



LIVE WELL
SAN DIEGO

South Region Health Status Report Summary



MARCH 2026

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*

March 2026

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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Suggested citation: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. (2026). *South Region Health Status Report Summary*. Retrieved MM/DD/YY from www.SDHealthStatistics.com.

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Table of Contents

Section	Page #
Introduction	1
Health Status Overview	2
Demographic Characteristics	
Population Characteristics	3
Insurance, Access, and Utilization	9
Disability Status	11
Mortality Measures	
Life Expectancy	12
Leading Causes of Death	13
Health Outcomes	
Non-Communicable (Chronic) Diseases.....	14
3-4-50: Chronic Diseases	17
Communicable (Infectious) Diseases	19
Injury Indicators.....	23
Behavioral Health Indicators.....	26
Alzheimer’s Disease and Non-Alzheimer’s Dementia	29
Maternal and Child Health Indicators.....	30
Conclusion	33

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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 2023 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 2023. 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 2023 for South Region, outlining the relative burden of a specific cause of death compared to other causes.
- 3) **Health Outcomes:** Deaths in this report refer to the underlying cause of death, except for COVID-19 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 Non-Alzheimer's Dementia, and
 - f) Maternal and Child Health Indicators.

HEALTH STATUS OVERVIEW (2023): SOUTH REGION

DEMOGRAPHIC CHARACTERISTICS

Population: 493,463
(15.0% of San Diego County's population)

Age Distribution:

- 0-4 years old (5.6%)
- 5-14 years old (13.6%)
- 15-24 years old (13.5%)
- 25-44 years old (29.0%)
- 45-64 years old (24.5%)
- 65+ years old (13.8%)

Median Household Income: \$101,413

Population Below 200% Federal Poverty Level (FPL): 25.9%

Population with Health Insurance: 91.8%

Population with Disability: 10.9%

Households Receiving Food Stamps/SNAP/CalFresh: 12.4%

MORTALITY MEASURES

Overall Life Expectancy: 81.0 years

Top 5 Leading Causes of Death:

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

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 (multiple cause of death) 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	Alzheimer's Disease 31.0 per 100,000	Alzheimer's Disease (any mention) 73.1 per 100,000	Alzheimer's Disease (any mention) 113.0 per 100,000

Maternal and Child Health Indicators

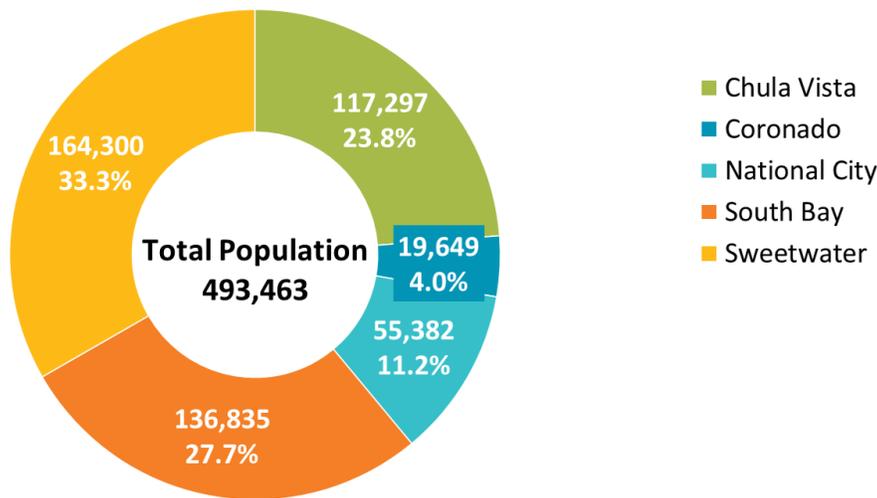
Total Live Births: 6,495	Preterm Births: 8.6% Low Weight Births: 6.8% Very Low Weight Births: 1.0% Teen Births: 0.5% Received Early Prenatal Care: 82.6%	Infant Mortality Rate (2022): 3.9 per 1,000 Total Live Births Fetal Mortality Rate: 3.5 per 1,000 Live Births and Fetal Deaths
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DEMOGRAPHIC CHARACTERISTICS

POPULATION CHARACTERISTICS

In 2023, South Region was home to an estimated 493,463 residents, representing 15.0% of San Diego County's population (3,282,782). The most populated subregional area (SRA) in South Region was Sweetwater (33.3%), followed by South Bay (27.7%) in 2023.

South Region Population Distribution* by Subregional Area (SRA), San Diego County, 2023



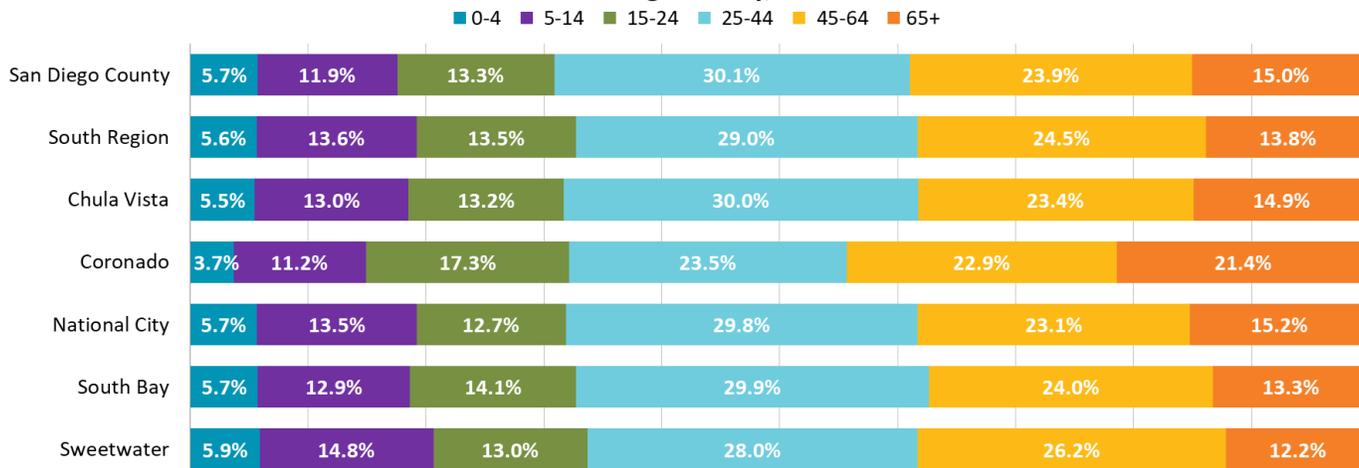
*Please note that percentages may not add up to 100% due to rounding.

Source: U.S. Census Bureau; 2019-2023 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, December 2025.

In 2023, adults aged 25-44 years old constituted the highest proportion of South Region residents (29.0%), 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 (30.0%) in 2023. Additionally, Coronado SRA had the highest proportion of residents 65 years and older (21.4%) in 2023.

Percent of Population by Age Group in South Region and Subregional Areas (SRAs), San Diego County, 2023

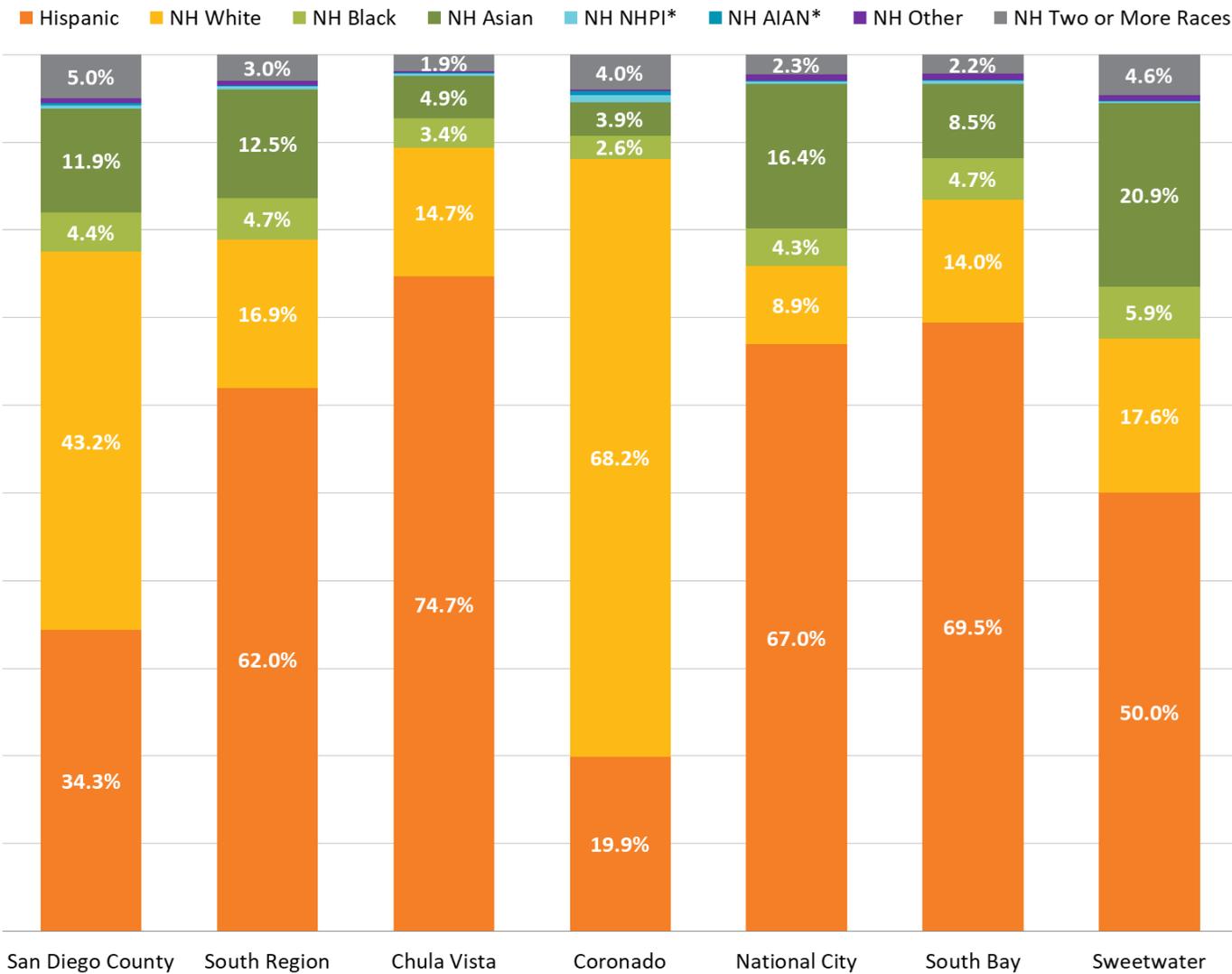


Source: U.S. Census Bureau; 2019-2023 American Community Survey 5-Year Estimates, Table B01001.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

In 2023, residents in South Region were primarily Hispanic (62.0%), followed by non-Hispanic (NH) White (16.9%), NH Asian (12.5%), NH Black (4.7%), NH residents of two or more races (3.0%), NH Native Hawaiian or Pacific Islander (0.3%), NH American Indian/Alaska Native (0.1%), and NH Other race (0.5%). Among South Region SRAs, Chula Vista (74.7%) and South Bay (69.5%) had the highest proportions of Hispanic residents in 2023. Furthermore, in 2023, Coronado SRA had the highest proportion of NH White (68.2%), NH Native Hawaiian or Pacific Islander (0.8%), and NH American Indian/Alaska Native (0.4%) residents. In 2023, Sweetwater SRA had the highest proportion NH Asian (20.9%), NH Black (5.9%), and NH residents of two or more races (4.6%) in South Region.

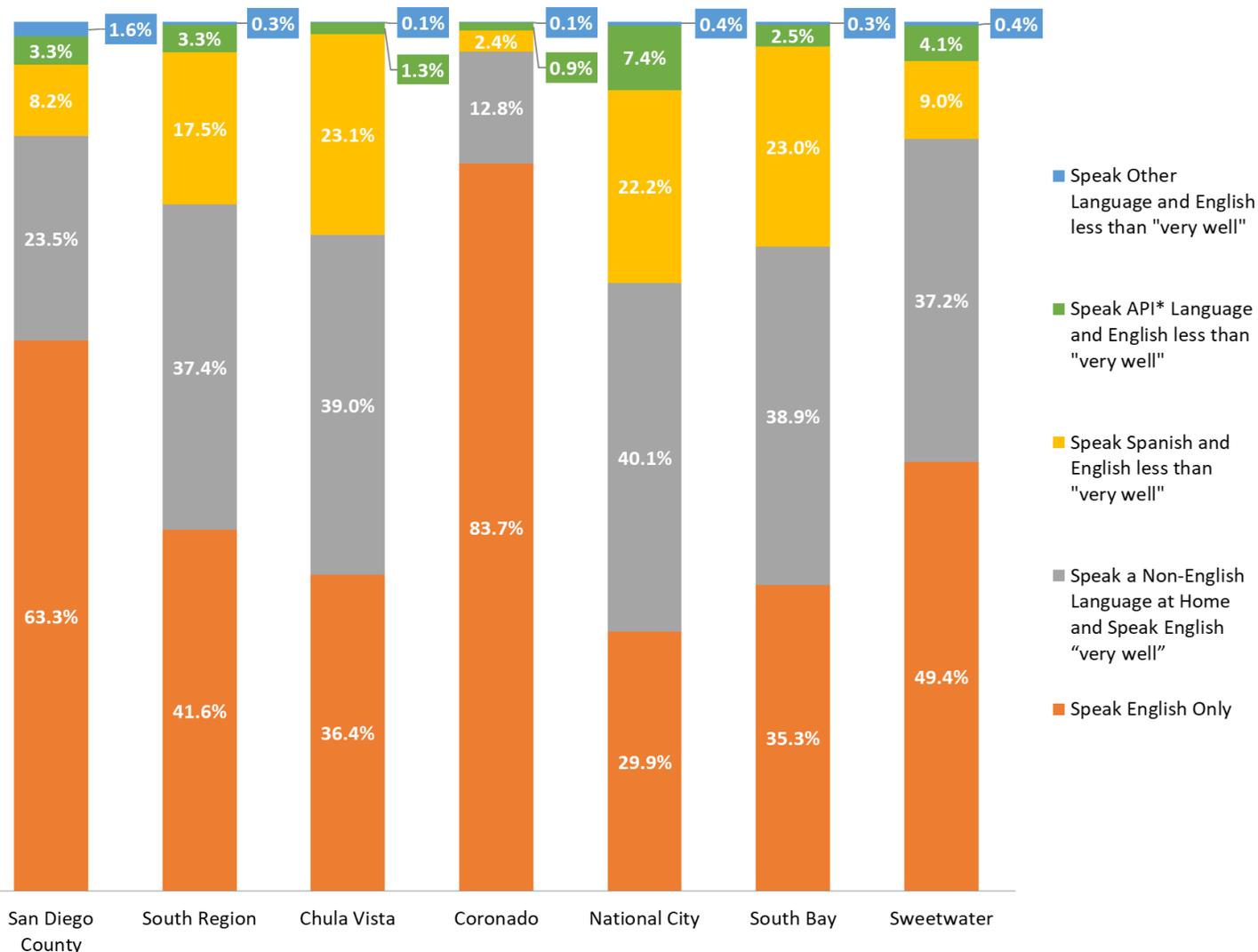
Percent of Population by Race/Ethnicity in South Region and Subregional Areas (SRAs), San Diego County, 2023



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; 2019-2023 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, December 2025.

Among South Region residents aged 5 years and older, 41.6% spoke only English at home, and 37.4% spoke English "very well" while speaking another language at home in 2023. South Region and all its SRAs, except Coronado, had lower proportions of English-only speakers than San Diego County in 2023. Among South Region SRAs, National City had the highest percentage of residents (7.4%) that spoke an Asian or Pacific Islander language and spoke English less than "very well."

