



South Region Health Briefs 2024

Community Health Snapshot

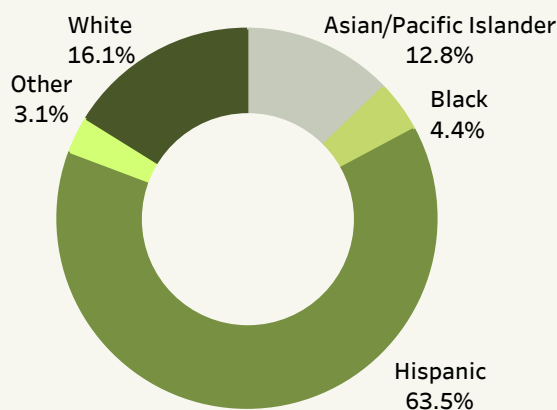


2024 Population

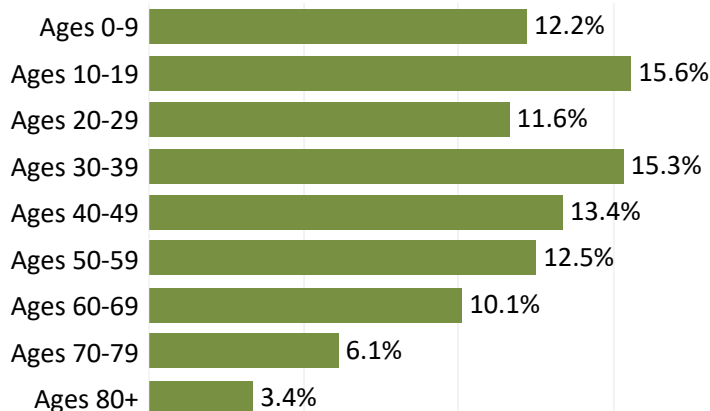
510,166

See list of zip codes in my region [here](#).

2024 South Region Population by Race/Ethnicity



2024 South Region Population by Age



**Leading Cause of Death
in 2024**
Cancer



**Leading Cause of Hospitalization
in 2024**
Heart Disease



**Leading Cause of Emergency
Department Discharge in 2024**
Unintentional Injuries



**Life Expectancy
in 2024**
83.0



**Percent of Population Living
Below 100% FPL (2024)**
10.1%



**Uninsured All or Part of the Year
(2022-2024)**
9.4%

The South Region of San Diego County is a highly diverse border region. Geographically, the region covers 155 square miles of urban, suburban, and rural areas. The South Region includes the cities of National City, Chula Vista, Imperial Beach, Coronado, and three communities of the City of San Diego: Otay Mesa, Nestor and San Ysidro. San Ysidro is home to the busiest land border crossing in the world.

For more data and statistics, visit www.SDHealthStatistics.com.

Prepared by County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2026.



San Diego County Health Briefs

South Region, 2024



Non-Communicable (Chronic) Disease



Leading Cause of
Non-Communicable
Death
Cancer



Leading Cause of
Non-Communicable
Hospitalization
Heart Disease



Leading Cause of
Non-Communicable
Emergency Department Discharge
Heart Disease

Non-Communicable Disease Health Outcome Rates (per 100,000) ^{1,2,3,4}

		South Region		San Diego County	
		Count	Rate	Count	Rate
Coronary Heart Disease (CHD)	Death	354	69.4	2,287	69.0
	Hospitalization	958	187.8	5,482	165.4
	Emergency Department Discharge	465	91.1	2,206	66.5
Stroke	Death	242	47.4	1,589	47.9
	Hospitalization	1,395	273.4	7,135	215.2
	Emergency Department Discharge	976	191.3	4,413	133.1
Overall Heart Disease [^]	Death	661	129.6	4,706	141.9
	Hospitalization	6,536	1,281.2	36,332	1,095.9
	Emergency Department Discharge	14,619	2,865.5	76,079	2,294.7
Acute Myocardial Infarction	Death	82	16.1	524	15.8
	Hospitalization	634	124.3	3,586	108.2
	Emergency Department Discharge	320	62.7	1,366	41.2
Heart Failure	Death	107	21.0	831	25.1
	Hospitalization	1,620	317.5	8,618	259.9
	Emergency Department Discharge	1,036	203.1	4,745	143.1
Overall Hypertensive Diseases [~]	Death	163	32.0	1,129	34.1
	Hospitalization	2,528	495.5	12,159	366.7
	Emergency Department Discharge	3,014	590.8	13,939	420.4
Overall Cancer	Death	749	146.8	5,046	152.2
	Hospitalization	1,475	289.1	8,659	261.2
	Emergency Department Discharge	550	107.8	2,645	79.8
Alzheimer's Disease	Death	144	28.2	1,150	34.7
Alzheimer's Disease (any mention)	Hospitalization	687	134.7	3,462	104.4
	Emergency Department Discharge	670	131.3	3,454	104.2
Non-Alzheimer's Dementia	Death	214	41.9	1,626	49.0
Non-Alzheimer's Dementia (any mention)	Hospitalization	3,338	654.3	18,366	554.0
	Emergency Department Discharge	3,634	712.3	18,508	558.2

For more data and statistics, visit www.SDHealthStatistics.com.



