COUNTY OF SAN DIEGO

LIVE WELL SAN DIEGO

North Inland Region

Health Status Report Summary

NOVEMBER 2024

County of San Diego, Health and Human Services Agency,

Public Health Services, Community Health Statistics Unit

Accredited Health Department · PHAB Advancing Public Health Performance · Public Health Accreditation Board

North Inland Region Health Status Report Summary

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

November 2024

This document was developed by the Community Health Statistics Unit of County of San Diego and is in support of *Live Well San Diego*.

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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 2022 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 2022. 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 2022 for North Inland Region, outlining the relative burden of a specific cause of death compared to other causes.
3) **Health Outcomes:** Deaths on this report refer to the underlying cause of death, except for all opioid overdoses, chronic kidney disease, 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 Related Dementias, and
    f) Maternal and Child Health Indicators.

HEALTH STATUS OVERVIEW (2022): NORTH INLAND REGION

DEMOGRAPHIC CHARACTERISTICS

Population: 606,857
(18.4% of San Diego County's population)
Age Distribution:

- 0-4 years old (6.5%)
- 5-14 years old (13.0%)
- 15-24 years old (11.7%)
- 25-44 years old (26.6%)
- 45-64 years old (25.6%)
- 65+ years old (16.6%)

Median Household Income: $116,267
Population Below 200% Federal Poverty Level (FPL): 21.6%
Population with Health Insurance: 93.0%
Population with Disability: 10.1%
Households Receiving Food Stamps/SNAP/CalFresh: 5.9%

MORTALITY MEASURES

Overall Life Expectancy: 79.1 years
Top 5 Leading Causes of Death:

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

LEADING HEALTH OUTCOMES

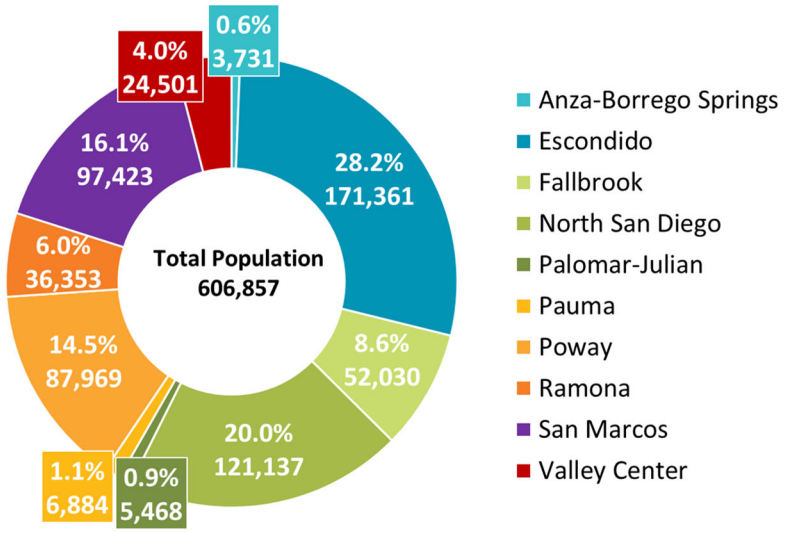
	Death Rate	ED Discharge Rate	Hospitalization Rate
Non-Communicable (Chronic) Diseases	**Overall Cancer** 165.0 per 100,000	**Overall Heart Disease** 1,644.6 per 100,000	**Overall Heart Disease** 874.0 per 100,000
Communicable (Infectious) Diseases	**COVID-19** 37.5 per 100,000	**COVID-19** 899.5 per 100,000	**COVID-19** 162.0 per 100,000
Injury Indicators	**Poisoning** 19.4 per 100,000	**Falls** 1,961.8 per 100,000	**Falls** 417.4 per 100,000
Behavioral Health Indicators	**Alcohol Related Disorders** 15.6 per 100,000	**Suicide Attempt/Ideation/ Intentional Self-Harm** 232.7 per 100,000	**Alcohol Related Disorders** 48.3 per 100,0000
Alzheimer's Disease and Related Dementias	99.8 per 100,000	26.9 per 100,000	9.0 per 100,000

Maternal and Child Health Indicators		
Total Live Births: 6,563	**Preterm Births:** 9.2% **Low Weight Births:** 6.9% **Very Low Weight Births:** 1.1% **Teen Births:** 0.4% **Received Early Prenatal Care:** 91.0%	**Infant Mortality Rate (2021):** 1.5 per 1,000 Total Live Births **Fetal Mortality Rate:** 4.4 per 1,000 Live Births and Fetal Deaths

POPULATION CHARACTERISTICS

In 2022, North Inland Region was home to an estimated 606,857 residents, representing 18.4% of the San Diego County population (3,289,701). Adults aged 25-44 years old (26.6%) and 45-64 years old (25.6%) 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 (28.8%), followed by North San Diego (28.0%).

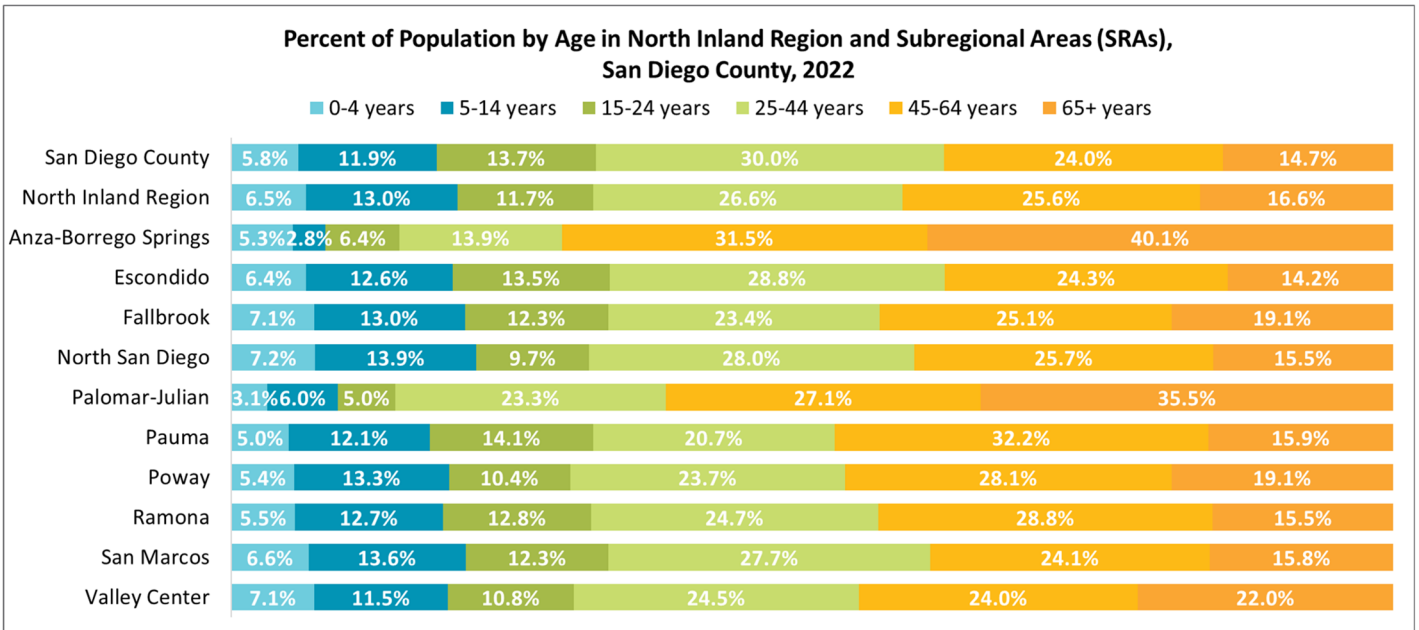
North Inland Region Population Distribution* by Subregional Area (SRA), 2022



*Please note that percentages may not add up to 100% due to rounding.
Source: U.S. Census Bureau; 2018-2022 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, November 2024.

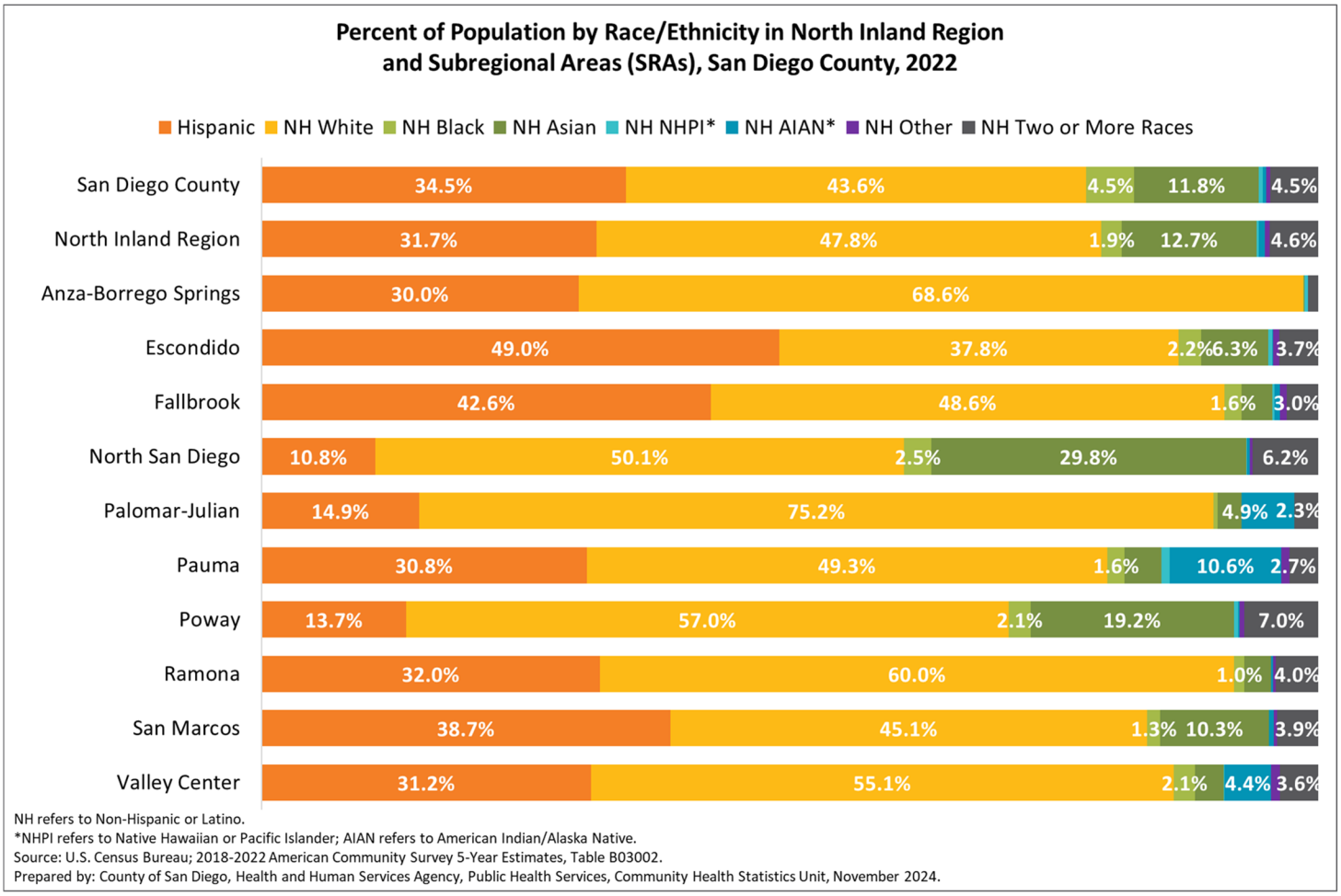
North Inland Region had the highest proportion of residents 65 years and over (16.6%) compared to all other Health and Human Services Agency (HHSA) Regions in 2022. Among North Inland Region SRAs, Anza-Borrego Springs (40.1%) and Palomar-Julian (35.5%) had the highest proportion of residents 65 years and over.

Percent of Population by Age in North Inland Region and Subregional Areas (SRAs), San Diego County, 2022



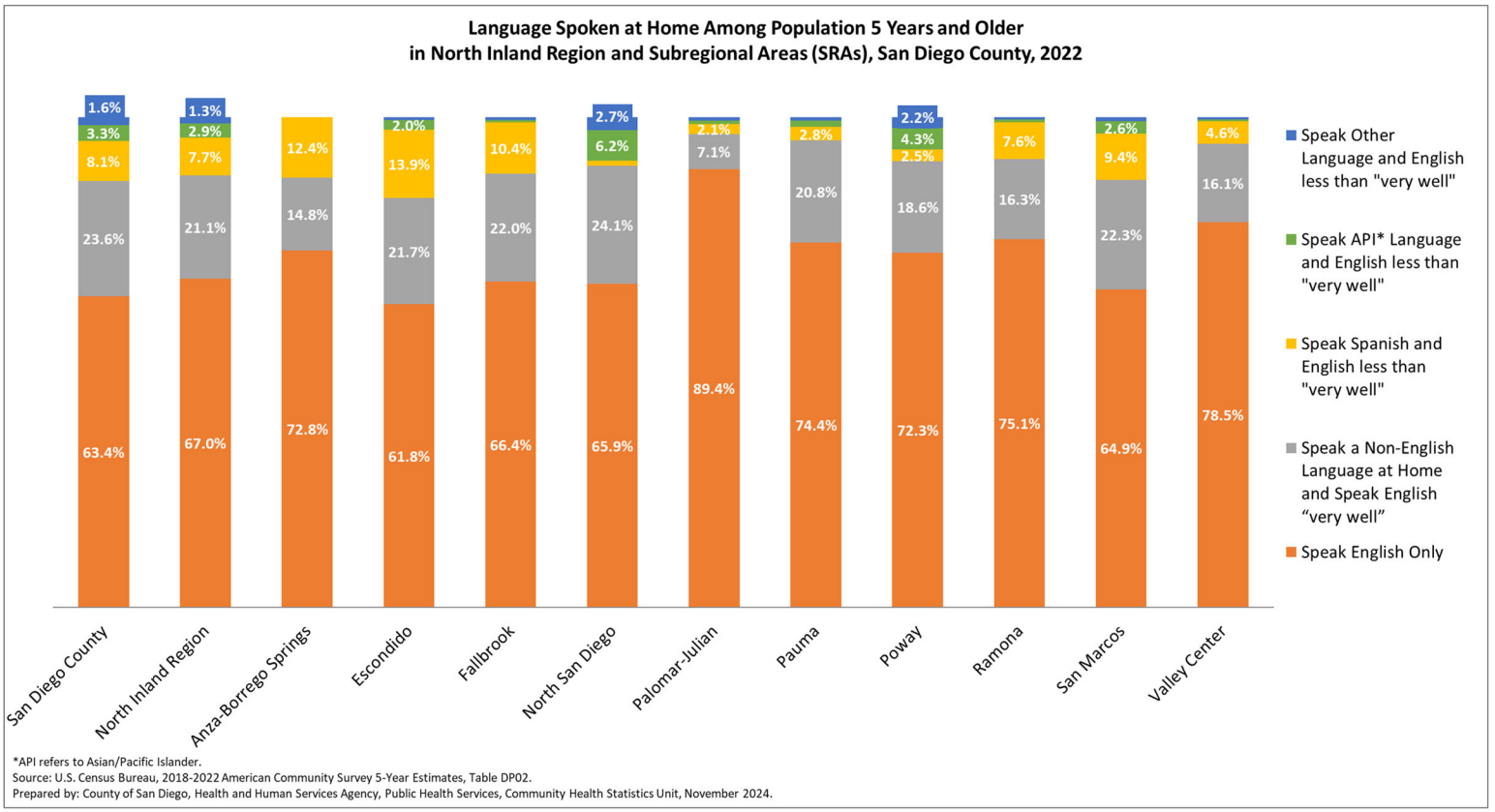
Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table B01001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In 2022, residents in North Inland Region were primarily non-Hispanic (NH) White (47.8%), followed by Hispanic (31.7%), NH Asian (12.7%), NH residents with two or more races (4.6%), NH Black (1.9%), NH American Indian and Alaska Native (0.6%), NH Other (0.4%), and NH Native Hawaiian and Other Pacific Islander (0.2%). Among North Inland Region SRAs, Escondido had the highest proportion of Hispanic residents (49.0%), while North San Diego had the lowest proportion (10.8%). Furthermore, North San Diego SRA had the highest proportion of Black residents (2.5%), 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 (0.6%) compared to all other HHSA Regions in 2022. Among North Inland Region SRAs, Pauma (10.6%), Palomar-Julian (4.9%), and Valley Center (4.4%) had the highest proportion of AIAN residents in 2022.



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; 2018-2022 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, November 2024.

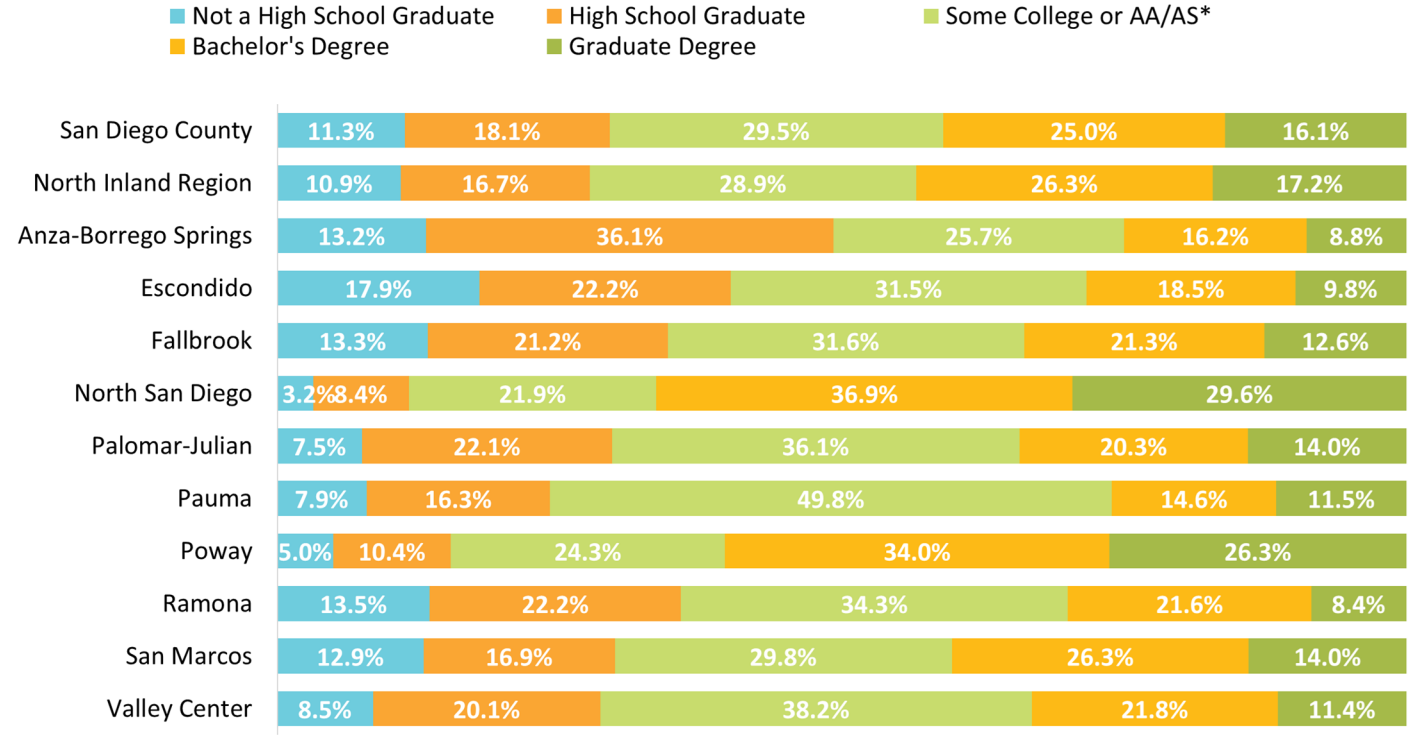
In 2022, over 2 out of 3 residents (67.0%) aged 5 years and older in North Inland Region spoke only English at home. Furthermore, over 1 out of 5 residents (21.1%), aged 5 years and older, in North Inland Region spoke English "very well" and another language at home. Among North Inland Region SRAs, Palomar-Julian had the highest proportion of residents, aged 5 years and older, speaking only English at home (89.4%), while Escondido had the lowest proportion (61.8%) in 2022. Escondido SRA had the highest proportion of Spanish speaking residents, aged 5 years and older, who spoke English less than "very well" (13.9%) 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.