Language Spoken at Home Among Population 5 Years and Older in South Region and Subregional Areas (SRAs), San Diego County, 2023

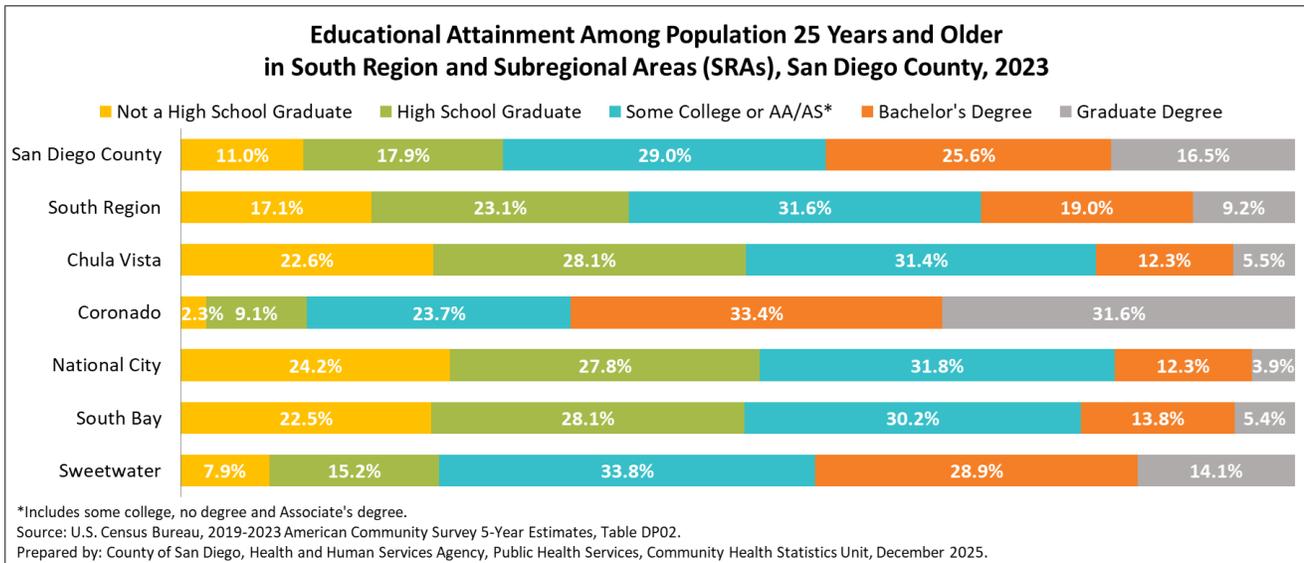


*API refers to Asian/Pacific Islander.

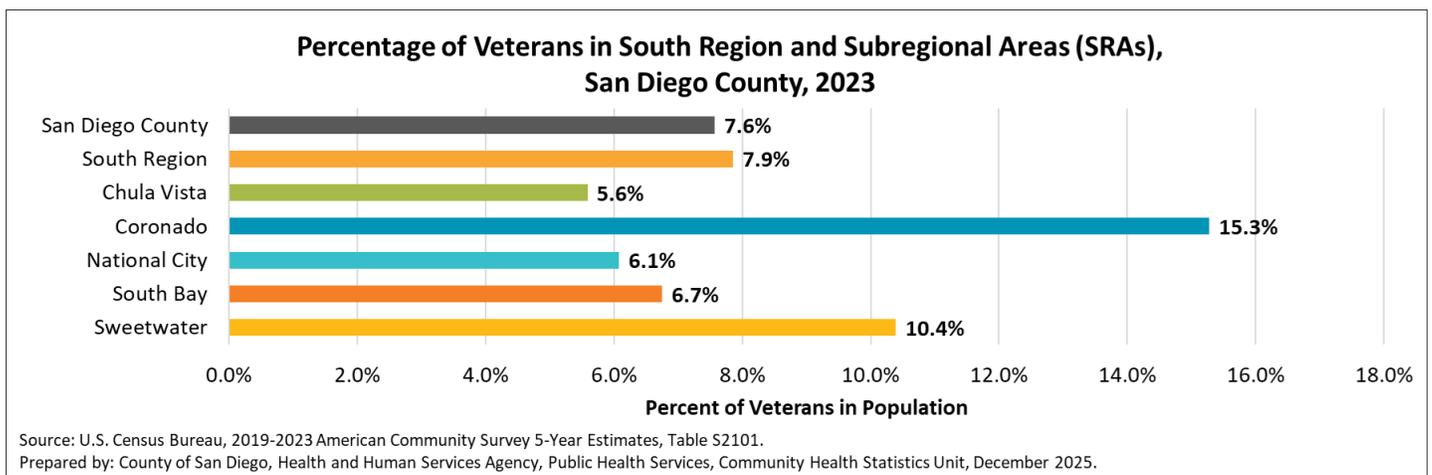
Source: U.S. Census Bureau, 2019-2023 American Community Survey 5-Year Estimates, Table DP02.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

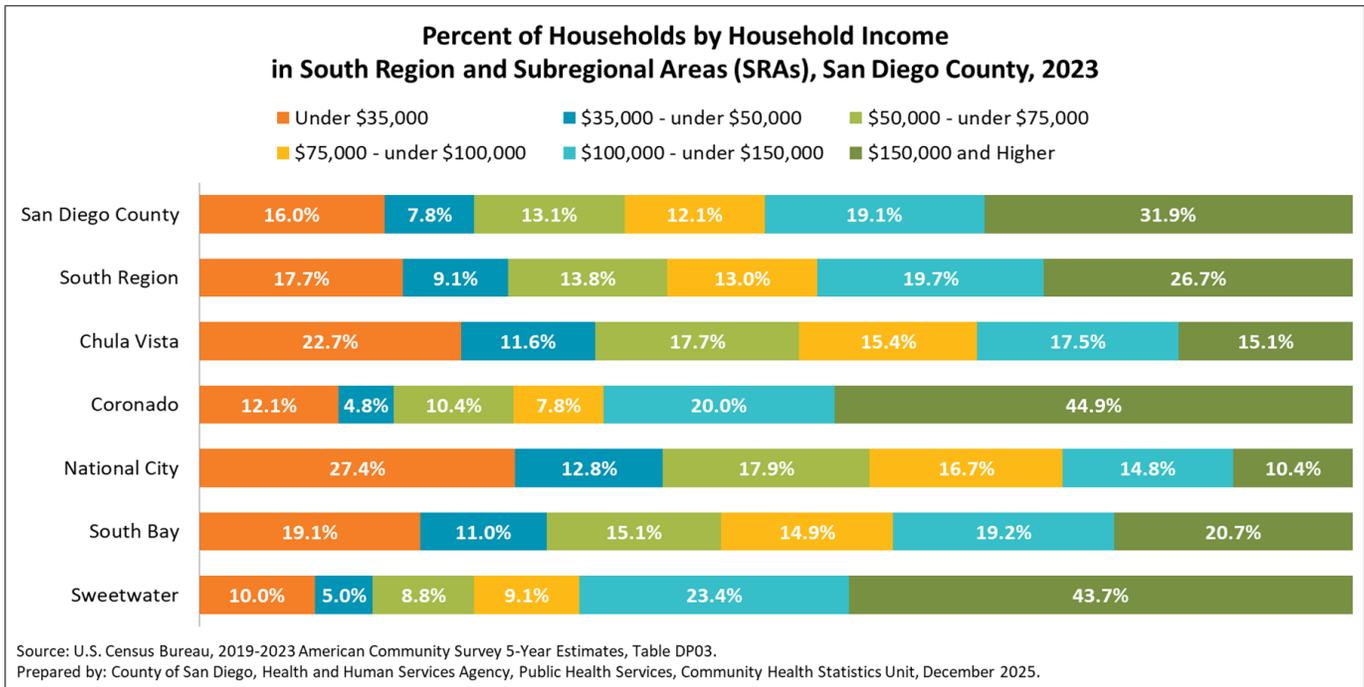
Educational attainment refers to the highest level of education completed in terms of the highest degree or the highest level of schooling, completed for the population 25 years and older. In 2023, more than 1 in every 6 adults (17.1%) in South Region, aged 25 years and older, did not have a high school diploma or General Educational Diploma (GED). Among South Region SRAs, National City had the highest proportion of adults 25 years and older without a high school diploma (24.2%), followed by Chula Vista (22.6%) in 2023. Over 1 out of every 4 adults (28.2%) held a bachelor's or graduate degree in South Region in 2023, which was the lowest percentage across the HHS regions.



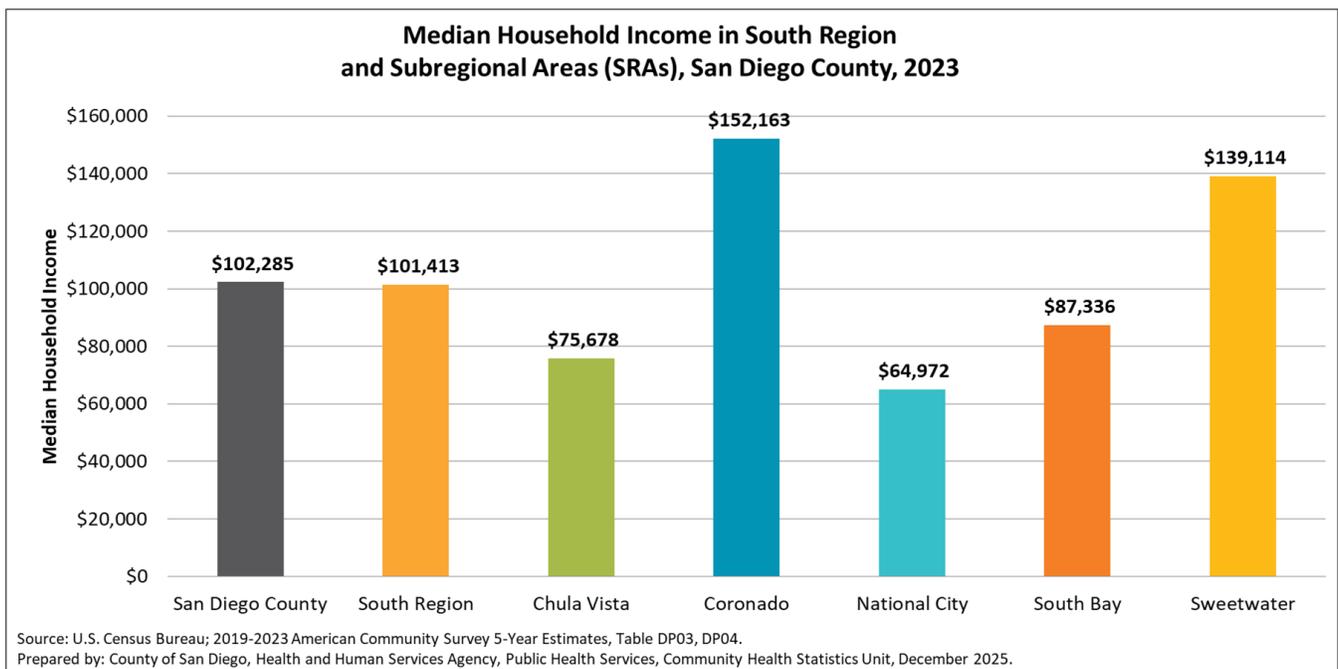
Veterans are civilians who have served officially or non-officially domestically or at war, but are not currently serving on active duty in the U.S. Army, Navy, Air Force, Marine Corps, or the Coast Guard, or who served in the U.S. Merchant Marine during World War II. People who served in the National 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 2023, 7.9% of residents in South Region were veterans. Among South Region SRAs, Coronado had the highest proportion of veterans (15.3%).



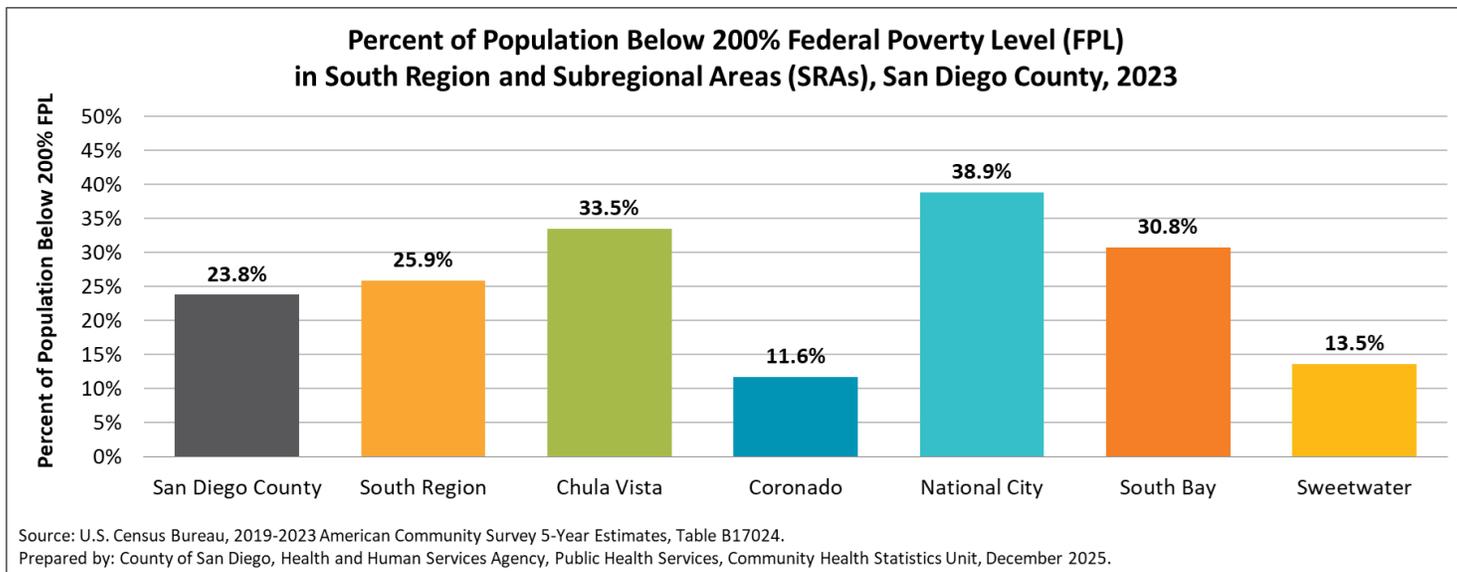
Household income includes the income of the householder, and all other individuals 15 years and older in the household, whether they are related to the householder or not. In 2023, 17.7% of households in South Region had an annual income of less than \$35,000. Among South Region SRAs, National City had the highest proportion of households with an annual income of less than \$35,000 (27.4%), which was the second highest proportion among all SRAs in San Diego County in 2023.



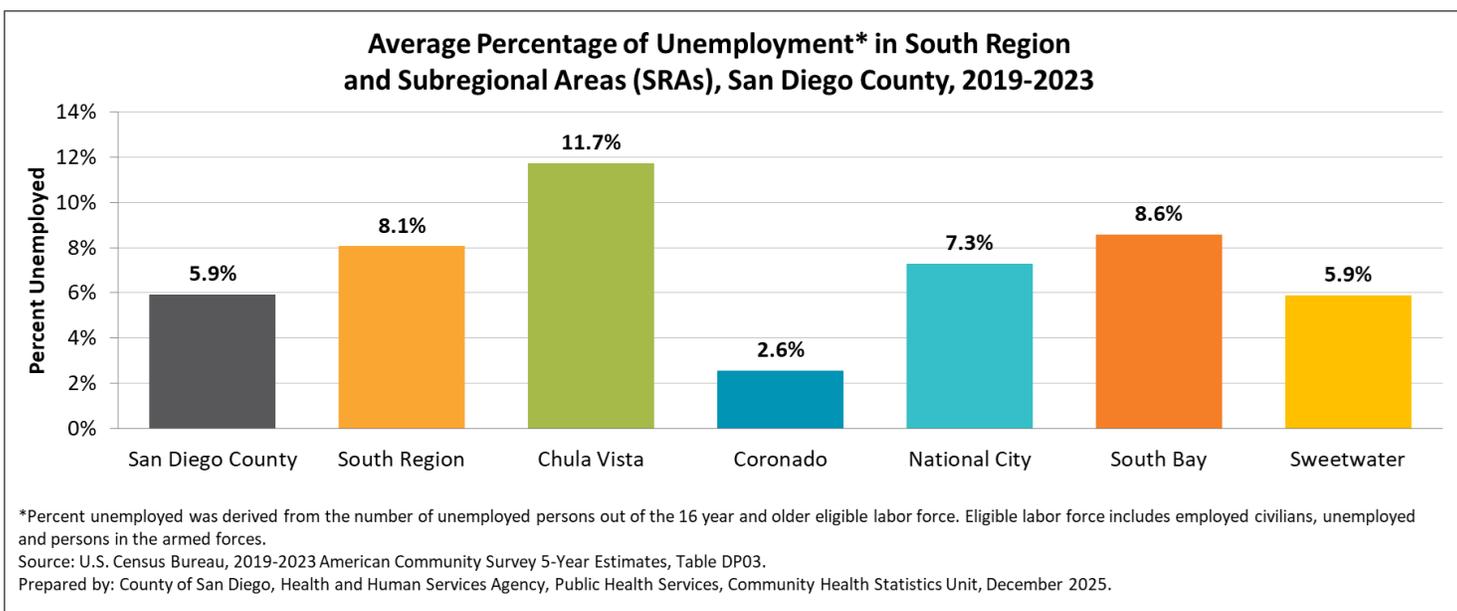
The median household income in South Region was \$101,413 in 2023. Among South Region SRAs, Coronado had the highest median household income (\$152,163), while National City had the lowest (\$64,972) in 2023. Furthermore, National City SRA had the second lowest median household income among all SRAs in San Diego County.



