June 2022

South Region Health Status Report Summary

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

COUNTY OF SAN DIEGO HHSA HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL SAN DIEGO

ACCREDITED HEALTH DEPARTMENT · PHAB Advancing public health performance · PUBLIC HEALTH ACCREDITATION BOARD

COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL
SAN DIEGO

This page is intentionally left blank.

South Region
Health Status Report Summary

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

June 2022

For additional information, contact:
Community Health Statistics Unit
3851 Rosecrans St.
San Diego, CA 92110
(619) 692-6667
www.SDHealthStatistics.com

COUNTY OF SAN DIEGO HHSA HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL SAN DIEGO

ACCREDITED HEALTH DEPARTMENT · PUBLIC HEALTH ACCREDITATION BOARD · PHAB Advancing public health performance

South Region
Health Status Report Summary

Suggested Citation: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. (2022). *South Region Health Status Report Summary.* Retrieved MM/DD/YY from www.SDHealthStatistics.com

COUNTY OF SAN DIEGO HHSA HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL SAN DIEGO

ACCREDITED HEALTH DEPARTMENT • PUBLIC HEALTH ACCREDITATION BOARD • PHAB Advancing public health performance

TABLE OF CONTENTS

Introduction 1

Health Status Overview 2

Population Characteristics 3

Insurance, Access, and Utilization 7

Disability Status 9

Life Expectancy 10

Top 10 Leading Causes of Death 11

Non-Communicable (Chronic) Diseases 12

3-4-50: Chronic Diseases 15

Communicable Diseases 17

Injury Indicators 20

Behavioral Health Indicators 23

Maternal and Child Health Indicators 26

Conclusion 28

INTRODUCTION

South Region consists of five subregional areas (SRAs): Chula Vista, Coronado, National City, South Bay, and Sweetwater. This health status report summary provides the most current information on demographic characteristics, socioeconomic factors, and health concerns in South Region and its SRAs.

The key segments of this report include:

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

Health Status Overview (2019): South Region

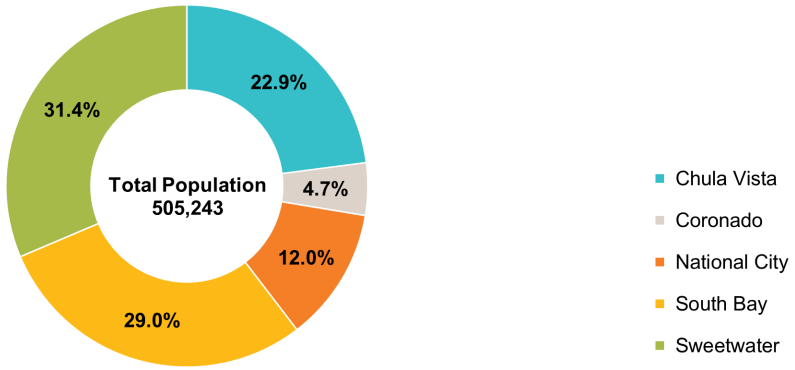
DEMOGRAPHIC CHARACTERISTICS Population Characteristics	**Population:** 505,243 (15.2% of San Diego County population) **Age Distribution:** Highest proportion consisted of individuals aged 25-44 years old (29.0%), followed by individuals aged 45-64 years old (23.9%)
Income, Health Insurance, Disability Status	**Median Household Income**: $71,269 **Population Below 200% Federal Poverty Level (FPL):** 31.7% **Population with Health Insurance:** 91.2% **Population with Disability:** 10.3%
MORTALITY MEASURES	**Overall Life Expectancy**: 81.0 years
	Top 5 Leading Cause of Death: Cancer, Diseases of the heart, Stroke, Alzheimer's Disease, Accidents/Unintentional injuries
HEALTH OUTCOMES Non-Communicable (Chronic) Diseases	**Highest Death Rate:** Overall cancer (154.6 per 100,000) **Highest ED Discharge Rate:** Overall heart disease (2,231.9 per 100,000) **Highest Hospitalization Rate:** Overall heart disease (1,180.0 per 100,000)
Communicable Diseases	**Highest Death Rate**: Pneumonia (5.4 per 100,000) **Highest ED Discharge Rate:** Urinary tract infection (896.3 per 100,000) **Highest Hospitalization Rate:** Pneumonia (140.5 per 100,000)
Injury Indicators	**Highest Death Rate**: Falls (13.1 per 100,000) **Highest ED Discharge Rate:** Falls (2,311.3 per 100,000) **Highest Hospitalization Rate:** Falls (429.6 per 100,000)
Behavioral Health Indicators	**Highest Death Rate**: Alzheimer's disease and related dementias (ADRD) (74.0 per 100,000) **Highest ED Discharge Rate:** Alcohol-related diseases (230.2 per 100,000) **Highest Hospitalization Rate:** Alcohol-related diseases (33.8 per 100,000)
Maternal and Child Health Indicators	**Total Live Births**: 6,750 **Preterm Births:** 9.2% **Low Weight Births:** 7.4% **Infant Mortality Rate:** 4.6 per 1,000 total live births **Fetal Mortality Rate (2018):** 3.5 per 1,000 live births plus fetal deaths

DEMOGRAPHIC CHARACTERISTICS

Population Characteristics

In 2019, South Region was home to an estimated 505,243 residents, representing 15.2% of the San Diego County population (3,316,073).

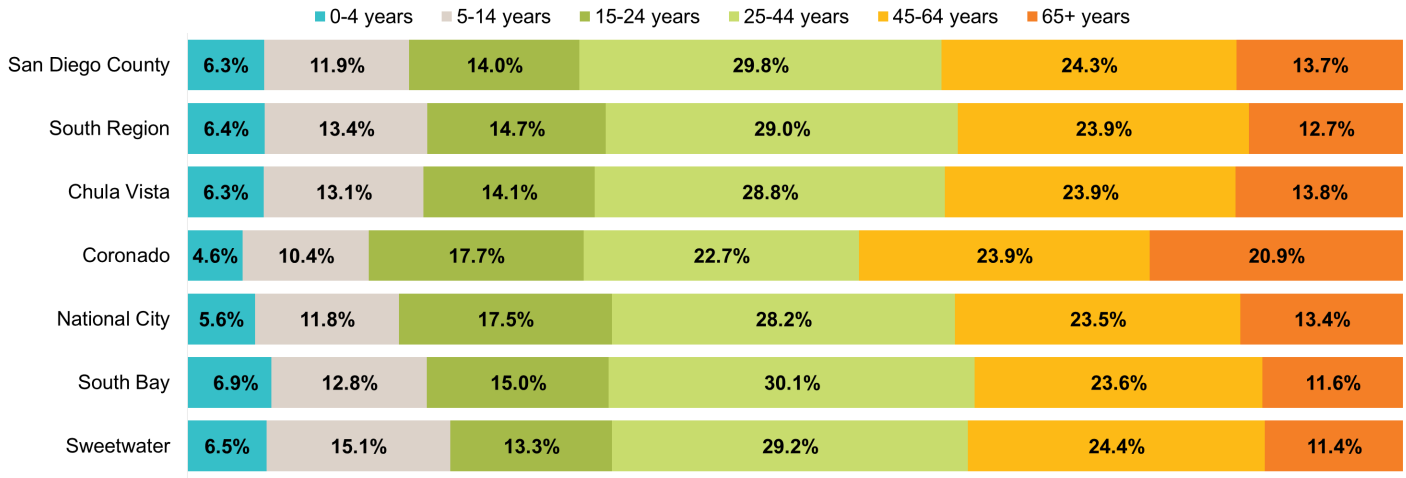
South Region Population Distribution* by Subregional Areas, 2019



*Please note that percentages may not add up to 100% due to rounding.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table B01001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

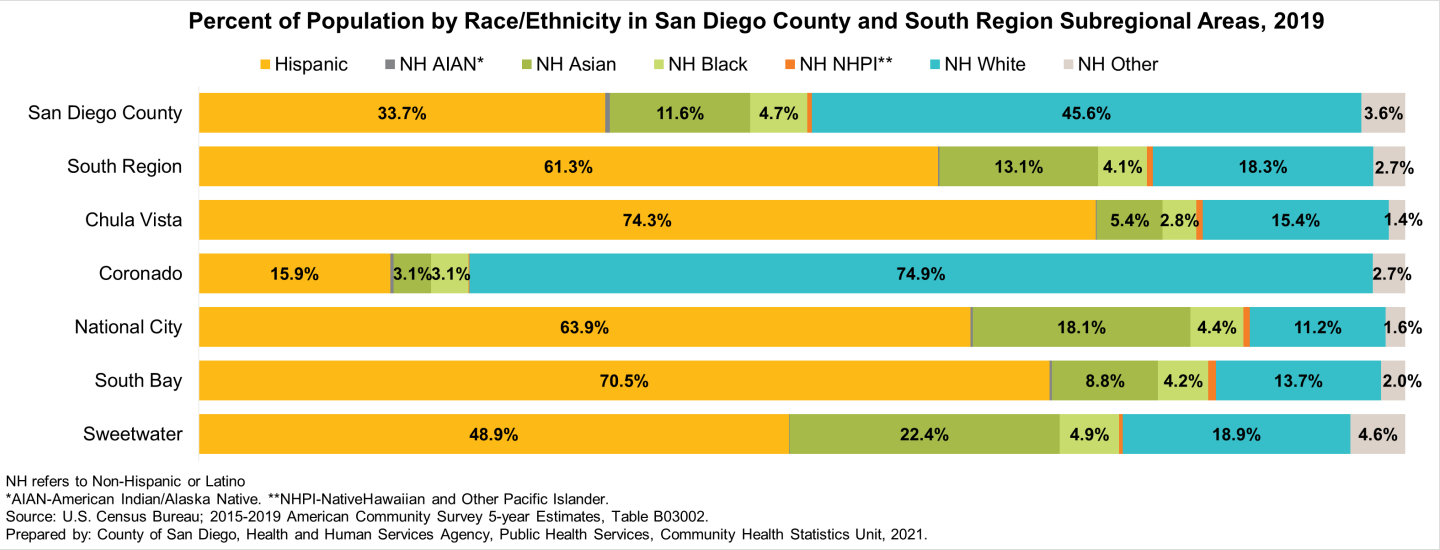
Adults aged 25-44 years old constituted the highest proportion of South Region residents (29.0%), followed by residents 45-64 years old (23.9%). Among South Region subregional areas (SRAs), South Bay had the highest proportion of adults aged 25-44 years old (30.1%), followed by Sweetwater (29.2%).

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



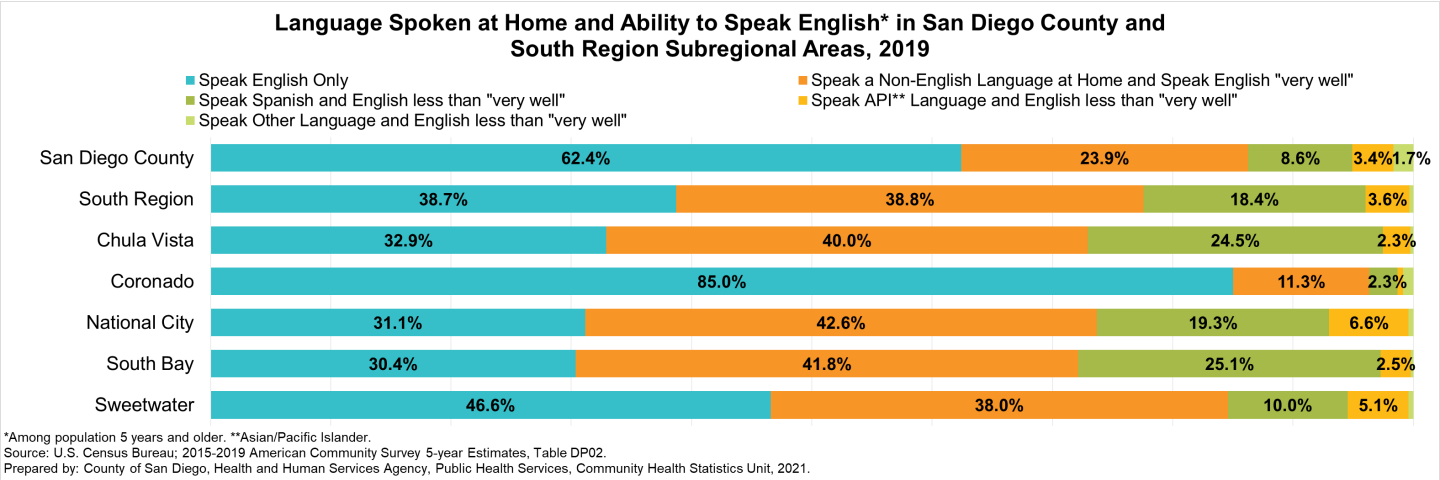
*Please note percentages may not add up to 100% due to rounding.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table S0101.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

In 2019, residents in South Region were primarily Hispanic (61.3%), followed by White (18.3%), Asian (13.1%), Black (4.1%), Native Hawaiian and Other Pacific Islander (0.5%), American Indian and Alaska Native (0.1%), and Other (2.7%). Among South Region SRAs, Chula Vista had the highest proportion of Hispanic residents (74.3%), while Coronado had the lowest proportion (15.9%). In 2019, Sweetwater SRA had the highest proportion of Black residents (4.9%), while Chula Vista SRA had the lowest proportion (2.8%).



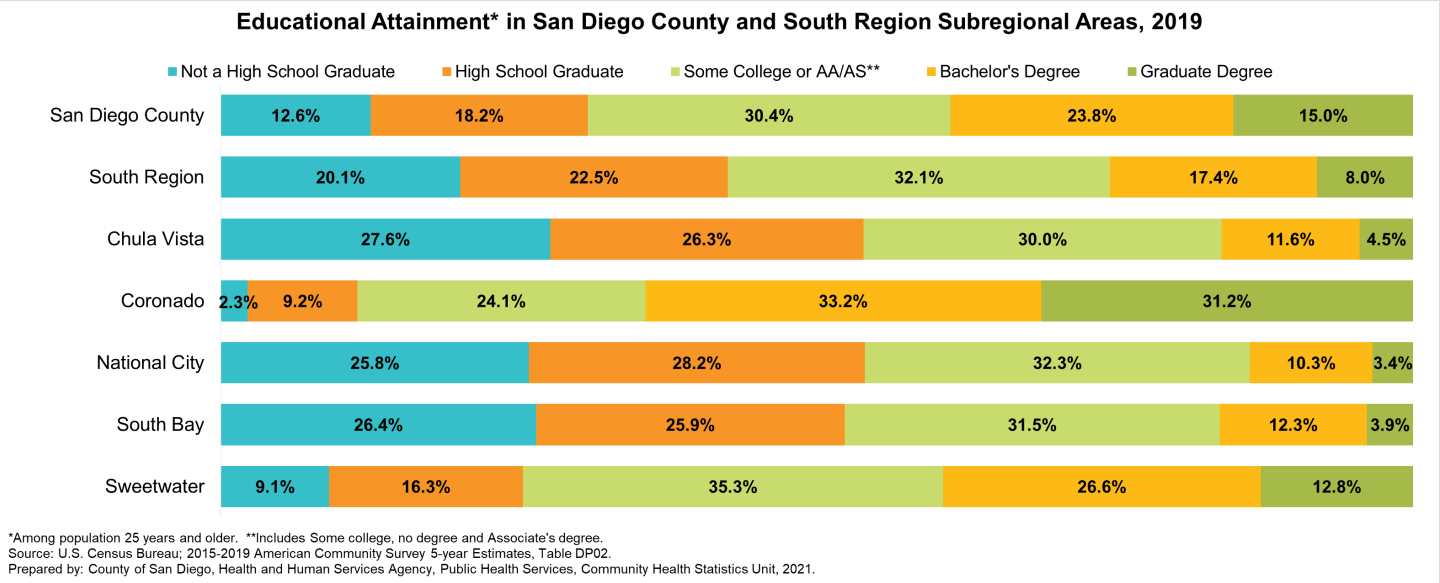
NH refers to Non-Hispanic or Latino
*AIAN-American Indian/Alaska Native. **NHPI-NativeHawaiian and Other Pacific Islander.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table B03002.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

Nearly 2 out of 5 residents (38.7%), aged 5 years and older, in South Region spoke only English at home in 2019. A similar proportion of residents in South Region, aged 5 years and older (38.8%), spoke English “very well” and another language at home. Among South Region SRAs, Coronado had the highest proportion of residents speaking only English at home (85.0%), while South Bay had the lowest proportion (30.4%).



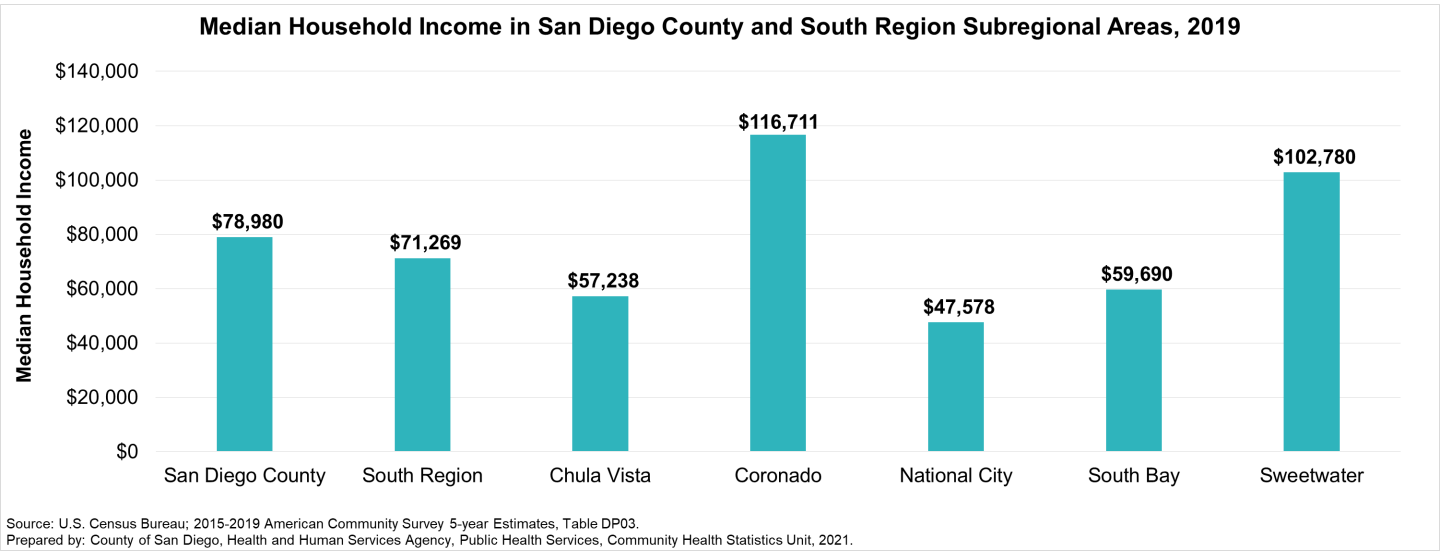
*Among population 5 years and older. **Asian/Pacific Islander.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

Compared to other Health and Human Services Agency (HHSA) Regions, South Region residents generally had a lower educational attainment. In 2019, South Region had a higher proportion of adults, aged 25 years and older, without a high school diploma (20.1%) and a lower proportion with a bachelor's degree or higher (25.4%) than any other region. Among South Region SRAs, Chula Vista had the highest proportion of adults, aged 25 years and older, without a high school diploma (27.6%), while Coronado had the lowest proportion (2.3%).



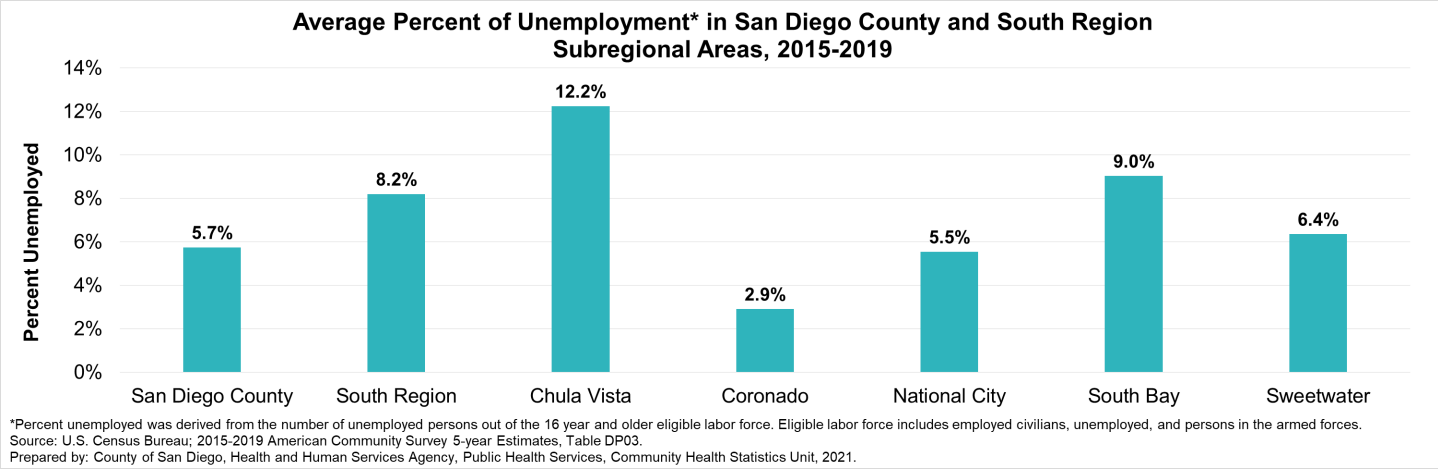
*Among population 25 years and older. **Includes Some college, no degree and Associate's degree.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics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

The median household income in South Region was $71,269 in 2019. Among South Region SRAs, National City had the lowest median household income ($47,578), while Coronado had the highest median household income ($116,711).



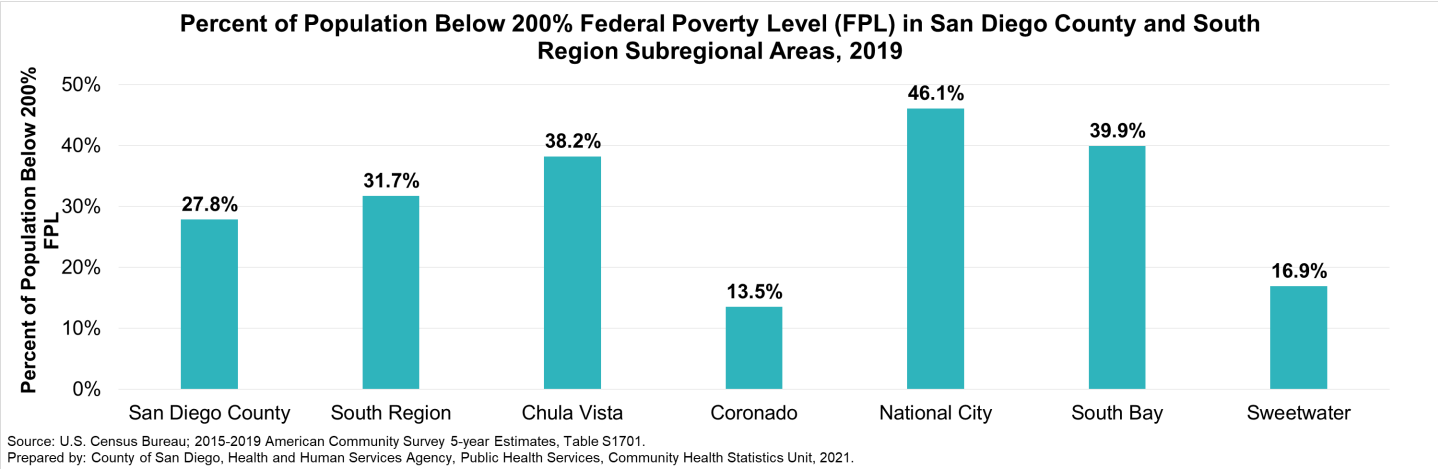
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

The percent unemployed was derived from the number of unemployed persons, out of the 16 year and older eligible labor force: employed civilians, unemployed, and persons in the armed forces. Compared to all other HHSA Regions, South Region had the highest percent of unemployment (8.2%) between 2015-2019. Among South Region SRAs, Chula Vista had the highest 5-year average unemployment rate (12.2%), while Coronado had the lowest 5-year average unemployment rate (2.9%) between 2015-2019.



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

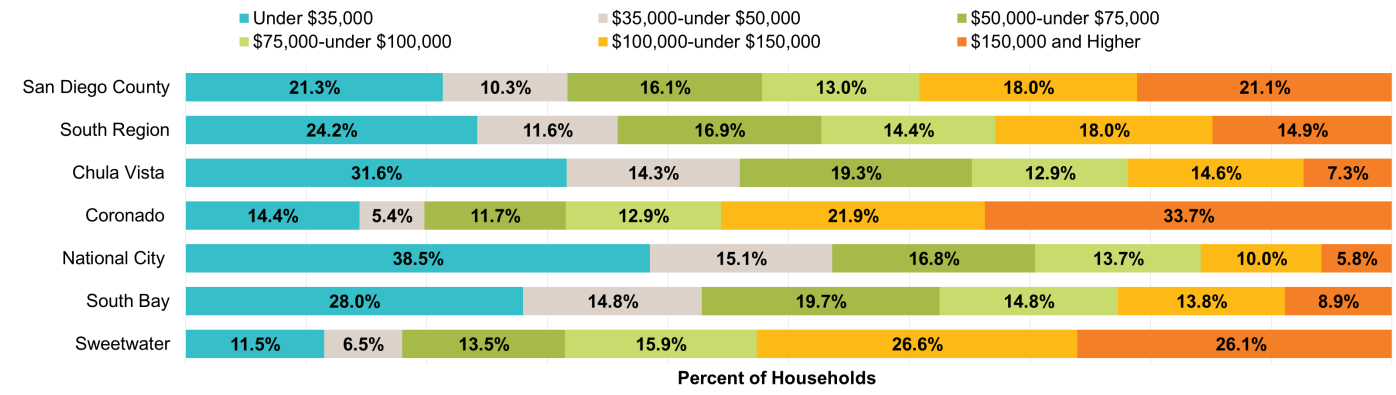
Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In 2019, nearly 1 out of 3 residents (31.7%), in South Region, lived below 200% FPL. Among South Region SRAs, National City had the highest proportion of residents living below 200% FPL (46.1%), followed by South Bay (39.9%). Furthermore, the proportion of residents living below 200% FPL was notably higher in National City SRA than South Region and San Diego County.



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

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 one-fourth of households (24.2%) in South Region had an annual income of less than $35,000. In South Region, National City SRA had the highest proportion of households with an annual income of less than $35,000 (38.5%), while Sweetwater had the lowest proportion (11.5%).