*API refers to Asian/Pacific Islander.
Source: U.S. Census Bureau, 2018-2022 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, November 2024.

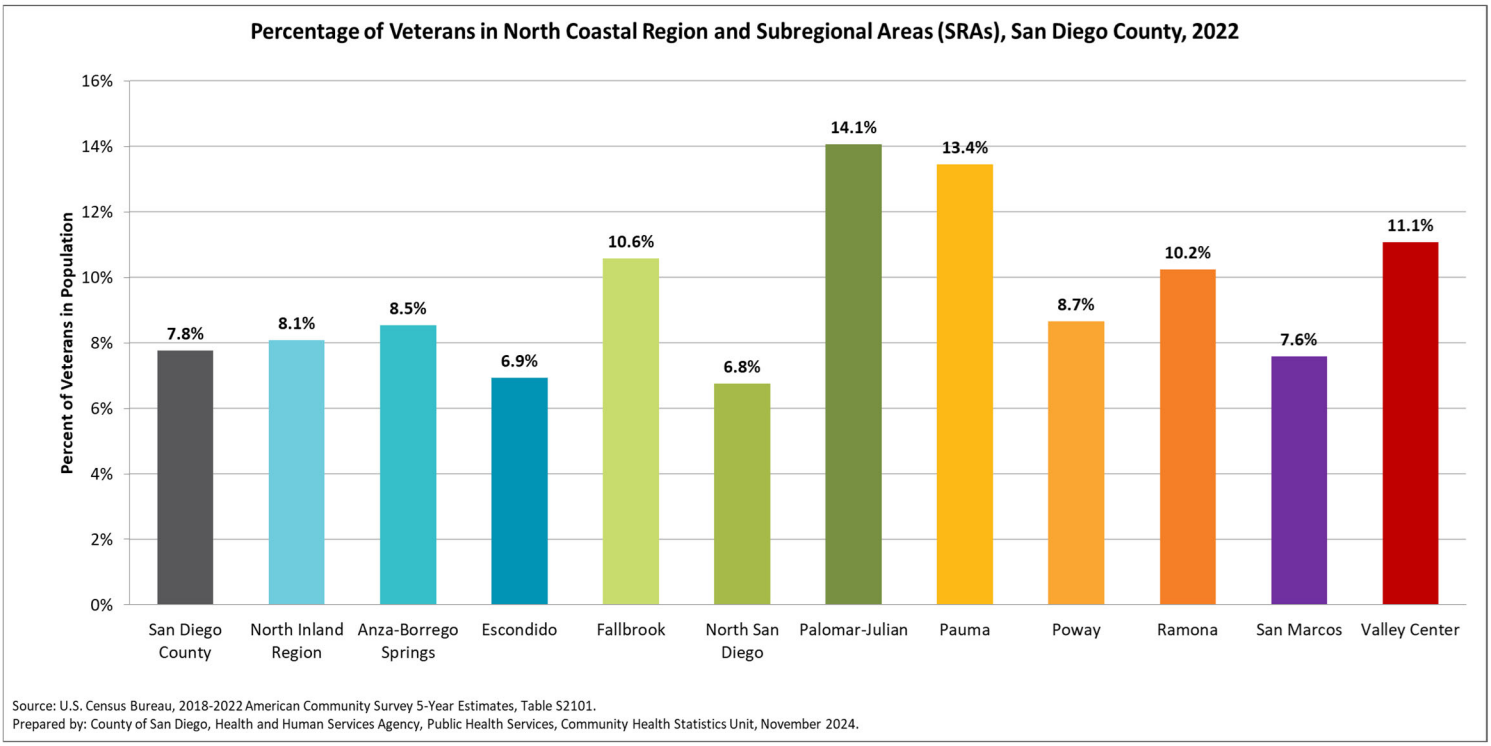
Educational attainment refers to the highest level of education completed in terms of the highest degree, or the highest level of schooling, completed for the population 25 years and older. In 2022, almost 9 out of 10 adults (89.1%), aged 25 years and older, had at least a high school diploma or General Education Diploma (GED), while over 2 out of 5 adults (43.4%), 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 (60.3%) 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 (17.9%), while North San Diego had the lowest proportion (3.2%) in 2022.

Educational Attainment Among Population 25 Years and Older in North Inland Region and Subregional Areas (SRAs), San Diego County, 2022



*Includes some college, no degree and Associate's degree.
Source: U.S. Census Bureau, 2018-2022 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, November 2024.

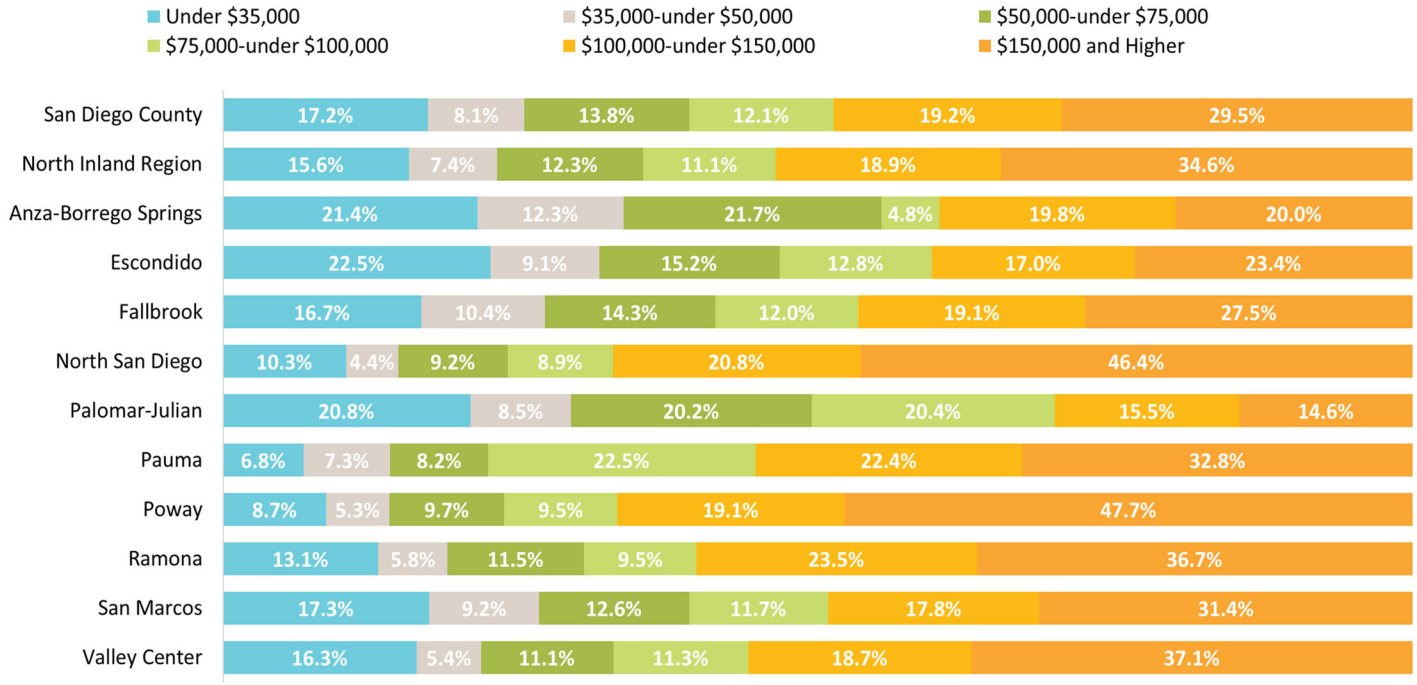
Veterans are civilians who have served officially or non-officially domestically or at war, for any amount of time, but are not currently serving on active duty in the U.S. Army, Navy, Air Force, Marine Corps, or the Coast Guard, or who served in the U.S. Merchant Marine during World War II. People who 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 2022, 8.1% of residents in North Inland Region were veterans. Among North Inland SRAs, Palomar-Julian had the highest proportion of veterans (14.1%), followed by Pauma (13.4%), while North San Diego had the lowest proportion of veterans (6.8%) in 2022.



Source: U.S. Census Bureau, 2018-2022 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, November 2024.

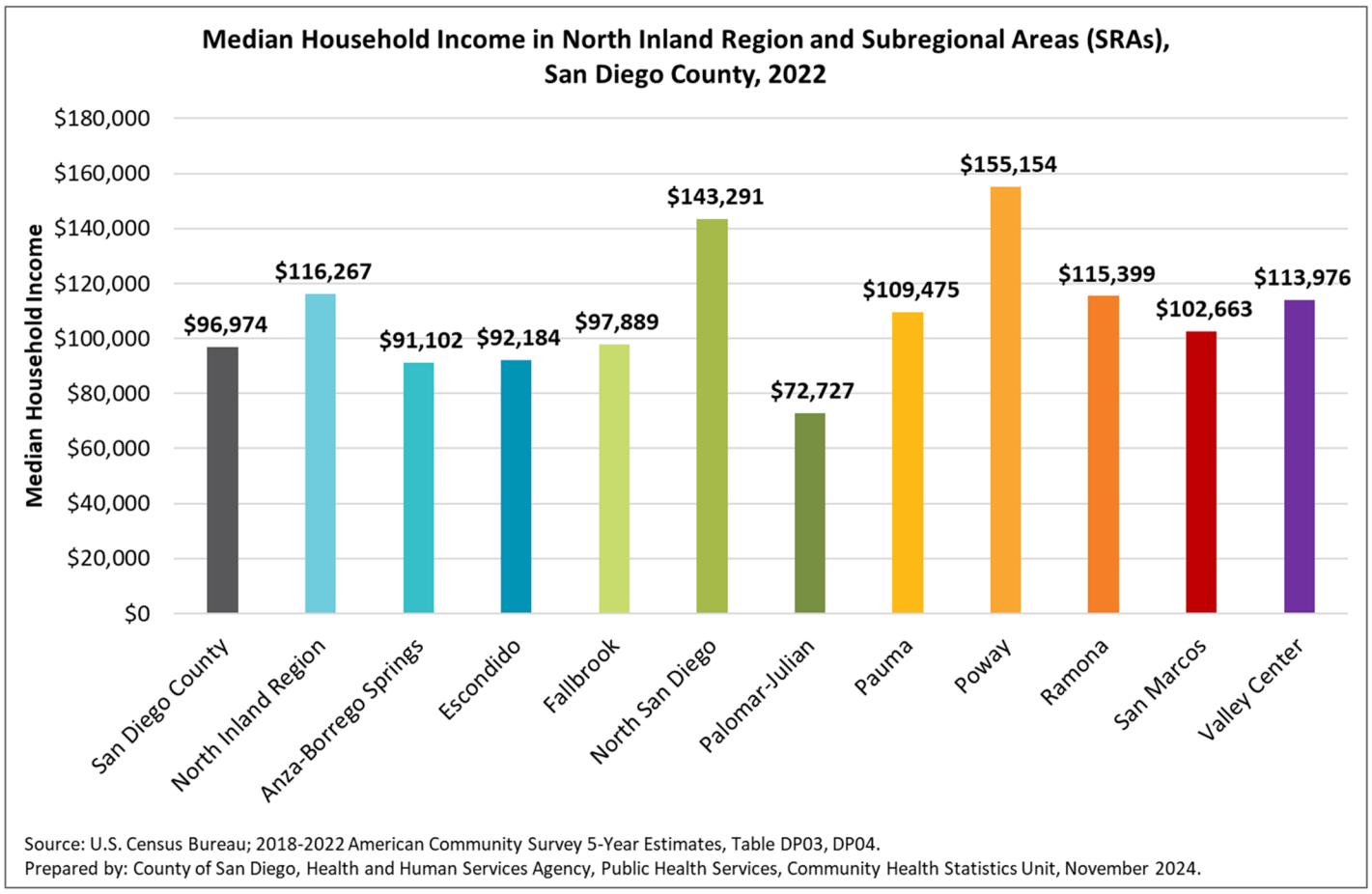
Household income includes the income of the householder, and all other individuals 15 years and older in the household, whether they are related to the householder or not. Nearly 1 out of 6 households (15.6%) in North Inland Region had an annual income of less than $35,000. Among North Inland SRAs in 2022, Escondido had the highest proportion of households with an annual income of less than $35,000 (22.5%), followed by Anza-Borrego Springs (21.4%), while Pauma had the lowest proportion (6.8%).

Percent of Households by Household Income in North Inland Region and Subregional Areas (SRAs), San Diego County, 2022



Source: U.S. Census Bureau, 2018-2022 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, November 2024.

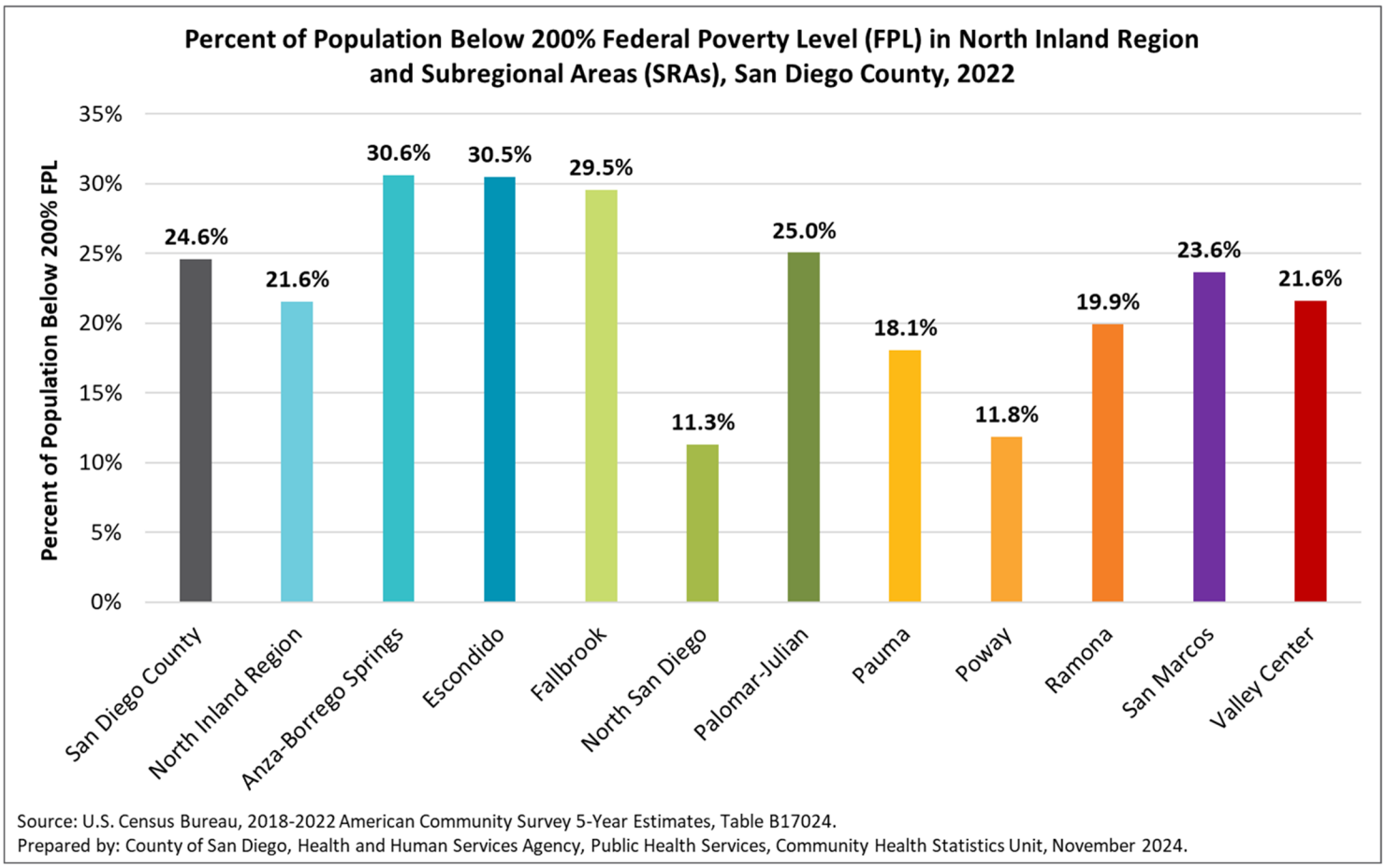
In 2022, the median household income in North Inland Region was $116,267, which was higher than San Diego County overall. Among North Inland Region SRAs, Palomar-Julian had the lowest median household income ($72,727), while Poway had the highest median household income ($155,154) in



Source: U.S. Census Bureau; 2018-2022 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, November 2024.

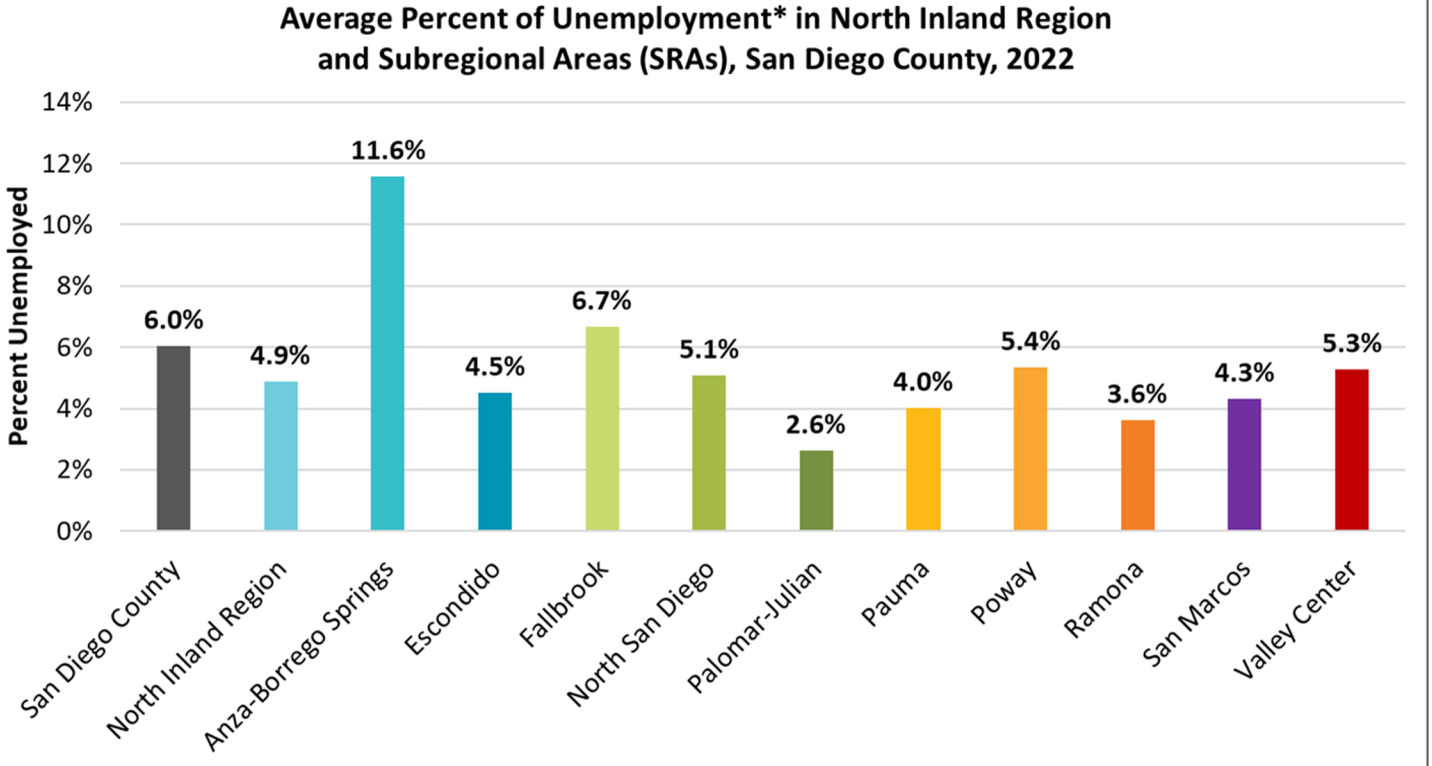
2022.

Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In 2022, over 1 in 5 residents (21.6%) 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 (21.6% versus 24.6%). Among North Inland Region SRAs, Anza-Borrego Springs had the highest proportion of residents living below 200% FPL (30.6%), followed by Escondido (30.5%) in 2022.



Source: U.S. Census Bureau, 2018-2022 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, November 2024.

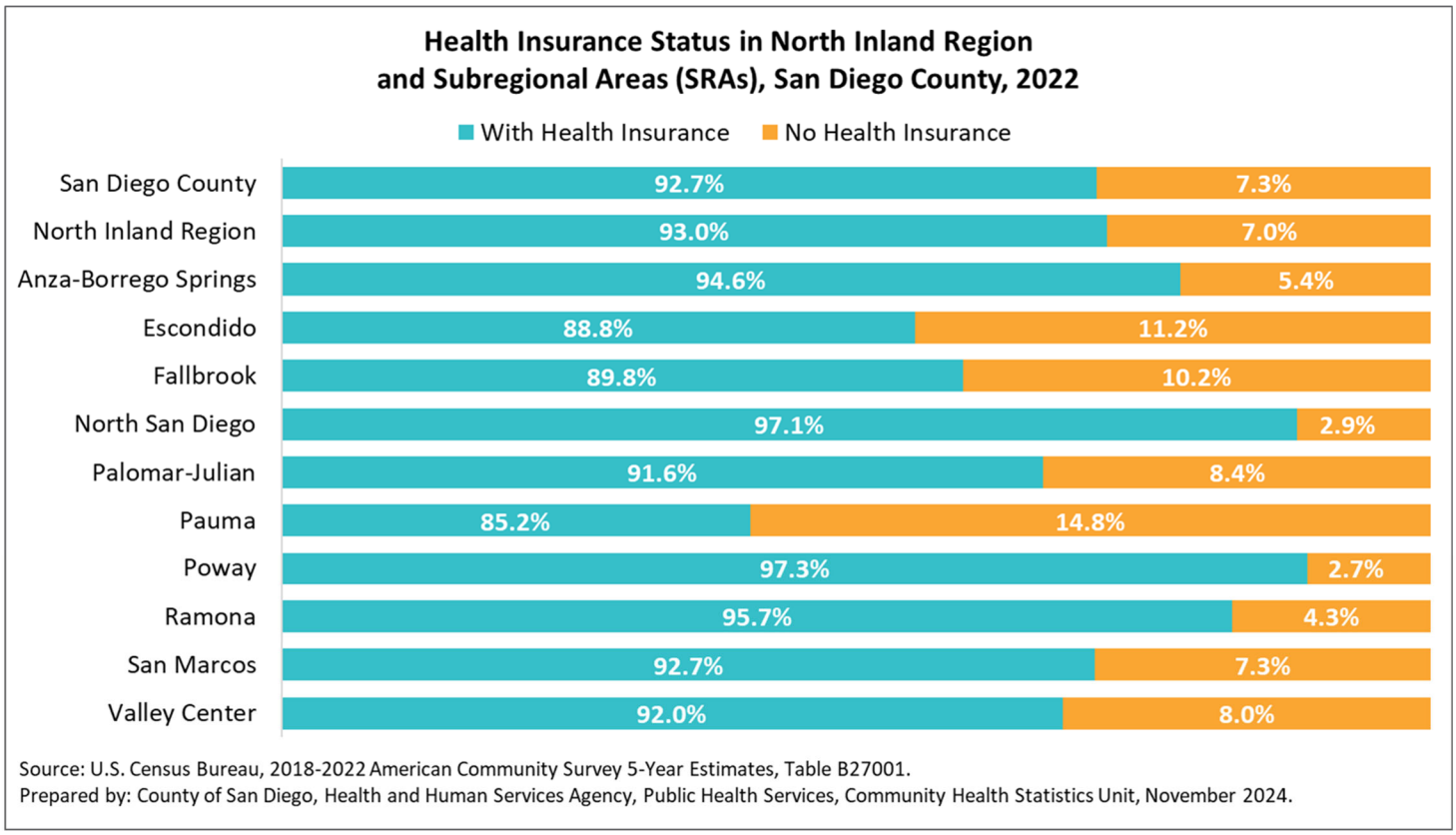
The average 5-year percentage of unemployment was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed persons, and persons in the armed forces. Between 2018-2022, the 5-year average unemployment rate in North Inland Region was 4.9%, which was lower than San Diego County overall. Among North Inland Region SRAs, Anza-Borrego Springs had the highest 5-year average unemployment rate (11.6%), while Palomar-Julian had the lowest 5-year average unemployment rate (2.6%).



*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, 2018-2022 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, November 2024.

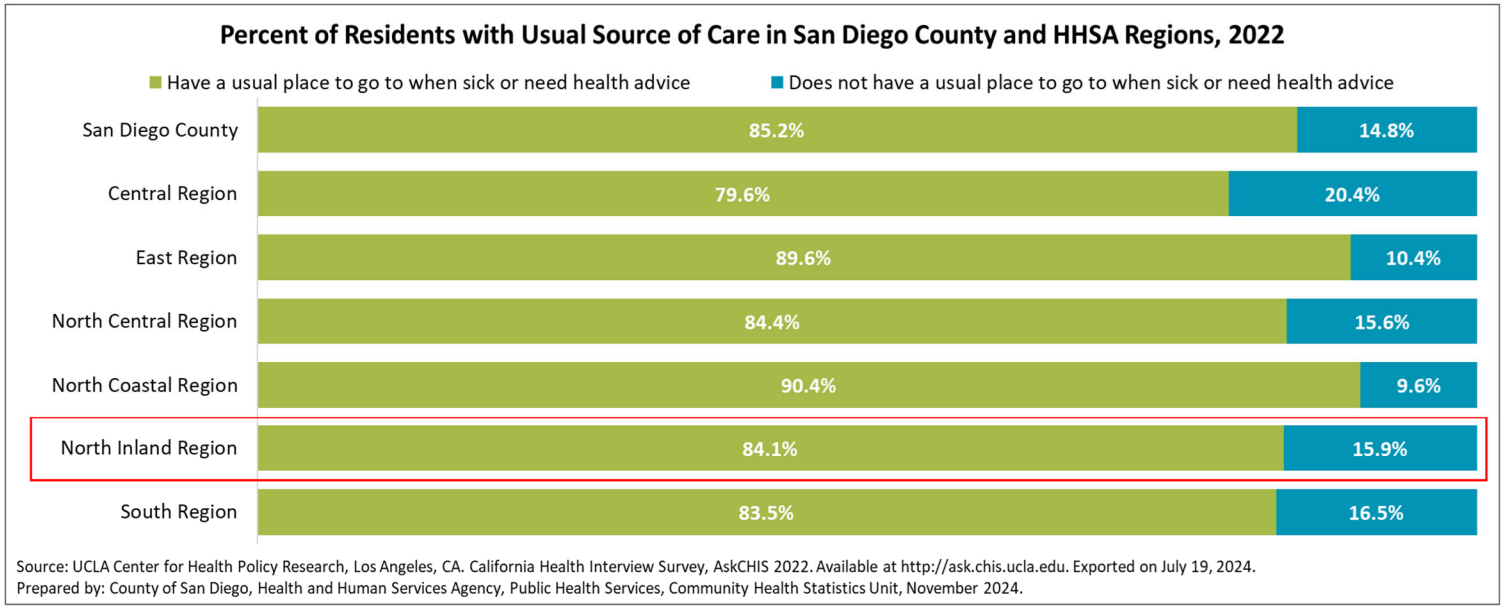
INSURANCE, ACCESS, AND UTILIZATION

In 2022, 93.0% of residents in the North Inland Region were insured through private or public programs, while 7.0% 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 (11.2%), while Poway had the lowest proportion of residents without health insurance (2.7%) in 2022.



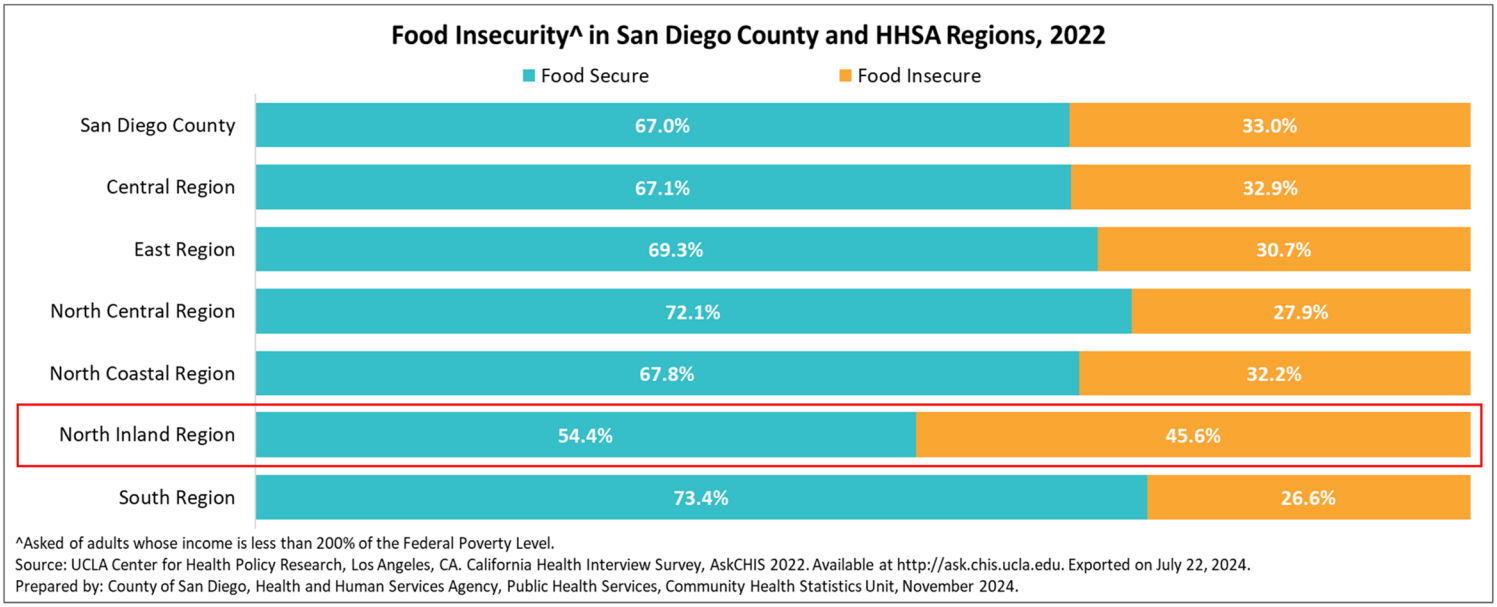
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table B27001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In 2022, over 8 out of 10 residents (84.1%) in North Inland Region reported having a usual place to go when sick or needing health advice. Residents in North Inland Region were less likely to report having a usual place to go when sick or in need of health advice than San Diego County overall (85.2%).



Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2022. Available at http://ask.chis.ucla.edu. Exported on July 19, 2024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

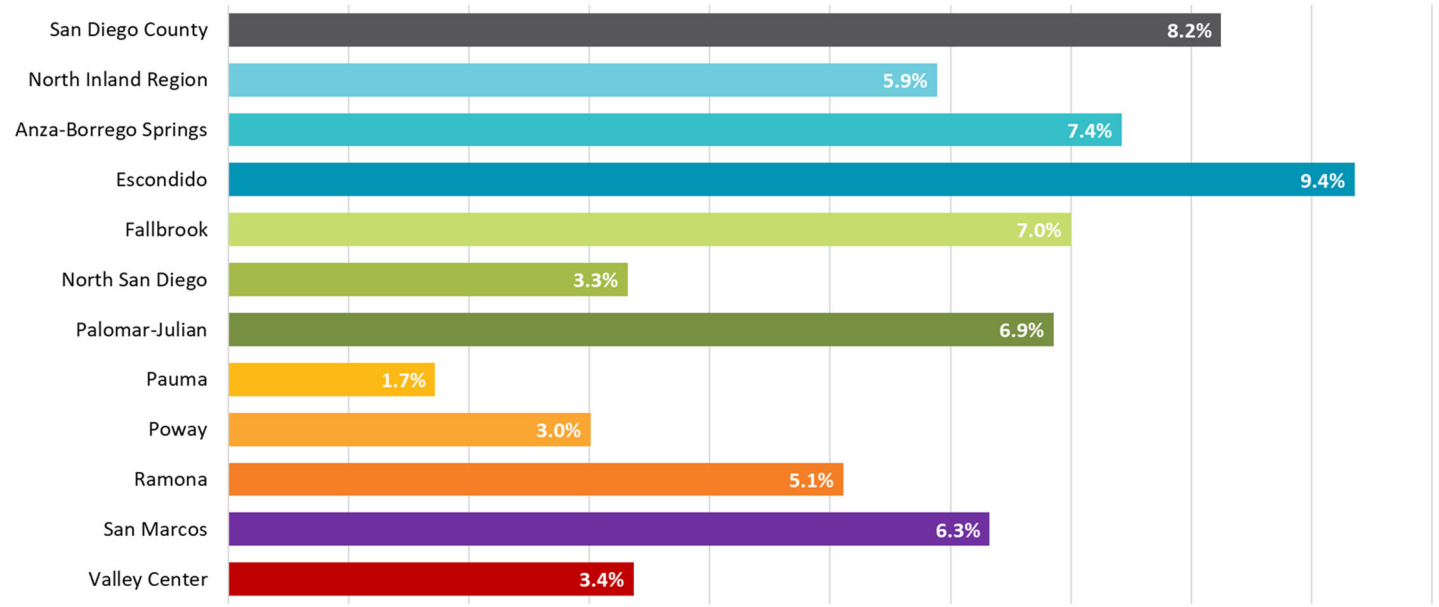
Over 4 out of 10 adults (45.6%) in North Inland Region with an income less than 200% Federal Poverty Level (FPL) reported an inability to afford enough food in 2022. North Inland Region had the highest proportion of adults with an income less than 200% FPL who reported an inability to afford



^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. Available at http://ask.chis.ucla.edu. Exported on July 22, 2024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

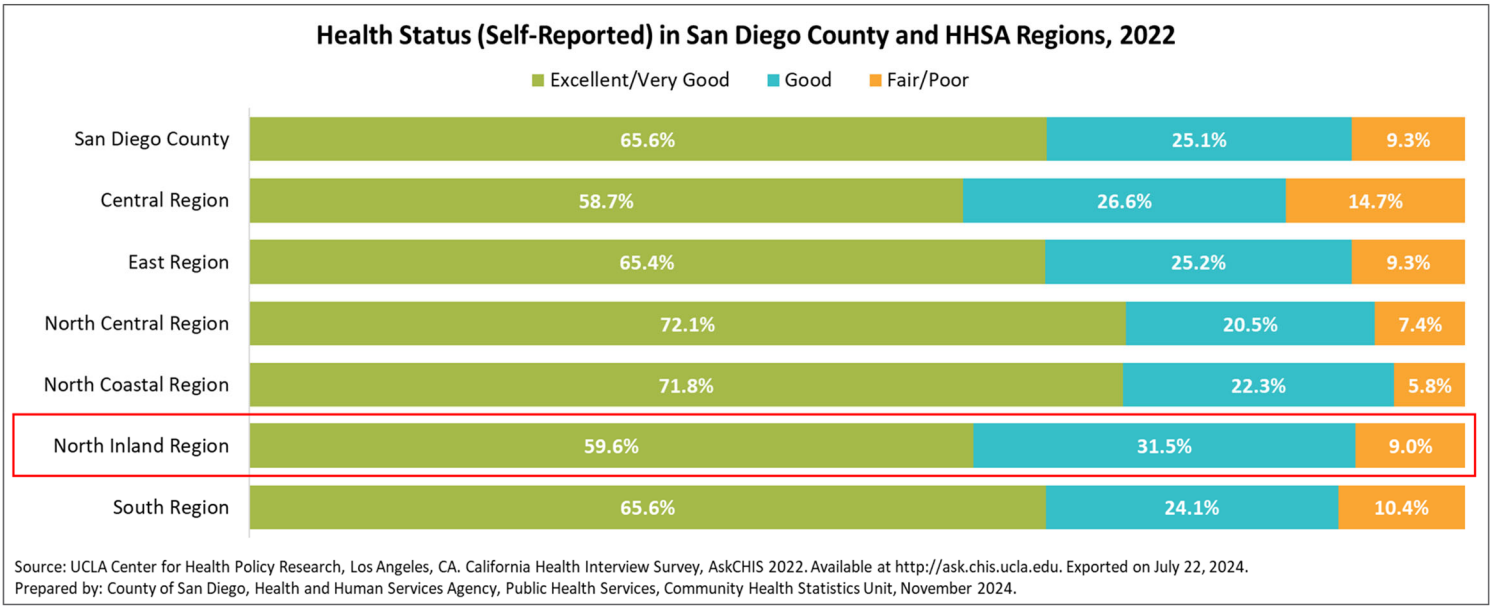
Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, is a federally-funded program aimed to increase the potential of a nutritious diet in low-income households. In 2022, 5.9% of all households in North Inland Region report receipt of SNAP. Among North Inland SRAs, Escondido had the highest proportion of households who reported receipt of SNAP (9.4%), followed by Anza-Borrego Springs (7.4%), while Pauma had the lowest proportion of households who reported receipt of SNAP (1.7%) in 2022.