San Diego County Health Briefs

South Region, 2024



Non-Communicable (Chronic) Disease

Non-Communicable Disease Health Outcome Rates (per 100,000) Continued ^{1,2,3,4}

		South Region		San Diego County	
		Count	Rate	Count	Rate
Diabetes	Death	198	38.8	948	28.6
	Hospitalization	1,398	274.0	5,951	179.5
	Emergency Department Discharge	1,660	325.4	7,338	221.3
COPD/Chronic Lower Respiratory Diseases	Death	102	20.0	823	24.8
	Hospitalization	320	62.7	1,936	58.4
	Emergency Department Discharge	602	118.0	3,802	114.7
Asthma	Death	NA	NA	22	0.7
	Hospitalization	298	58.4	1,626	49.0
	Emergency Department Discharge	1,746	342.2	8,109	244.6
Parkinson's Disease	Death	49	9.6	413	12.5
	Hospitalization	40	7.8	264	8.0
	Emergency Department Discharge	44	8.6	204	6.2
Lupus and Connective Tissue Disorders	Hospitalization	69	13.5	327	9.9
	Emergency Department Discharge	44	8.6	218	6.6

Health Behaviors & Related Health Factors (2022-2024)⁵

Current Smoker (ages 18+)	South Region	7.5%
	San Diego County	4.9%
Overweight/Obese (ages 18+)	South Region	68.8%
	San Diego County	58.3%
Rated Overall Health as Fair or Poor (ages 18+)	South Region	17.7%
	San Diego County	13.5%
Ever Diagnosed with High Blood Pressure (ages 18+)	South Region	28.7%
	San Diego County	25.0%
Ever Diagnosed with Diabetes (ages 18+)	South Region	13.2%
	San Diego County	8.3%
Ever Diagnosed with Asthma (ages 1+)	South Region	14.2%
	San Diego County	14.4%

For more data and statistics, visit www.SDHealthStatistics.com.



Non-Communicable (Chronic) Disease

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). Population estimates were derived using the 2020 decennial census.
 2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024.
 3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2024.
 4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2024.
 5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), AskCHIS, 2022-2024. Extracted May 18, 2026.
- NA: Rates not calculated for fewer than 11 events. Rates based on events <20 are suppressed due to statistical instability.
- ^ Includes entire ICD-10-CM diagnosis chapter for diseases of the circulatory system.
- ~ Includes Primary Hypertension.

San Diego County Health Briefs

South Region, 2024



Communicable Disease



Leading Cause of
Communicable
Death
COVID-19



Leading Cause of
Communicable
Hospitalization
Urinary Tract Infection



Leading Cause of
Communicable
Emergency Department Discharge
Urinary Tract Infection

Communicable Disease Incidence Rates (per 100,000) ^{1,2}

	South Region		San Diego County	
	Counts	Incidence Rate	Counts	Incidence Rate
Tuberculosis	84	16.5	247	7.5
Chlamydia Reported	2,843	557.3	16,414	495.1
Gonorrhea Reported	816	159.9	6,021	181.6
Primary and Secondary Syphilis Reported	136	26.7	711	21.4

Communicable Disease Health Outcome Rates (per 100,000) ^{3,4,5,6}

		South Region		San Diego County	
		Count	Rate	Count	Rate
Death	COVID-19 (multiple cause of death)	47	9.2	384	11.6
	Influenza (flu) and Pneumonia	40	7.8	257	7.8
Hospitalization	Urinary Tract Infection	875	171.5	4,228	127.5
	COVID-19	431	84.5	2,314	69.8
	Influenza (flu)	149	29.2	721	21.7
	Pneumonia	782	153.3	4,107	123.9
Emergency Department Discharge	Urinary Tract Infection	5,710	1,119.2	26,873	810.6
	COVID-19	2,797	548.3	12,160	366.8
	Influenza (flu)	2,447	479.6	10,192	307.4
	Pneumonia	2,192	429.7	10,797	325.7

Health Behaviors & Related Health Factors (2024)⁷

Has had Flu Vaccination in Past 12 Months
(ages 18+)

South Region
San Diego County

*

45.0%



San Diego County Health Briefs South Region, 2024



Communicable Disease

Sources

1. County of San Diego, Health and Human Services Agency, Tuberculosis Prevention and Care Branch, Report of Verified Case of Tuberculosis Database, 2024; SANDAG, Current Population Estimates, released v24/2025.
2. County of San Diego, Health and Human Services Agency, HIV, STD and Hepatitis Branch, Morbidity Database; SANDAG, Current Population Estimates, released v24/2025.
3. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). Population estimates were derived using the 2020 decennial census.
4. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024.
5. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2024.
6. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2024.
7. Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey (BRFSS) Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2024.

*Indicates statistically unstable estimate or data are unavailable.



San Diego County Health Briefs

South Region, 2024



Maternal and Child Health

Maternal and Child Health Outcomes ^{1,2}

	South Region			San Diego County	
	Count	Percent of Region	Percent of County	Count	Percent
Live Births	6,502	100.0%	18.0%	36,036	100.0%
Live Births to Teens, Ages 15-17	26	2.2%	16.6%	157	2.6%
Live Births with Early Prenatal Care, % of Known Prenatal Care	5,361	83.5%	17.6%	30,522	85.5%
Live Births Born Preterm	622	9.6%	19.6%	3,176	8.8%
Low Birth Weight Births	497	7.6%	19.4%	2,560	7.1%
Very Low Birth Weight Births	89	1.4%	21.6%	412	1.1%

For additional maternal and child health outcomes, visit the County of San Diego Maternal, Child, and Family Health Services (MCFHS) Statistics webpage:

[MCFHS Statistics](#)

Health Behaviors & Related Health Factors (2022-2024)⁴

Adults Under 200% FPL Unable to Afford Enough Food	South Region	 39.6%
	San Diego County	 39.7%
Rated Overall Health as Fair or Poor (18+)	South Region	 17.7%
	San Diego County	 13.5%
Women with a High School Degree or Less Education (ages 25+)	South Region	 45.0%
	San Diego County	 28.3%
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages 6 and under)	South Region	*
	San Diego County	 19.8%
Agree or Strongly Agree that People in Neighborhood can be Trusted (ages 12-17)	South Region	*
	San Diego County	 86.4%
No Dental Insurance Coverage in the Past Year (ages 3-11)	South Region	*
	San Diego County	 6.3%

For more data and statistics, visit www.SDHealthStatistics.com.



San Diego County Health Briefs South Region, 2024



Maternal and Child Health

Sources

1. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2024.
2. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth and Fetal Death Statistical Master Files, 2024.
3. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Cohort Statistical Master Files, 2023.
4. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2022-2024. Accessed May 18, 2026.

*Indicates statistically unstable estimate or data are unavailable.



San Diego County Health Briefs

South Region, 2024



Injury



Leading Cause of Injury
Death
Poisoning



Leading Cause of Injury
Hospitalization
Falls



Leading Cause of Injury
Emergency Department Discharge
Falls

Injury Health Outcome Rates (per 100,000) ^{1,2,3,4}

		South Region		San Diego County	
		Count	Rate	Count	Rate
Unintentional Injuries (All Causes)	Death	207	40.6	1,521	45.9
	Hospitalization	4,359	854.4	27,382	825.9
	Emergency Department Discharge	34,775	6,816.4	193,903	5,848.6
Fall-Related Injury	Death	47	9.2	401	12.1
	Hospitalization	2,502	490.4	16,513	498.1
	Emergency Department Discharge	13,611	2,668.0	78,913	2,380.2
Poisoning	Death	96	18.8	753	22.7
	Hospitalization	325	63.7	1,978	59.7
	Emergency Department Discharge	1,043	204.4	5,853	176.5
Motor Vehicle Injuries	Death	49	9.6	300	9.0
	Hospitalization	534	104.7	2,666	80.4
	Emergency Department Discharge	4,092	802.1	20,943	631.7
Motor Vehicle Injuries to Pedestrian	Death	15	NA	98	3.0
	Hospitalization	59	11.6	353	10.6
	Emergency Department Discharge	146	28.6	852	25.7
Electric Bicycle (E-Bike) Injuries	Hospitalization	29	5.7	186	5.6
	Emergency Department Discharge	97	19.0	865	26.1
Assault	Death	16	NA	97	2.9
	Hospitalization	179	35.1	962	29.0
	Emergency Department Discharge	1,622	317.9	8,896	268.3
Suicide (or Suicide Attempt/ Ideation/Intentional Self-Harm)	Death	34	6.7	377	11.4
	Hospitalization	104	20.4	628	18.9
	Emergency Department Discharge	1,090	213.7	7,801	235.3
Firearm-Related Injuries	Death	23	4.5	185	5.6
	Hospitalization	39	7.6	149	4.5
	Emergency Department Discharge	28	5.5	141	4.3

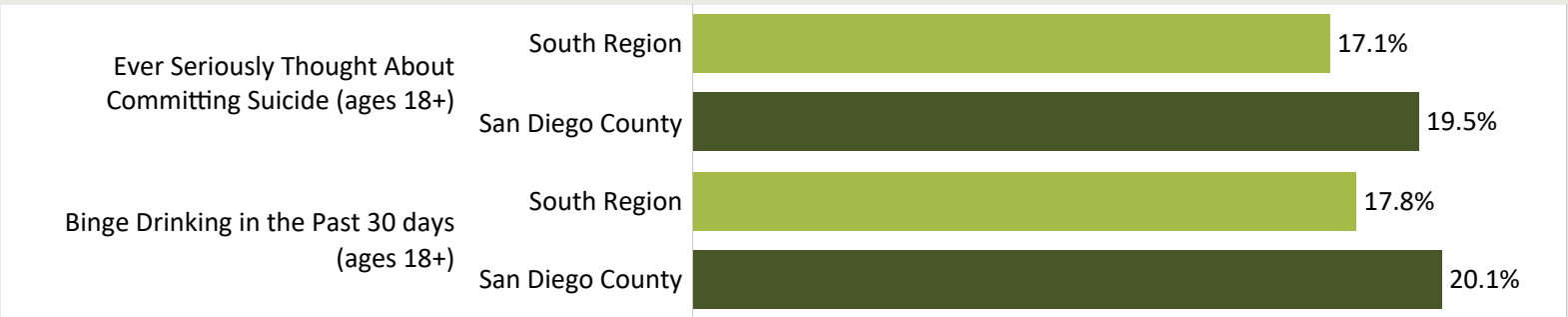
San Diego County Health Briefs

South Region, 2024



Injury

Health Behaviors (2022-2024)⁵



Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). Population estimates were derived using the 2020 decennial census.
 2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024.
 3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2024.
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 5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2022-2024. Accessed May 18, 2026.
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San Diego County Health Briefs

South Region, 2024



Behavioral Health



Leading Cause of Behavioral
Health Death
**Chronic Alcohol
Consumption**



Leading Cause of Behavioral
Health Hospitalization
**Alcohol Use/
Abuse/Dependency**



Leading Cause of
Behavioral Health Emergency
Department Discharge
Alcohol Use/Abuse/Dependency

Behavioral Health Outcome Rates (per 100,000) ^{1,2,3,4}

		South Region		San Diego County	
		Count	Rate	Count	Rate
Schizophrenia	Hospitalization	51	10.0	312	9.4
	Emergency Department Discharge	451	88.4	3,774	113.8
	In-Patient Treatment	1,015	199.0	5,275	159.1
Suicide (or Suicide Attempt/Ideation/Intentional Self-Harm)	Death	34	6.7	377	11.4
	Hospitalization	104	20.4	628	18.9
	Emergency Department Discharge	1,090	213.7	7,801	235.3
Mood Disorders	Hospitalization	46	9.0	209	6.3
	Emergency Department Discharge	332	65.1	2,566	77.4
	In-Patient Treatment	1,294	253.6	7,096	214.0
Depression	Hospitalization	31	6.1	137	4.1
	Emergency Department Discharge	256	50.2	1,572	47.4
	In-Patient Treatment	916	179.5	4,497	135.6
Acute Alcohol Poisoning	Death	NA	NA	37	1.1
Chronic Alcohol Consumption	Death	60	11.8	526	15.9
Alcohol Use/Abuse/Dependency~	Hospitalization	278	54.5	2,673	80.6
	Emergency Department Discharge	1,461	286.4	11,029	332.7
	In-Patient Treatment	152	29.8	1,389	41.9
Substance Use/Abuse/Dependency~	Hospitalization	49	9.6	279	8.4
	Emergency Department Discharge	608	119.2	3,914	118.1
	In-Patient Treatment	43	8.4	346	10.4
Opioid Use/Abuse/Dependency~	Hospitalization	17	NA	107	3.2
	Emergency Department Discharge	222	43.5	1,472	44.4
	In-Patient Treatment	14	NA	125	3.8
Cannabis Use/Abuse/Dependency~	Hospitalization	NA	NA	25	0.8
	Emergency Department Discharge	112	22.0	493	14.9
	In-Patient Treatment	NA	NA	33	1.0

Mental Health and Related Health Factors (2022-2024)⁵

Substance Abuse Health Behaviors and Related Factors (2022-2024) ⁵					
Binge Drinking in Past 30 Days (ages 12-17)		Binge Drinking in the Past 30 days (ages 18+)		Ever Tried Marijuana or Hashish (18+)	
South Region	San Diego County	South Region	San Diego County	South Region	San Diego County

1. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). Population estimates were derived using the 2020 decennial census.
2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024.
3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2024.
4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2024.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2022-2024. Accessed May 18, 2026.

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~Use/Abuse/Dependency conditions contain specific abuse, dependence, and use ICD-10 codes.

*Indicates statistically unstable estimate or data are unavailable.

San Diego County Health Briefs

South Region, 2024



Environmental Health

Environmental Health Outcome Rates (‡) (per 100,000) ^{1,2,3,4}

		South Region		San Diego County	
		Count	Rate	Count	Rate
Asthma	Death	NA	NA	22	0.7
	Hospitalization	298	58.4	1,626	49.0
	Emergency Department Discharge	1,746	342.2	8,109	244.6
Coronary Heart Disease (CHD)	Death	354	69.4	2,287	69.0
	Hospitalization	958	187.8	5,482	165.4
	Emergency Department Discharge	465	91.1	2,206	66.5
Overall Cancer	Death	749	146.8	5,046	152.2
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	Emergency Department Discharge	550	107.8	2,645	79.8
COPD/Chronic Lower Respiratory Diseases	Death	102	20.0	823	24.8
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Diabetes	Death	198	38.8	948	28.6
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	Emergency Department Discharge	1,660	325.4	7,338	221.3
Depression	Hospitalization	31	6.1	137	4.1
	Emergency Department Discharge	256	50.2	1,572	47.4
	In-Patient Treatment	916	179.5	4,497	135.6
Heat Illness/Injury	Hospitalization	13	NA	70	2.1
	Emergency Department Discharge	65	12.7	340	10.3

Air Quality (2019-2024)⁵

	South Region	San Diego County
3-Year average of the 98th percentile of collected samples for a 24 hr standard (particulate matter 2.5) (2019)	25.80	*
Average of Ozone Concentration of the 4th high 8-hr intervals over a 3 year period (2019)	0.07	*
Percent of Days that Air Quality was Rated as Unhealthy for Sensitive Populations (2024)	*	13.1%



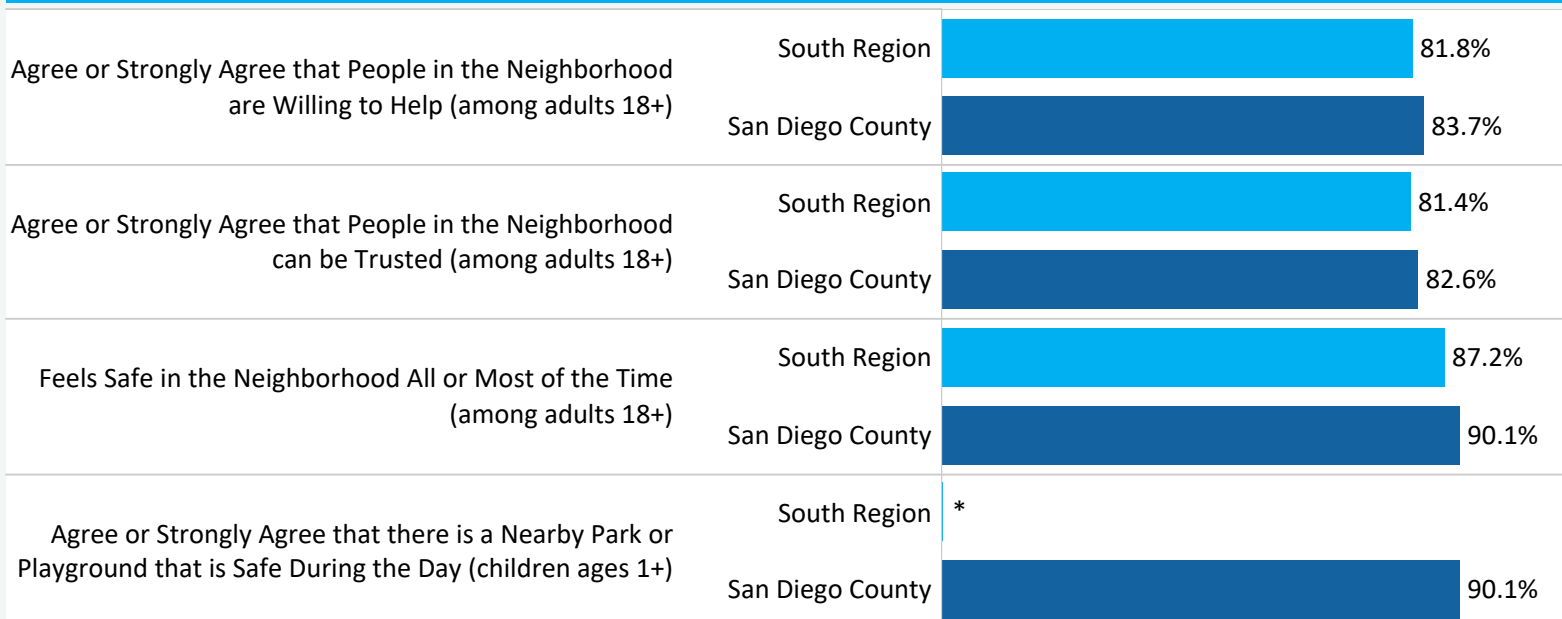
San Diego County Health Briefs

South Region, 2024

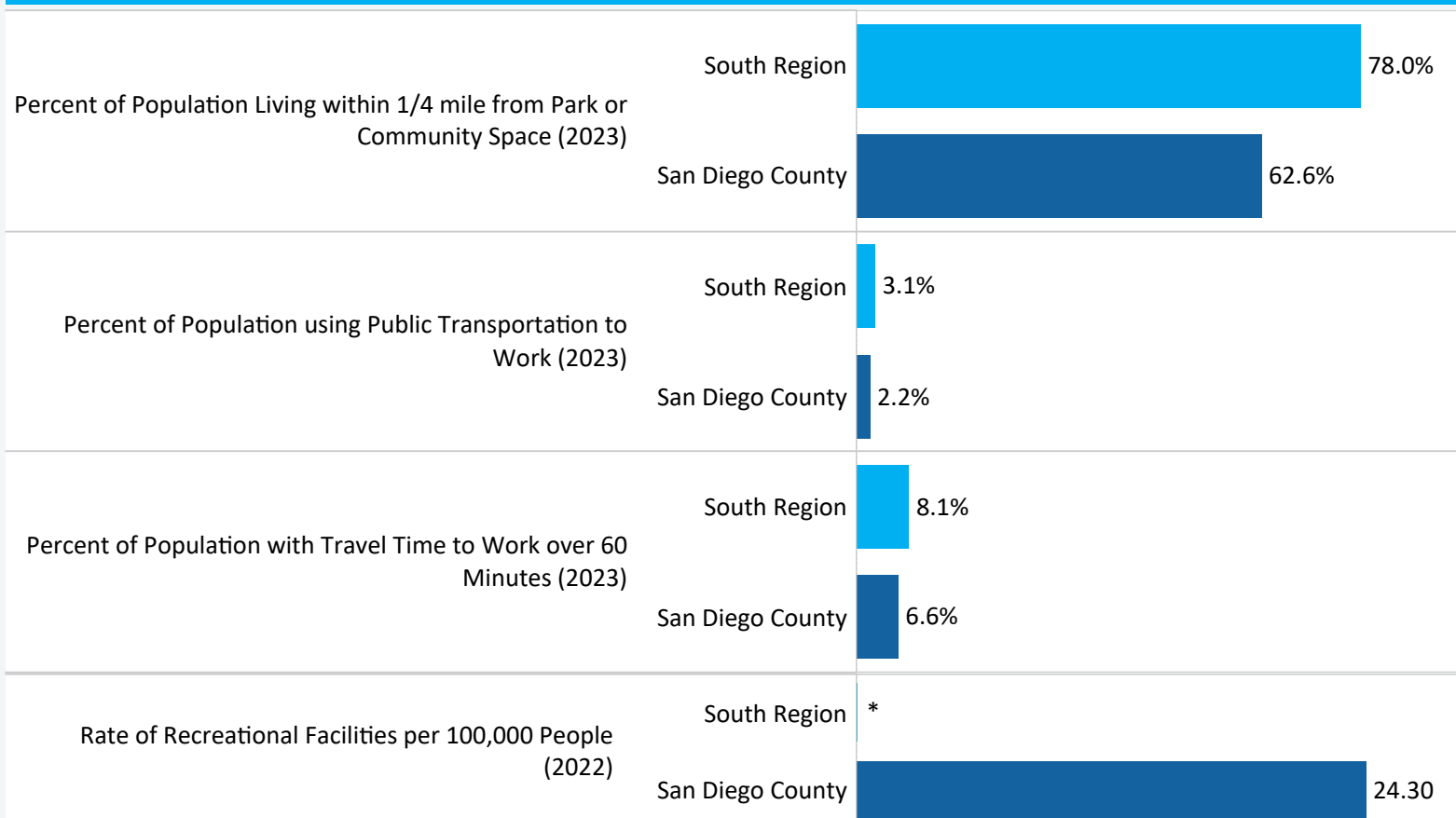


Environmental Health

Place of Residence (2022-2024)⁶



Place of Residence (2022-2023)⁵



San Diego County Health Briefs South Region, 2024



Environmental Health

Climate Change (2022-2024)⁶

Experienced Extreme Weather-Related Event in the Past 2 Years (among adults 18+) (2023-2024)	South Region	33.8%
	San Diego County	44.5%
Mental Health was Affected by Extreme Weather-Related event in Past 2 Years (among adults 18+) (2023-2024)	South Region	6.1%
	San Diego County	9.4%
Physical Health was Affected by Extreme Weather-Related event in Past 2 Years (among adults 18+) (2023-2024)	South Region	6.6%
	San Diego County	8.3%
Climate Change Makes you Nervous/Depressed/Stressed (among teens ages 12-17)	South Region	*
	San Diego County	37.9%

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2024 (v24/2025). Population estimates were derived using the 2020 decennial census.
 2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2024.
 3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2024.
 4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2024.
 5. Live Well San Diego, Built Environment, 2025. Accessed May 18, 2026.
<https://www.livewellsd.org/i-want-to/learn-more/data-indicators/built-environment>
 6. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2022-2024. Accessed May 18, 2026.
- NA: Rates not calculated for fewer than 11 events. Rates based on events <20 are suppressed due to statistical instability.
- *Indicates statistically unstable estimate or data are unavailable.

(‡) The health outcomes included in this section are known to be associated with environmental hazards and climate change. Overall, exposure to air pollutants, such as PM_{2.5} and ozone, are associated with increased risk of or complications of asthma, cancer, COPD, diabetes, depression, and heart disease.

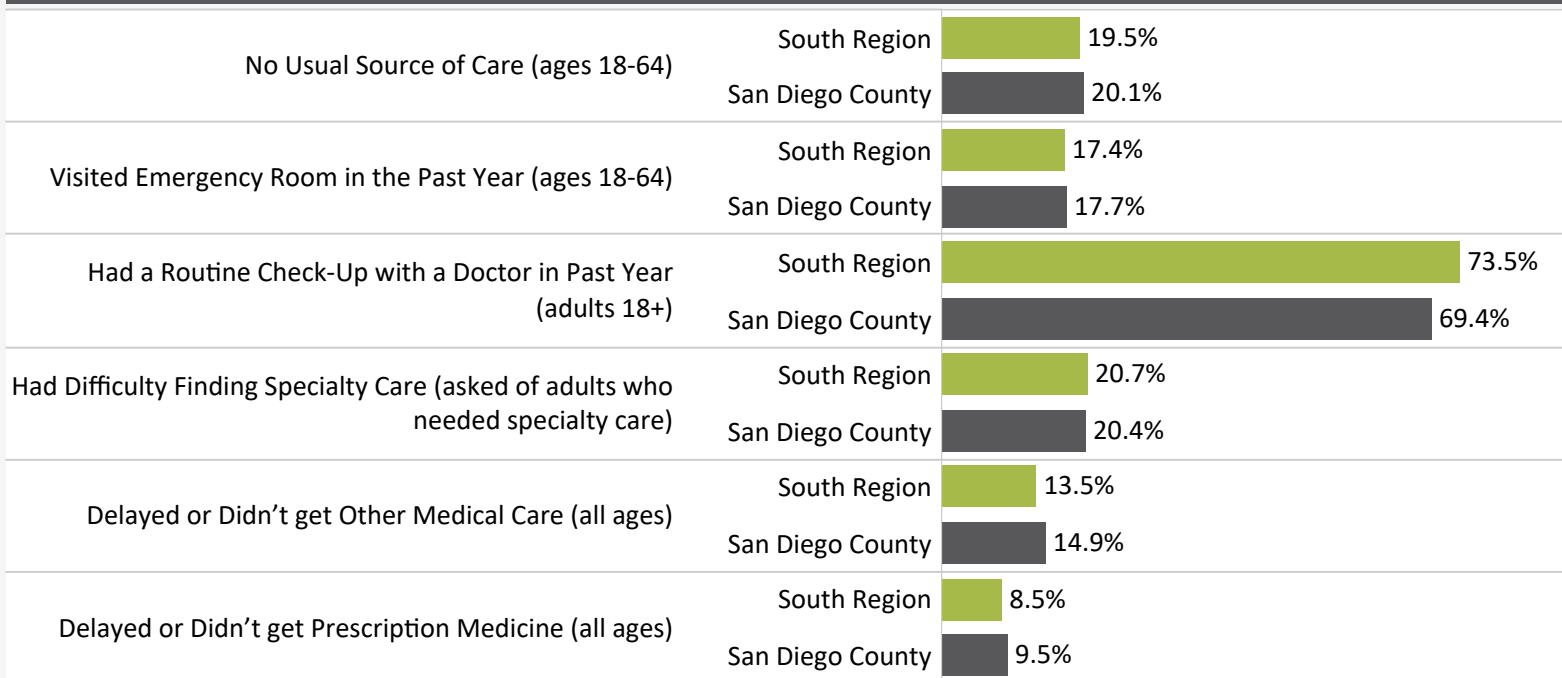
San Diego County Health Briefs

South Region, 2024

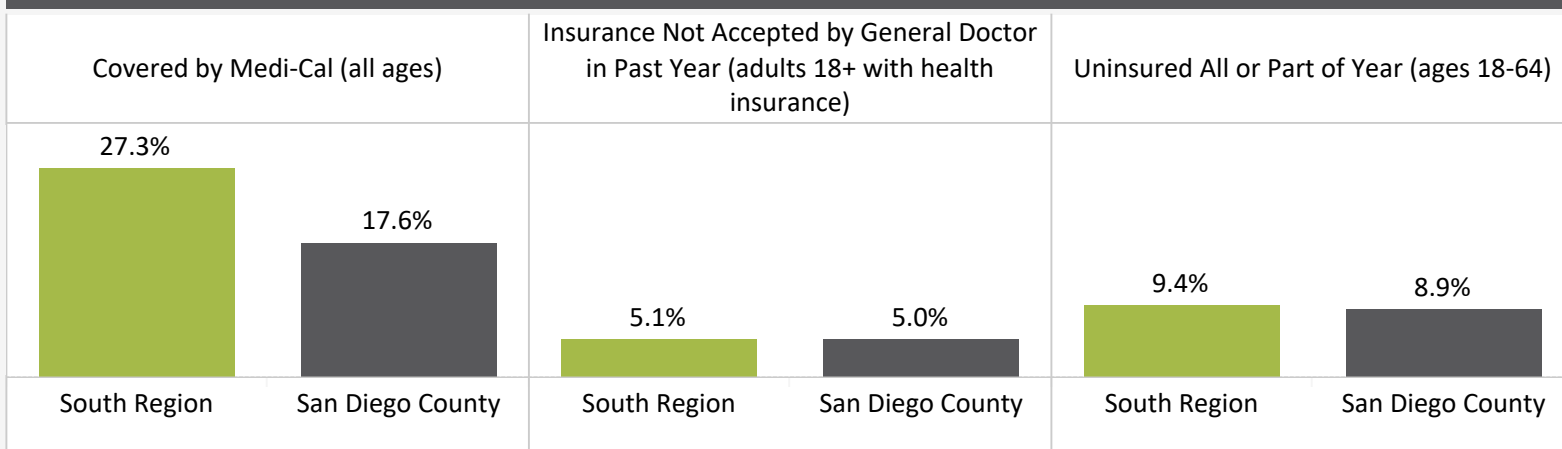


Access to Care

Access and Utilization (2022-2024)¹



Insurance (2022-2024)¹



Medical Debt (2022-2024)¹



San Diego County Health Briefs

South Region, 2024



Access to Care

Public Program Participation (2022-2024)¹

Currently Receiving Supplemental Security Income (SSI) (ages 18+, up to 200% FPL)	South Region	 14.7%
	San Diego County	 11.4%
Currently Receiving TANF or CalWORKS (all ages, up to 200% FPL)	South Region	 10.3%
	San Diego County	 9.3%
Children Age 6 and Under Currently on WIC (up to 200% FPL)	South Region	 49.7%
	San Diego County	 46.2%
Residents Receiving Food Stamps (all ages, up to 200% FPL)	South Region	 28.6%
	San Diego County	 29.3%
Women Below 200% FPL (ages 18-64)	South Region	 36.7%
	San Diego County	 27.1%

Sources

1. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2022-2024. Accessed May 18, 2026.