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, 1 out of every 4 residents (25.9%) lived below 200% FPL in 2023, which was a higher proportion than San Diego County overall (23.8%). Among South Region SRAs, National City had the highest proportion of residents (38.9%) living below 200% FPL, followed by Chula Vista (33.5%).

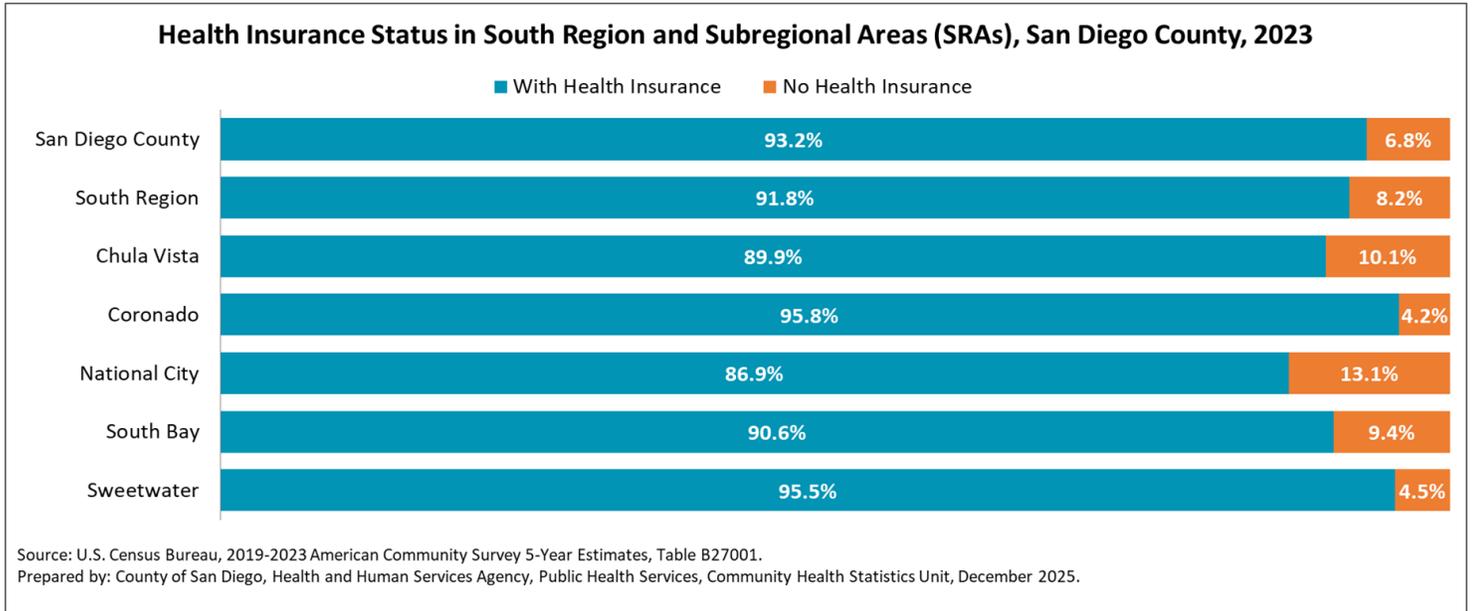


The average 5-year percentage of unemployment was derived from the number of unemployed persons, out of the 16 years and older eligible labor force: employed civilians, unemployed persons, and persons in the armed forces. Between 2019-2023, the 5-year average unemployment rate in South Region was 8.1%, which was the highest among all HHS regions. Among South Region SRAs, Chula Vista had the highest 5-year average unemployment rate (11.7%), while Coronado had the lowest (2.6%) between 2019-2023.

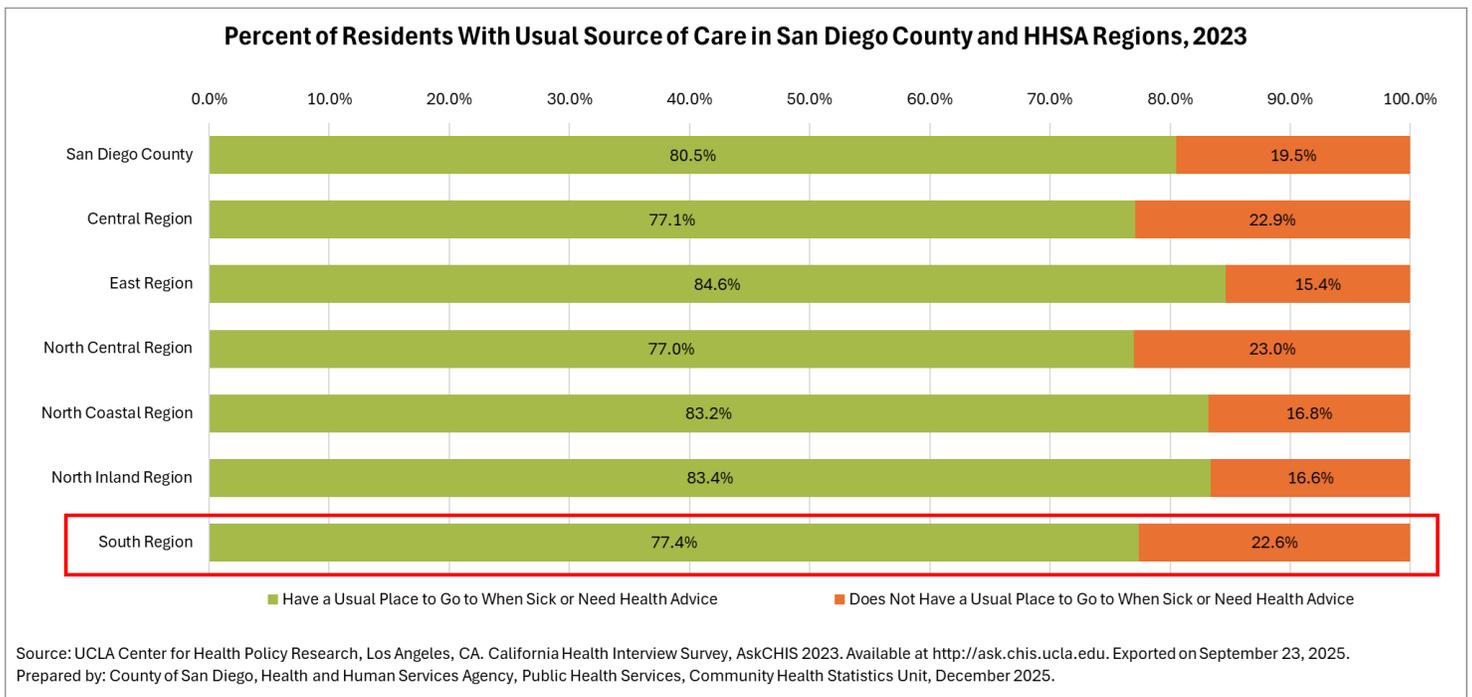


INSURANCE, ACCESS, AND UTILIZATION

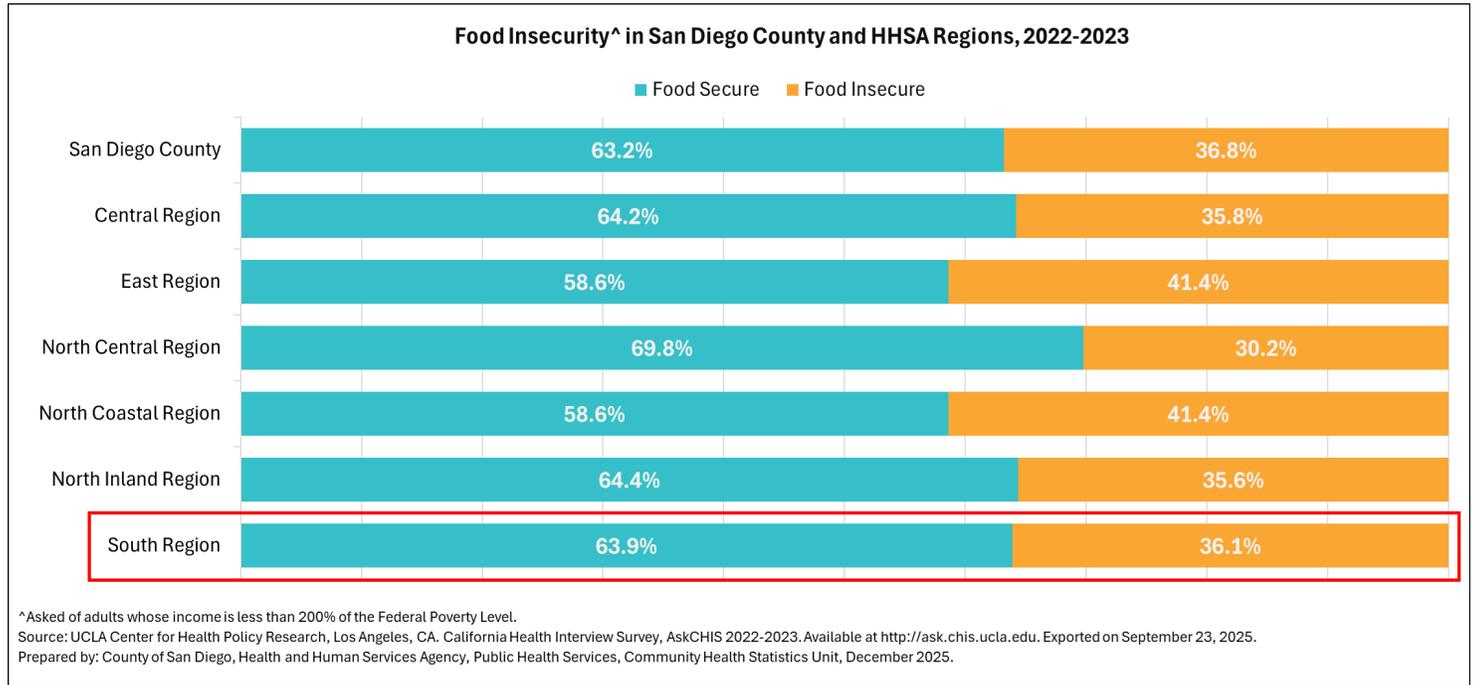
In 2023, 91.8% of residents in South Region were insured through private or public programs, while 8.2% had no health insurance coverage. Among South Region subregional areas (SRAs), National City had the highest proportion of residents without health insurance (13.1%), followed by Chula Vista (10.1%). In 2023, South Region had the second-highest proportion of residents without health insurance compared to all other Health and Human Services Agency (HHSA) Regions.



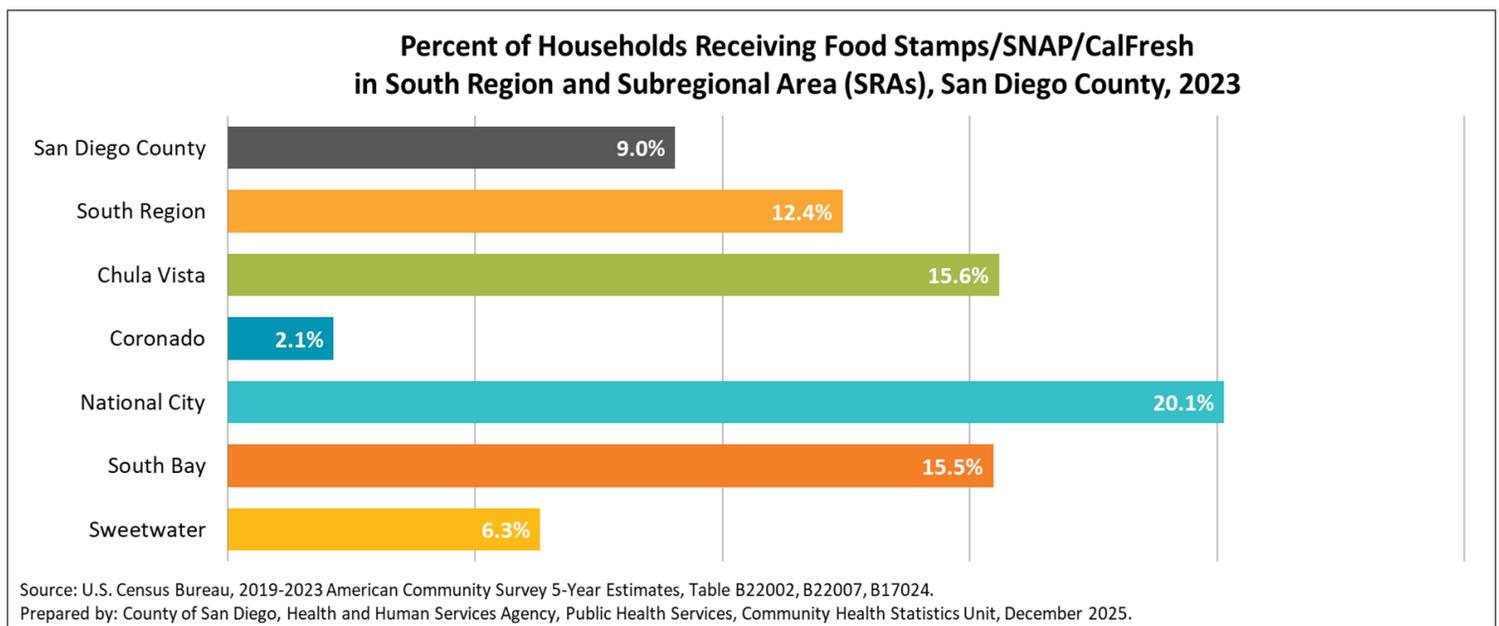
In 2023, over 3 out of every 4 residents (77.4%) in South Region reported having a usual place to go when sick or needing health advice. Meanwhile, 22.6% of residents in South Region reported not having a usual place to go when sick or needing health advice, the third highest proportion of residents without a usual source of care among HHSA regions in 2023.



