COUNTY OF SAN DIEGO

LIVE WELL SAN DIEGO

South Region

Health Status Report Summary

NOVEMBER 2024

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

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

South Region
Health Status Report Summary

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

November 2024

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

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INTRODUCTION

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 2022 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 2022. Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. This section, additionally, lists the leading causes of death in 2022 for South Region, outlining the relative burden of a specific cause of death compared to other causes.
3) **Health Outcomes:** Deaths on this report refer to the underlying cause of death, except for all opioid overdoses, chronic kidney disease, and traumatic brain injury which are multiple cause of death. Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for certain causes of external injury, which may appear anywhere in the medical record. This section summarizes health-related information such as rates of death, emergency department (ED) discharge, and hospitalization for the following groups of health conditions and indicators:
    a) Non-Communicable (Chronic) Diseases,
    b) Communicable (Infectious) Diseases,
    c) Injury Indicators,
    d) Behavioral Health Indicators,
    e) Alzheimer's Disease and Related Dementias, and
    f) Maternal and Child Health Indicators.

HEALTH STATUS OVERVIEW (2022): SOUTH REGION

DEMOGRAPHIC CHARACTERISTICS

Population: 496,613
(15.1% of San Diego County's population)
Age Distribution:

- 0-4 years old (5.6%)
- 5-14 years old (13.6%)
- 15-24 years old (14.3%)
- 25-44 years old (28.7%)
- 45-64 years old (24.5%)
- 65+ years old (13.3%)

Median Household Income: $96,271
Population Below 200% Federal Poverty Level (FPL): 26.9%
Population with Health Insurance: 91.3%
Population with Disability: 10.6%
Households Receiving Food Stamps/SNAP/CalFresh: 12.0%

MORTALITY MEASURES

Overall Life Expectancy: 80.0 years
Top 5 Leading Causes of Death:

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

LEADING HEALTH OUTCOMES

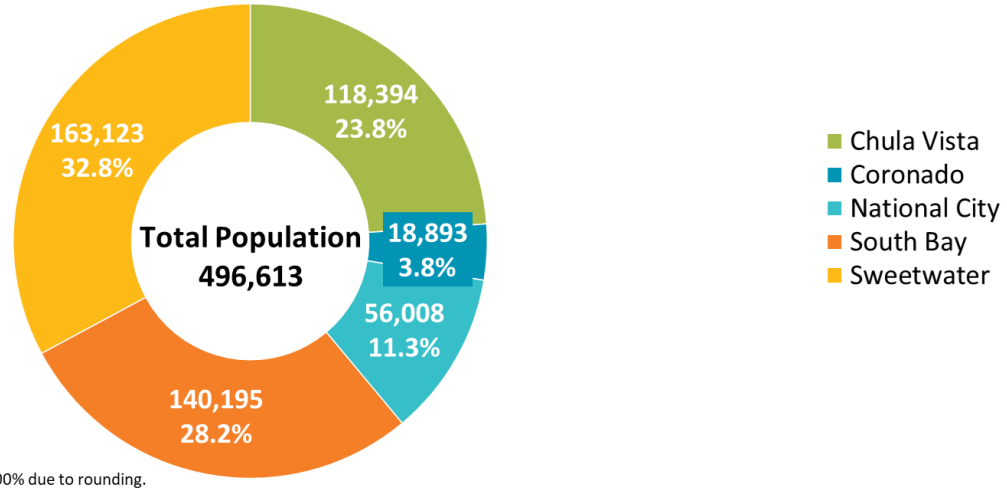
	Death Rate	Emergency Department (ED) Discharge Rate	Hospitalization Rate
Non-Communicable (Chronic) Diseases	**Overall Cancer** 149.7 per 100,000	**Overall Heart Disease** 2,150.2 per 100,000	**Overall Heart Disease** 1,146.1 per 100,000
Communicable (Infectious) Diseases	**COVID-19** 49.0 per 100,000	**COVID-19** 1,496.2 per 100,000	**COVID-19** 234.0 per 100,000
Injury Indicators	**Poisoning** 24.7 per 100,000	**Falls** 2,270.4 per 100,000	**Falls** 456.0 per 100,000
Behavioral Health Indicators	**All Opioid Overdoses** 18.4 per 100,000	**Anxiety and Fear Related Disorders** 232.8 per 100,000	**Alcohol Related Disorders** 42.4 per 100,000
Alzheimer's Disease and Related Dementias	80.6 per 100,000	18.8 per 100,000	19.6 per 100,000

Maternal and Child Health Indicators		
Total Live Births: 6,842	**Preterm Births:** 9.4% **Low Weight Births:** 7.5% **Very Low Weight Births:** 1.1% **Teen Births:** 0.4% **Received Early Prenatal Care:** 83.7%	**Infant Mortality Rate (2021):** 3.3 per 1,000 Total Live Births **Fetal Mortality Rate:** 3.5 per 1,000 Live Births and Fetal Deaths

POPULATION CHARACTERISTICS

In 2022, South Region was home to an estimated 496,613 residents, representing 15.1% of San Diego County's population (3,289,701). The most populated subregional area (SRA) in South Region was Sweetwater (32.8%), followed by South Bay (28.2%) in 2022.

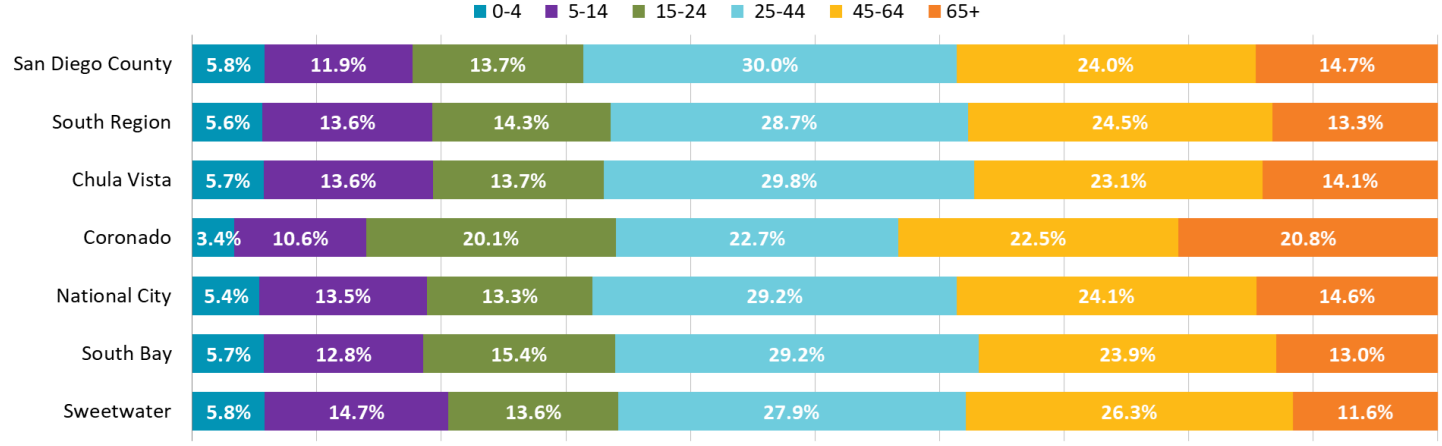
South Region Population Distribution* by Subregional Area (SRA), San Diego County, 2022



*Please note that percentages may not add up to 100% due to rounding.
Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table B01001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In 2022, adults aged 25-44 years old constituted the highest proportion of South Region residents (28.7%), followed by residents aged 45-64 years old (24.5%). Among South Region SRAs, Chula Vista had the highest proportion of residents aged 25-44 years old (29.8%) in 2022. Additionally, Coronado SRA had the highest proportion of residents aged 15-24 years old (20.1%) and older adult residents 65 years and older (20.8%) in 2022.

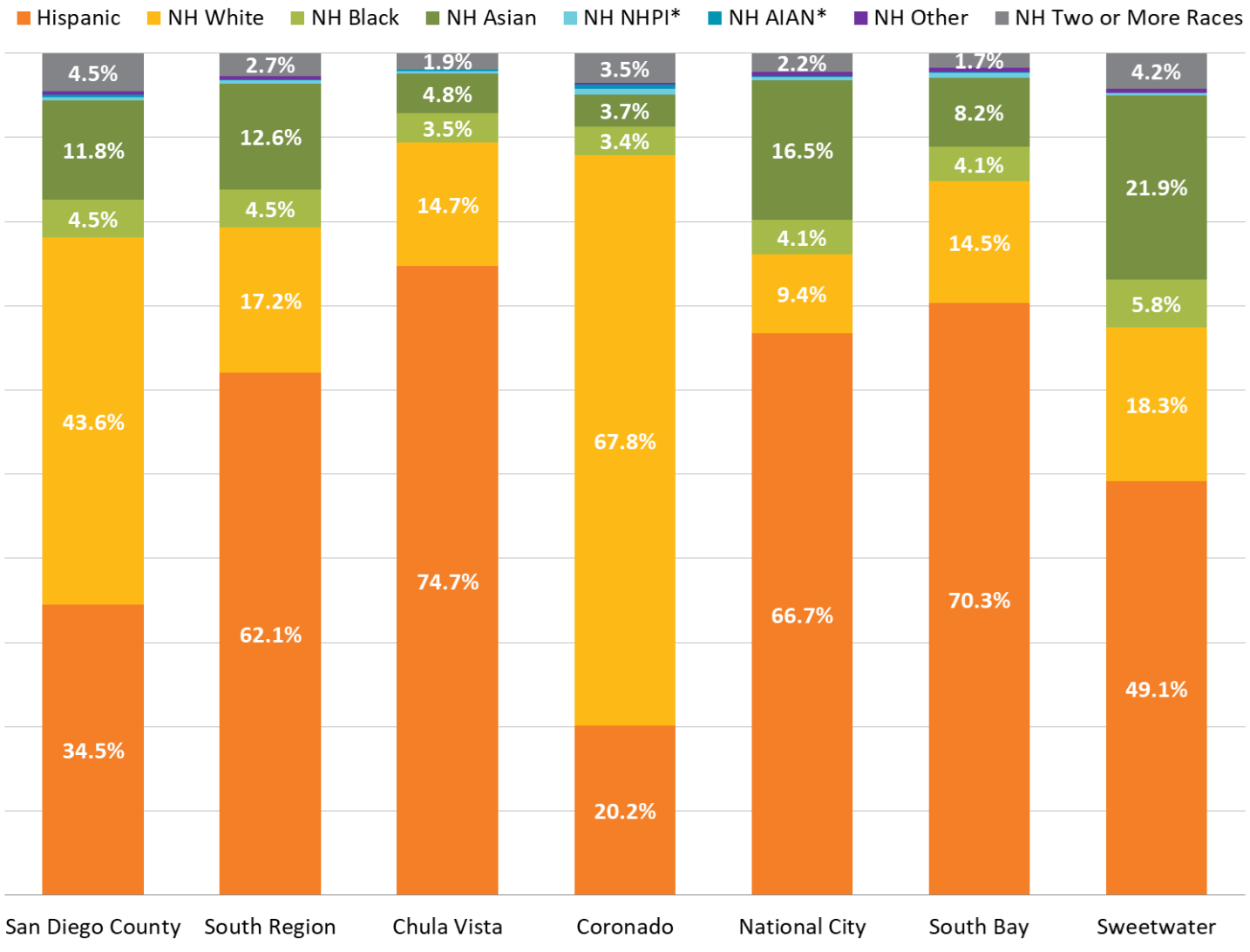
Percent of Population by Age Group in South Region and Subregional Areas (SRAs), San Diego County, 2022



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

In 2022, residents in South Region were primarily Hispanic (62.1%), followed by non-Hispanic (NH) White (17.2%), NH Asian (12.6%), NH Black (4.5%), NH residents of two or more races (2.7%), NH Native Hawaiian or Pacific Islander (0.4%), NH American Indian/Alaska Native (0.1%), and NH Other race (0.4%). Among South Region SRAs, Chula Vista (74.7%) and South Bay (70.3%) had the highest proportions of Hispanic residents in 2022. Furthermore, in 2022, Coronado SRA had the highest proportion of NH White (67.8%) and NH American Indian/Alaska Native (0.5%) residents. In 2022, Sweetwater SRA had the highest proportion NH Asian (21.9%), NH Black (5.8%), and NH residents of two or more races (4.2%) in South Region.

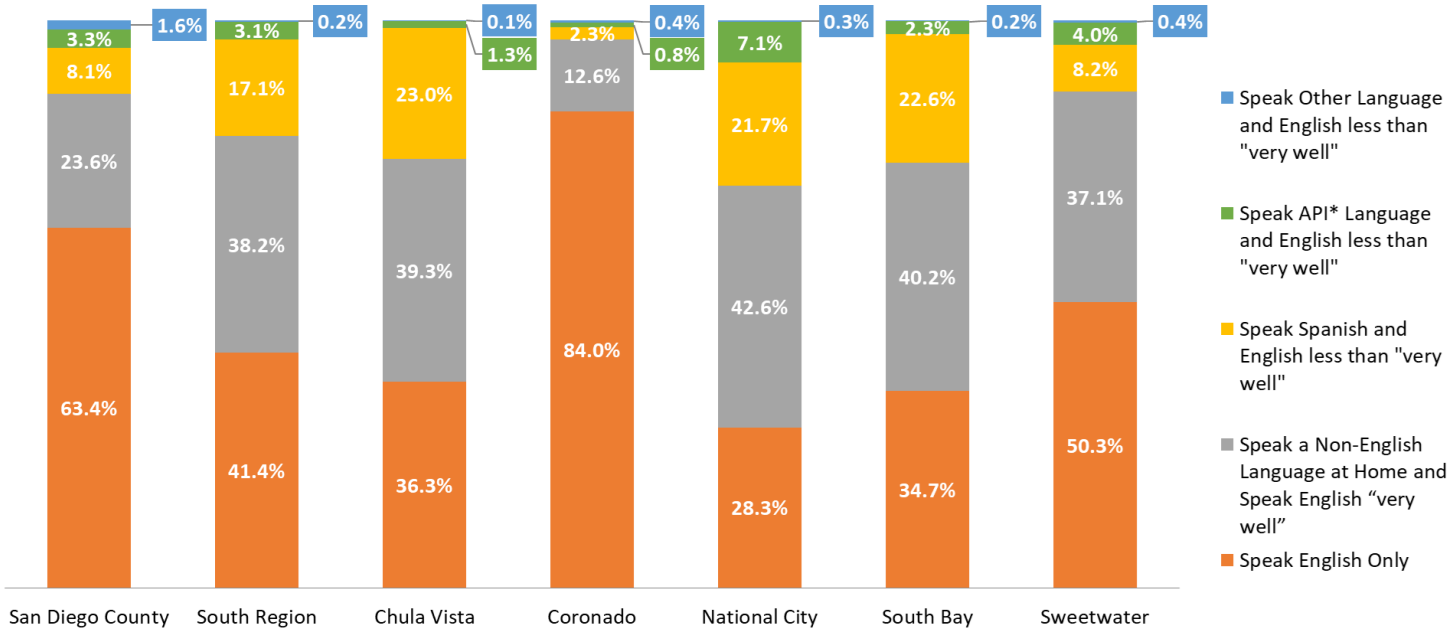
Percent of Population by Race/Ethnicity in South Region and Subregional Areas (SRAs), San Diego County, 2022



NH refers to Non-Hispanic or Latino.
*NHPI refers to Native Hawaiian or Pacific Islander; AIAN refers to American Indian/Alaska Native.
Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table B03002.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Among South Region residents aged 5 years and older, 41.4% spoke only English at home, and 38.2% spoke English "very well" and another language at home in 2022. South Region and all its SRAs, except Coronado, had lower proportions of English-only speakers than San Diego County in 2022.

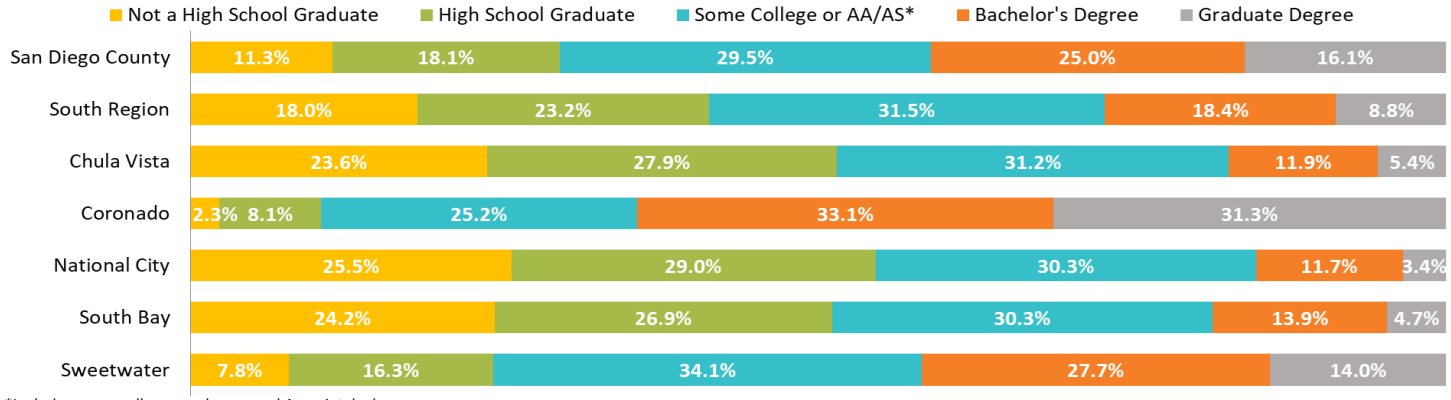
Language Spoken at Home Among Population 5 Years and Older in South Region and Subregional Areas (SRAs), San Diego County, 2022



*API refers to Asian/Pacific Islander.
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Educational attainment refers to the highest level of education completed in terms of the highest degree or the highest level of schooling, completed for the population 25 years and older. In 2022, over 4 out of every 5 adults (82.0%), 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 (27.2%) held a bachelor's or graduate degree in South Region. Additionally, among HHSA regions, South Region had the lowest proportion of adults 25 years and older with a bachelor's degree or higher (27.2%). Among South Region SRAs, National City had the highest proportion of adults 25 years and older without a high school diploma (29.0%), followed by Chula Vista (27.9%) in 2022.

