



South Region

Health Status Report Summary



SEPTEMBER 2023

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

South Region Health Status Report Summary

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

September 2023

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

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 2021 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 2021. 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 2021 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 (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 (2021): SOUTH REGION

DEMOGRAPHIC CHARACTERISTICS

Population: 498,960

(15.1% of San Diego County's population)

Age Distribution:

- 0-4 years old (5.9%)
- 5-14 years old (13.4%)
- 15-24 years old (14.2%)
- 25-44 years old (28.9%)
- 45-64 years old (24.6%)
- 65+ years old (13.0%)

Median Household Income: \$86,991

Population Below 200% Federal Poverty Level (FPL): 27.5%

Population with Health Insurance: 91.0%

Population with Disability: 10.3%

Households Receiving Food Stamps/SNAP/CalFresh: 11.2%

MORTALITY MEASURES

Overall Life Expectancy: 77.9 years

Top 5 Leading Causes of Death:

- 1) Malignant Neoplasms (Cancers)
- 2) Diseases of the Heart
- 3) COVID-19
- 4) Cerebrovascular Diseases (Strokes)
- 5) Accidents/Unintentional Injuries

LEADING HEALTH OUTCOMES

	Death Rate	Emergency Department (ED) Discharge Rate	Hospitalization Rate
Non-Communicable (Chronic) Diseases	Overall Cancer 152.9 per 100,000	Overall Heart Disease 2,130.2 per 100,000	Overall Heart Disease 1,106.0 per 100,000
Communicable (Infectious) Diseases	Pneumonia 5.2 per 100,000	Urinary Tract Infection 769.5 per 100,000	Urinary Tract Infection 113.7 per 100,000
COVID-19	129.2 per 100,000	1,163.2 per 100,000	453.6 per 100,000
Injury Indicators	Poisoning 23.9 per 100,000	Falls 2,088.0 per 100,000	Falls 468.3 per 100,000
Behavioral Health Indicators	All Opioid Overdoses 17.3 per 100,000	Anxiety and Fear Related Disorders 243.8 per 100,000	Alcohol Related Disorders 43.1 per 100,000
Alzheimer's Disease and Related Dementias	80.7 per 100,000	22.5 per 100,000	30.0 per 100,000

Maternal and Child Health Indicators

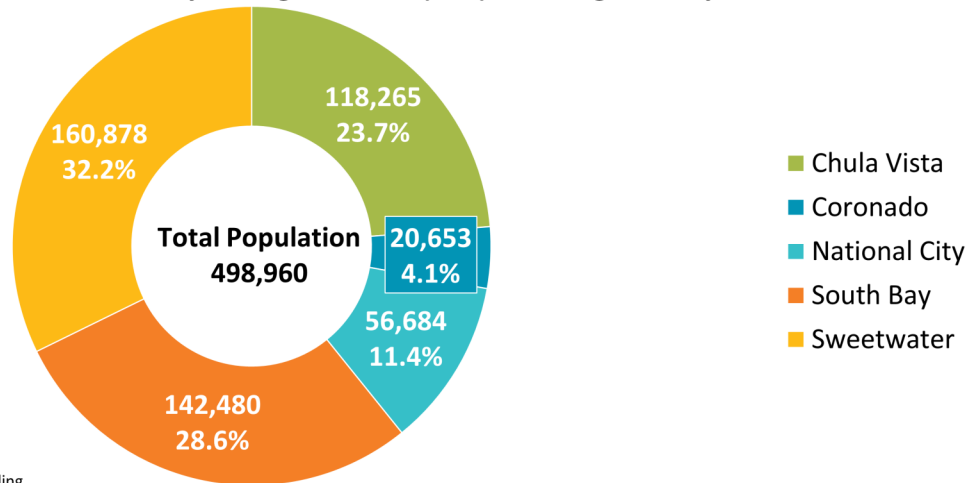
Total Live Births: 6,660	Preterm Births: 9.6% Low Weight Births: 7.5% Very Low Weight Births: 1.3% Teen Births: 0.6% Received Early Prenatal Care: 88.3%	Infant Mortality Rate (2020): 2.9 per 1,000 Total Live Births Fetal Mortality Rate: 3.9 per 1,000 Live Births and Fetal Deaths
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DEMOGRAPHIC CHARACTERISTICS

POPULATION CHARACTERISTICS

In 2021, South Region was home to an estimated 498,960 residents, representing 15.1% of San Diego County's population (3,296,317). The most populated subregional area (SRA) in South Region was Sweetwater (32.2%), followed by South Bay (28.6%) in 2021.

South Region Population Distribution* by Subregional Area (SRA), San Diego County, 2021



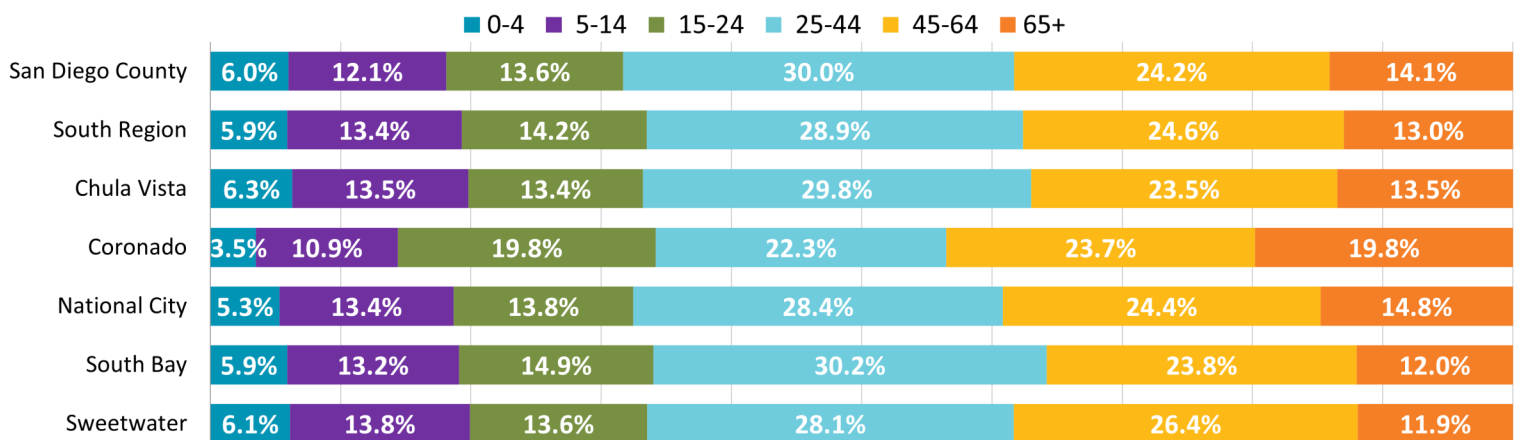
*Please note that percentages may not add up to 100% due to rounding.

Source: U.S. Census Bureau; 2017-2021 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, September 2023.

In 2021, adults aged 25-44 years old constituted the highest proportion of South Region residents (28.9%), followed by residents aged 45-64 years old (24.6%). Among South Region SRAs, South Bay had the highest proportion of residents aged 25-44 years old (30.2%) in 2021. Moreover, Coronado SRA had the highest proportion of residents aged 15-24 years old (19.8%) and older adult residents 65 years and older (19.8%) in 2021.

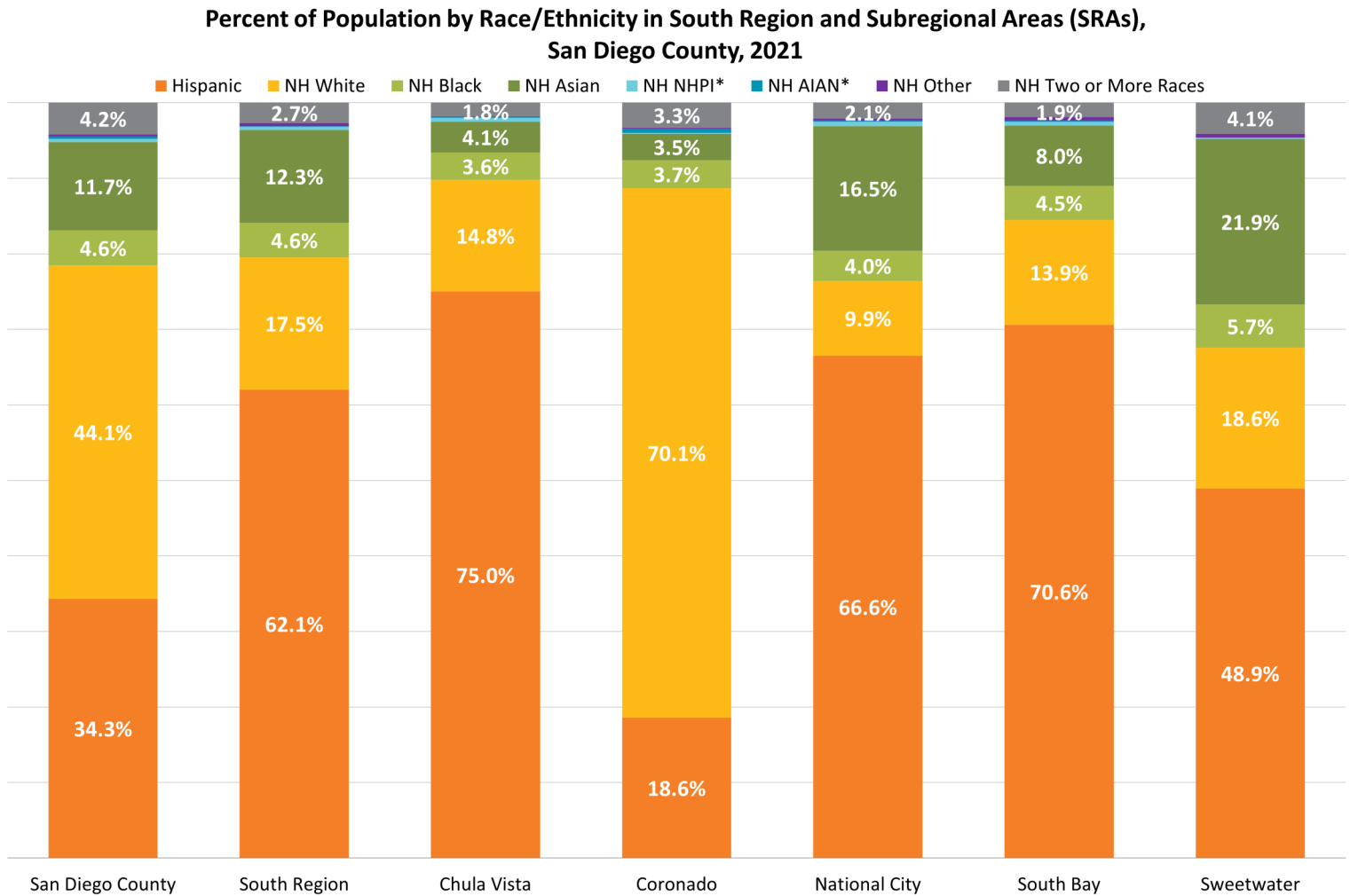
Percent of Population by Age Group in South Region and Subregional Areas (SRAs), San Diego County, 2021



Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B01001.

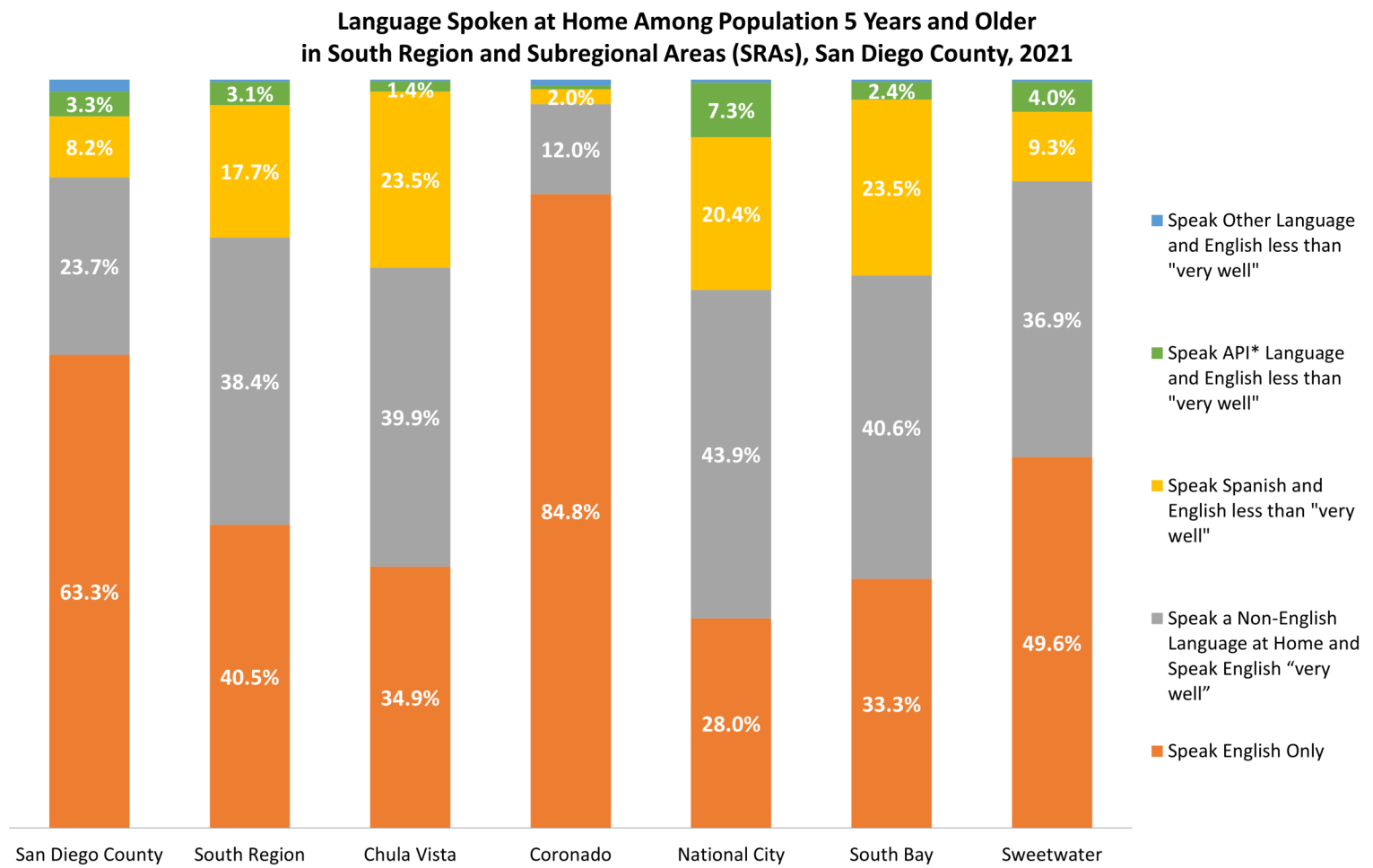
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In 2021, residents in South Region were primarily Hispanic (62.1%), followed by White (17.5%), Asian (12.3%), Black (4.6%), residents with two or more races (2.7%), Native Hawaiian or Pacific Islander (0.4%), American Indian/Alaska Native (0.1%), and Other (0.4%). Among South Region SRAs, Chula Vista (75%) and South Bay (70.6%) had the highest proportions of Hispanic residents in 2021. Furthermore, in 2021, Coronado SRA had the highest proportion of White (70.1%) and American Indian/Alaska Native (0.5%) residents. In 2021, Sweetwater SRA had the highest proportion Asian (21.9%), Black (5.7%), and residents with two or more races (4.1%) in South Region.



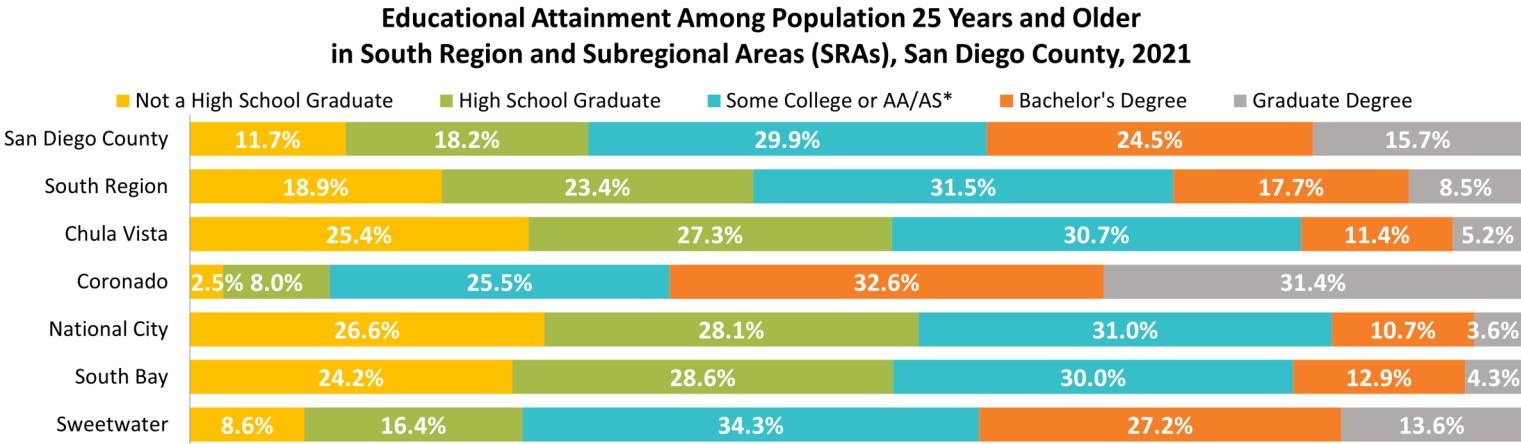
NH refers to Non-Hispanic or Latino.
*NHPI refers to Native Hawaiian or Pacific Islander; AIAN refers to American Indian/Alaska Native.
Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B03002.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Among South Region residents aged 5 years and older, 40.5% spoke only English at home, and 38.4% spoke English "very well" and another language at home in 2021. South Region and all its SRAs, except Coronado, had lower proportions of English-only speakers than San Diego County in 2021.