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

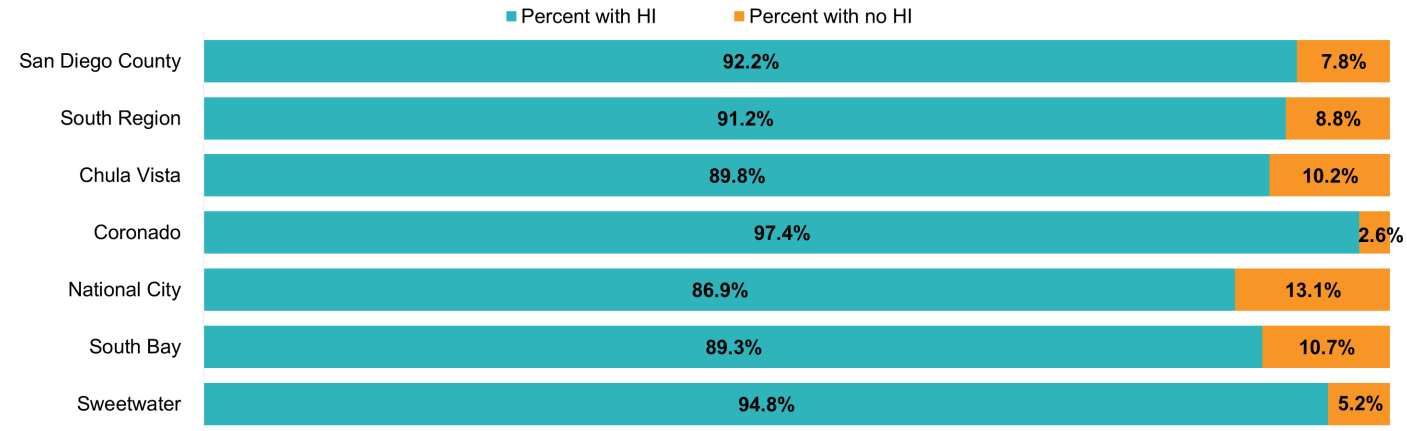


Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

Insurance, Access, and Utilization

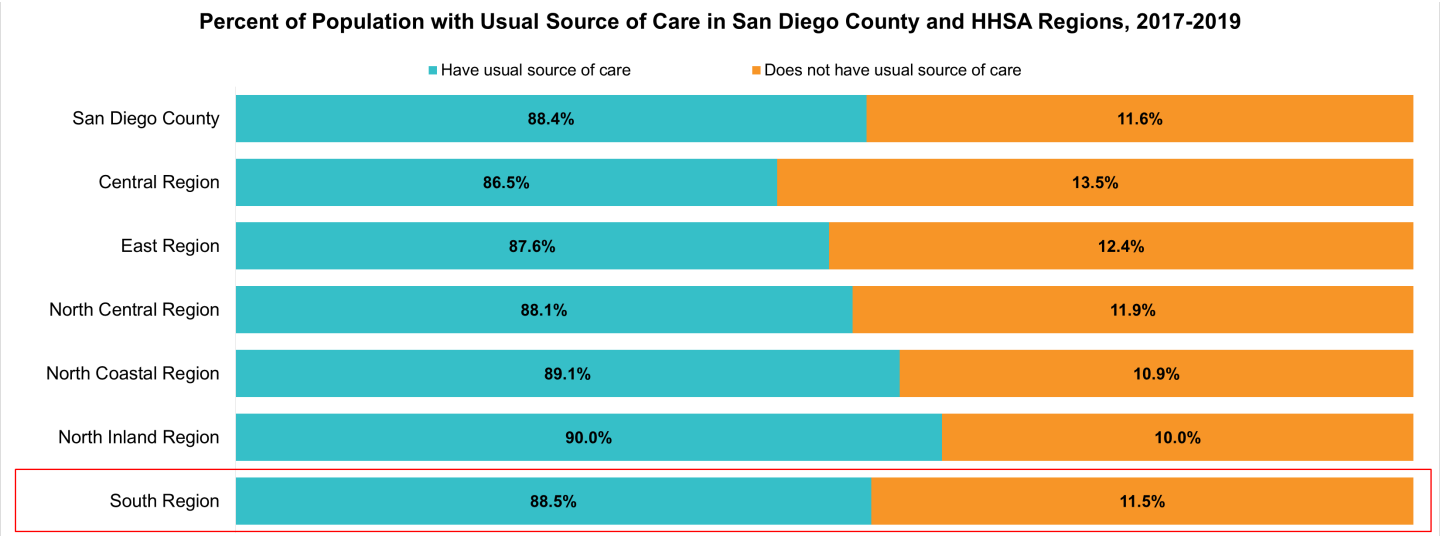
In 2019, 91.2% of residents in South Region were insured through private or public programs, while 8.8% of residents did not have any health insurance coverage. Among South Region subregional areas (SRAs), National City had the highest proportion of residents without health insurance (13.1%), followed by South Bay (10.7%), and Chula Vista (10.2%).

Percent of Population with Health Insurance (HI) in San Diego County and South Region Subregional Areas, 2019



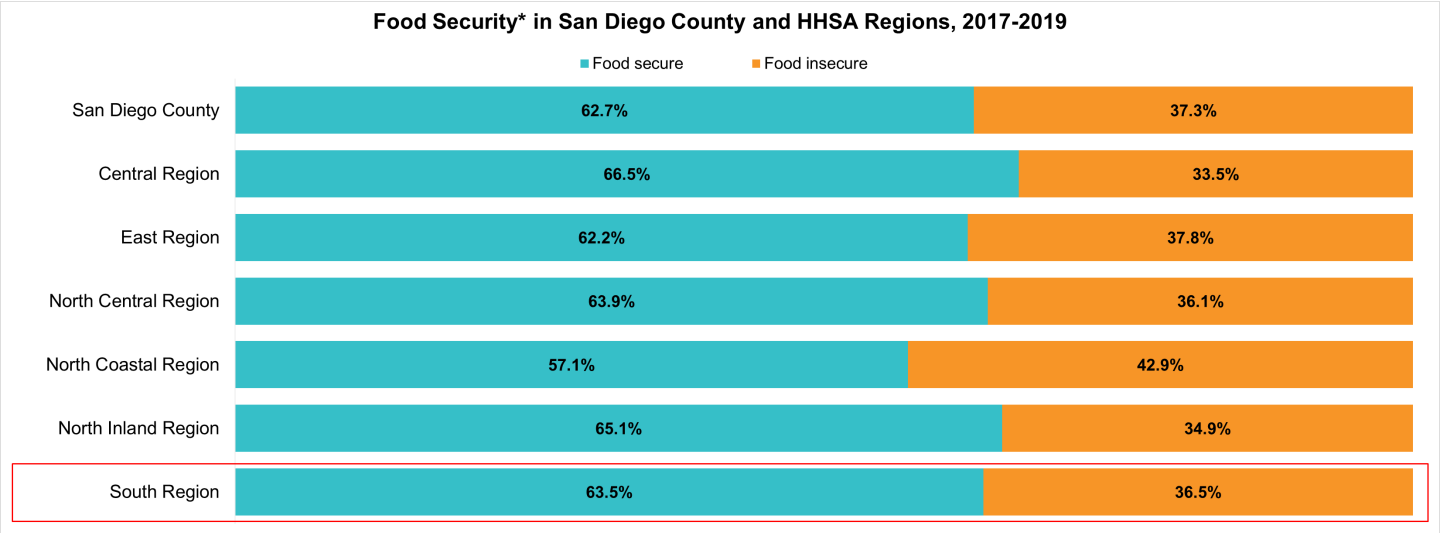
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table B27001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

Between 2017-2019, nearly 9 out of 10 residents (88.5%) in South Region reported having a usual place to go when sick or needing health advice. Moreover, residents in South Region were more likely to report having a usual place to go when sick or needing health advice compared to Central, East, and North Central Regions.



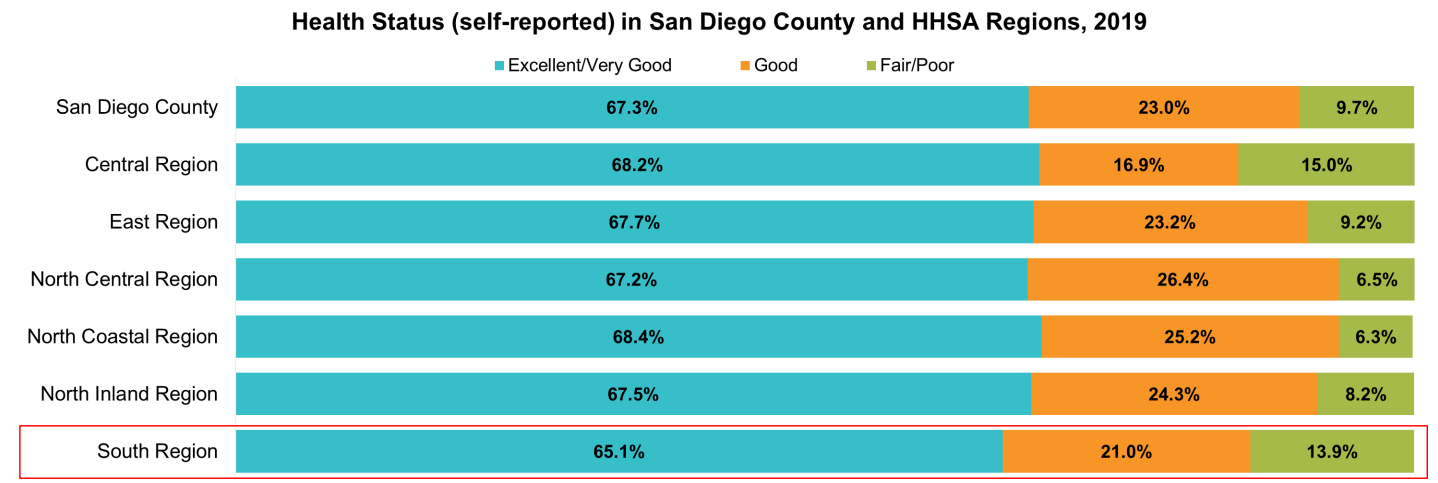
Source: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2017-2019. Usual Source of Care (San Diego County Health Regions). Available at http://ask.chis.ucla.edu. Exported on April 21, 2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community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

In South Region, the proportion of residents with income less than 200% of the Federal Poverty Level (FPL) reporting food insecurity was lower than San Diego County overall (37.3%). On average, nearly 2 out of 5 adults (36.5%), with income less than 200% FPL reported an inability to afford enough food in South Region, between 2017-2019.



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

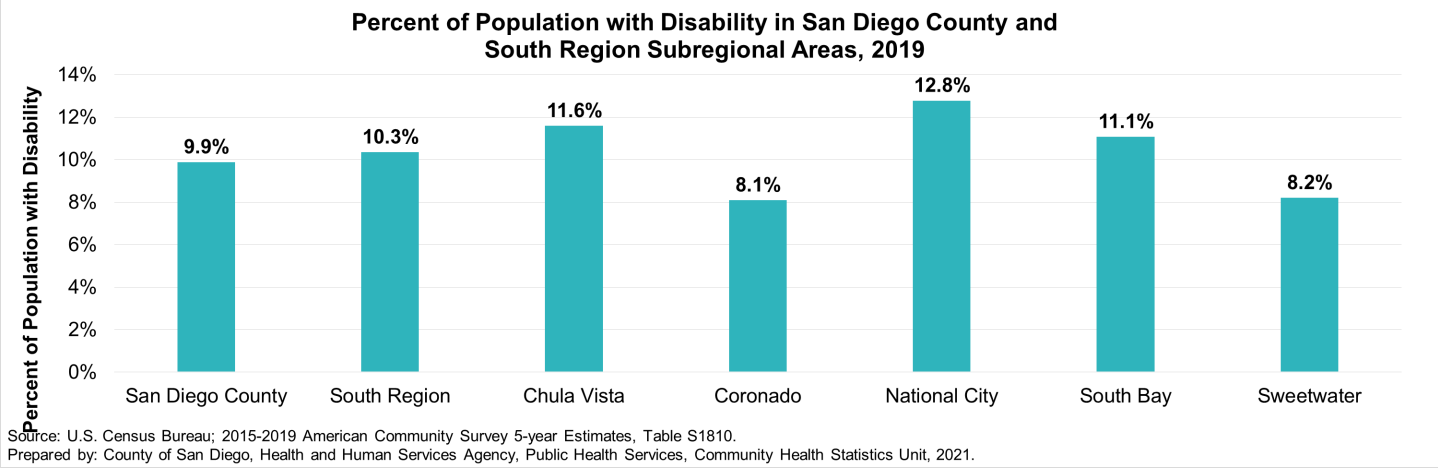
Among Health and Human Services Agency (HHSA) regions, South Region had the second highest proportion of residents reporting fair or poor health (13.9%). However, nearly 2 out of 3 residents (65.1%) in South Region reported excellent or very good health in 2019.



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

Disability Status

Individuals who report any of six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2019, 10.3% of residents in South Region reported having one or more disabilities. Among South Region subregional areas (SRAs), National City had the highest proportion of residents with a disability (12.8%), followed by Chula Vista (11.6%). Coronado (8.1%) and Sweetwater (8.2%) SRAs had lower proportions of residents with a disability than South Region and San Diego County overall.

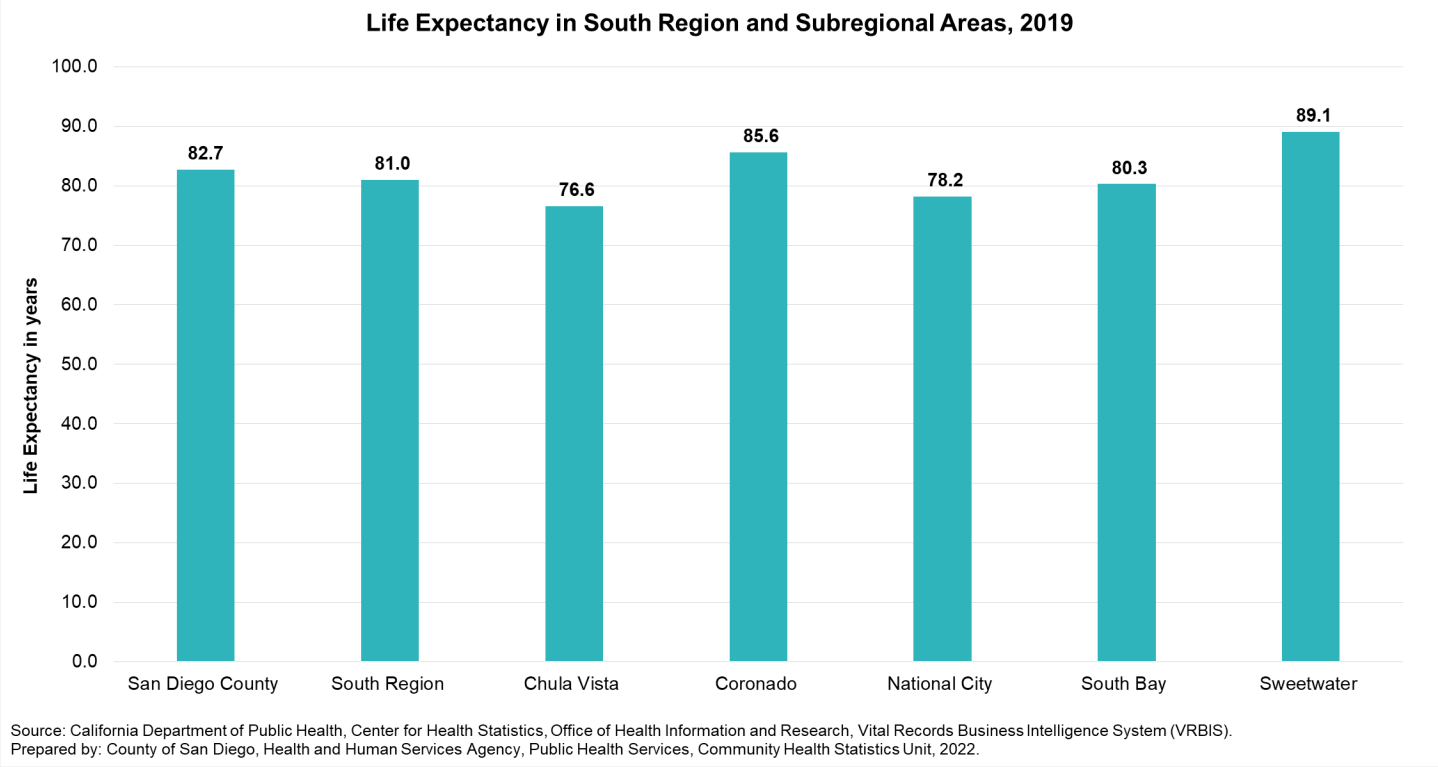


Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table S1810.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

MORTALITY MEASURES

Life Expectancy

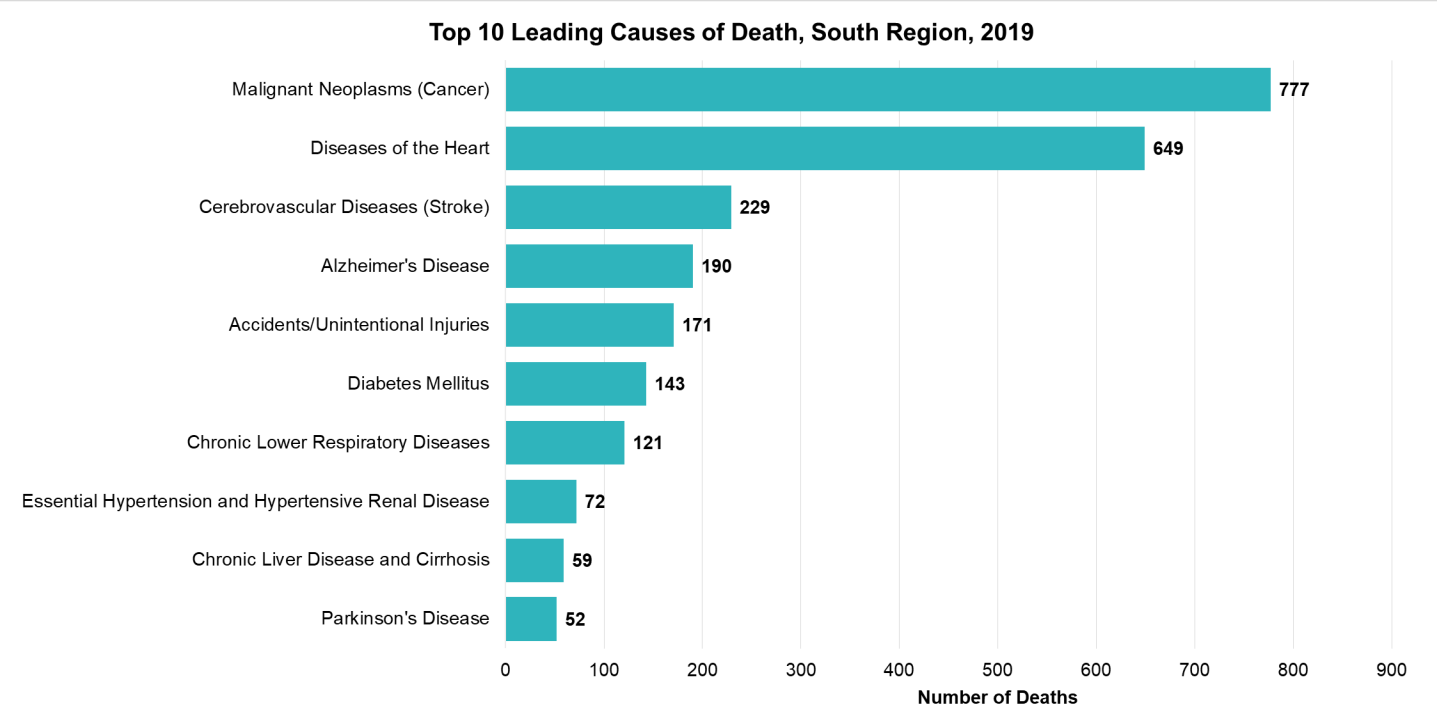
Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. In 2019, a baby born in San Diego County had a life expectancy of 82.7 years, while a baby born in South Region had a life expectancy of 81.0 years. Among South Region subregional areas (SRAs), Chula Vista, National City, and South Bay had lower life expectancies than San Diego County overall in 2019.



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

Top 10 Leading Causes of Death

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



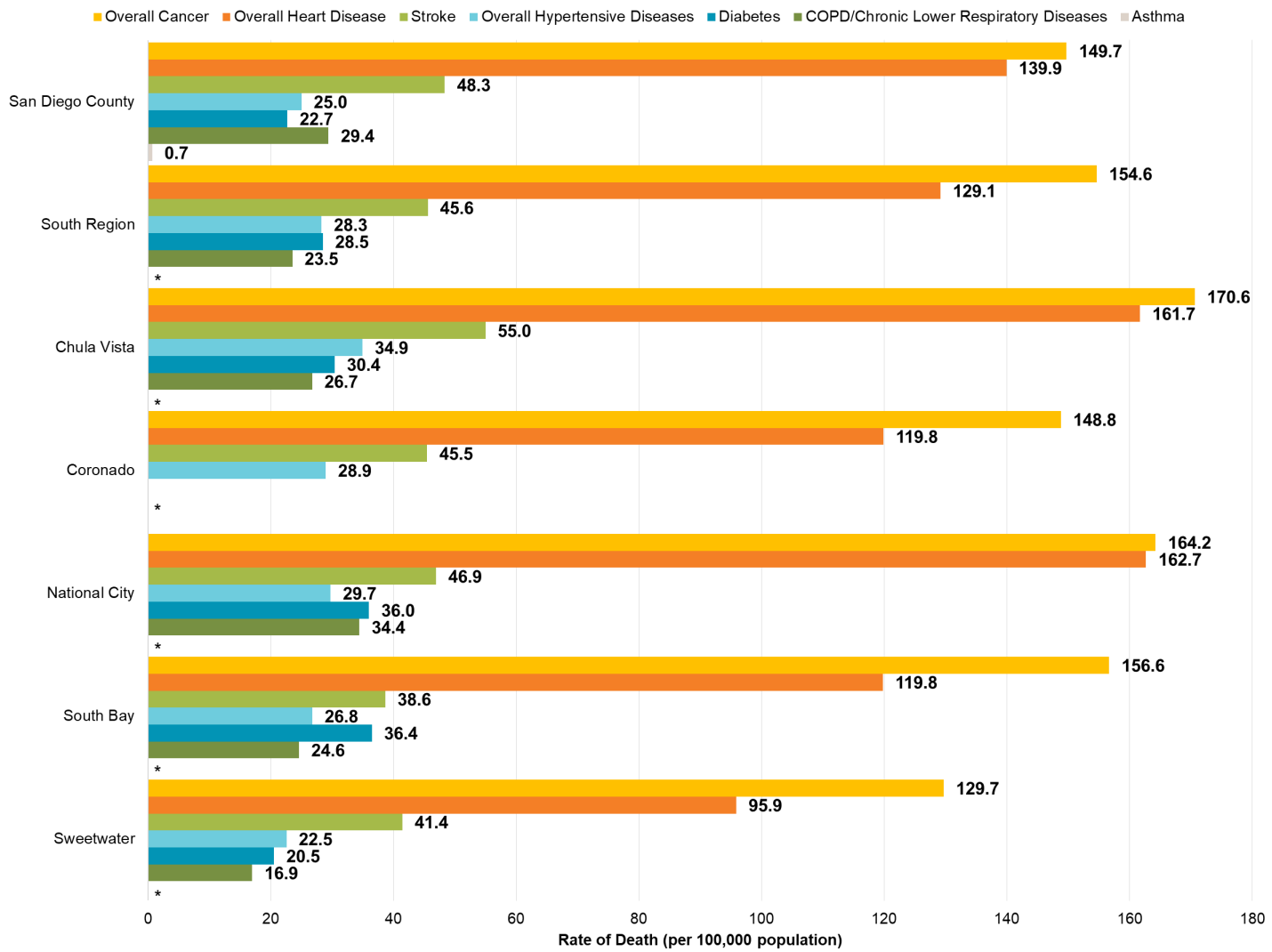
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

HEALTH OUTCOMES

Non-Communicable (Chronic) Disease

Among non-communicable (chronic) diseases in 2019, the highest rates of death were due to overall cancer (154.6 per 100,000) and overall heart disease (129.1 per 100,000) in South Region. Among South Region subregional areas (SRAs), Chula Vista had the highest rate of death due to overall cancer (170.6 per 100,000), which was higher than South Region and San Diego County overall. In 2019, National City SRA had the highest rate of death due to overall heart disease (162.7 per 100,000), which was higher than South Region and San Diego County overall.

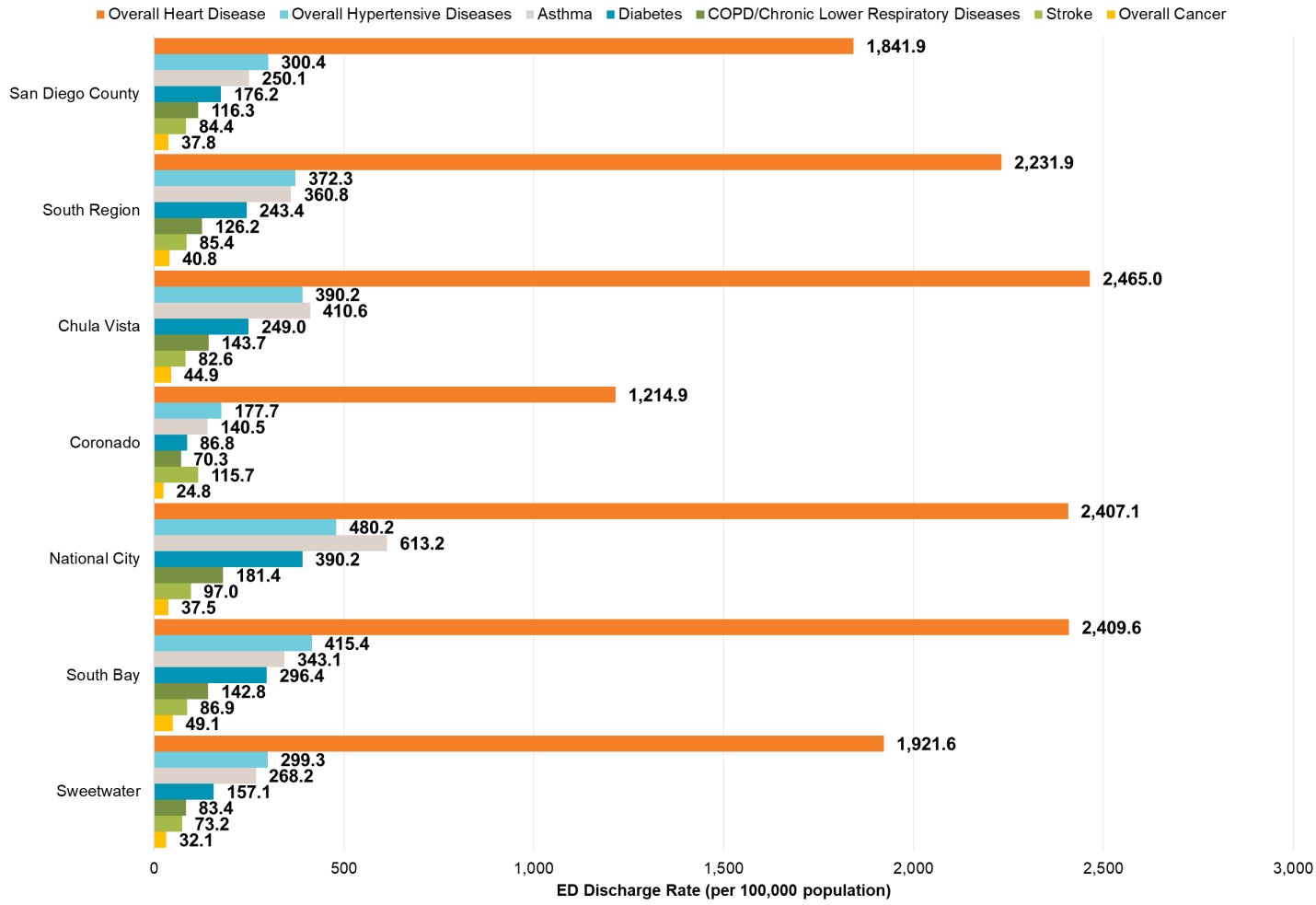
Rates* of Death due to Non-Communicable (Chronic) Diseases in San Diego County and South Region Subregional Areas, 2019



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

Among non-communicable (chronic) diseases, the highest emergency department (ED) discharge rate was due to overall heart disease in South Region and its SRAs in 2019. Among South Region SRAs, Chula Vista had a higher ED discharge rate due to overall heart disease (2,465.0 per 100,000) compared to South Region (2,2231.9 per 100,000) and San Diego County overall (1,841.9 per 100,000). In 2019, the second-highest ED discharge rate was due to overall hypertensive diseases in South Region and its SRAs, except Chula Vista, where the second highest ED discharge rate was due to asthma.

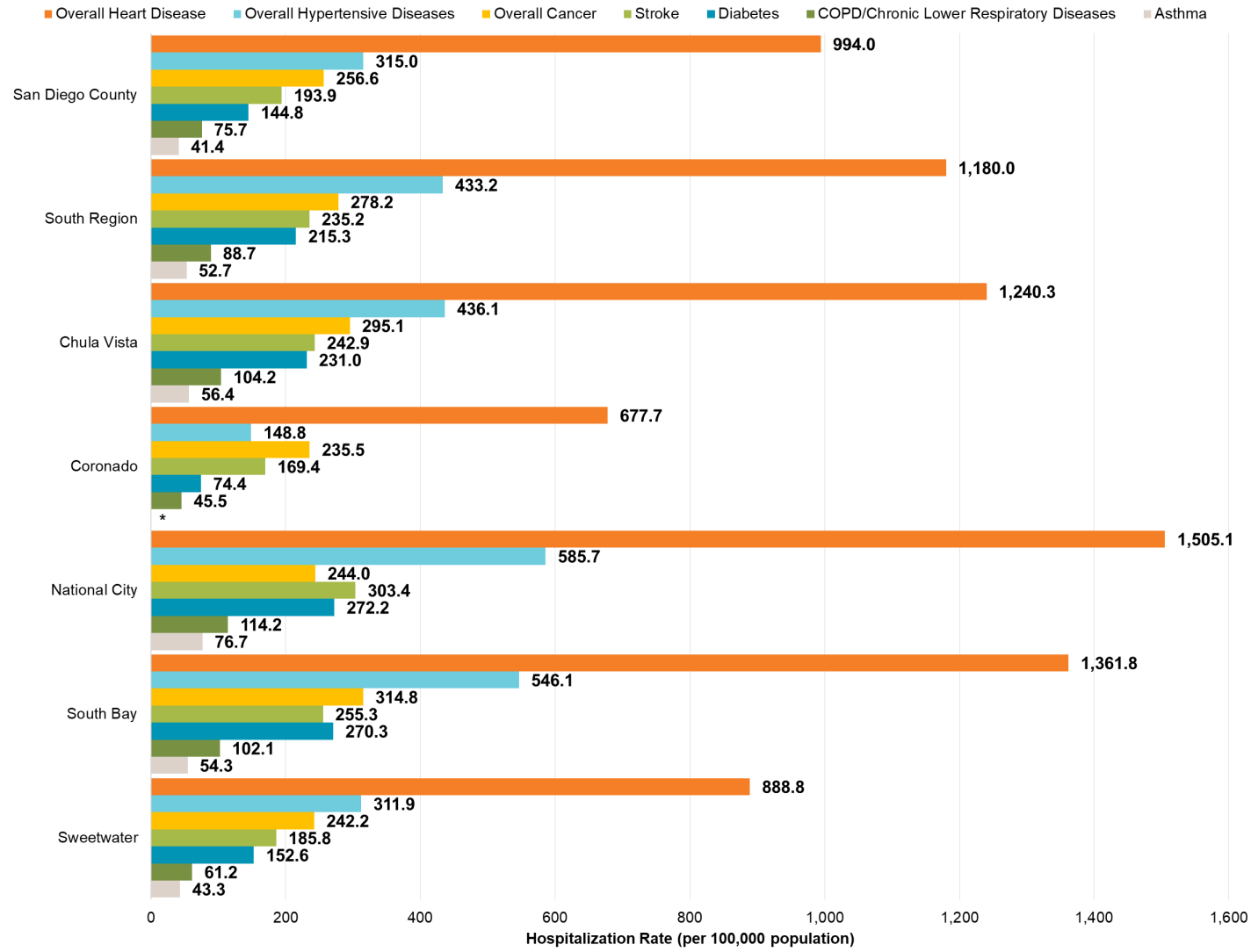
Non-Communicable (Chronic) Disease Emergency Department (ED) Discharge Rates in San Diego County and South Region Subregional Areas, 2019



Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Among non-communicable (chronic) diseases, the highest hospitalization rate was due to overall heart disease in South Region and its SRAs in 2019. Among South Region SRAs, National City had the highest hospitalization rate due to overall heart disease (1,505.1 per 100,000), which was higher than South Region (1,1180.0 per 100,000) and San Diego County overall (994.0 per 100,000). In 2019, the second-highest hospitalization rate was due to overall hypertensive disease in South Region and all its SRAs, except Coronado, where the second-highest hospitalization rate was due to overall cancer.

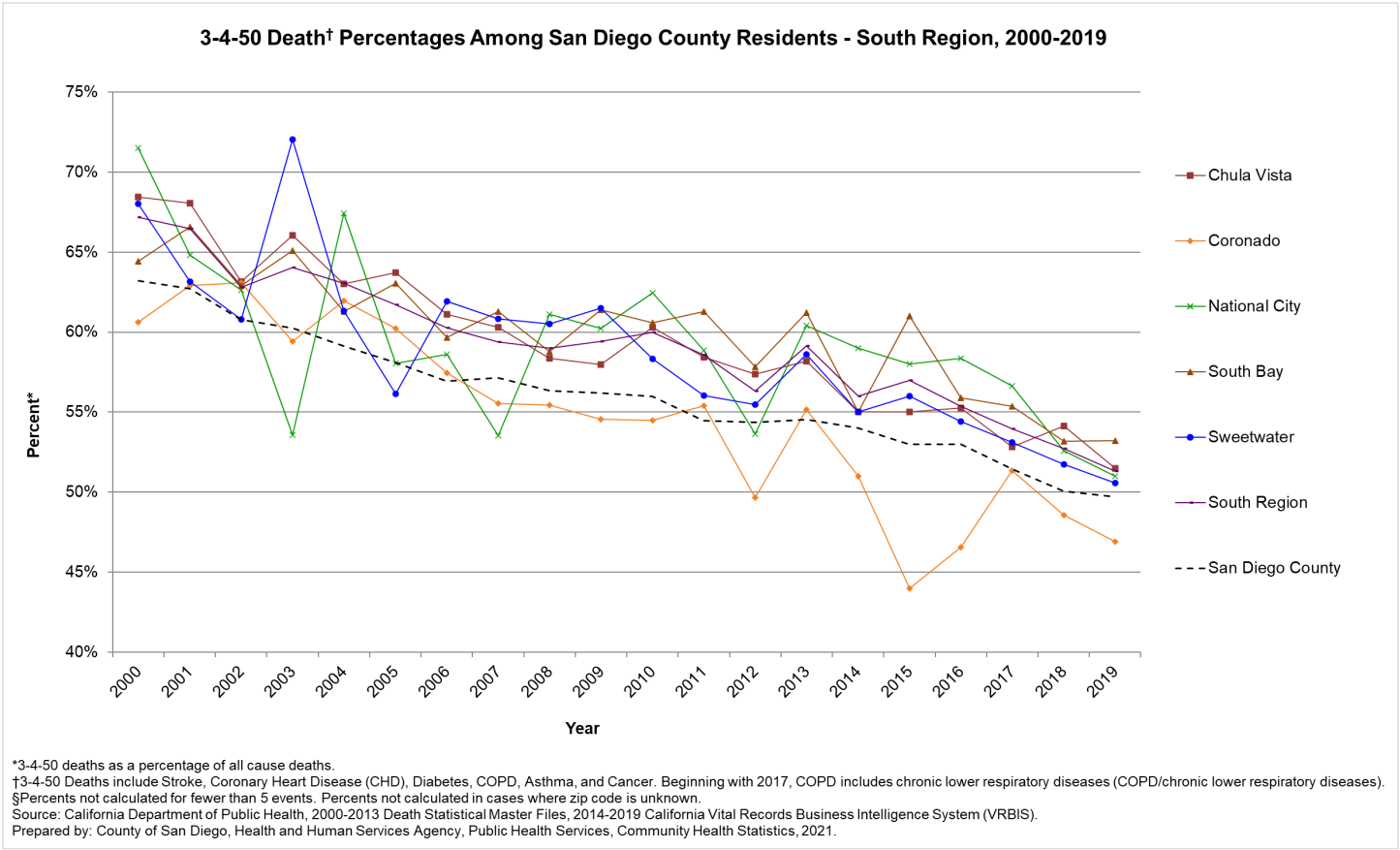
Non-Communicable (Chronic) Disease Hospitalization Rates* in San Diego County and South Region Subregional Areas, 2019



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

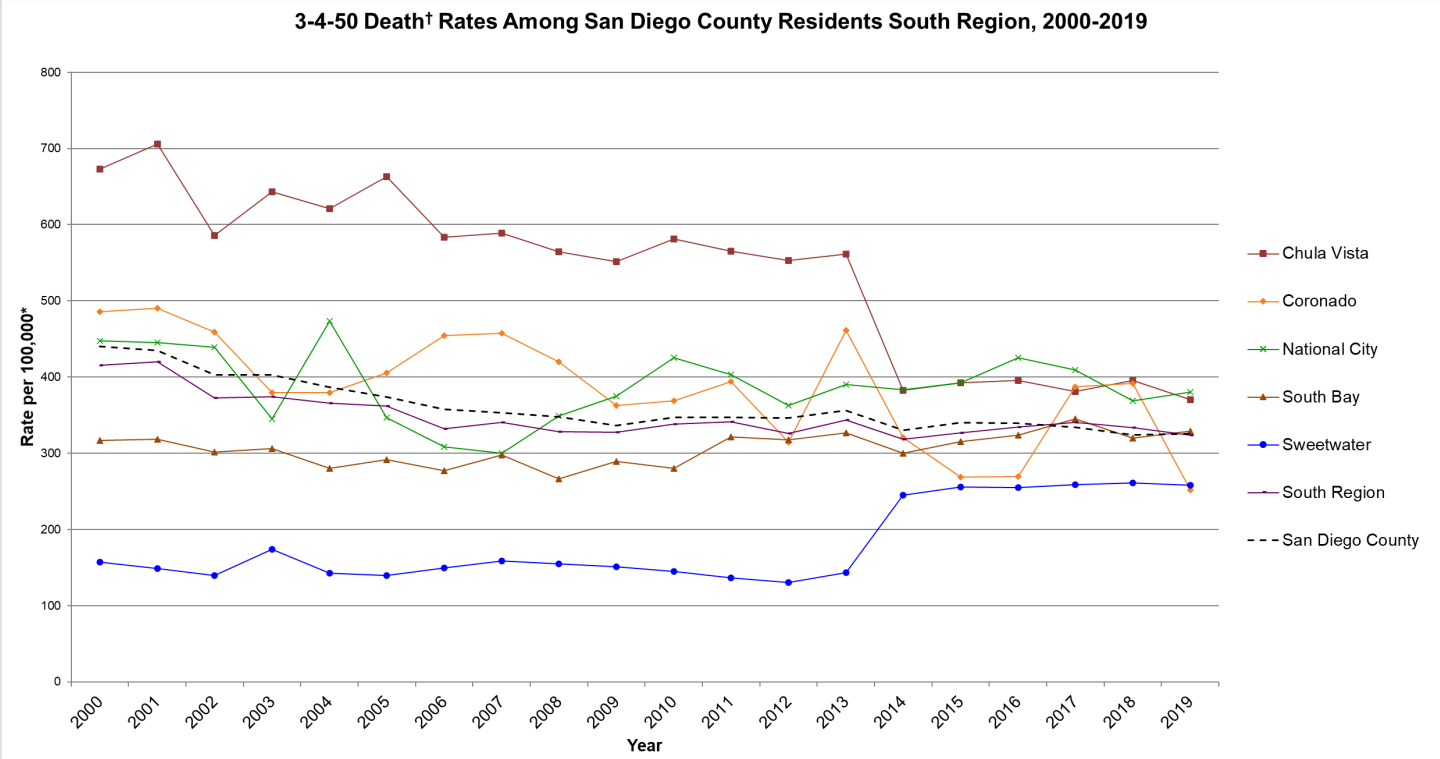
3-4-50: Chronic Diseases

Three behaviors (poor diet, physical inactivity, and tobacco use) contribute to four chronic diseases (cancer, heart disease and stroke, type 2 diabetes, and lung diseases such as asthma) that cause over 50% of all deaths worldwide. Overall, the percentage of deaths due to 3-4-50 chronic diseases decreased in South Region from 2000 to 2019. In 2019, cancer, heart disease and stroke, diabetes, and lung disease caused 51% of all deaths in South Region. Among South Region subregional areas (SRAs), South Bay had the highest percentage of deaths due to 3-4-50 chronic disease (53%) in 2019.



*3-4-50 deaths as a percentage of all cause deaths.
†3-4-50 Deaths include Stroke, Coronary Heart Disease (CHD), Diabetes, COPD, Asthma, and Cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).
§Percents not calculated for fewer than 5 events. Percents not calculated in cases where zip code is unknown.
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2019 California Vital Records Business Intelligence System (VRBIS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics, 2021.

Overall, the rate of death due to 3-4-50 chronic diseases in South Region decreased from 415.5 per 100,000 in 2000 to 323.8 per 100,000 in 2019. Among South Region SRAs, National City had the highest rate of death due to 3-4-50 chronic diseases (380.1 per 100,000), whereas Coronado had the lowest rate of death due to 3-4-50 chronic diseases (252.1 per 100,000) in 2019.

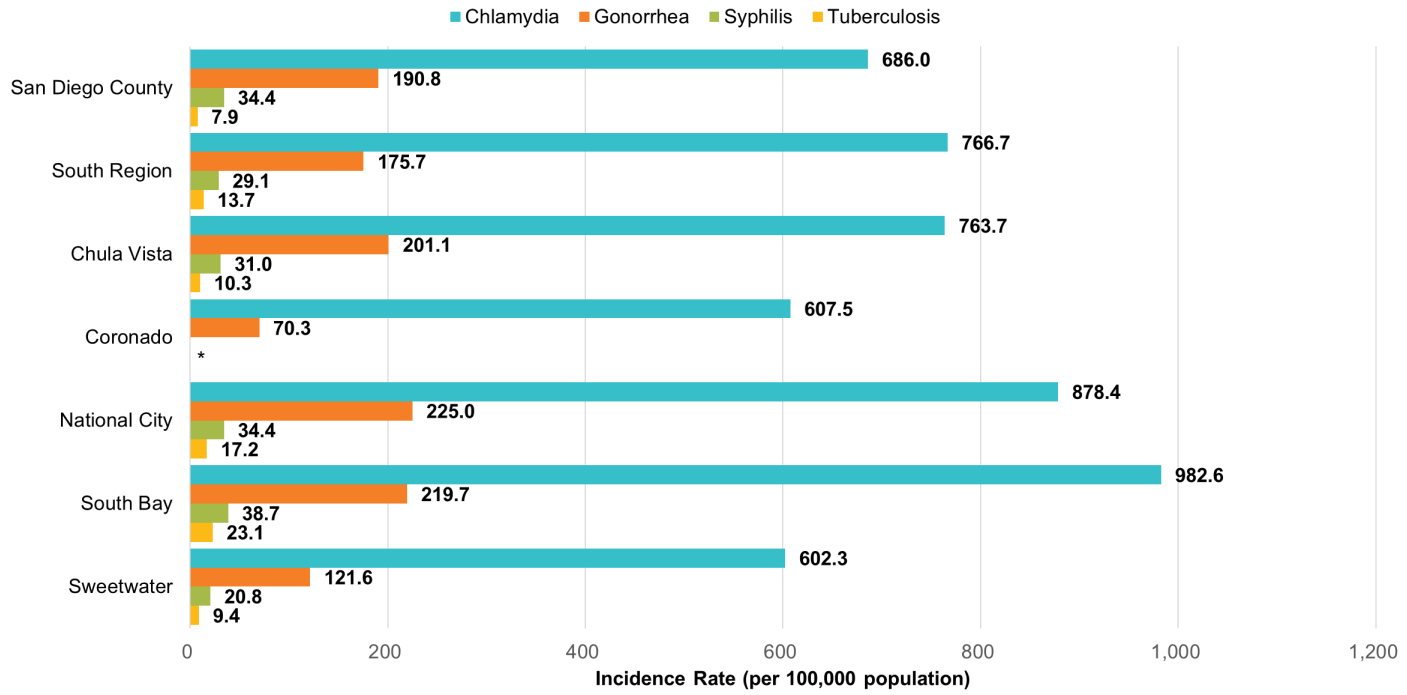


*Rates per 100,000 population.
†3-4-50 Deaths include Stroke, Coronary Heart Disease (CHD), Diabetes, COPD, Asthma, and Cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).
§Rates not calculated for fewer than 5 events. Percents not calculated in cases where zip code is unknown.
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2019 California Vital Records Business Intelligence System (VRBIS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

Communicable Diseases

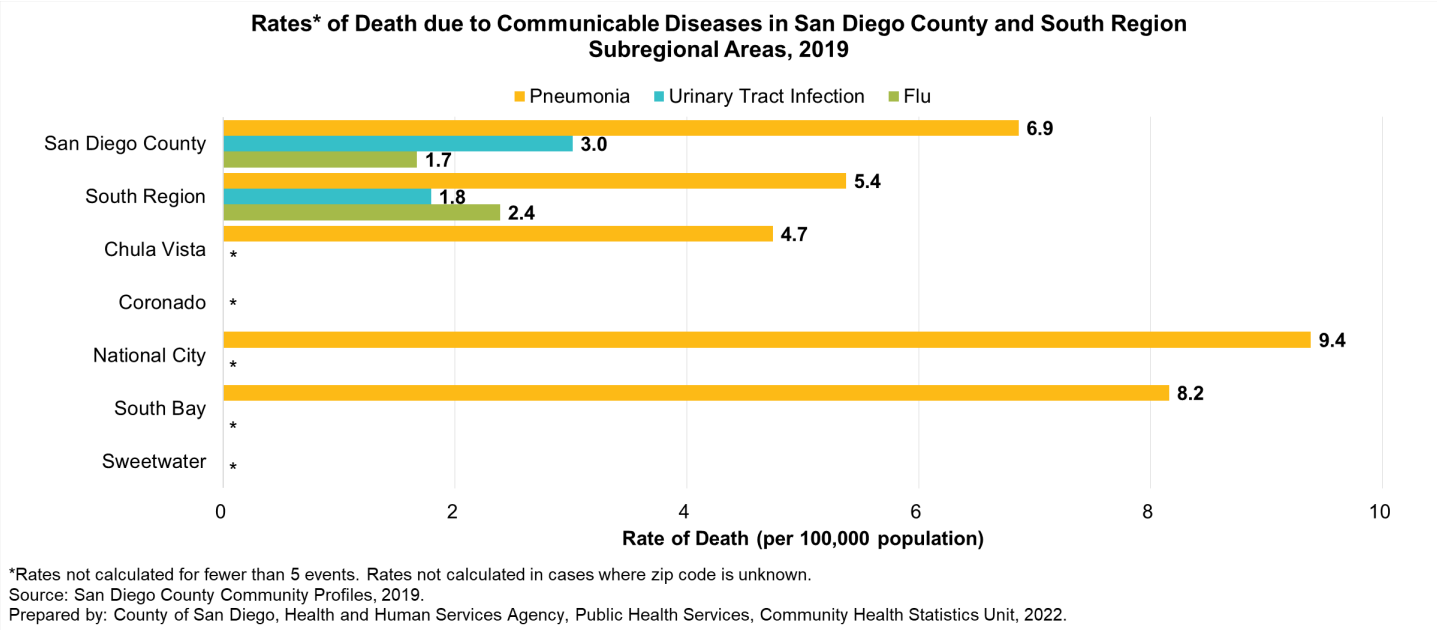
In 2019, the incidence rates of chlamydia and tuberculosis were higher in South Region compared to San Diego County, while the incidence rates of gonorrhea and syphilis were lower. Among South Region subregional areas (SRAs), the incidence rates of chlamydia in South Bay (982.6 per 100,000) and National City (878.4 per 100,000) were higher than South Region (766.7 per 100,000) and San Diego County overall (686.0 per 100,000). Similarly, the incidence rates of gonorrhea in National City SRA (225.0 per 100,000), South Bay SRA (219.7 per 100,000), and Chula Vista SRA (201.1 per 100,000) were higher than South Region (175.7 per 100,000) and San Diego County overall (190.8 per 100,000).

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



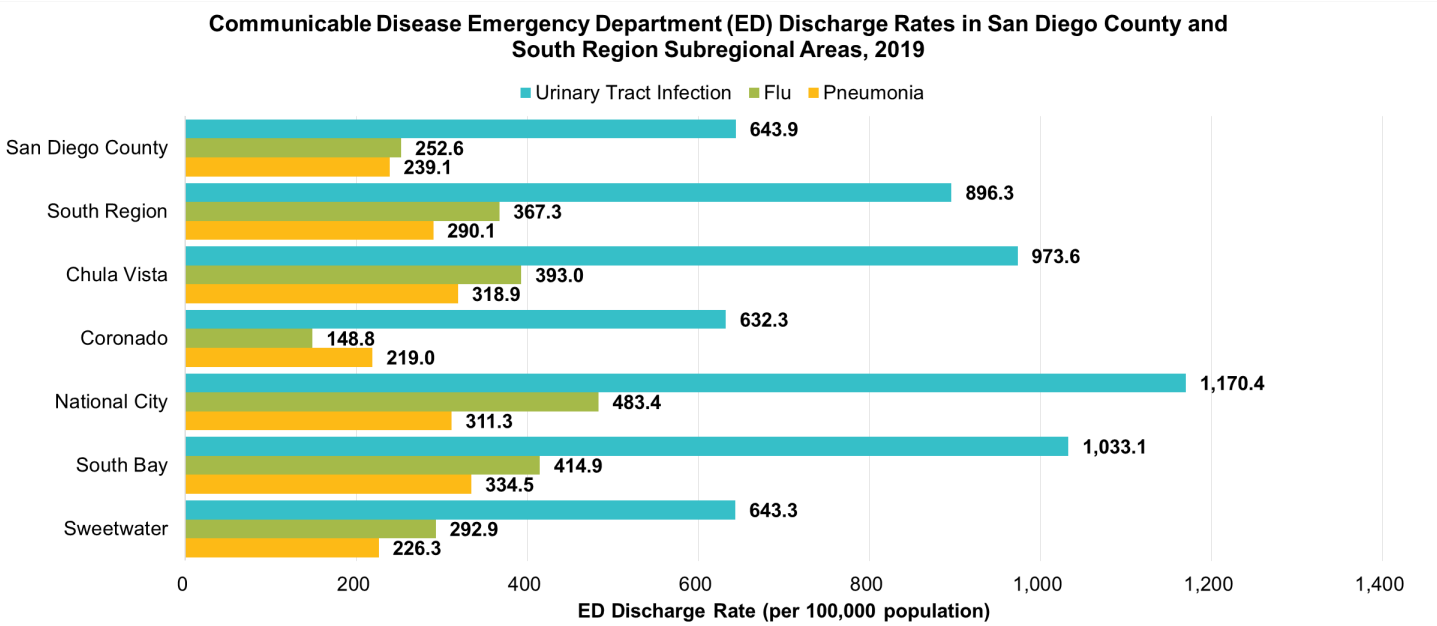
*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Among communicable diseases in 2019, the highest rate of death was due to pneumonia (5.4 per 100,000) in South Region and its SRAs. In 2019, National City SRA had the highest rate of death due to pneumonia (9.4 per 100,000), followed by South Bay SRA (8.2 per 100,000).



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

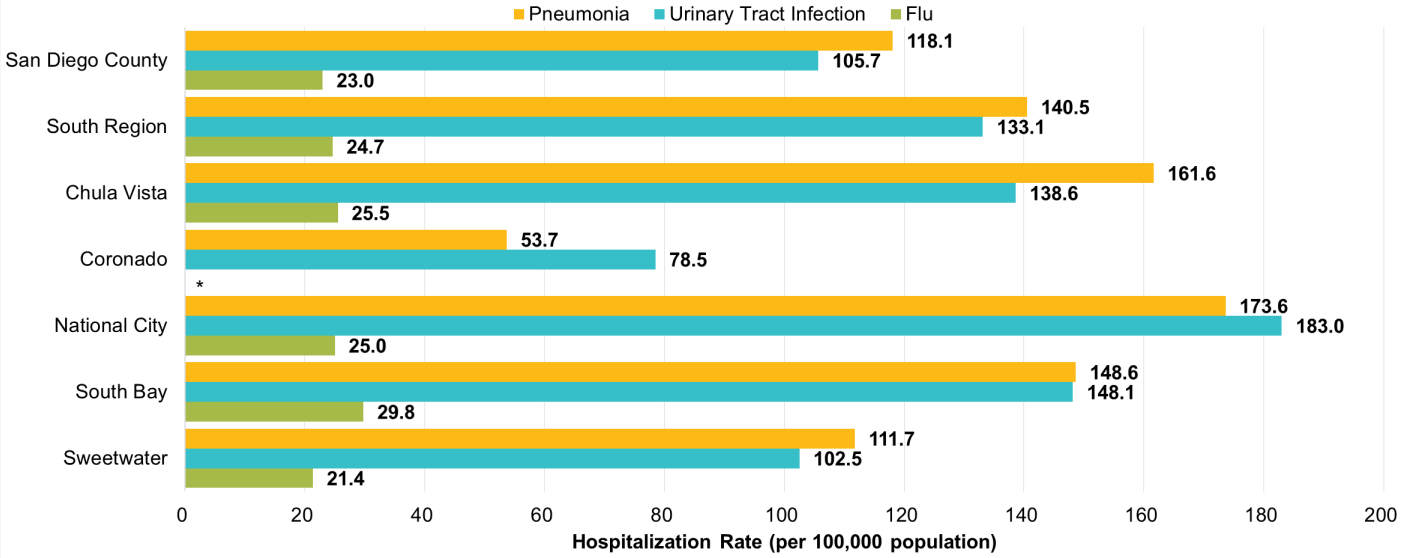
Among communicable diseases, the highest emergency department (ED) discharge rate was due to urinary tract infections in South Region (896.3 per 100,000) and its SRAs. Furthermore, South Region had the highest ED discharge rate due to urinary tract infections compared to all other Health and Human Services Agency (HHSA) regions. In 2019, the second-highest ED discharge rate was due to flu (367.3 per 100,000) in South Region and its SRAs, except Coronado where the second-highest ED discharge rate was due to pneumonia (219.0 per 100,000).



Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Among communicable diseases, the highest hospitalization rate was due to pneumonia (140.5 per 100,000) in South Region and its SRAs, except National City (183.0 per 100,000) and Coronado (78.5 per 100,000), where the second-highest hospitalization rates were due to urinary tract infections.

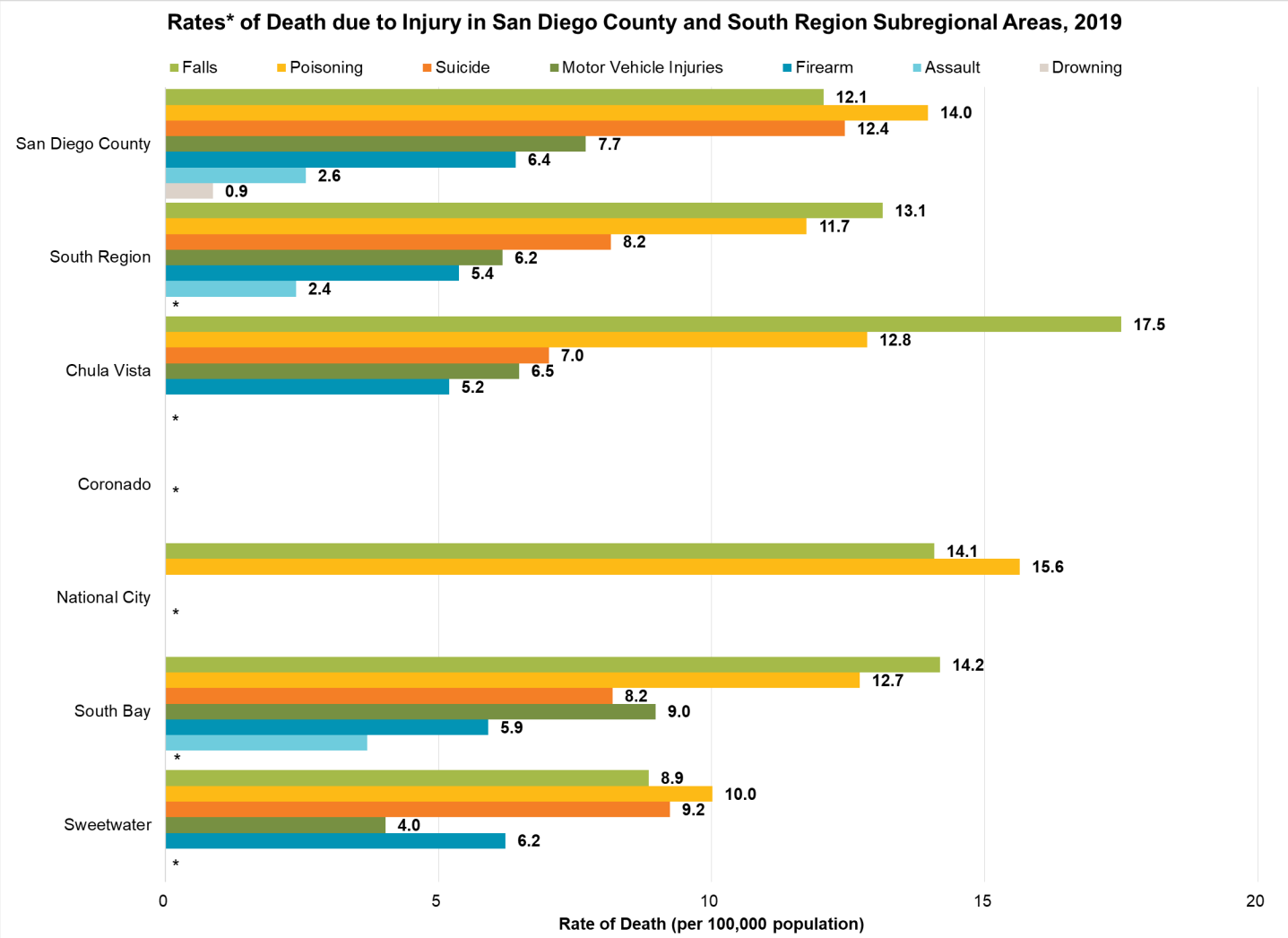
Communicable Disease Hospitalization Rates* in San Diego County and South Region Subregional Areas, 2019



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

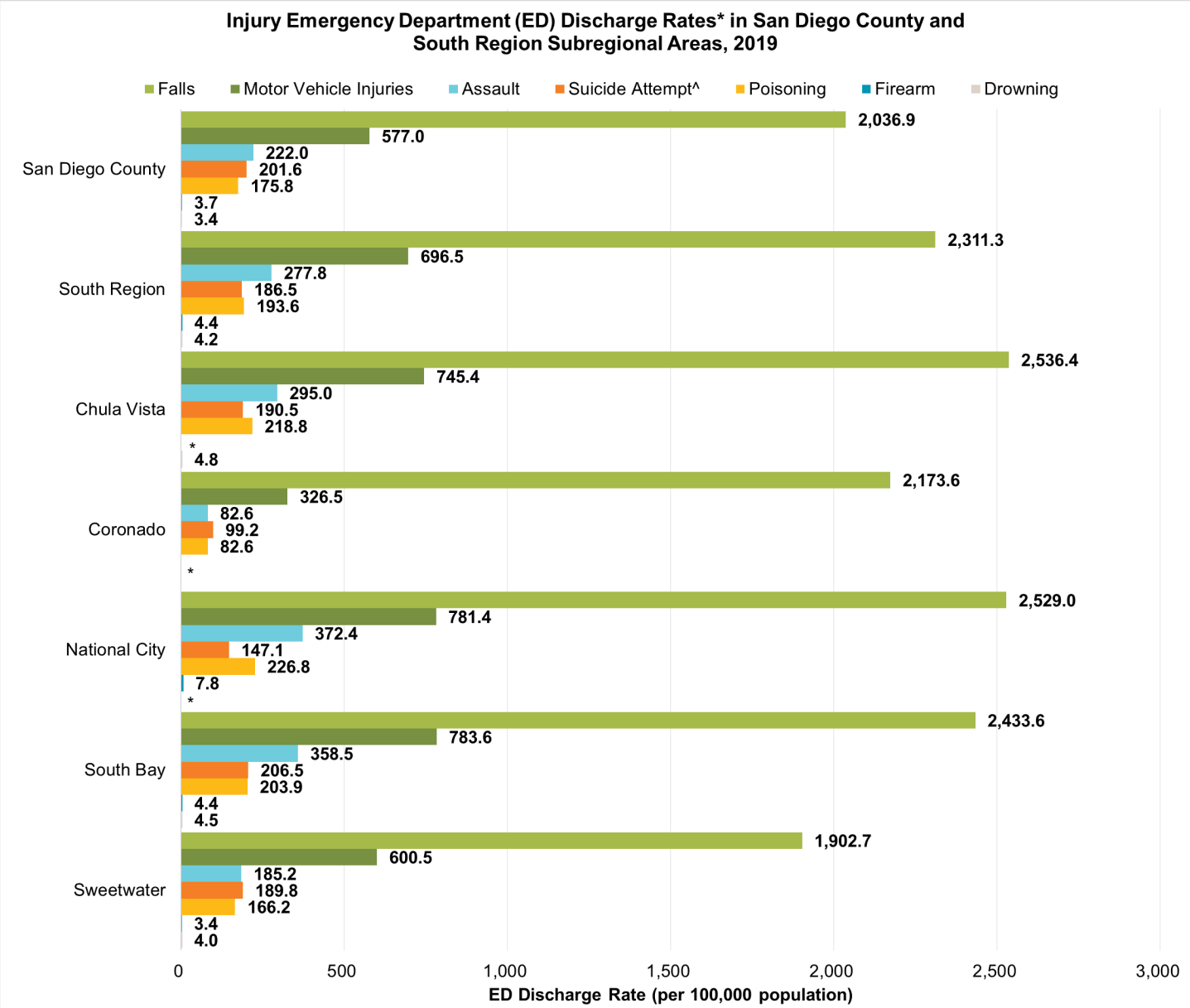
Injury Indicators

Among injuries in 2019, the highest rate of death was due to falls in South Region and its subregional areas (SRAs), except for National City and Sweetwater, where the highest rates of death were due to poisoning. Among South Region SRAs, South Bay had the highest rate of death due to motor vehicle injuries (9.0 per 100,000), which was higher than South Region (6.2 per 100,000) and San Diego County overall (7.7 per 100,000).



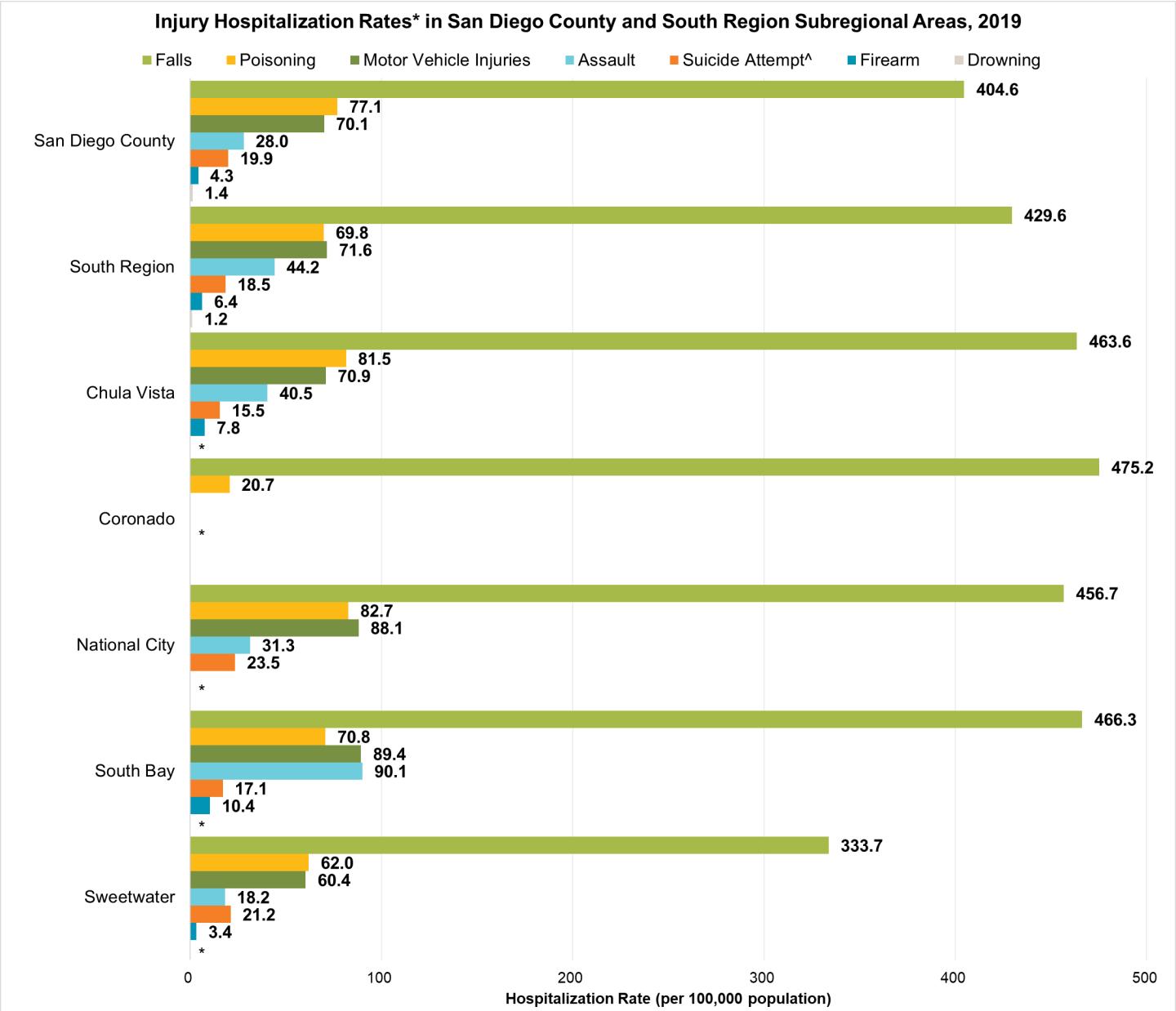
*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Among injuries, the highest emergency department (ED) discharge rate was due to falls in South Region and its SRAs. Among South Region SRAs, Chula Vista (2,536.4 per 100,000), National City (2,529.0 per 100,000), and South Bay (2,433.6 per 100,000) had higher ED discharge rates due to falls than South Region (2,311.3 per 100,000) and San Diego County overall (2,036.9 per 100,000). In 2019, South Bay (783.6 per 100,000), National City (781.4 per 100,000), and Chula Vista (745.4 per 100,000) SRAs had higher ED discharge rates due to motor vehicle injuries than South Region (696.5 per 100,000) and San Diego County overall (577.0 per 100,000).



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
^Suicide attempt includes ideation/attempt/intentional self-harm.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Among injuries, the highest hospitalization rate was due to falls in South Region and its SRAs. Among South Region SRAs, Coronado had the highest hospitalization rate due to falls (475.2 per 100,000), which was higher than South Region (429.6 per 100,000) and San Diego County overall (404.6 per 100,000). In 2019, National City SRA and Sweetwater SRA had higher hospitalization rates due to suicide attempts, including ideation, attempt, and intentional self-harm. Hospitalization rates due to suicide attempts in National City SRA (23.5 per 100,000) and Sweetwater SRA (21.2 per 100,000) were higher than South Region (18.5 per 100,000) and San Diego County overall (19.9 per 100,000).

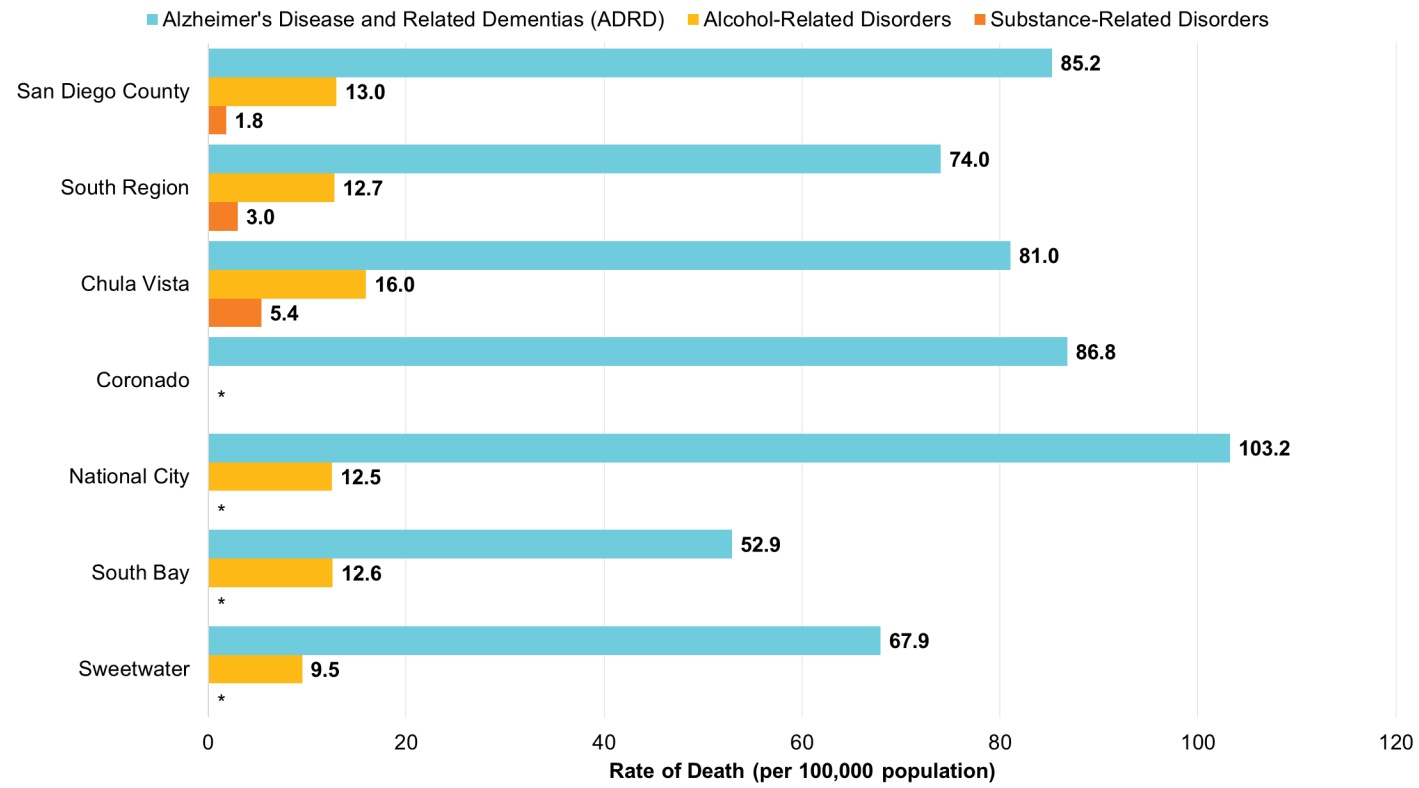


*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
^Suicide attempt includes ideation/attempt/intentional self-harm.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Behavioral Health Indicators

Among behavioral health indicators in 2019, the highest rate of death was due to Alzheimer's disease and related dementias (ADRD) in South Region and its subregional areas (SRAs). In 2019, the rates of death due to ADRD in National City SRA (103.2 per 100,000) and Coronado SRA (86.8 per 100,000) were higher than South Region (74.0 per 100,000) and San Diego County overall (85.2 per 100,000).

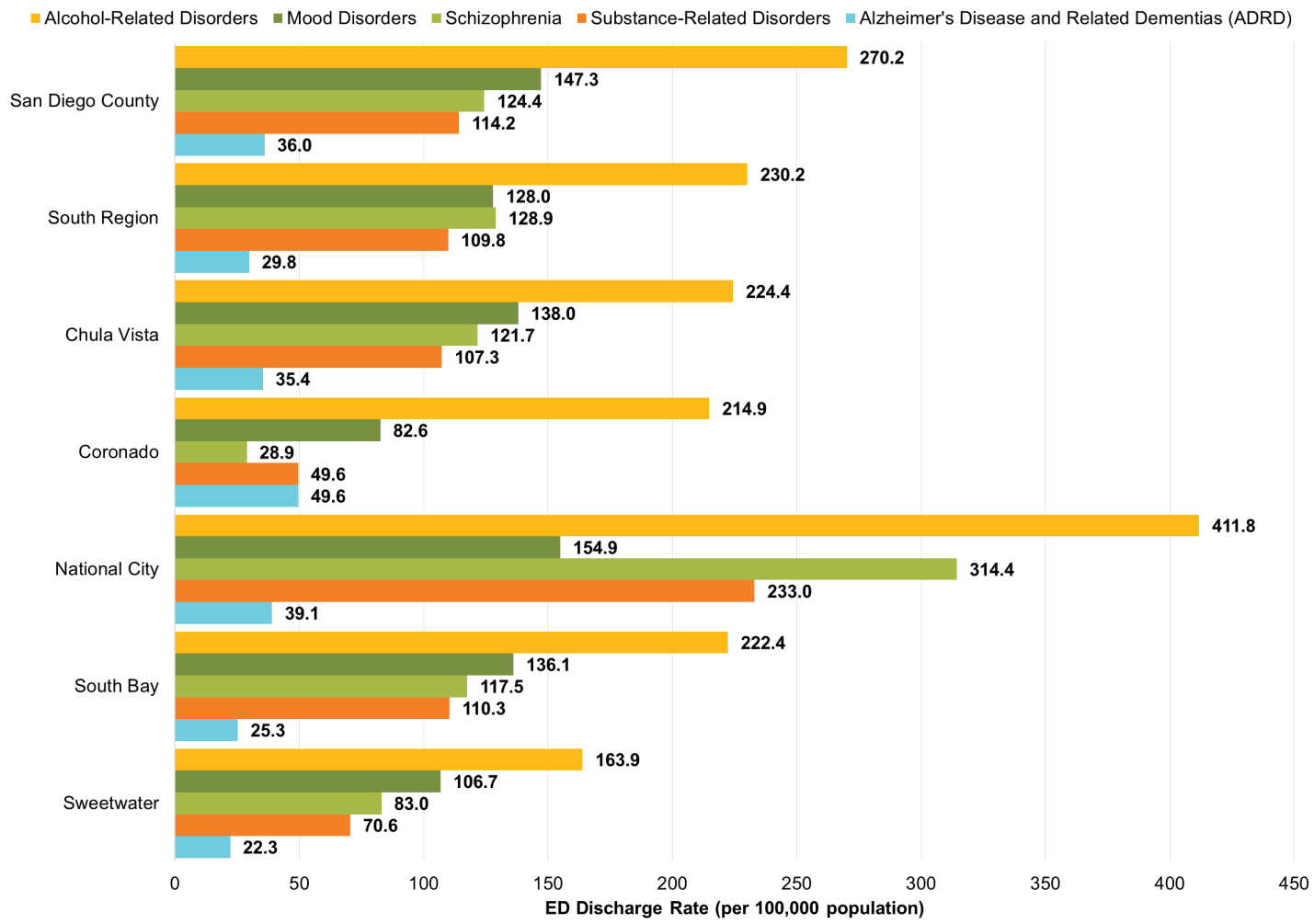
Rates* of Death due to Behavioral Health Indicators in San Diego County and South Region Subregional Areas, 2019



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

Among behavioral health indicators, the highest emergency department (ED) discharge and hospitalization rates were due to alcohol-related disorders in South Region and its SRAs. In South Region, National City SRA had the highest ED discharge rate due to alcohol-related disorders (411.8 per 100,000), which was higher than South Region (230.2 per 100,000) and San Diego County overall (270.2 per 100,000).

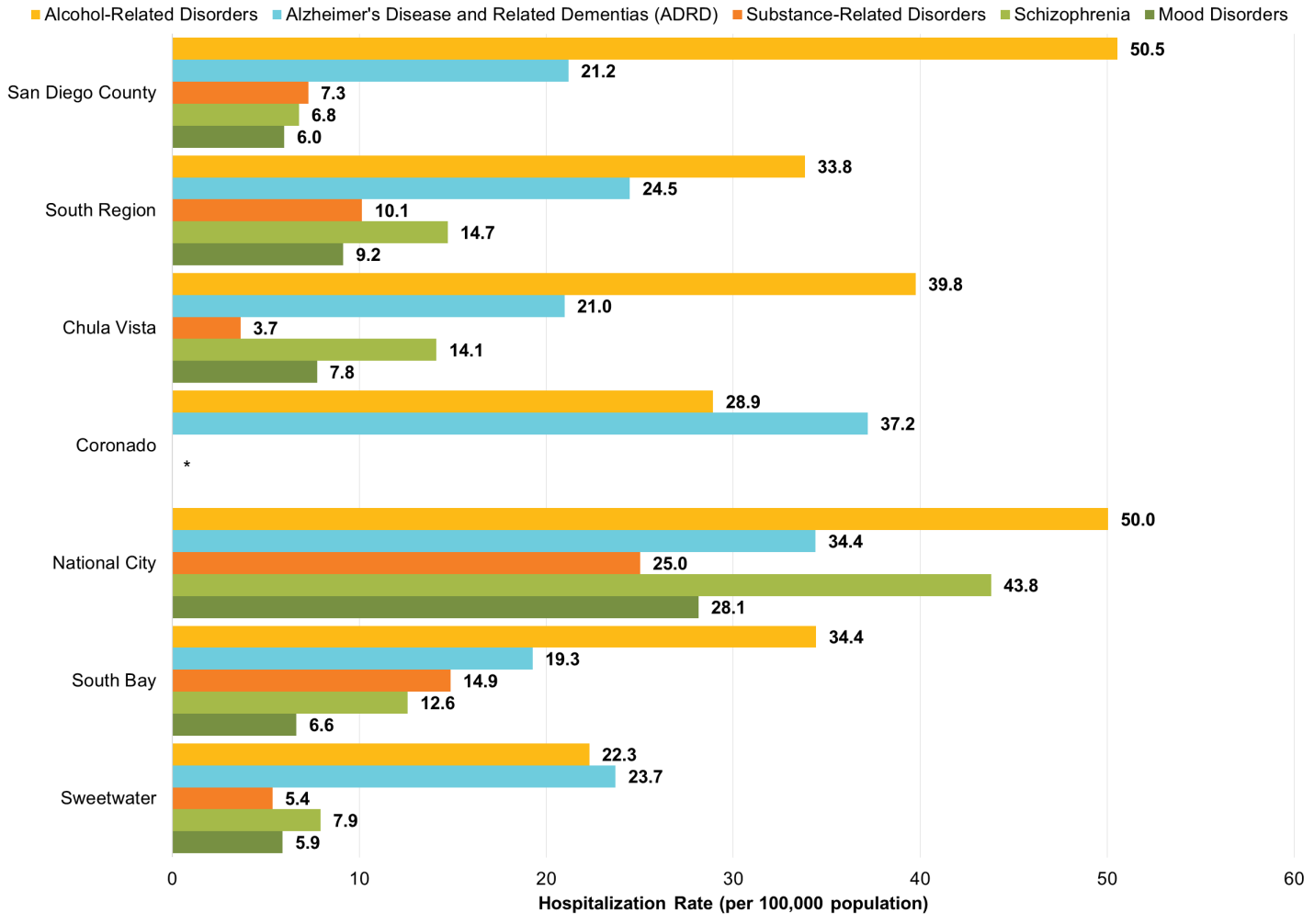
Behavioral Health Indicator Emergency Department (ED) Discharge Rates in San Diego County and South Region Subregional Areas, 2019



Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Similarly, National City SRA also had the highest ED discharge rate due to schizophrenia (314.4 per 100,000), which was higher than South Region (128.9 per 100,000) and San Diego County overall (124.4 per 100,000). Moreover, National City SRA had a higher hospitalization rate due to alcohol-related disorders (50.0 per 100,000) than South Region and all other South Region SRAs. Among South Region SRAs, Coronado (37.2 per 100,000) and National City (34.4 per 100,000) had higher hospitalization rates due to ADRD than South Region (24.5 per 100,000) and San Diego County overall (21.2 per 100,000). Among behavioral health indicators in South Region, the second-highest ED discharge rate was due to schizophrenia, while the second-highest hospitalization rate was due to ADRD.

Behavioral Health Indicator Hospitalization Rates* in San Diego County and South Region Subregional Areas, 2019

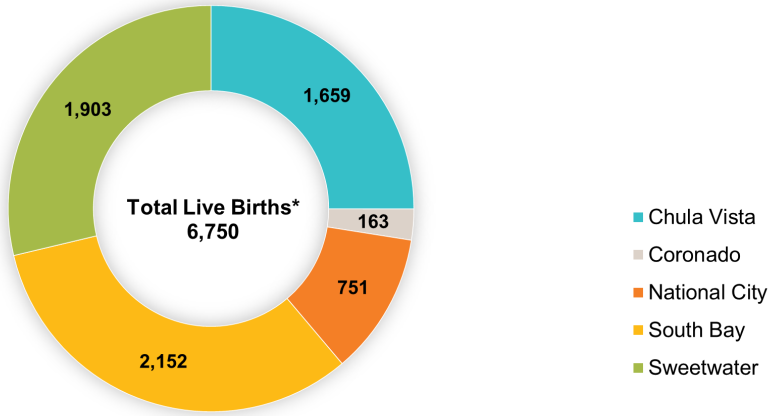


*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Maternal and Child Health Indicators

In 2019, there were 6,750 total live births in South Region, which represented 17.5% of the total live births in San Diego County (38,445).

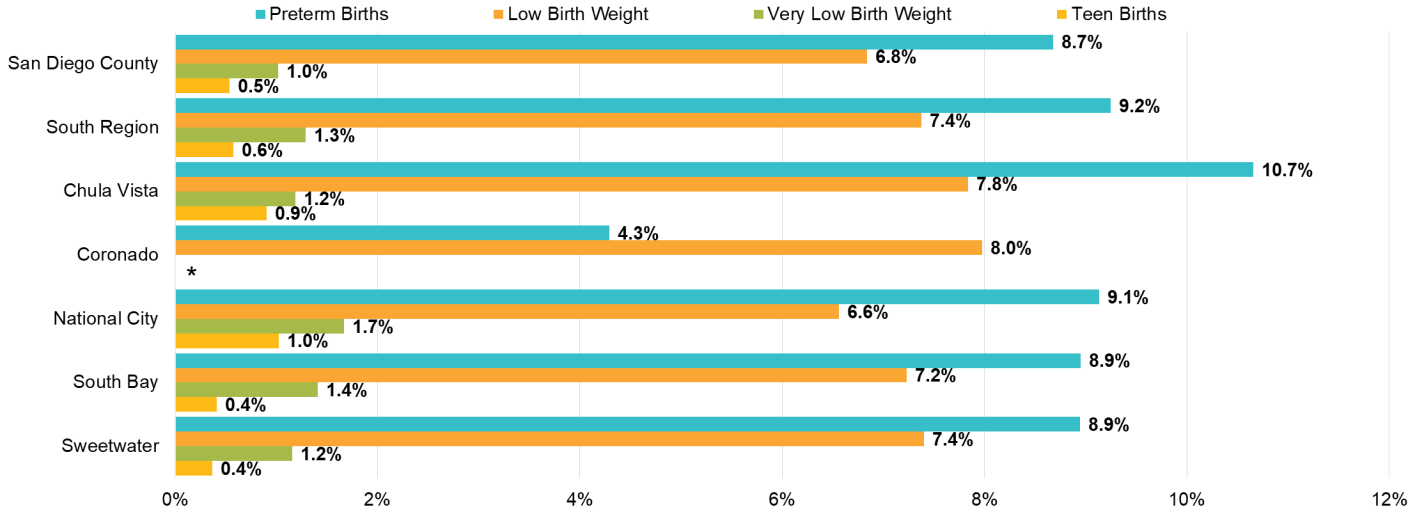
Distribution of Live Births in South Region by Subregional Areas, 2019



*Total live births in subregional areas (SRAs) may not add up to the regional total live births due to allocation.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

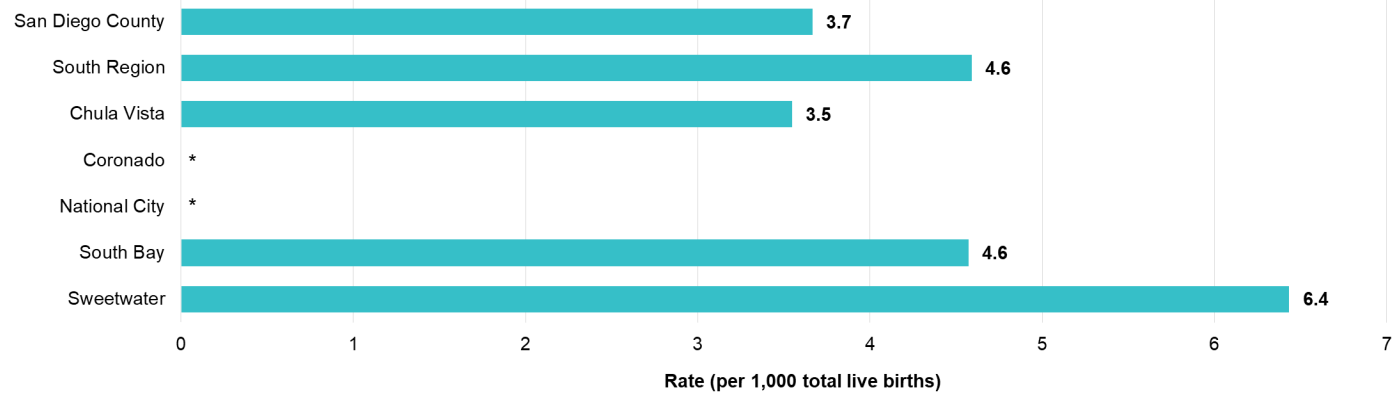
In 2019, 9.2% of the live births in South Region were preterm births, while 7.4% of the live births were low weight births. Among South Region subregional areas (SRAs), Chula Vista had a higher proportion of preterm births (10.7%) than South Region (9.2%) and San Diego County overall (8.7%). Furthermore, Coronado SRA (8.0%) and Chula Vista SRA (7.8%) had a higher proportion of low weight births than that of South Region (7.4%) and San Diego County overall (6.8%).

Percentage of Preterm Births, Low Birth Weight, Very Low Birth Weight and Teen Births in San Diego County and South Region Subregional Areas, 2019



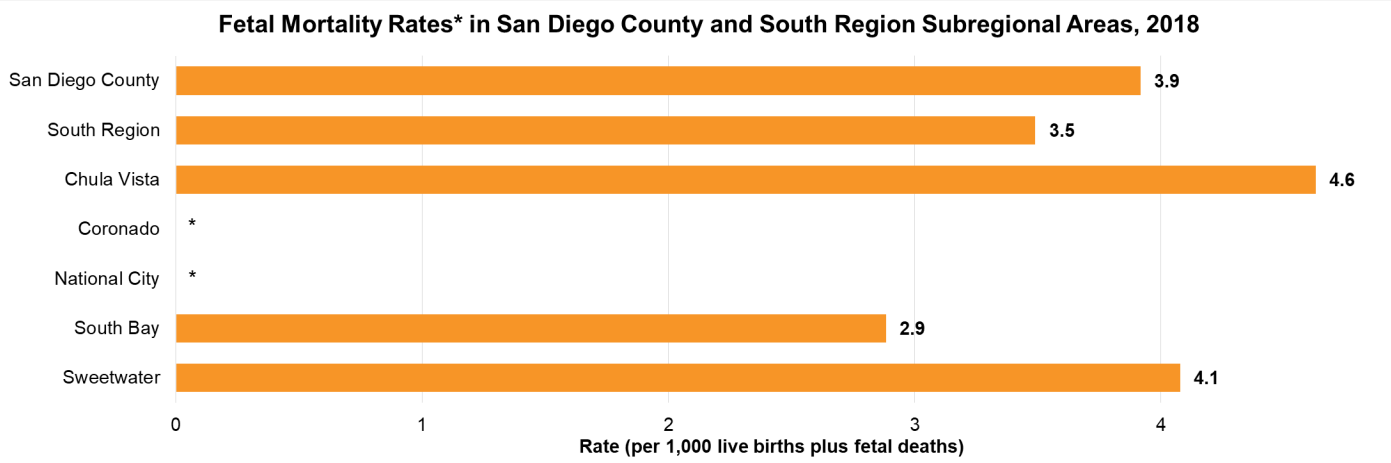
*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services Division, Community Health Statistics Unit, 2022.

In 2019, South Region had a higher infant mortality rate (4.6 per 1,000 total live births) than San Diego County overall (3.7 per 1,000 total live births). In South Region, Sweetwater SRA had the highest infant mortality rate (6.4 per 1,000 total live births), which was higher than South Region and San Diego County overall.



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

In 2018, South Region had a lower fetal mortality rate (3.5 per 1,000 live births plus fetal deaths) than San Diego County overall (3.9 per 1,000 live births plus fetal deaths). However, in South Region, Chula Vista SRA had the highest fetal mortality rate (4.6 per 1,000), which was higher than South Region and San Diego County overall.



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

CONCLUSION

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

LIVE WELL SAN DIEGO

Building Better Health

Living Safely

Thriving

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