Percent of Households Receiving Food Stamps/SNAP/CalFresh in North Inland Region and Subregional Area (SRAs), San Diego County, 2022



Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table B22002, B22007, B17024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

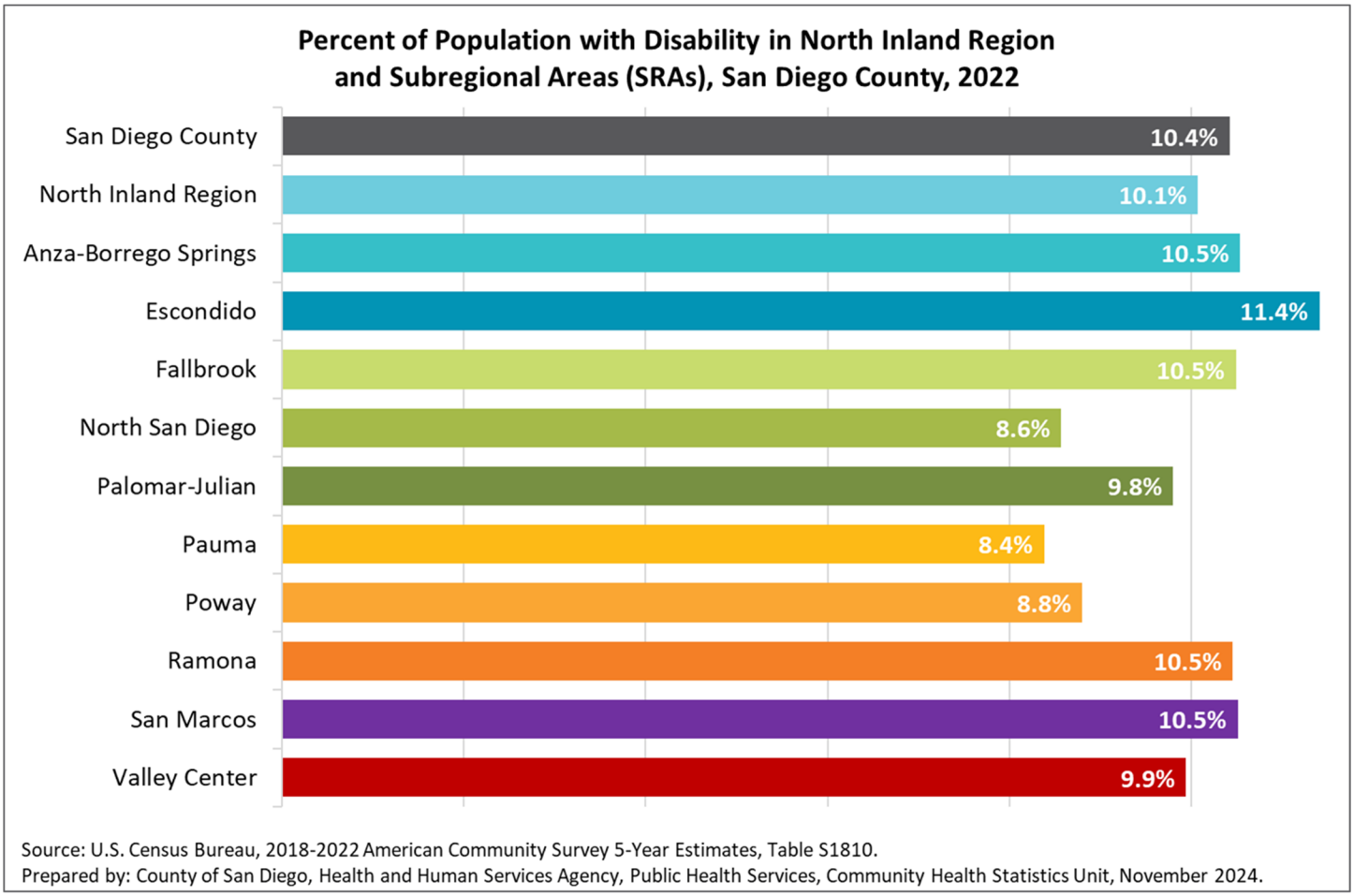
In 2022, the proportion of residents reporting fair or poor health in North Inland Region (9.0%) was lower than San Diego County overall (9.3%). Additionally, in North County Region, nearly 6 out of 10 residents (59.6%) reported excellent or very good health, which was lower than San Diego County overall (65.6%).



Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2022. Available at http://ask.chis.ucla.edu. Exported on July 22, 2024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

DISABILITY STATUS

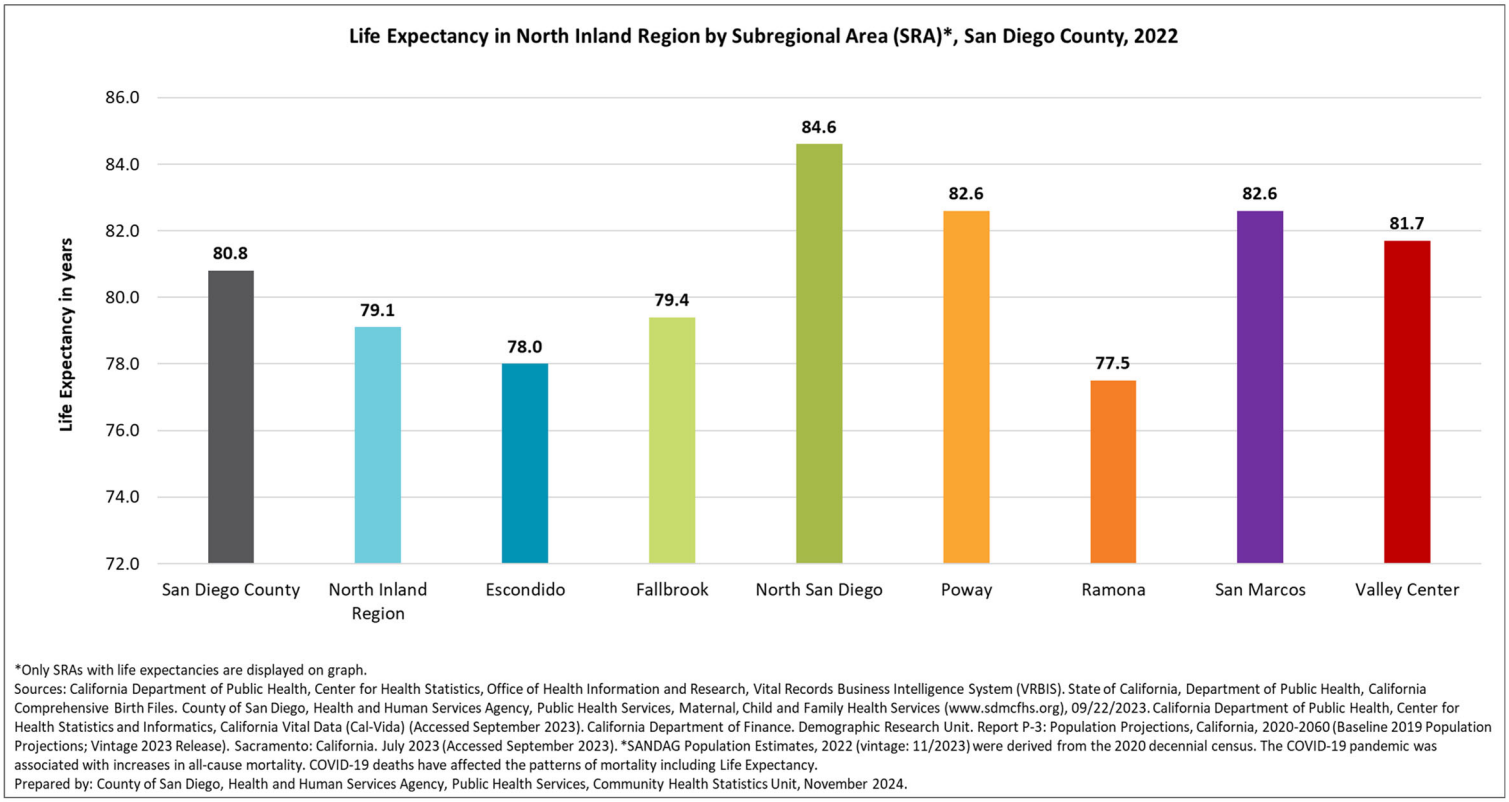
Disability is a dynamic concept that changes over time as one's health improves or declines, as technology advances, and as social structures adapt. Individuals who report any of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2022, 10.1% of North Inland Region residents reported having one or more disabilities. Among North Inland Region subregional areas (SRAs), Escondido had the highest proportion of the population with a disability (11.4%), followed by Anza-Borrego Springs, Fallbrook, Ramona, and San Marcos (10.5%), while Pauma had the lowest proportion of the population with a disability (8.4%) in 2022.



Source: U.S. Census Bureau, 2018-2022 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, November 2024.

LIFE EXPECTANCY

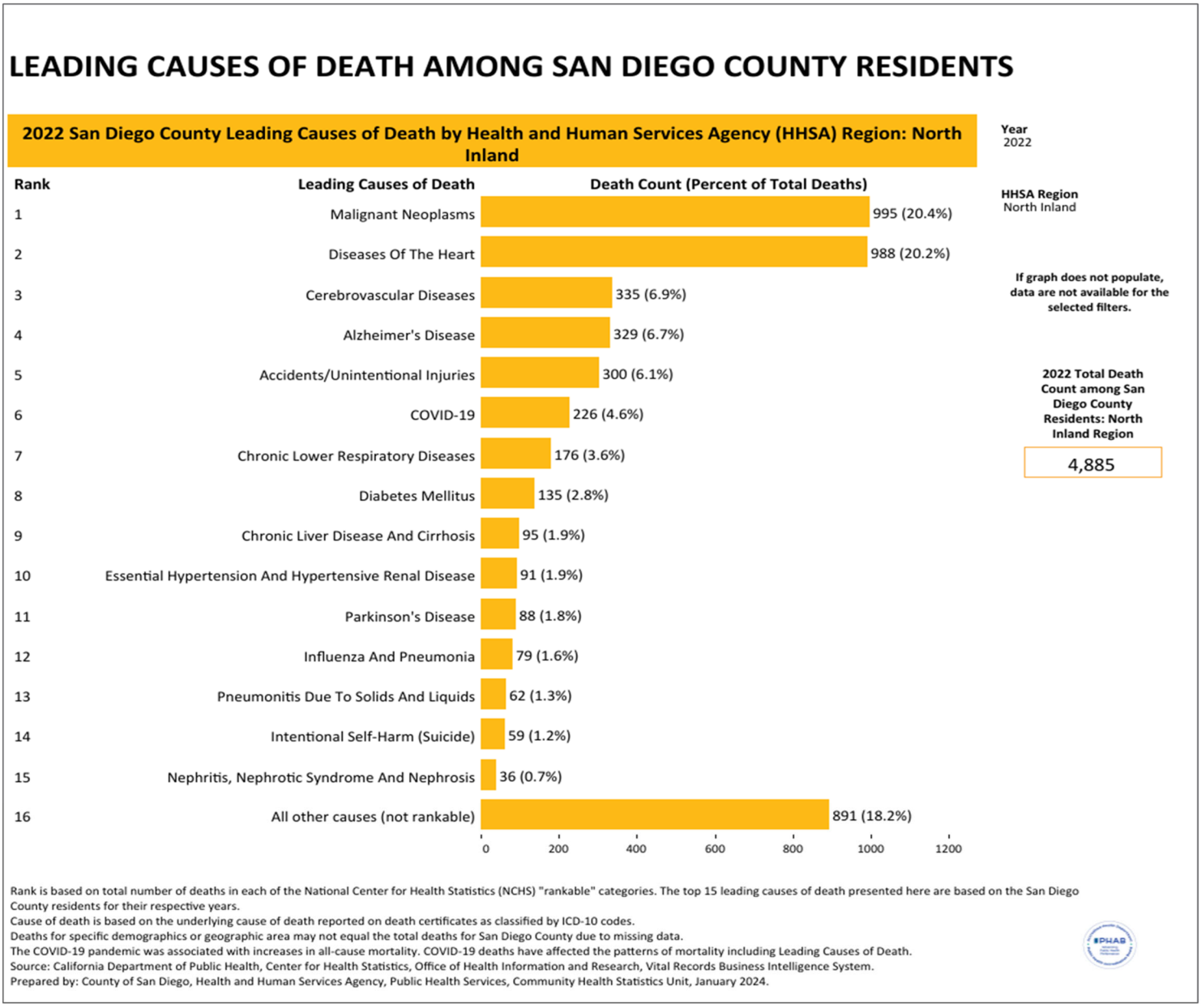
Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. In 2022, a baby born in San Diego County had a life expectancy of 80.8 years, while a baby born in North Inland Region had a life expectancy of 79.1 years. Among North Inland Region subregional areas (SRAs), North San Diego had the highest life expectancy (84.6 years), followed by Poway and San Marcos (82.6 years), while Ramona had the lowest life expectancy (77.5 years) in 2022.



*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). State of California, Department of Public Health, California Comprehensive Birth Files. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (www.sdmcfhs.org), 09/22/2023. California Department of Public Health, Center for Health Statistics and Informatics, California Vital Data (Cal-Vida) (Accessed September 2023). California Department of Finance. Demographic Research Unit. Report P-3: Population Projections, California, 2020-2060 (Baseline 2019 Population Projections; Vintage 2023 Release). Sacramento: California. July 2023 (Accessed September 2023). *SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including Life Expectancy.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

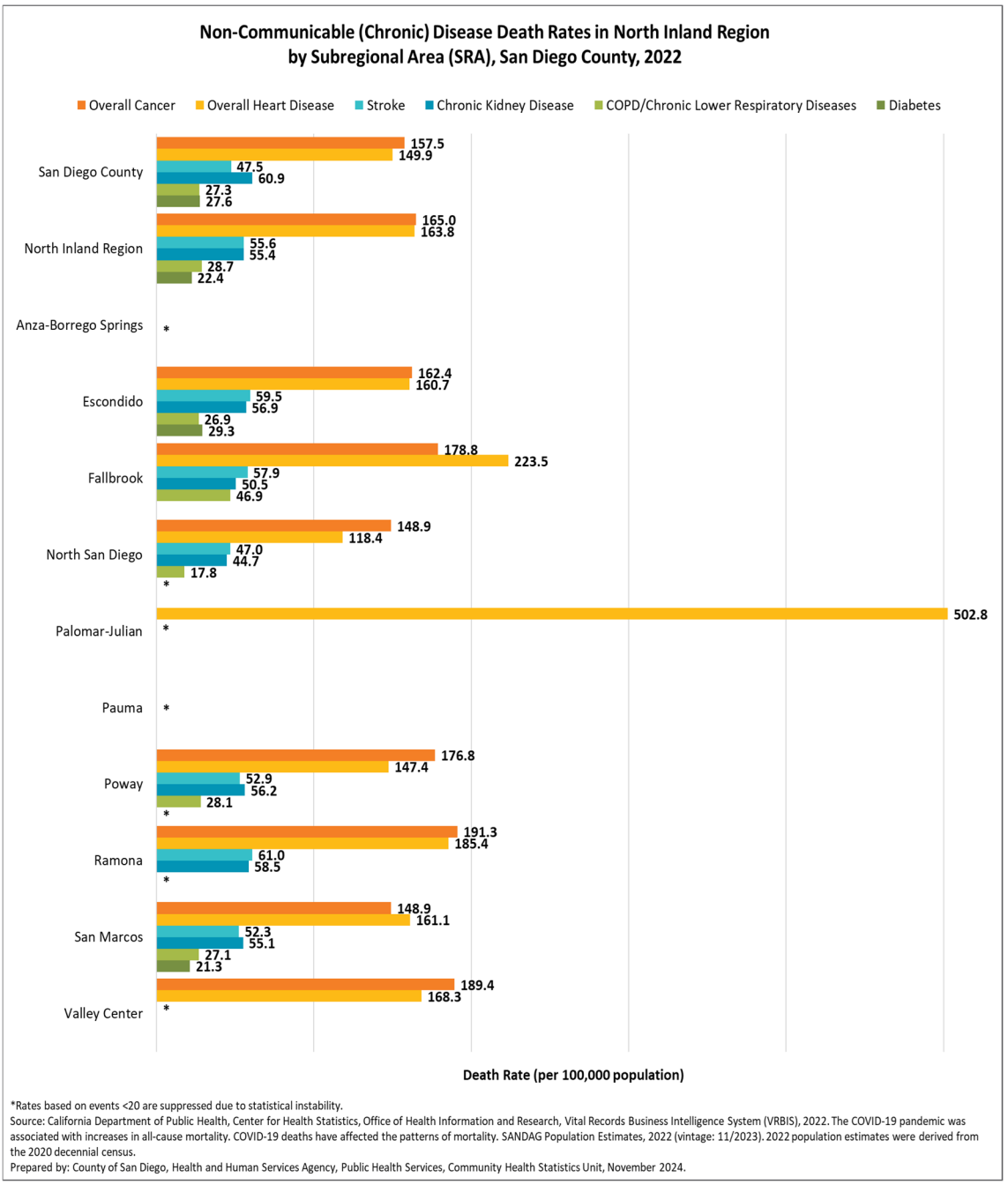
LEADING CAUSES OF DEATH

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 2022, the leading cause of death in North Inland Region was cancer (malignant neoplasms), followed by diseases of the heart. In 2022, 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).



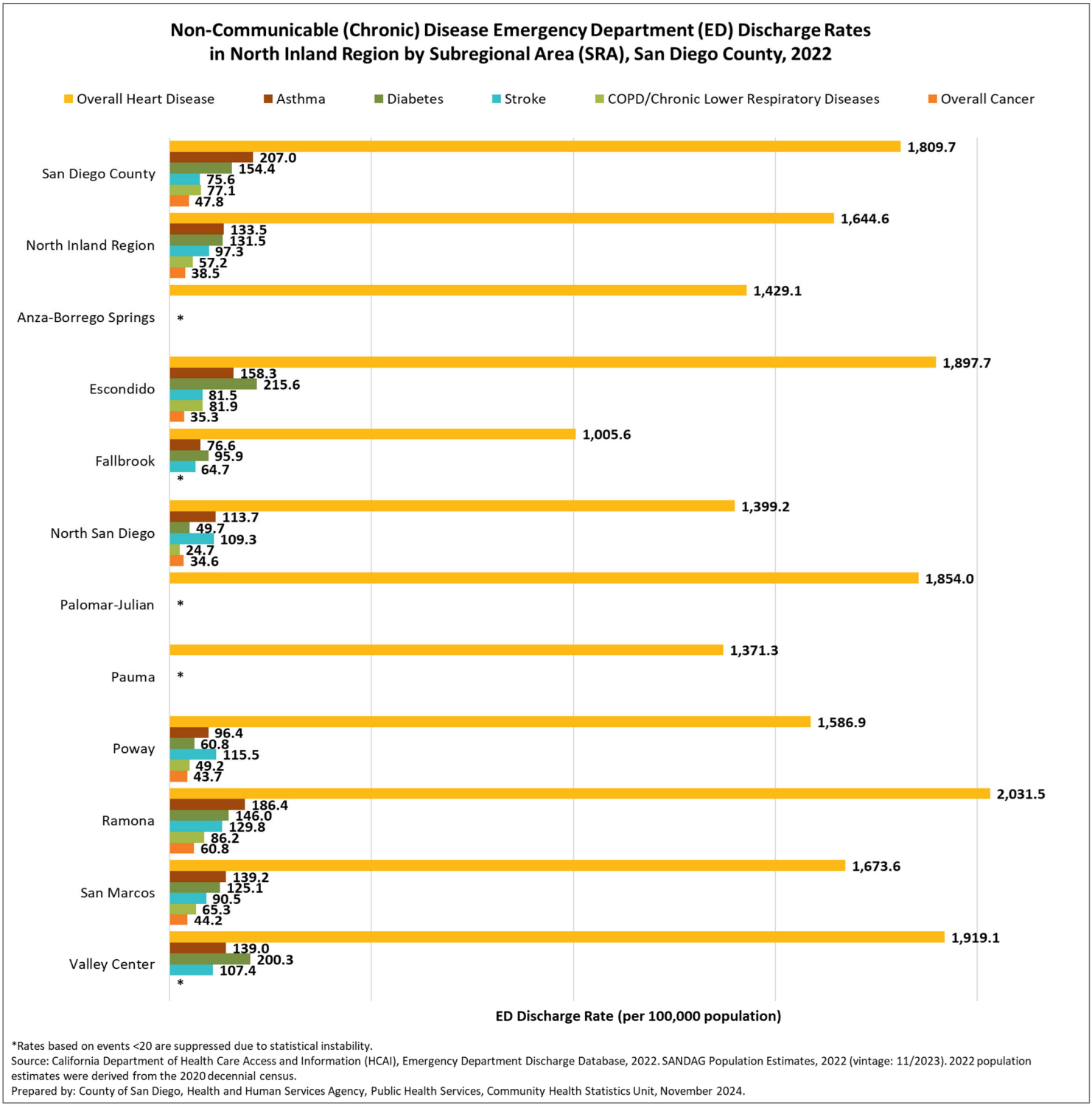
NON-COMMUNICABLE (CHRONIC) DISEASES

In 2022, among non-communicable (chronic) diseases, the highest rates of death were due to overall cancer followed by overall heart disease in North Inland Region and its subregional areas (SRAs), except Fallbrook and San Marcos. In 2022, among North Inland Region SRAs, Palomar-Julian had the highest rate of death due to overall heart disease (502.8 per 100,000), which was 3.4 times the rate of death due to overall heart disease in San Diego County overall (149.9 per 100,000). In 2022, Ramona SRA had the highest death rate due to overall cancer (191.3 per 100,000) compared to all other North Inland SRAs. 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 2022.



*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), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 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, November 2024.

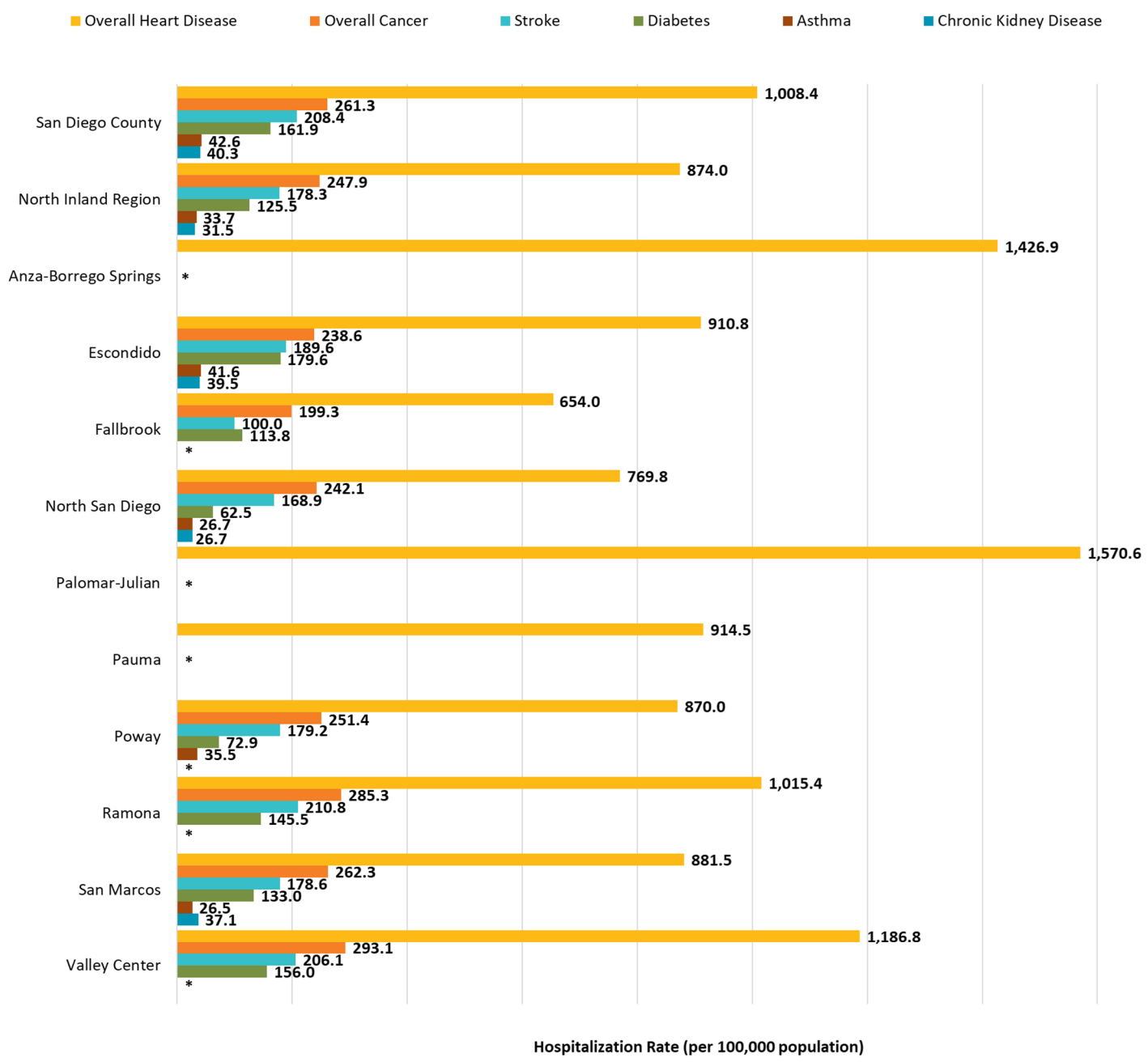
Among non-communicable (chronic) diseases, the highest emergency department (ED) discharge rates were due to overall heart disease in North Inland Region and its SRAs in 2022. In 2022, Ramona SRA had the highest ED discharge rate due to overall heart disease (2,031.5 per 100,000) compared to all other North Inland SRAs. Among non-communicable (chronic) diseases, the second-highest ED discharge rate was due to asthma in North Inland Region (133.5 per 100,000). Ramona SRA had the highest ED discharge rate due to asthma (186.4 per 100,000) compared to other North Inland SRAs.



*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, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 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, November 2024.

Among non-communicable (chronic) diseases, the highest hospitalization rates were due to overall heart disease, followed by cancer in North Inland Region and its SRAs. Among North Inland SRAs, Palomar-Julian had the highest hospitalization rate due to overall heart disease (1,570.6 per 100,000) and Valley Center had the highest hospitalization rate due to cancer (293.1 per 100,000) in 2022.

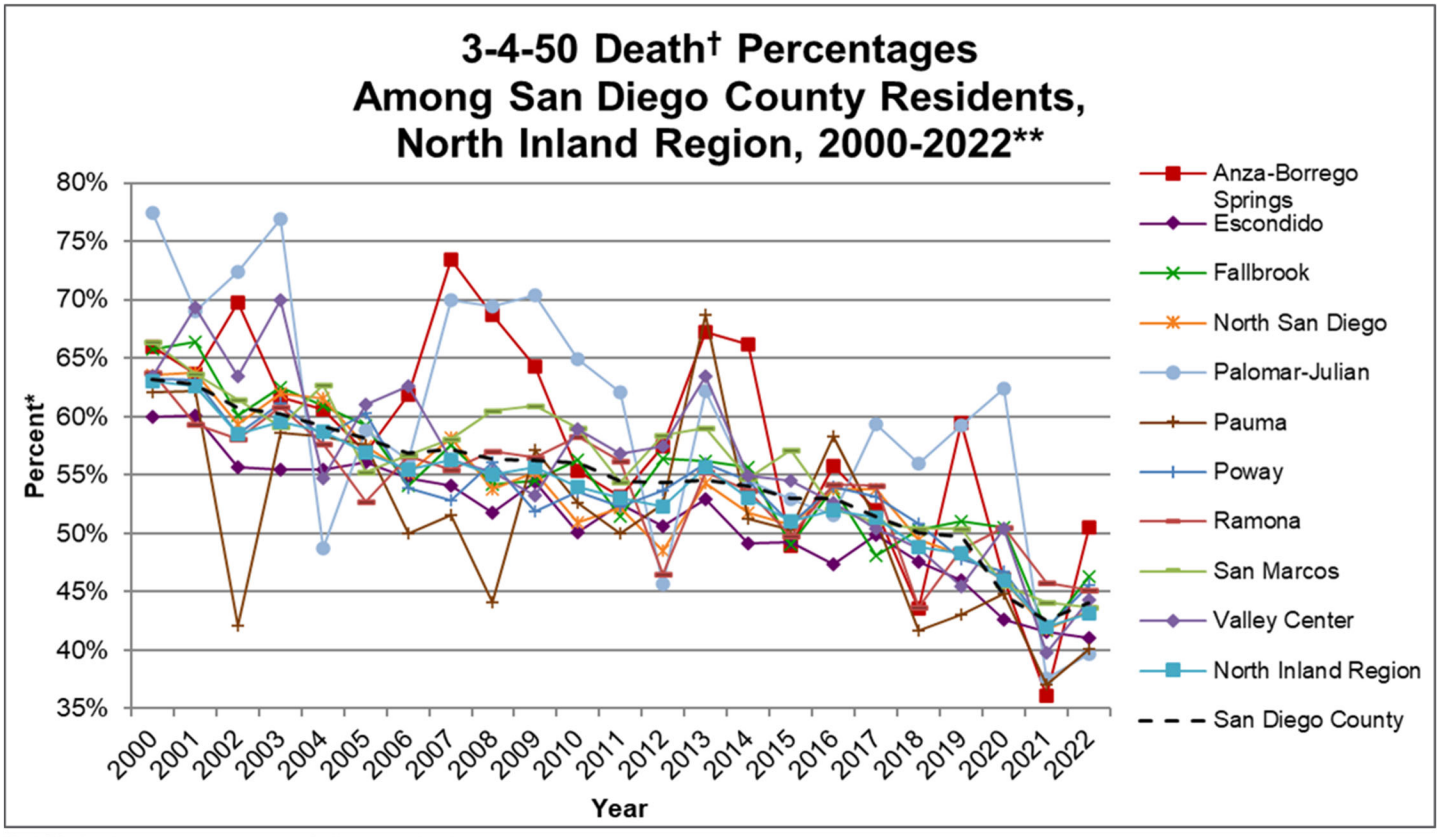
Non-Communicable (Chronic) Disease Hospitalization Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2022



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 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, November 2024.

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 by 31.5% in North Inland Region from 2000 to 2022. In 2022, stroke, coronary heart disease (CHD), diabetes, chronic obstructive pulmonary diseases (COPD)/chronic lower respiratory disease, asthma, and cancer caused 43% of all deaths in North Inland Region. Among North Inland subregional areas (SRAs), Fallbrook and Poway had the highest percentage of deaths (46.0%) due to 3-4-50 chronic diseases, while Palomar-Julian and Pauma had the lowest percentage of deaths (40.0%) due to 3-4-50 chronic diseases in 2022.



*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).

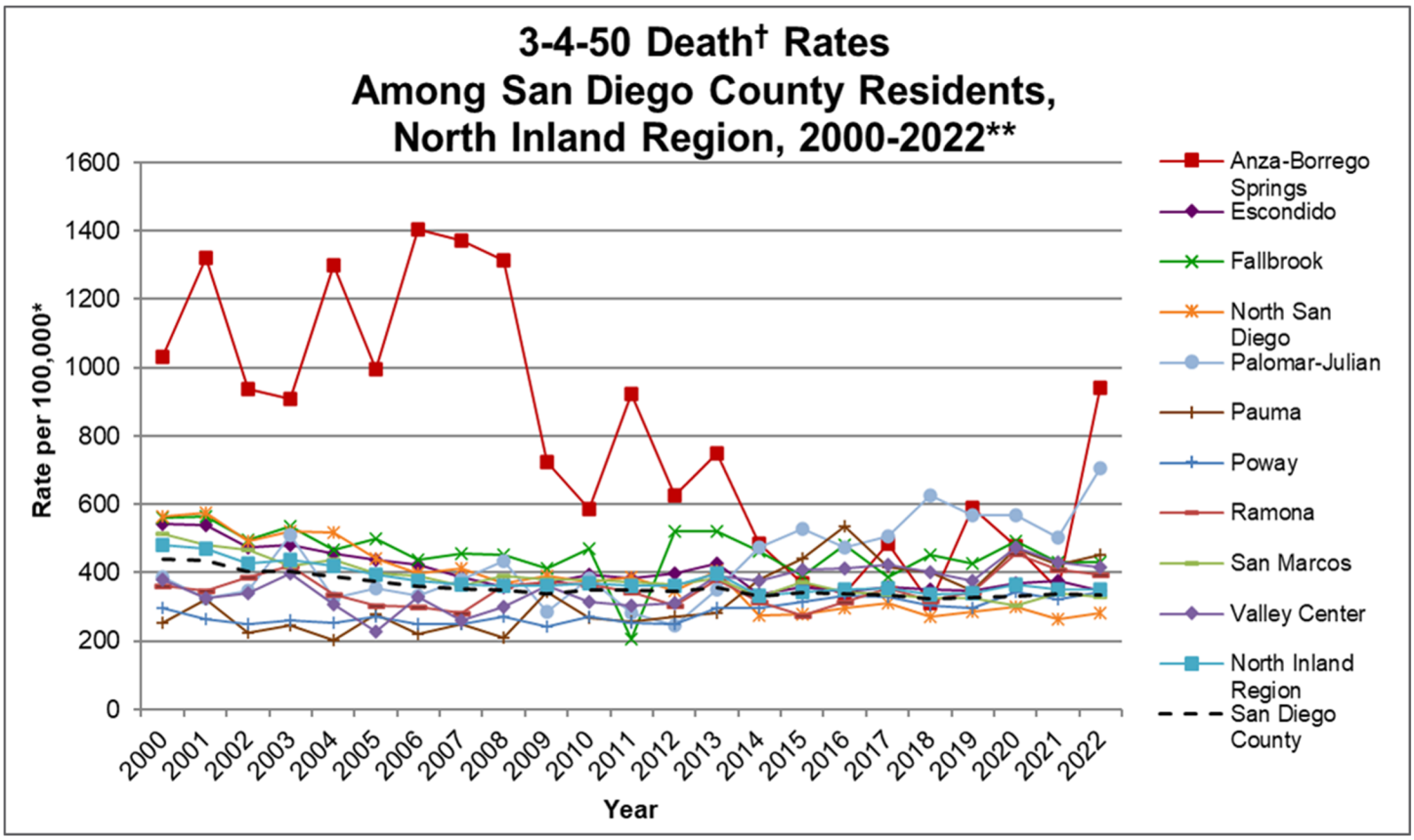
§Percents not calculated for fewer than 5 events for the years 2000 to 2019. Percents not calculated for fewer than 11 events for the years 2020-2022. Percents not calculated in cases where zip code is unknown.

**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, 2014-2022 California Vital Records Business Intelligence System (VRBIS).

Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, January 2024.

Overall, the rate of death due to 3-4-50 chronic diseases decreased in North Inland Region from 2000 to 2022. 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 2022. In 2022, Anza-Borrego Springs SRA had the highest rate of death due to 3-4-50 chronic diseases (939.9 per 100,000), while North San Diego SRA had the lowest rate of death due to 3-4-50 chronic diseases (282.0 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 in cases where zip code is unknown.

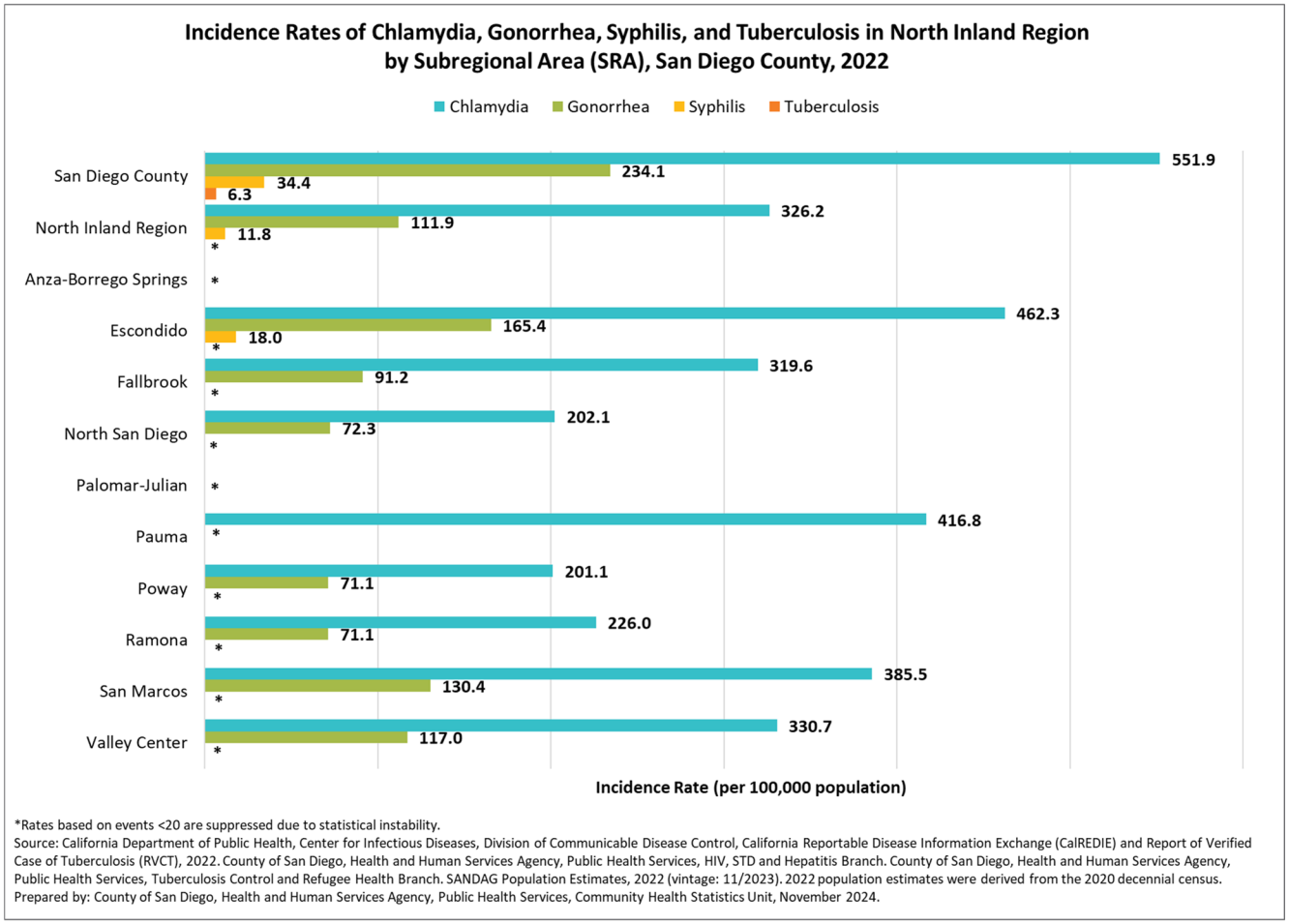
**The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.

Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2022 California Vital Records Business Intelligence System (VRBIS). SANDAG, Current Population Estimates. 2020-2021 population estimates were derived using the 2010 Census and data should be considered preliminary. 2022 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, January 2024.

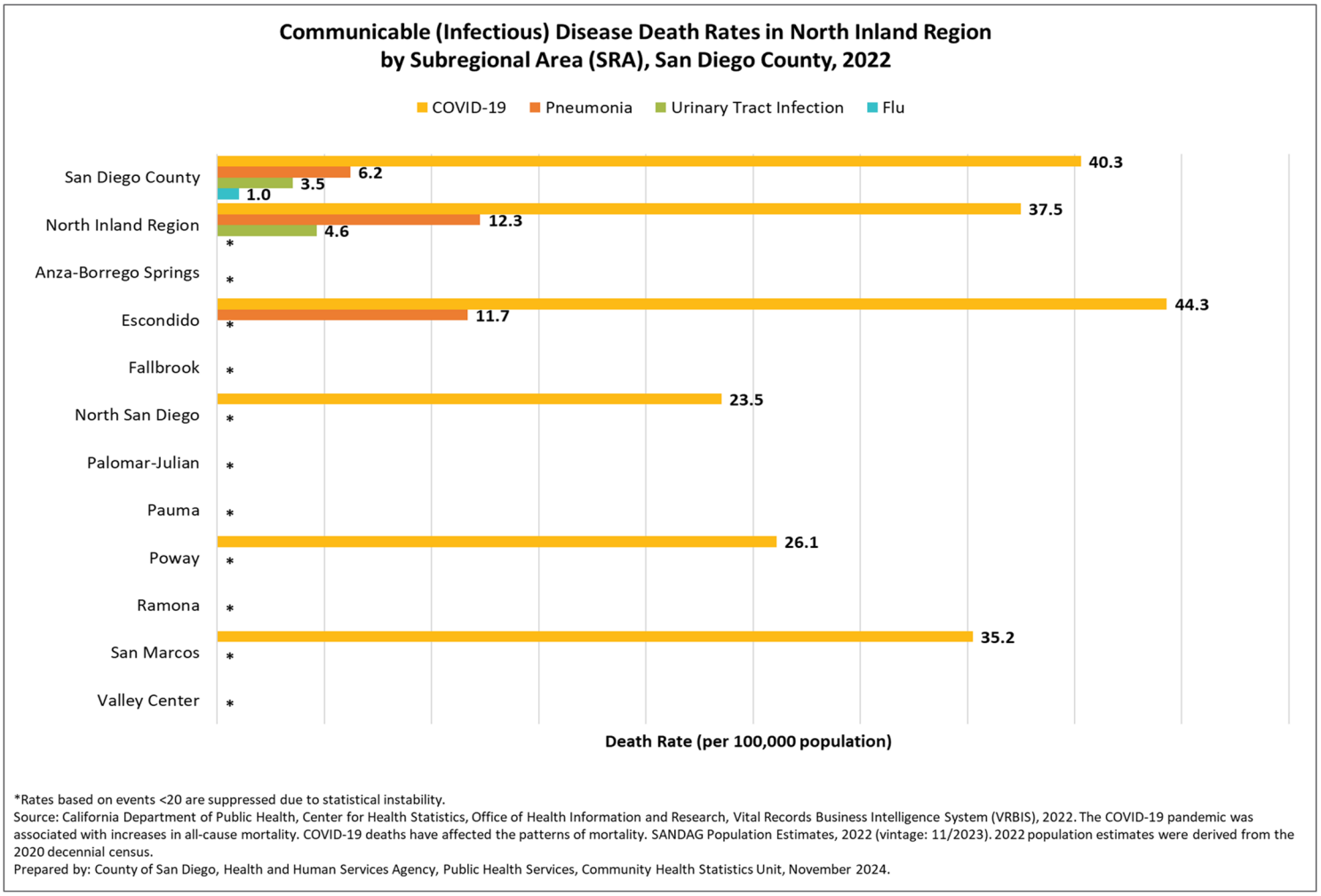
COMMUNICABLE (INFECTIOUS) DISEASES

In 2022, 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 (462.3 per 100,000), followed by Pauma (416.8 per 100,000). The second-highest incidence rates among communicable diseases were due to gonorrhea in North Inland Region and its SRAs. In 2022, Escondido SRA had the highest incidence rate due to gonorrhea (165.4 per 100,000) compared to all other SRAs in North Inland Region.



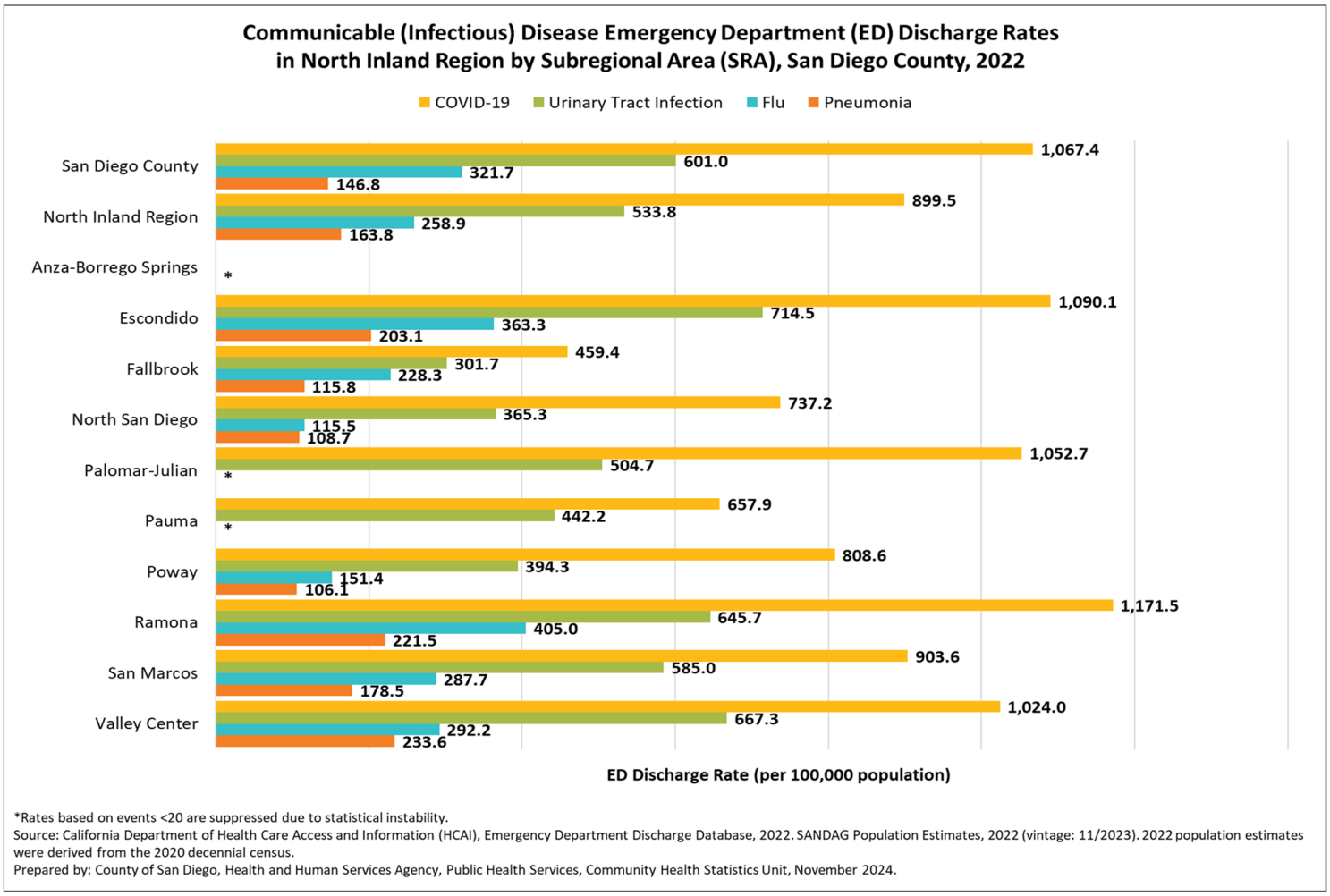
*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Infectious Diseases, Division of Communicable Disease Control, California Reportable Disease Information Exchange (CalREDIE) and Report of Verified Case of Tuberculosis (RVCT), 2022. 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 Control and Refugee Health Branch. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 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, November 2024.

Among communicable (infectious) diseases, the highest rate of death was due to COVID-19 in North Inland Region (37.5 per 100,000). Among North Inland Region SRAs, Escondido had the highest rate of death due to COVID-19 (44.3 per 100,000), which was higher than San Diego County overall (40.3 per 100,000).



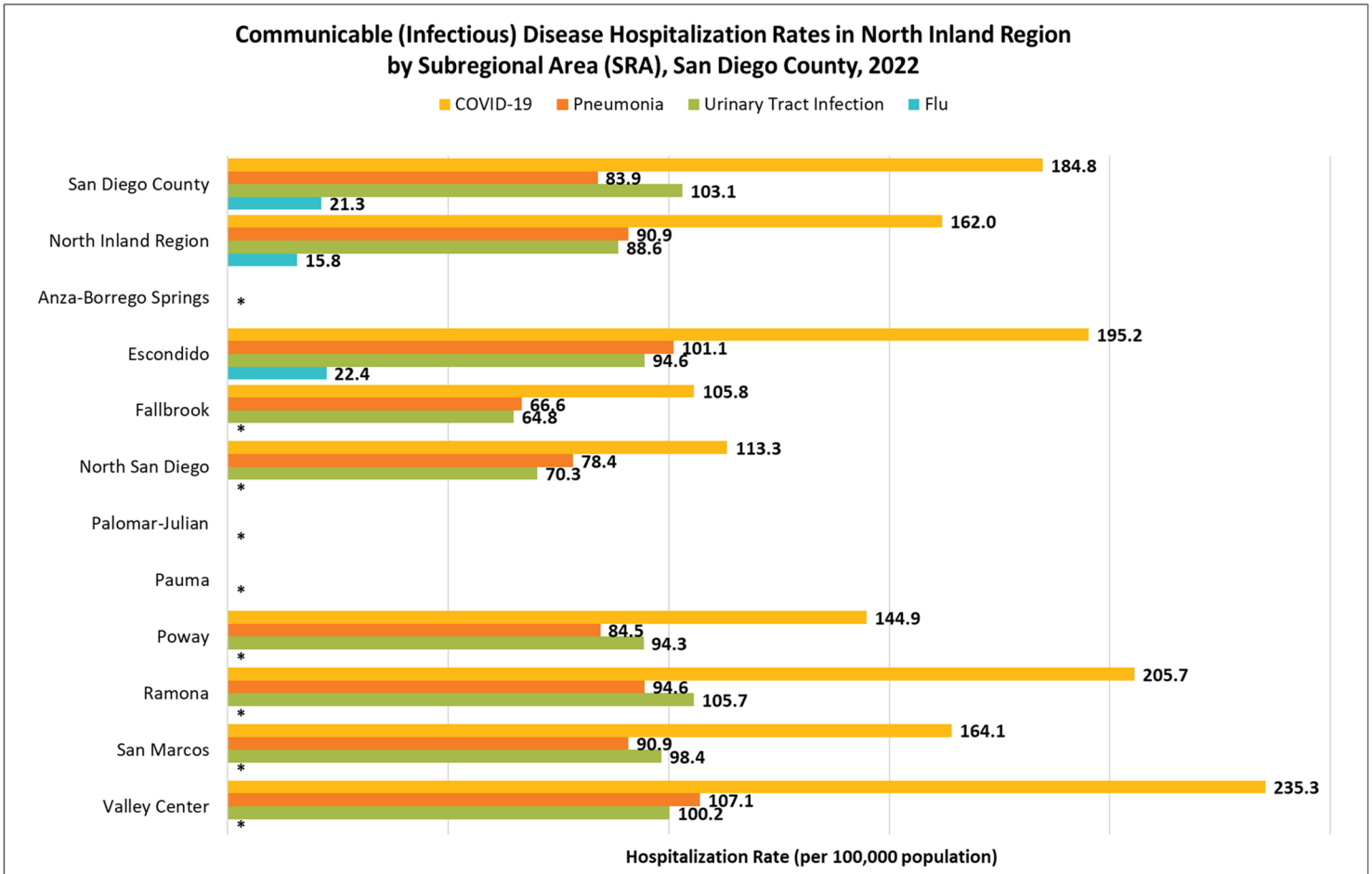
*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 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, November 2024.

Among communicable (infectious) diseases in 2022, the highest emergency department (ED) discharge rates were due to COVID-19 in North Inland Region and its SRAs. Among North Inland Region SRAs, Ramona had the highest ED discharge rate due to COVID-19 (1,171.5 per 100,000), followed by Escondido (1,090.1 per 100,000), while Fallbrook had the lowest ED discharge rate due to COVID-19 (459.4 per 100,000) in 2022.



*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, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 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, November 2024.

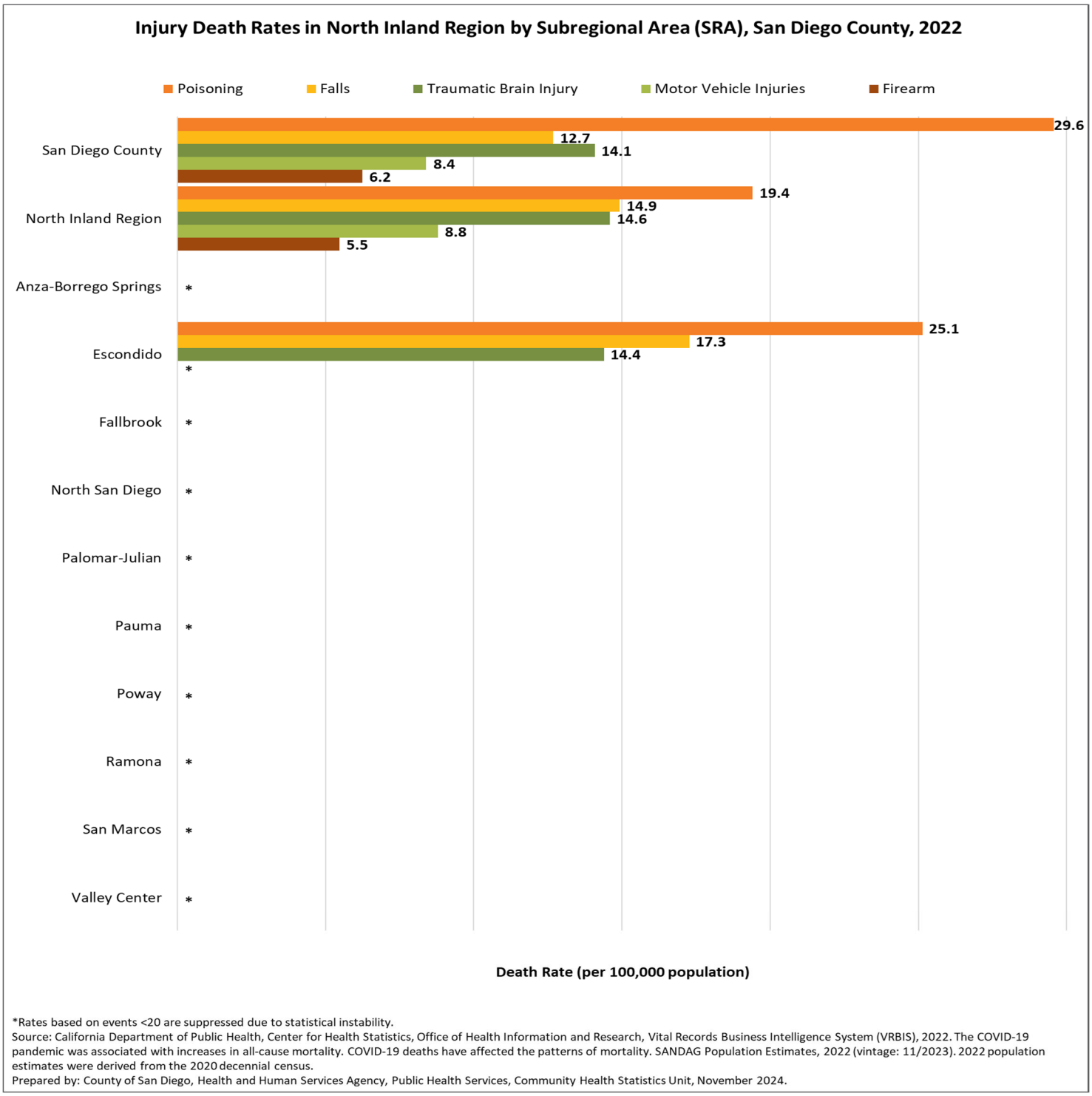
Among communicable (infectious) diseases in 2022, the highest hospitalization rates were due to COVID-19 in North Inland Region and its SRAs. Among North Inland Region SRAs, Valley Center had the highest hospitalization rate due to COVID-19 (235.3 per 100,000), followed by Ramona (205.7 per 100,000). The second-highest hospitalization rate among communicable (infectious) diseases was due to pneumonia in North Inland Region in 2022. Valley Center SRA had the highest hospitalization rate due to pneumonia (107.1 per 100,000) compared to all other SRAs in North Inland Region in 2022.



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 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, November 2024.

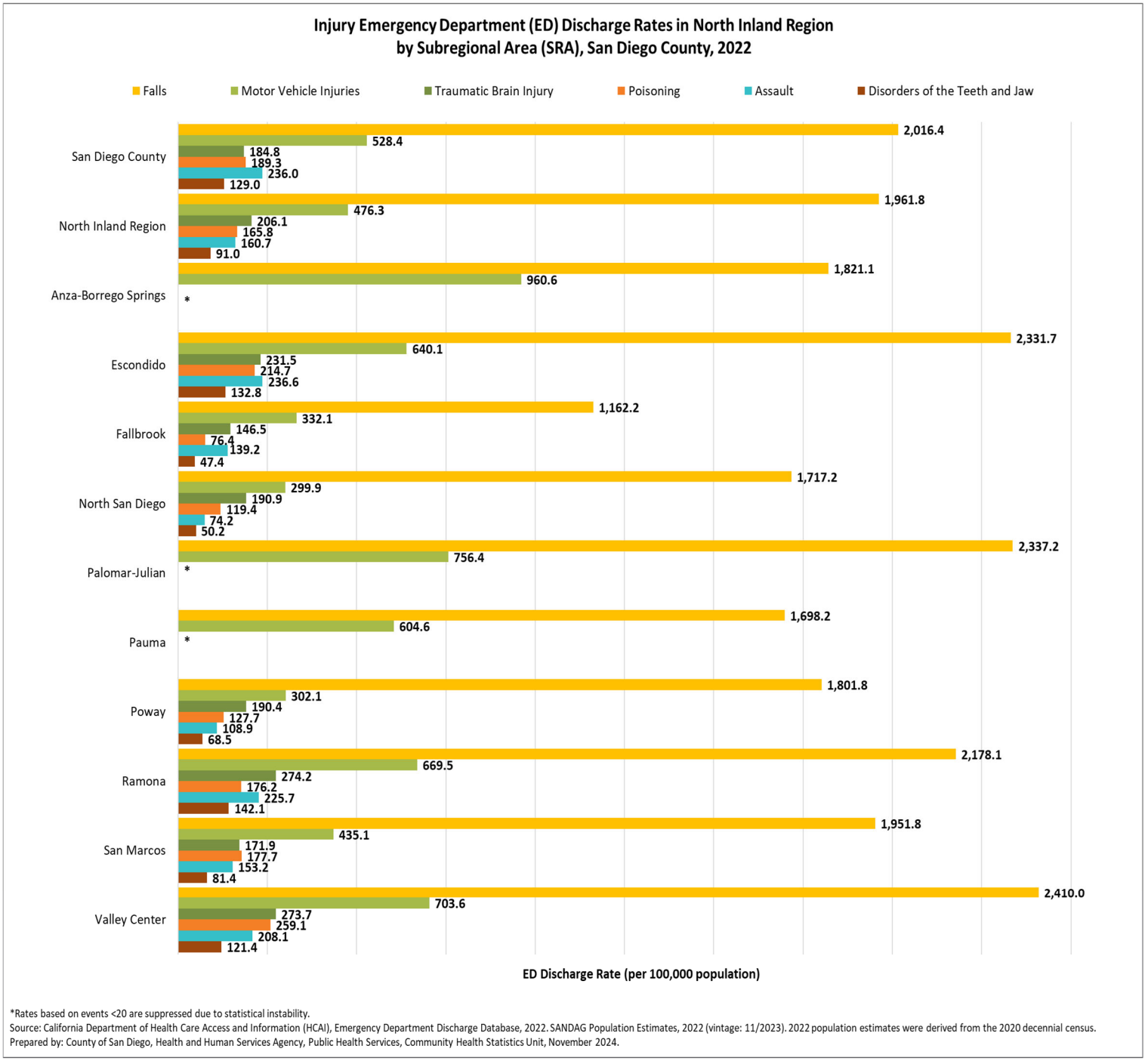
INJURY INDICATORS

Among injuries, the highest rates of death in North Inland Region were due to poisoning in 2022. Among North Inland Region subregional areas (SRAs), Escondido had the highest death rate due to poisoning (25.1 per 100,000), falls (17.3 per 100,000), and traumatic brain injury (14.4 per 100,000) compared to all other SRAs in North Inland Region.