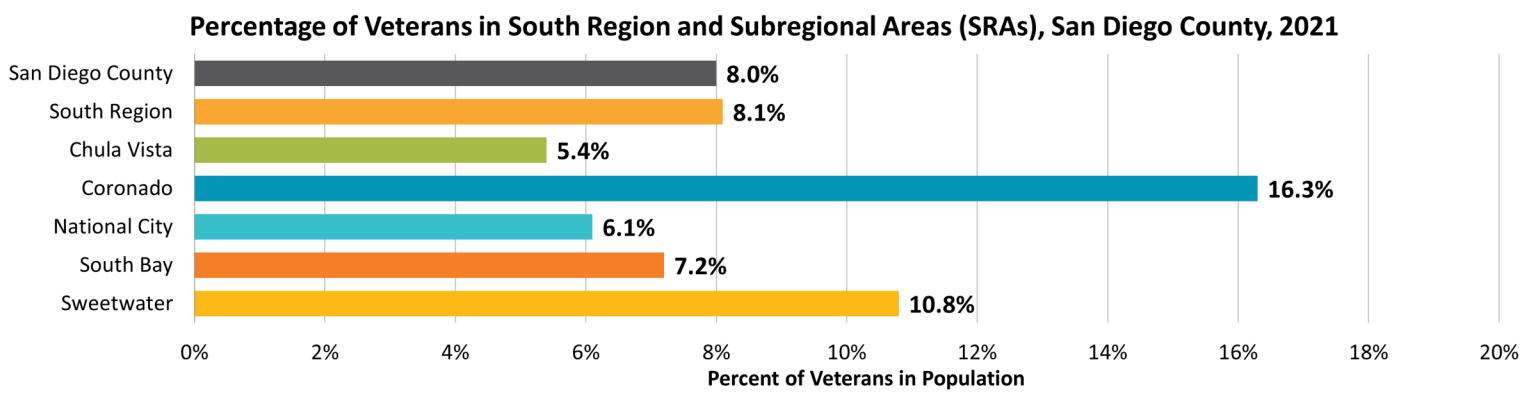
*API refers to Asian/Pacific Islander.
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

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 2021, over 4 out of every 5 adults (81.1%), aged 25 years and older, had at least a high school diploma or General Educational Diploma (GED), while over 1 out of every 4 adults (26.2%) held a bachelor's or graduate degree in South Region. Among South Region SRAs, National City had the highest proportion of adults 25 years and older without a high school diploma (26.6%), followed by Chula Vista (25.4%) in 2021.



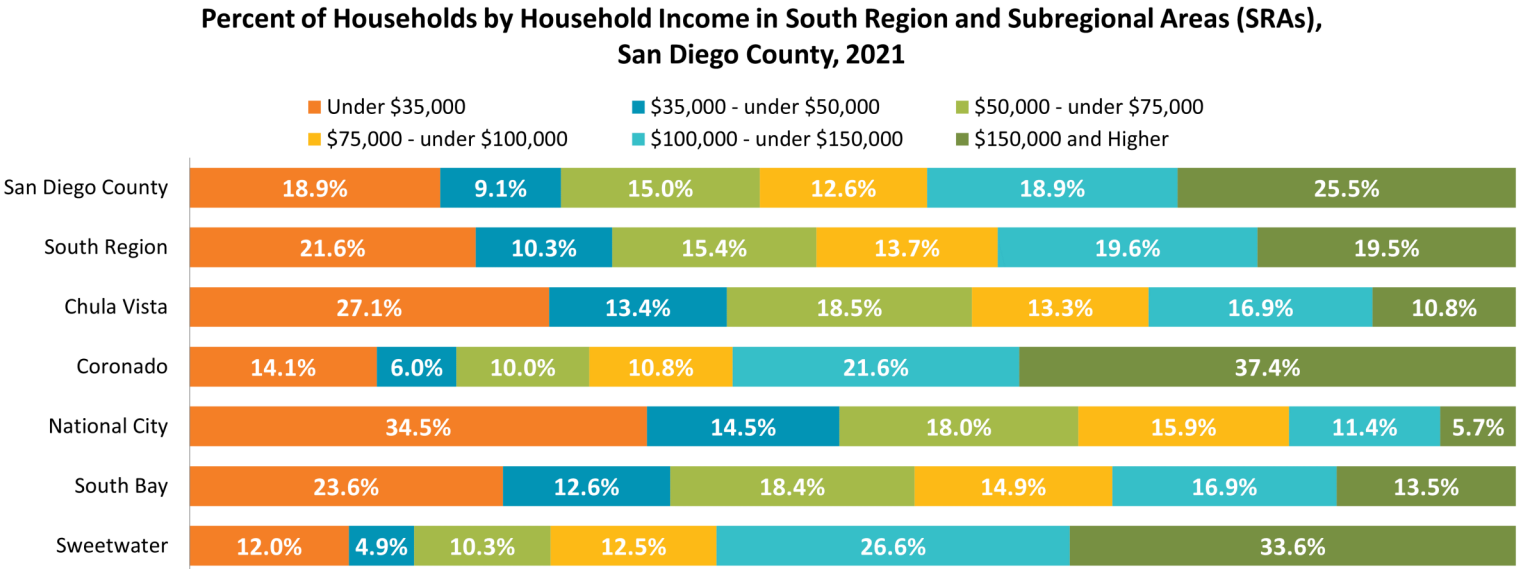
*Includes some college, no degree and Associate's degree.
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Veterans are civilians who have served officially or non-officially domestically or at war, 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 2021, 8.1% of residents in South Region were veterans. Among South Region SRAs, Coronado had the highest proportion of veterans (16.3%), while Chula Vista had the lowest (5.4%).



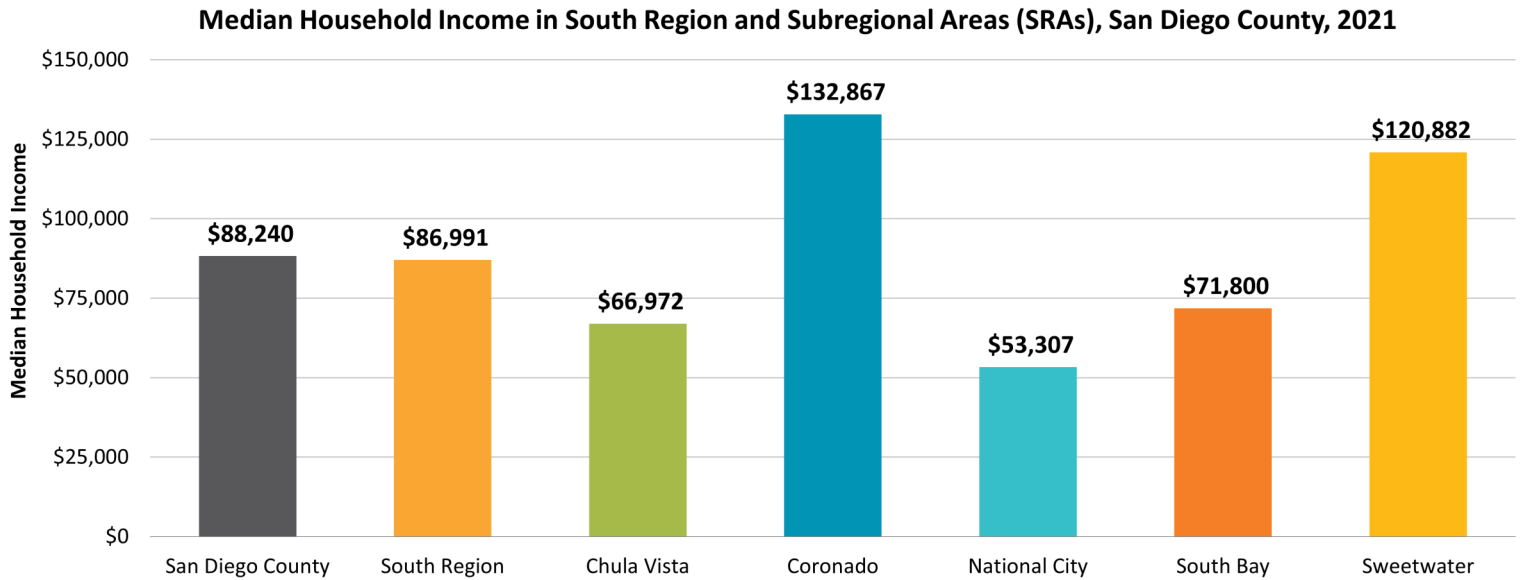
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table S2101.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

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. In 2021, 21.6% of households in South Region had an annual income of less than \$35,000. Among South Region SRAs, National City had the highest proportion of households with an annual income of less than \$35,000 (34.5%), which was higher than all other SRAs in San Diego County in 2021.



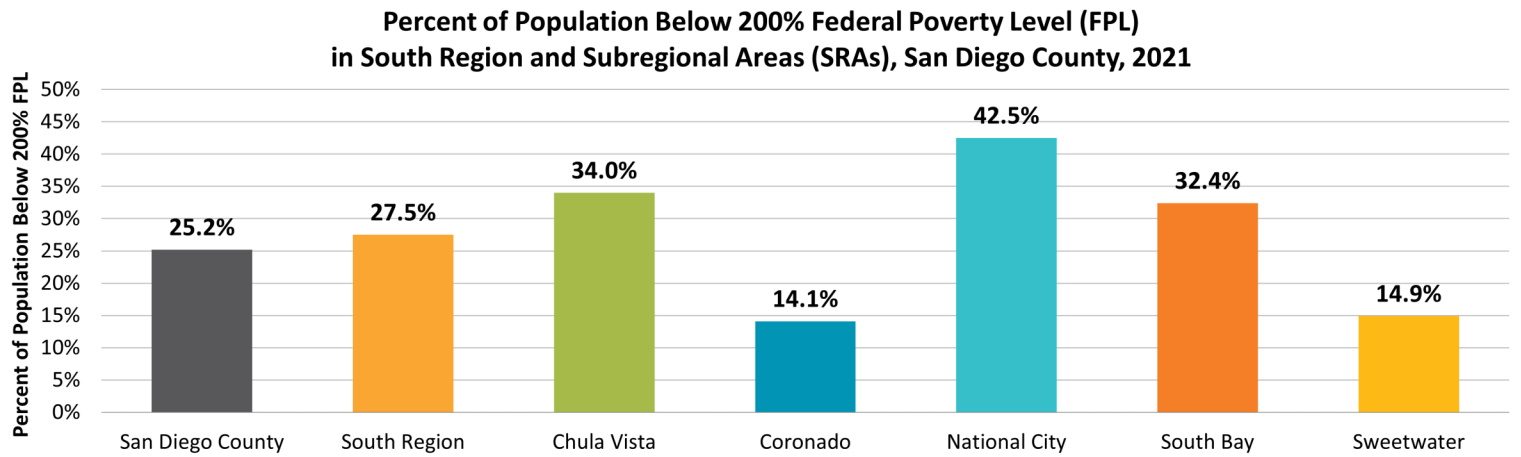
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

The median household income in South Region was \$86,991 in 2021. Among South Region SRAs, Coronado had the highest median household income (\$132,867), while National City had the lowest (\$53,307) in 2021. Furthermore, National City SRA had the lowest median household income (\$53,307) compared to all other SRAs in San Diego County.



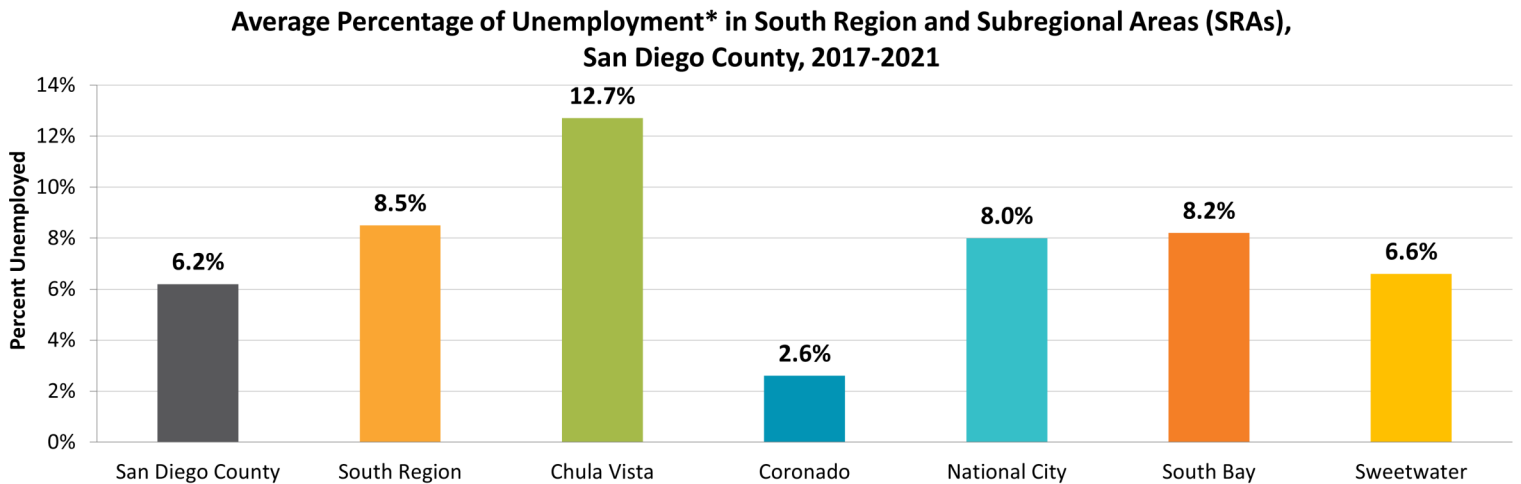
Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table DP03, DP04.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In South Region, over 1 out of every 4 residents (27.5%) lived below 200% FPL in 2021. Among South Region SRAs, National City had the highest proportion of residents (42.5%) living below 200% FPL, followed by Chula Vista (34.0%). Among Health and Human Services Agency (HHSA) regions, South Region had the second highest proportion of residents (27.5%) living below 200% FPL in 2021.



Source: U.S. Census Bureau, 2017-2021 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, September 2023.

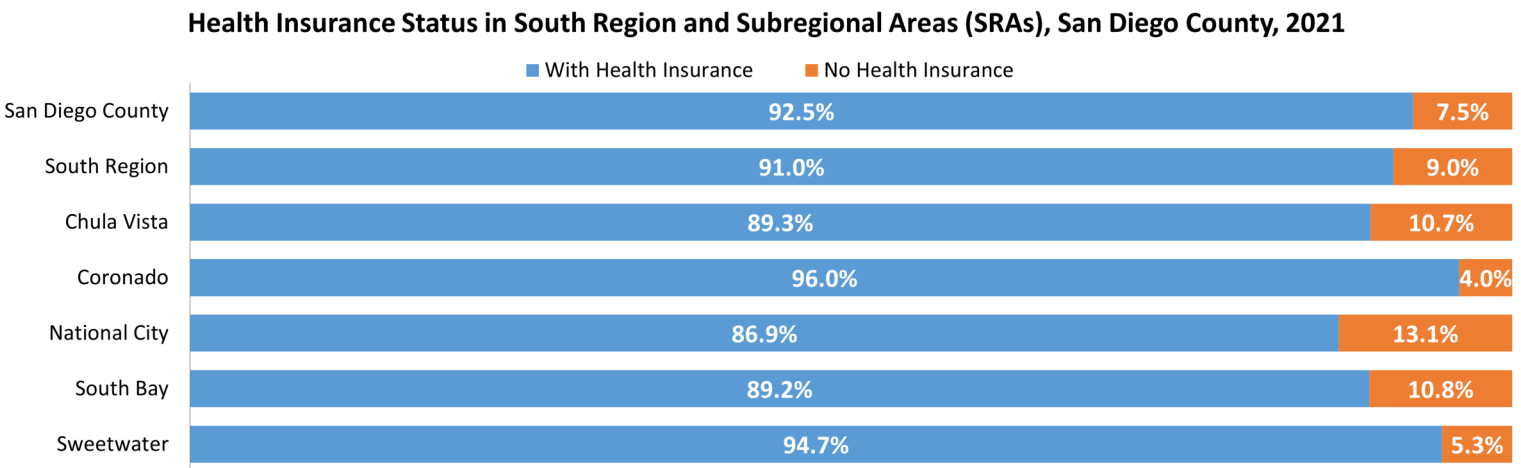
The average 5-year percentage of unemployment was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed, and persons in the armed forces. Between 2017-2021, the 5-year average unemployment rate in South Region was 8.5%. Among South Region SRAs, Chula Vista had the highest 5-year average unemployment rate (12.7%), while Coronado had the lowest (2.6%) between 2017-2021. Among HHSA regions, South Region had the highest 5-year average unemployment rate (8.5%) in 2021.



*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, 2017-2021 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, September 2023.

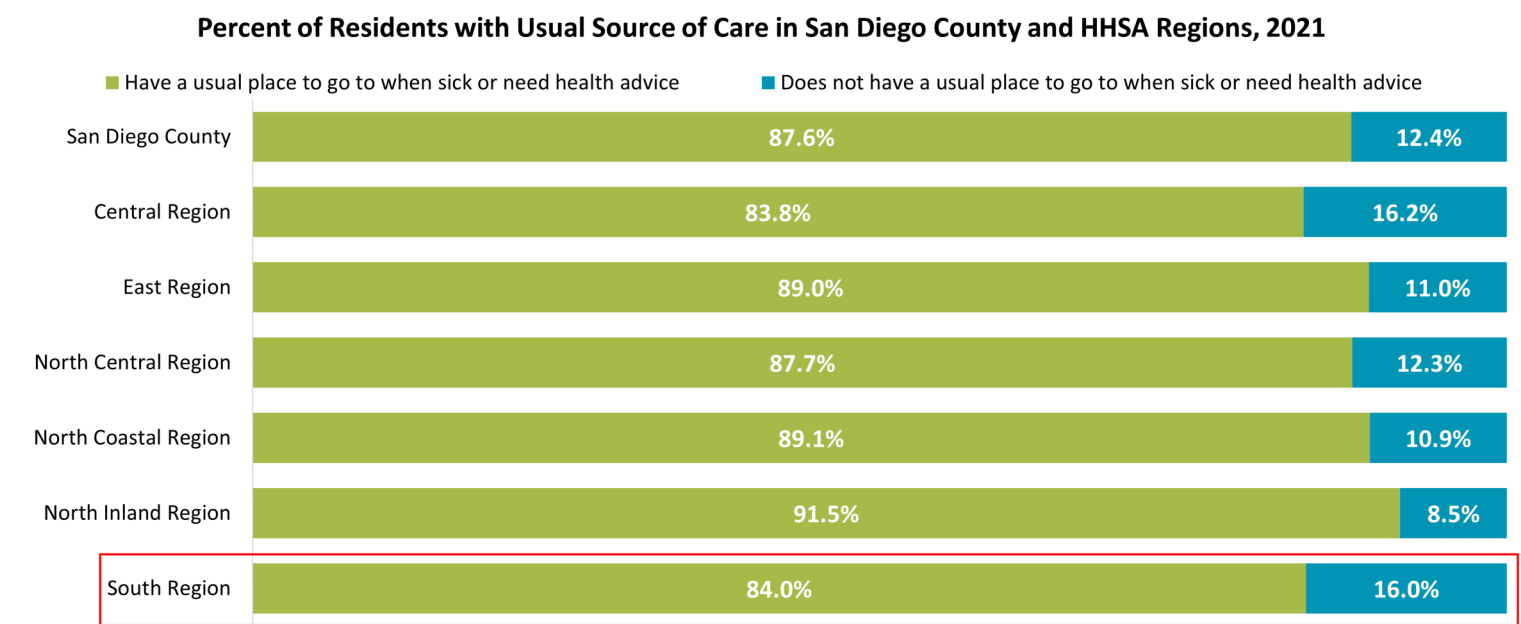
INSURANCE, ACCESS, AND UTILIZATION

In 2021, 91.0% of residents in South Region were insured through private or public programs, while 9.0% had no 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 (10.8%). In 2021, South Region had the second-highest proportion of residents without health insurance (9.0%) compared to all other Health and Human Services Agency (HHSA) regions.



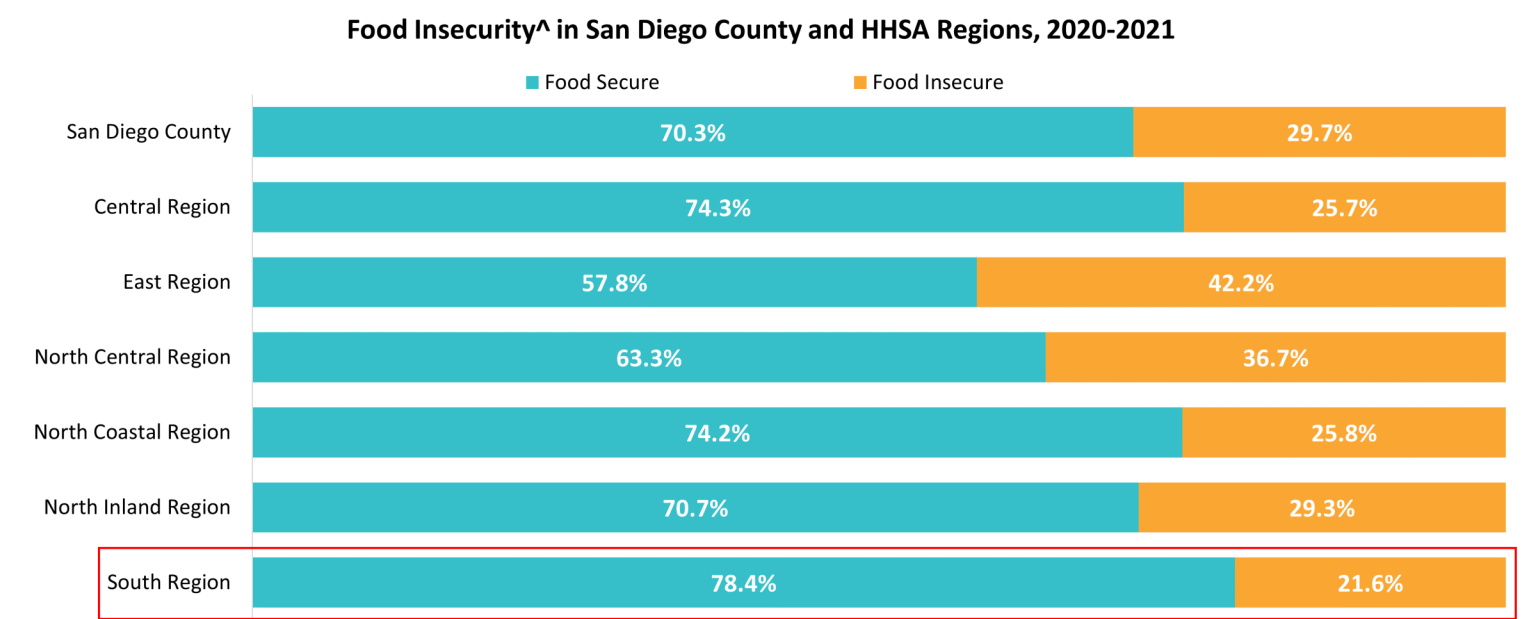
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table B27001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In 2021, over 4 out of every 5 residents (84.0%) in South Region reported having a usual place to go when sick or needing health advice. Meanwhile, 16.0% of residents in South Region reported not having a usual place to go when sick or needing health advice, the second highest proportion of residents without a usual source of care among HHSA regions in 2021.



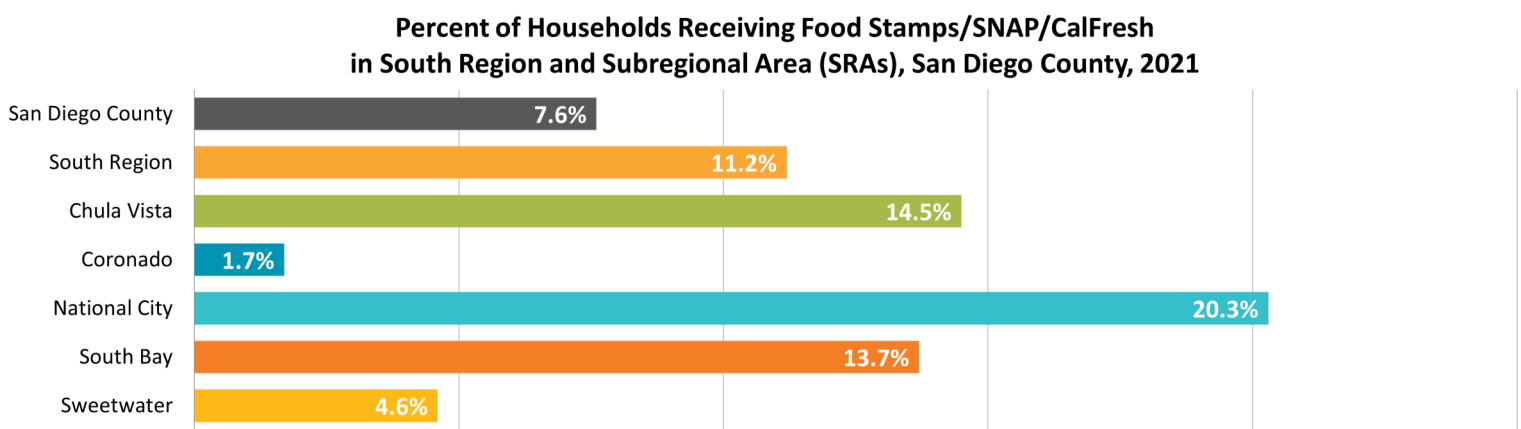
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2021. Available at <http://ask.chis.ucla.edu>. Exported on June 22, 2023.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Between 2020-2021, nearly 4 out of every 5 adults (78.4%) in South Region, with income less than 200% of the Federal Poverty Level (FPL), reported having food security. However, over 1 out of every 5 adults, with income less than 200% FPL, reported an inability to afford enough food (21.6%) between 2020-2021. South Region had the lowest proportion of adults, with income less than 200% FPL, reporting an inability to afford enough food between 2020-2021.



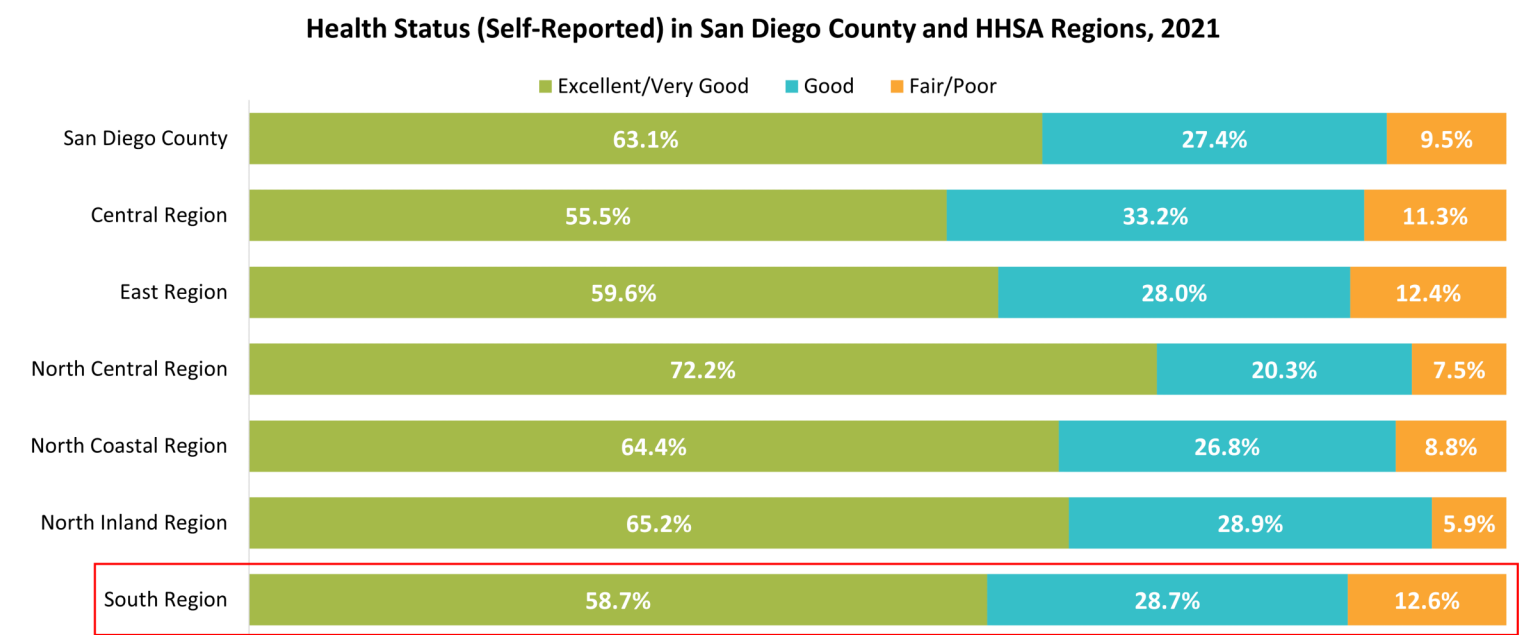
[^]Asked of adults whose income is less than 200% of the Federal Poverty Level.
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2020-2021. Available at <http://ask.chis.ucla.edu>. Exported on June 28, 2023.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

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 2021, 11.2% of all households in South Region reported receipt of SNAP. Among South Region SRAs, National City had the highest proportion of households who reported receipt of SNAP (20.3%), followed by Chula Vista (14.5%)



Source: U.S. Census Bureau, 2017-2021 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, September 2023.

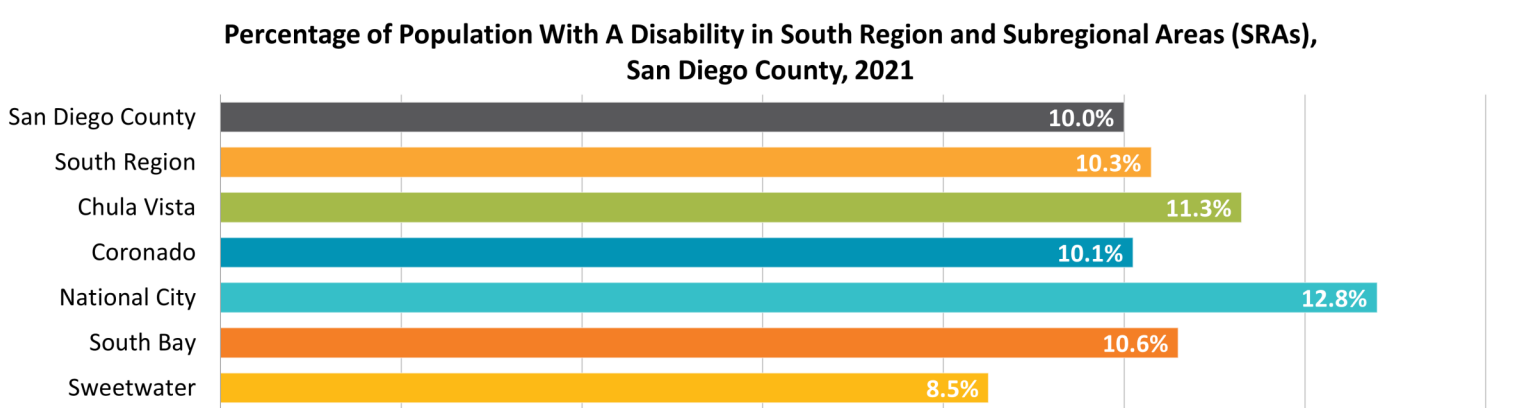
In 2021, nearly 3 out of every 5 residents (58.7%) in South Region reported having excellent/very good health. Among HHSA regions, South Region had the highest proportion of residents reporting fair or poor health (12.6%) in 2021.



Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2021. Available at <http://ask.chis.ucla.edu>. Exported on June 22, 2023.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

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 2021, 10.3% of South Region residents reported having one or more disabilities. Among South Region subregional areas (SRAs), National City had the highest proportion of the population with a disability (12.8%).



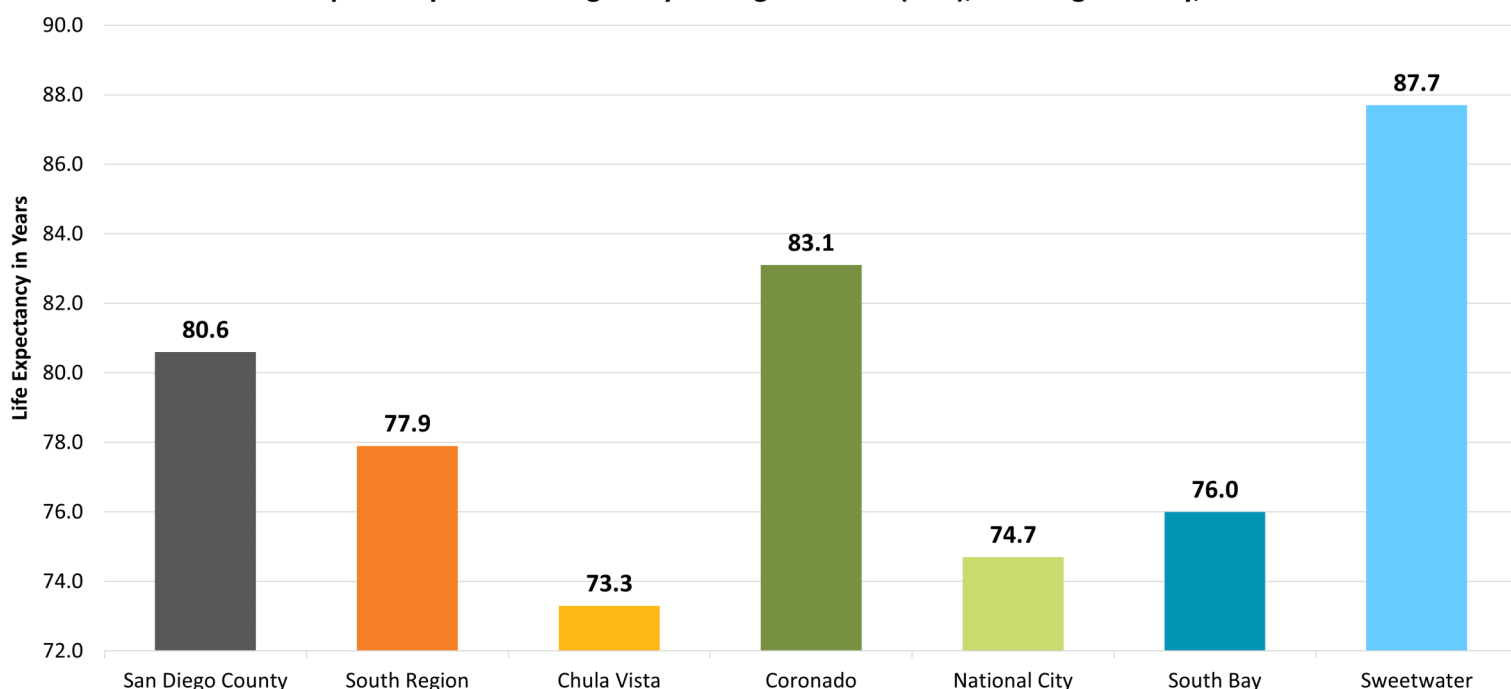
Source: U.S. Census Bureau, 2017-2021 American Community Survey 5-Year Estimates, Table S1810.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

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 2021, a baby born in San Diego County had a life expectancy of 80.6 years, while a baby born in South Region had a life expectancy of 77.9 years. Among South Region subregional areas (SRAs), Sweetwater had the highest life expectancy (87.7 years), while Chula Vista had the lowest (73.3 years). Moreover, in 2021, Chula Vista SRA had the lowest life expectancy compared to all other SRAs in San Diego County.

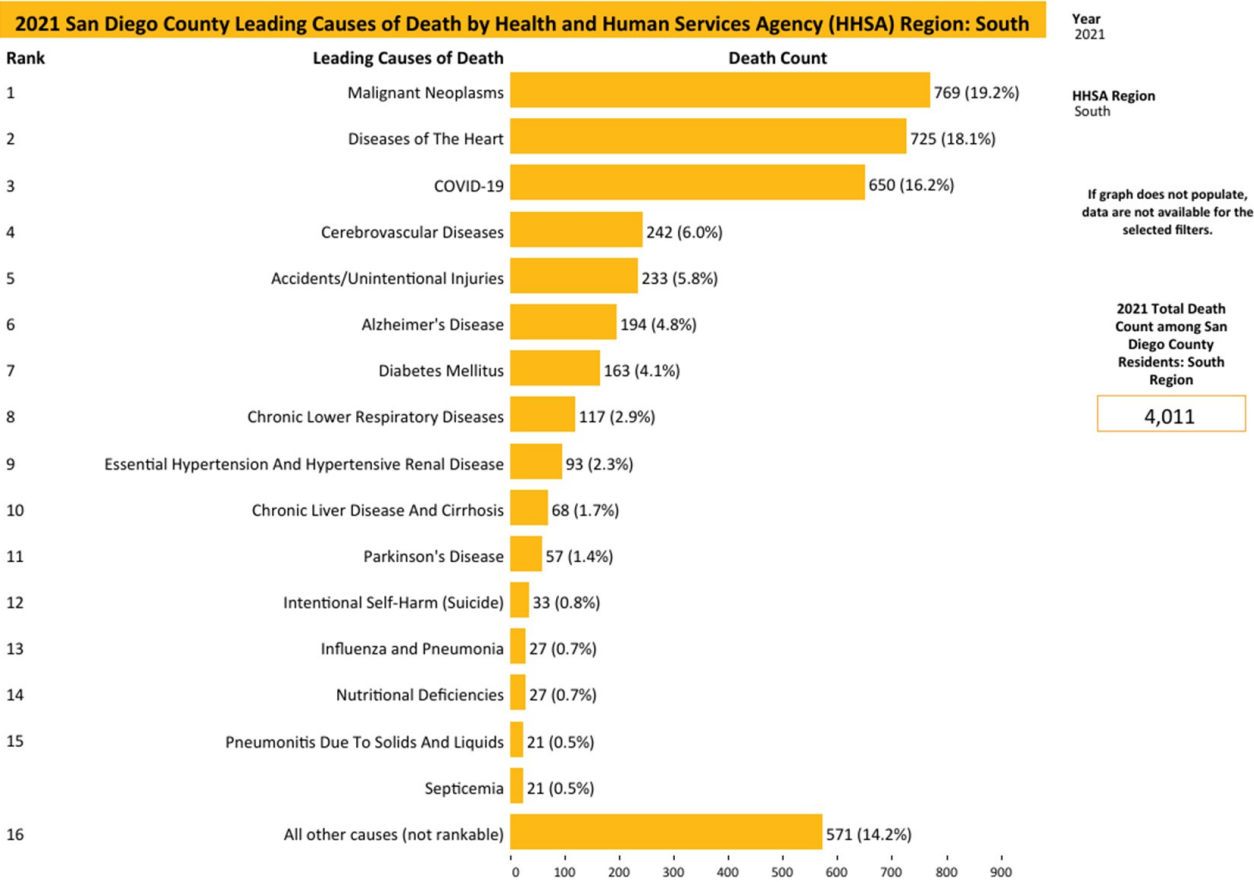
Life Expectancy in South Region by Subregional Area (SRA), San Diego County, 2021



Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

LEADING CAUSES OF DEATH

The Leading Causes of Death rankings represent the most frequently occurring causes of death. These rankings help assess the relative burden of a specific cause of death compared to all other causes. In 2021, malignant neoplasms (cancers) were the number one leading cause of death in South Region, followed by diseases of the heart. In South Region, 3 out of the top 5 leading causes of death were non-communicable (chronic) diseases (cancer, heart disease, and stroke).



Rank is based on total number of deaths in each of the National Center for Health Statistics (NCHS) "rankable" categories. The top 15 leading causes of death presented here are based on the San Diego County residents for their respective years.

Cause of death is based on the underlying cause of death reported on death certificates as classified by ICD-10 codes.

Deaths for specific demographics or geographic area may not equal the total deaths for San Diego County due to missing data.

The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including Leading Causes of Death.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, January 2023.

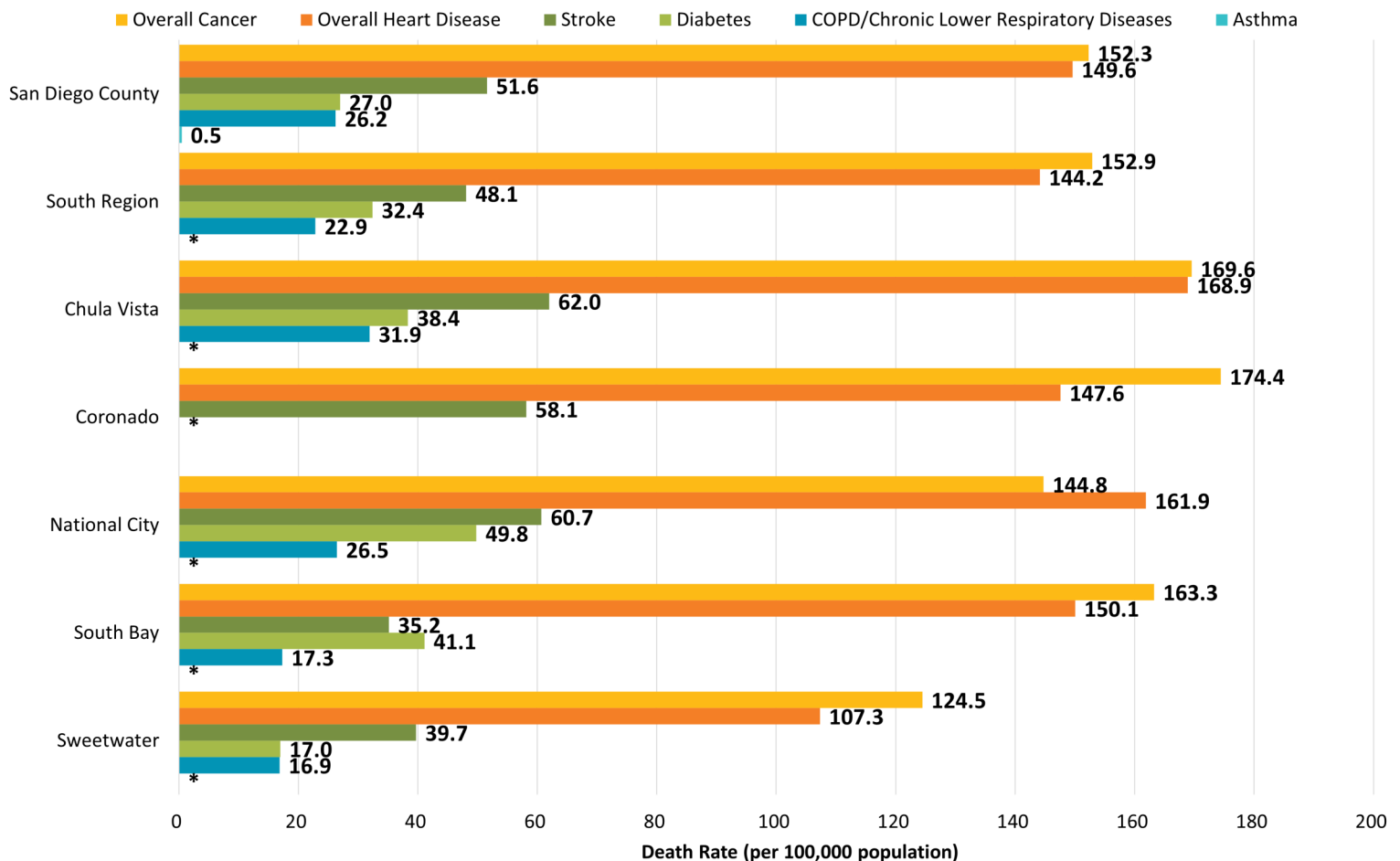


HEALTH OUTCOMES

NON-COMMUNICABLE (CHRONIC) DISEASES

In 2021, among non-communicable (chronic) diseases, the highest death rates were due to overall cancer in South Region and its subregional areas (SRAs), except National City, where the highest death rate was due to overall heart disease. Among South Region SRAs, Coronado had the highest death rate due to overall cancer (174.4 per 100,000), followed by Chula Vista (169.6 per 100,000). Moreover, in 2021, Chula Vista SRA had the highest death rates due to overall heart disease (168.9 per 100,000), stroke (62.0 per 100,000), and chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases (31.9 per 100,000) compared to all other SRAs in South Region. In 2021, the death rate due to diabetes in National City SRA (49.8 per 100,000) was 1.8 times higher than in San Diego County overall (27.0 per 100,000).

**Non-Communicable (Chronic) Disease Death Rates in South Region
by Subregional Area (SRA), San Diego County, 2021**

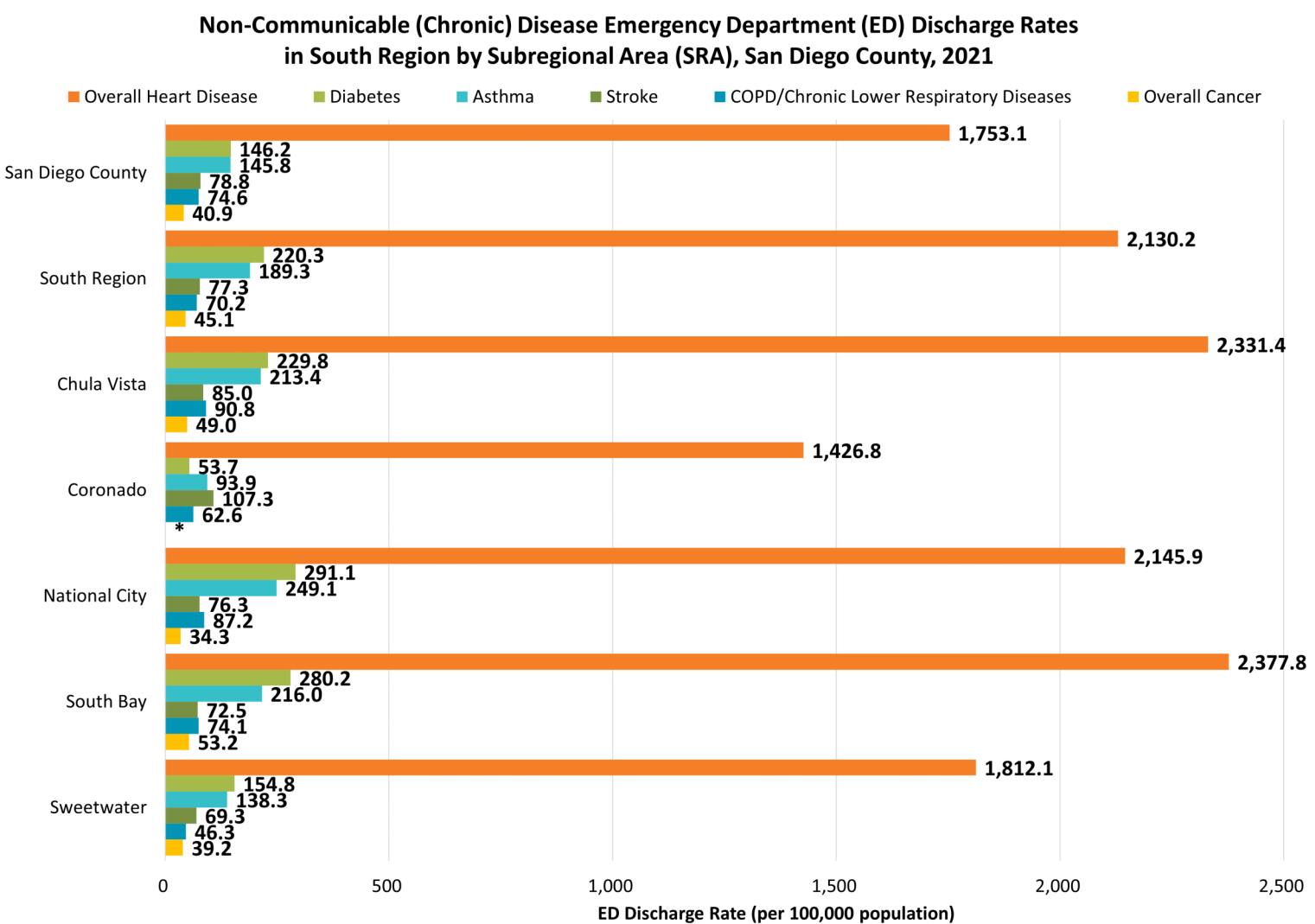


*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

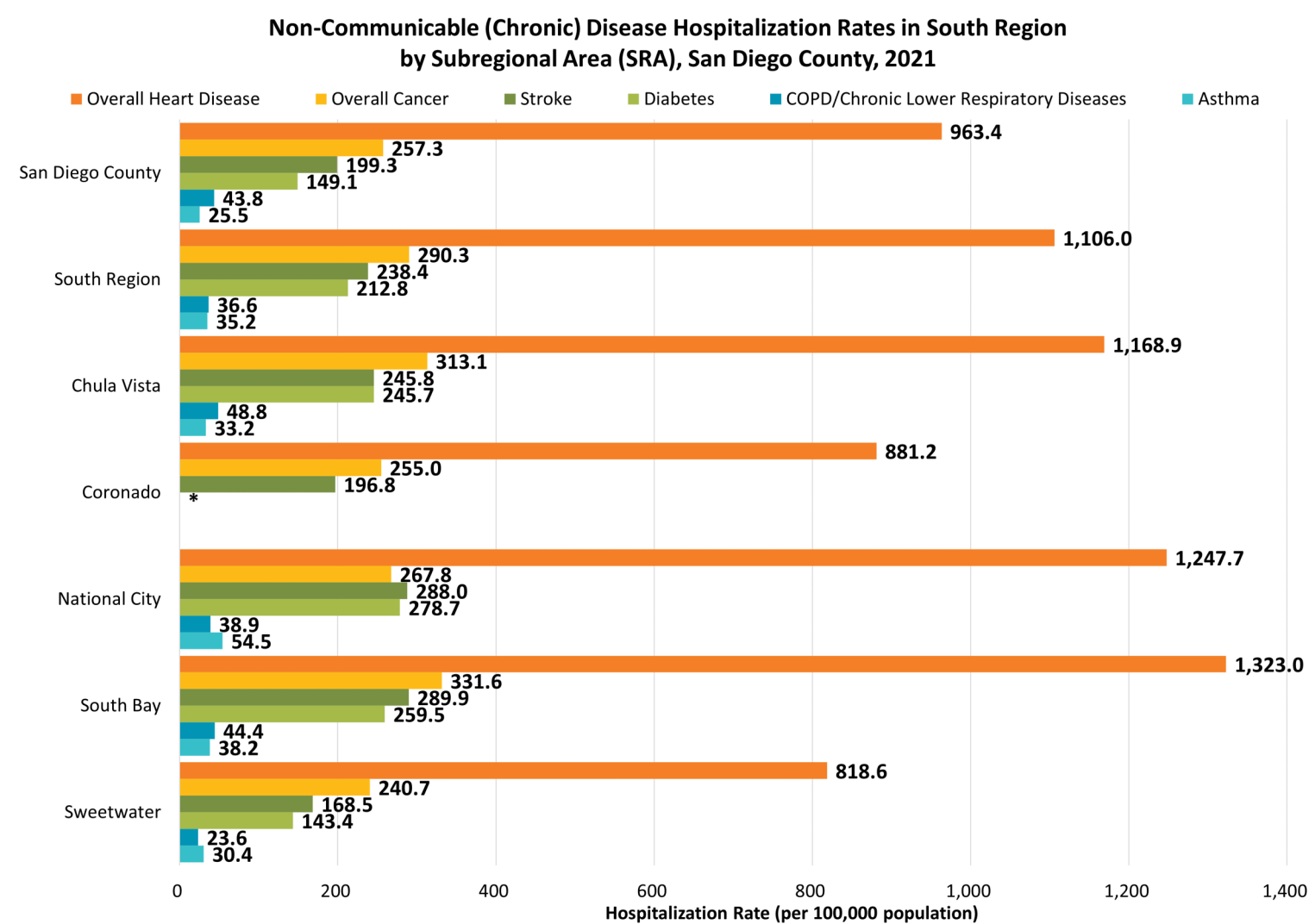
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

In South Region and its SRAs, the highest emergency department (ED) discharge rates among non-communicable (chronic) diseases were due to overall heart disease in 2021. Among South Region SRAs, South Bay had the highest ED discharge rates due to overall heart disease (2,377.8 per 100,000) and overall cancer (53.2 per 100,000). Furthermore, Coronado SRA had the highest ED discharge rate due to stroke (107.3 per 100,000), followed by Chula Vista SRA (85.0 per 100,000). Chula Vista SRA had the highest ED discharge rate due to COPD/chronic lower respiratory diseases (90.8 per 100,000), while National City had the highest ED discharge rate due to asthma (249.1 per 100,000). In 2021, the ED discharge rate due to diabetes in National City SRA (291.1 per 100,000) was nearly two times higher than in San Diego County overall (146.2 per 100,000). Among Health and Human Services Agency (HHS) regions, in 2021, South Region had the second-highest ED discharge rates due to diabetes, overall cancer, and overall heart disease.



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Among non-communicable (chronic) diseases, the highest hospitalization rates were due to overall heart disease in South Region and its SRAs. Among South Region SRAs, South Bay had the highest hospitalization rates due to overall heart disease (1,323.0 per 100,000), overall cancer (331.6 per 100,000), and stroke (289.9 per 100,000). Moreover, National City SRA had the highest hospitalization rates due to diabetes (278.7 per 100,000) and asthma (54.5 per 100,000). In 2021, the hospitalization rate due to asthma in National City SRA (54.5 per 100,000) was over two times higher than in San Diego County overall (25.5 per 100,000). Among HHSA regions, South Region had the second-highest hospitalization rates due to diabetes, overall cancer, overall heart disease, and stroke in 2021.

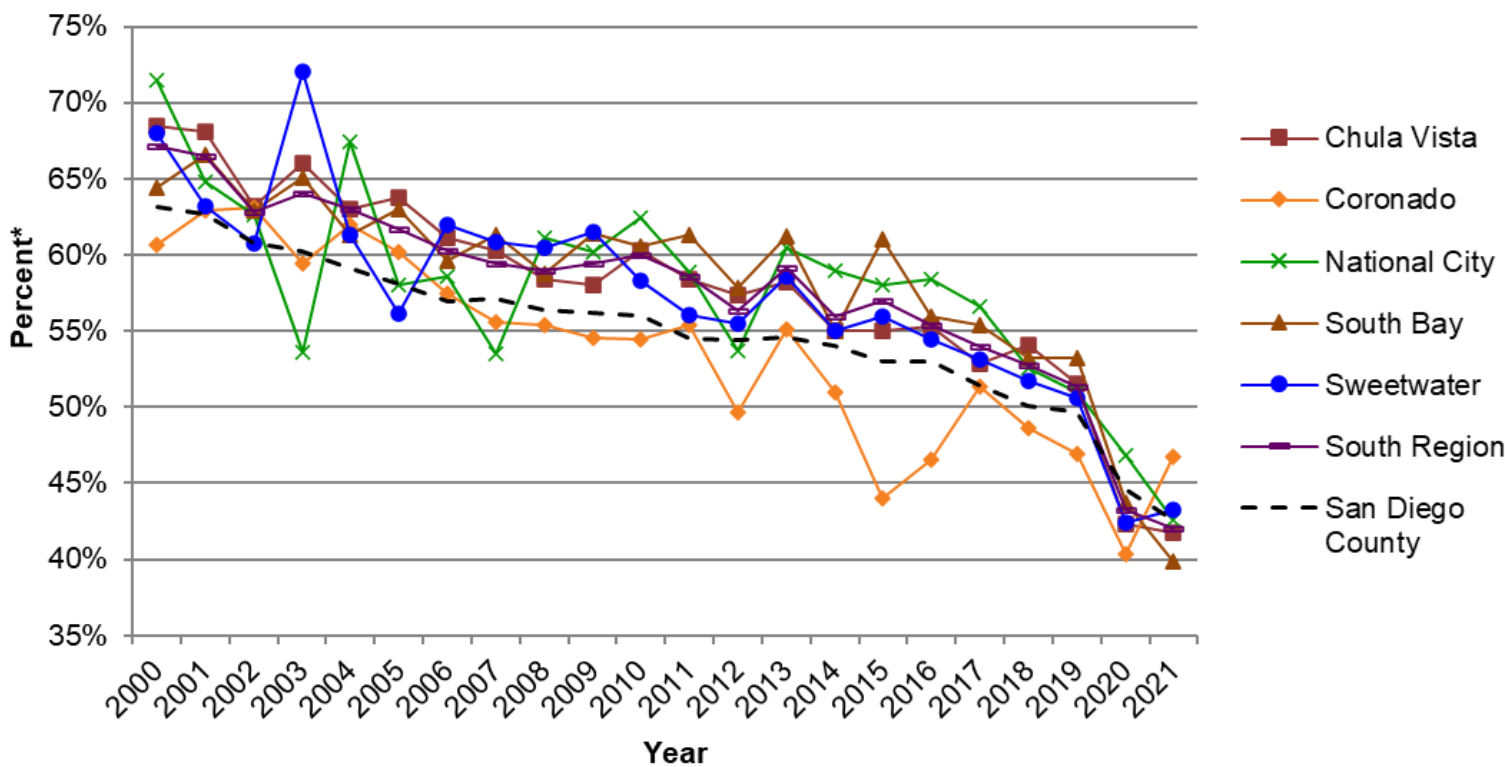


*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

3-4-50: CHRONIC DISEASES

Three behaviors (poor diet, physical inactivity, and tobacco use) contribute to four chronic diseases (cancer, heart disease and stroke, type 2 diabetes, and lung diseases such as asthma) that result in over 50% of all deaths worldwide. Overall, the percentage of deaths due to 3-4-50 chronic diseases decreased in South Region from 2000 to 2021. In 2021, stroke, coronary heart disease (CHD), diabetes, chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases, asthma, and cancer caused 42% of all deaths in South Region. Among South Region subregional areas (SRAs), Coronado had the highest percentage of deaths due to 3-4-50 chronic diseases in 2021.

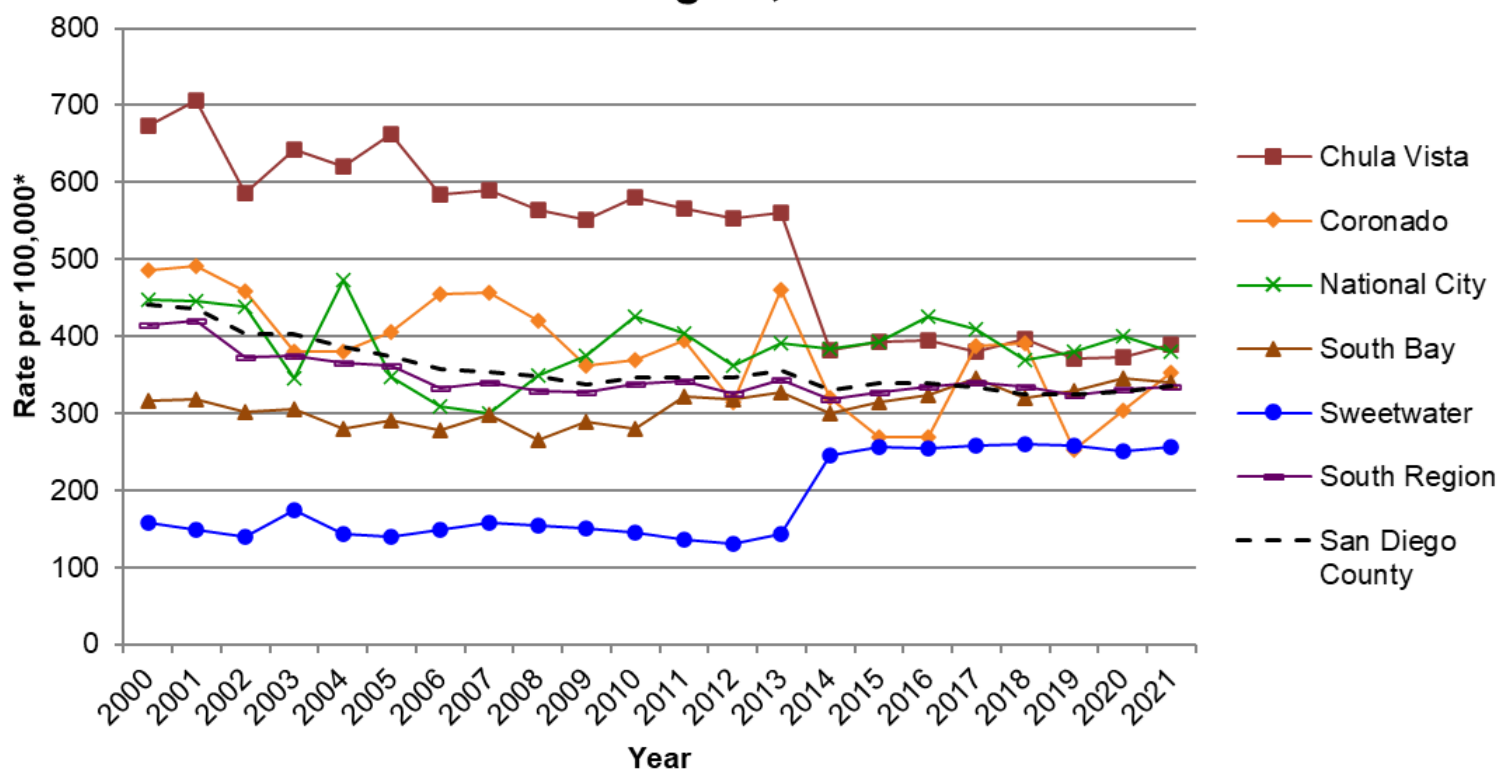
3-4-50 Death† Percentages
Among San Diego County Residents
South Region, 2000-2021**



*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 and 2021. 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, 2014-2021 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, April 2023.

Overall, the death rates due to 3-4-50 chronic diseases decreased in South Region and its SRAs, except for South Bay and Sweetwater, from 2000 to 2021. Among South Region SRAs, Chula Vista had the highest death rate due to 3-4-50 chronic diseases (389.8 per 100,000) in 2021, despite having the greatest percentage decrease (42.1%) from 2000-2021. Moreover, Sweetwater SRA had the lowest death rate due to 3-4-50 chronic diseases (255.7 per 100,000) in 2021 and the greatest percentage increase (62.6%) from 2000-2021.

3-4-50 Death[†] Rates Among San Diego County Residents South Region, 2000-2021**



*Rates per 100,000 population. Population estimates for 2020 and 2021 were derived using the 2010 Census and data should be considered preliminary.

†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 and 2021. Rates not calculated in cases where zip code is unknown.

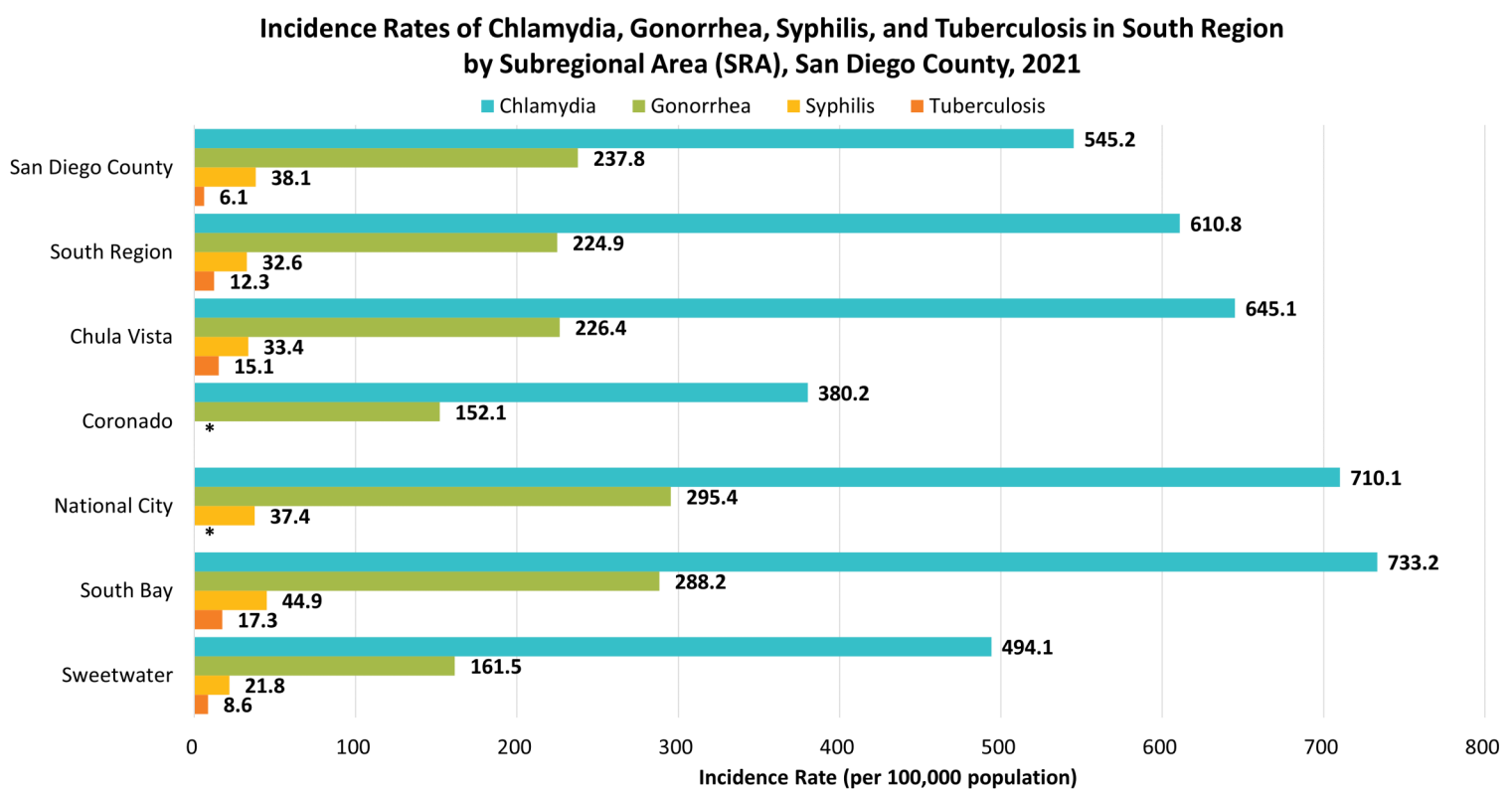
**The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.

Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2021 California Vital Records Business Intelligence System (VRBIS). SANDAG, Current Population Estimates.

Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHS), Public Health Services (PHS), Community Health Statistics Unit, April 2023.

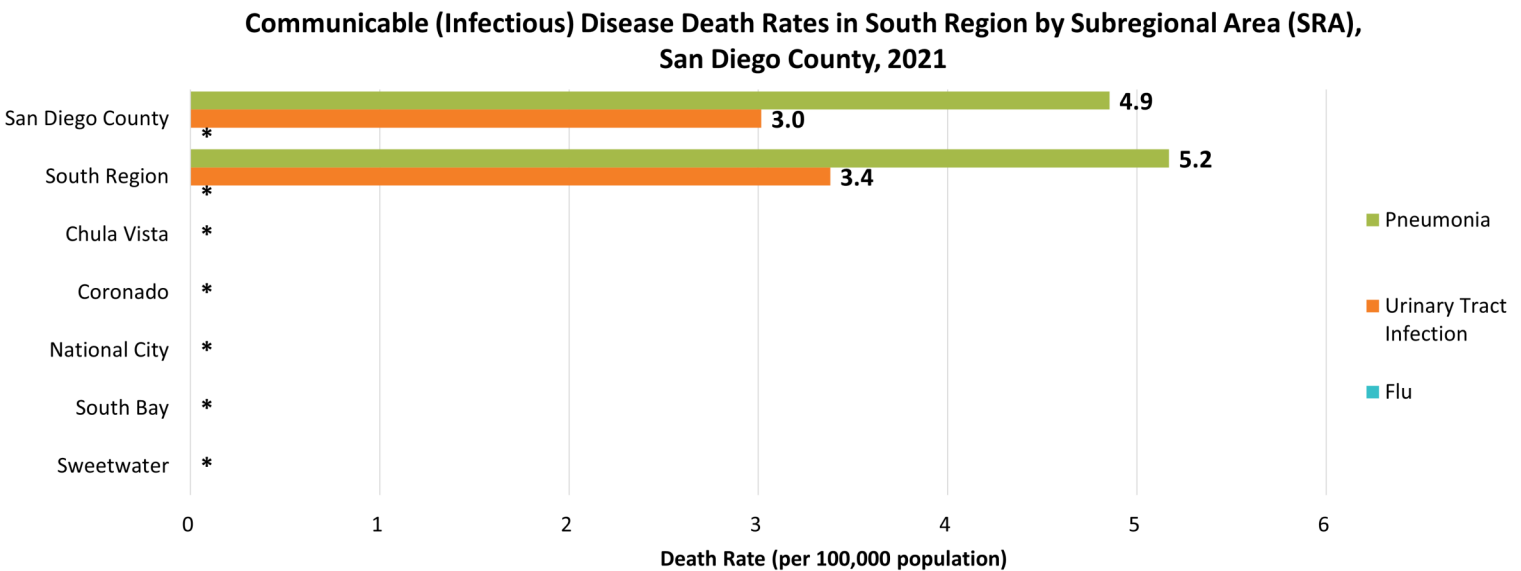
COMMUNICABLE (INFECTIOUS) DISEASES

Among Health and Human Services Agency (HHS) regions, South Region had the highest incidence rate of tuberculosis (12.3 per 100,000) and the second-highest incidence rate of chlamydia (610.8 per 100,000) in 2021. In South Region and its subregional areas (SRAs), the highest incidence rates among communicable (infectious) diseases were due to chlamydia and gonorrhea in 2021. Among South Region SRAs, South Bay had the highest incidence rate of chlamydia (733.2 per 100,000) and syphilis (44.9 per 100,000). Moreover, National City SRA had the highest incidence rate of gonorrhea (295.4 per 100,000), followed by South Bay (288.2 per 100,000). In 2021, the incidence rate of tuberculosis in South Bay (17.3 per 100,000) was nearly three times the rate in San Diego County overall (6.1 per 100,000). In 2021, South Bay SRA had the highest incidence rate of tuberculosis compared to all other SRAs in San Diego County.



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
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), 2021. 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, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

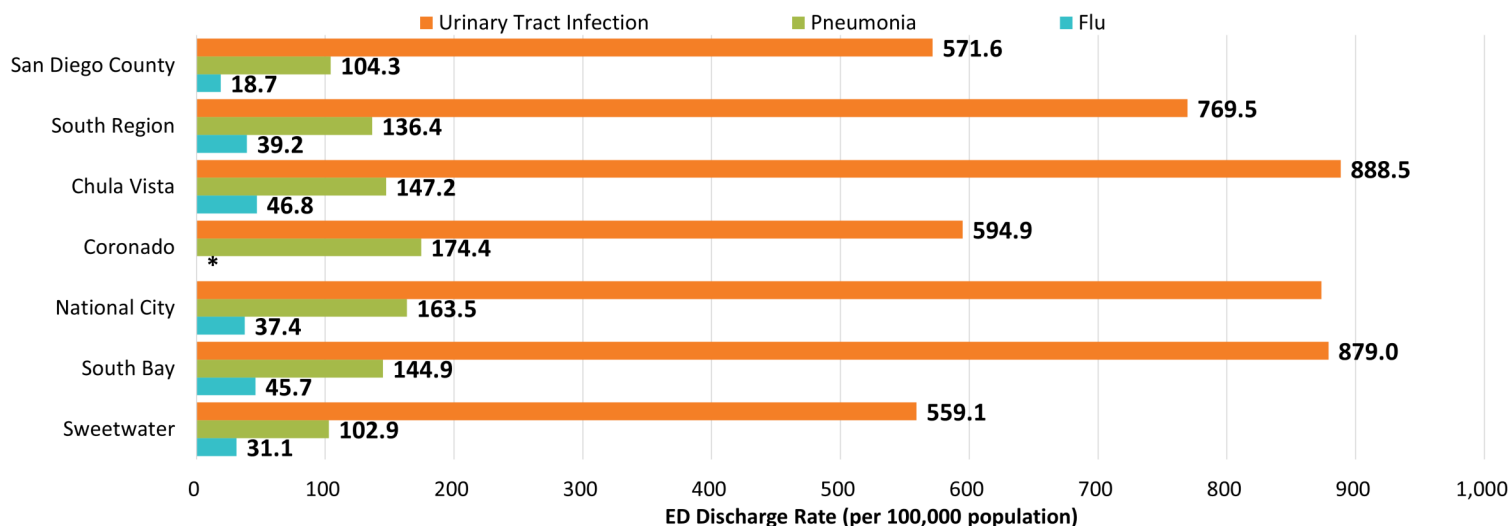
In 2021, among communicable (infectious) diseases, the highest death rate in South Region was due to pneumonia (5.2 per 100,000), which was higher than the death rate in San Diego County overall (4.9 per 100,000). In 2021, the second highest death rate among communicable (infectious) diseases in South Region was due to urinary tract infection (3.4 per 100,000), which was higher than the death rate in San Diego County overall (3.0 per 100,000).



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Among HHSA regions, South Region had the highest ED discharge rates due to flu, pneumonia, and urinary tract infection in 2021. Among South Region SRAs, Chula Vista had the highest ED discharge rate due to urinary tract infection (888.5 per 100,000), the second-highest rate among all SRAs in San Diego County in 2021. Moreover, in 2021, the ED discharge rate due to flu (46.8 per 100,000) in Chula Vista SRA was 2.5 times higher than in San Diego County overall (18.7 per 100,000). Compared to all other SRAs in San Diego County, Chula Vista had the highest ED discharge rate due to flu in 2021. Similarly, Coronado SRA had the highest ED discharge rate due to pneumonia (174.4 per 100,000) compared to all other SRAs in San Diego County in 2021.