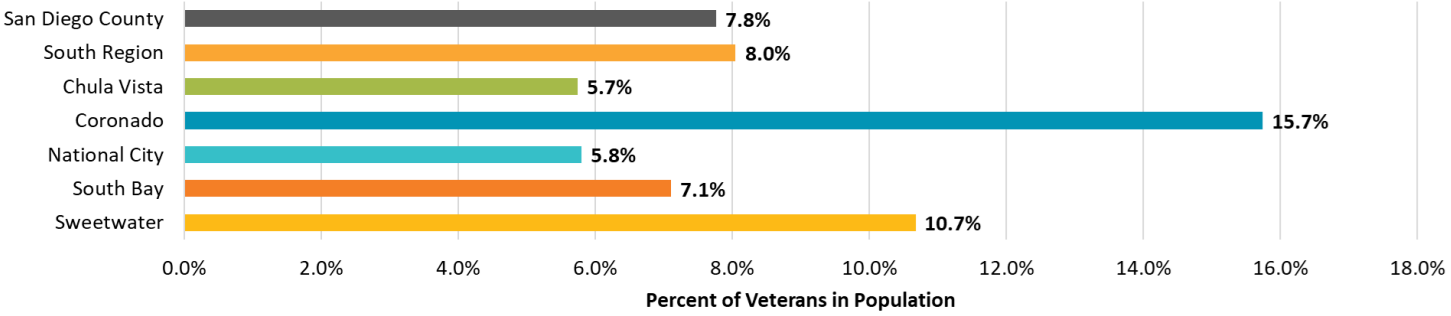
Educational Attainment Among Population 25 Years and Older in South Region and Subregional Areas (SRAs), San Diego County, 2022



*Includes some college, no degree and Associate's degree.
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

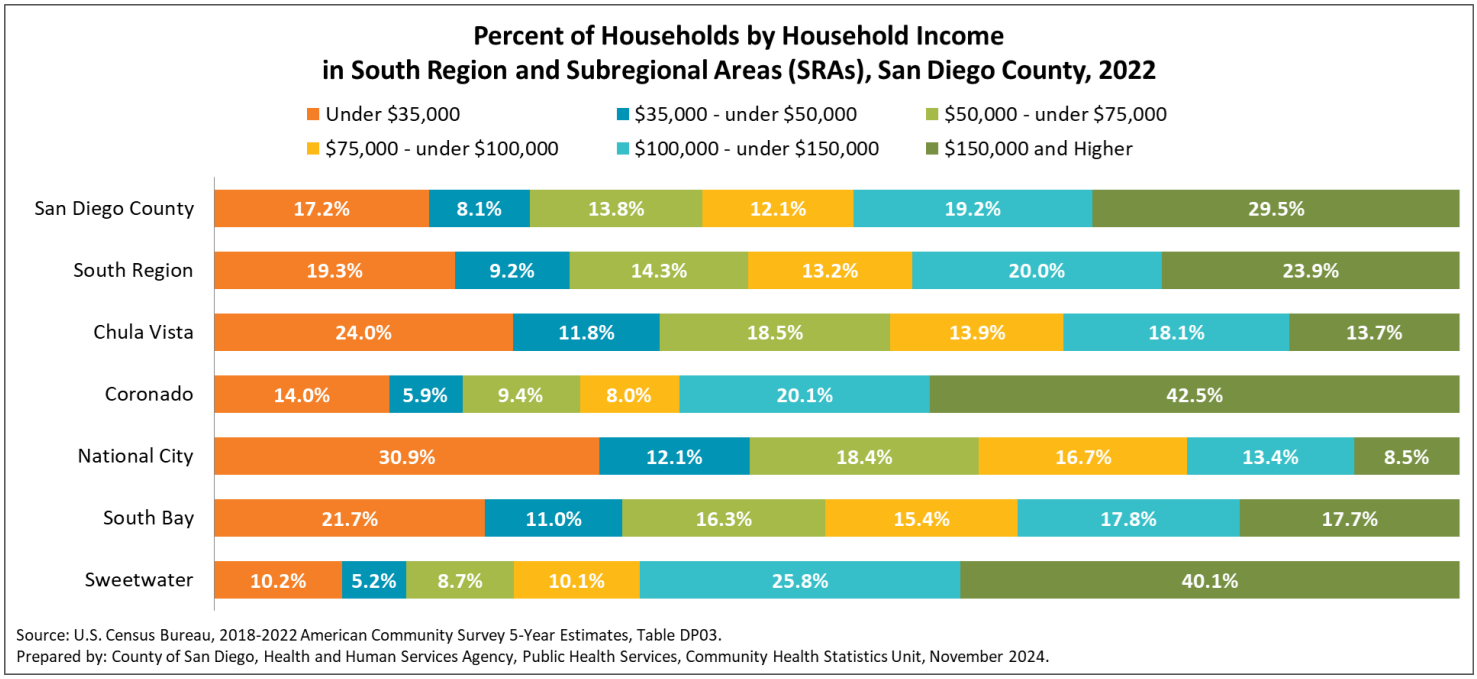
Veterans are civilians who have served officially or non-officially domestically or at war, but are not currently serving on active duty in the U.S. Army, Navy, Air Force, Marine Corps, or the Coast Guard, or who served in the U.S. Merchant Marine during World War II. People who served in the National Guard or Reserves are classified as veterans only if they were ever called or ordered to active duty, not counting the 4-6 months for initial training or yearly summer camps. In 2022, 8.0% of residents in South Region were veterans. Among South Region SRAs, Coronado had the highest proportion of veterans (15.7%).

Percentage of Veterans in South Region and Subregional Areas (SRAs), San Diego County, 2022



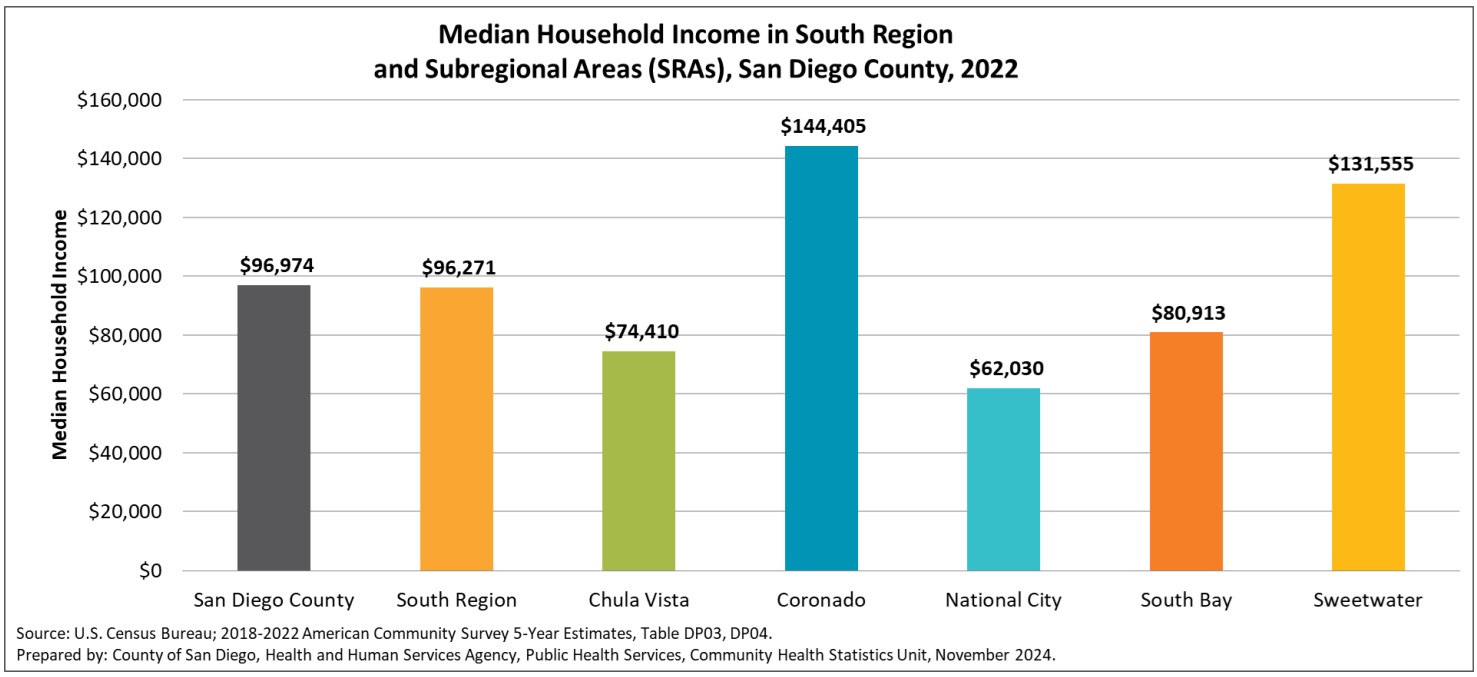
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table S2101.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Household income includes the income of the householder, and all other individuals 15 years and older in the household, whether they are related to the householder or not. In 2022, 19.3% 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 (30.9%), which was higher than all other SRAs in San Diego County in 2022.



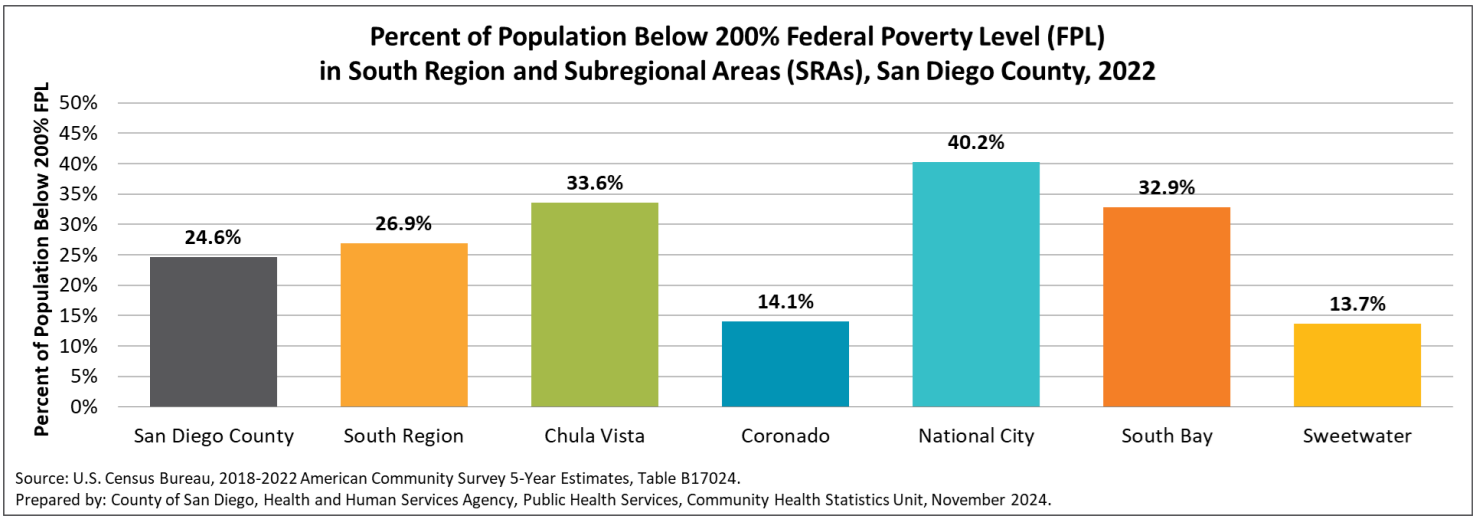
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

The median household income in South Region was $96,271 in 2022. Among South Region SRAs, Coronado had the highest median household income ($144,405), while National City had the lowest ($62,030) in 2022. Furthermore, National City SRA had the second lowest median household income ($62,030) among SRAs in San Diego County.



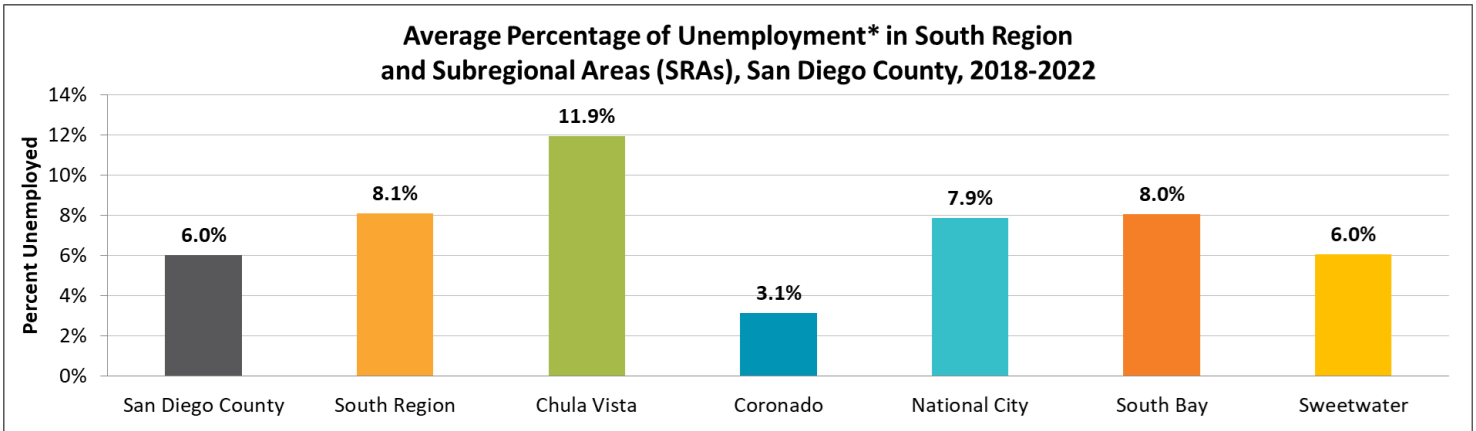
Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table DP03, DP04.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

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 (26.9%) lived below 200% FPL in 2022. Among South Region SRAs, National City had the highest proportion of residents (40.2%) living below 200% FPL, followed by Chula Vista (33.6%). In 2022, South Region had a higher proportion of residents (26.9%) living below 200% FPL than San Diego County overall (24.6%).



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

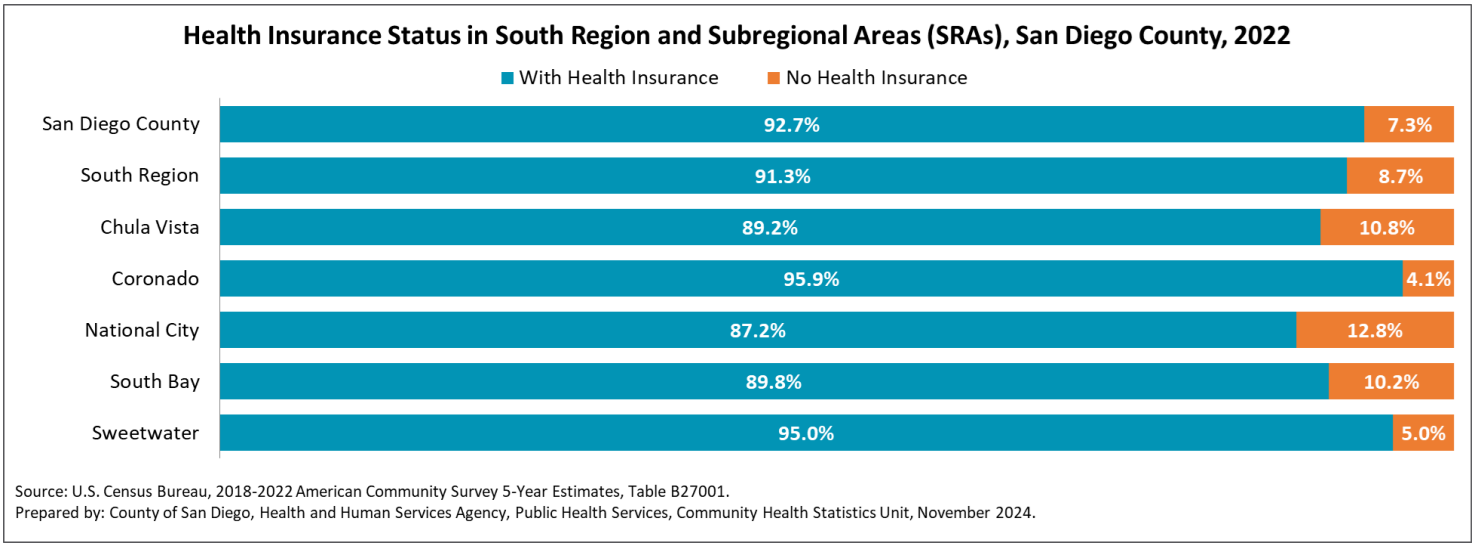
The average 5-year percentage of unemployment was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed persons, and persons in the armed forces. Between 2018-2022, the 5-year average unemployment rate in South Region was 8.1%. Among South Region SRAs, Chula Vista had the highest 5-year average unemployment rate (11.9%), while Coronado had the lowest (3.1%) between 2018-2022. South Region had the highest 5-year average unemployment rate (8.1%) among HHSA regions, between 2018-2022.