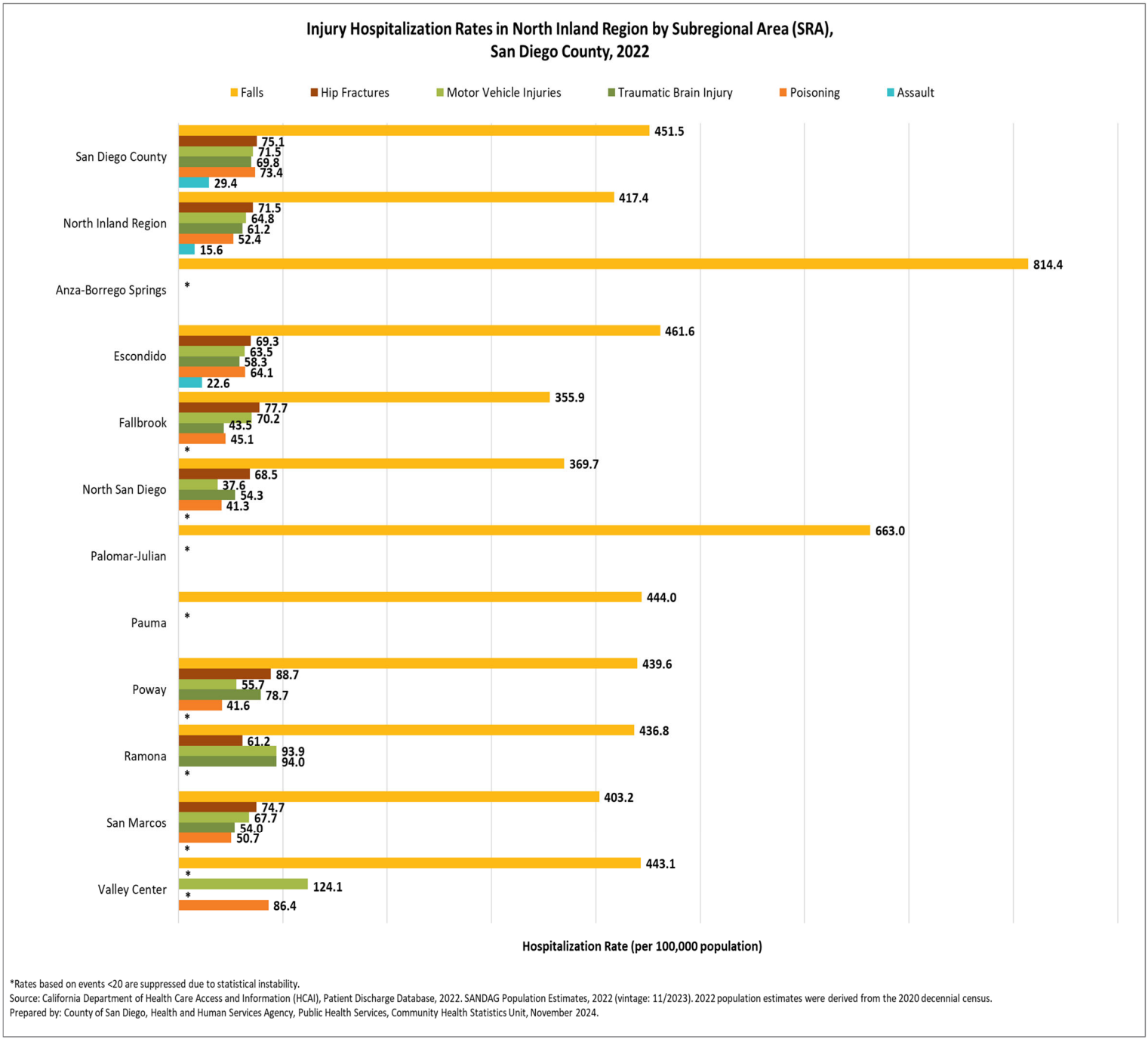
*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 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, November 2024.

In 2022, 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, Valley Center had the highest ED discharge rate due to falls (2,410.0 per 100,000), followed by Palomar-Julian (2,337.2 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 2022. Anza-Borrego Springs SRA had the highest ED discharge rate due to motor vehicle injuries (960.6 per 100,000) compared to all other North Inland Region SRAs.



*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, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 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, November 2024.

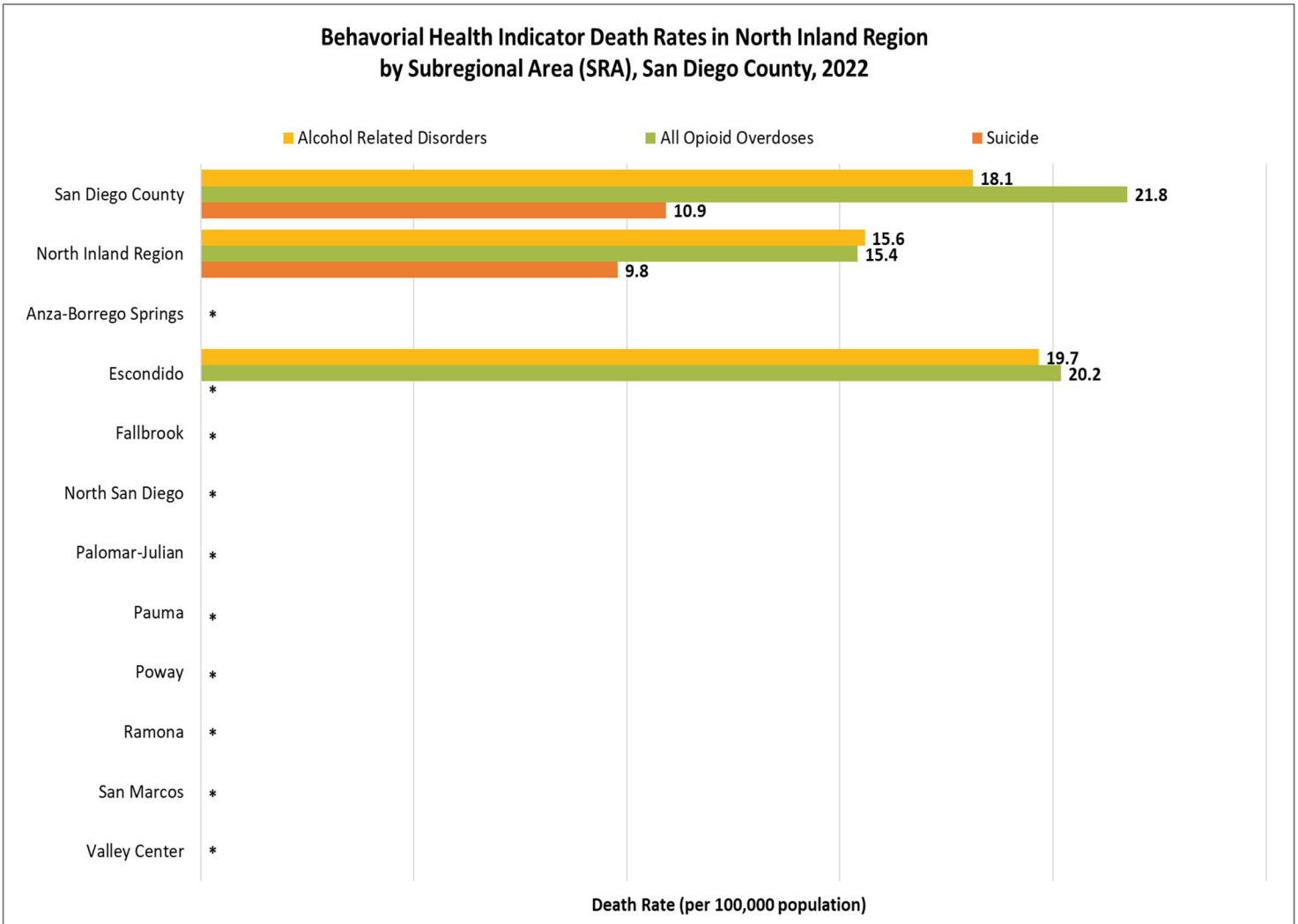
Among injury indicators, the highest hospitalization rates in North Inland Region and its SRAs were due to falls, followed by hip fractures in 2022. Among North Inland SRAs, Anza-Borrego Springs had the highest hospitalization rate due to falls (814.4 per 100,000), followed by Palomar-Julian (663.0 per 100,000), while Fallbrook had the lowest hospitalization rate due to falls (355.9 per 100,000) in 2022. Among North Inland Region SRAs, Poway had the highest hospitalization rate due to hip fractures (88.7 per 100,000) and Valley Center had the highest hospitalization rate due to motor vehicle injuries (124.1 per 100,000).



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 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, November 2024.

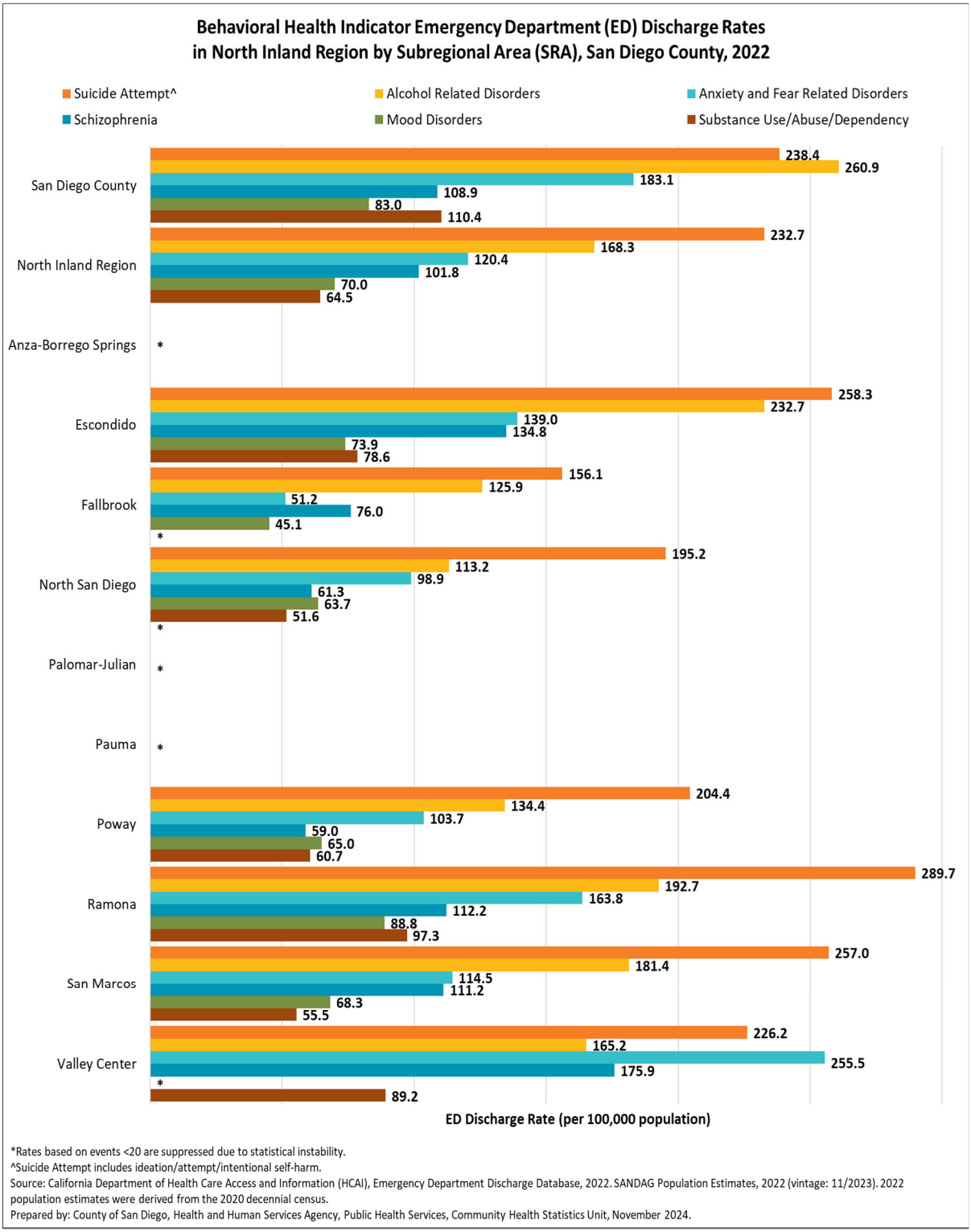
BEHAVIORAL HEALTH INDICATORS

In 2022, among behavioral health indicators, the highest rates of death were due to alcohol related disorders (15.6 per 100,000) and opioid overdoses (15.4 per 100,000) in North Inland Region. Among North Inland Region subregional areas (SRAs), Escondido had the highest death rate due to alcohol related disorders (19.7 per 100,000) in 2022. In 2022, Escondido SRA had the highest death rate due to all opioid overdoses (20.2 per 100,000) in North Inland Region.



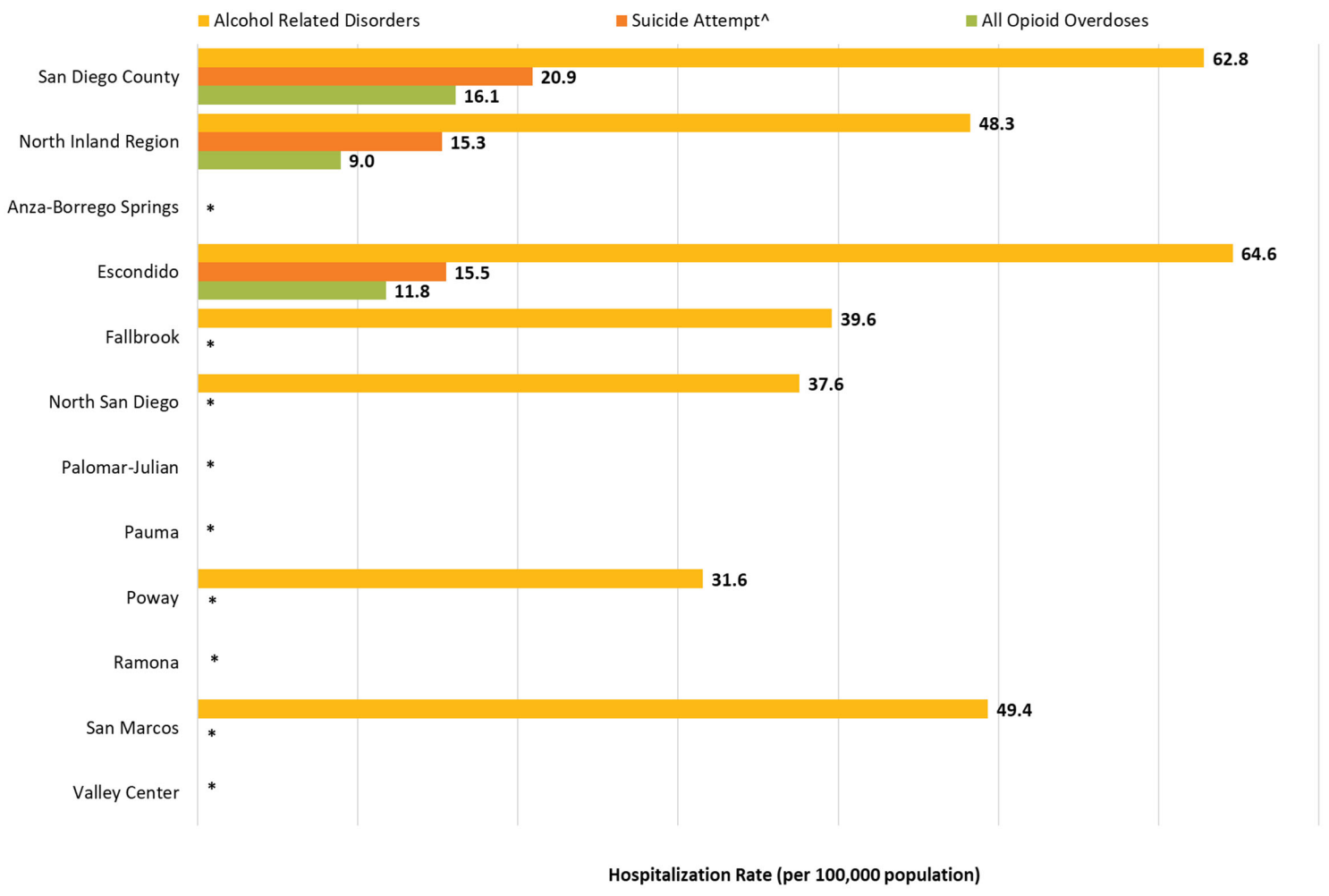
*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 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, November 2024.

Among behavioral health indicators in 2022, the highest emergency department (ED) discharge rates were due to suicide attempt/ideation/intentional self-harm in North Inland Region and its SRAs, except Valley Center. Among North Inland Region SRAs, Ramona had the highest ED discharge rate due to suicide attempt/ideation/intentional self-harm (289.7 per 100,000), followed by Escondido (258.3 per 100,000), while Fallbrook had the lowest ED discharge rate due to suicide attempt/ ideation/ intentional self-harm (156.1 per 100,000). The second-highest ED discharge rates were due to alcohol related disorders in North Inland Region and its SRAs, except Valley Center, in 2022. Among North Inland SRAs, Escondido had the highest ED discharge rate due to alcohol related disorders (232.7 per 100,000), followed by Ramona (192.7 per 100,000) in 2022.



In North Inland Region and its SRAs, the highest hospitalization rates among behavioral health indicators were due to alcohol related disorders. Among North Inland SRAs, Escondido had the highest hospitalization rate due to alcohol related disorders (64.6 per 100,000), followed by San Marcos (49.4 per 100,000). In 2022, the second-highest hospitalization rates among behavioral health indicators were due to suicide attempt/ideation/intentional self-harm in North Inland Region. In North Inland Region, Escondido SRA had the highest hospitalization rate due to suicide attempt/ ideation/intentional self-harm (15.5 per 100,000) in 2022.