Communicable (Infectious) Disease Emergency Department (ED) Discharge Rates in South Region by Subregional Area (SRA), San Diego County, 2021



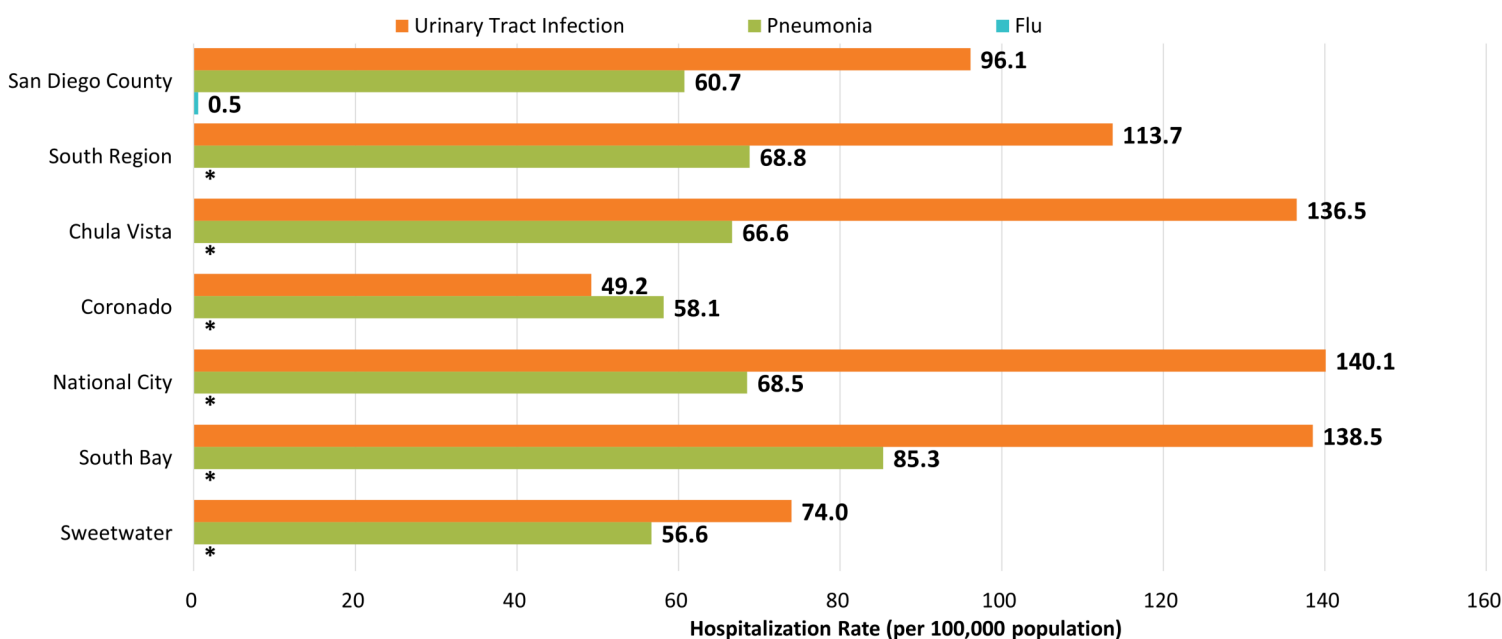
*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Among HHSA regions, South Region had the second-highest hospitalization rates due to urinary tract infection and pneumonia in 2021. Among South Region SRAs, National City had the highest hospitalization rate due to urinary tract infection (140.1 per 100,000), followed by South Bay (138.5 per 100,000). Moreover, in 2021, South Bay SRA had the highest hospitalization rate due to pneumonia (85.3 per 100,000) among South Region SRAs.

Communicable (Infectious) Disease Hospitalization Rates in South Region by Subregional Area (SRA), San Diego County, 2021

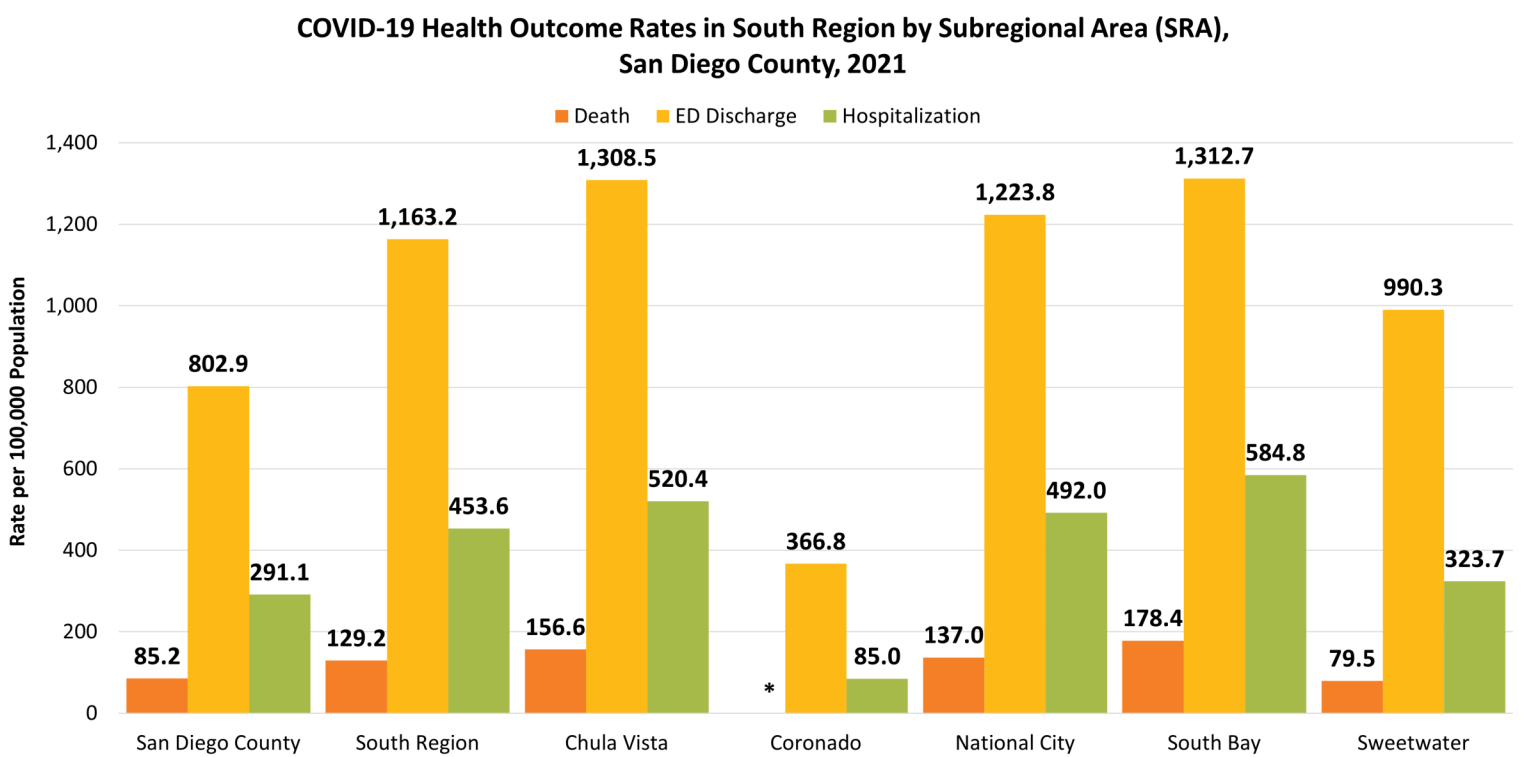


*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

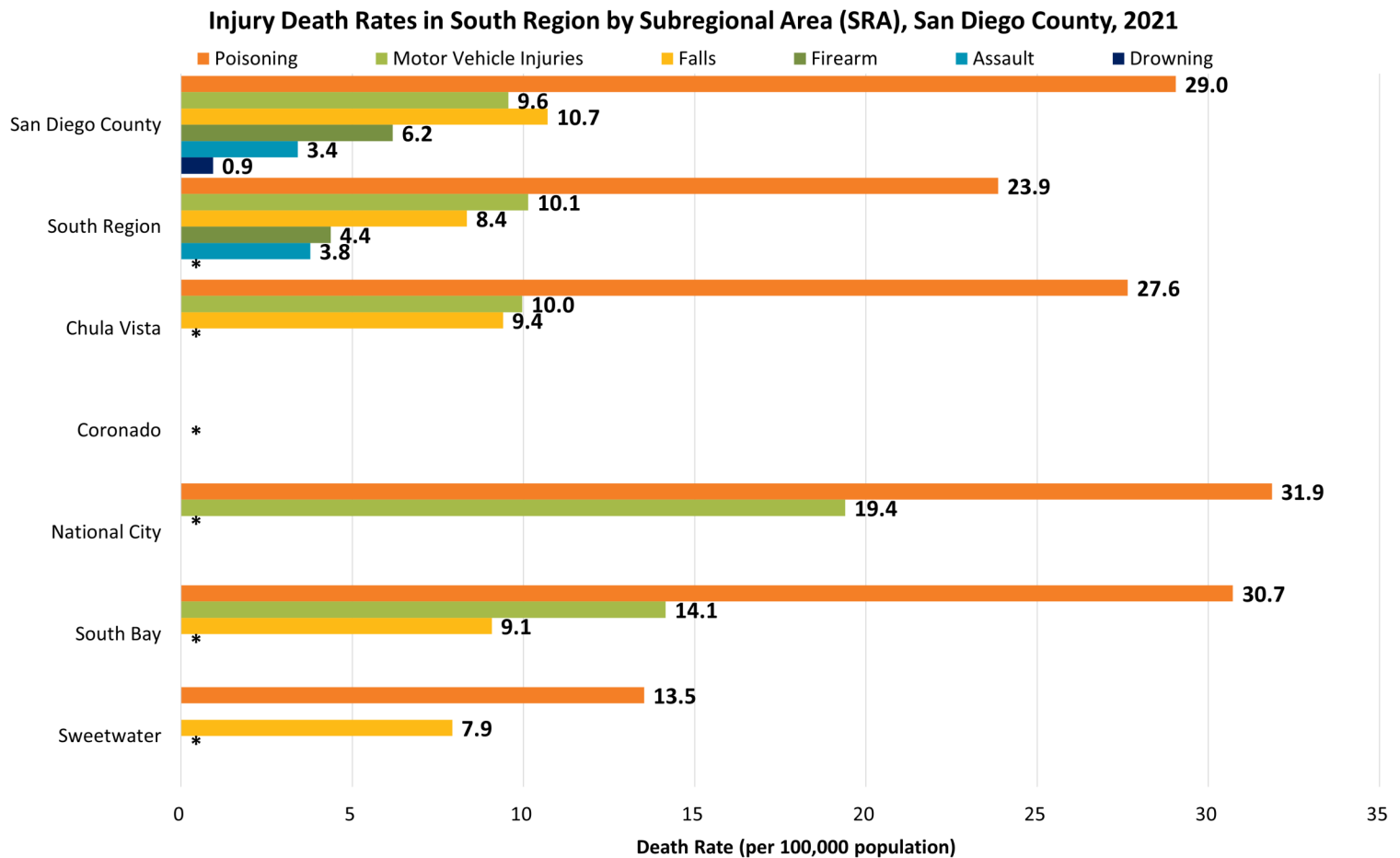
In 2021, South Region had the highest death (129.2 per 100,000) and hospitalization (453.6 per 100,000) rates due to COVID-19 compared to all other Health and Human Services Agency (HHS) regions. Moreover, in 2021, South Region had the second-highest ED discharge rate among HHS regions. Among South Region SRAs, South Bay had the highest death, ED discharge, and hospitalization rates due to COVID-19. In 2021, the death rate due to COVID-19 in South Bay SRA (178.4 per 100,000) was 2.1 times higher than in San Diego County overall (85.2 per 100,000). Similarly, the hospitalization rate due to COVID-19 in South Bay SRA (584.8 per 100,000) was 2.0 times higher than in San Diego County overall (291.1 per 100,000) in 2021.



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Most recent COVID-19 data are available from the Epidemiology and Immunization Services Branch (EISB) at:
https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/status/COVID19_Cases_Hospitalizations_Deaths_by_Demographics.html.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

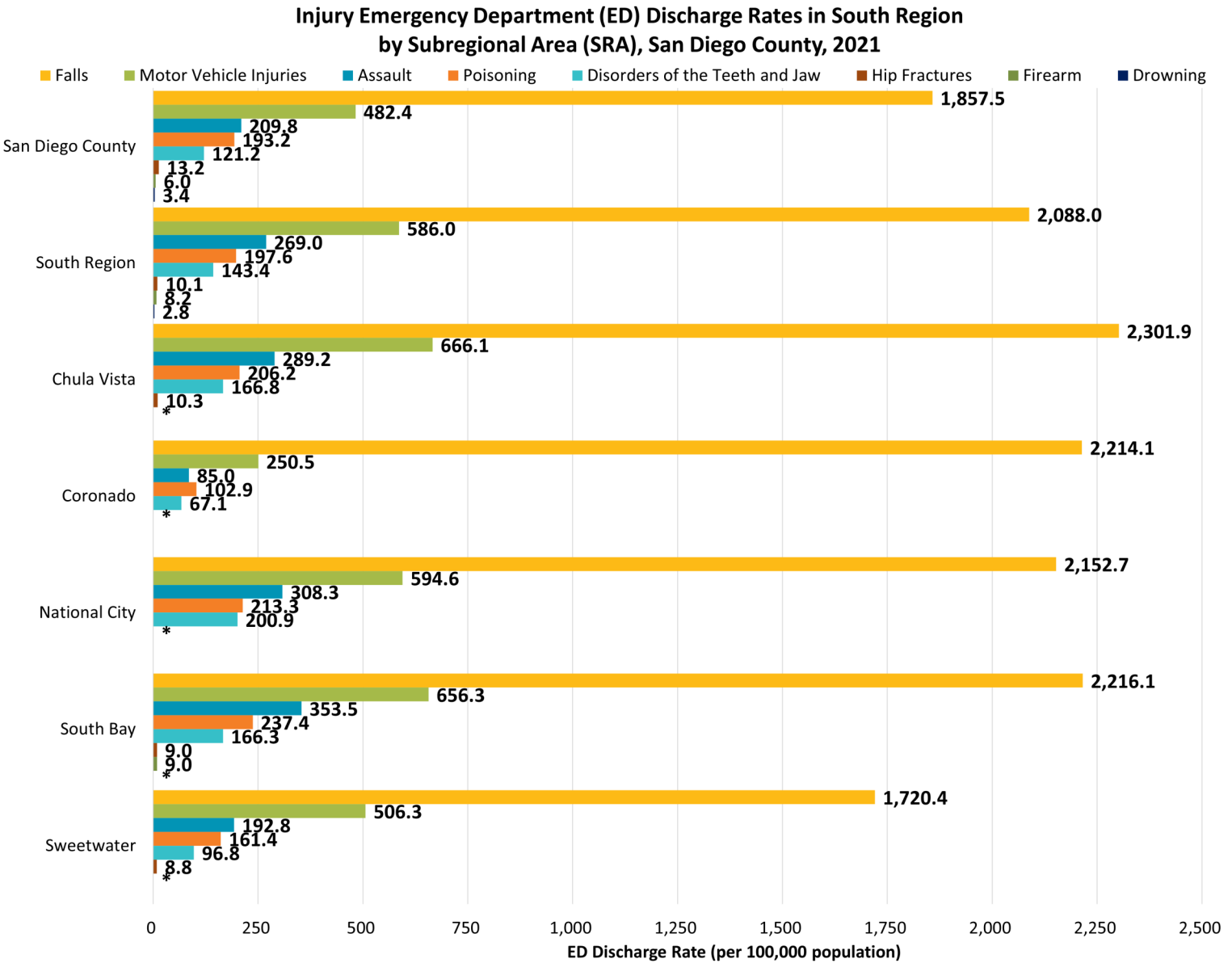
INJURY INDICATORS

In South Region, the highest death rate among injury indicators was due to poisoning (23.9 per 100,000), followed by motor vehicle injuries (10.1 per 100,000) and falls (8.4 per 100,000) in 2021. Among South Region subregional areas (SRAs), National City had the highest death rates due to poisoning (31.9 per 100,000) and motor vehicle injuries (19.4 per 100,000). In 2021, National City SRA had the second-highest death rate due to motor vehicle injuries among all SRAs in San Diego County.



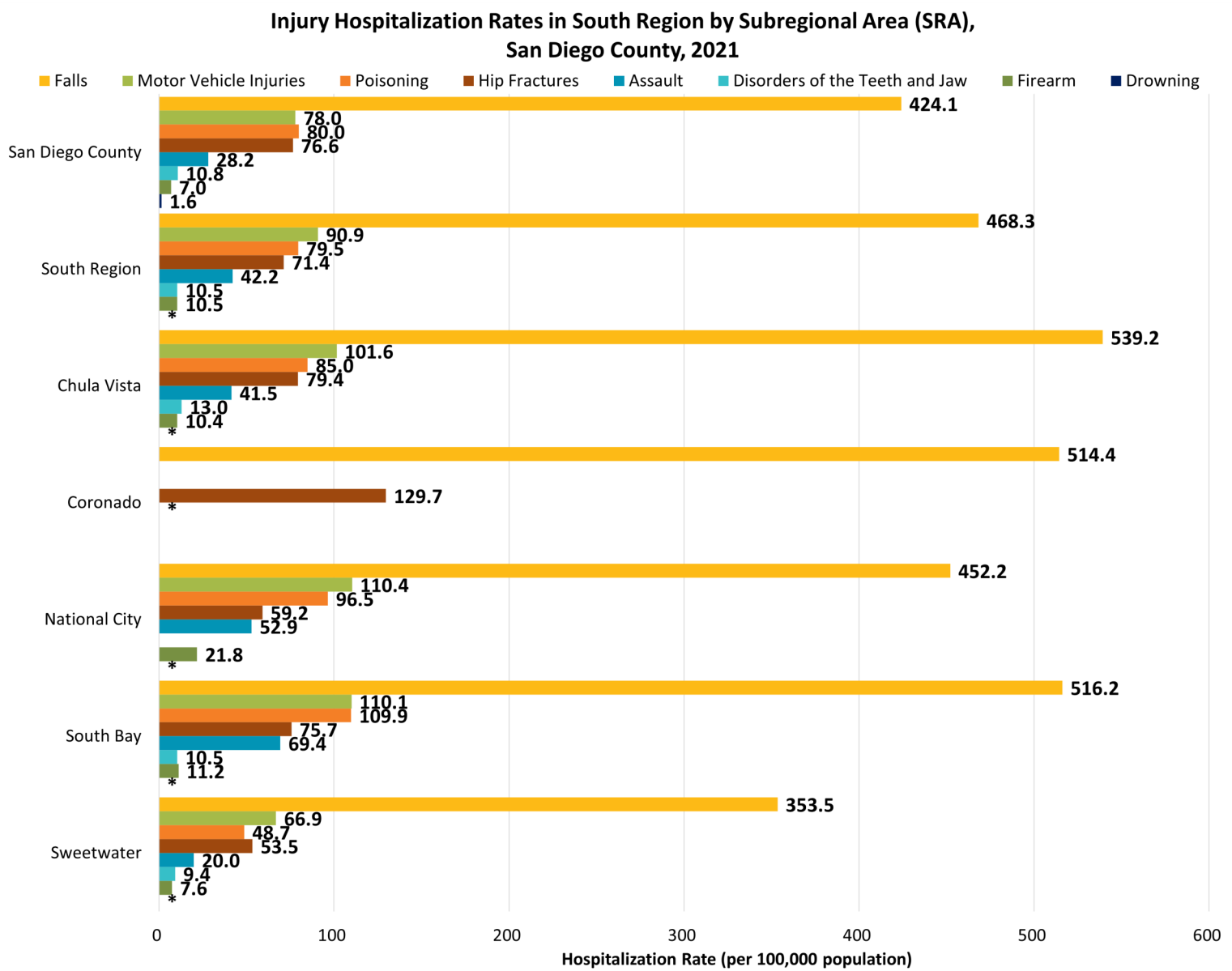
*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Among injury indicators, the highest emergency department (ED) discharge rates in South Region and its SRAs were due to falls in 2021. All SRAs in South Region, except Sweetwater, had higher ED discharge rates due to falls than South Region and San Diego County, with Chula Vista having the highest (2,301.9 per 100,000) in 2021. Moreover, in 2021, Chula Vista SRA had the highest ED discharge rates due to motor vehicle injuries (666.1 per 100,000) and hip fractures (10.3 per 100,000). Among injury indicators, South Bay had higher ED discharge rates due to assault (353.5 per 100,000), poisoning (237.4 per 100,000), and firearm (9.0 per 100,000) than all other SRAs in South Region in 2021.



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

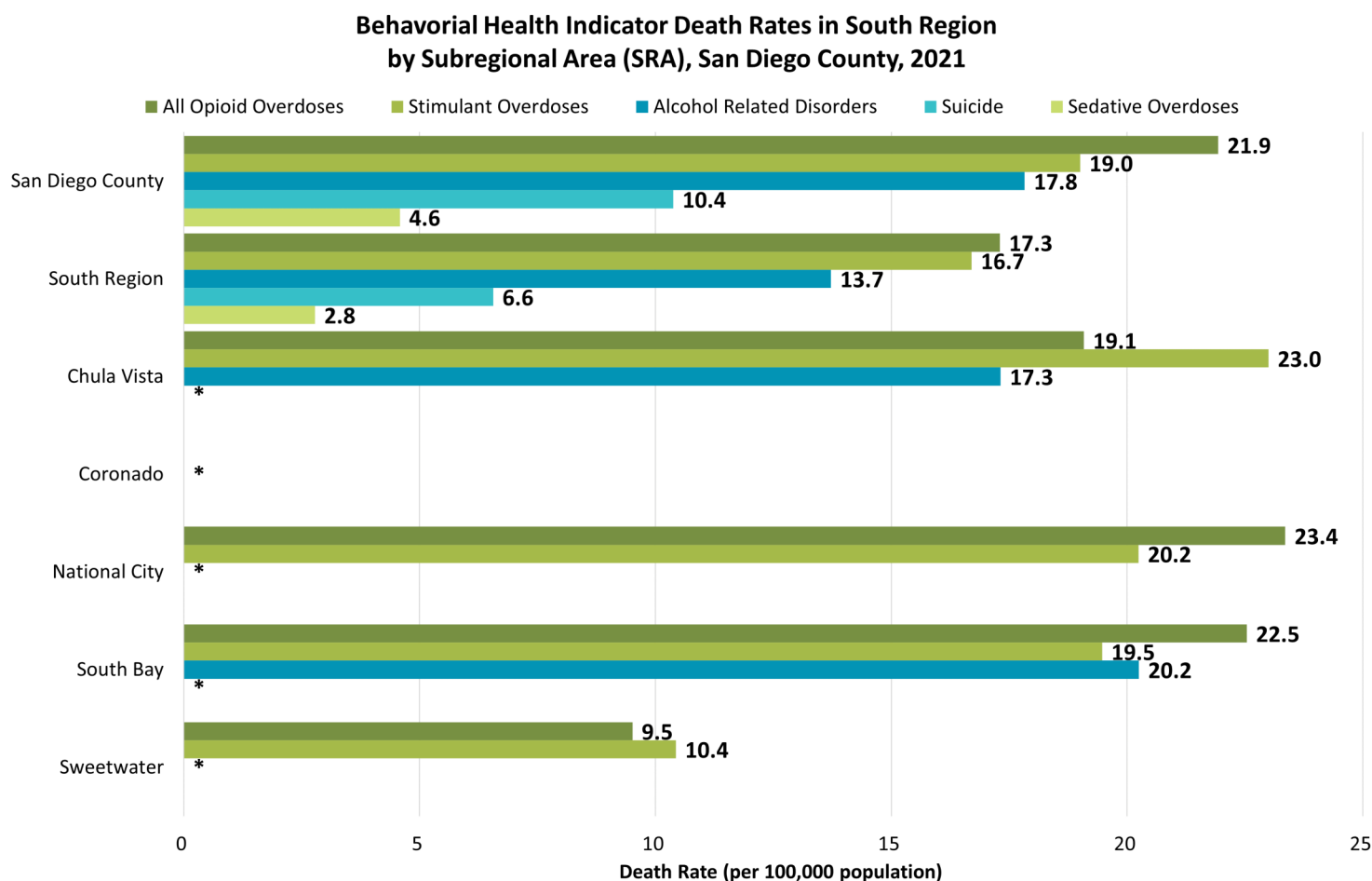
In 2021, the highest hospitalization rate among injury indicators was due to falls in South Region, which had the second-highest hospitalization rate from falls among HHSA regions. Among South Region SRAs, Chula Vista had the highest hospitalization rates due to falls (539.2 per 100,000), followed by South Bay (516.2 per 100,000). In 2021, the hospitalization rate due to assault in South Bay SRA (69.4 per 100,000) was 2.5 times higher than in San Diego County overall (28.2 per 100,000).



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

BEHAVIORAL HEALTH INDICATORS

In 2021, among behavioral health indicators, the highest death rates were due to all opioid overdoses in South Region. However, the highest death rates among behavioral health indicators in Chula Vista and Sweetwater subregional areas (SRAs) were due to stimulant overdoses in 2021. Among South Region SRAs, National City (23.4 per 100,000) and South Bay (22.5 per 100,000) had higher death rates due to all opioid overdoses than South Region (17.3 per 100,000) and San Diego County overall (21.9 per 100,000). Furthermore, in 2021, Chula Vista SRA had the highest death rate due to stimulant overdoses (23.0 per 100,000).



Beginning with data year 2021, the “All Opioid Overdoses” indicator is an expansion of the “Opioid Overdoses” indicator that includes specific synthetic narcotic ICD-10cm codes (fentanyl, tramadol, other synthetic narcotics) in addition to the general codes, to reflect morbidity more broadly. Mortality is the same for both indicators due to no changes in ICD-10 mortality codes.

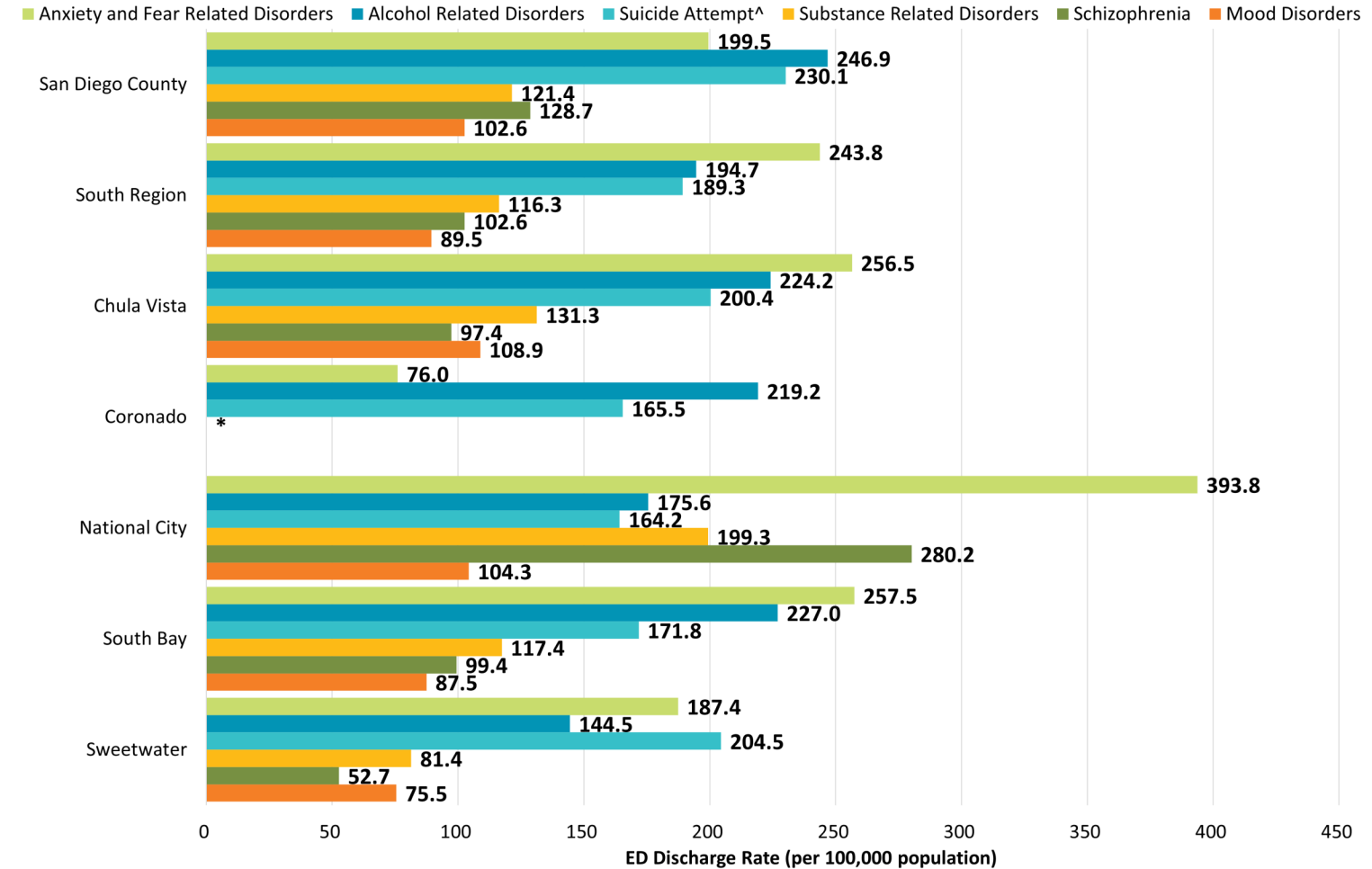
*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.

Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

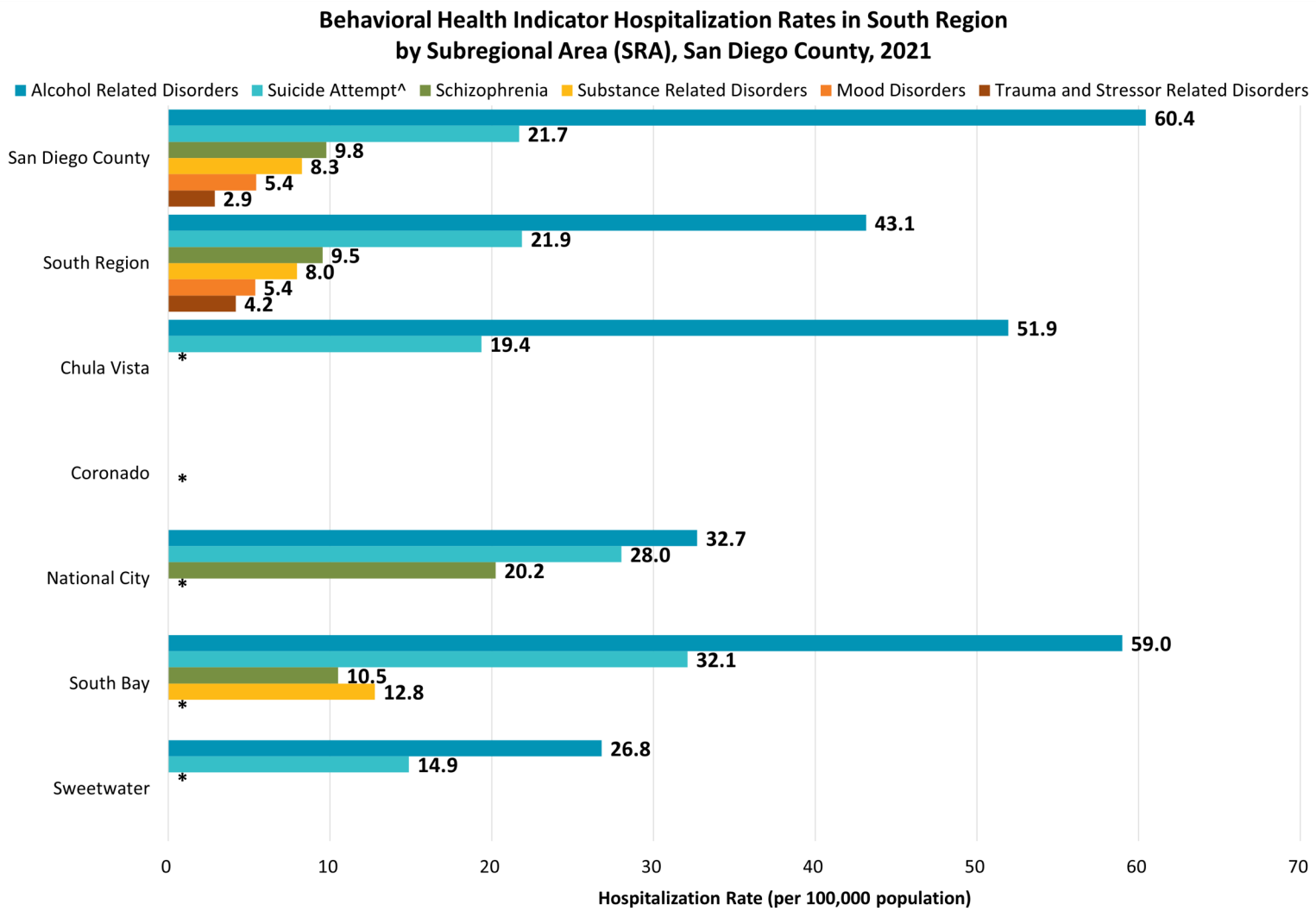
In South Region and its SRAs, except Coronado and Sweetwater, the highest emergency department (ED) discharge rates were due to anxiety and fear related disorders in 2021. The highest ED discharge rates in Coronado SRA and Sweetwater SRA were due to alcohol related disorders and suicide attempt, respectively, in 2021. Additionally, Sweetwater SRA had the highest ED discharge rate due to suicide attempt (204.5 per 100,000), while National City SRA had the lowest (164.2 per 100,000) in 2021. Among South Region SRAs, National City had the highest ED discharge rates due to anxiety and fear related disorders, schizophrenia, and substance related disorders. Moreover, in 2021, the ED discharge rate due to anxiety and fear related disorders in National City SRA (393.8 per 100,000) was nearly twice as high as in San Diego County overall (199.5 per 100,000). Similarly, the ED discharge rate due to schizophrenia in National City SRA (280.2 per 100,000) was over two times higher than in San Diego County overall (128.7 per 100,000).

Behavioral Health Indicator Emergency Department (ED) Discharge Rates in South Region by Subregional Area (SRA), San Diego County, 2021



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
^Suicide Attempt includes ideation/attempt/intentional self-harm.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

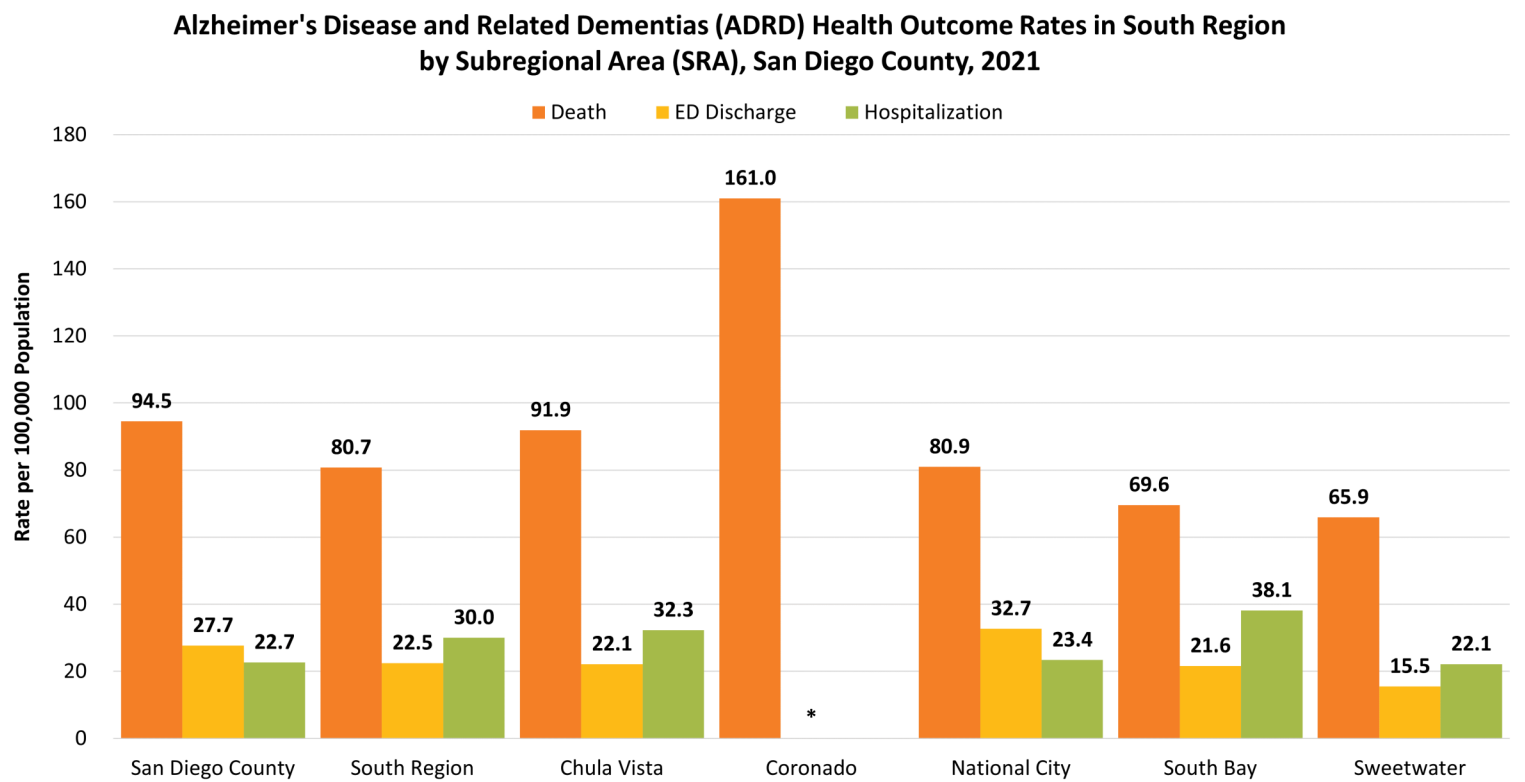
Among behavioral health indicators, the highest hospitalization rates in South Region and its SRAs were due to alcohol related disorders in 2021. Among South Region SRAs, South Bay had the highest hospitalization rate due to alcohol related disorders (59.0 per 100,000), followed by Chula Vista (51.9 per 100,000). Moreover, in 2021, South Bay SRA had the highest hospitalization rate due to suicide attempt (32.1 per 100,000), followed by National City (28.0 per 100,000). In 2021, the hospitalization rate due to schizophrenia in National City SRA (20.2 per 100,000) was 2.1 times higher than in San Diego County overall (9.8 per 100,000).



*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
^Suicide Attempt includes ideation/attempt/intentional self-harm.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2021. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

ALZHEIMER’S DISEASE AND RELATED DEMENTIAS

The death and emergency department (ED) discharge rates due to Alzheimer's Disease and Related Dementias (ADRD) in South Region were lower than in San Diego County. Additionally, in 2021, the hospitalization rate due to ADRD in South Region was higher than in San Diego County and second-highest compared to all other Health and Human Services Agency (HHS) regions. Among South Region subregional areas (SRAs), Coronado had the highest death rate due to ADRD (161.0 per 100,000), while Sweetwater had the lowest (65.9 per 100,000). Moreover, in 2021, National City SRA had the highest ED discharge rate due to ADRD (32.7 per 100,000) compared to all other SRAs in South Region. In 2021, South Bay SRA had the highest hospitalization rate due to ADRD (38.1 per 100,000), while Sweetwater SRA had the lowest (22.1 per 100,000).

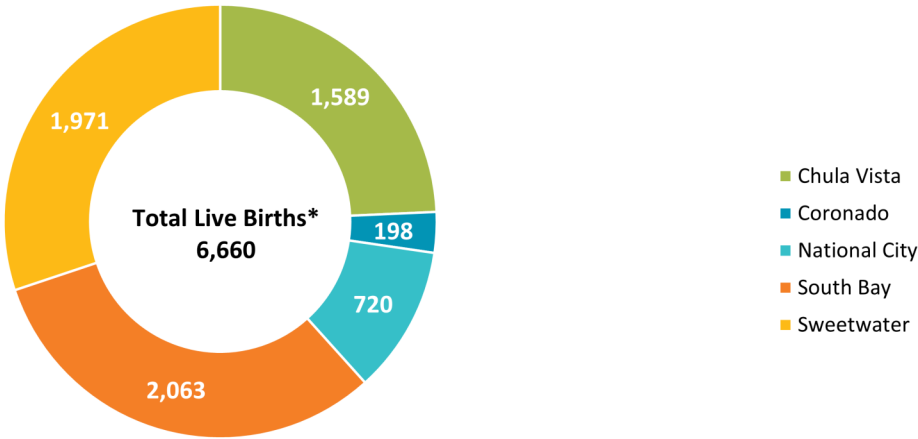


*Rates not calculated for fewer than 11 events. Rates not calculated in cases where zip code is unknown.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2021. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2021 (vintage: 09/2022). Population estimates were derived using the 2010 Census and data should be considered preliminary.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

MATERNAL AND CHILD HEALTH INDICATORS

In 2021, there were 6,660 total live births in South Region, which represented 17.8% of the total live births in San Diego County (37,436). Among South Region subregional areas (SRAs), South Bay (31.0%) and Sweetwater (29.6%) accounted for 3 out of every 5 total live births in South Region.

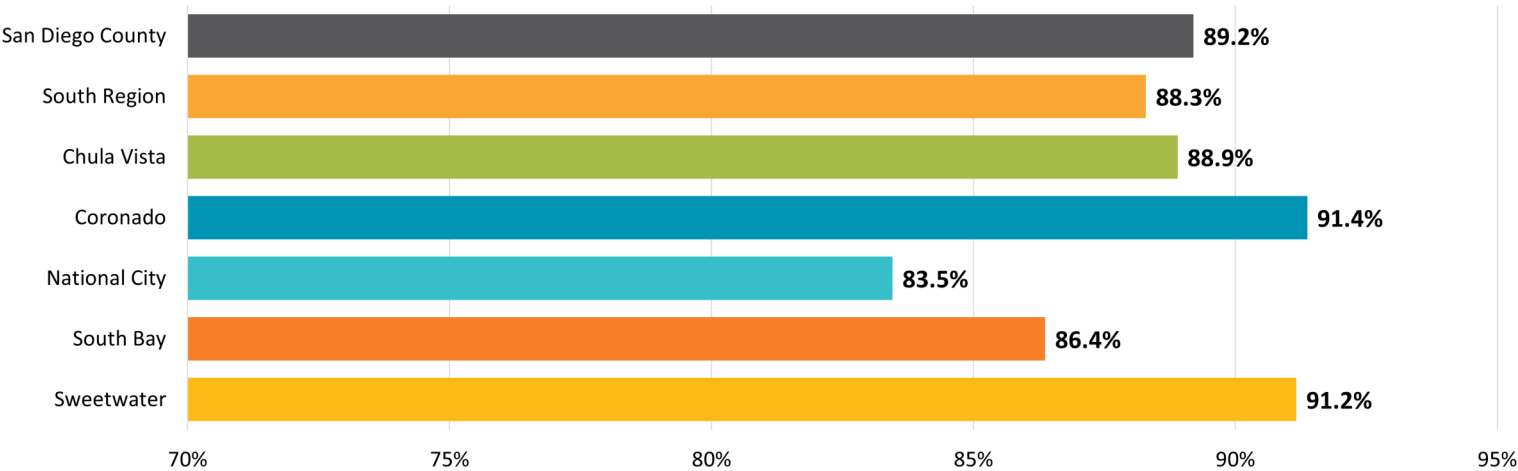
Distribution of Live Births in South Region by Subregional Area (SRA), San Diego County, 2021



*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, 2021. 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, September 2023.

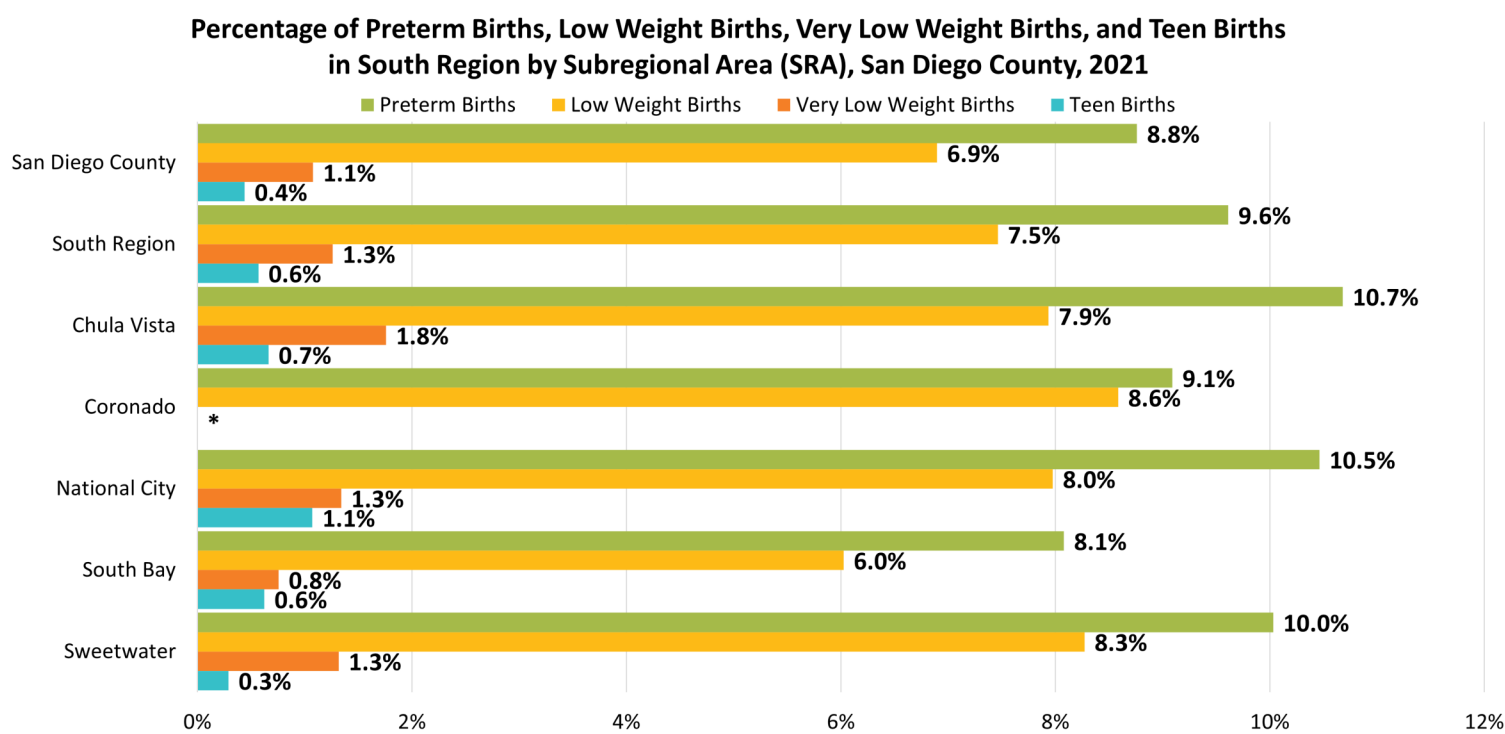
Early prenatal care is defined as care beginning during the 1st trimester of pregnancy, however, it does not account for frequency of care. In South Region, the proportion of mothers who received early prenatal care (88.3%) was lower than in San Diego County overall (89.2%). Among South Region SRAs, National City (83.5%) and South Bay (86.4%) had lower proportions of early prenatal care compared to South Region (88.3%).

Percentage of Early Prenatal Care Among Births in South Region by Subregional Areas (SRAs), San Diego County, 2021



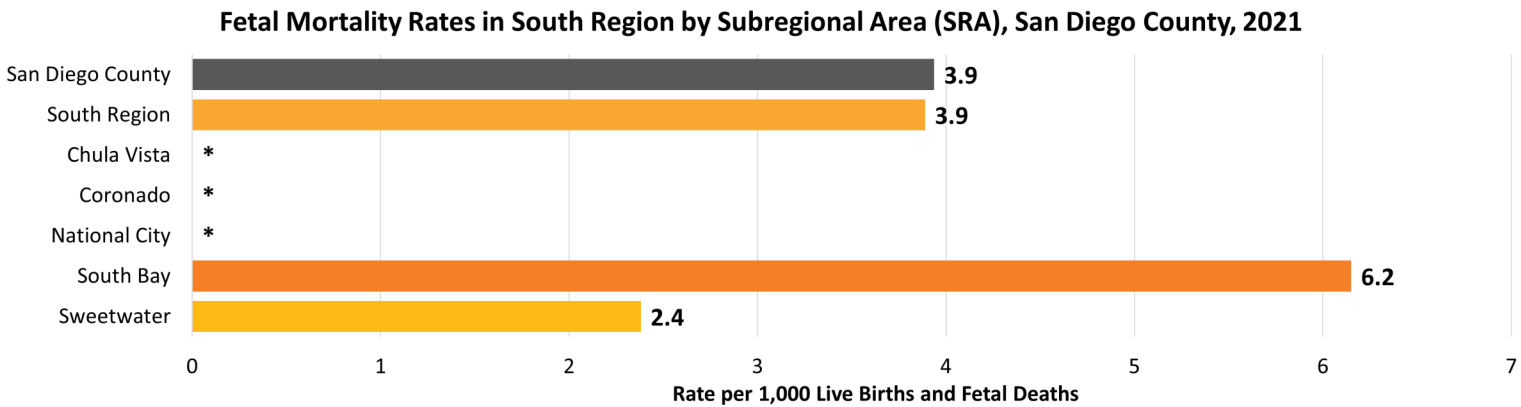
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2021. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, September 2023.

Preterm birth is the delivery of a baby before completing 37 weeks of gestation. In 2021, the proportion of preterm births in South Region (9.6%) was higher than San Diego County overall (8.8%). Among South Region SRAs, Chula Vista had the highest proportion of preterm births (10.7%), followed by National City (10.5%). A baby with a birth weight less than 2,500 g (approximately 5 lbs., 8 oz.) is considered to have low birth weight, while a baby with a birth weight less than 1,500 g (approximately 3 lbs., 5 oz.) is classified as very low birth weight. In 2021, Coronado SRA had the highest proportion of low weight births (8.6%), followed by Sweetwater SRA (8.3%). In 2021, Chula Vista SRA had the highest proportion of very low weight births (1.8%), which was higher than South Region (1.3%) and San Diego County overall (1.1%). 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. Among South Region SRAs, the proportion of teen births in National City (1.1%) was higher than all other SRAs in South Region.



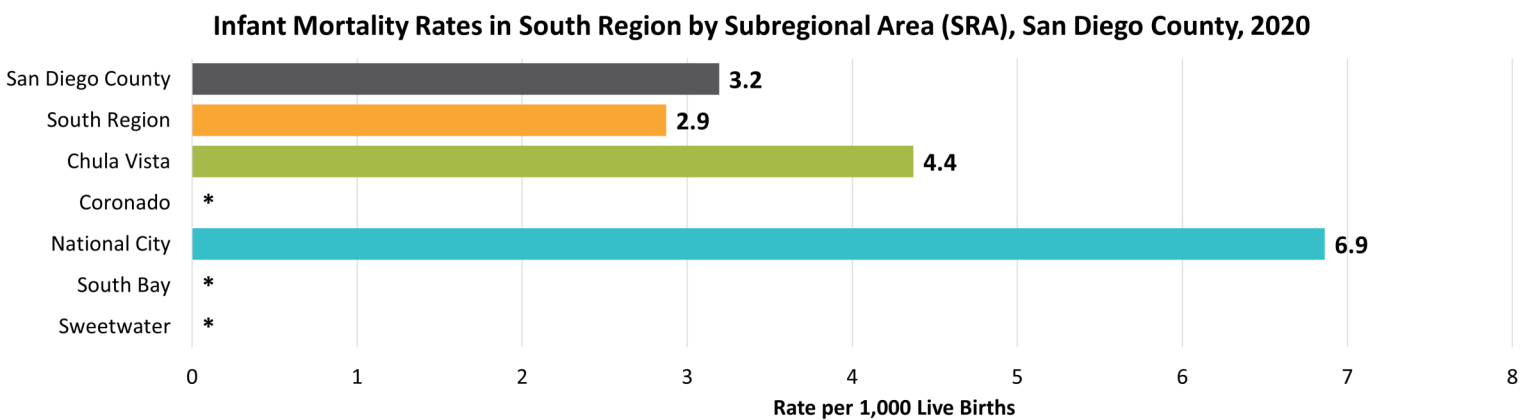
*Percentages not calculated for fewer than 5 events. Percentages not calculated in cases where zip code is unknown.
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2021. County of San Diego, 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, September 2023.

Fetal mortality refers to a fetal death during a pregnancy with at least 20 complete weeks of gestation. In 2021, the fetal mortality rate in South Region (3.9 per 1,000 live births and fetal deaths) was similar to the rate in San Diego County (3.9 per 1,000 live births and fetal deaths). Among South Region SRAs, South Bay had the highest fetal mortality rate (6.2 per 1,000 live births and fetal deaths), followed by Sweetwater (2.4 per 1,000 live births and fetal deaths).



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Sources: VRBIS: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System, 2021. Cohort file: State of California, Department of Public Health, California Comprehensive Death Files (2014 and later), and Birth Statistical Master Files, 2021. 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, September 2023.

Infant mortality refers to an infant's death before one year of age. In 2020, the infant mortality rate in South Region (2.9 per 1,000 live births) was lower than in San Diego County overall (3.2 per 1,000 live births). In 2020, the infant mortality rate in National City SRA (6.9 per 1,000 live births) was over twice as high as in San Diego County overall (3.2 per 1,000 live births).



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
Sources: State of California, Department of Public Health, California Comprehensive Death Files (2014 and later), and Birth Statistical Master Files, 2020. 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, September 2023.

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

Demographic Characteristics

- In 2021, South Region was the least populous region, representing 15.1% of San Diego County's population.
- In 2021, South Region had the highest proportion of Hispanic residents (62.1%) in San Diego County.
- In 2021, South Region had the highest proportion of adults 25 years and older without a high school diploma (18.9%).

Socioeconomic Factors

- In San Diego County, South Region had the highest 5-year average unemployment rate (8.5%) between 2017-2021.
- In 2021, South Region had the second-highest proportion of households who reported receipt of Supplemental Nutrition Assistance Program (SNAP) (11.2%) as well as the second-highest proportion of residents without health insurance (9.0%) in San Diego County.

Health Outcomes

- Among South Region SRAs, the death, emergency department (ED) discharge, and hospitalization rates among health indicators were generally higher in Chula Vista, National City, and South Bay in 2021.

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 South Region.



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