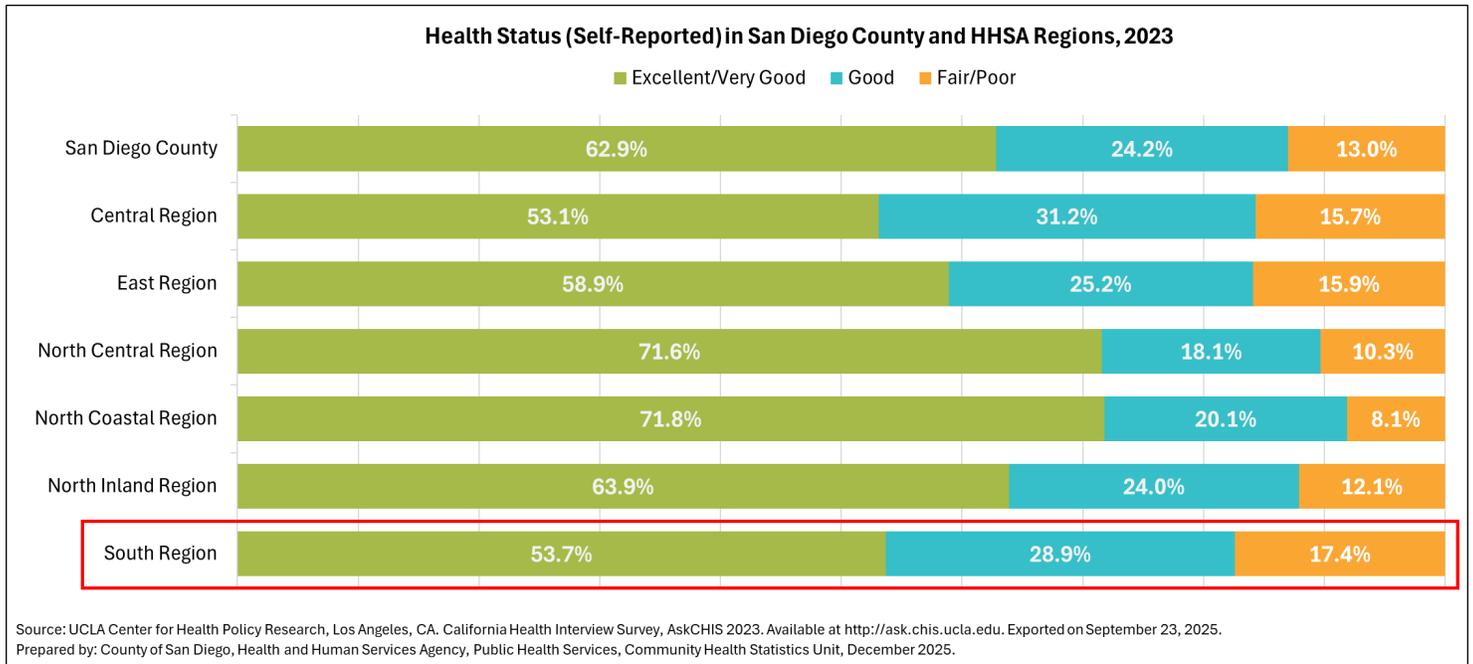
In South Region, over 1 in every 3 adults (36.1%) with income less than 200% of the Federal Poverty Level (FPL), reported an inability to afford enough food from 2022-2023. Among the HHS regions, South Region had the third highest proportion of adults, with income less than 200% FPL, reporting an inability to afford enough food from 2022-2023.



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 2023, 12.4% 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, where 1 out of every 5 households (20.1%) received SNAP.

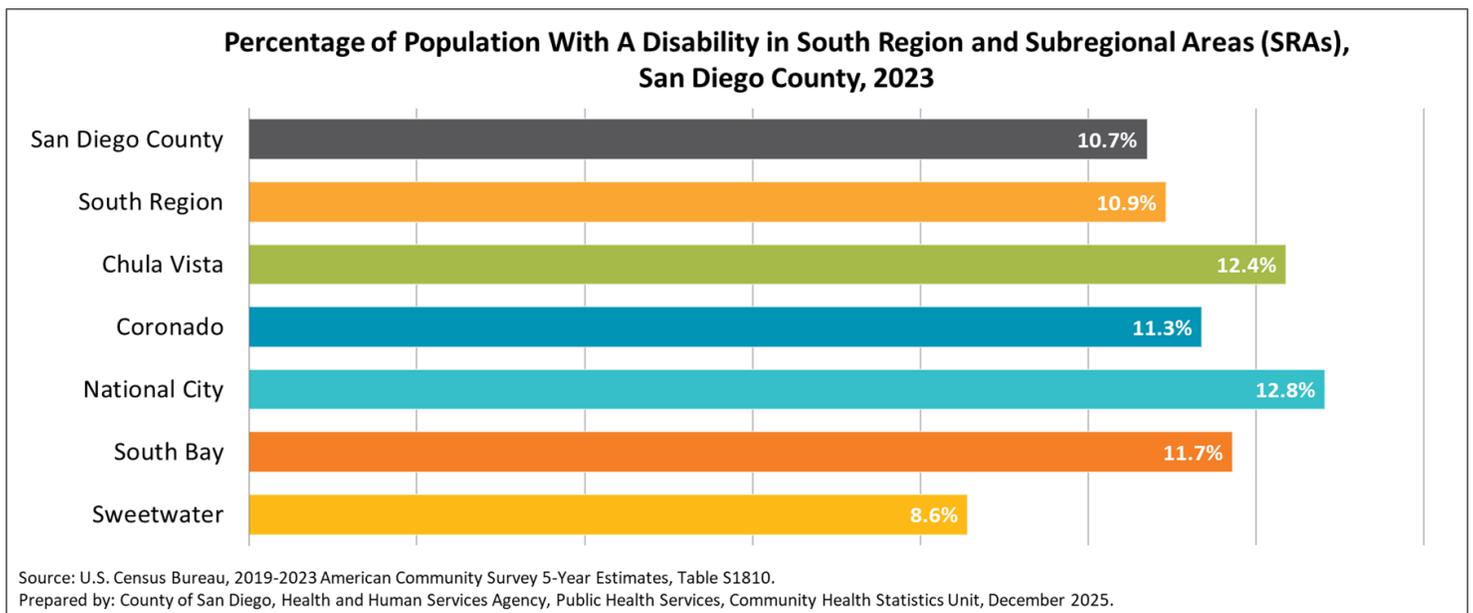


In 2023, over half (53.7%) of residents in South Region reported having excellent/very good health. Among HHS regions, South Region had the highest proportion of residents reporting fair or poor health (17.4%) in 2023.



DISABILITY STATUS

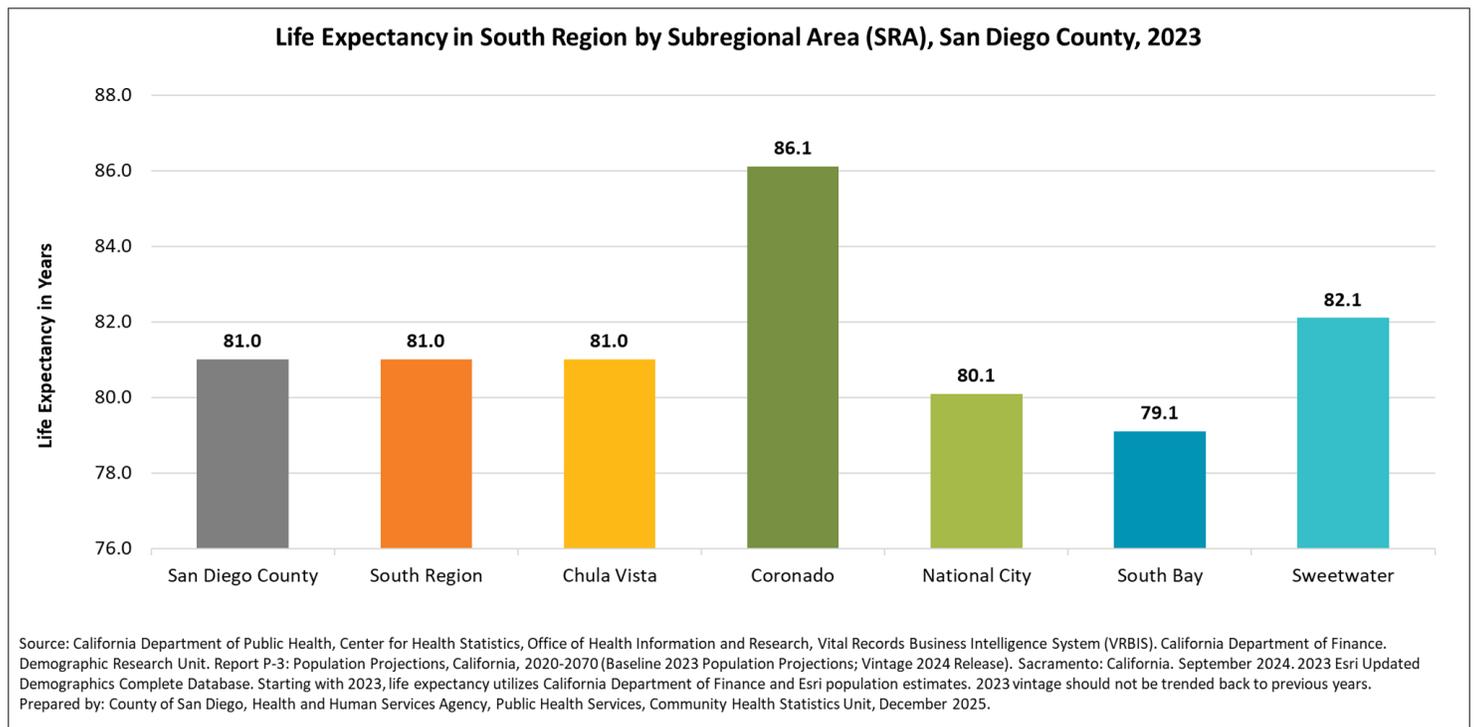
Disability is a dynamic concept that changes over time as one's health improves or declines, as technology advances, and as social structures adapt. Individuals who report any of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2023, 1 in 9 (10.9%) 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%).



MORTALITY MEASURES

LIFE EXPECTANCY

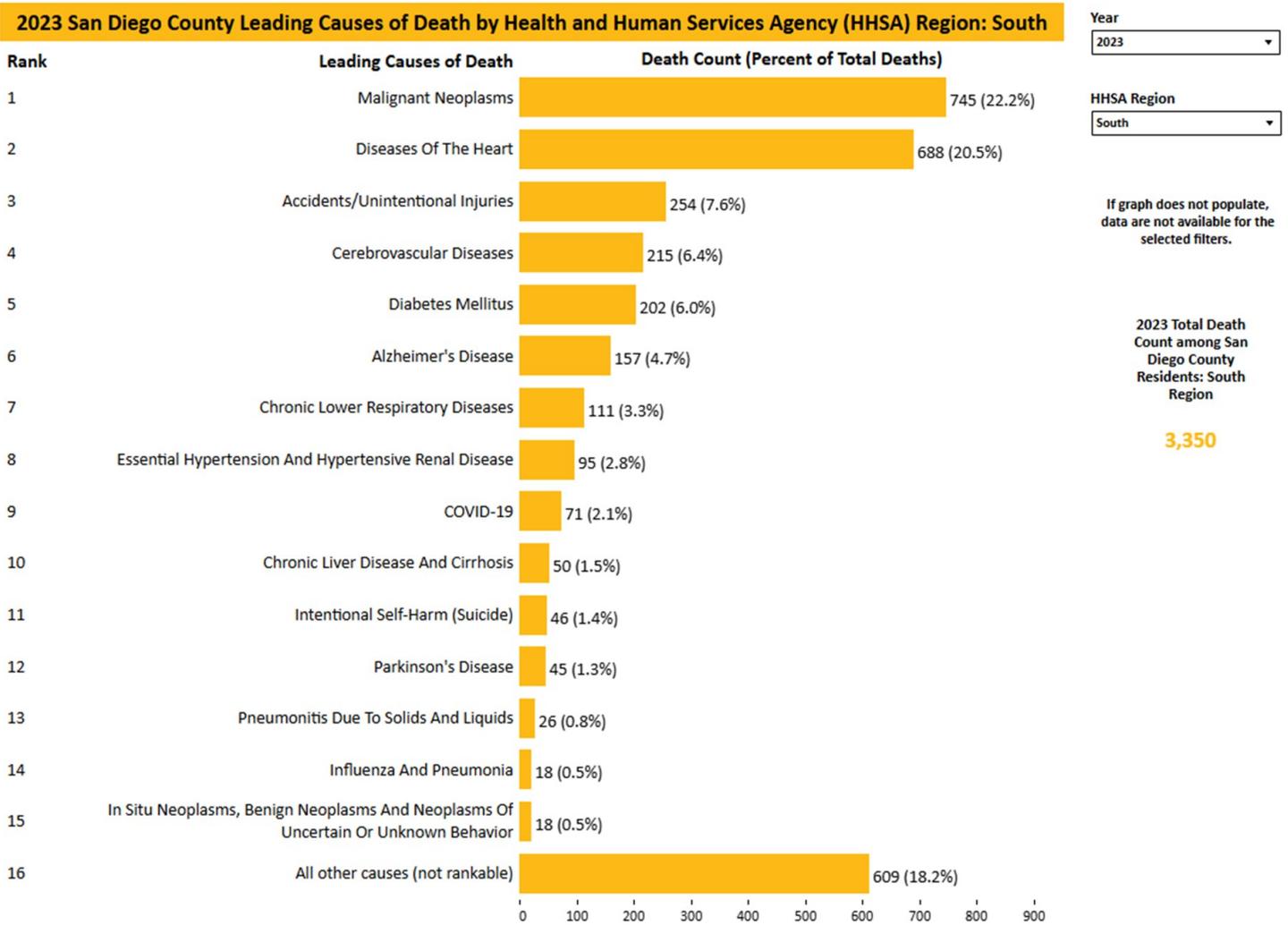
Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. A baby born in South Region in 2023 had the same life expectancy as those in San Diego County overall (81.0 years). Among South Region subregional areas (SRAs), Coronado had the highest life expectancy (86.1 years), while South Bay had the lowest (79.1 years), for a 7-year difference in life expectancy between the communities.



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 2023, malignant neoplasms (cancers) were the number one leading cause of death in South Region, followed by diseases of the heart. In South Region, 4 out of the top 5 leading causes of death were non-communicable (chronic) diseases (cancer, heart disease, cerebrovascular disease, also known as stroke, and diabetes).

LEADING CAUSES OF DEATH AMONG SAN DIEGO COUNTY RESIDENTS



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 for San Diego County residents and 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.

For data years 2020-2022, 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.

Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

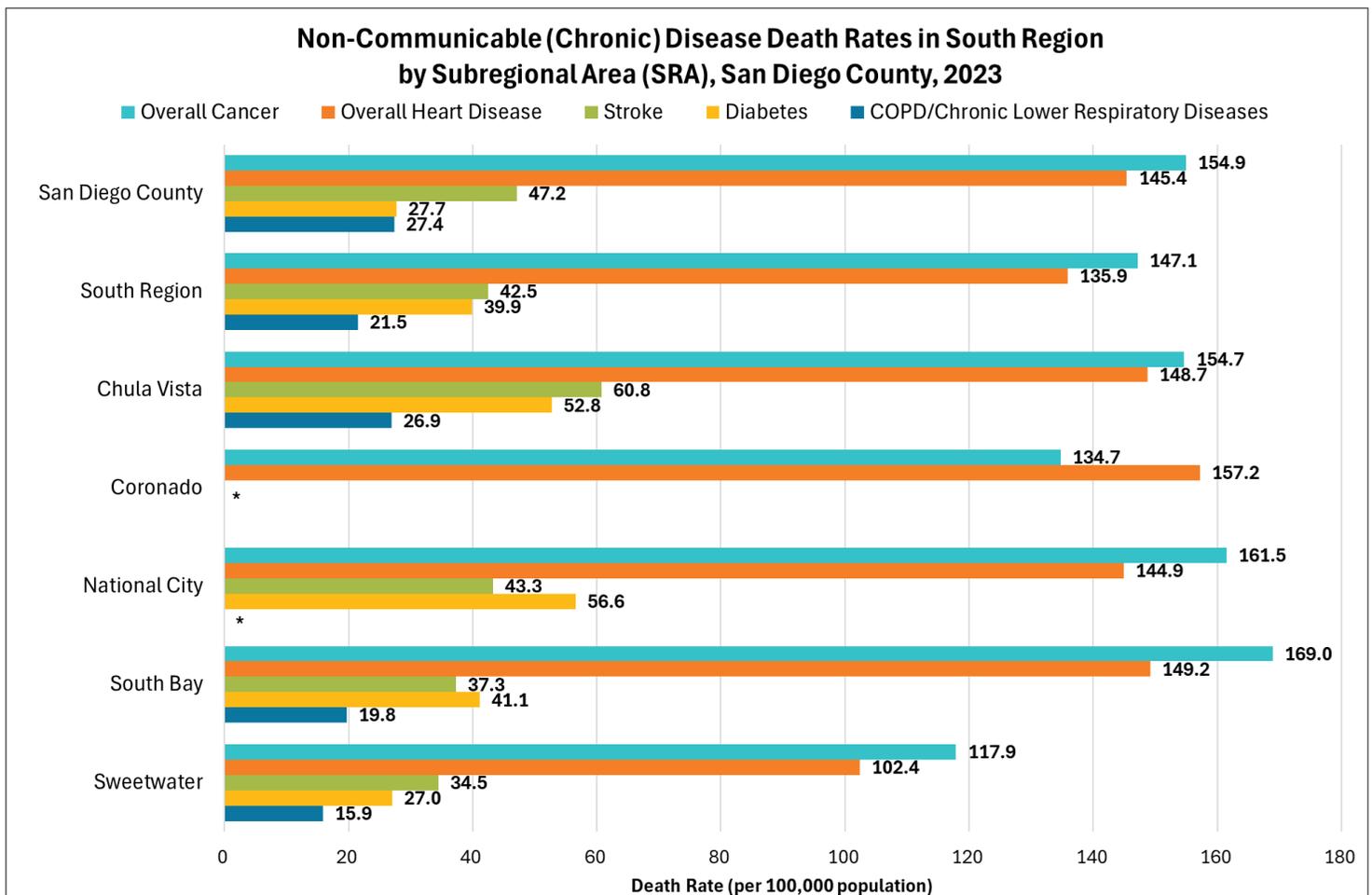
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System, 2011-2023.

Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, May 2025.

HEALTH OUTCOMES

NON-COMMUNICABLE (CHRONIC) DISEASES

In 2023, among non-communicable (chronic) diseases, the highest death rates were due to overall cancer in South Region and its subregional areas (SRAs), except for Coronado, where the highest death rate was due to overall heart disease. Among South Region SRAs, South Bay had the highest death rate due to cancer (169.0 per 100,000), followed by National City (161.5 per 100,000). In 2023, among South Region SRAs, Coronado had the highest death rate due to overall heart disease (157.2 per 100,000), Chula Vista had the highest death rates for stroke (60.8 per 100,000) and COPD/chronic lower respiratory diseases (26.9 per 100,000), and National City had the highest rate of death due to diabetes (56.6 per 100,000). Further, in 2023, the death rate due to diabetes in National City SRA was the highest rate across all SRAs in the county and was twice as high as the rate in San Diego County overall (27.7 per 100,000).

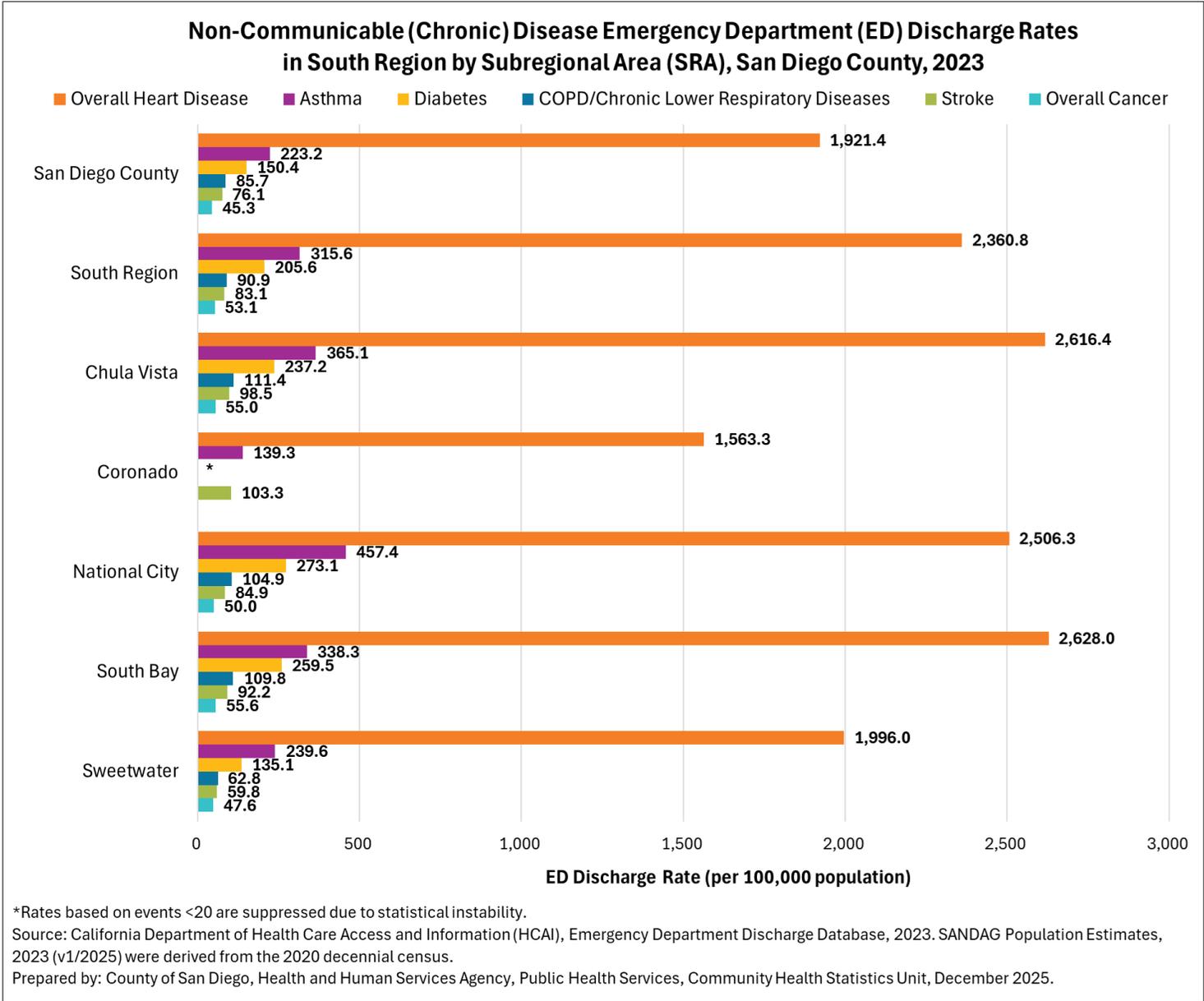


*Rates based on events <20 are suppressed due to statistical instability.

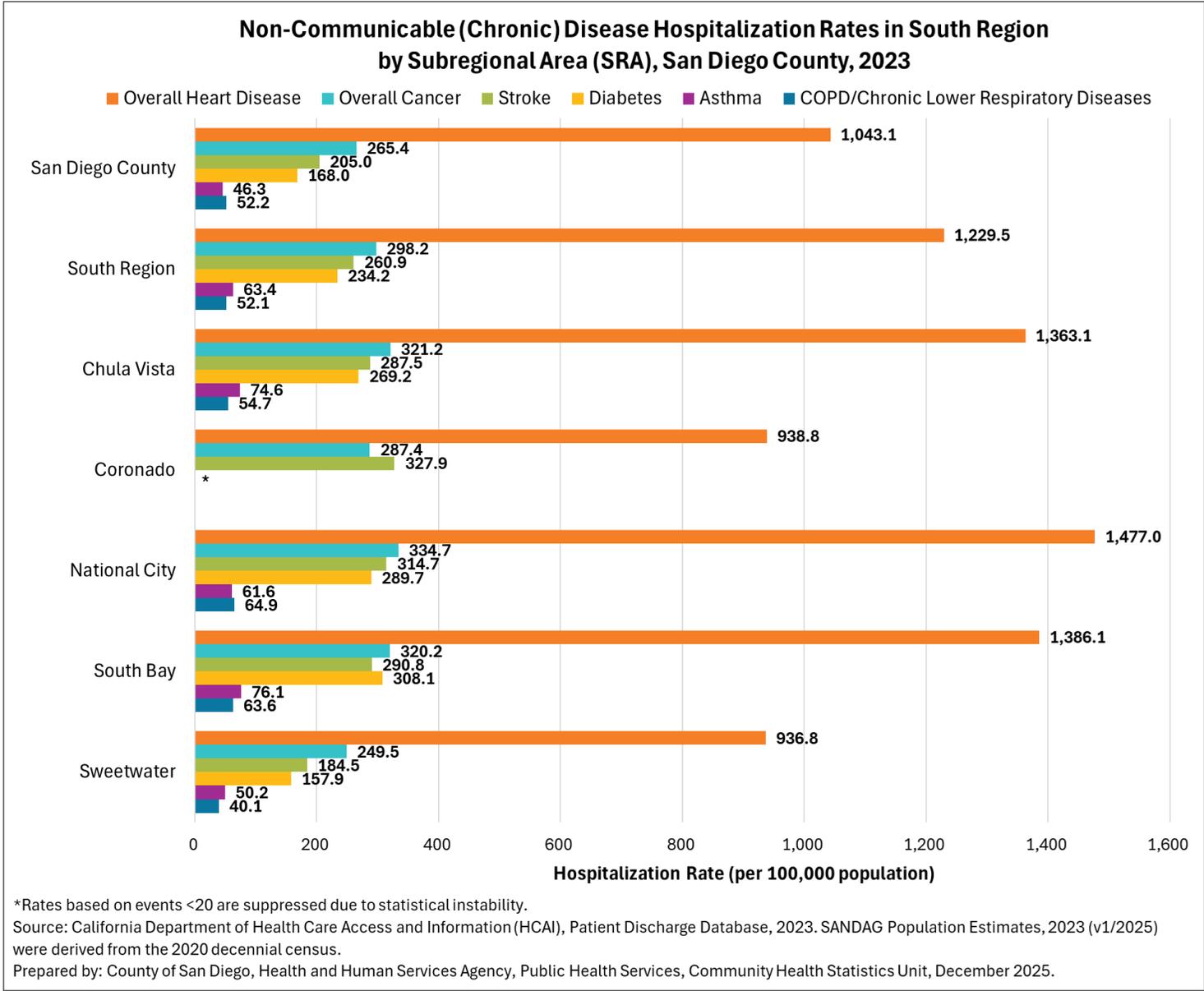
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2023. Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included. SANDAG Population Estimates, 2023 (v1/2025) 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, December 2025.

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 2023. Among South Region SRAs, South Bay had the highest ED discharge rates due to overall heart disease (2,628.0 per 100,000) and overall cancer (55.6 per 100,000). Furthermore, National City SRA had the highest ED discharge rates due to asthma (457.4 per 100,000) and diabetes (273.1 per 100,000). Notably, the rate of asthma ED discharge was two times higher in National City SRA, compared to the county overall. Additionally, among the Health and Human Services Agency (HHSA) regions, in 2023, South Region had the highest ED discharge rate due to overall cancer (53.1 per 100,000).

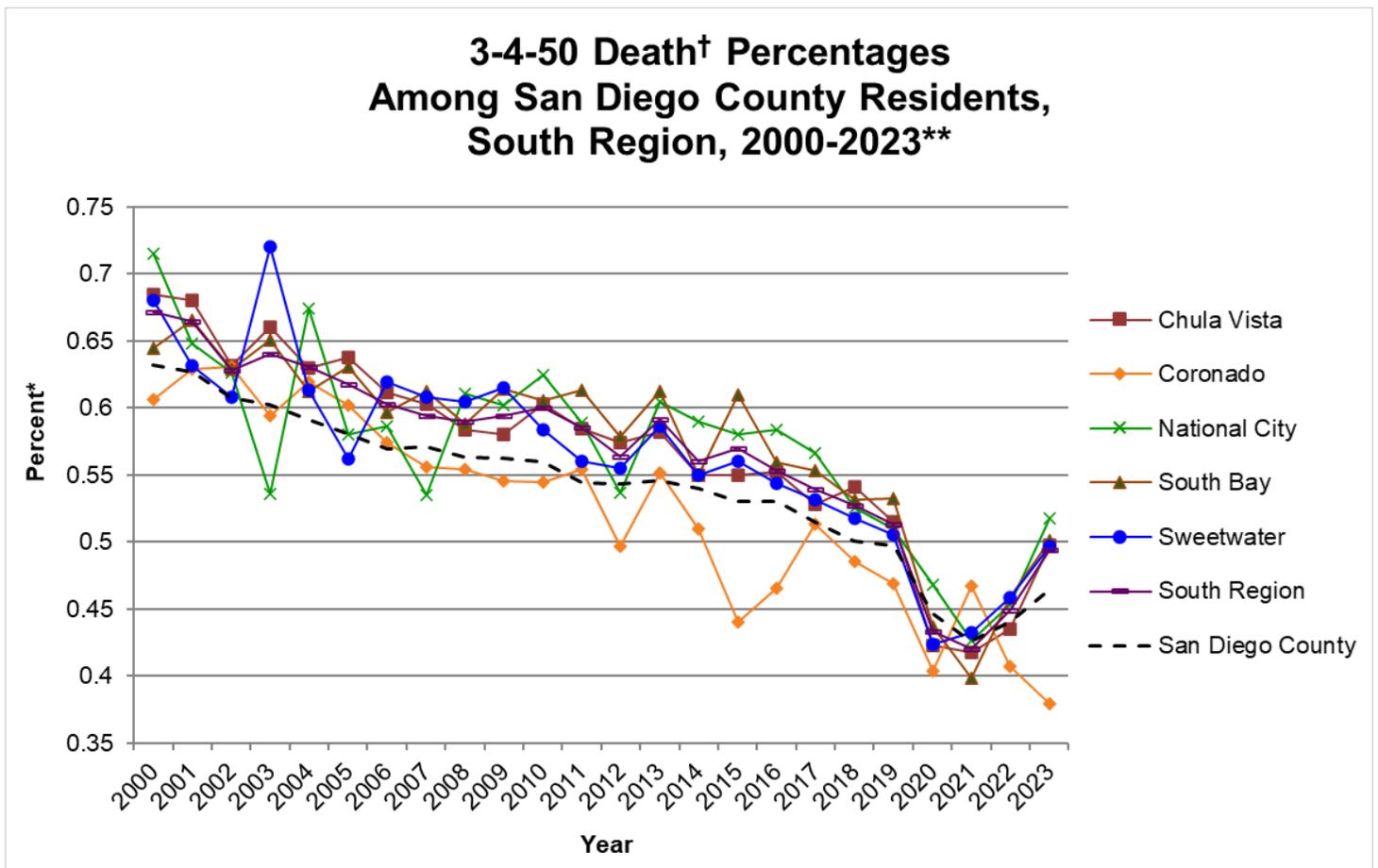


Among non-communicable (chronic) diseases, the highest hospitalization rates were due to overall heart disease in South Region and its SRAs. Among South Region SRAs, National City had the highest hospitalization rates due to overall heart disease (1,477.0 per 100,000), overall cancer (334.7 per 100,000), and COPD/chronic lower respiratory diseases (64.9 per 100,000). Additionally, among South Region SRAs, Coronado had the highest rate of hospitalization due to stroke (327.9 per 100,000) and South Bay had the highest hospitalization rates due to diabetes (308.1 per 100,000) and asthma (76.1 per 100,000). In 2023, the hospitalization rates due to diabetes and asthma in South Region were both nearly 40% higher than the county overall.



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 and its subregional areas (SRAs) from 2000 to 2023. In 2023, stroke, coronary heart disease (CHD), diabetes, chronic obstructive pulmonary disease (COPD)/chronic lower respiratory diseases, asthma, and cancer caused 49% of all deaths in South Region. Among South Region SRAs, National City had the highest percentage of deaths (52%) due to 3-4-50 chronic diseases in 2023.



*3-4-50 deaths as a percentage of all cause deaths.

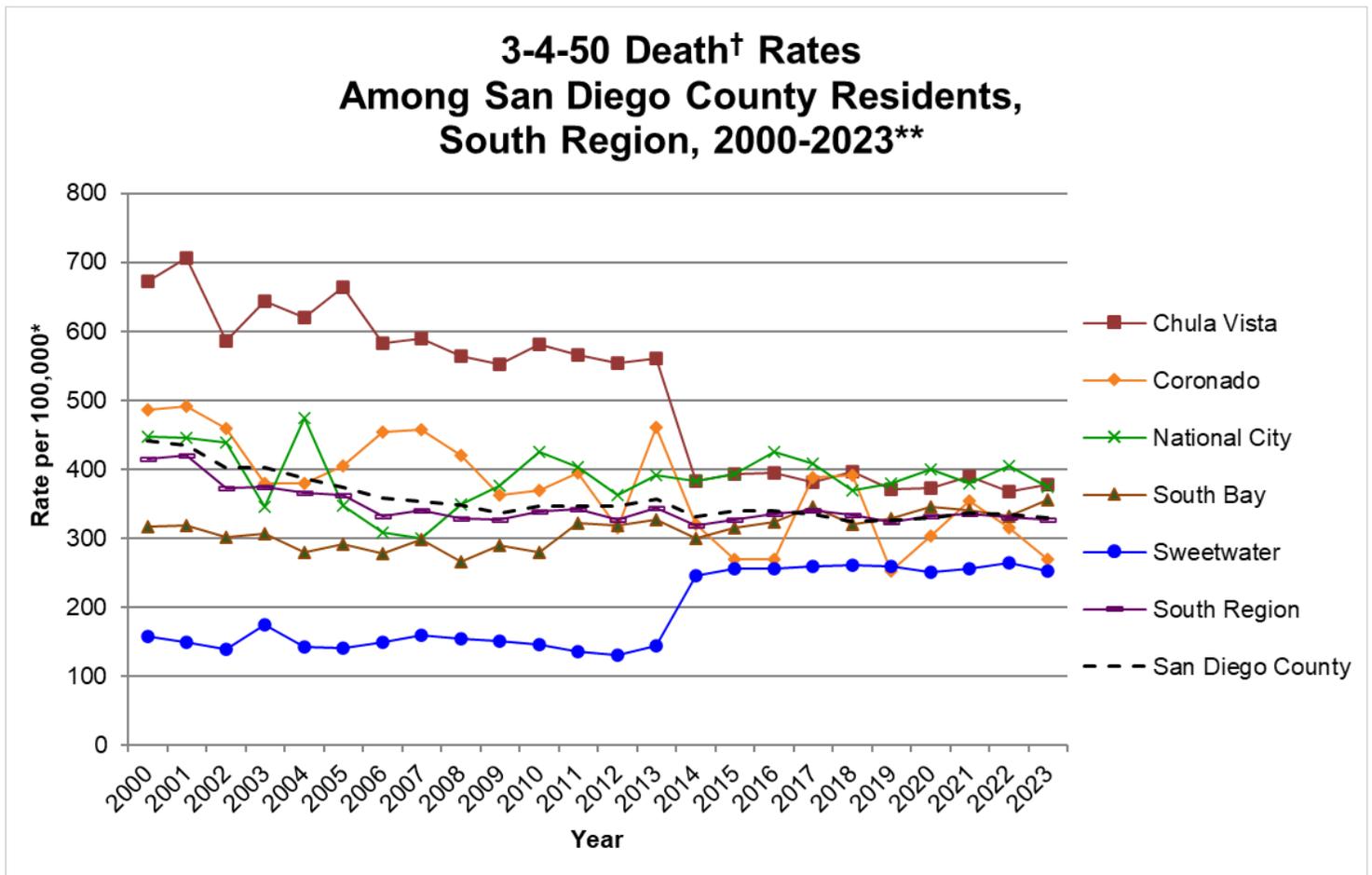
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).

**For data years 2020-2022, 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, 2014-2023 California Vital Records Business Intelligence System (VRBIS). Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included.

Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Public Health Services (PHS), Community Health Statistics Unit, February 2025.

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 2023. Among South Region SRAs, Chula Vista had the highest death rate due to 3-4-50 chronic diseases (377.3 per 100,000) in 2023, despite having a 43.9% percent decrease from 2000 to 2023. Moreover, Sweetwater SRA had the lowest death rate due to 3-4-50 chronic diseases (252.9 per 100,000) in 2023 and the greatest percentage increase (60.8%) from 2000 to 2023.



*Rates per 100,000 population.

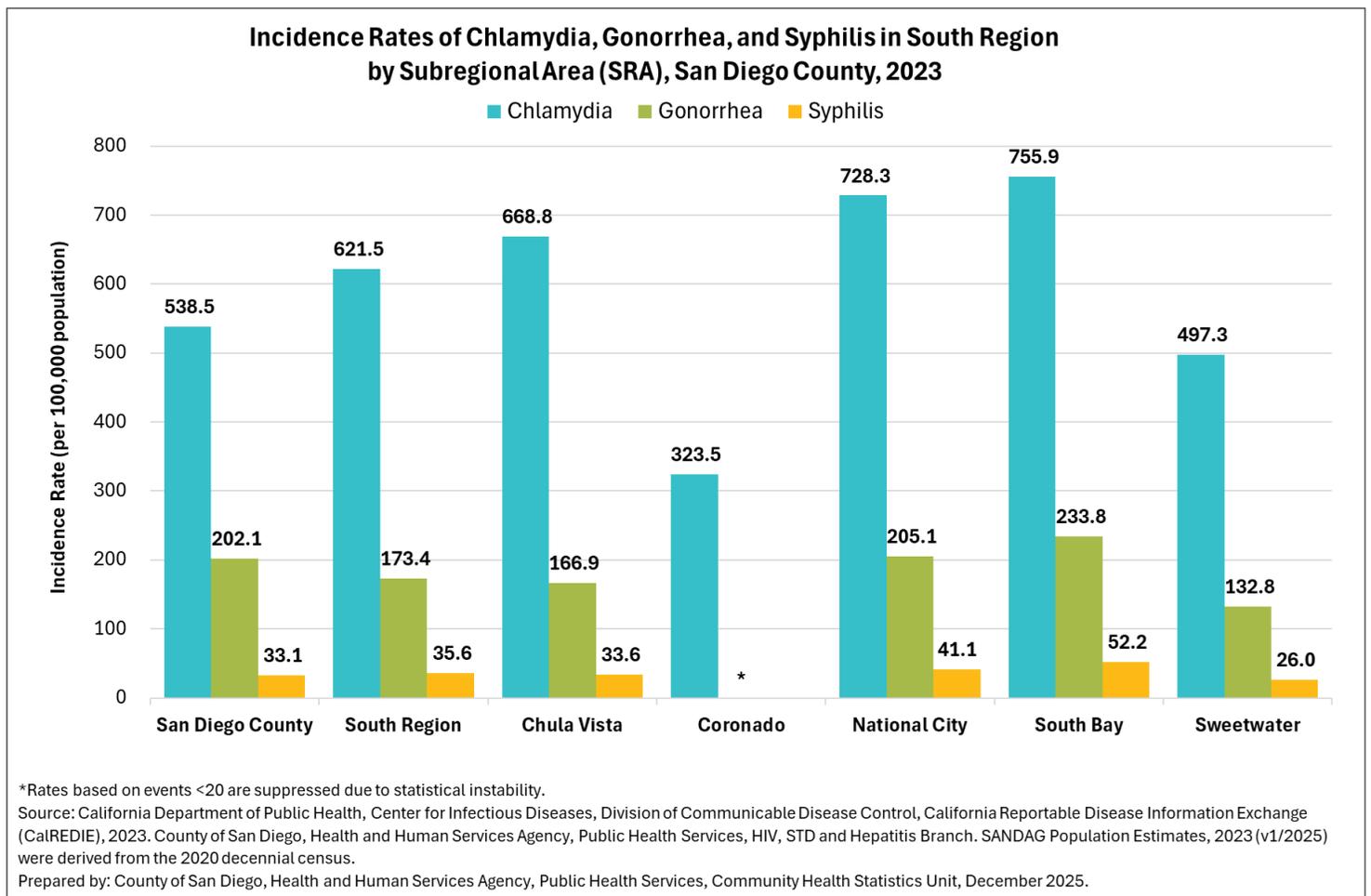
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).

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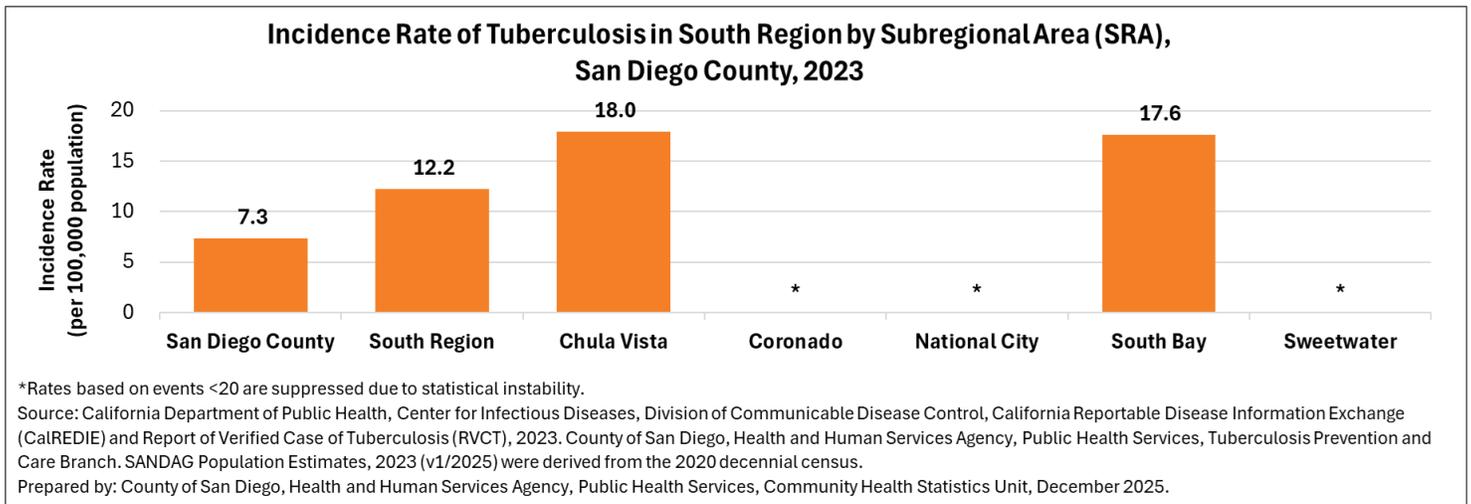
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2023 California Vital Records Business Intelligence System (VRBIS). Starting in data year 2023, San Diego County resident deaths that occurred out of state are now included. SANDAG, Current Population Estimates. Population Estimates for 2020-2021 were derived using the 2010 decennial census and data should be considered preliminary. 2022-2023 population estimates were derived from the 2020 decennial census. Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHS), Public Health Services (PHS), Community Health Statistics Unit, February 2025.

COMMUNICABLE (INFECTIOUS) DISEASES

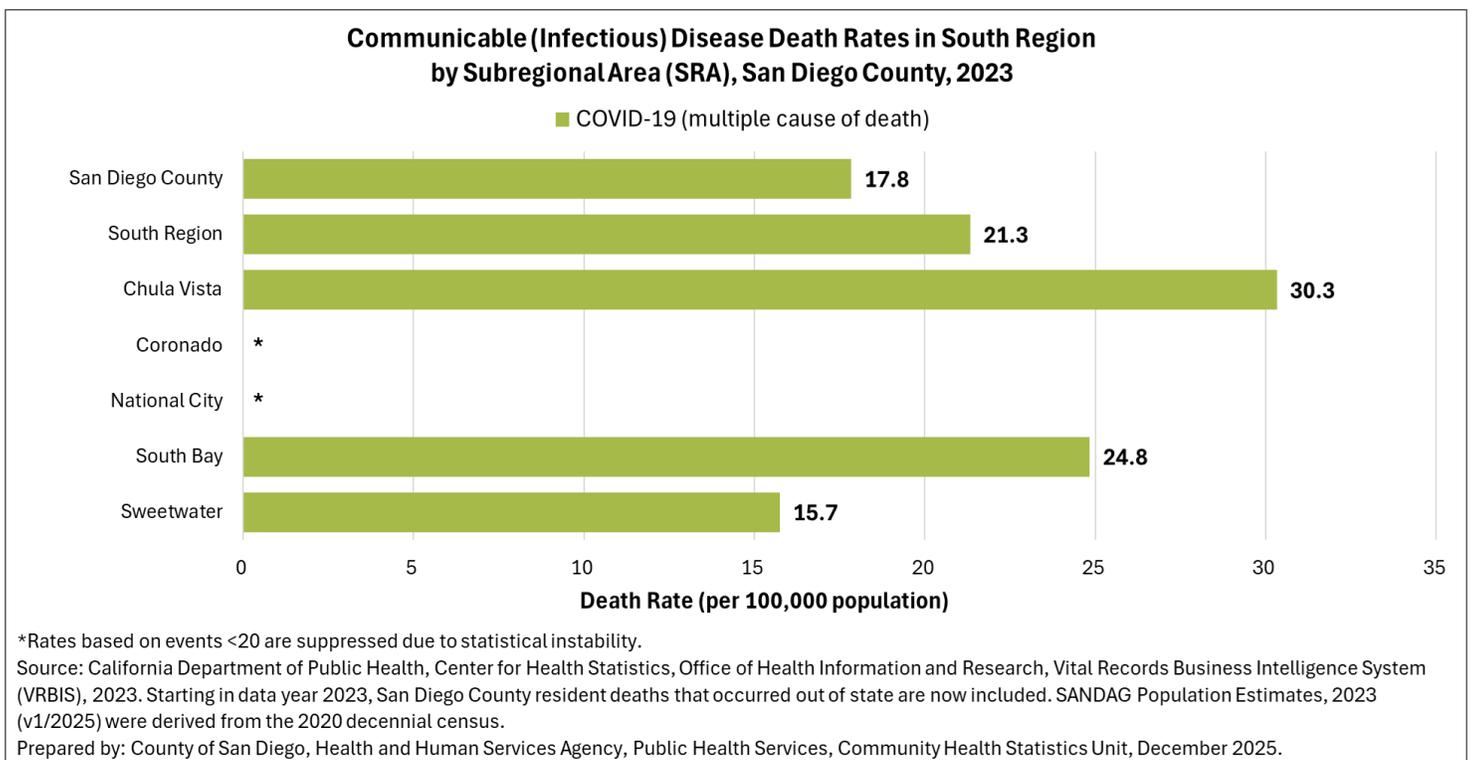
In 2023, the incidence rates of the communicable (infectious) diseases chlamydia and syphilis were higher in South Region than in the county overall, while the incidence rate of gonorrhea was lower than the county's incidence rate. Among South Region SRAs, South Bay had the highest incidence rate of chlamydia (755.9 per 100,000), gonorrhea (233.8 per 100,000), and syphilis (52.2 per 100,000). Notably, the rate of syphilis was nearly 60% higher in South Bay SRA, compared to the county overall. National City SRA had the second highest incidence rate of chlamydia (728.3 per 100,000), gonorrhea (205.1 per 100,000), and syphilis (41.1 per 100,000), compared to all South Region SRAs.



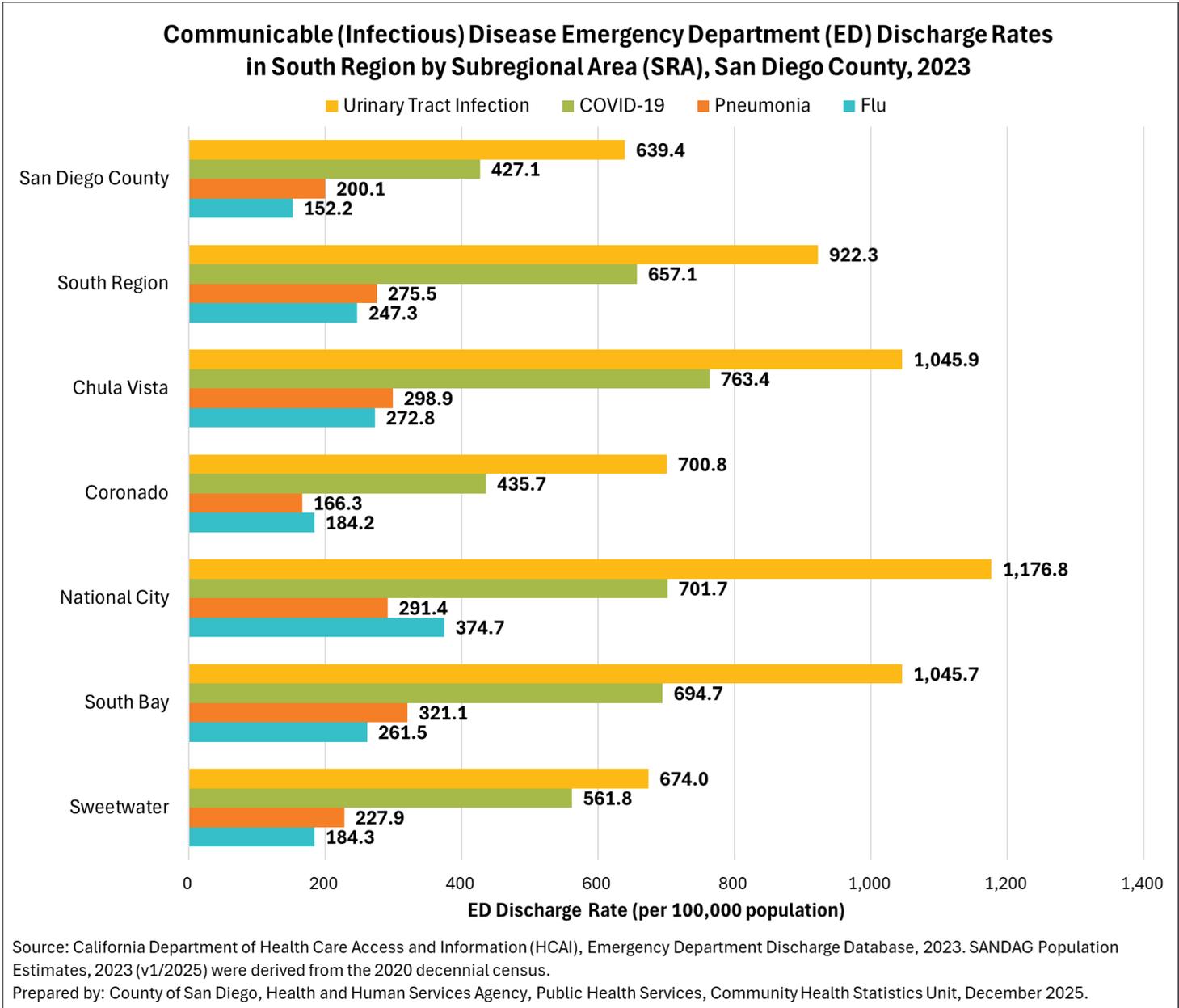
Among the HHS regions, South Region had the second highest incidence rate of tuberculosis (12.2 per 100,000) in 2023. Chula Vista SRA had the highest incidence rate of tuberculosis compared to all other SRAs in the county, with an incidence rate 2.5 times higher than San Diego County overall (18.0 per 100,000 and 7.3 per 100,000, respectively). Further, South Bay SRA had the second highest incidence rate of tuberculosis across all San Diego County SRAs (17.6 per 100,000) in 2023.



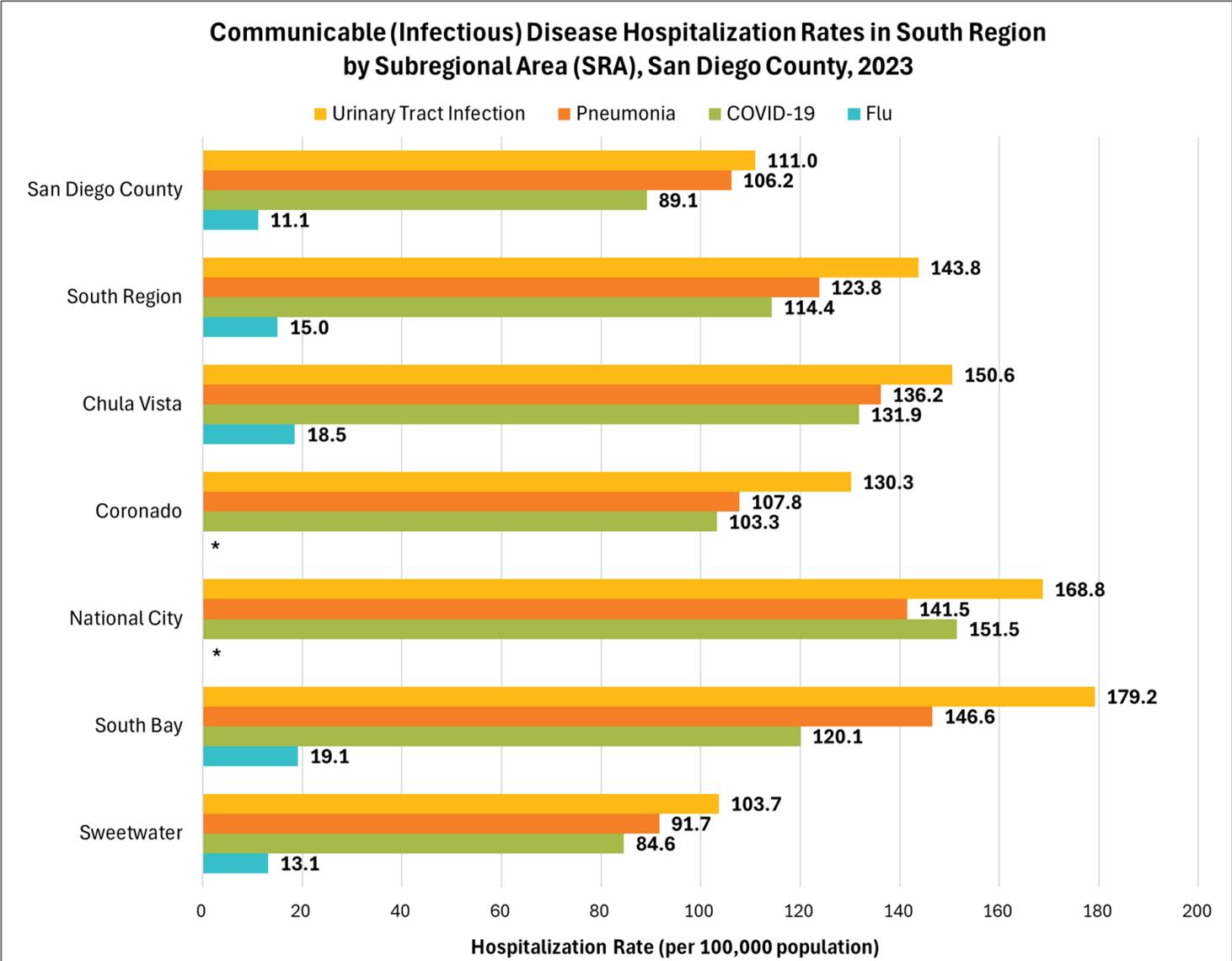
In 2023, among communicable (infectious) diseases, the highest death rate in South Region was due to COVID-19 (21.3 per 100,000), which was higher than the death rate in San Diego County overall (17.8 per 100,000). Among South Region SRAs, Chula Vista had the highest death rate due to COVID-19 (30.3 per 100,000), which was 1.7 times higher than the overall rate in San Diego County.



Among HHS regions, South Region had the highest ED discharge rates due to COVID-19, flu, pneumonia, and urinary tract infection in 2023. Across all SRAs in San Diego County, National City had the highest ED discharge rates due to urinary tract infection (1,176.8 per 100,000) and flu (374.7 per 100,000). Further, the rate of ED discharge due to flu was 2.5 times higher in National City SRA, compared to the county rate. Additionally, compared to all other SRAs in San Diego County in 2023, Chula Vista had the highest ED discharge rate due to COVID-19 (763.4 per 100,000) and South Bay had the highest rate ED discharge rate due to pneumonia (321.1 per 100,000). Compared to the San Diego County rates, the rate of COVID-19 in Chula Vista SRA was 80% higher, and the rate of pneumonia in South Bay was 60% higher.



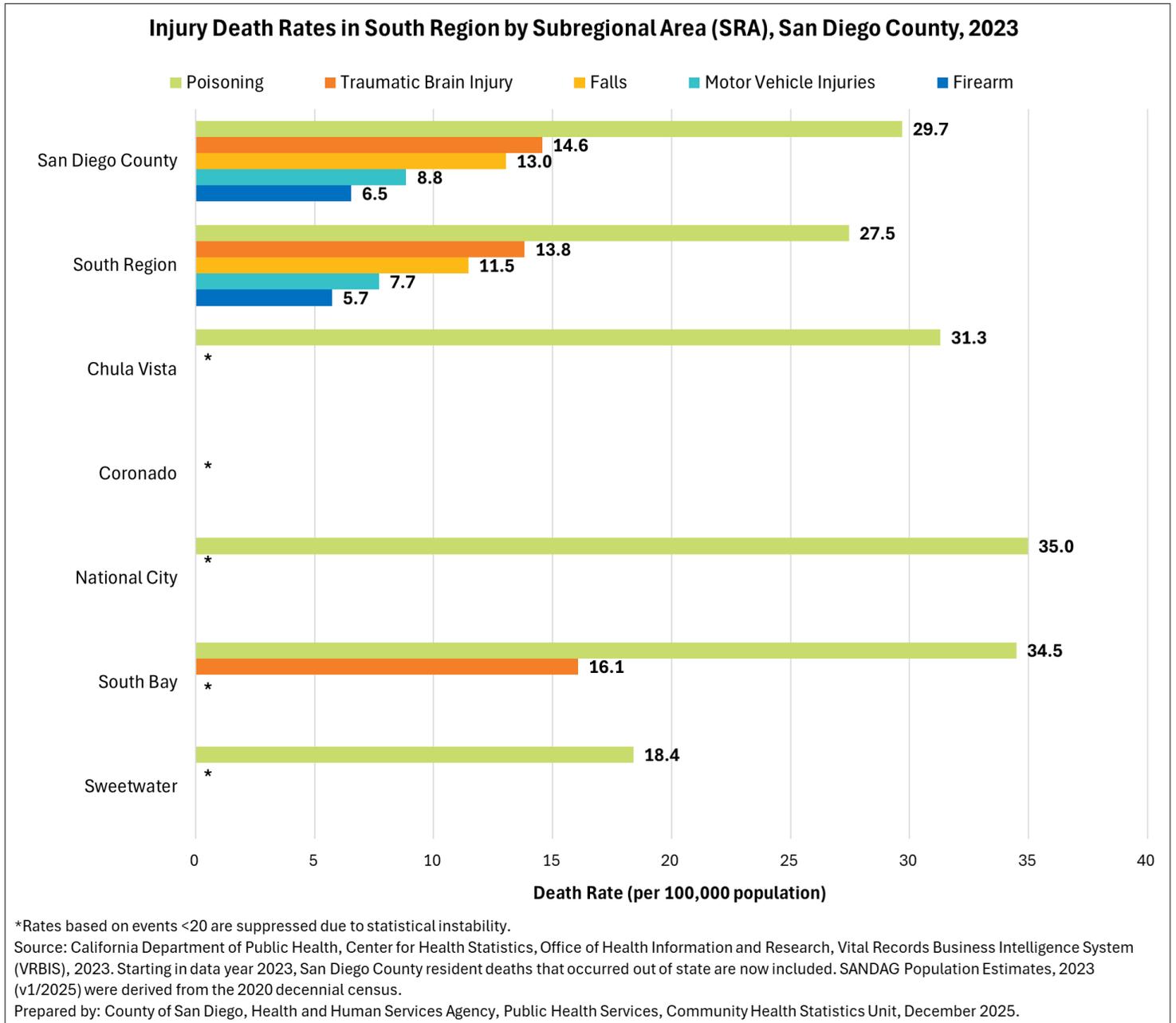
In 2023, South Region had higher hospitalization rates due to COVID-19, flu, pneumonia, and urinary tract infection than the county overall. Among South Region SRAs, South Bay had the highest hospitalization rates due to urinary tract infection (179.2 per 100,000), pneumonia (146.6 per 100,000), and flu (19.1 per 100,000). Further, the rate of hospitalization from flu in South Bay SRA was the highest rate among all SRAs in the county. Additionally, National City SRA had the highest hospitalization rate due to COVID-19 (151.5 per 100,000) in South Region, which was 1.7 times higher than the county overall.



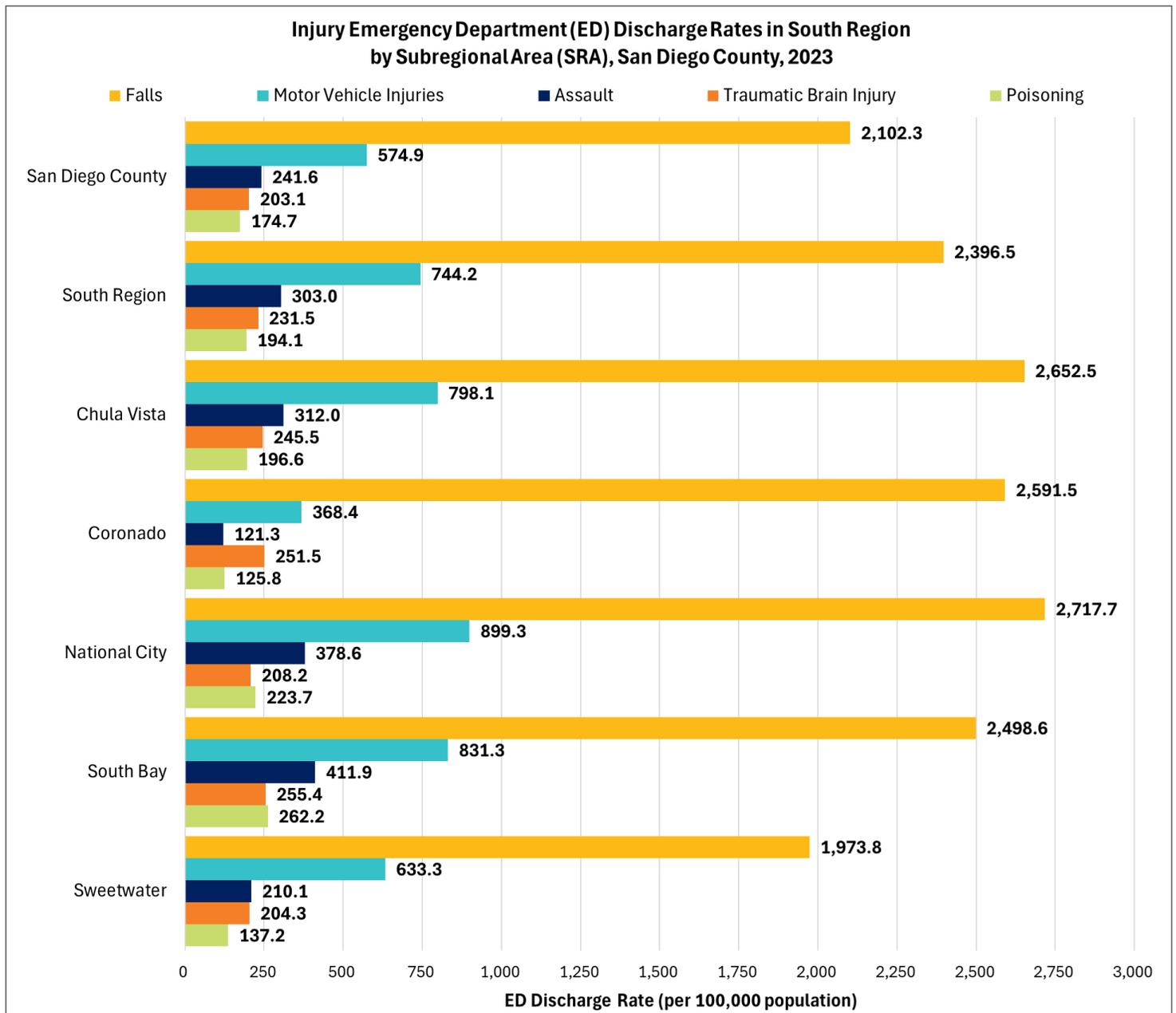
*Rates based on events <20 are suppressed due to statistical instability.
 Source: California Department of Health Care Access and Information (HCAI), Patient Discharge Database, 2023. SANDAG Population Estimates, 2023 (v1/2025). Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

INJURY INDICATORS

In South Region, the highest death rate among injury indicators was due to poisoning (27.5 per 100,000), followed by traumatic brain injury (13.8 per 100,000) and falls (11.5 per 100,000) in 2023. Among South Region subregional areas (SRAs), National City had the highest death rate due to poisoning (35.0 per 100,000), followed by South Bay (34.5 per 100,000), which were both nearly 20% higher than the overall county rate (29.7 per 100,000).



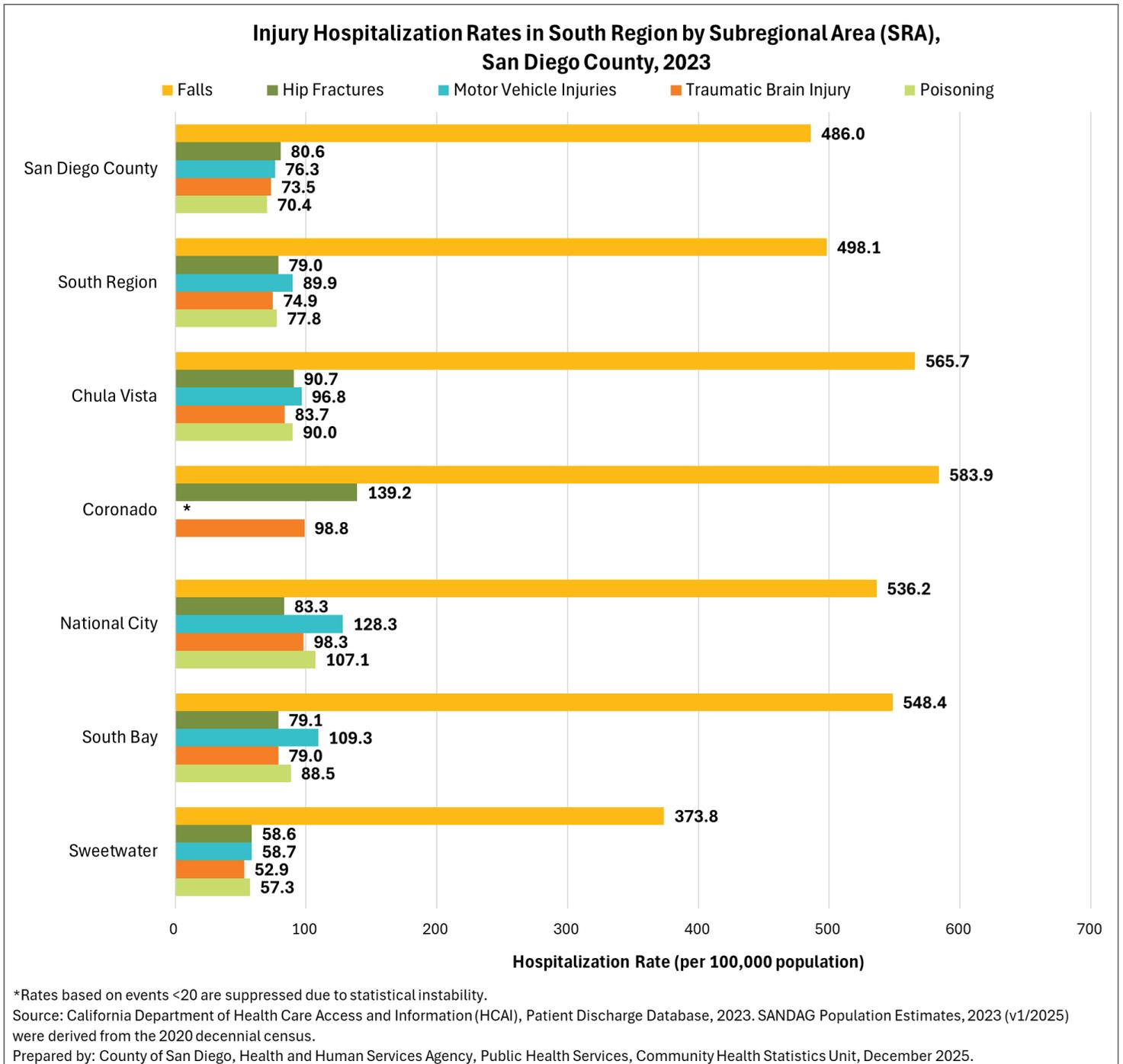
Among injury indicators, the highest emergency department (ED) discharge rates in South Region and its SRAs were due to falls in 2023. All SRAs in South Region, except Sweetwater, had higher ED discharge rates due to falls than South Region and San Diego County, with National City having the highest (2,717.7 per 100,000) in 2023. Additionally, in 2023, National City SRA had the highest ED discharge rate due to motor vehicle injuries (899.3 per 100,000). Among injury indicators, South Bay had the highest ED discharge rates due to assault (411.9 per 100,000), traumatic brain injury (255.4 per 100,000), and poisoning (262.2 per 100,000) among SRAs in South Region in 2023.



Source: California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Database, 2023. SANDAG Population Estimates, 2023 (v1/2025) were derived from the 2020 decennial census.

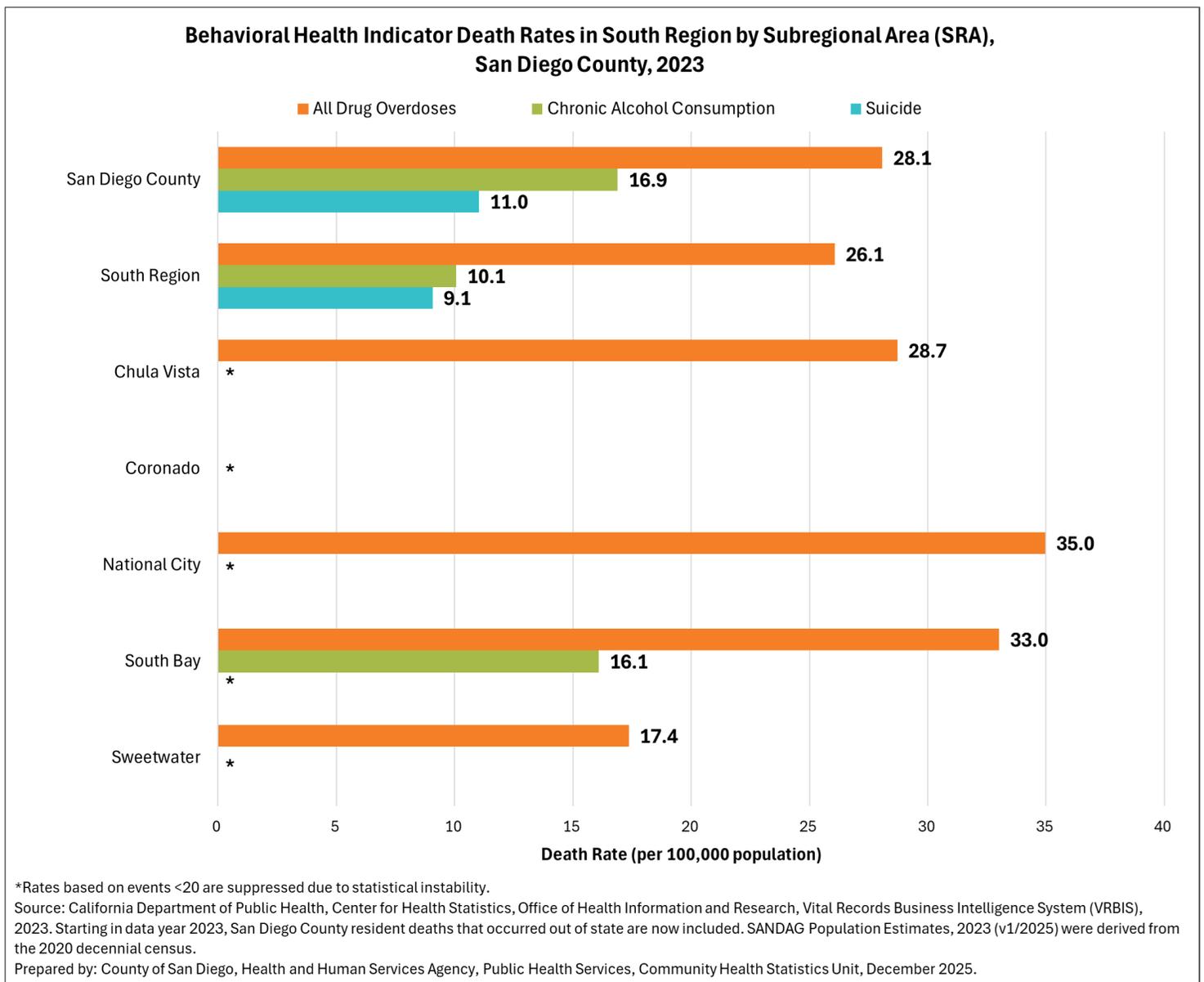
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, December 2025.

In 2023, the highest hospitalization rate among injury indicators was due to falls in each South Region SRA. Among South Region SRAs, Coronado had the highest hospitalization rates due to falls (583.9 per 100,000), hip fractures (139.2 per 100,000), and traumatic brain injury (98.8 per 100,000). Additionally, National City SRA had the highest rate of hospitalization due to motor vehicle injury (128.3 per 100,000), which was the highest rate across all SRAs in 2023, and was nearly 70% higher than the county rate (73.5 per 100,000).

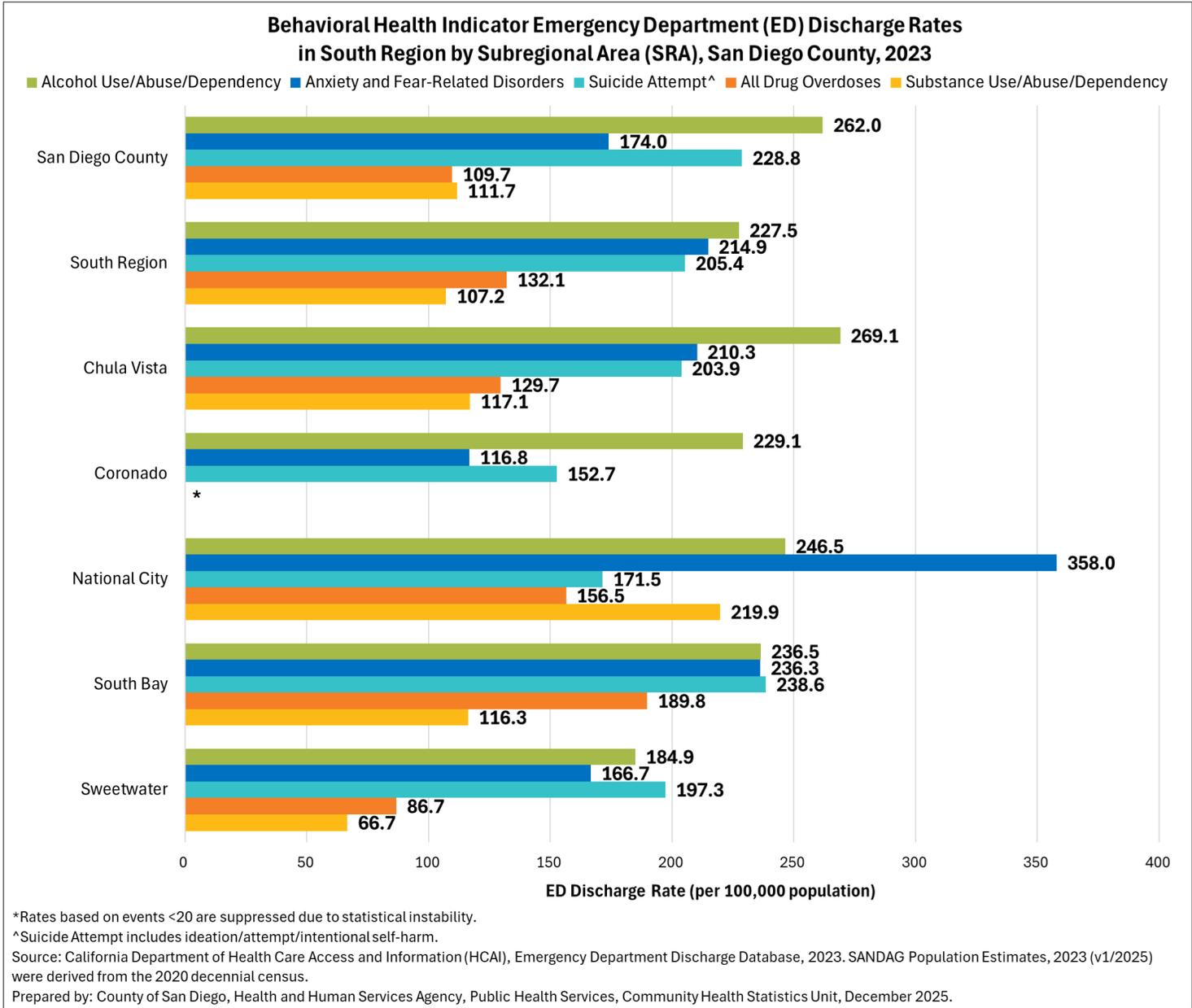


BEHAVIORAL HEALTH INDICATORS

In 2023, among behavioral health indicators, the highest death rates were due to all drug overdoses in South Region. Among South Region SRAs, National City (35.0 per 100,000), South Bay (33.0 per 100,000), and Chula Vista (28.7 per 100,000) had higher rates of death due to all drug overdoses than the county overall (28.1 per 100,000) in 2023. Additionally, South Bay had the highest rate of death due to chronic alcohol consumption (16.1 per 100,000), compared to the other South Region SRAs. The rate of death from suicide was 9.1 per 100,000 in South Region, which was slightly lower than the rate in San Diego County (11.0 per 100,000) in 2023.



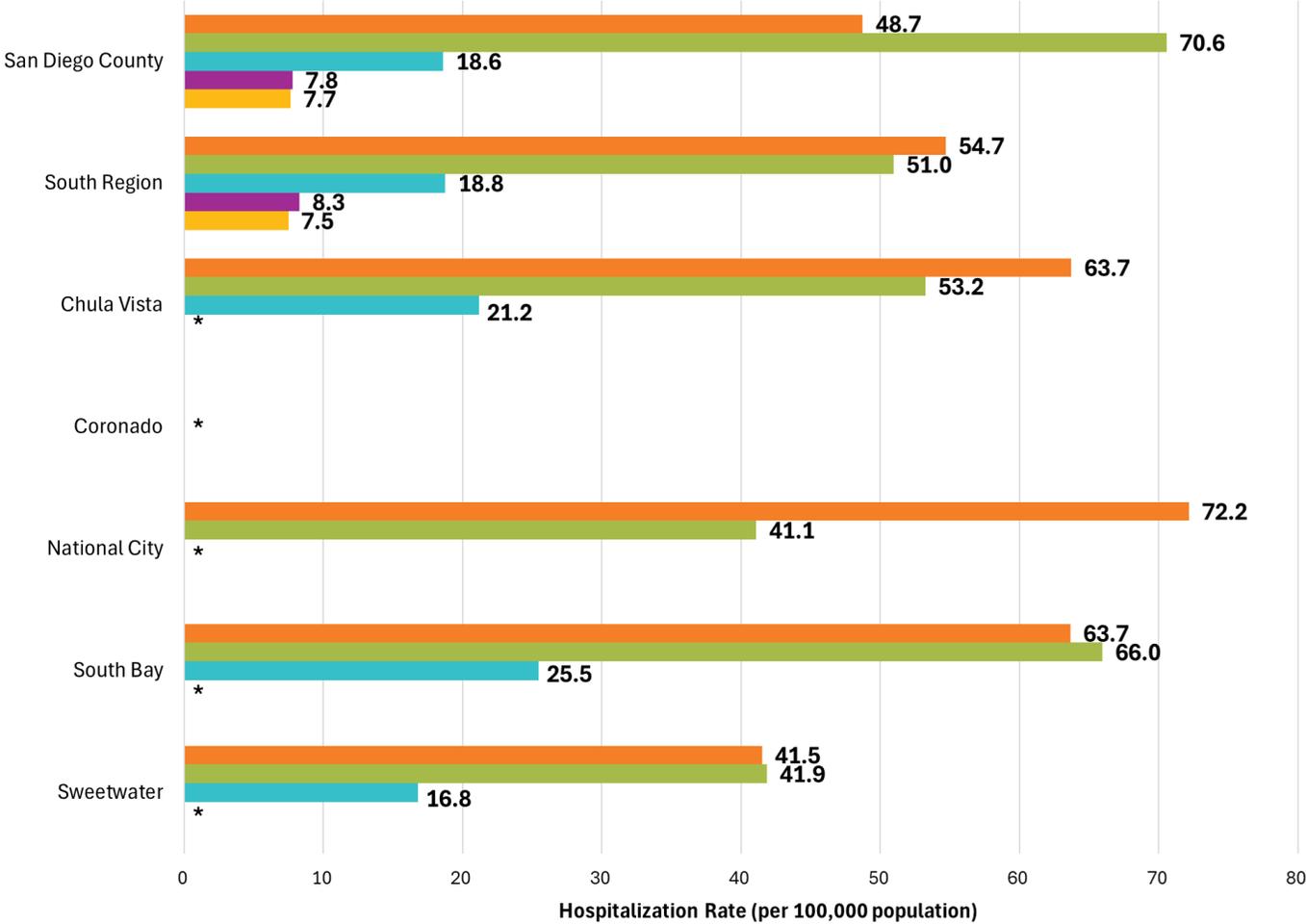
Among behavioral health indicators in 2023, the highest rates of emergency department (ED) discharge in South Region were due to alcohol use/abuse/dependency (227.5 per 100,000), followed by anxiety and fear-related disorders (214.9 per 100,000) and suicide attempt/ideation/intentional self-harm (205.4 per 100,000). Among all SRAs in the county, National City had the highest ED discharge rate due to anxiety and fear-related disorders (358.0 per 100,000), which was over two times higher than the county rate (174.0 per 100,000). