.
Source: U.S. Census Bureau, 2019-2023 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, December 2025.

Educational attainment 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. In 2023, almost 9 out of 10 adults (89.2%), aged 25 years and older, had at least a high school diploma or General Education Diploma (GED), while over 2 out of 5 adults (44.2%), aged 25 years and older, held a bachelor's or higher degree in North Inland Region. North San Diego SRA had the highest proportion of adults, aged 25 years and older, with a bachelor's or higher degree (66.5%), followed by Poway SRA (60.8%) 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 (17.8%), while North San Diego had the lowest proportion (3.1%) in 2023.

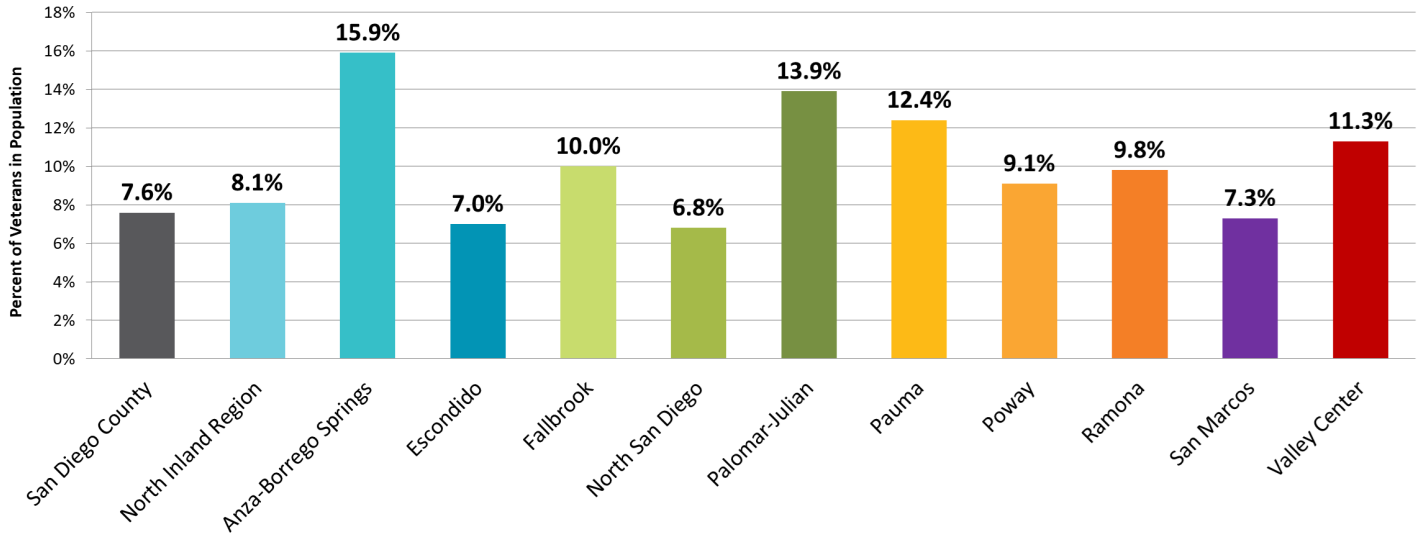
Educational Attainment Among Population 25 Years and Older in North Inland Region and Subregional Areas (SRAs), San Diego County, 2023



*Includes some college, no degree and Associate's degree.
Source: U.S. Census Bureau, 2019-2023 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, December 2025.

Veterans are civilians who have served officially or non-officially domestically or at war, for any amount of time, but are not currently serving on active duty in the U.S. Army, Navy, Air Force, Marine Corps, or the Coast Guard, or who served in the U.S. Merchant Marine during World War II. People who served in the National Guard or Reserves are classified as veterans only if they were ever called or ordered to active duty, not counting the 4-6 months for initial training or yearly summer camps. In 2023, 8.1% of residents in North Inland Region were veterans. Among North Inland SRAs, Anza-Borrego Springs had the highest proportion of veterans (15.9%), followed by Palomar-Julian (13.9%), while North San Diego had the lowest proportion of veterans (6.8%) in 2023.

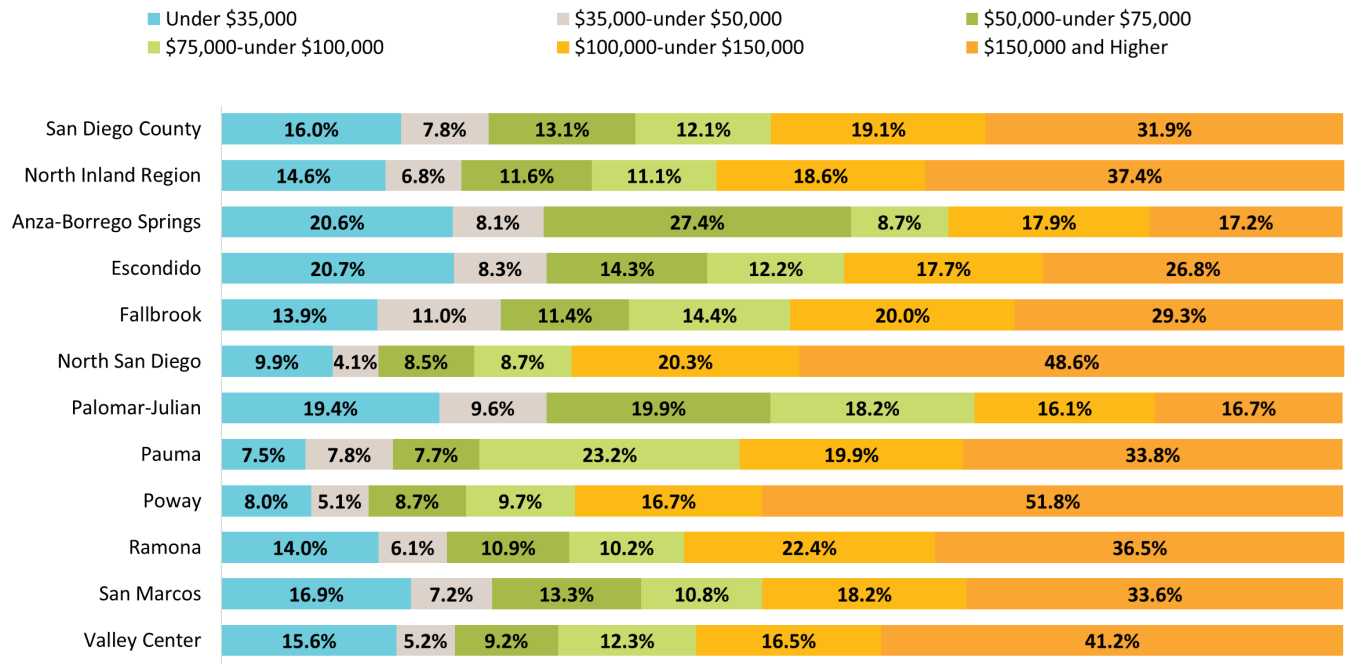
Percentage of Veterans in North Inland Region and Subregional Areas (SRAs), San Diego County, 2023



Source: U.S. Census Bureau, 2019-2023 American Community Survey 5-Year Estimates, Table S2101.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

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. Over 1 out of 7 households (14.6%) in North Inland Region had an annual income of less than $35,000. Among North Inland SRAs in 2023, Escondido had the highest proportion of households with an annual income of less than $35,000 (20.7%), followed by Anza-Borrego Springs (20.6%), while Pauma had the lowest proportion (7.5%).

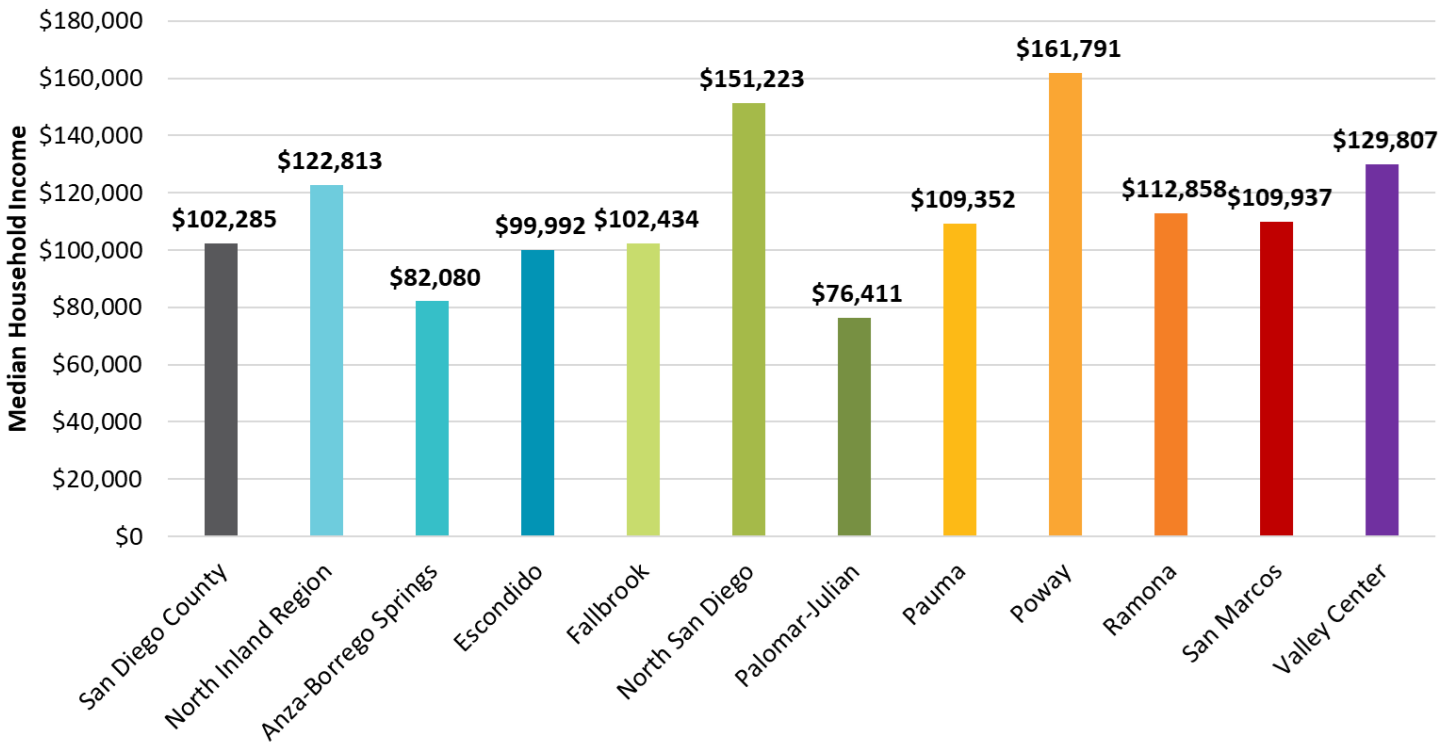
Percent of Households by Household Income in North Inland Region and Subregional Areas (SRAs), San Diego County, 2023



Source: U.S. Census Bureau, 2019-2023 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, December 2025.

In 2023, the median household income in North Inland Region was $122,813, which was higher than San Diego County overall. Among North Inland Region SRAs, Palomar-Julian had the lowest median household income ($76,411), while Poway had the highest median household income ($161,791) in 2023.

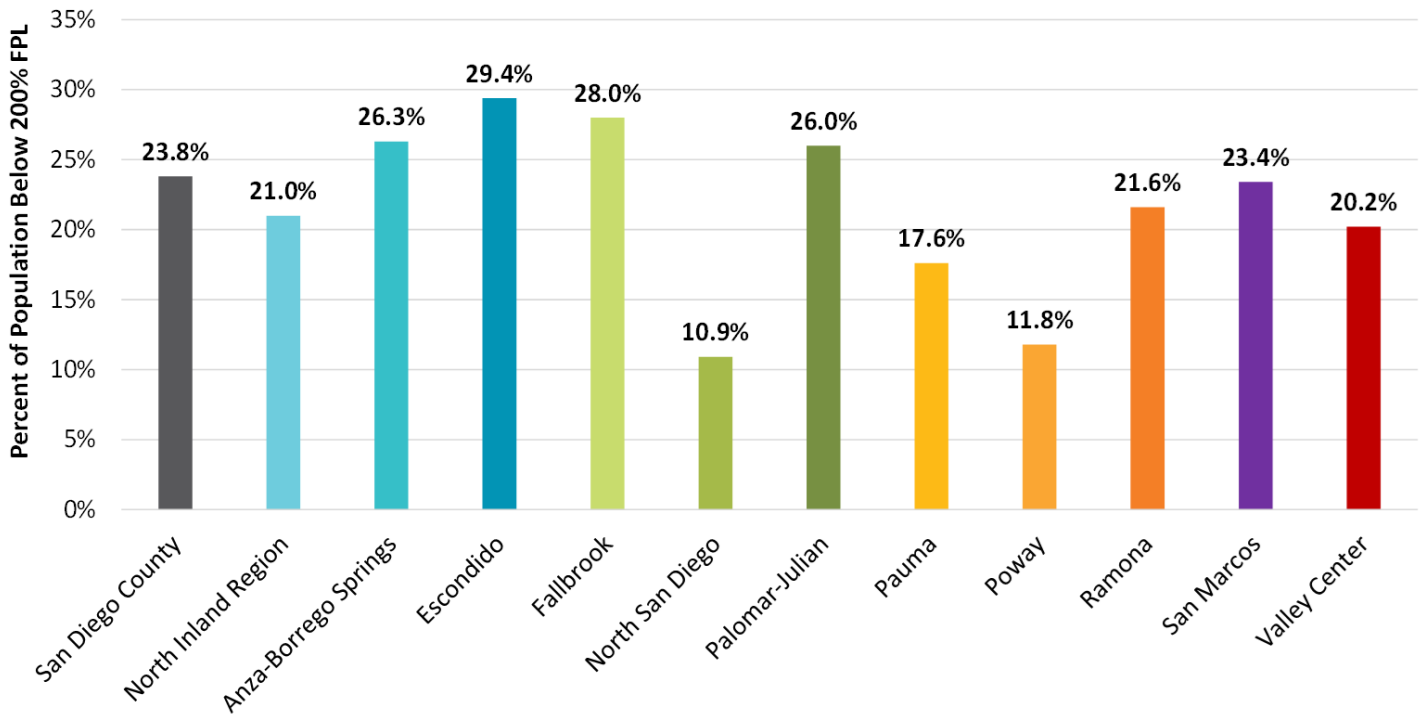
Median Household Income in North Inland Region and Subregional Areas (SRAs), San Diego County, 2023



Source: U.S. Census Bureau; 2019-2023 American Community Survey 5-Year Estimates, Table DP03, DP04.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In 2023, over 1 in 5 residents (21.0%) in North Inland Region, lived below 200% FPL. Additionally, the proportion of residents living below 200% FPL in North Inland Region was lower than San Diego County (21.0% versus 23.8%). Among North Inland Region SRAs, Escondido had the highest proportion of residents living below 200% FPL (29.4%), followed by Fallbrook (28.0%) in 2023.

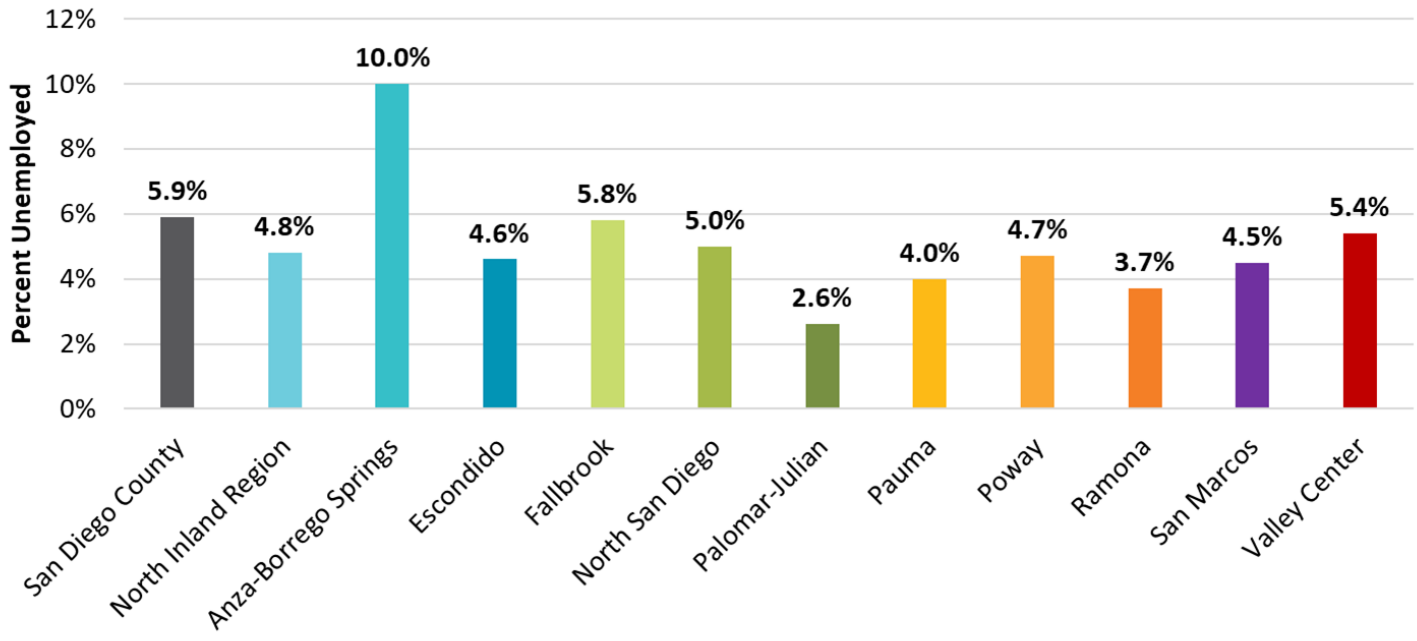
Percent of Population Below 200% Federal Poverty Level (FPL) in North Inland Region and Subregional Areas (SRAs), San Diego County, 2023



Source: U.S. Census Bureau, 2019-2023 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, December 2025.

The average 5-year percentage of unemployment was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed persons, and persons in the armed forces. Between 2019-2023, the 5-year average unemployment rate in North Inland Region was 4.8%, which was lower than San Diego County overall. Among North Inland Region SRAs, Anza-Borrego Springs had the highest 5-year average unemployment rate (10.0%), while Palomar-Julian had the lowest 5-year average unemployment rate (2.6%).

Average Percent of Unemployment* in North Inland Region and Subregional Areas (SRAs), San Diego County, 2023

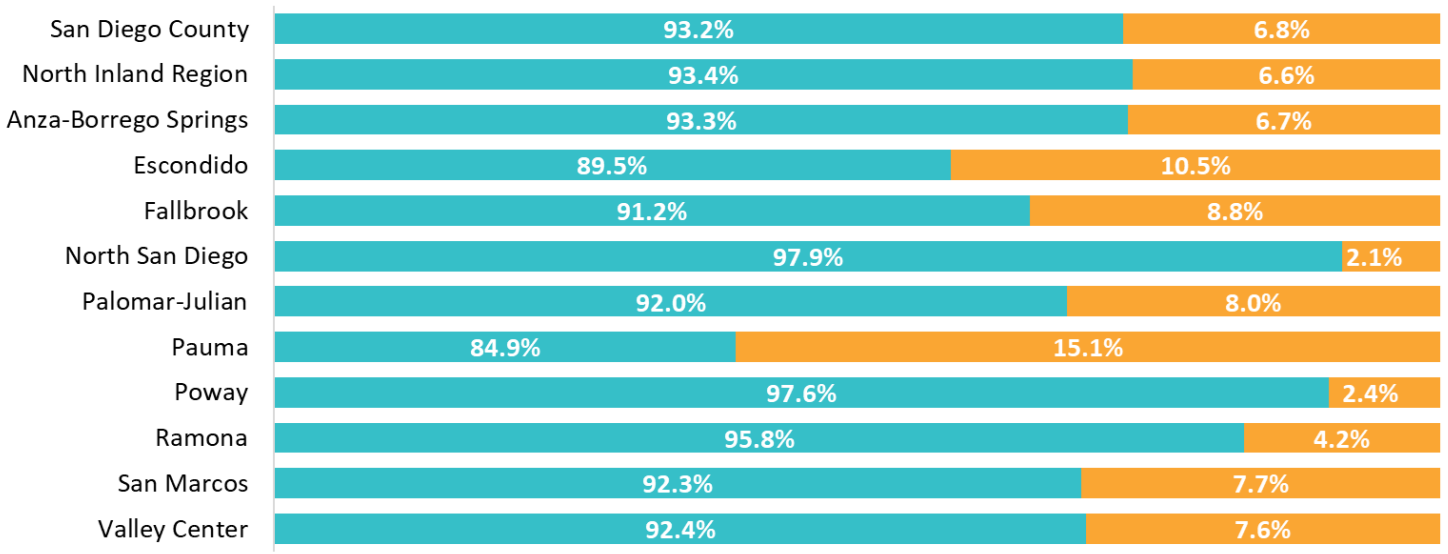


*Percent unemployed was derived from the number of unemployed persons out of the 16 year and older eligible labor force. Eligible labor force includes employed civilians, unemployed and persons in the armed forces.
Source: U.S. Census Bureau, 2019-2023 American Community Survey 5-Year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

INSURANCE, ACCESS, AND UTILIZATION

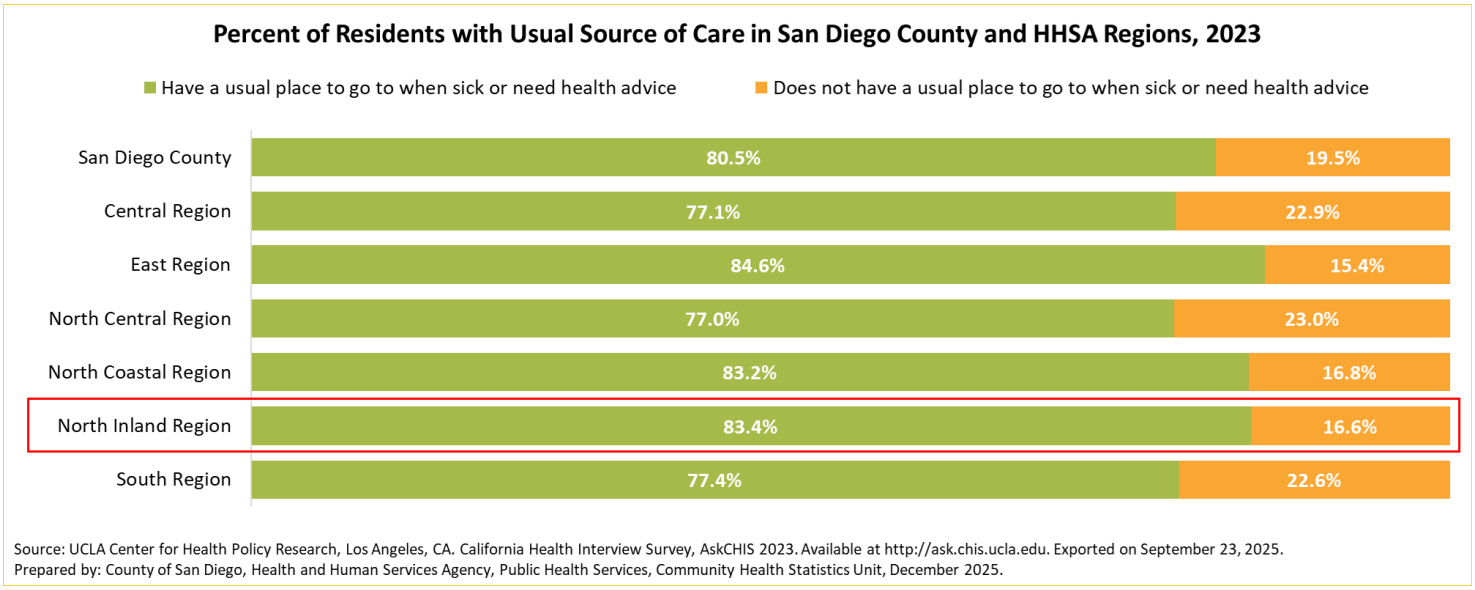
In 2023, 93.4% of residents in the North Inland Region were insured through private or public programs, while 6.6% of residents did not have any health insurance coverage. Among North Inland Region subregional areas (SRAs), Pauma had the highest proportion of residents without health insurance (15.1%), followed by Escondido (10.5%), while North San Diego had the lowest proportion of residents without health insurance (2.1%) in 2023.

Health Insurance Status in North Inland Region and Subregional Areas (SRAs), San Diego County, 2023



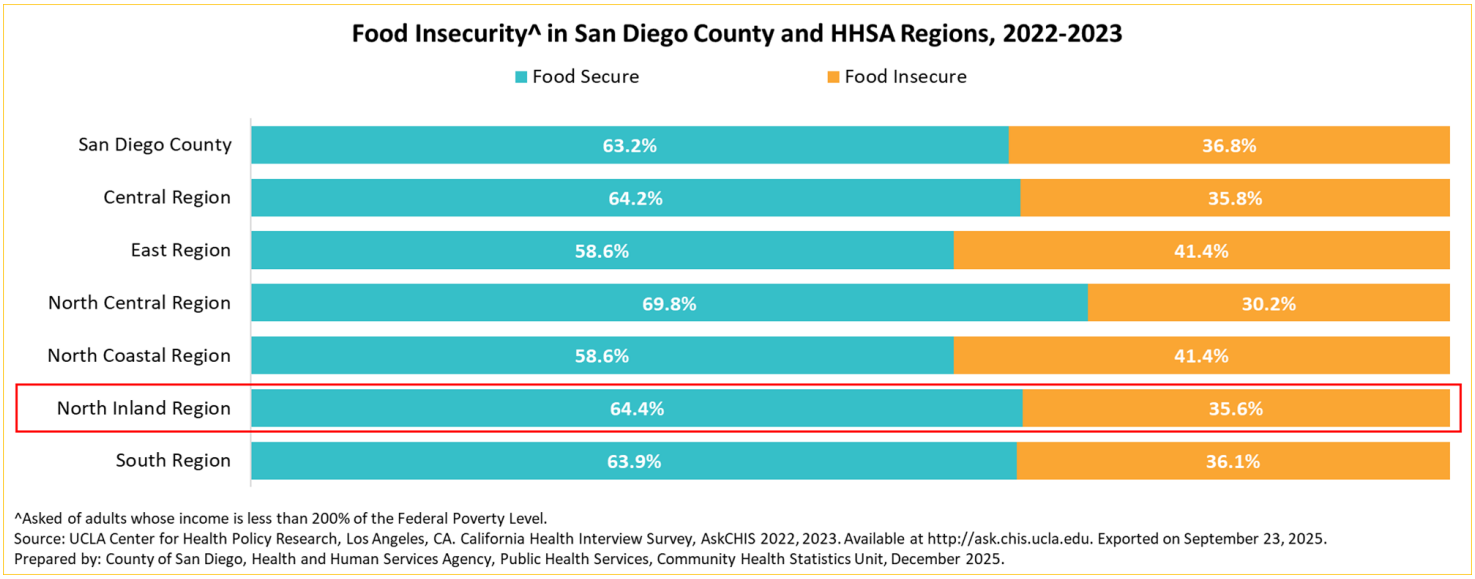
Source: U.S. Census Bureau, 2019-2023 American Community Survey 5-Year Estimates, Table B27001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

In 2023, over 8 out of 10 residents (83.4%) in North Inland Region reported having a usual place to go when sick or needing health advice. Residents in North Inland Region were more likely to report having a usual place to go when sick or in need of health advice than San Diego County overall (80.5%).



Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2023. Available at http://ask.chis.ucla.edu. Exported on September 23, 2025.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

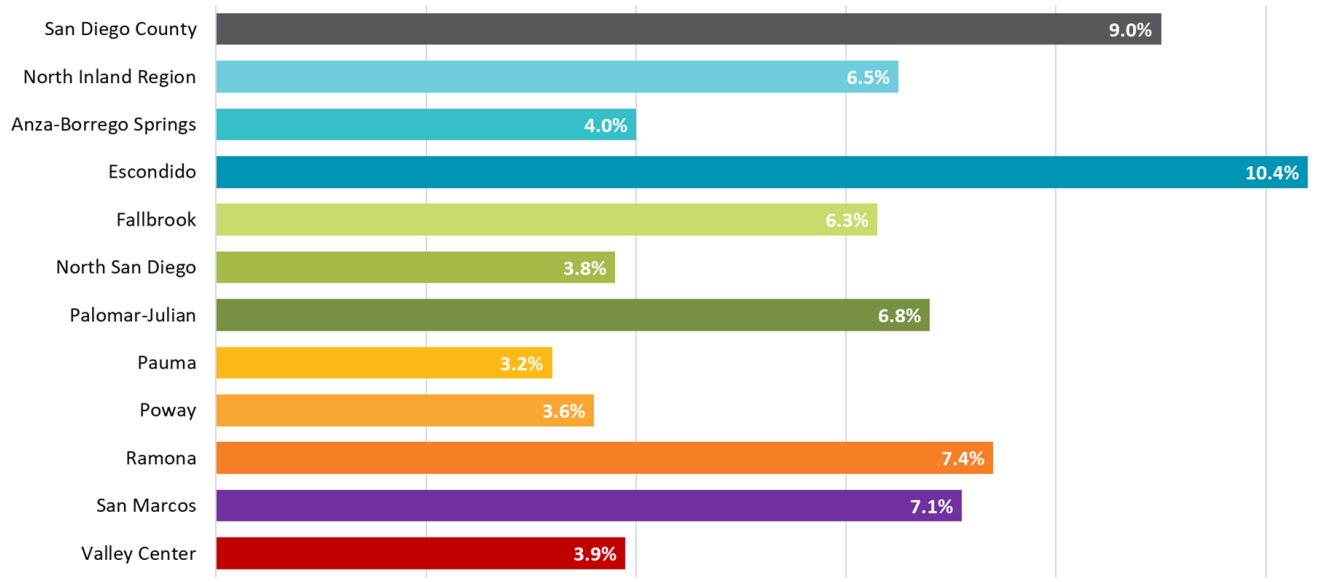
On average, between 2022-2023, over 1 in 3 adults (35.6%) in North Inland Region with an income less than 200% Federal Poverty Level (FPL) reported an inability to afford enough food. The proportion of adults with an income less than 200% FPL who reported an inability to afford enough food in North Inland Region was slightly lower than San Diego County overall (36.8%).



^Asked of adults whose income is less than 200% of the Federal Poverty Level.
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2022, 2023. Available at http://ask.chis.ucla.edu. Exported on September 23, 2025.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

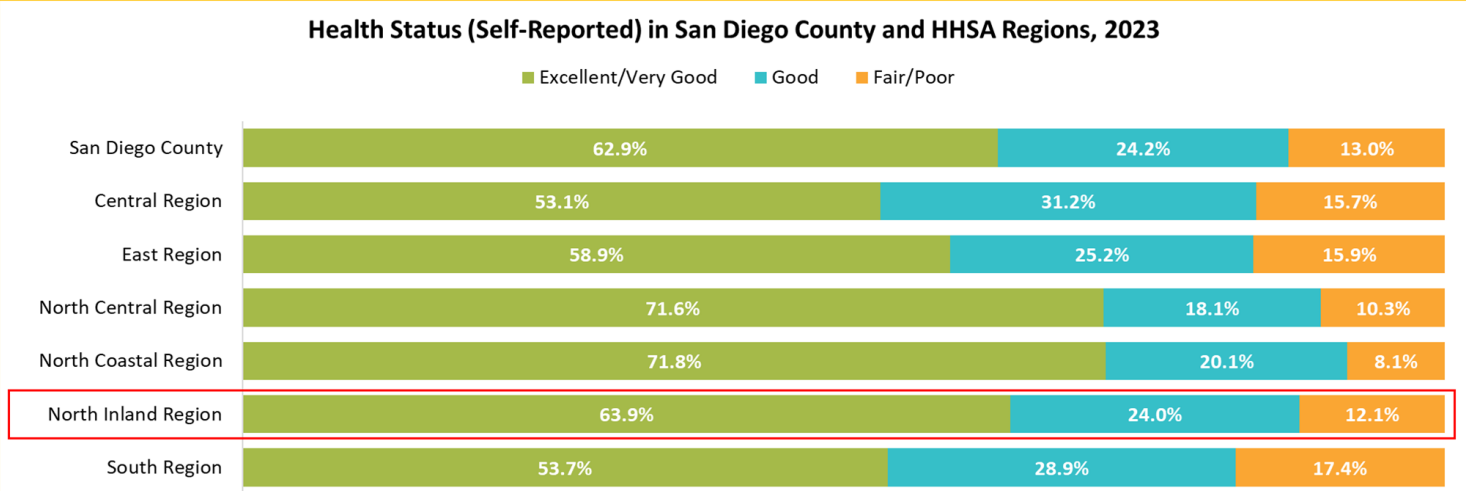
Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, is a federally-funded program aimed to increase the potential of a nutritious diet in low-income households. In 2023, 6.5% of all households in North Inland Region reported receipt of SNAP. Among North Inland SRAs, Escondido had the highest proportion of households who reported receipt of SNAP (10.4%), followed by Ramona (7.4%), while Pauma had the lowest proportion of households who reported receipt of SNAP (3.2%) in 2023.

Percent of Households Receiving Food Stamps/SNAP/CalFresh in North Inland Region and Subregional Area (SRAs), San Diego County, 2023



Source: U.S. Census Bureau, 2019-2023 American Community Survey 5-Year Estimates, Tables B22002, B22007, B17024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

In 2023, the proportion of residents reporting fair or poor health in North Inland Region (12.1%) was slightly lower than San Diego County overall (13.0%). Additionally, in North Inland Region, nearly 2 in 3 residents (63.9%) reported excellent or very good health, which was higher than San Diego County overall (62.9%).

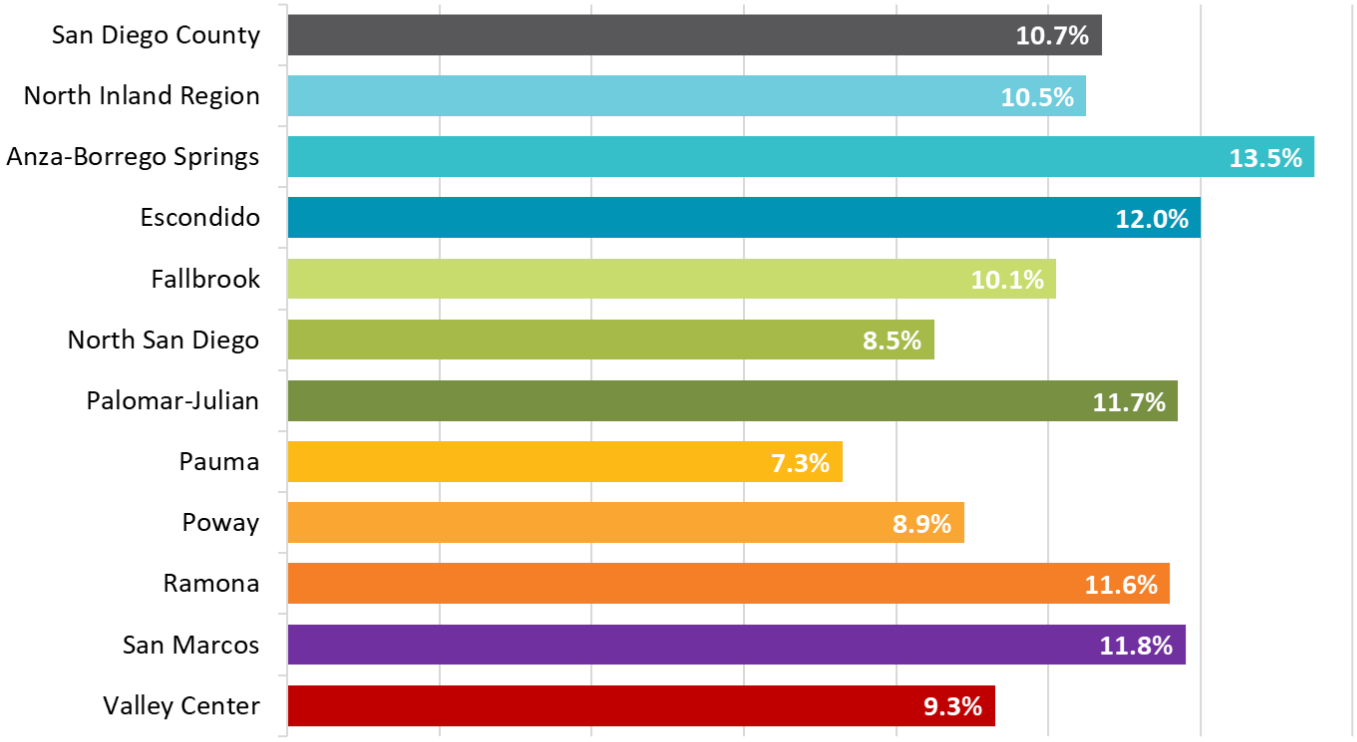


Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2023. Available at http://ask.chis.ucla.edu. Exported on September 23, 2025.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

DISABILITY STATUS

Disability is a dynamic concept that changes over time as one's health improves or declines, as technology advances, and as social structures adapt. Individuals who report any of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2023, 10.5% of North Inland Region residents reported having one or more disabilities. Among North Inland Region subregional areas (SRAs), Anza-Borrego Springs had the highest proportion of the population with a disability (13.5%), followed by Escondido, San Marcos, Palomar-Julian, and Ramona, while Pauma had the lowest proportion of the population with a disability (7.3%) in 2023.

Percent of Population with Disability in North Inland Region and Subregional Areas (SRAs), San Diego County, 2023

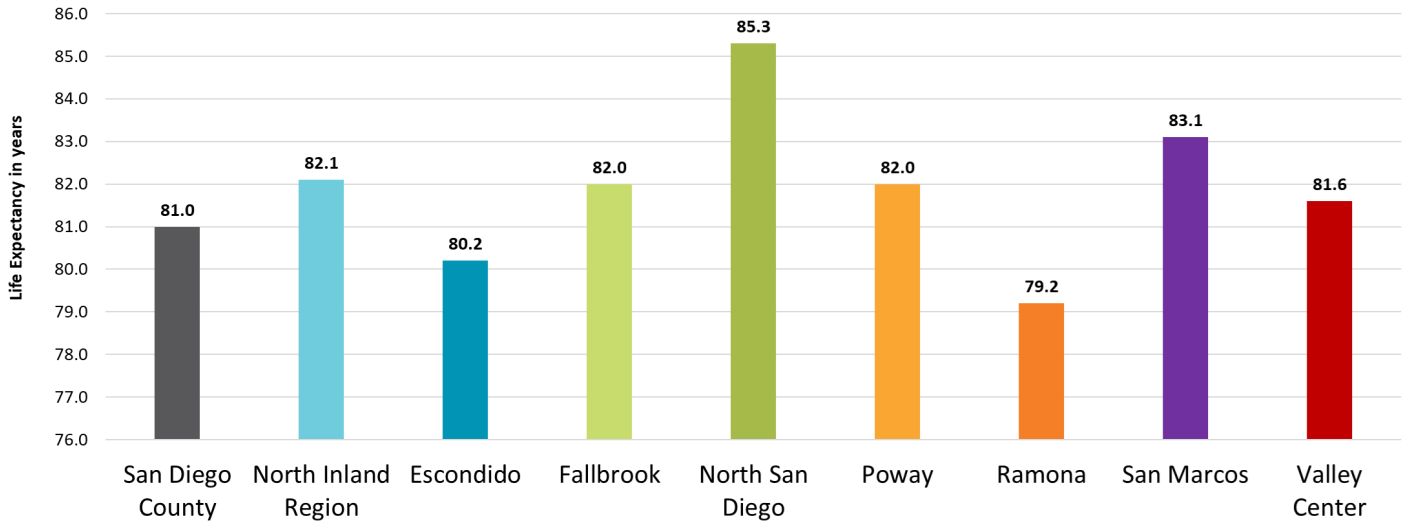


Source: U.S. Census Bureau, 2019-2023 American Community Survey 5-Year Estimates, Table S1810.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

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 2023, a baby born in San Diego County had a life expectancy of 81.0 years, while a baby born in North Inland Region had a life expectancy of 82.1 years. Among North Inland Region subregional areas (SRAs), North San Diego had the highest life expectancy (85.3 years), followed by San Marcos (83.1 years), while Ramona had the lowest life expectancy (79.2 years) in 2023.

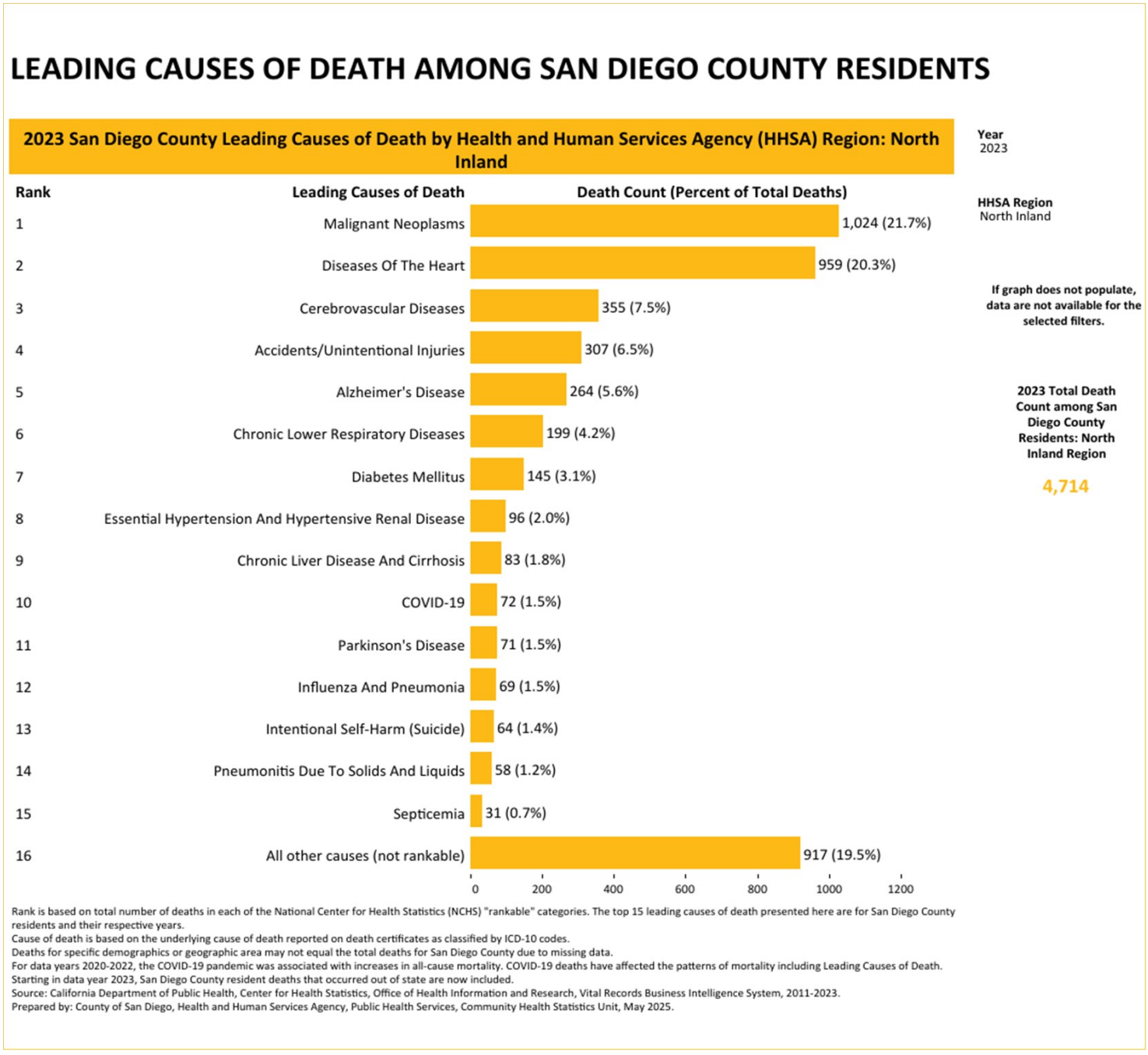
Life Expectancy in North Inland Region by Subregional Area (SRA)*, San Diego County, 2023



*Only SRAs with life expectancies are displayed on graph.
Sources: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS). California Department of Finance. Demographic Research Unit. Report P-3: Population Projections, California, 2020-2070 (Baseline 2023 Population Projections; Vintage 2024 Release). Sacramento: California. September 2024. 2023 Esri Updated Demographics Complete Database. Starting with 2023, life expectancy utilizes California Department of Finance and Esri population estimates. 2023 vintage should not be trended back to previous years.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

LEADING CAUSES OF DEATH

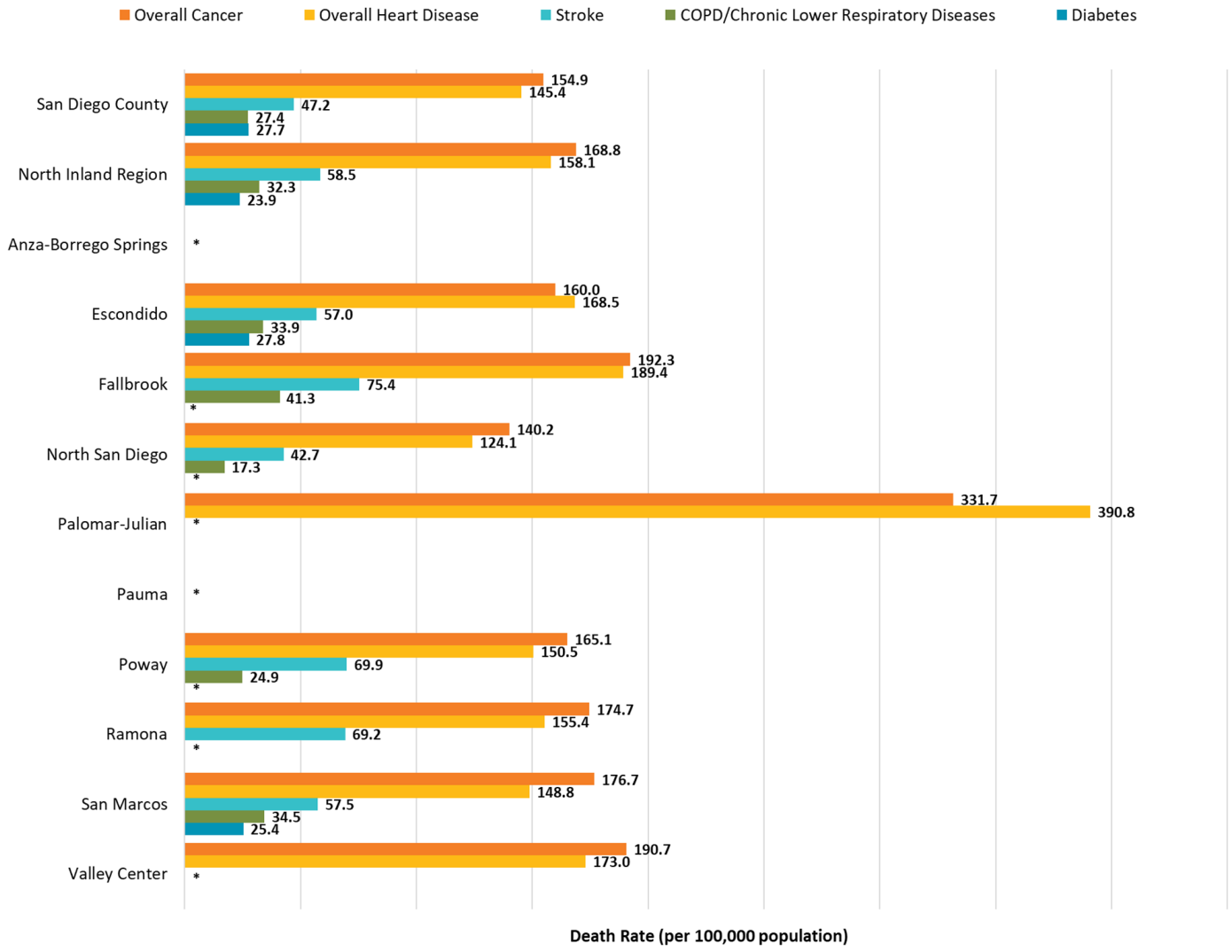
The leading causes of death rankings represent the most frequently occurring causes of death. These rankings help in assessing the relative burden of a specific cause of death, compared to all other causes. In 2023, the leading cause of death in North Inland Region was cancer (malignant neoplasms), followed by diseases of the heart. In 2023, 4 out of the top 5 leading causes of death in North Inland Region were non-communicable (chronic) diseases (cancer, diseases of the heart, cerebrovascular diseases also known as stroke, and Alzheimer's Disease).



NON-COMMUNICABLE (CHRONIC) DISEASES

In 2023, among non-communicable (chronic) diseases, the highest rates of death were due to overall cancer followed by overall heart disease in North Inland Region. In 2023, among North Inland Region SRAs, Palomar-Julian had the highest rate of death due to overall heart disease (390.8 per 100,000), which was 2.7 times the rate of death due to overall heart disease in San Diego County overall (145.4 per 100,000) and the highest death rate due to overall cancer (331.7 per 100,000). Among Health and Human Services Agency (HHSA) regions, North Inland Region had the second-highest rates of death due to overall cancer and overall heart disease among non-communicable (chronic diseases) in 2023.

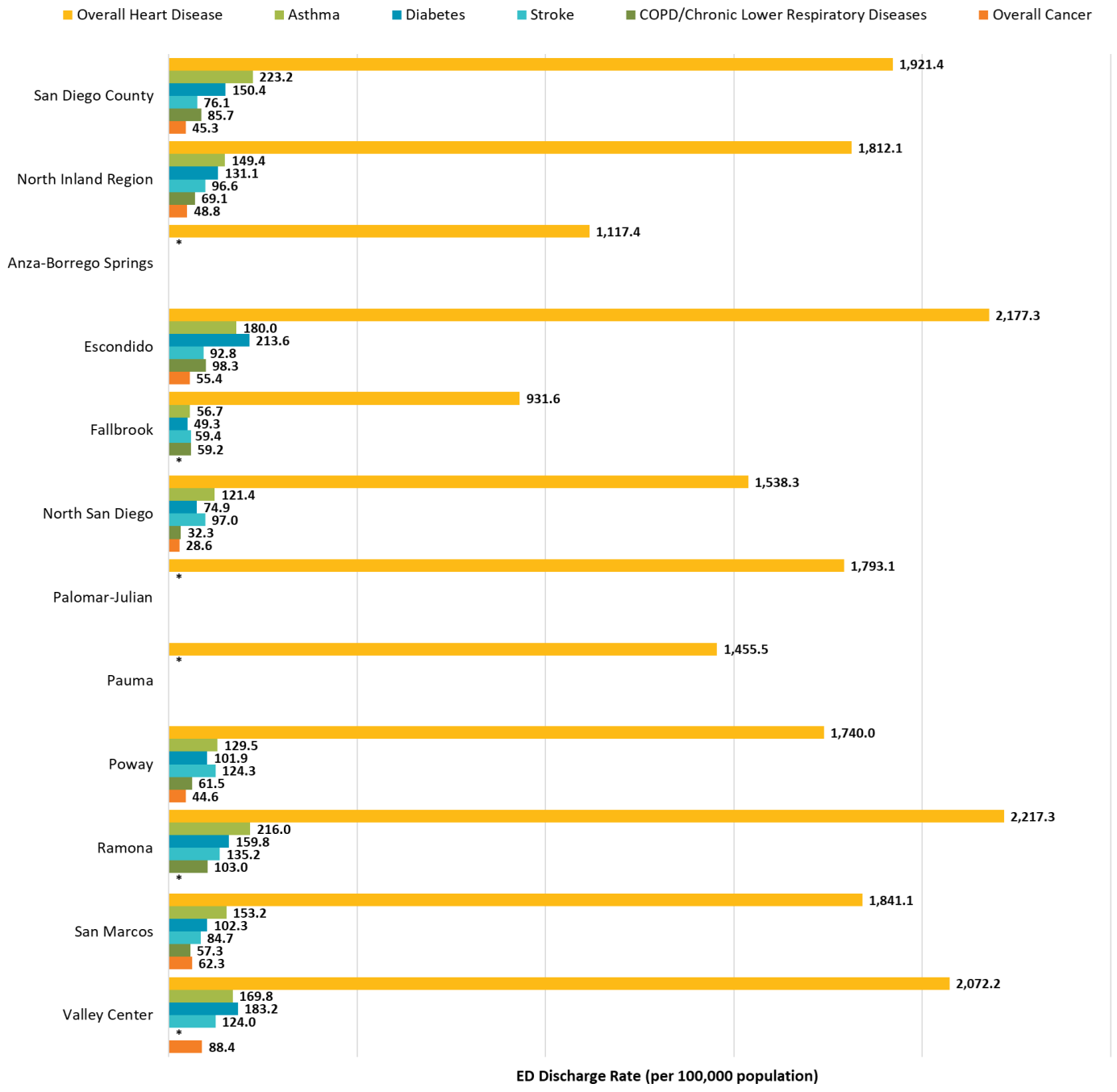
Non-Communicable (Chronic) Disease Death Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2023



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included. SANDAG Population Estimates, 2023 (vintage: 01/2025). 2023 population estimates were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

Among non-communicable (chronic) diseases, the highest emergency department (ED) discharge rates were due to overall heart disease and asthma in North Inland Region in 2023. In 2023, Ramona SRA had the highest ED discharge rate due to overall heart disease (2,217.3 per 100,000) and asthma (216.0 per 100,000) compared to all other North Inland SRAs. Escondido SRA had the highest ED discharge rate due to diabetes (213.6 per 100,000) in 2023.

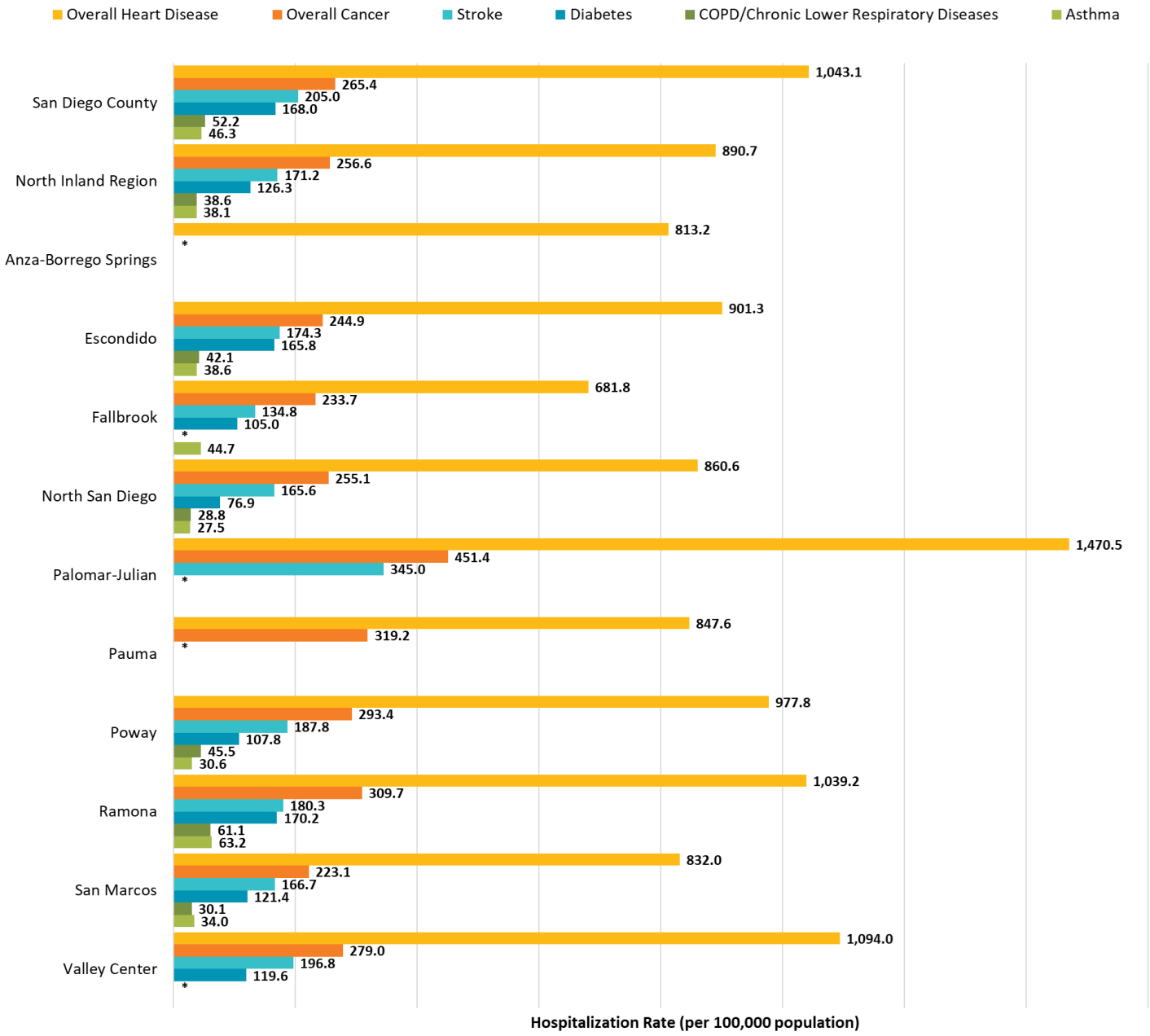
Non-Communicable (Chronic) Disease Emergency Department (ED) Discharge Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2023



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2023. SANDAG Population Estimates, 2023 (vintage: 01/2025). 2023 population estimates were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

Among non-communicable (chronic) diseases, the highest hospitalization rates were due to overall heart disease, followed by overall cancer and stroke in North Inland Region and its SRAs. Among North Inland SRAs, Palomar-Julian had the highest hospitalization rate due to overall heart disease (1,470.5 per 100,000), overall cancer (451.4 per 100,000), and stroke (345.0 per 100,000) in 2023.

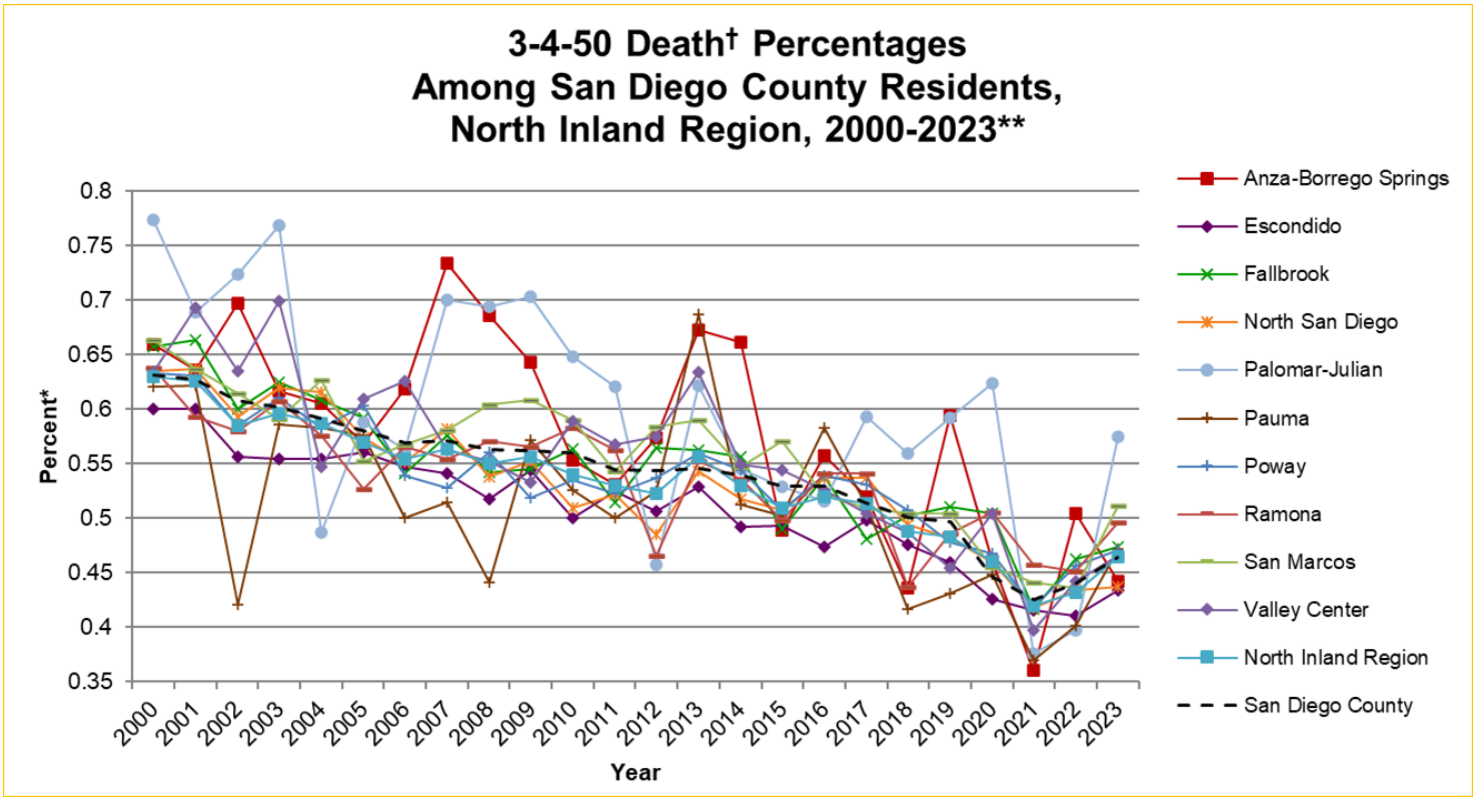
Non-Communicable (Chronic) Disease Hospitalization Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2023



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2023. SANDAG Population Estimates, 2023 (vintage: 01/2025). 2023 population estimates were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

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 result in 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 2023. In 2023, stroke, coronary heart disease (CHD), diabetes, chronic obstructive pulmonary diseases (COPD)/chronic lower respiratory disease, asthma, and cancer caused 46% of all deaths in North Inland Region. Among North Inland subregional areas (SRAs), Palomar-Julian had the highest percentage of deaths (57.0%) due to 3-4-50 chronic diseases, while Escondido had the lowest percentage of deaths (43.0%) due to 3-4-50 chronic diseases in 2023.



*3-4-50 deaths as a percentage of all cause deaths.

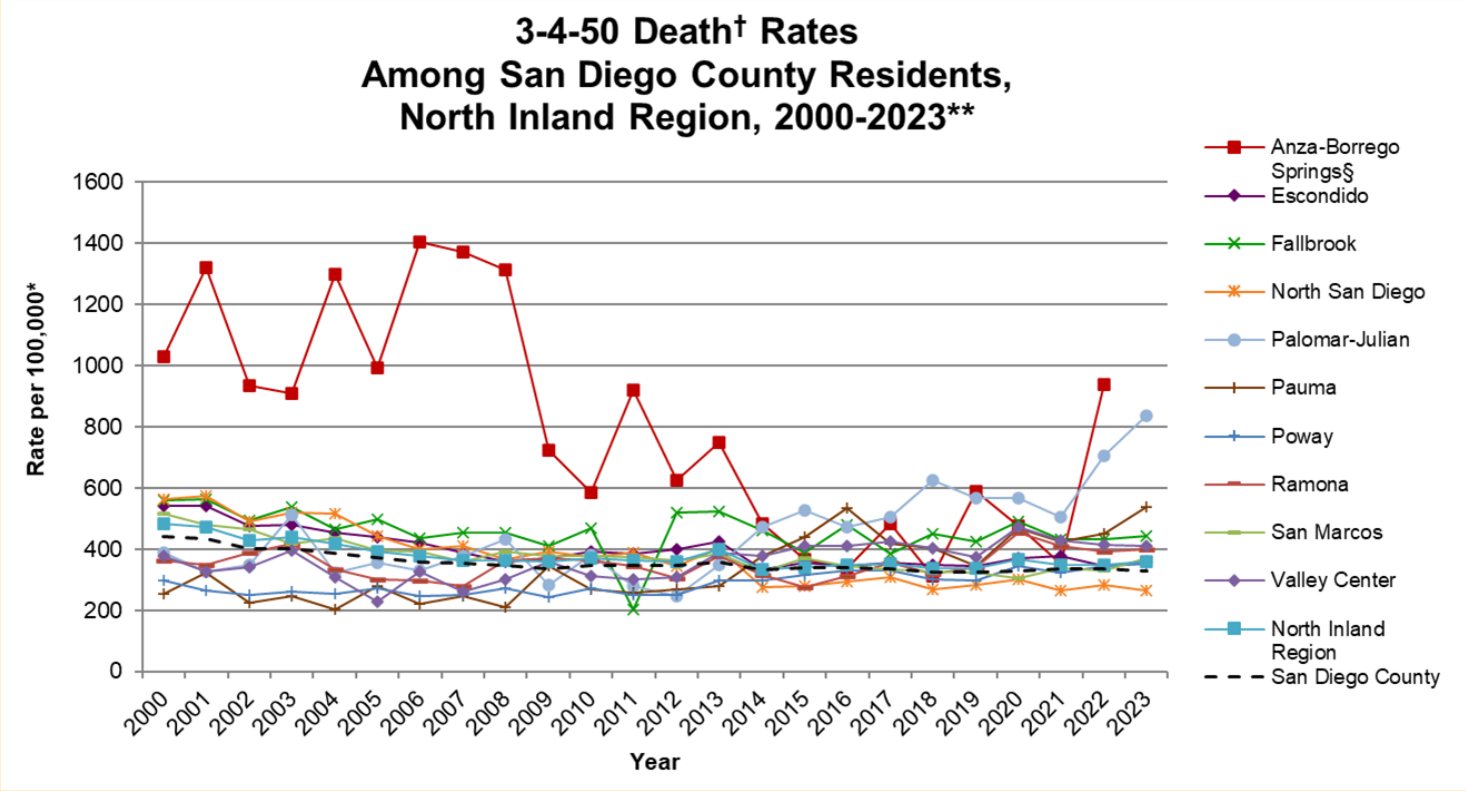
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).

**For data years 2020-2022, the COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.

Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2023 California Vital Records Business Intelligence System (VRBIS). Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, December 2025.

Overall, the rate of death due to 3-4-50 chronic diseases decreased in North Inland Region from 2000 to 2023. Among North Inland Region SRAs, the rates of death due to 3-4-50 chronic diseases decreased in Anza-Borrego Springs, Escondido, Fallbrook, North San Diego, and San Marcos, while the rates of death due to 3-4-50 chronic diseases increased in Palomar-Julian, Pauma, Poway, Ramona, and Valley Center from 2000 to 2023. In 2023, Palomar-Julian SRA had the highest rate of death due to 3-4-50 chronic diseases (837.1 per 100,000), while North San Diego SRA had the lowest rate of death due to 3-4-50 chronic diseases (265.7 per 100,000).



*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 for the years 2000 to 2019. Rates not calculated for fewer than 11 events for the years 2020-2022. Rates not calculated for fewer than 20 events starting with the year 2023. Rates not calculated in cases where zip code is unknown.

**For data years 2020-2022, the COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.

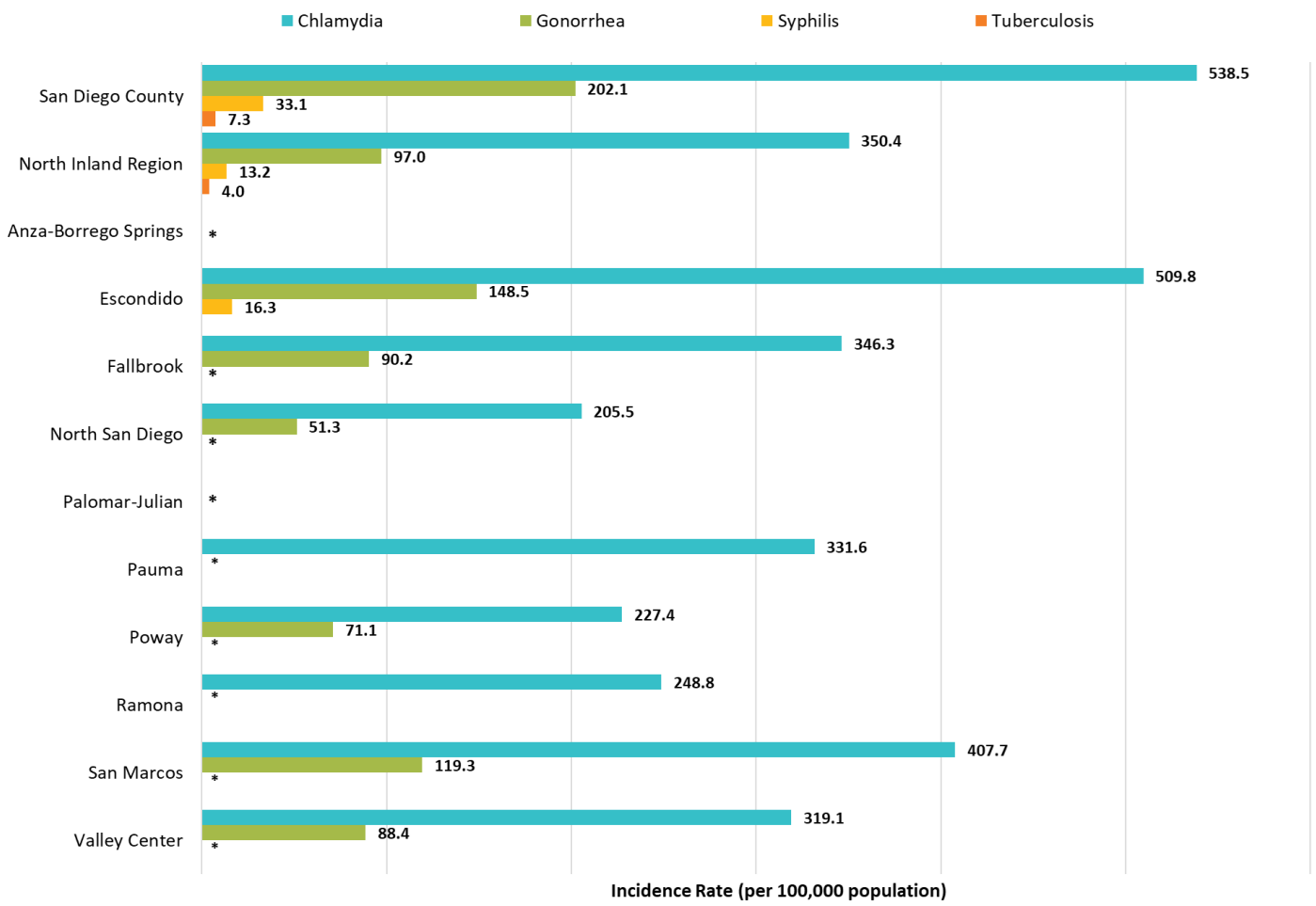
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2023 California Vital Records Business Intelligence System (VRBIS). Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included. SANDAG, Current Population Estimates. 2020-2021 population estimates were derived using the 2010 decennial census and data should be considered preliminary. 2022-2023 population estimates were derived from the 2020 decennial census.

Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, December 2025.

COMMUNICABLE (INFECTIOUS) DISEASES

In 2023, the incidence rates of communicable diseases chlamydia, gonorrhea, and syphilis in North Inland Region and its subregional areas (SRAs) were lower, compared to San Diego County overall. Among communicable diseases, the highest incidence rates were due to chlamydia in North Inland Region and its SRAs. Among North Inland Region SRAs, Escondido had the highest incidence rate due to chlamydia (509.8 per 100,000), followed by San Marcos (407.7 per 100,000). The second-highest incidence rates among communicable diseases were due to gonorrhea in North Inland Region and its SRAs. In 2023, Escondido SRA had the highest incidence rate due to gonorrhea (148.5 per 100,000) compared to all other SRAs in North Inland Region.

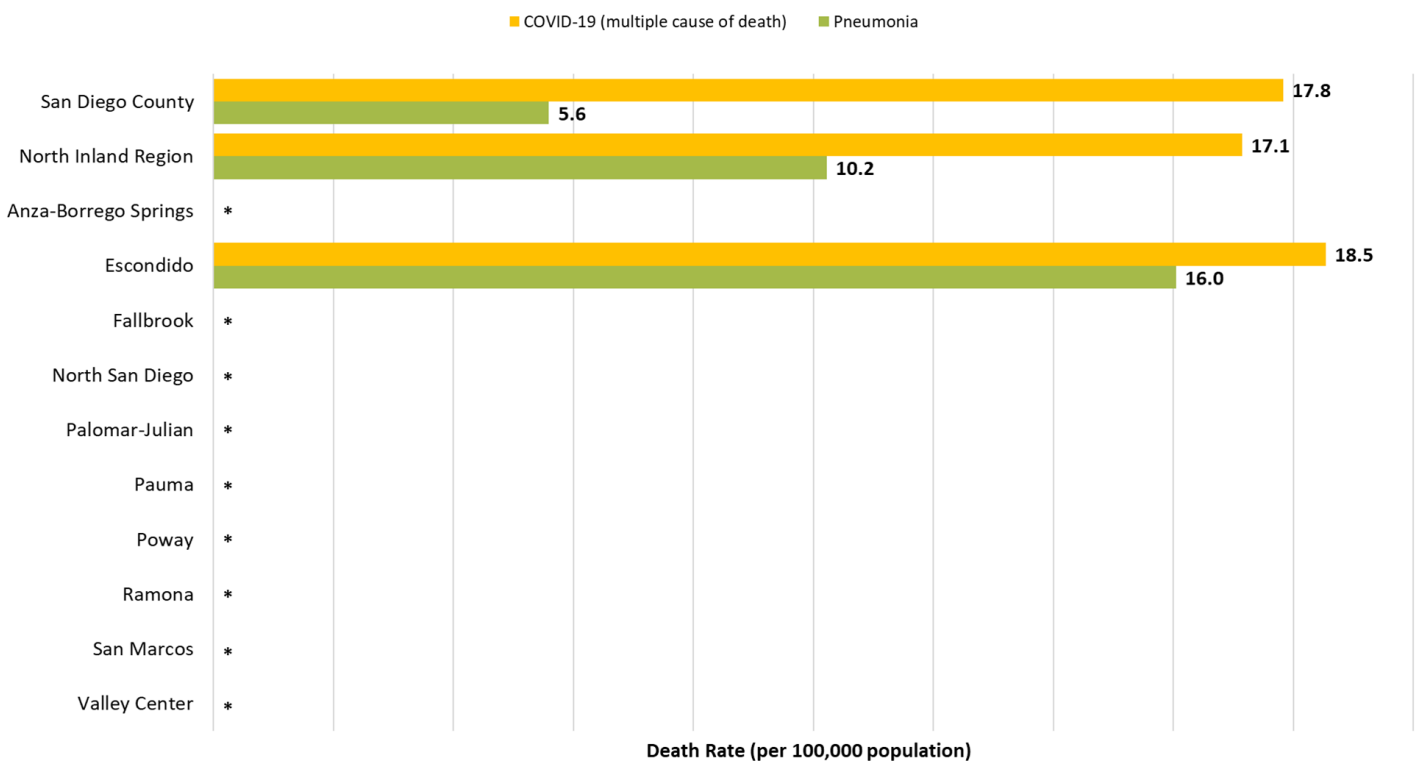
Incidence Rates of Chlamydia, Gonorrhea, Syphilis, and Tuberculosis in North Inland Region by Subregional Area (SRA), San Diego County, 2023



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Infectious Diseases, Division of Communicable Disease Control, California Reportable Disease Information Exchange (CalREDIE) and Report of Verified Case of Tuberculosis (RVCT), 2023. County of San Diego, Health and Human Services Agency, Public Health Services, HIV, STD and Hepatitis Branch. County of San Diego, Health and Human Services Agency, Public Health Services, Tuberculosis Prevention and Care Branch. SANDAG Population Estimates, 2023 (vintage: 01/2025). 2023 population estimates were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

Among communicable (infectious) diseases, the highest rate of death was due to COVID-19 (multiple cause of death) in North Inland Region (17.1 per 100,000), followed by pneumonia (10.2 per 100,000) in 2023. Among North Inland Region SRAs, Escondido had the highest rates of death due to COVID-19 (multiple cause of death) (18.5 per 100,000) and pneumonia (16.0 per 100,000) in 2023. The death rate due to pneumonia in Escondido SRA was 2.9 times that in San Diego County overall.

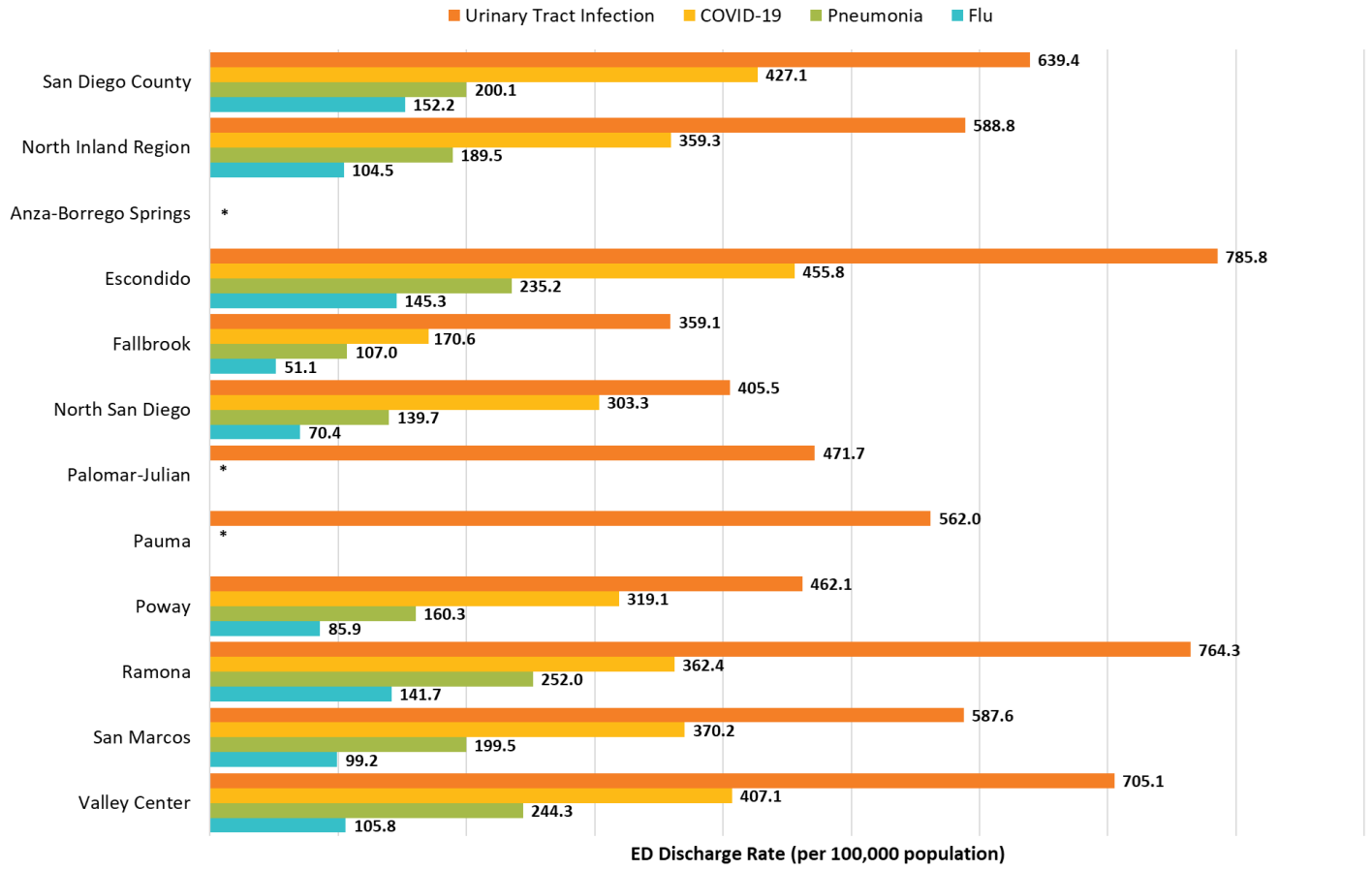
Communicable (Infectious) Disease Death Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2023



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included. SANDAG Population Estimates, 2023 (vintage: 01/2025). 2023 population estimates were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

Among communicable (infectious) diseases in 2023, the highest emergency department (ED) discharge rates were due to urinary tract infection and COVID-19 in North Inland Region and its SRAs. Among North Inland Region SRAs, Escondido had the highest ED discharge rate due to urinary tract infection (785.8 per 100,000) and COVID-19 (455.8 per 100,000) in 2023. Ramona SRA had the highest ED discharge rate due to pneumonia (252.0 per 100,000) compared to all other SRAs in North Inland Region in 2023.

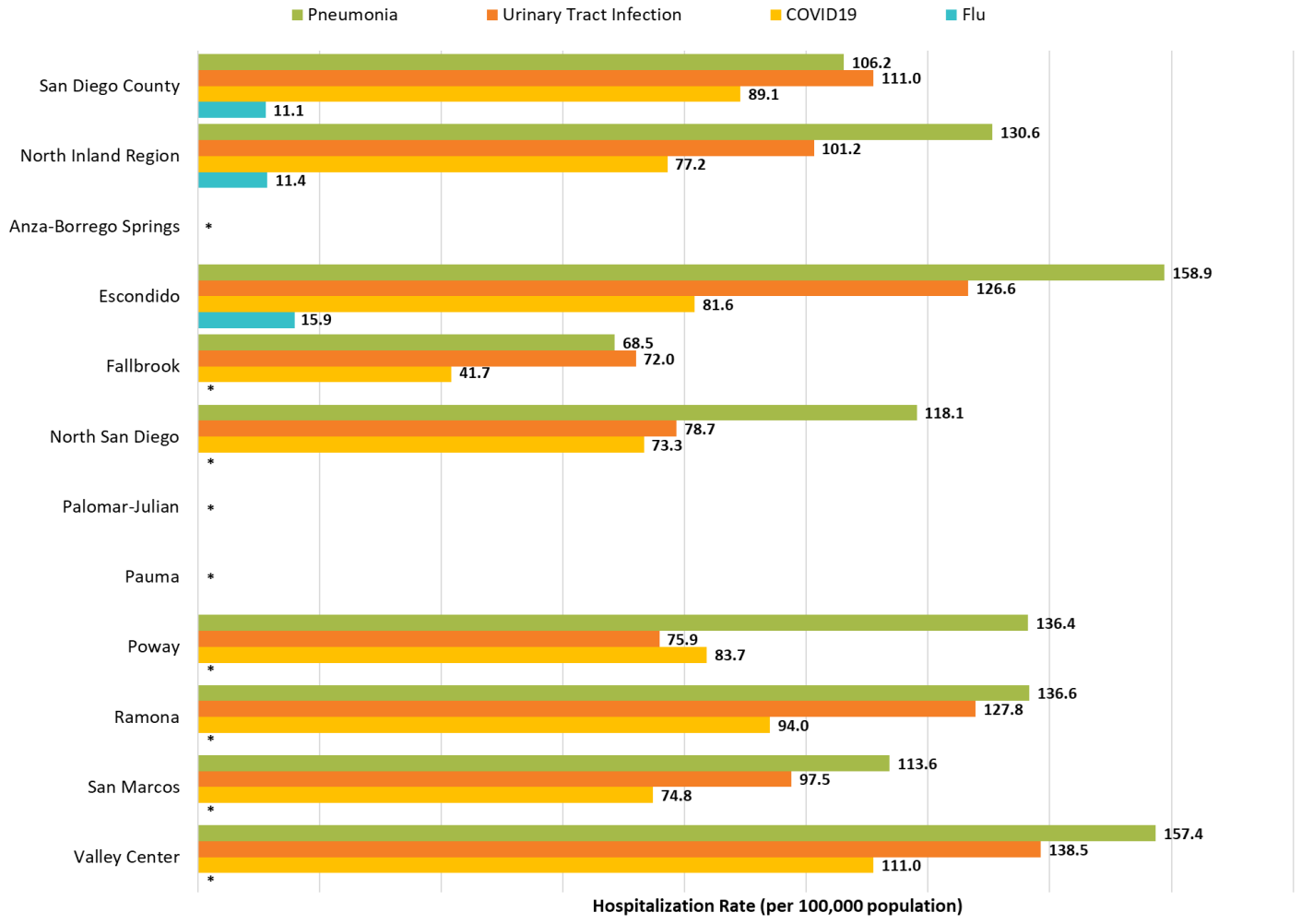
Communicable (Infectious) Disease Emergency Department (ED) Discharge Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2023



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2023. SANDAG Population Estimates, 2023 (vintage: 01/2025). 2023 population estimates were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

Among communicable (infectious) diseases in 2023, the highest hospitalization rate was due to pneumonia in North Inland Region. Among North Inland Region SRAs, Escondido had the highest hospitalization rate due to pneumonia (158.9 per 100,000), followed by Valley Center (157.4 per 100,000). The second-highest hospitalization rate among communicable (infectious) diseases was due to urinary tract infection in North Inland Region in 2023. Valley Center SRA had the highest hospitalization rate due to urinary tract infection (138.5 per 100,000) compared to all other SRAs in North Inland Region in 2023.

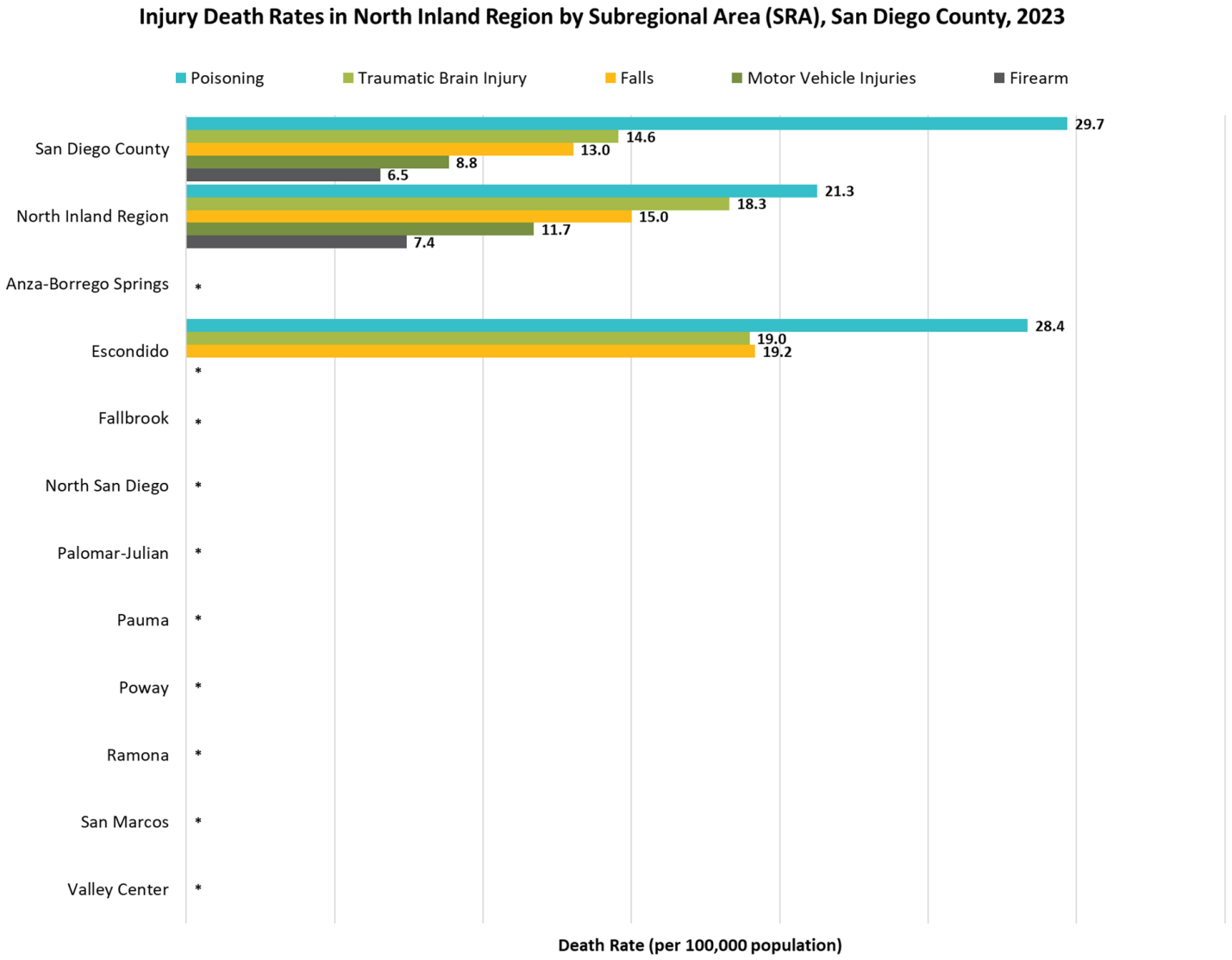
Communicable (Infectious) Disease Hospitalization Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2023



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2023. SANDAG Population Estimates, 2023 (vintage: 01/2025). 2023 population estimates were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

INJURY INDICATORS

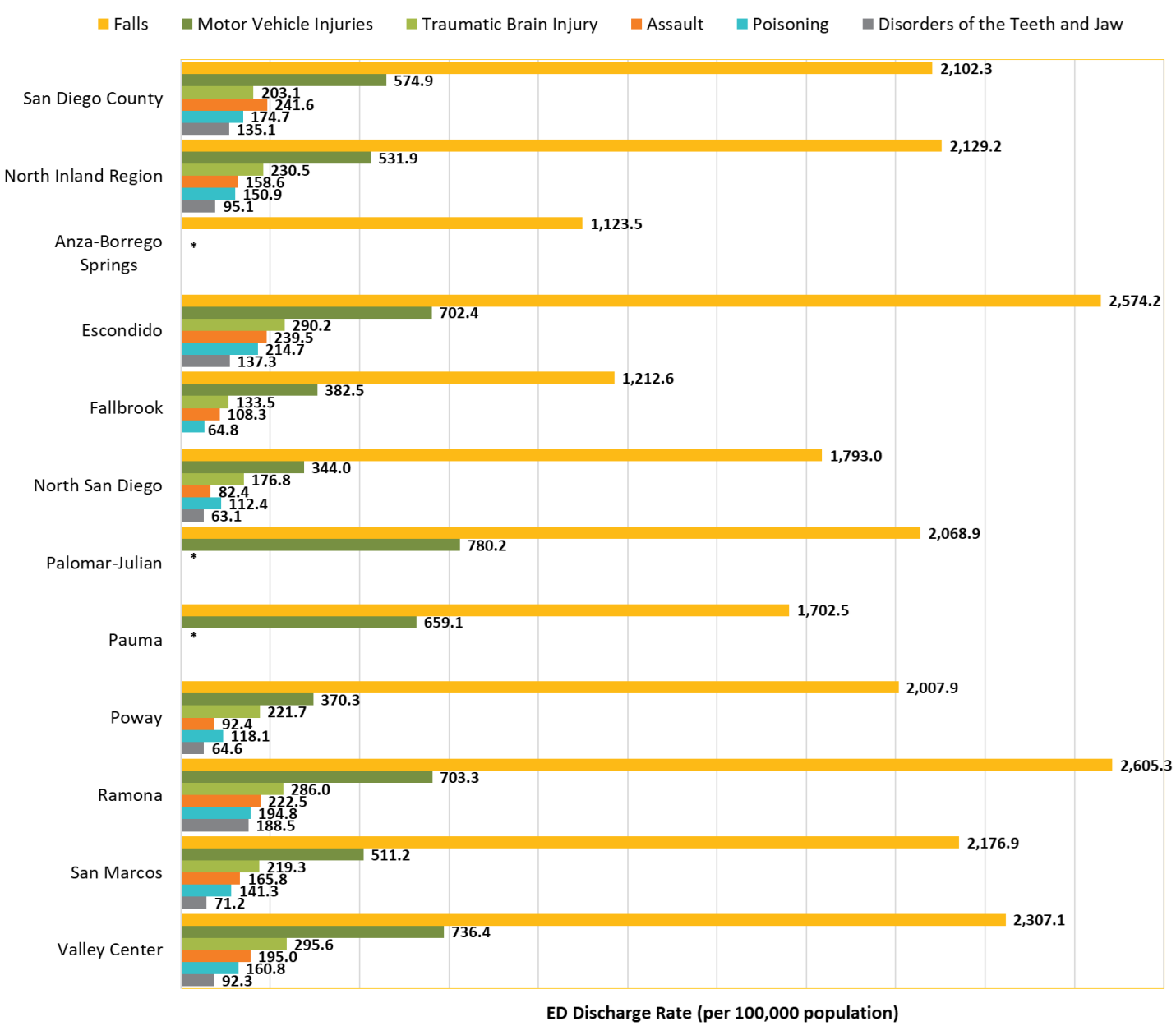
Among injuries, the highest rates of death in North Inland Region were due to poisoning (21.3 per 100,000), followed by traumatic brain injury (18.3 per 100,000), and falls (15.0 per 100,000) in 2023. Among North Inland Region subregional areas (SRAs), Escondido had the highest death rate due to poisoning (28.4 per 100,000), falls (19.2 per 100,000), and traumatic brain injury (19.0 per 100,000) compared to all other SRAs in North Inland Region.



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included. SANDAG Population Estimates, 2023 (vintage: 01/2025). 2023 population estimates were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

In 2023, the highest emergency department (ED) discharge rates among injury indicators were due to falls in North Inland Region and its SRAs. Among North Inland SRAs, Ramona had the highest rates of ED discharge due to falls (2,605.3 per 100,000), followed by Escondido (2,574.2 per 100,000). The second-highest ED discharge rates among injury indicators were due to motor vehicle injuries in North Inland Region and its SRAs in 2023. Palomar-Julian SRA had the highest ED discharge rate due to motor vehicle injuries (780.2 per 100,000) compared to all other North Inland Region SRAs.

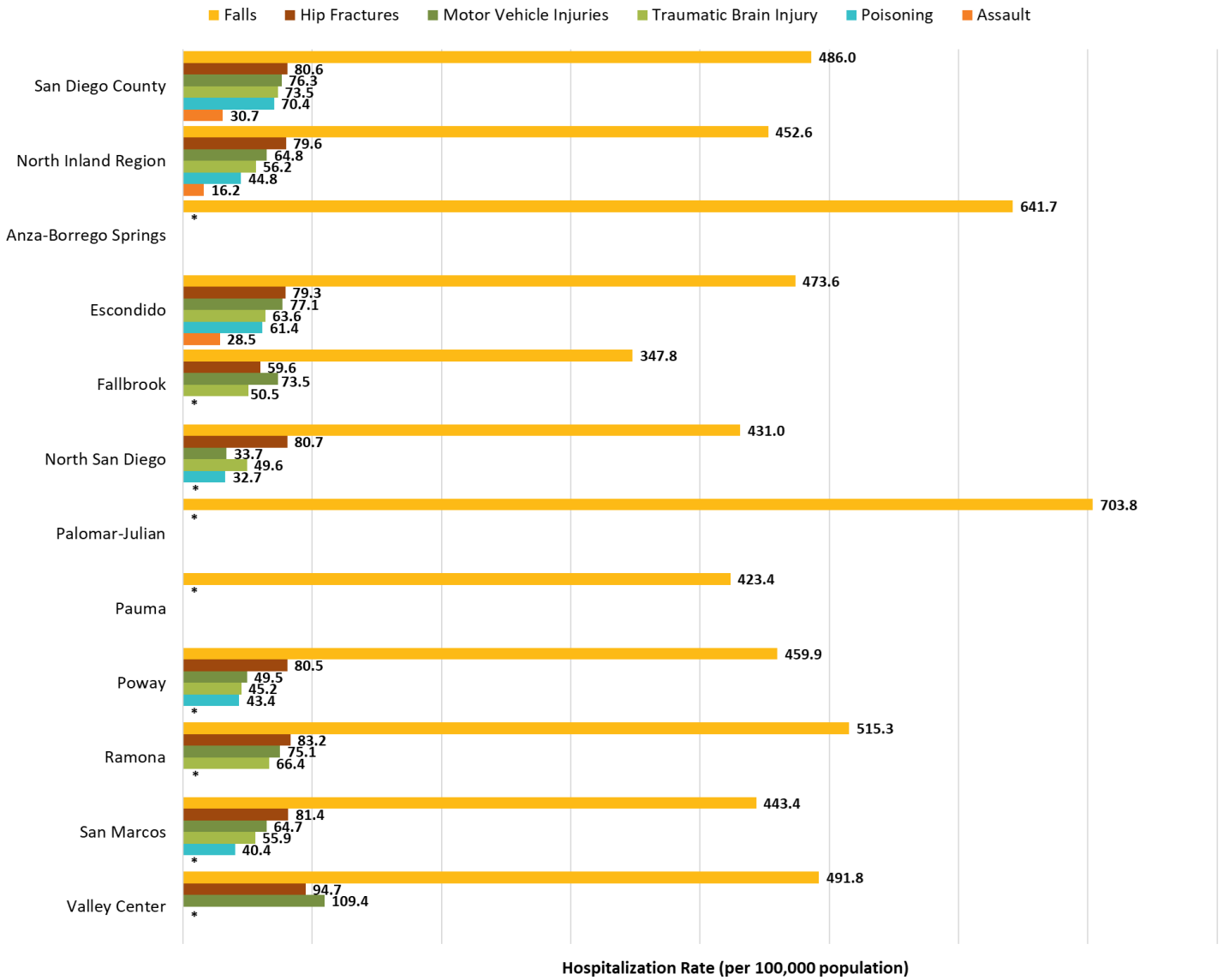
Injury Emergency Department (ED) Discharge Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2023



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2023. SANDAG Population Estimates, 2023 (vintage: 01/2025). 2023 population estimates were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

Among injury indicators, the highest hospitalization rates in North Inland Region and its SRAs were due to falls in 2023. Among North Inland SRAs, Palomar-Julian had the highest hospitalization rate due to falls (703.8 per 100,000), followed by Anza-Borrego Springs (641.7 per 100,000), while Fallbrook had the lowest hospitalization rate due to falls (347.8 per 100,000) in 2023. Among injury indicators, the second highest hospitalization rates were due to hip fractures in North Inland Region in 2023. Among North Inland Region SRAs, Valley Center had the highest rates of hospitalization due to hip fractures (94.7 per 100,000) and motor vehicle injuries (109.4 per 100,000).

Injury Hospitalization Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2023

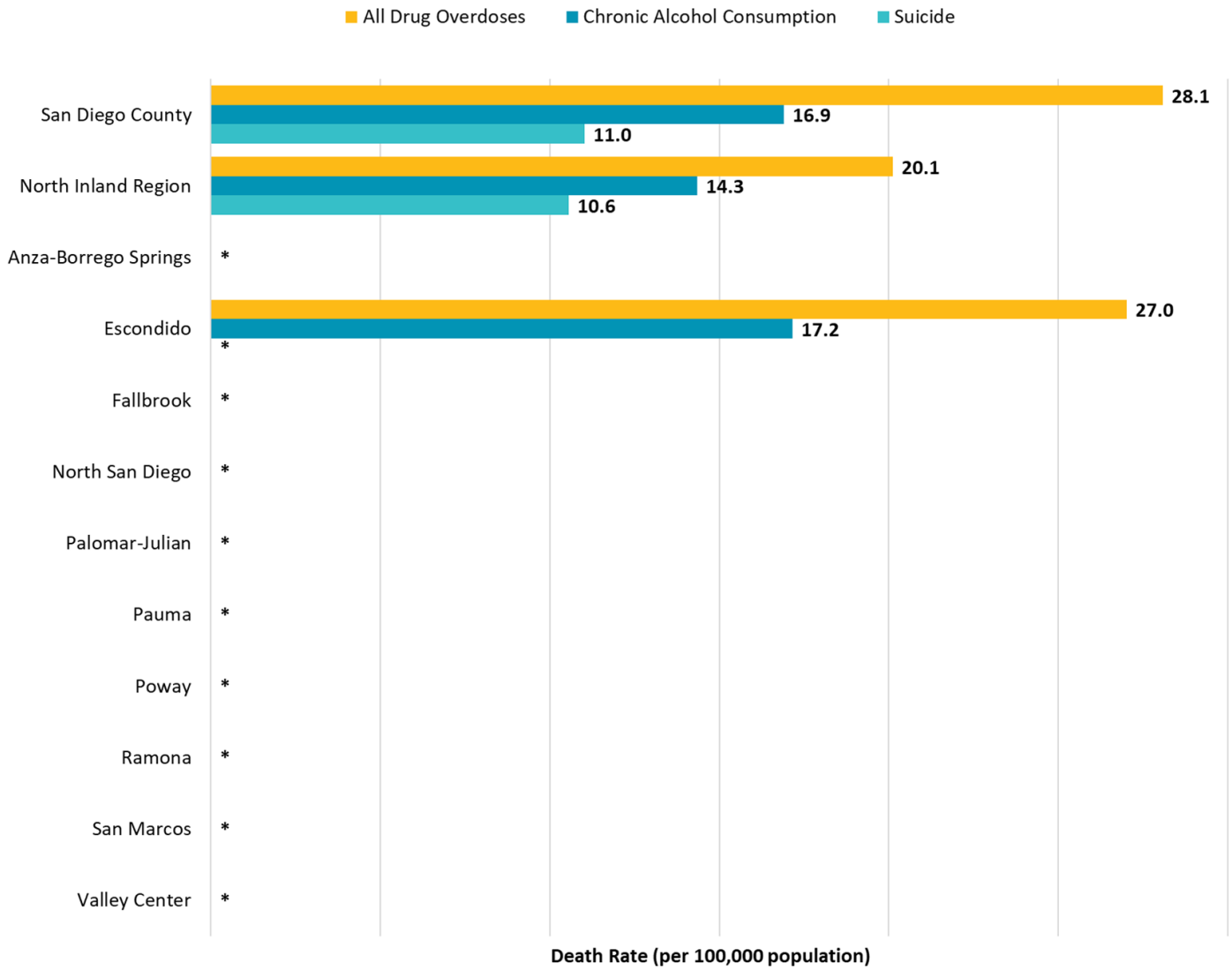


*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2023. SANDAG Population Estimates, 2023 (vintage: 01/2025). 2023 population estimates were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

BEHAVIORAL HEALTH INDICATORS

In 2023, among behavioral health indicators, the highest rates of death were due to all drug overdoses (20.1 per 100,000) and chronic alcohol consumption (14.3 per 100,000) in North Inland Region. Among North Inland Region subregional areas (SRAs), Escondido had the highest death rates due to all drug overdoses (27.0 per 100,000) and chronic alcohol consumption (17.2 per 100,000) in 2023.

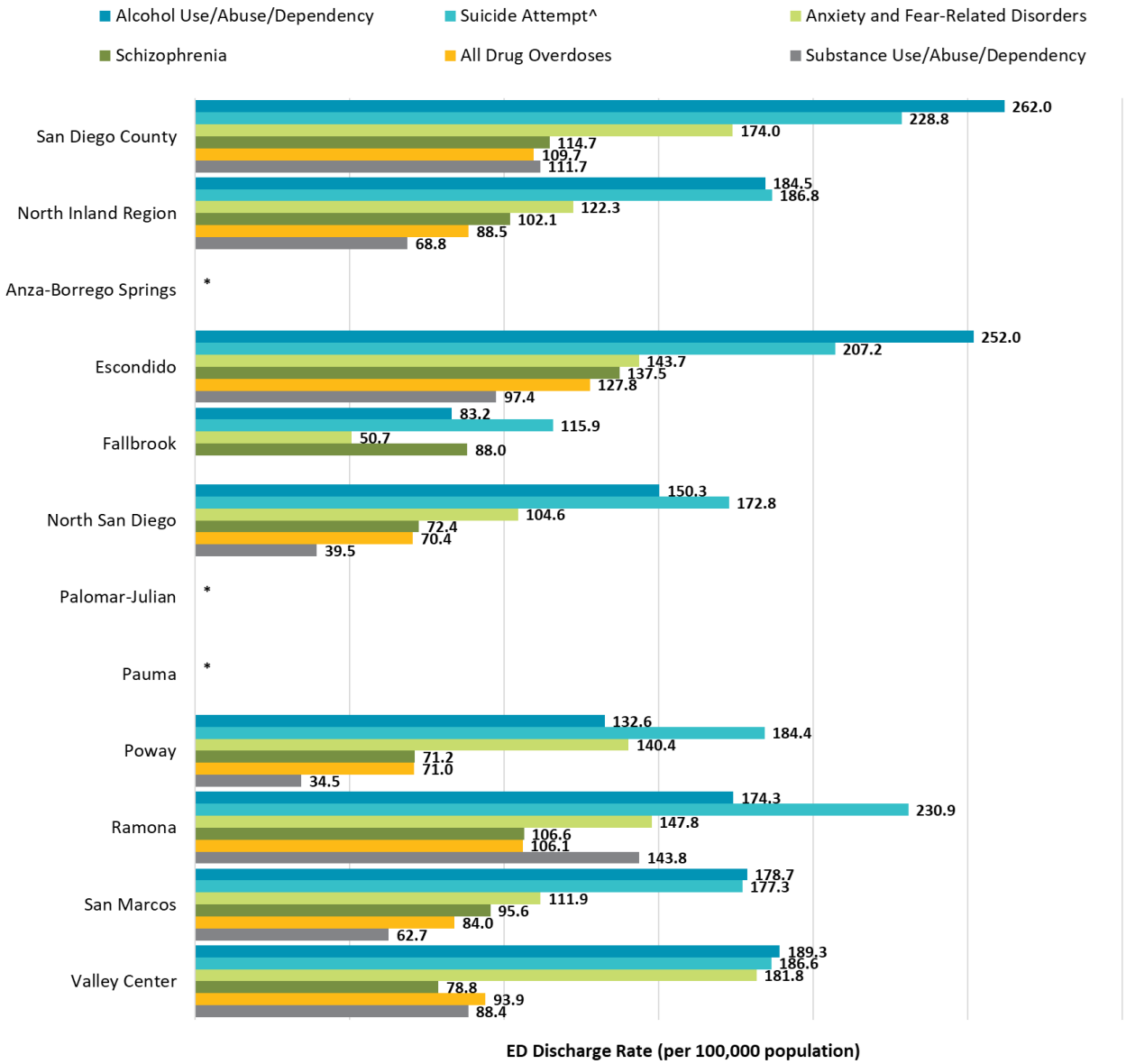
Behavioral Health Indicator Death Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2023



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included. SANDAG Population Estimates, 2023 (vintage: 01/2025). 2023 population estimates were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

Among behavioral health indicators in 2023, the highest emergency department (ED) discharge rates were due to alcohol use/abuse/dependency and suicide attempt/ideation/intentional self-harm in North Inland Region. Among North Inland Region SRAs, Escondido had the highest ED discharge rate due alcohol use/abuse/dependency (252.0 per 100,000) and Ramona had the highest ED discharge rate due to suicide attempt/ideation/intentional self-harm (230.9 per 100,000) in 2023. Among North Inland SRAs, Valley Center had the highest ED discharge rate due to anxiety and fear-related disorders (181.8 per 100,000) in 2023.

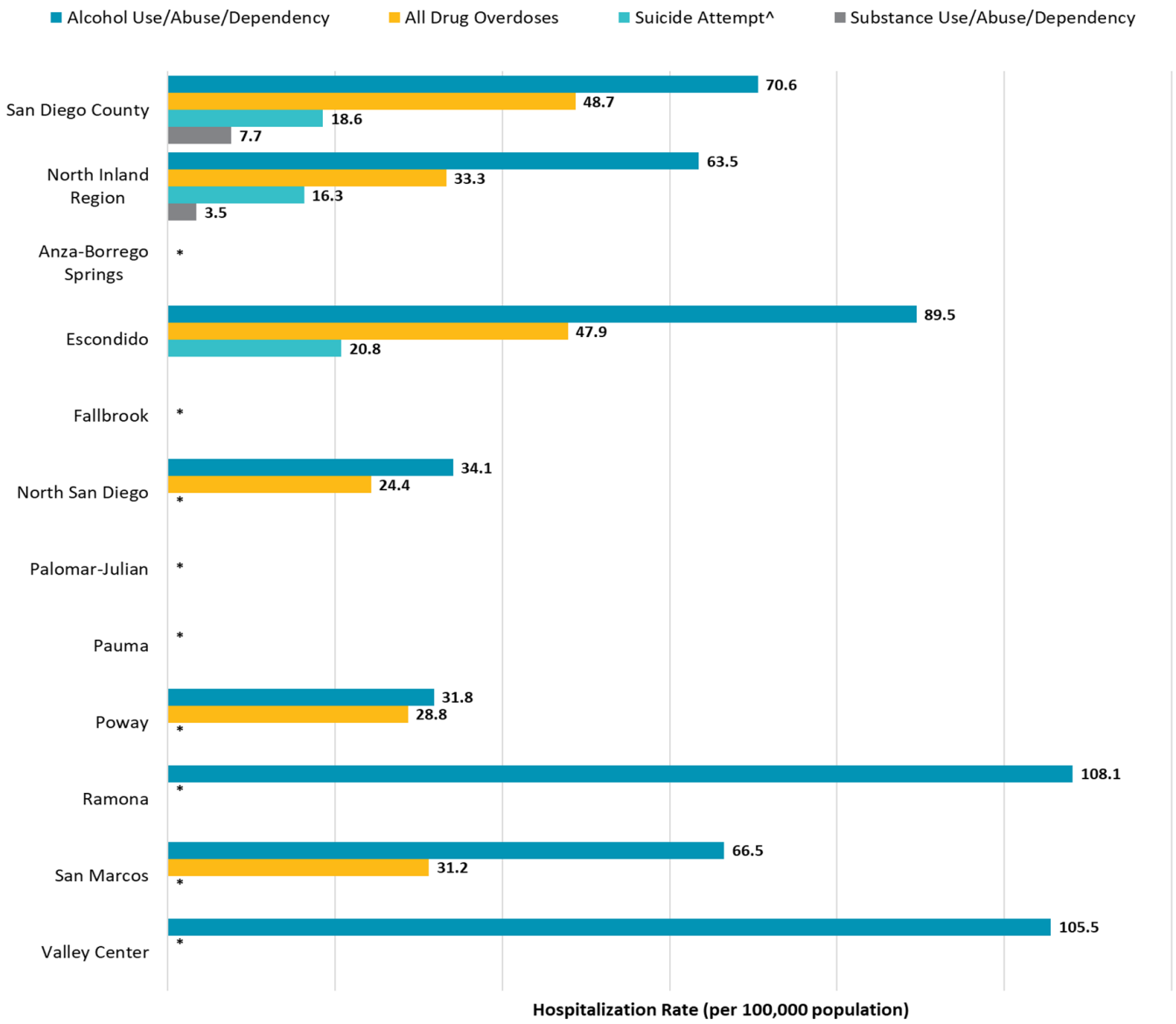
Behavioral Health Indicator Emergency Department (ED) Discharge Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2023



*Rates based on events <20 are suppressed due to statistical instability.
^Suicide Attempt includes ideation/attempt/intentional self-harm.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2023. SANDAG Population Estimates, 2023 (vintage: 01/2025). 2023 population estimates were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

In North Inland Region and its SRAs, the highest hospitalization rates among behavioral health indicators were due to alcohol use/abuse/dependency. Among North Inland SRAs, Ramona had the highest hospitalization rate due to alcohol use/abuse/dependency (108.1 per 100,000), followed by Valley Center (105.5 per 100,000). In 2023, the second-highest hospitalization rates among behavioral health indicators were due to all drug overdoses in North Inland Region and Escondido SRA had the highest hospitalization rate due to all drug overdoses (47.9 per 100,000) in the region.

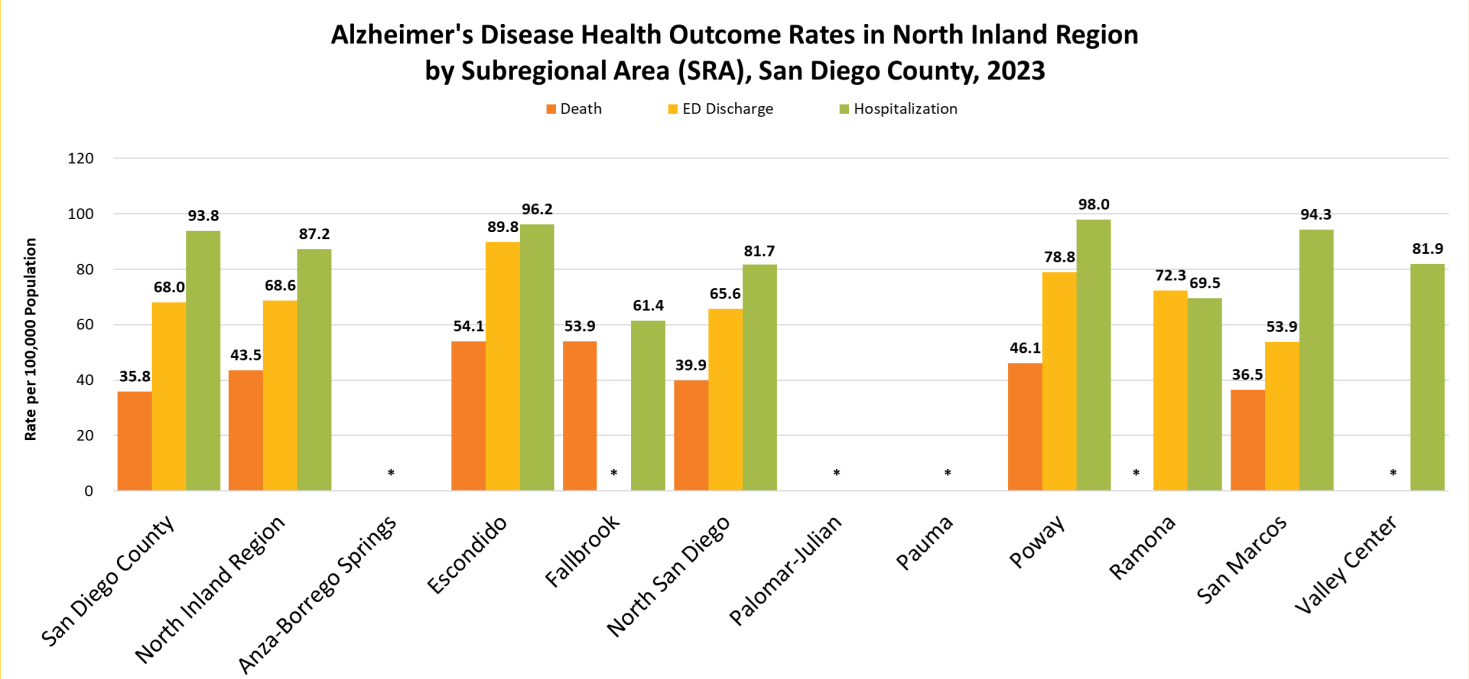
Behavioral Health Indicator Hospitalization Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2023



*Rates based on events <20 are suppressed due to statistical instability.
^Suicide Attempt includes ideation/attempt/intentional self-harm.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2023. SANDAG Population Estimates, 2023 (vintage: 01/2025). 2023 population estimates were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

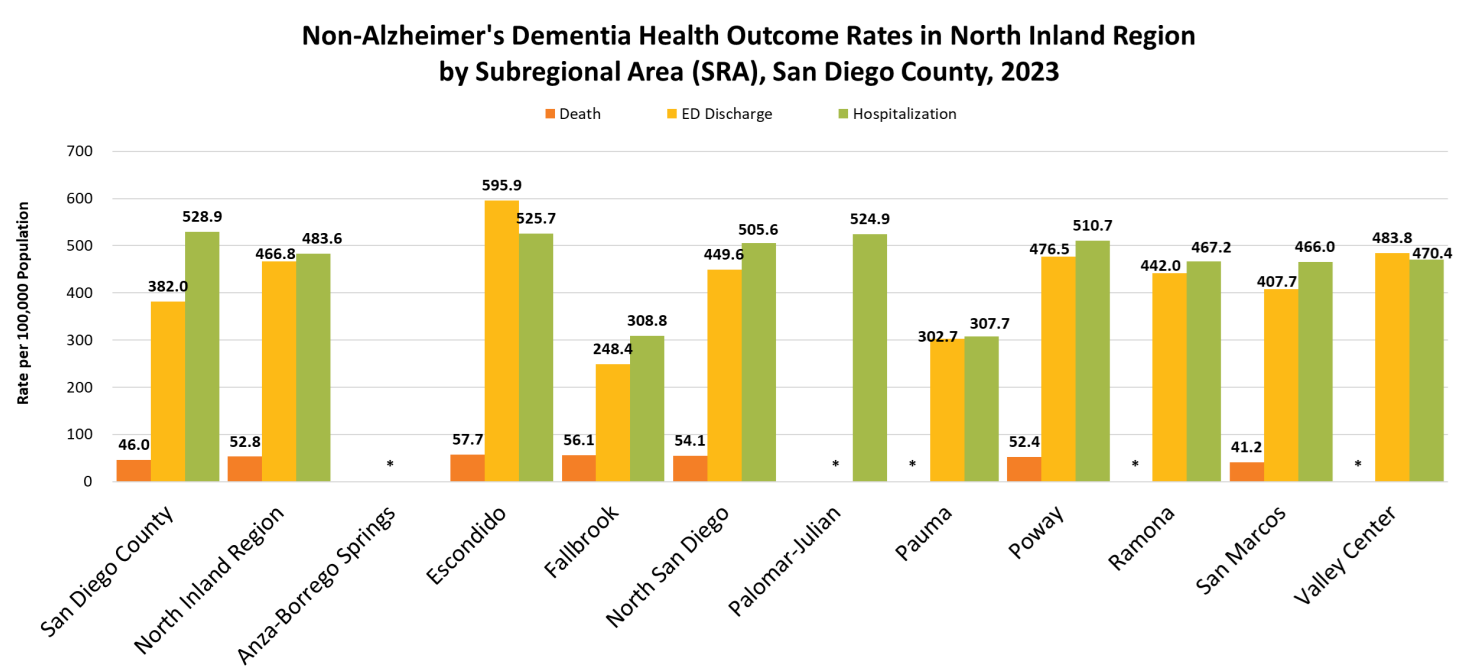
ALZHEIMER'S DISEASE AND NON-ALZHEIMER'S DEMENTIA

In 2023, North Inland Region had a higher rate of death due to Alzheimer's disease than San Diego County overall. Among North Inland Region subregional areas (SRAs), Escondido had the highest death rate (54.1 per 100,000) due to Alzheimer's disease and the highest ED discharge rate (89.8 per 100,000) due to any mention of Alzheimer's disease, while Poway had the highest hospitalization rate (98.0 per 100,000) due to any mention of Alzheimer's disease.



†Death rates are from the underlying cause of death, while hospitalization and emergency department rates include any mention of the diagnosis in the medical record.
*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2023. SANDAG Population Estimates, 2023 (vintage: 01/2025). 2023 population estimates were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

In 2023, North Inland Region had a higher rate of death due to non-Alzheimer's dementia than San Diego County overall and Escondido SRA had the highest death rate (57.7 per 100,000) due to non-Alzheimer's dementia in the region. In 2023, North Inland Region had a higher ED discharge rate due to any mention of non-Alzheimer's dementia than San Diego County overall and Escondido SRA had the highest rates of ED discharge (595.9 per 100,000) and hospitalization (525.7 per 100,000) due to any mention of non-Alzheimer's dementia in the region.



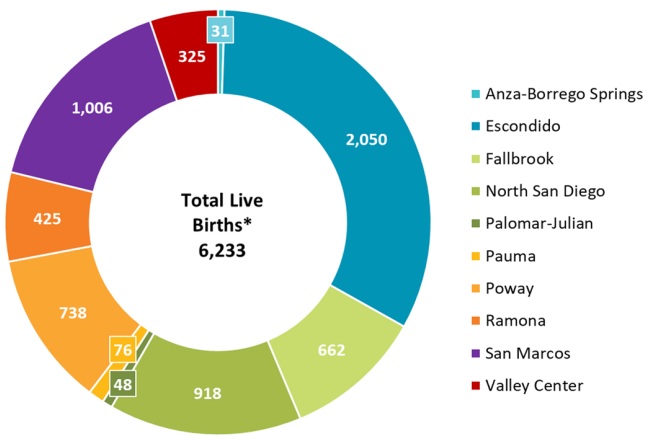
†Death rates are from the underlying cause of death, while hospitalization and emergency department rates include any mention of the diagnosis in the medical record.
*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2023. SANDAG Population Estimates, 2023 (vintage: 01/2025). 2023 population estimates were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

MATERNAL AND CHILD HEALTH INDICATORS

In 2023, there were 6,233 total live births in North Inland Region, which represented 17.5% of the total live births in San Diego County (35,713).

In 2023, nearly 1 out of 3 live births (32.9%) in North Inland Region were in Escondido subregional area (SRA).

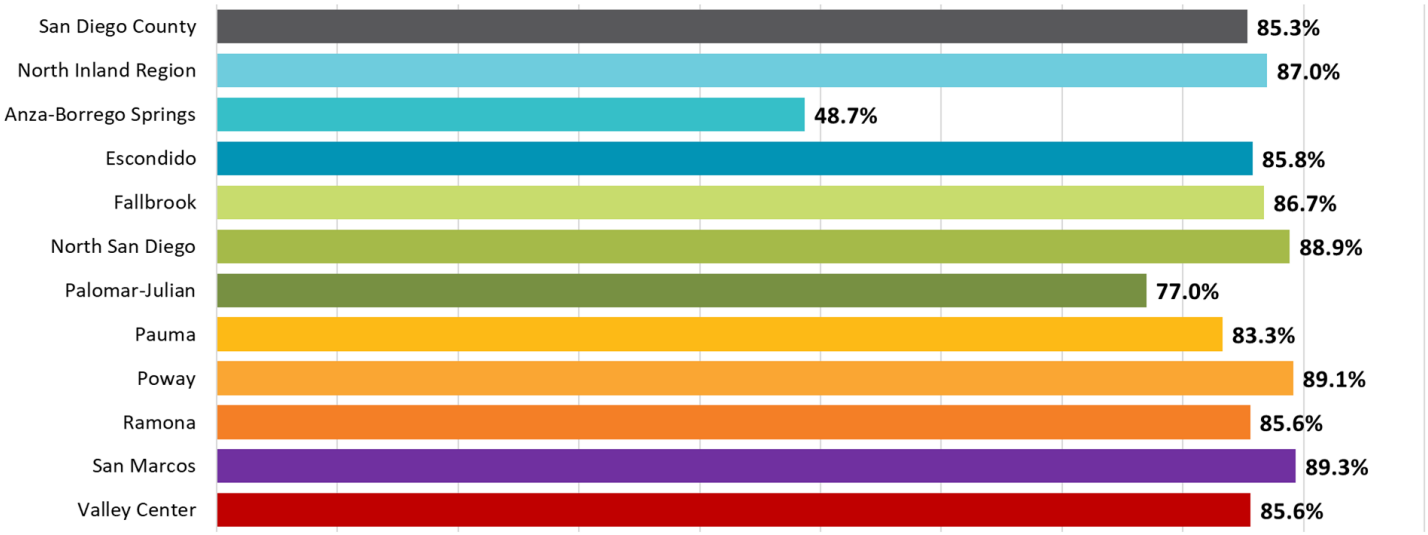
Distribution of Live Births in North Inland Region by Subregional Area (SRA), San Diego County, 2023



*Total live births in subregional areas (SRAs) may not add up to the regional total live births due to allocation.
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2023. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

Early prenatal care is defined as care beginning during the 1st trimester of pregnancy, however, it does not account for frequency of care. In 2023, the proportion of mothers who received early prenatal care in North Inland Region (87.0%) was higher than in San Diego County overall (85.3%). Among North Inland Region SRAs, Anza-Borrego Springs had the lowest proportion of mothers who received prenatal care (48.7%), followed by Palomar-Julian (77.0%).

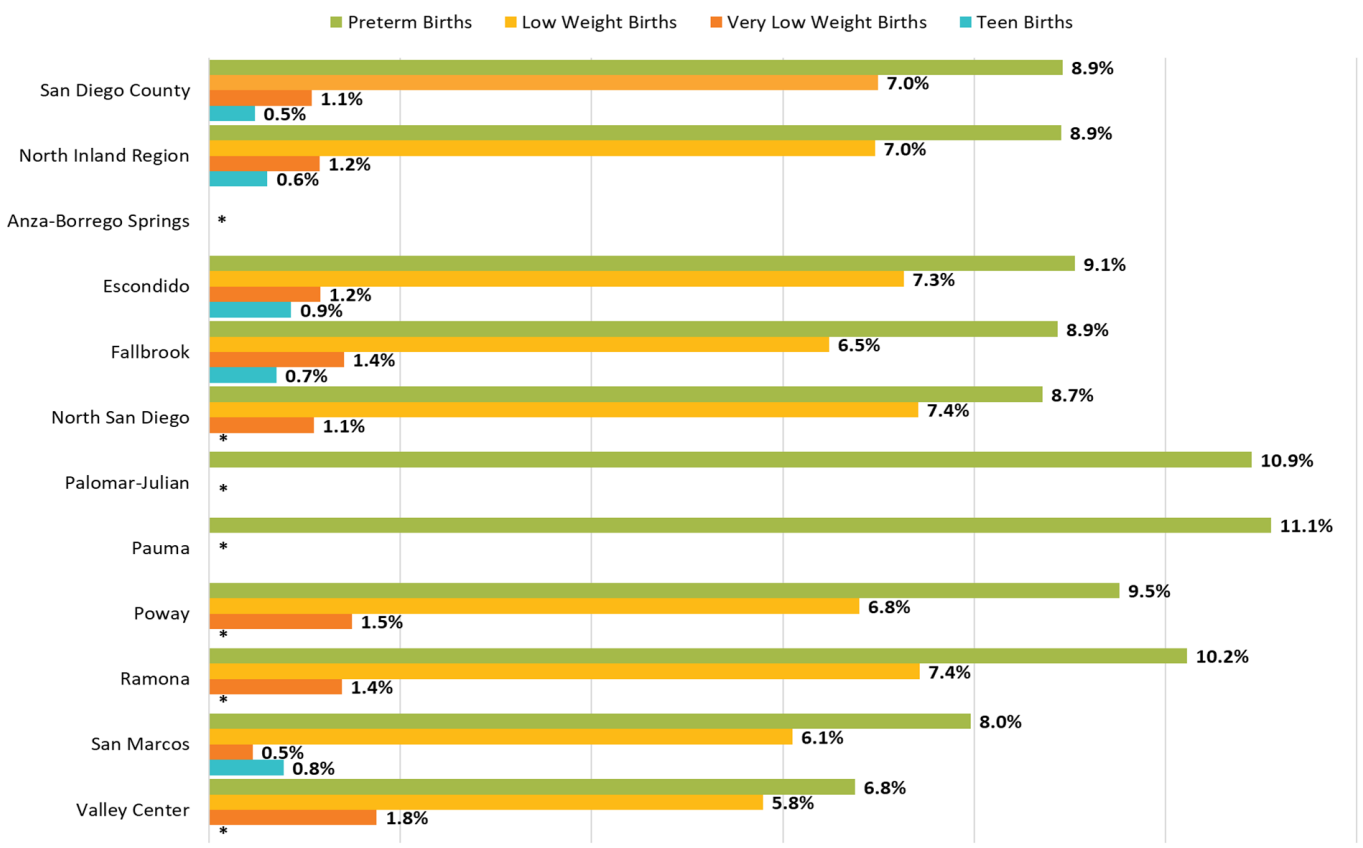
Percentage of Early Prenatal Care Among Births in North Inland Region and Subregional Areas (SRAs), San Diego County, 2023



*Percentages not calculated for fewer than 5 events. Percentages not calculated in cases where zip code is unknown.
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2023. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

Preterm birth is the delivery of a baby before completing 37 weeks of gestation. In 2023, 8.9% of live births in North Inland Region were preterm births. Among North Inland SRAs, Pauma had the highest proportion of preterm births (11.1%), followed by Palomar-Julian (10.9%). A baby with a birth weight less than 2,500 grams (approximately 5 lbs., 8 oz.) is considered to have low birth weight, while a baby with a birth weight less than 1,500 grams (approximately 3 lbs., 5 oz.) is classified as very low birth weight. In 2023, 7.0% of live births in North Inland Region were low weight births, while 1.2% of those live births were very low weight births. Among North Inland SRAs, North San Diego and Ramona had the highest proportion of low weight births (7.4%), followed by Escondido (7.3%). Valley Center SRA had the highest proportion of very low weight births (1.8%) in 2023. The percentage of teen births (aged 15-17 years) out of all live births in a specific area is referred to as the teen birth percentage. In 2023, the proportions of teen births in Escondido SRA (0.9%), San Marcos SRA (0.8%), and Fallbrook SRA (0.7%) were higher than in North Inland Region (0.6%) and San Diego County overall (0.5%).

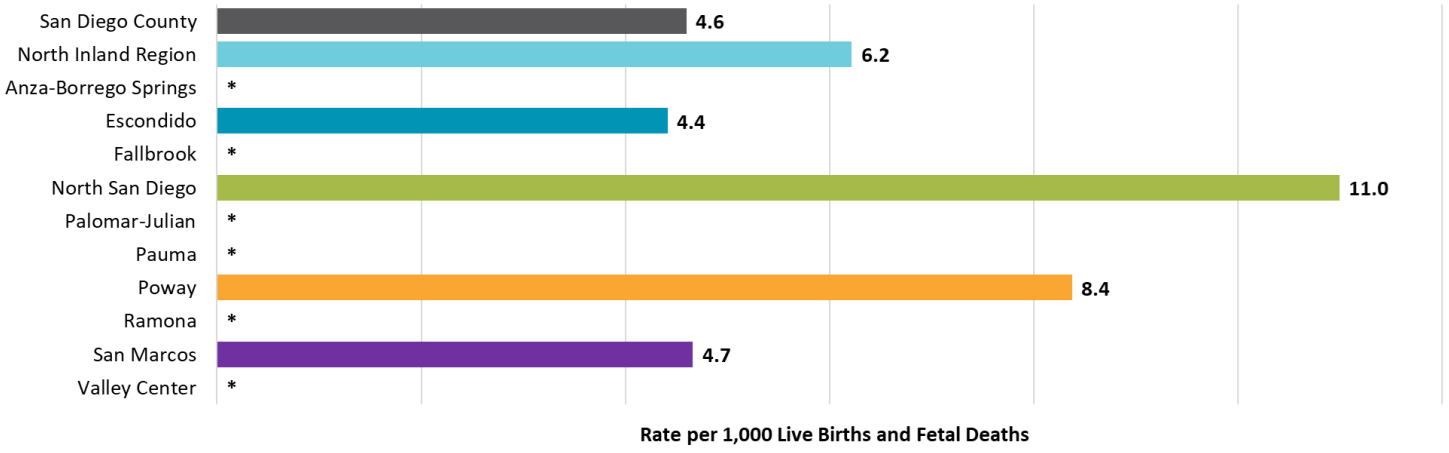
Percentage of Preterm Births, Low Weight Births, Very Low Weight Births, and Teen Births in North Inland Region by Subregional Area (SRA), San Diego County, 2023



*Percentages not calculated for fewer than 5 events. Percentages not calculated in cases where zip code is unknown.
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2023. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

Fetal mortality refers to a fetal death during a pregnancy with at least 20 complete weeks of gestation. In 2023, the fetal mortality rate in North Inland Region (6.2 per 1,000 live births and fetal deaths) was higher than in San Diego County overall (4.6 per 1,000 live births and fetal deaths). North San Diego SRA had the highest fetal mortality rate in North Inland Region (11.0 per 1,000 live births and fetal deaths), which was nearly 2.4 times that in San Diego County overall.

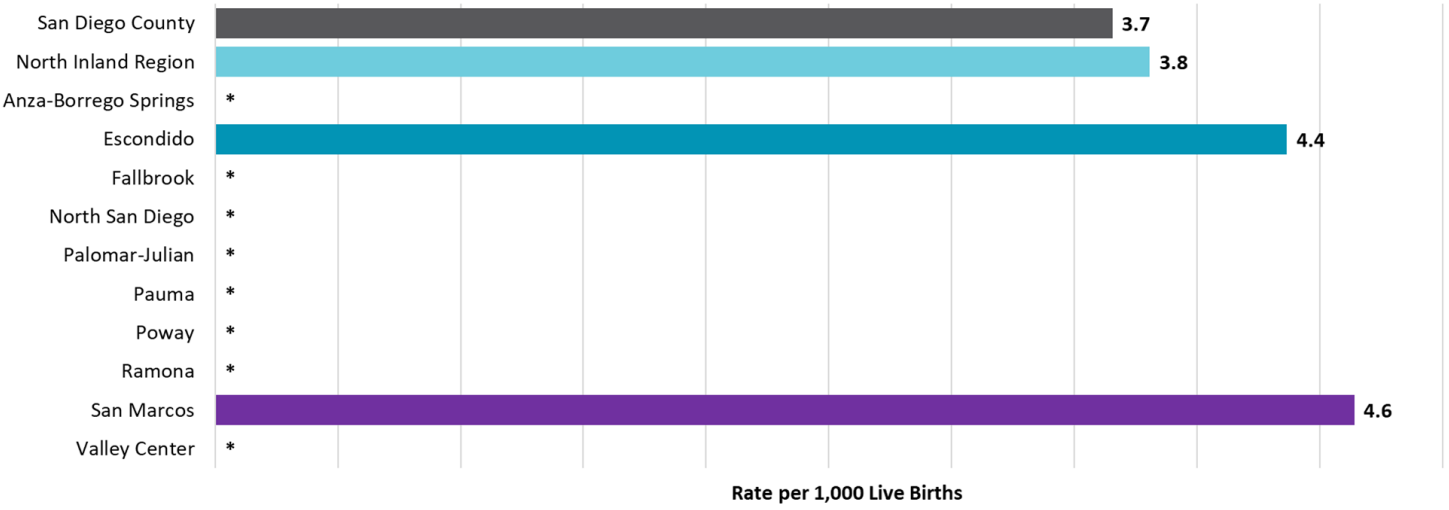
Fetal Mortality Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2023



*Rates are not calculated when the number of events is fewer than 11.
Source: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth and Fetal Death Statistical Master Files, and California Comprehensive Birth Files, 2023. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

Infant mortality refers to an infant's death before one year of age. In 2022, the infant mortality rate in North Inland Region (3.8 per 1,000 live births) was comparable with San Diego County overall (3.7 per 1,000 live births).

Infant Mortality Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2022



*Rates are not calculated when the number of events is fewer than 11.
Source: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Cohort Statistical Master Files, 2022.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

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. Below is a summary of the demographic characteristics, socioeconomic factors, and health concerns in North Inland Region and its SRAs.

Demographic Characteristics

- In 2023, North Inland Region was the second most populous region in San Diego County, representing 18.5% of the total county population.
- In 2023, North Inland Region had the highest proportion of residents aged 65 years and over (17.0%) compared to all other HHSA regions in San Diego County.

Socioeconomic Factors

- In 2023, North Inland Region had the second highest median household income ($122,813) compared to all other HHSA regions in San Diego County.
- In 2023, over half of households in North Inland Region had a household income over $100,000.

Health Outcomes

- Among North Inland Region SRAs, the death, emergency department (ED) discharge, and hospitalization rates among health indicators were generally higher in Escondido in 2023.

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 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.