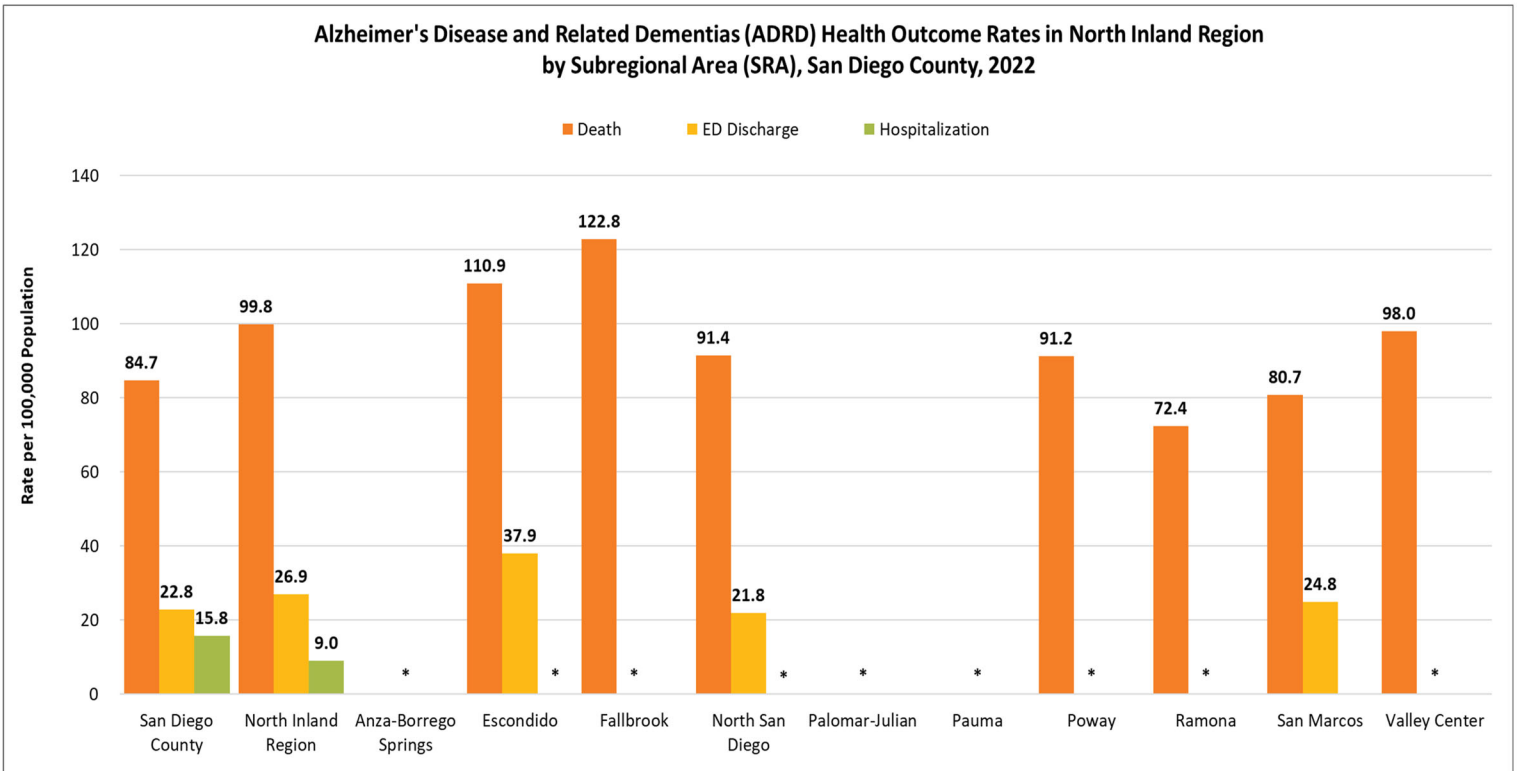
Behavioral Health Indicator Hospitalization Rates in North Inland Region by Subregional Area (SRA), San Diego County, 2022



*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, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 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, November 2024.

ALZHEIMER'S DISEASE AND RELATED DEMENTIAS

In 2022, the death and ED discharge rates due to Alzheimer's Disease and Related Dementias (ADRD) in North Inland Region were higher than those in San Diego County overall. Among North Inland SRAs, Fallbrook had the highest death rate due to ADRD (122.8 per 100,000), followed by Escondido (110.9 per 100,000), both of which were higher than that in San Diego County overall in 2022. Escondido SRA had the highest emergency department (ED) discharge rate due to ADRD (37.9 per 100,000) among North Inland Region SRAs, which was higher than that in San Diego County overall in 2022.

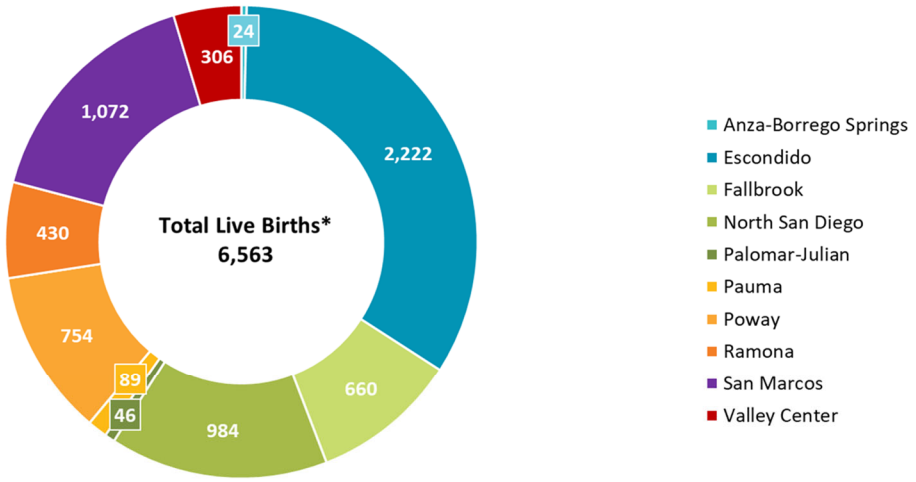


*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (vintage: 11/2023). 2022 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, November 2024.

MATERNAL AND CHILD HEALTH INDICATORS

In 2022, there were 6,563 total live births in North Inland Region, which represented 17.4% of the total live births in San Diego County (37,753). In 2022, Escondido subregional area (SRA) made up the highest proportion of live births in North Inland Region (33.9%).

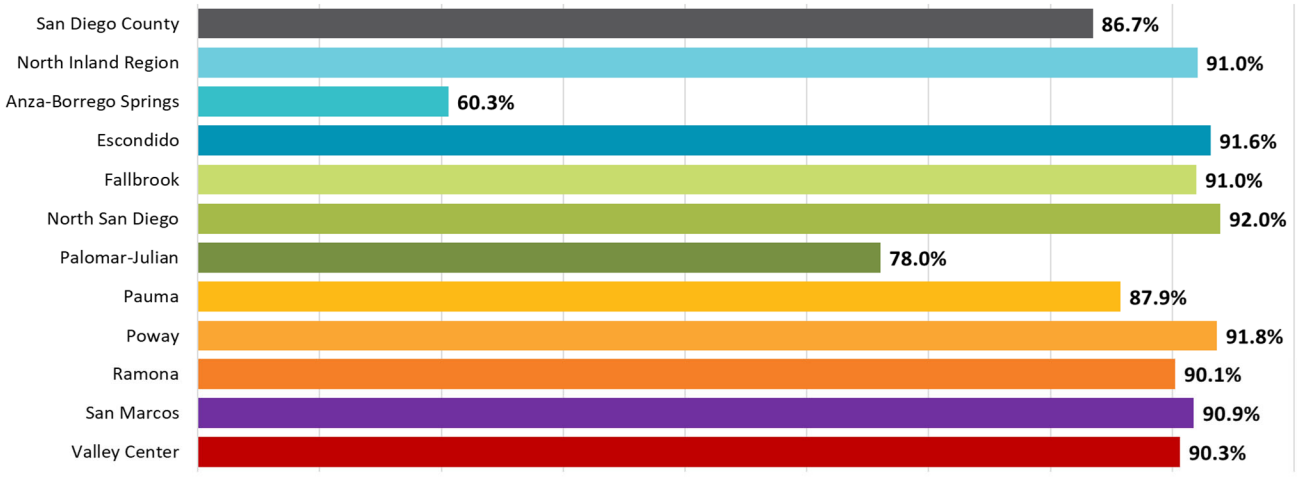
Distribution of Live Births in North Inland Region by Subregional Area (SRA), San Diego County, 2022



*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, 2022. 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, November 2024.

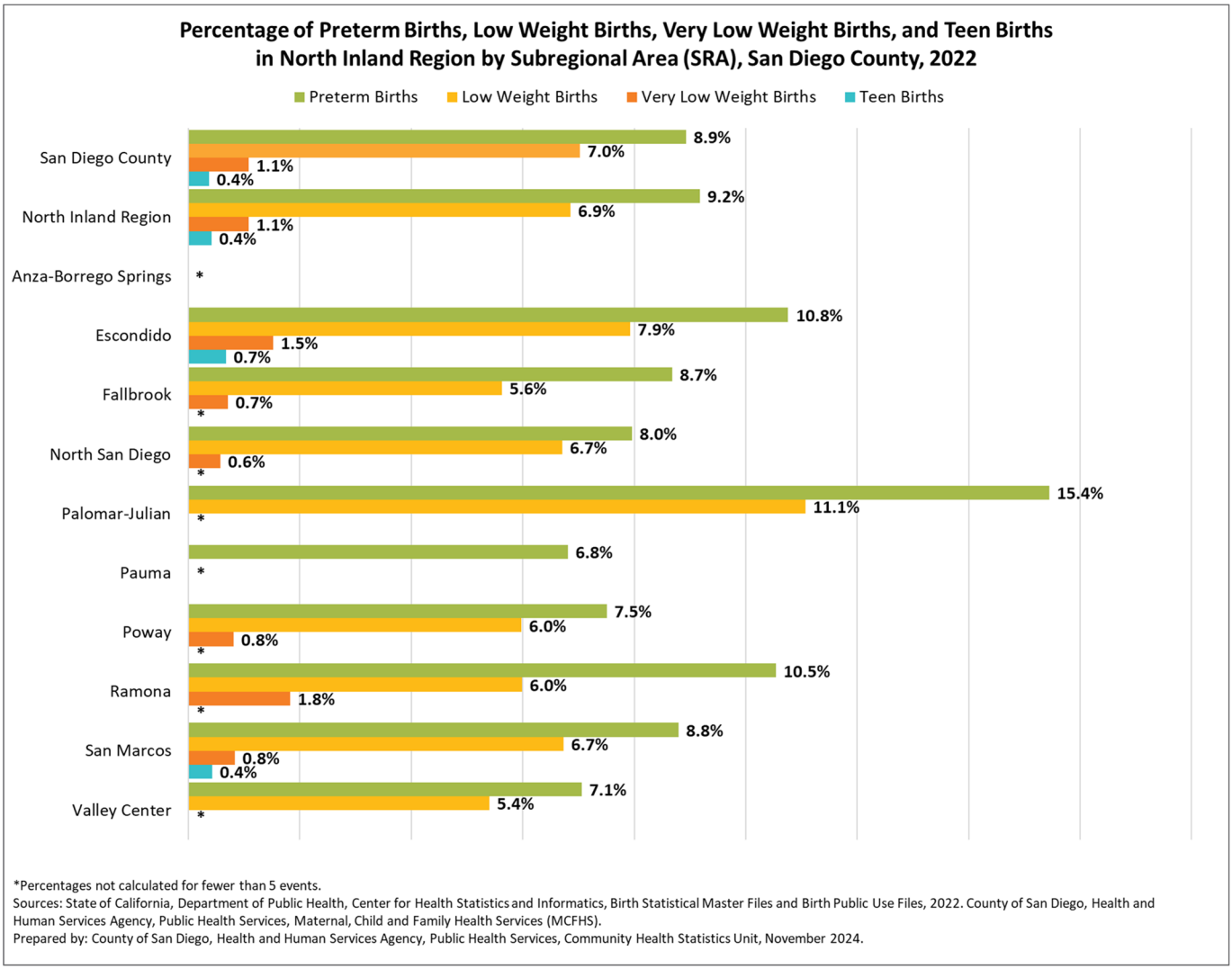
Early prenatal care is defined as care beginning during the 1st trimester of pregnancy, however, it does not account for frequency of care. In 2022, the proportion of mothers who received early prenatal care in North Inland Region (91.0%) was higher than in San Diego County overall (86.7%). Among North Inland Region SRAs, Anza-Borrego Springs had the lowest proportion of mothers who received prenatal care (60.3%), followed by Palomar-Julian (78.0%).

Percentage of Early Prenatal Care Among Births in North Inland Region and Subregional Areas (SRAs), San Diego County, 2022



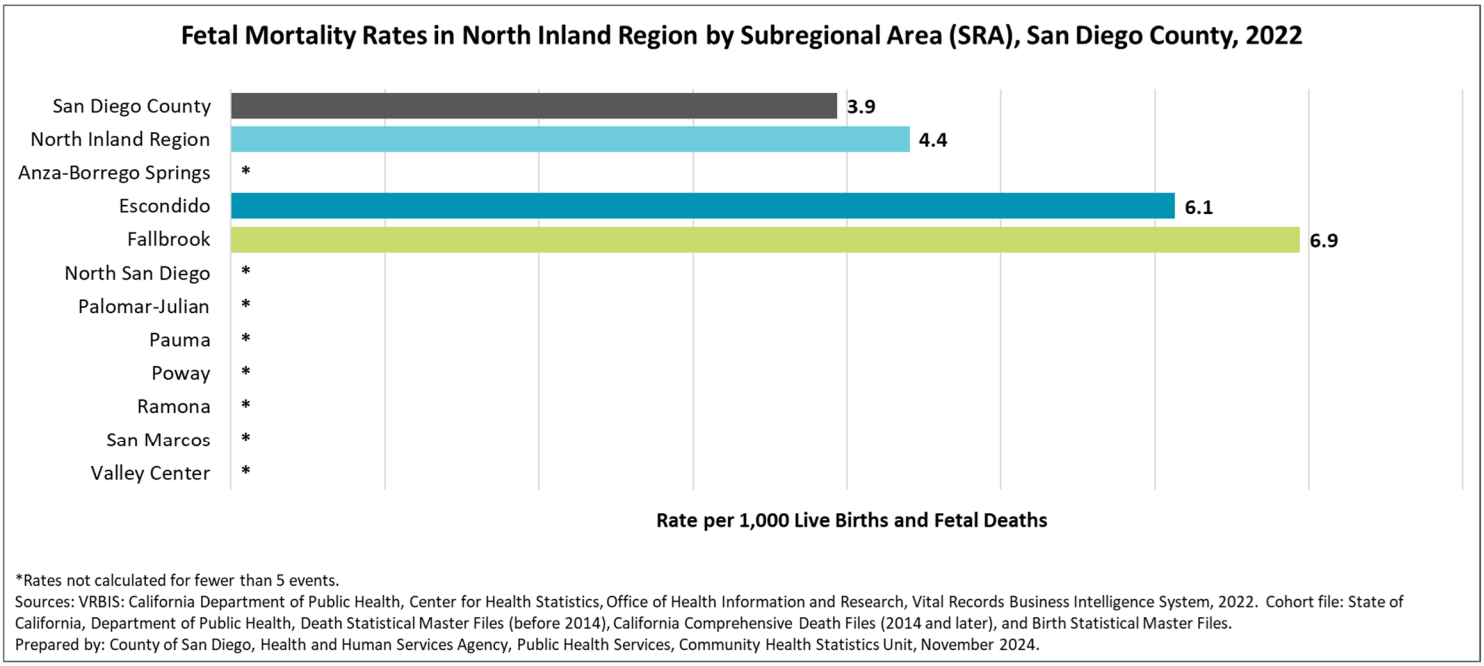
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2022. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Preterm birth is the delivery of a baby before completing 37 weeks of gestation. In 2022, 9.2% of live births in North Inland Region were preterm births. Among North Inland SRAs, Palomar-Julian had the highest proportion of preterm births (15.4%), followed by Escondido (10.8%). 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 2022, 6.9% of live births in North Inland Region were low weight births, while 1.1% of those live births were very low weight births. Among North Inland SRAs, Palomar-Julian had the highest proportion of low weight births (11.1%), followed by Escondido (7.9%). Ramona SRA had the highest proportion of very low weight births (1.8%), followed by Escondido SRA (1.5%) in 2022. 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 2022, the proportion of teen births in Escondido SRA (0.7%) was higher than in North Inland Region and San Diego County overall (0.4%).



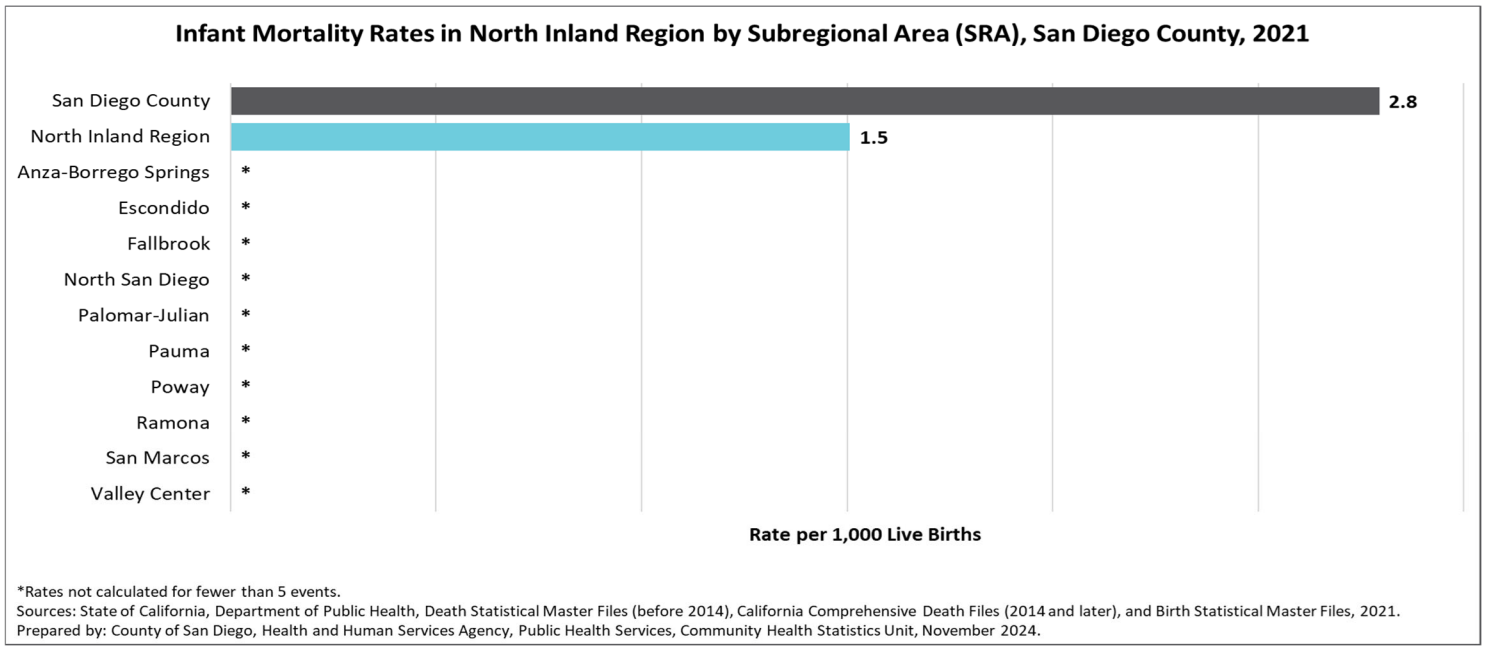
*Percentages not calculated for fewer than 5 events.
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2022. County of San Diego, Health and Human Services Agency, Public Health Services, 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, November 2024.

Fetal mortality refers to a fetal death during a pregnancy with at least 20 complete weeks of gestation. In 2022, the fetal mortality rate in North Inland Region (4.4 per 1,000 live births and fetal deaths) was higher than in San Diego County overall (3.9 per 1,000 live births and fetal deaths). Fallbrook SRA had the highest fetal mortality rate in North Inland Region (6.9 per 1,000 live births and fetal deaths).



*Rates not calculated for fewer than 5 events.
Sources: VRBIS: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System, 2022. Cohort file: State of California, Department of Public Health, Death Statistical Master Files (before 2014), California Comprehensive Death Files (2014 and later), and Birth Statistical Master Files.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Infant mortality refers to an infant's death before one year of age. In 2021, the infant mortality rate in North Inland Region (1.5 per 1,000 live births) was lower than in San Diego County (2.8 per 1,000 live births).



*Rates not calculated for fewer than 5 events.
Sources: State of California, Department of Public Health, Death Statistical Master Files (before 2014), California Comprehensive Death Files (2014 and later), and Birth Statistical Master Files, 2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

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 2022, North Inland Region was the second most populous region in San Diego County, representing 18.4% of the total county population.
- In San Diego County, North Inland Region had the highest proportion of residents aged 45-64 years (25.6%) in 2022.

Socioeconomic Factors

- In 2022, North Inland Region had the second highest median household income ($116,267) compared to all other HHSA regions in San Diego County.
- In 2022, 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 2022.

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.