*Percent unemployed was derived from the number of unemployed persons out of the 16 year and older eligible labor force. Eligible labor force includes employed civilians, unemployed and persons in the armed forces.
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

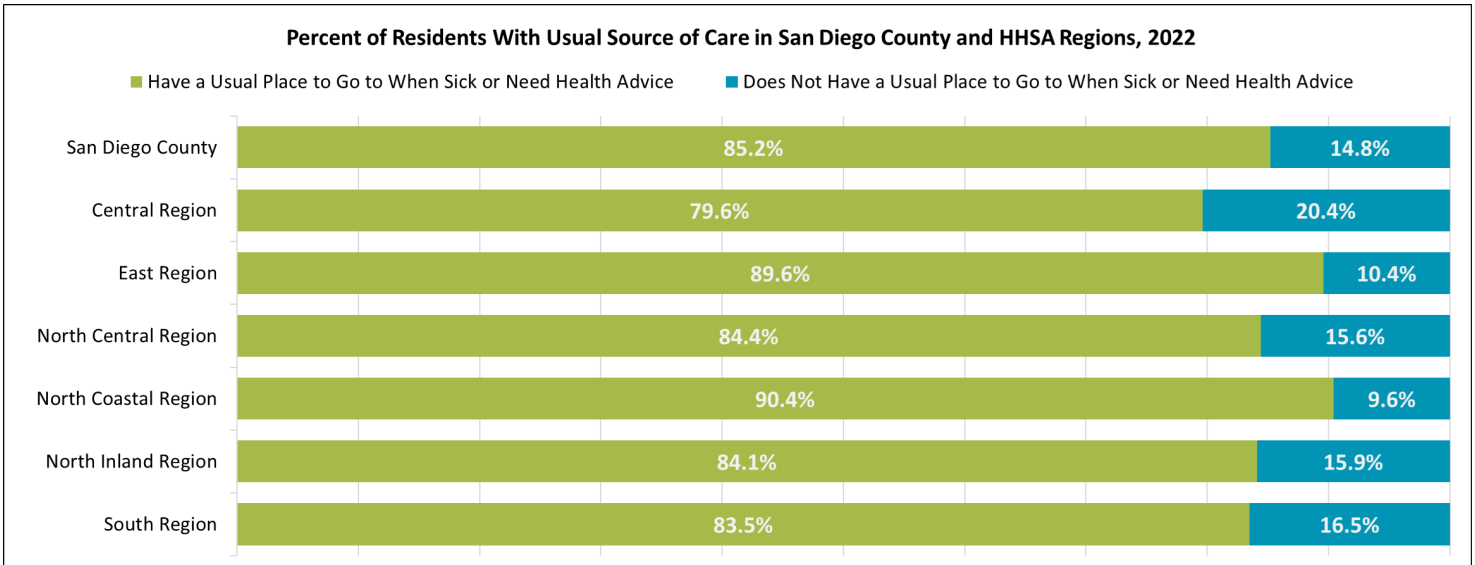
INSURANCE, ACCESS, AND UTILIZATION

In 2022, 91.3% of residents in South Region were insured through private or public programs, while 8.7% had no health insurance coverage. Among South Region subregional areas (SRAs), National City had the highest proportion of residents without health insurance (12.8%), followed by Chula Vista (10.8%). In 2022, South Region had the second-highest proportion of residents without health insurance (8.7%) compared to all other Health and Human Services Agency (HHSA) regions.



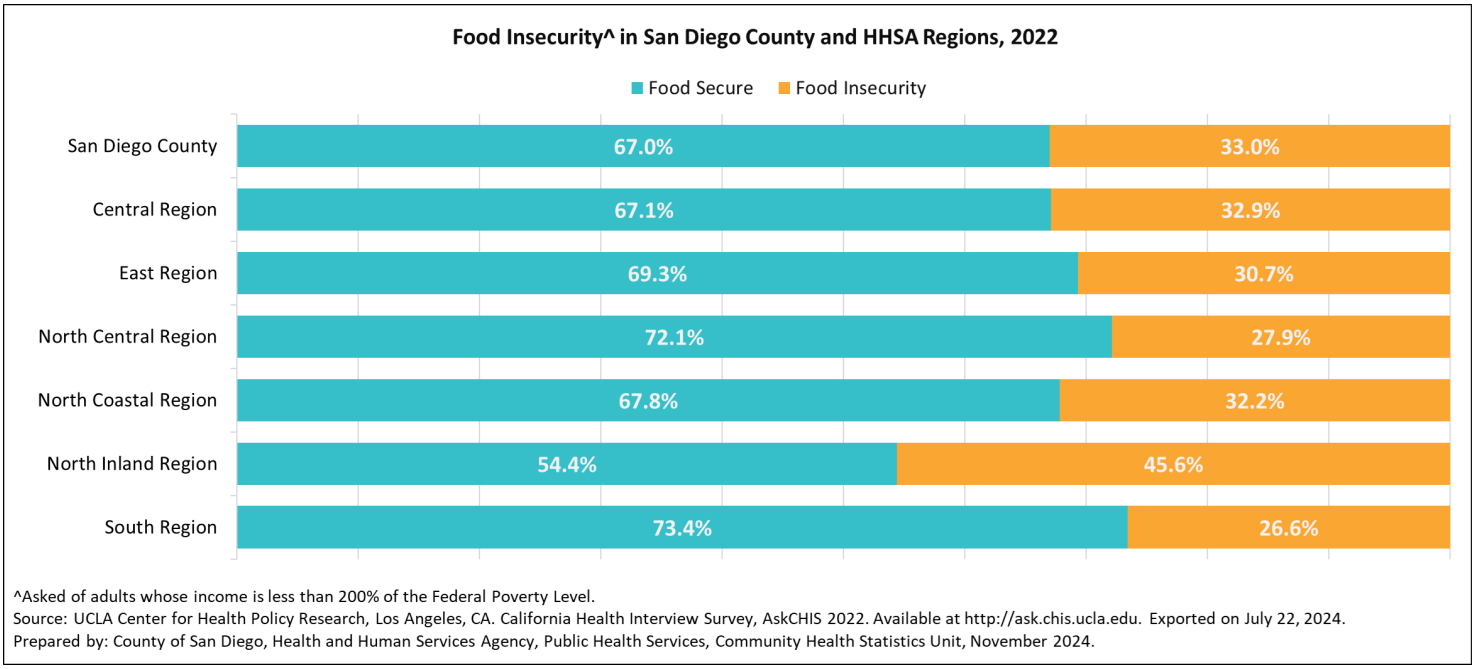
Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table B27001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In 2022, over 4 out of every 5 residents (83.5%) in South Region reported having a usual place to go when sick or needing health advice. Meanwhile, 16.5% 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 2022.



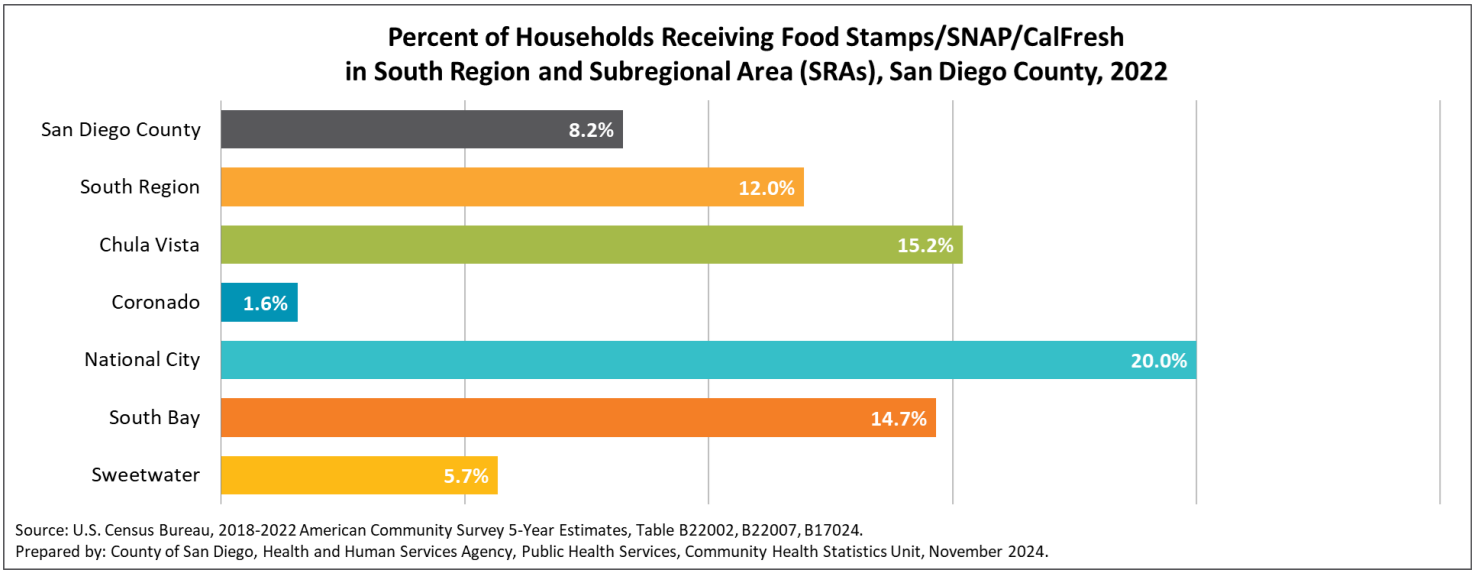
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2022. Available at http://ask.chis.ucla.edu. Exported on July 19, 2024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics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

In 2022, nearly 3 out of every 4 adults (73.4%) in South Region, with income less than 200% of the Federal Poverty Level (FPL), reported being food secure. However, over 1 out of every 4 adults, with income less than 200% FPL, reported an inability to afford enough food (26.6%) in 2022. South Region had the lowest proportion of adults, with income less than 200% FPL, reporting an inability to afford enough food in 2022.



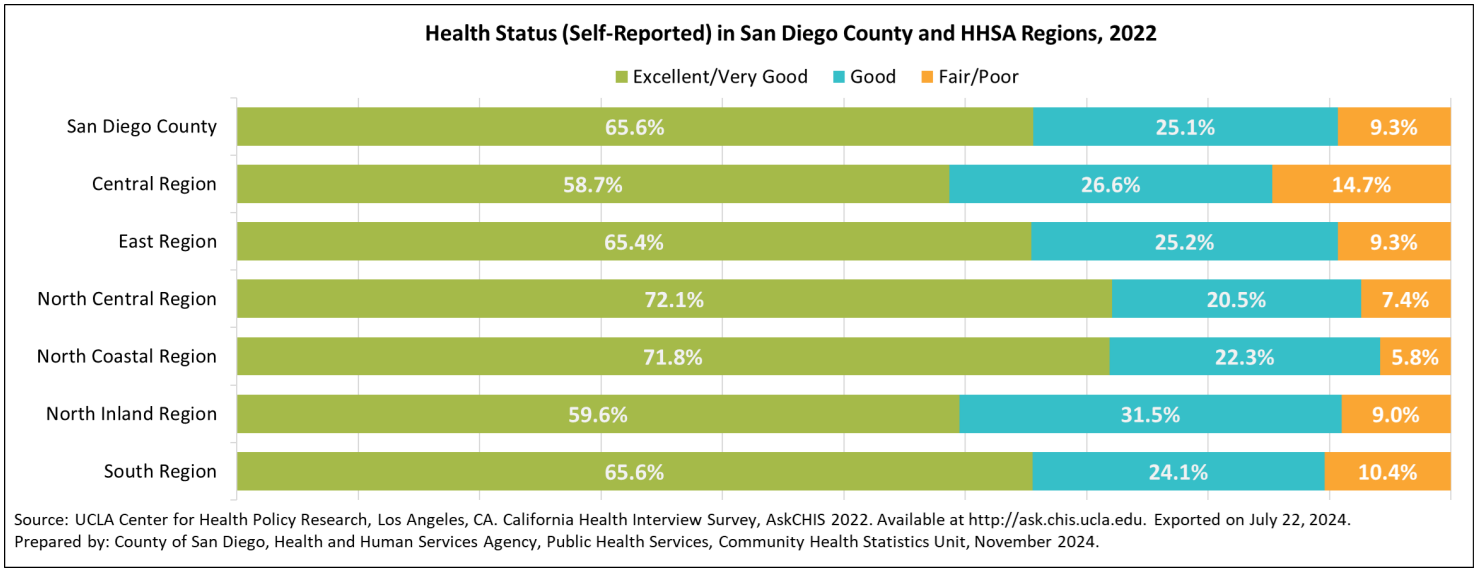
^Asked of adults whose income is less than 200% of the Federal Poverty Level.
Source: UCLA Center for Health Policy Research, Los Angeles, CA. California Health Interview Survey, AskCHIS 2022. Available at http://ask.chis.ucla.edu. Exported on July 22, 2024.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, is a federally-funded program aimed to increase the potential of a nutritious diet in low-income households. In 2022, 12.0% 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 (20.0%), followed by Chula Vista (15.2%).



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

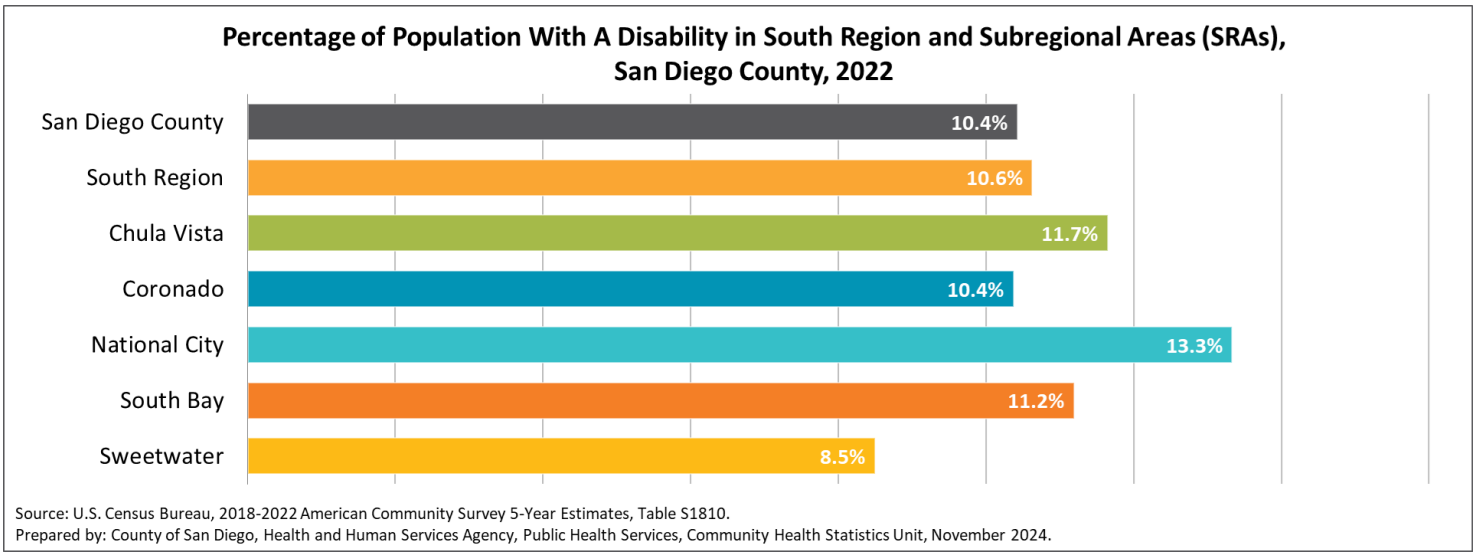
In 2022, nearly 2 out of every 3 residents (65.6%) in South Region reported having excellent/very good health. Among HHSA regions, South Region had the second highest proportion of residents reporting fair or poor health (10.4%) in 2022.



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

DISABILITY STATUS

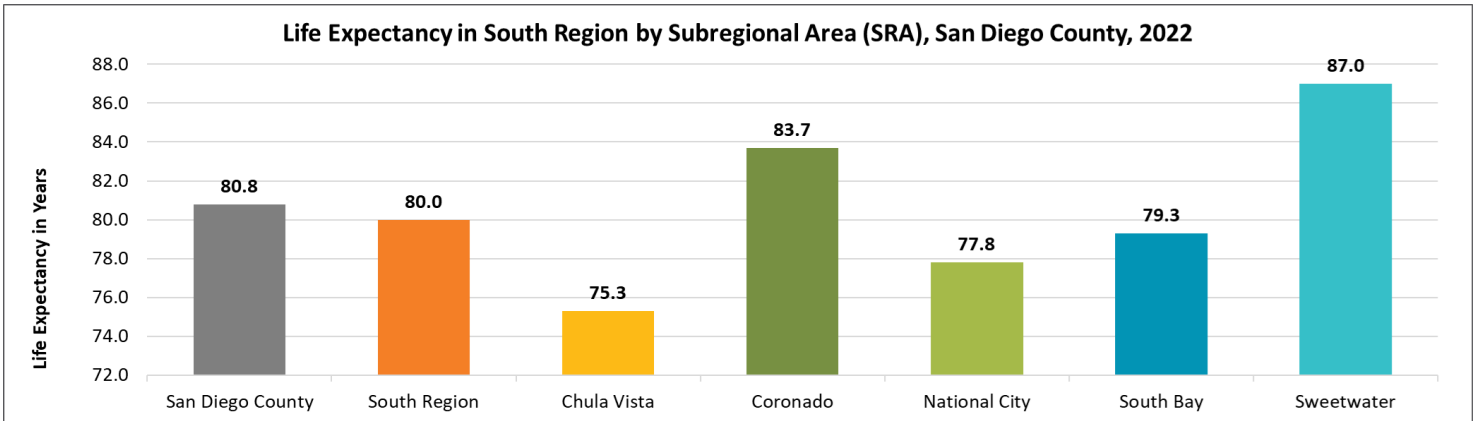
Disability is a dynamic concept that changes over time as one's health improves or declines, as technology advances, and as social structures adapt. Individuals who report any of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2022, 10.6% 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 (13.3%).



Source: U.S. Census Bureau, 2018-2022 American Community Survey 5-Year Estimates, Table S1810.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

LIFE EXPECTANCY

Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. In 2022, a baby born in San Diego County had a life expectancy of 80.8 years, while a baby born in South Region had a life expectancy of 80.0 years. Among South Region subregional areas (SRAs), Sweetwater had the highest life expectancy (87.0 years), while Chula Vista had the lowest (75.3 years). Moreover, in 2022, Chula Vista SRA had the lowest life expectancy compared to all other SRAs in San Diego County.



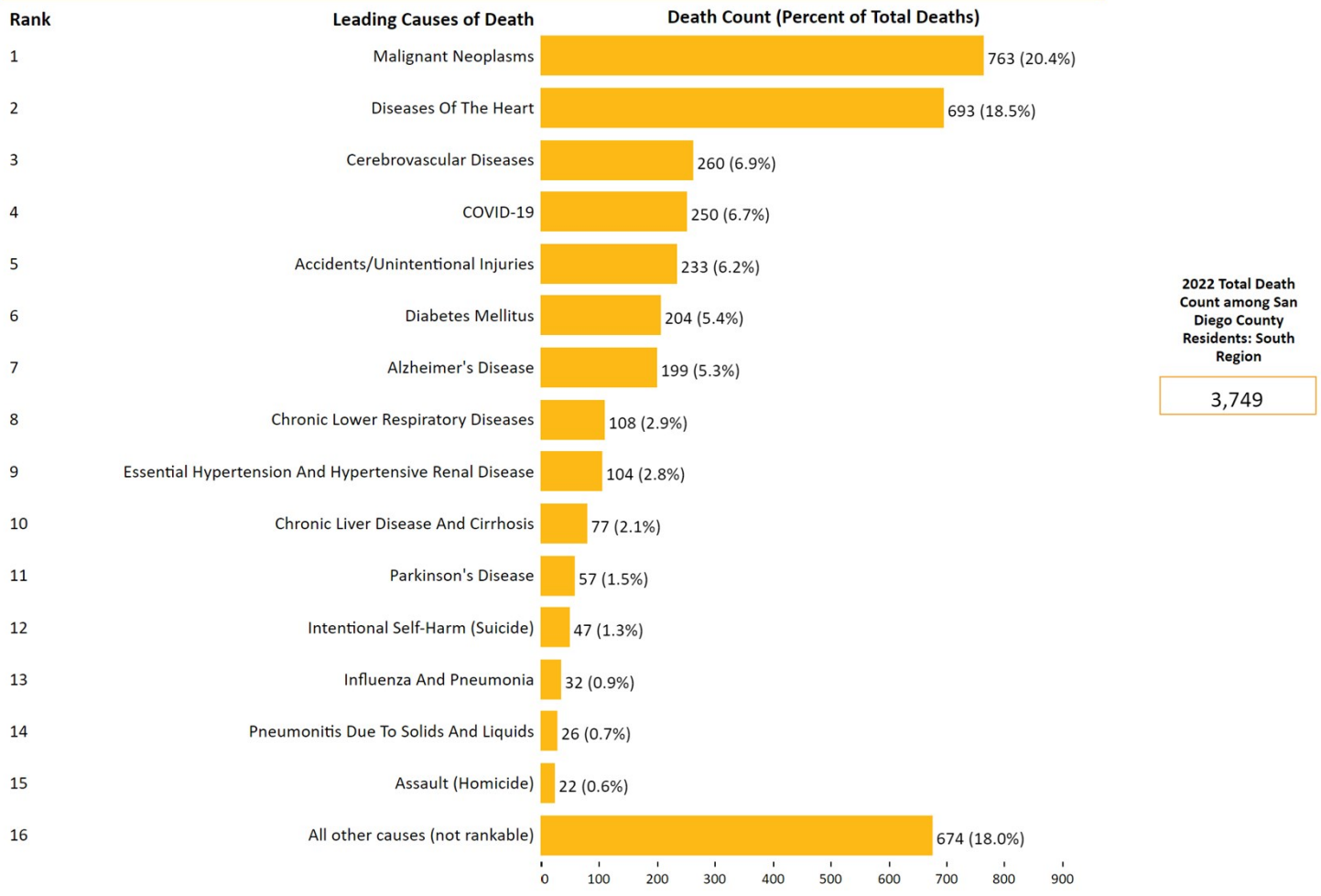
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. SANDAG Population Estimates, 2022 (v11/2023) were derived from the 2020 decennial census. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including Life Expectancy. Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

LEADING CAUSES OF DEATH

The leading causes of death rankings represent the most frequently occurring causes of death. These rankings help assess the relative burden of a specific cause of death compared to all other causes. In 2022, 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).

LEADING CAUSES OF DEATH AMONG SAN DIEGO COUNTY RESIDENTS

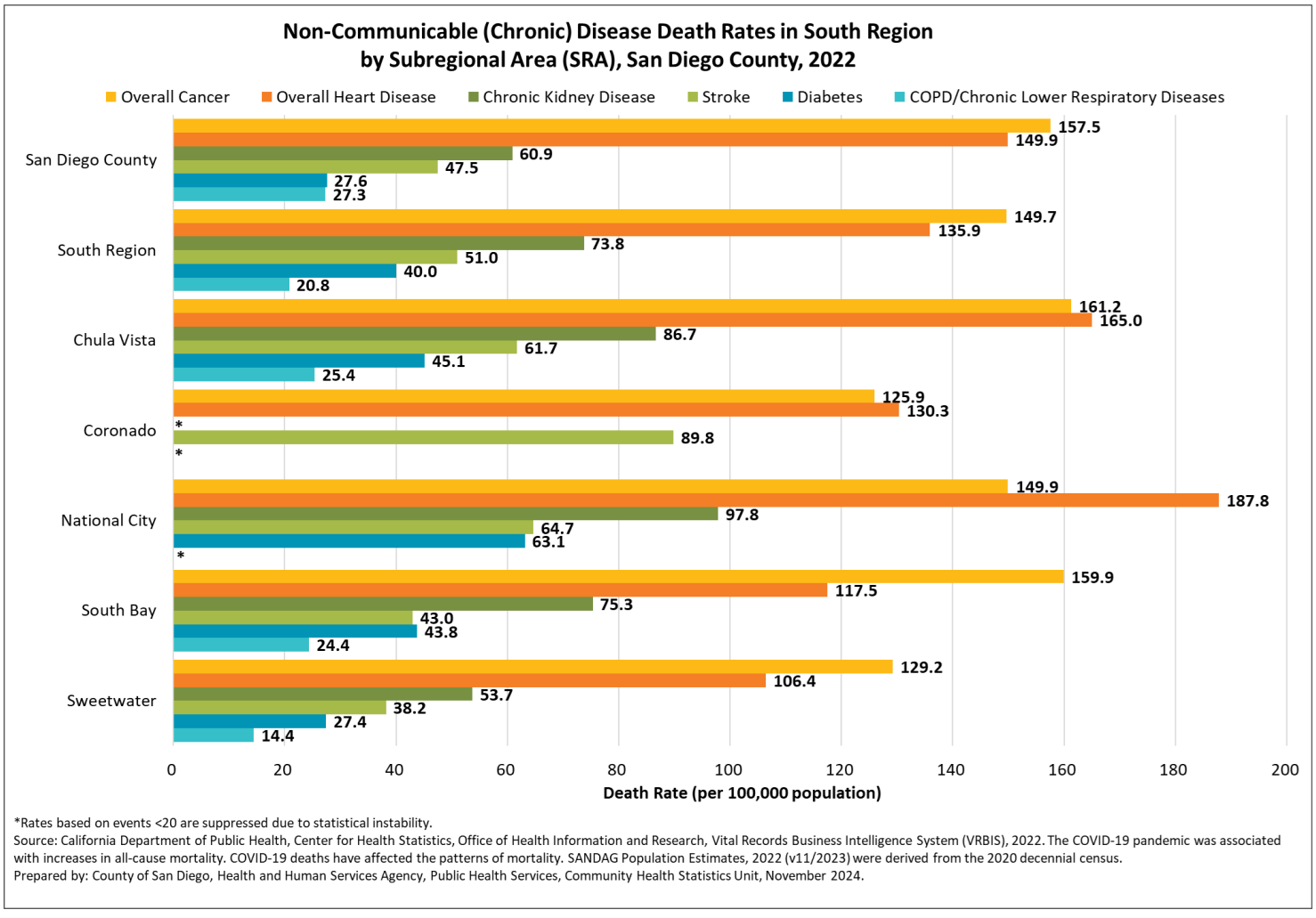
2022 San Diego County Leading Causes of Death by Health and Human Services Agency (HHSA) Region: South



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 2024.

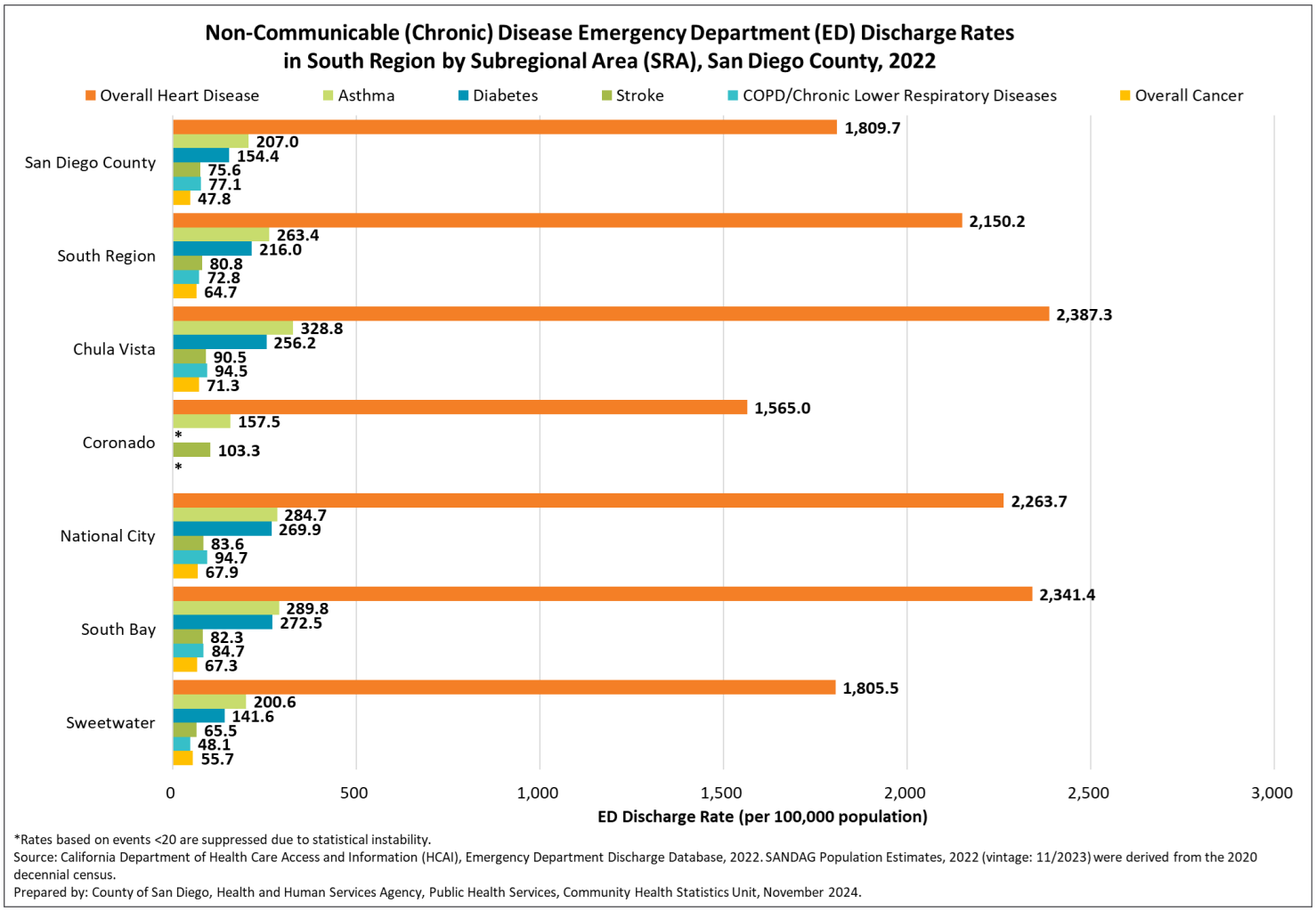
NON-COMMUNICABLE (CHRONIC) DISEASES

In 2022, among non-communicable (chronic) diseases, the highest death rates were due to overall cancer in South Region and its subregional areas (SRAs), except for Chula Vista, Coronado, and National City, where the highest death rates were due to overall heart disease. Among South Region SRAs, Chula Vista had the highest death rate due to cancer (161.2 per 100,000), followed by South Bay (159.9 per 100,000). Additionally, in 2022, National City SRA had the highest death rate due to overall heart disease (187.8 per 100,000), chronic kidney disease (97.8 per 100,000), and diabetes (63.1 per 100,000) compared to all other SRAs in South Region. In 2022, the death rate due to diabetes in National City SRA (63.1 per 100,000) was 2.3 times higher than in San Diego County overall (27.6 per 100,000).



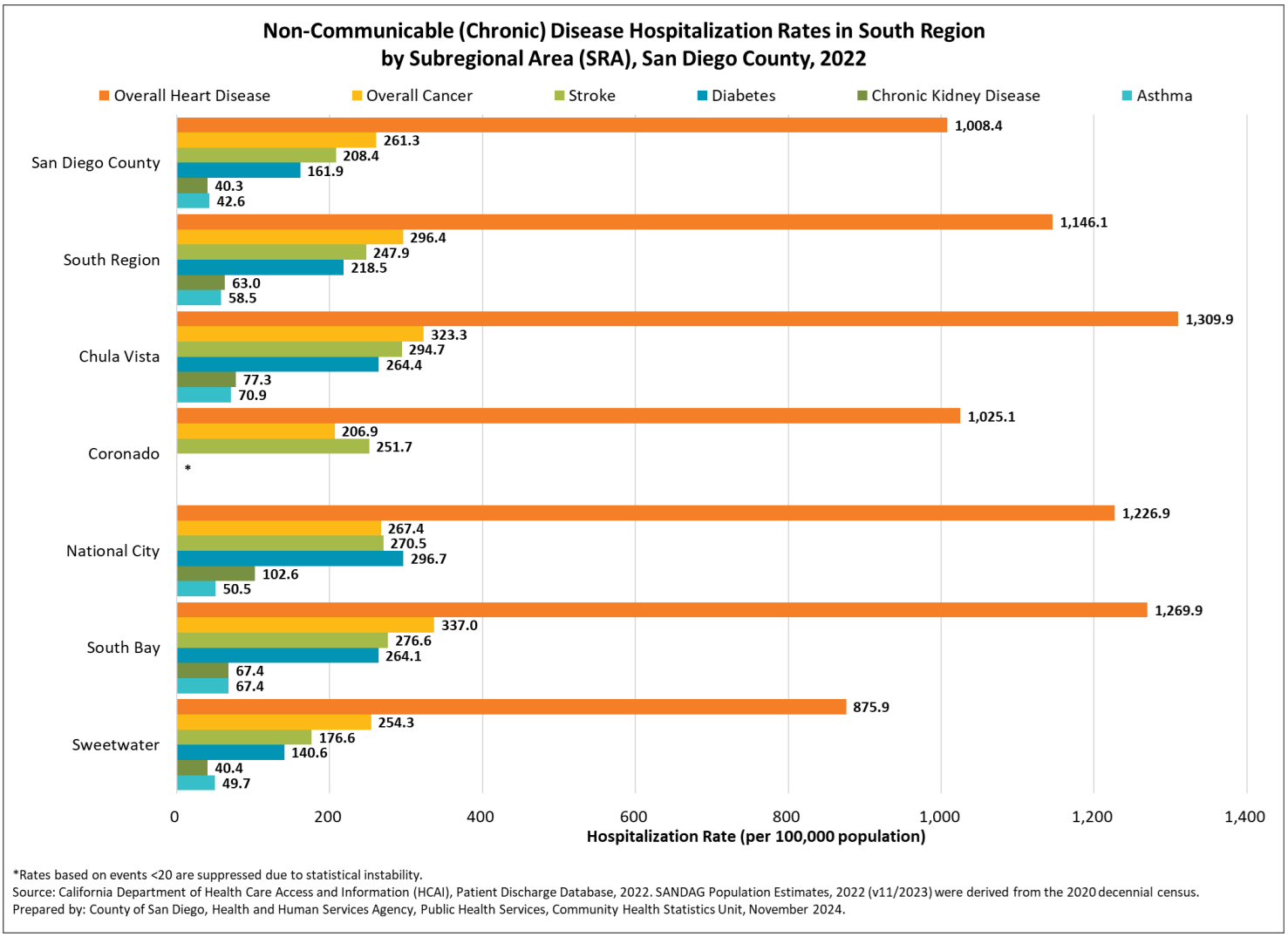
*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (v11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In South Region and its SRAs, the highest emergency department (ED) discharge rates among non-communicable (chronic) diseases were due to overall heart disease in 2022. Among South Region SRAs, Chula Vista had the highest ED discharge rates due to overall heart disease (2,387.3 per 100,000), asthma (328.8 per 100,000), stroke (90.5 per 100,000), and overall cancer (71.3 per 100,000). Furthermore, South Bay SRA had the highest ED discharge rate due to diabetes (272.5 per 100,000), followed by National City SRA (269.9 per 100,000). National City SRA had the highest ED discharge rate due to COPD/chronic lower respiratory diseases (94.7 per 100,000), followed by Chula Vista SRA (94.5 per 100,000). Among Health and Human Services Agency (HHSA) regions, in 2022, South Region had the highest ED discharge rate due to overall cancer and the second-highest ED discharge rate due to diabetes.



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

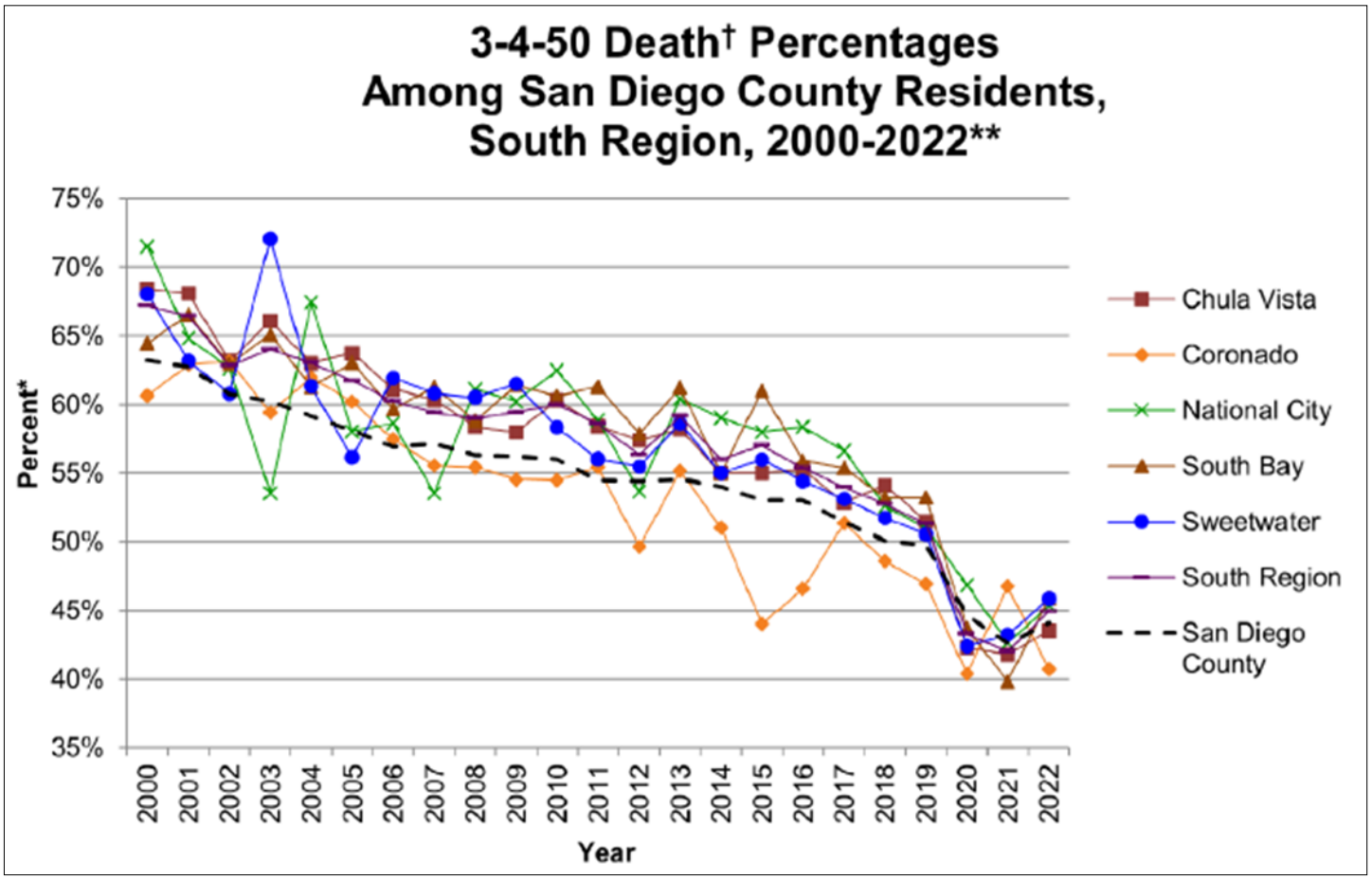
Among non-communicable (chronic) diseases, the highest hospitalization rates were due to overall heart disease in South Region and its SRAs. Among South Region SRAs, Chula Vista had the highest hospitalization rates due to overall heart disease (1,309.9 per 100,000) and stroke (294.7 per 100,000). Additionally, National City SRA had the highest hospitalization rates due to diabetes (296.7 per 100,000) and chronic kidney disease (102.6 per 100,000). In 2022, the hospitalization rate due to diabetes in National City SRA (296.7 per 100,000) was 1.8 times higher than in San Diego County overall (161.9 per 100,000). Among HHSA regions, South Region had the highest hospitalization rates due to chronic kidney disease and asthma in 2022.



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2022. SANDAG Population Estimates, 2022 (v11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

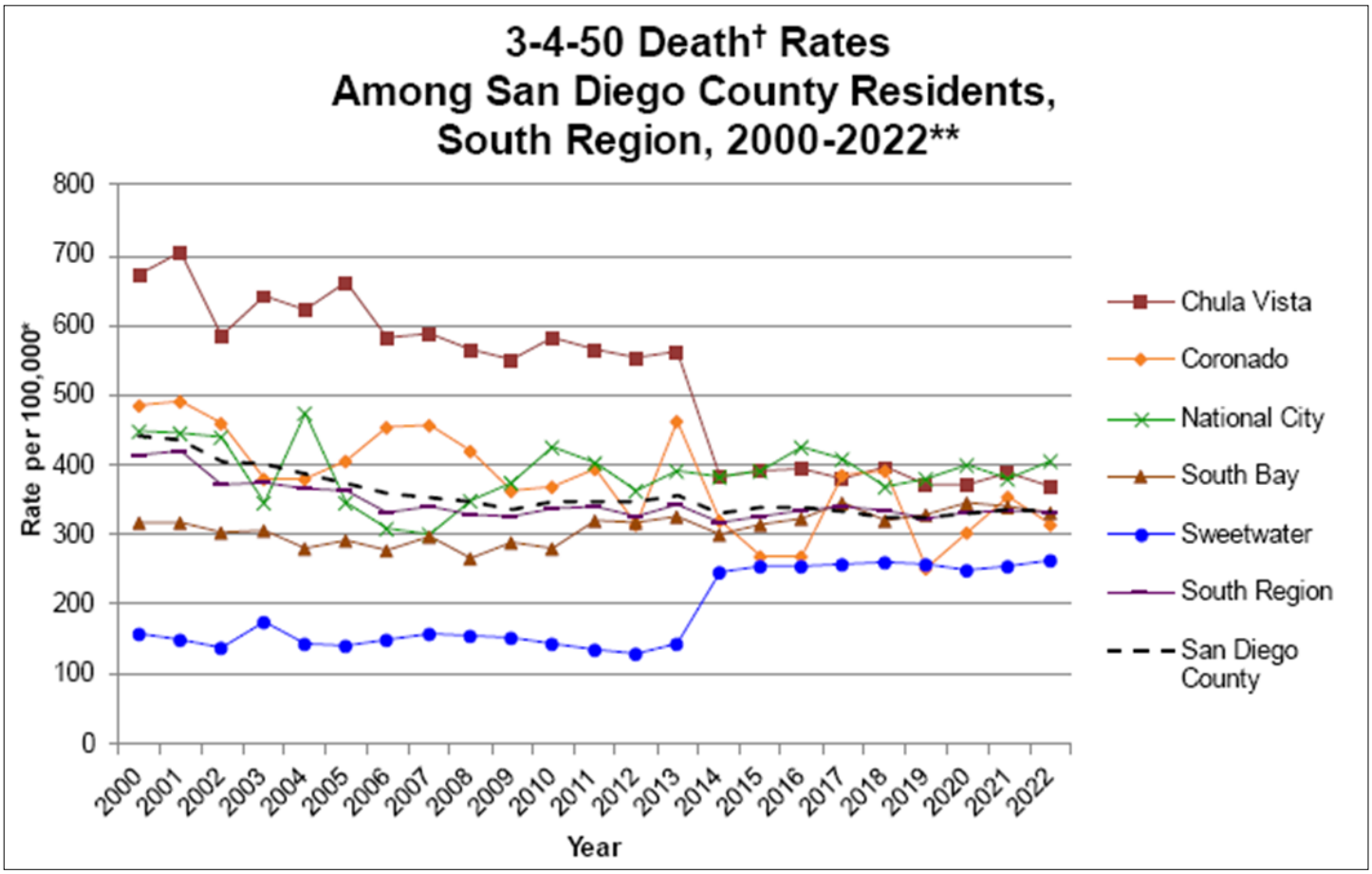
3-4-50: CHRONIC DISEASES

Three behaviors (poor diet, physical inactivity, and tobacco use) contribute to four chronic diseases (cancer, heart disease and stroke, type 2 diabetes, and lung diseases such as asthma) that result in over 50% of all deaths worldwide. Overall, the percentage of deaths due to 3-4-50 chronic diseases decreased in South Region from 2000 to 2022. In 2022, stroke, coronary heart disease (CHD), diabetes, chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases, asthma, and cancer caused 45% of all deaths in South Region. Among South Region subregional areas (SRAs), South Bay and Sweetwater had the highest percentage of deaths (46%) due to 3-4-50 chronic diseases in 2022.



*3-4-50 deaths as a percentage of all cause deaths.
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).
§Percents not calculated for fewer than 5 events for the years 2000 to 2019. Percents not calculated for fewer than 11 events for the years 2020-2022. Percents not calculated in cases where zip code is unknown.
**The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2022 California Vital Records Business Intelligence System (VRBIS).
Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, January 2024.

Overall, the 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 2022. Among South Region SRAs, National City had the highest death rate due to 3-4-50 chronic diseases (405.6 per 100,000) in 2022, despite having a 9.3% percentage decrease from 2000-2022. Moreover, Sweetwater SRA had the lowest death rate due to 3-4-50 chronic diseases (264.0 per 100,000) in 2022 and the greatest percentage increase (67.8%) from 2000-2022.

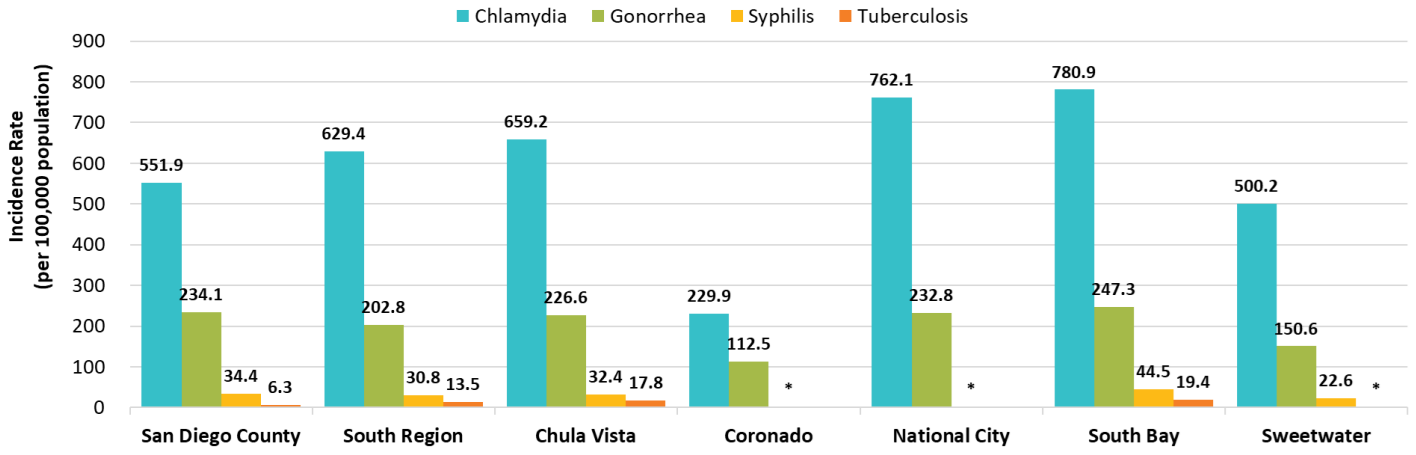


*Rates per 100,000 population.
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).
§Rates not calculated for fewer than 5 events for the years 2000 to 2019. Rates not calculated for fewer than 11 events for the years 2020-2022. Rates not calculated in cases where zip code is unknown.
**The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality including those of 3-4-50 chronic diseases.
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2022 California Vital Records Business Intelligence System (VRBIS). SANDAG, Current Population Estimates. 2020-2021 population estimates were derived using the 2010 decennial census and data should be considered preliminary. 2022 population estimates were derived from the 2020 decennial census.
Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, January 2024.

COMMUNICABLE (INFECTIOUS) DISEASES

In South Region and its subregional areas (SRAs), the highest incidence rates among communicable (infectious) diseases were due to chlamydia and gonorrhea in 2022. Among South Region SRAs, South Bay had the highest incidence rate of chlamydia (780.9 per 100,000), gonorrhea (247.3 per 100,000), and syphilis (44.5 per 100,000). National City SRA had the second highest incidence rate of chlamydia (762.1 per 100,000) and gonorrhea (232.8 per 100,000). Among Health and Human Services Agency (HHSA) regions, South Region had the highest incidence rate of tuberculosis (13.5 per 100,000) in 2022. Furthermore, South Bay SRA had the highest incidence rate of tuberculosis than any other SRA in San Diego County, with an incidence rate three times higher than San Diego County overall (19.4 per 100,000 and 6.3 per 100,000, respectively).

Incidence Rates of Chlamydia, Gonorrhea, Syphilis, and Tuberculosis in South Region by Subregional Area (SRA), San Diego County, 2022

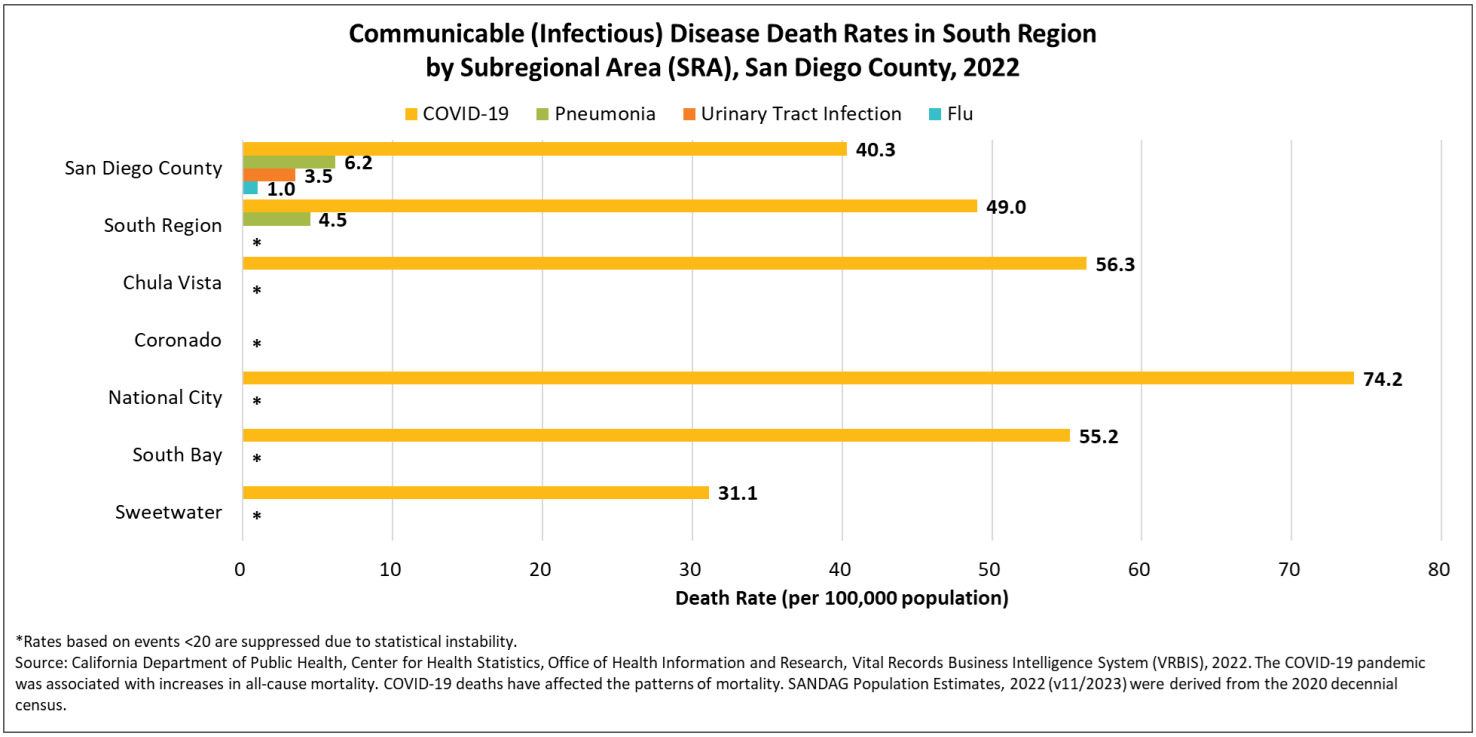


*Rates based on events <20 are suppressed due to statistical instability.

Source: California Department of Public Health, Center for Infectious Diseases, Division of Communicable Disease Control, California Reportable Disease Information Exchange (CalREDIE) and Report of Verified Case of Tuberculosis (RVCT), 2022. County of San Diego, Health and Human Services Agency, Public Health Services, HIV, STD and Hepatitis Branch. County of San Diego, Health and Human Services Agency, Public Health Services, Tuberculosis Control and Refugee Health Branch. SANDAG Population Estimates, 2022 (v11/2023) were derived from the 2020 decennial census.

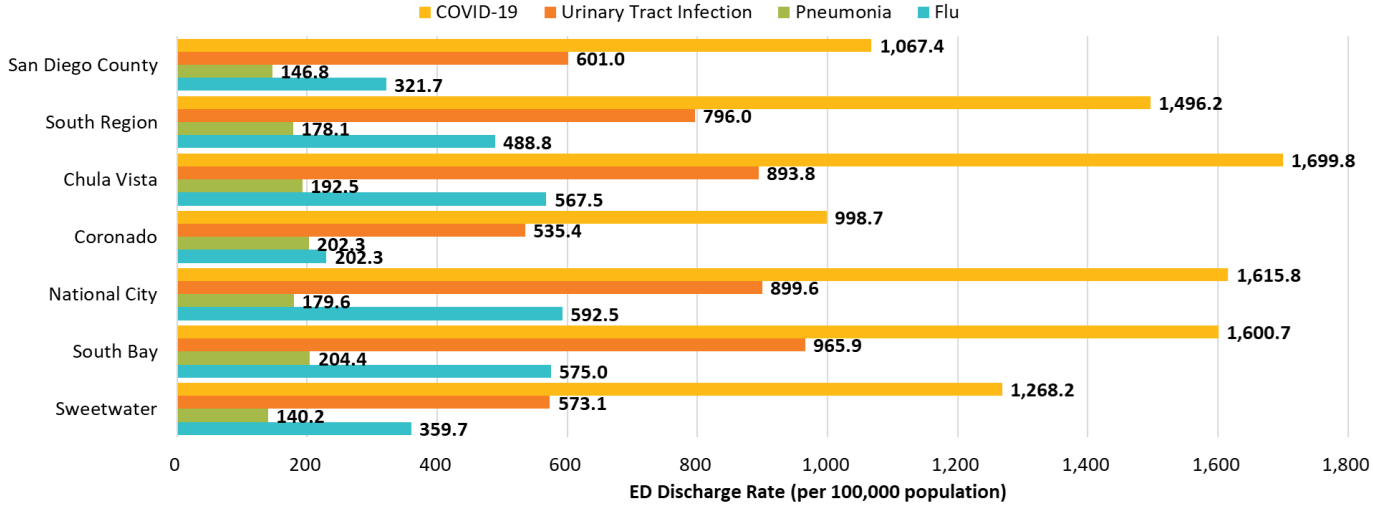
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

In 2022, among communicable (infectious) diseases, the highest death rate in South Region was due to COVID-19 (49.0 per 100,000), which was higher than the death rate in San Diego County overall (40.3 per 100,000). Among South Region SRAs, National City had the highest death rate due to COVID-19 (74.2 per 100,000), which was 1.8 times higher than San Diego County (40.3 per 100,000).



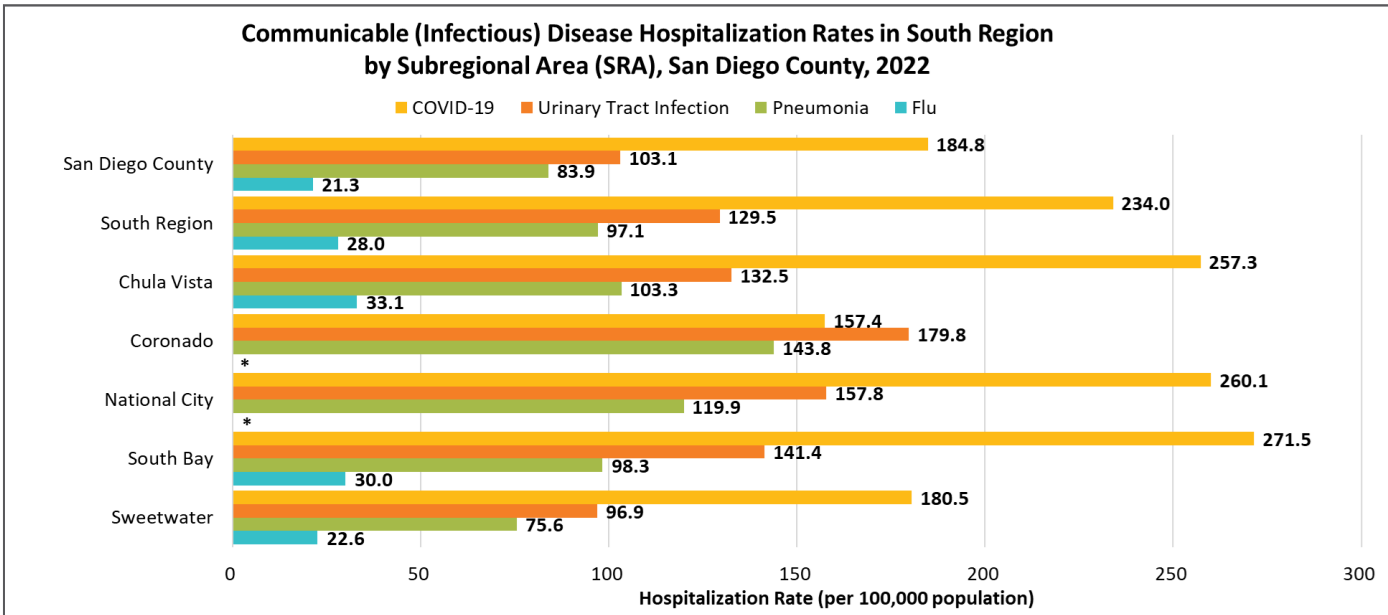
*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (v11/2023) were derived from the 2020 decennial census.

Among HHSA regions, South Region had the highest ED discharge rates due to COVID-19, flu, pneumonia, and urinary tract infection in 2022. Among South Region SRAs, South Bay had the highest ED discharge rates due to urinary tract infection (965.9 per 100,000) and pneumonia (204.4 per 100,000). Compared to all other SRAs in San Diego County, South Bay had the highest ED discharge rate due to urinary tract infection (965.9 per 100,000) in 2022, which was 1.6 times higher than in San Diego County overall (601.0 per 100,000). Chula Vista had the highest ED discharge rate due to COVID-19 (1,699.8 per 100,000) among South Region SRAs. Additionally, compared to all other SRAs in San Diego County, National City had the highest ED discharge rate due to flu (592.5 per 100,000), which was 1.8 times higher than in San Diego County overall (321.7 per 100,000) in 2022.



Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2022. SANDAG Population Estimates, 2022 (v11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

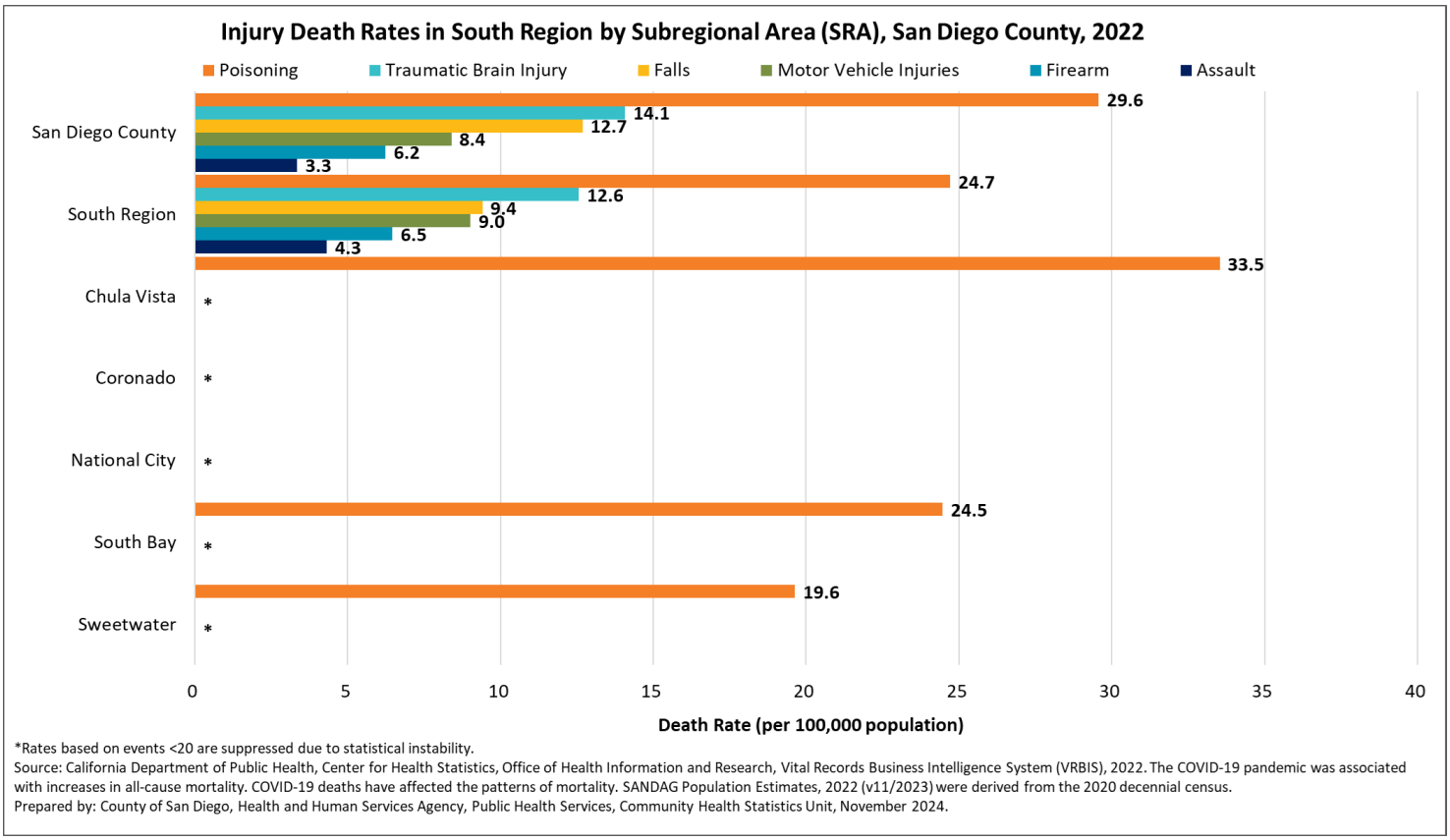
Among HHSA regions, South Region had the second-highest hospitalization rates due to COVID-19, flu, pneumonia, and urinary tract infection in 2022. Among South Region SRAs, Coronado had the highest hospitalization rates due to urinary tract infection (179.8 per 100,000) and pneumonia (143.8 per 100,000), and South Bay had the highest hospitalization rate due to COVID-19 (271.5 per 100,000). Additionally, in 2022, Chula Vista SRA had the highest hospitalization rate due to flu (33.1 per 100,000) among South Region SRAs.



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2022. SANDAG Population Estimates, 2022 (v11/2023). Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

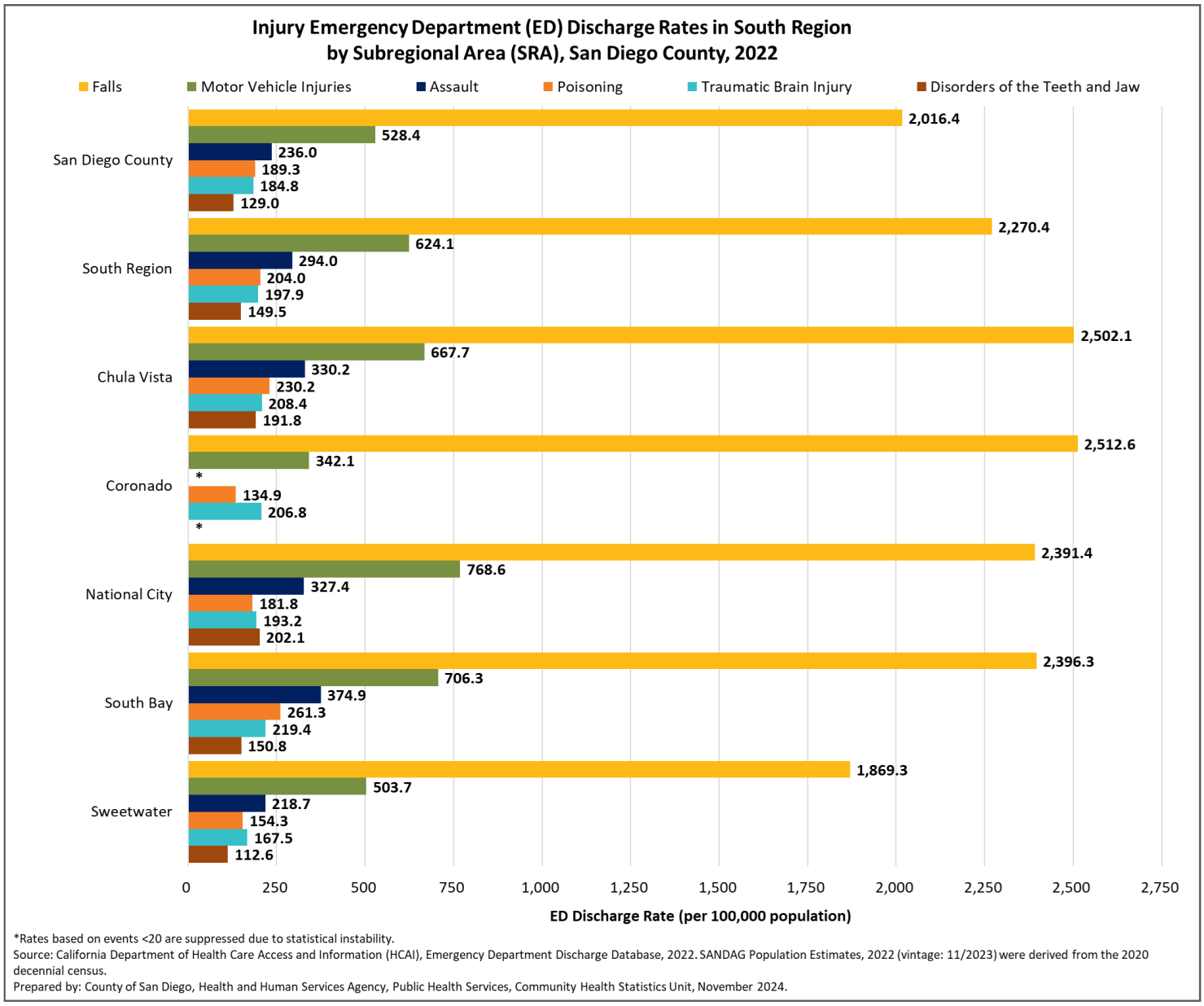
INJURY INDICATORS

In South Region, the highest death rate among injury indicators was due to poisoning (24.7 per 100,000), followed by traumatic brain injury (12.6 per 100,000) and falls (9.4 per 100,000) in 2022. Among South Region subregional areas (SRAs), Chula Vista had the highest death rates due to poisoning (33.5 per 100,000), followed by South Bay (24.5 per 100,000).



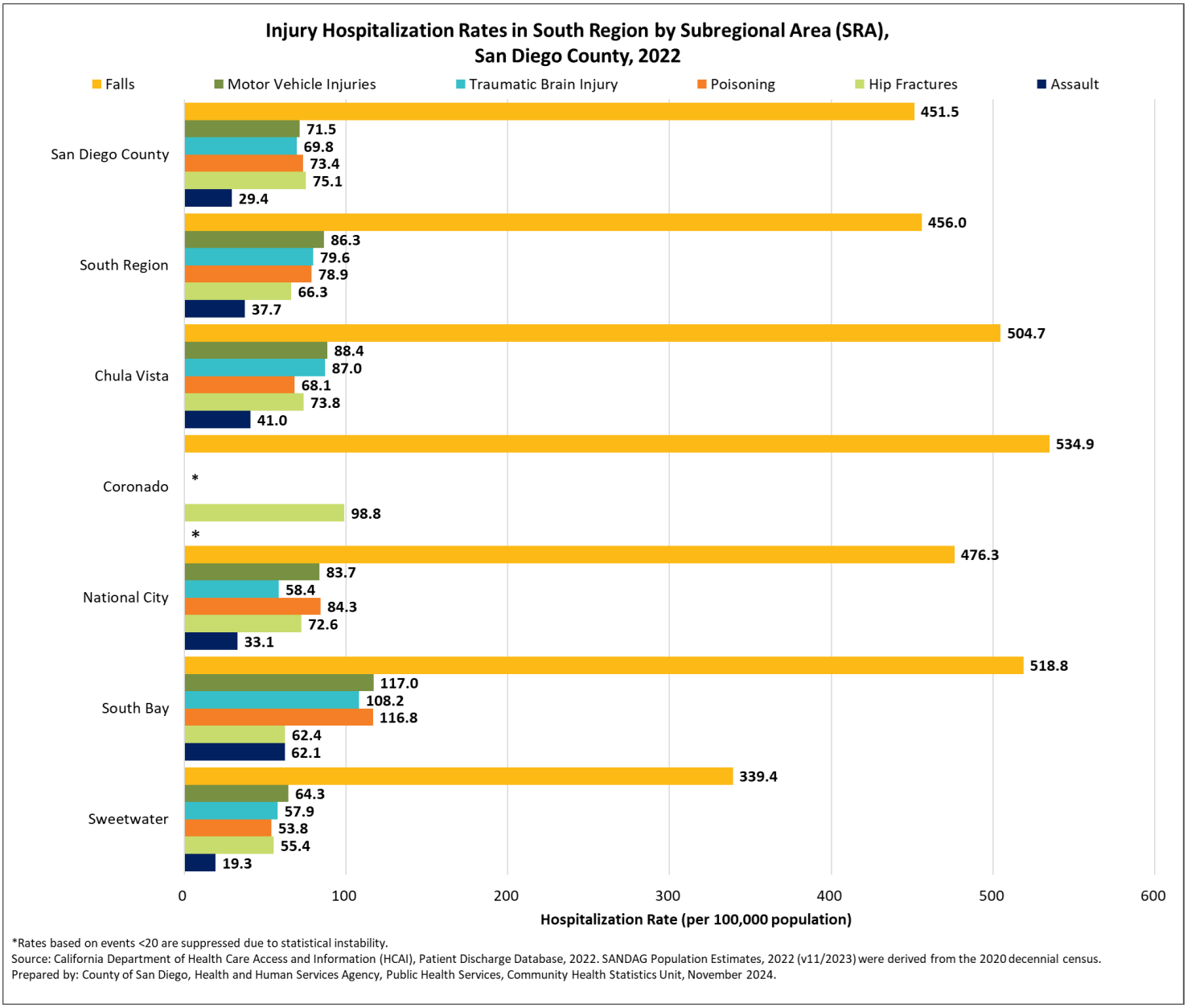
*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (v11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Among injury indicators, the highest emergency department (ED) discharge rates in South Region and its SRAs were due to falls in 2022. All SRAs in South Region, except Sweetwater, had higher ED discharge rates due to falls than South Region and San Diego County, with Coronado having the highest (2,512.6 per 100,000) in 2022. Additionally, in 2022, National City SRA had the highest ED discharge rate due to motor vehicle injuries (768.6 per 100,000) and disorders of the teeth and jaw (202.1 per 100,000). Among injury indicators, South Bay had higher ED discharge rates due to assault (374.9 per 100,000) and poisoning (261.3 per 100,000) among SRAs in South Region in 2022.



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2022. SANDAG Population Estimates, 2022 (vintage: 11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

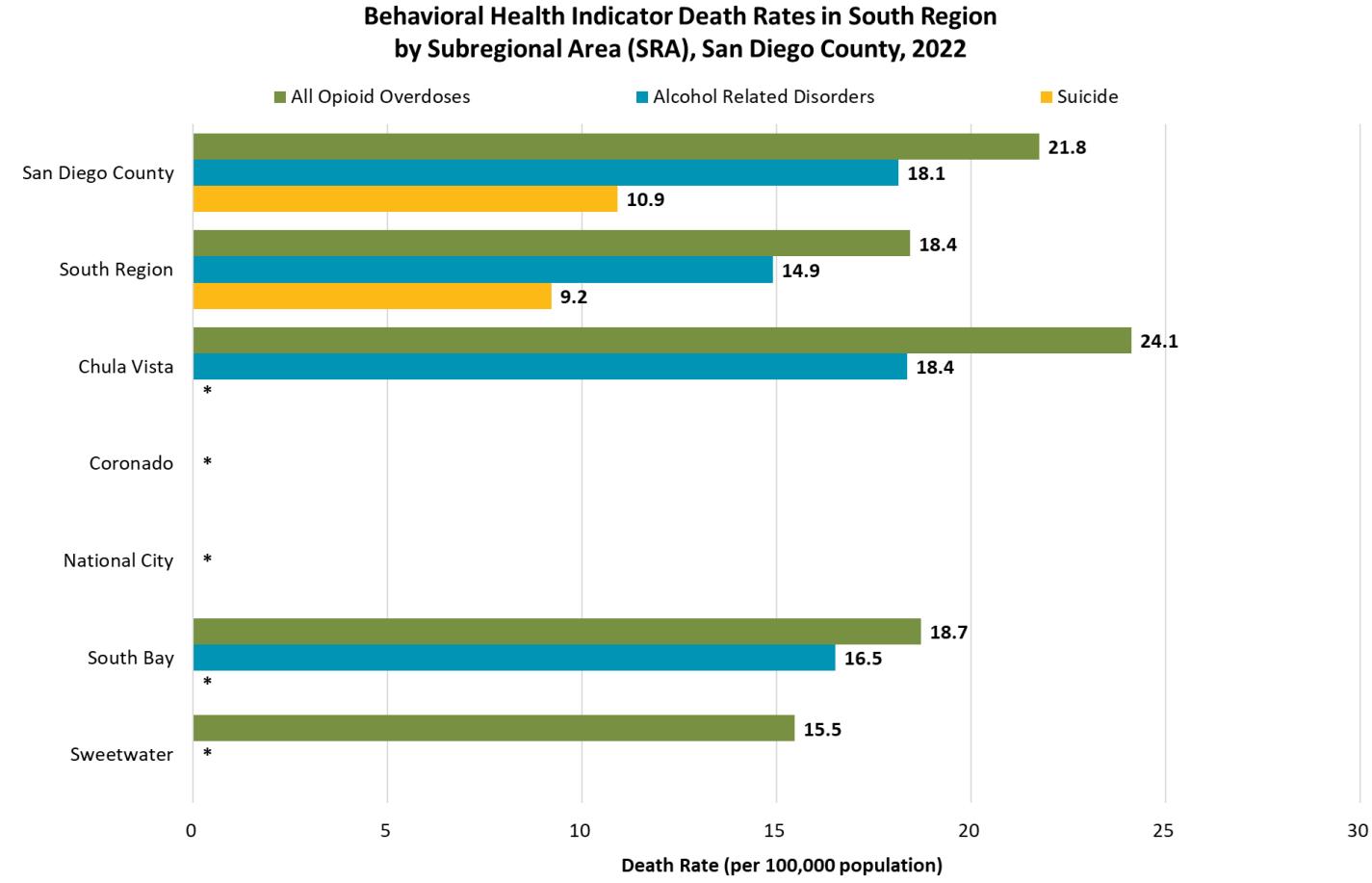
In 2022, the highest hospitalization rate among injury indicators was due to falls in South Region, which had the third-highest hospitalization rate from falls among HHSA regions. Among South Region SRAs, Coronado had the highest hospitalization rate due to falls (534.9 per 100,000), followed by South Bay (518.8 per 100,000). Additionally, among South Region SRAs, South Bay had the highest hospitalization rate due to assault (62.1 per 100,000) in 2022, which was 2.1 times higher than in San Diego County overall (29.4 per 100,000).



*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2022. SANDAG Population Estimates, 2022 (v11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

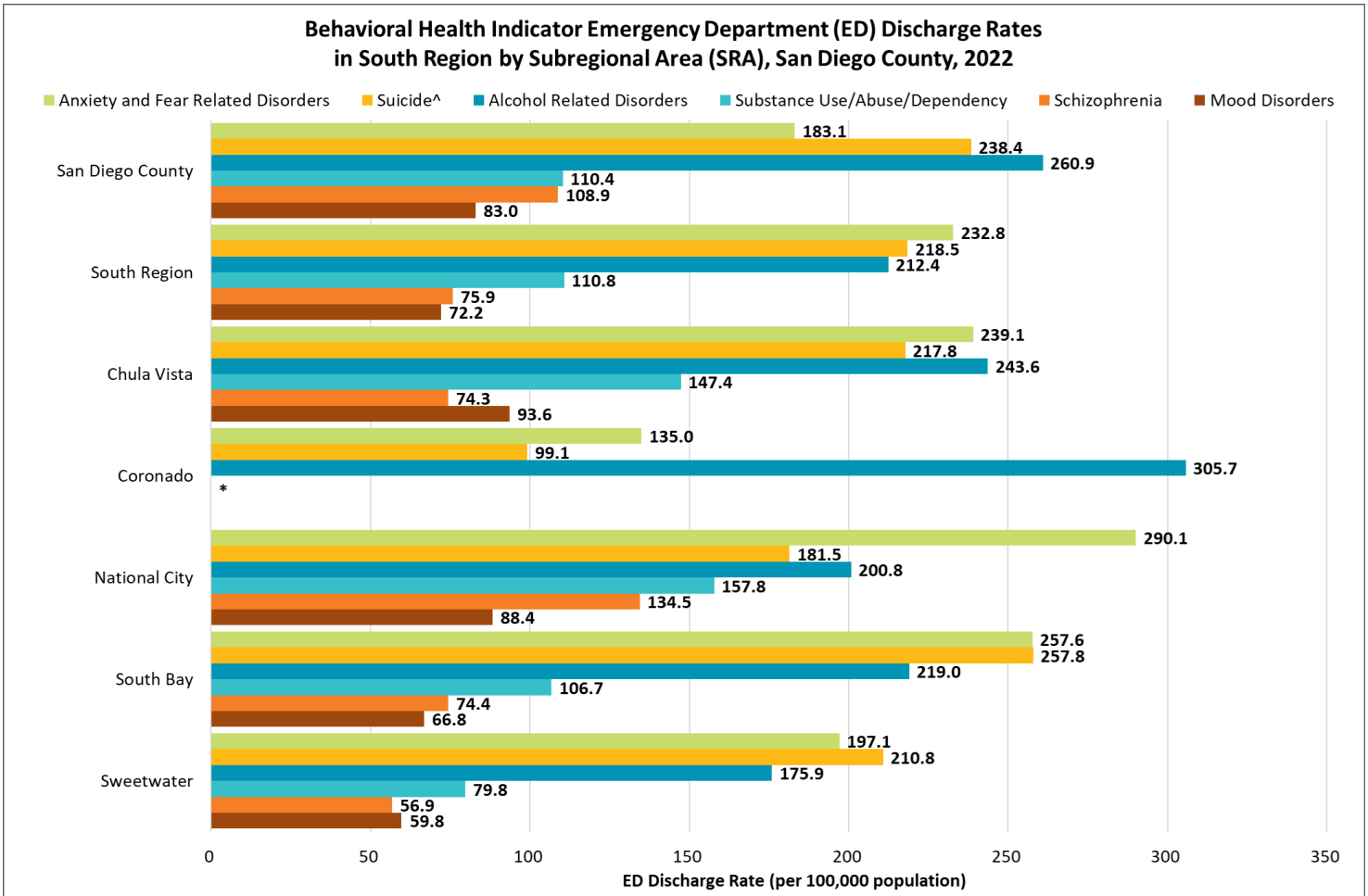
BEHAVIORAL HEALTH INDICATORS

In 2022, among behavioral health indicators, the highest death rates were due to all opioid overdoses in South Region. Among South Region SRAs, Chula Vista had higher death rates due to all opioid overdoses (24.1 per 100,000) and alcohol related disorders (18.4 per 100,000) than South Region (18.4 per 100,000 and 14.9 per 100,000, respectively) and San Diego County overall (21.8 per 100,000 and 18.1 per 100,000, respectively).



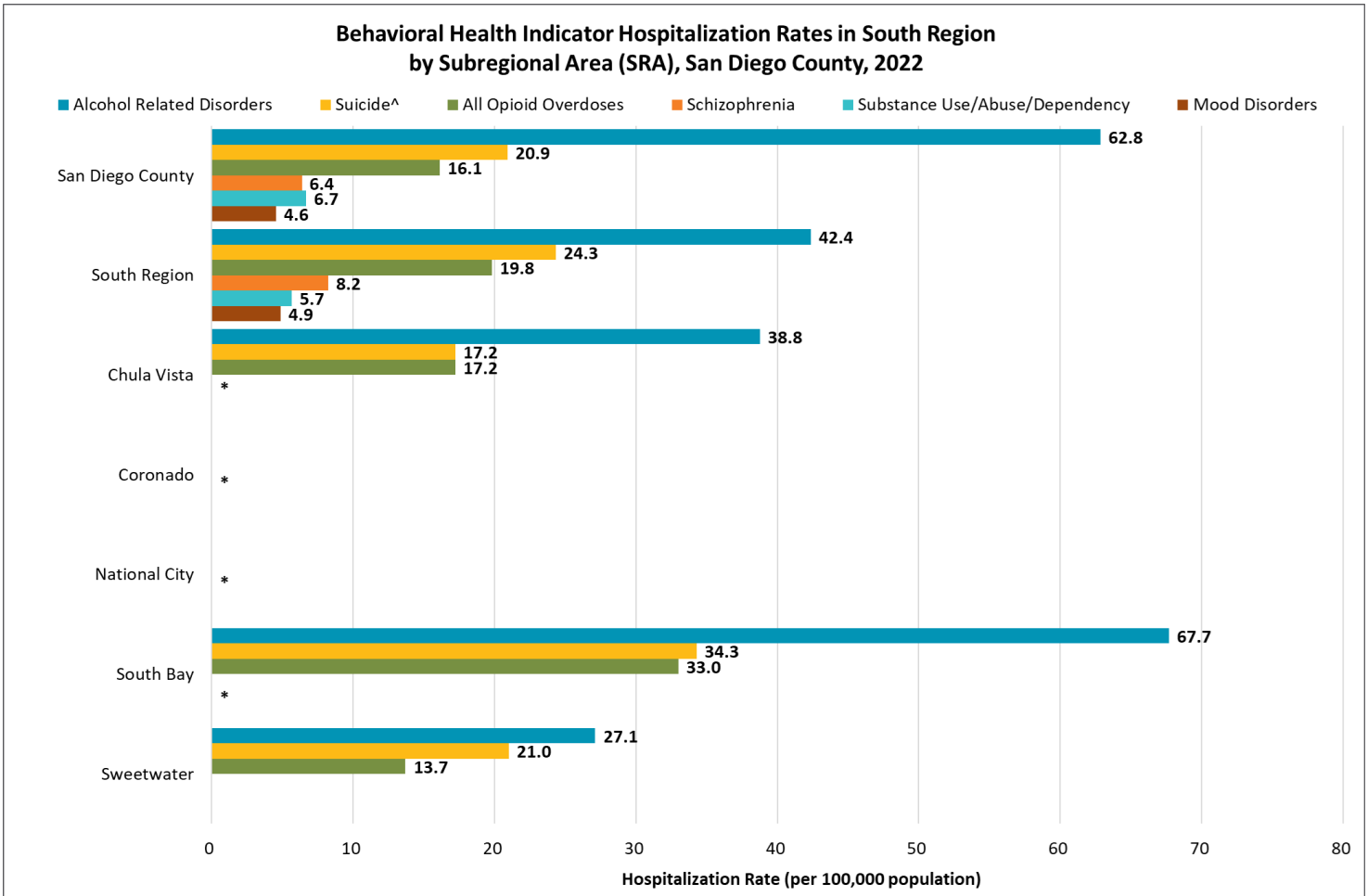
Beginning with data year 2021, the "All Opioid Overdoses" indicator is an expansion of the "Opioid Overdoses" indicator that includes specific synthetic narotic ICD-10-CM codes (fentanyl, tramadol, other synthetic narcotics) in addition to the general codes, to reflect morbidity more broadly. Mortality is the same for both indicators due to no changes in ICD-10 mortality codes.
*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (v11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Among behavioral health indicators in 2022, the highest emergency department (ED) discharge rate in South Region was due to anxiety and fear related disorders (232.8 per 100,000), followed by suicide attempt/ideation/intentional self-harm (218.5 per 100,000), and alcohol related disorders (212.4 per 100,000). Among South Region SRAs, National City had the highest ED discharge rate due to anxiety and fear related disorders (290.1 per 100,000), followed by South Bay (257.6 per 100,000). Additionally, among South Region SRAs, South Bay had the highest ED discharge rate due to suicide attempt/ideation/intentional self-harm (257.8 per 100,000), and Coronado had the highest ED discharge rate due alcohol related disorders (305.7 per 100,000).



*Rates based on events <20 are suppressed due to statistical instability.
^Suicide Attempt includes ideation/attempt/intentional self-harm.
Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2022. SANDAG Population Estimates, 2022 (v11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

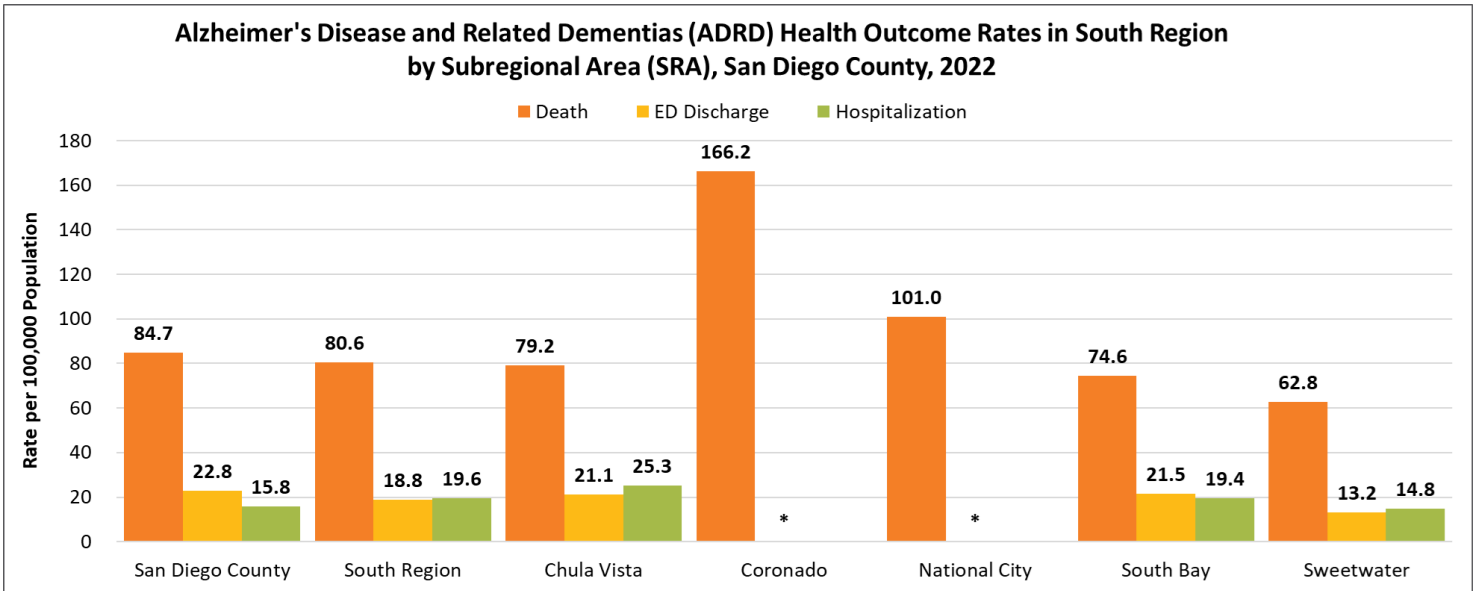
Among behavioral health indicators in 2022, the highest hospitalization rates in South Region were due to alcohol related disorders, followed by suicide attempt/ideation/intentional self-harm, and all opioid overdoses. Among South Region SRAs, South Bay had the highest hospitalization rate due to alcohol related disorders (67.7 per 100,000), followed by Chula Vista (38.8 per 100,000). Moreover, in 2022, South Bay SRA had the highest hospitalization rate due to suicide attempt/ideation/ intentional self-harm (34.3 per 100,000), followed by Sweetwater (21.0 per 100,000).



*Rates based on events <20 are suppressed due to statistical instability.
^Suicide Attempt includes ideation/attempt/intentional self-harm.
Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2022. SANDAG Population Estimates, 2022 (v11/2023) were derived from the 2020 decennial census.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

ALZHEIMER'S DISEASE AND RELATED DEMENTIAS

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. However, in 2022, 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 (HHSA) regions. Among South Region subregional areas (SRAs), Coronado had the highest death rate due to ADRD (166.2 per 100,000), while Sweetwater had the lowest (62.8 per 100,000). Additionally, in 2022, South Bay SRA had the highest ED discharge rate due to ADRD (21.5 per 100,000) among SRAs in South Region. In 2022, Chula Vista SRA had the highest hospitalization rate due to ADRD (25.3 per 100,000), while Sweetwater SRA had the lowest (14.8 per 100,000).

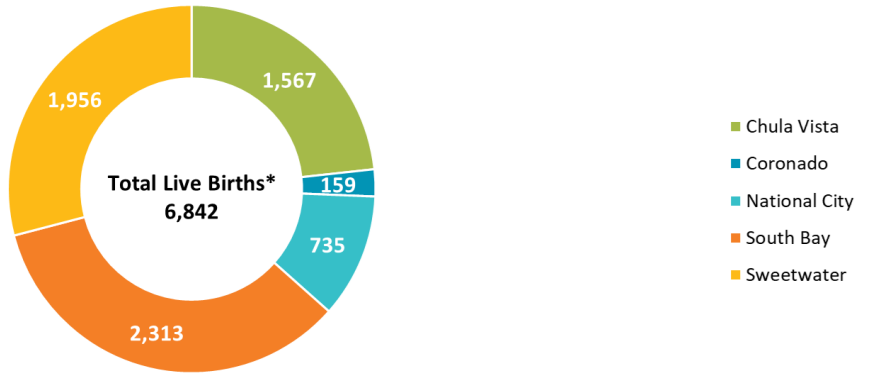


*Rates based on events <20 are suppressed due to statistical instability.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database and Patient Discharge Database, 2022. The COVID-19 pandemic was associated with increases in all-cause mortality. COVID-19 deaths have affected the patterns of mortality. SANDAG Population Estimates, 2022 (v11/2023).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

MATERNAL AND CHILD HEALTH INDICATORS

In 2022, there were 6,842 total live births in South Region, which represented 18.1% of the total live births in San Diego County (37,753). Among South Region subregional areas (SRAs), South Bay (33.8%) and Sweetwater (28.6%) accounted for 3 out of every 5 total live births in South Region.

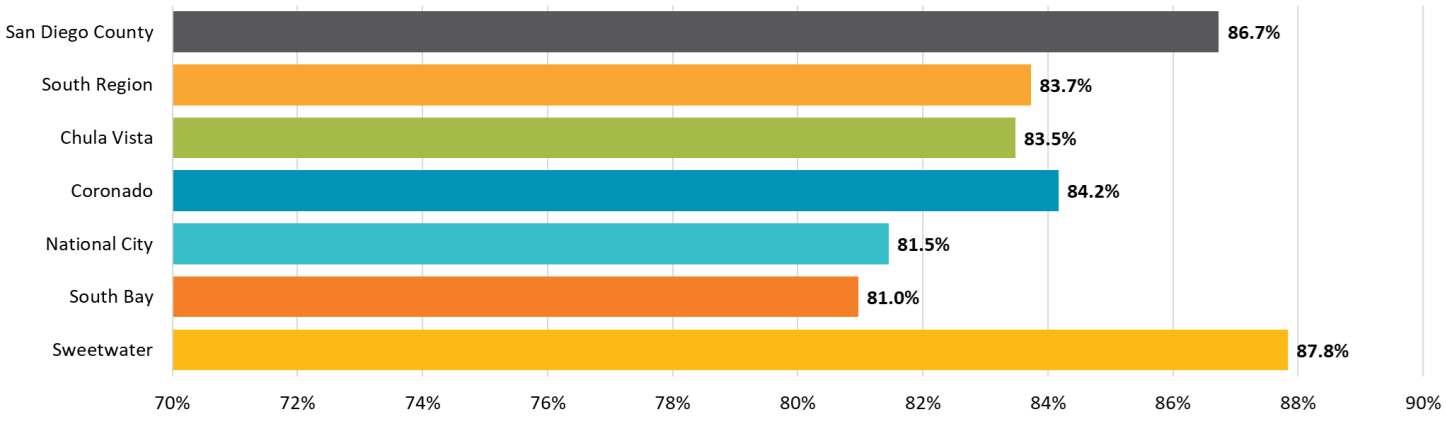
Distribution of Live Births in South Region by Subregional Area (SRA), San Diego County, 2022



*Total live births in subregional areas (SRAs) may not add up to the regional total live births due to allocation.
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2022. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Early prenatal care is defined as care beginning during the 1st trimester of pregnancy, however, it does not account for frequency of care. In South Region, the proportion of mothers who received early prenatal care (83.7%) was lower than in San Diego County overall (86.7%). Among South Region SRAs, National City (81.5%) and South Bay (81.0%) had lower proportions of early prenatal care compared to South Region (83.7%).

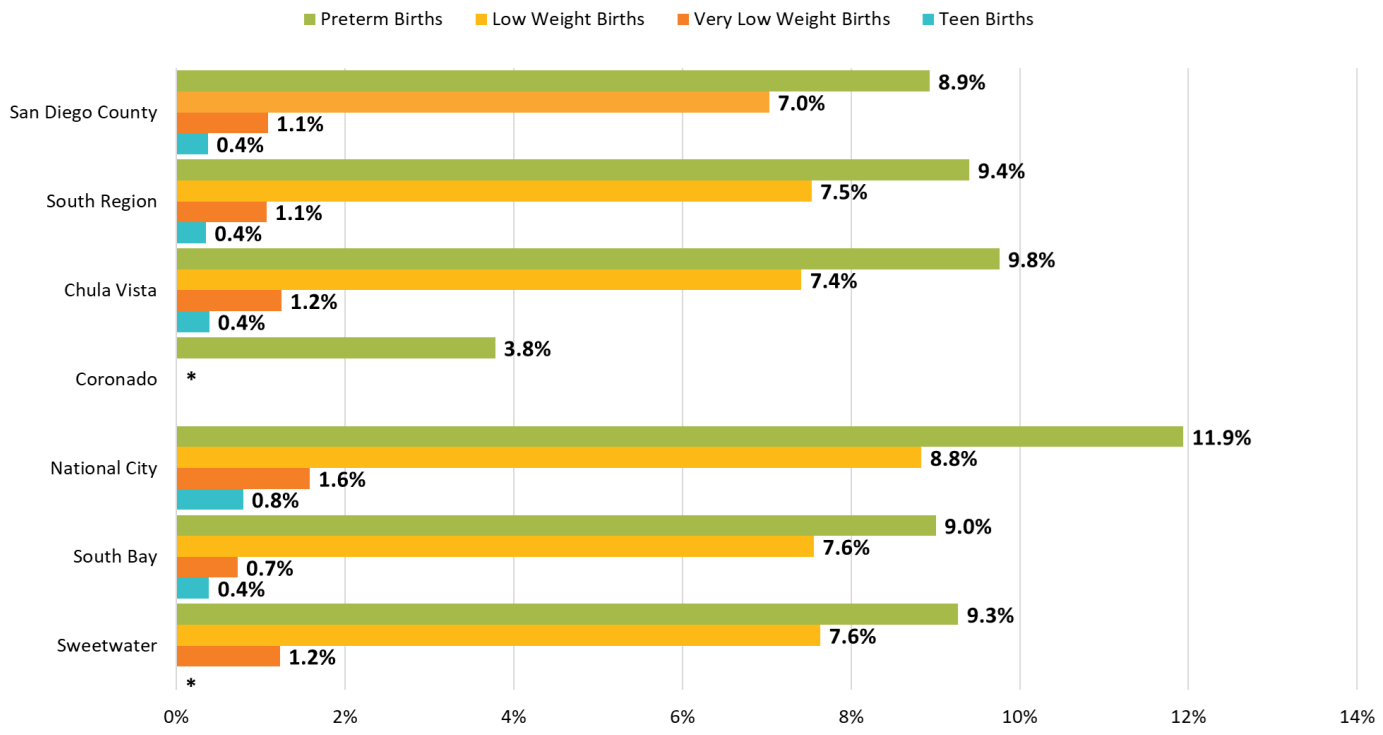
Percentage of Early Prenatal Care Among Births in South Region and Subregional Areas (SRAs), San Diego County, 2022



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

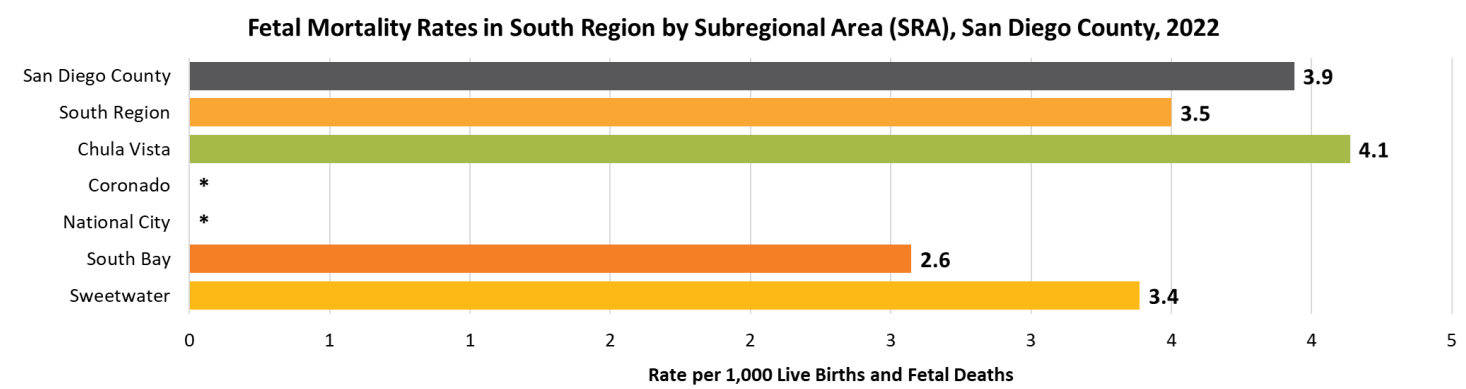
Preterm birth is the delivery of a baby before completing 37 weeks of gestation. In 2022, the proportion of preterm births in South Region (9.4%) was higher than San Diego County overall (8.9%). Among South Region SRAs, National City had the highest proportion of preterm births (11.9%), followed by Chula Vista (9.8%). 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 2022, National City SRA had the highest proportion of low weight births (8.8%), followed by South Bay SRA and Sweetwater SRA (7.6%). National City SRA had the highest proportion of very low weight births (1.6%), which was higher than South Region (1.1%) and San Diego County overall (1.1%) in 2022. The percentage of teen births (aged 15-17 years) out of all live births in a specific area is referred to as the teen birth percentage. Among South Region SRAs, the proportion of teen births in National City (0.8%) was higher than other SRAs in South Region.

Percentage of Preterm Births, Low Weight Births, Very Low Weight Births, and Teen Births in South Region by Subregional Area (SRA), San Diego County, 2022



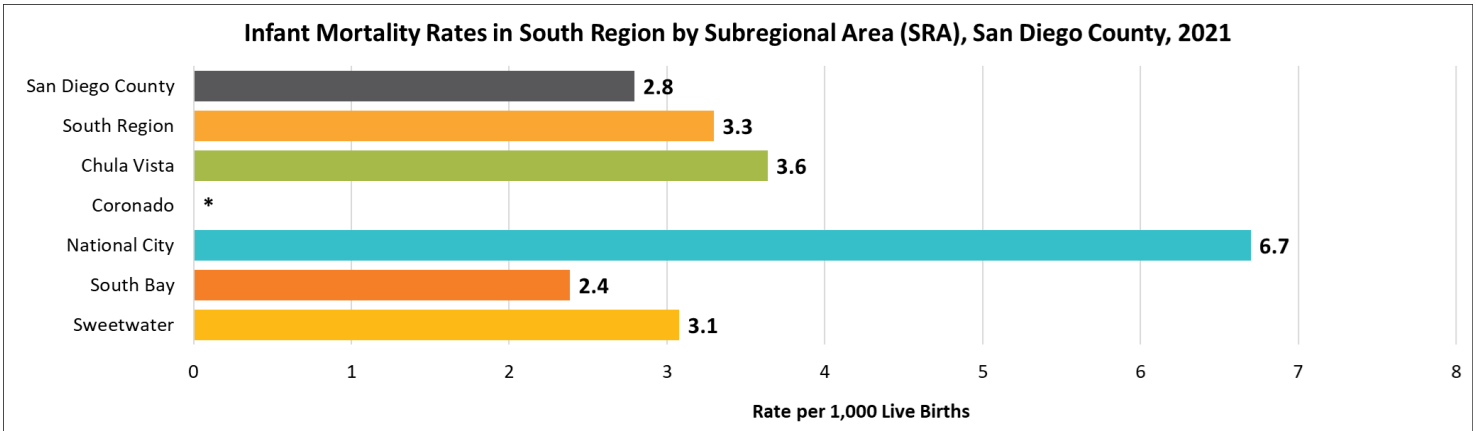
*Percentages not calculated for fewer than 5 events.
Sources: State of California, Department of Public Health, Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2022. County of San Diego, Health and Human Services Agency, Public Health Services, Maternal, Child and Family Health Services (MCFHS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, November 2024.

Fetal mortality refers to a fetal death during a pregnancy with at least 20 complete weeks of gestation. In 2022, the fetal mortality rate in South Region (3.5 per 1,000 live births and fetal deaths) was lower than the rate in San Diego County (3.9 per 1,000 live births and fetal deaths). Among South Region SRAs, Chula Vista had the highest fetal mortality rate (4.1 per 1,000 live births and fetal deaths), followed by Sweetwater (3.4 per 1,000 live births and fetal deaths).



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

Infant mortality refers to an infant's death before one year of age. In 2021, the infant mortality rate in South Region (3.3 per 1,000 live births) was higher than in San Diego County overall (2.8 per 1,000 live births). In 2021, the infant mortality rate in National City SRA (6.7 per 1,000 live births) was over twice as high as in San Diego County overall (2.8 per 1,000 live births).



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

CONCLUSION

The 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 2022, South Region was the least populous region, representing 15.1% of San Diego County's population.
- In 2022, South Region had the highest proportion of Hispanic residents (62.1%) in San Diego County.
- In 2022, South Region had the highest proportion of adults 25 years and older without a high school diploma (18.0%).

Socioeconomic Factors

- In San Diego County, South Region had the highest 5-year average unemployment rate (8.1%) between 2018-2022.
- In 2022, South Region had the second-highest proportion of households who reported receipt of Supplemental Nutrition Assistance Program (SNAP) (12.0%) as well as the second-highest proportion of residents without health insurance (8.7%) in San Diego County.

Health Outcomes

- Among South Region SRAs, the death, emergency department (ED) discharge, and hospitalization rates among non-communicable, communicable, injury, and behavioral health indicators were generally higher in Chula Vista, National City, and South Bay in 2022.

This information can be used by both Health and Human Services Agency (HHSA) internal as well as external stakeholders, such as local community organizations, in the process of identifying evidence-based decisions to inform health policy by assessing the health status and factors that may contribute to the overall health and well-being of 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.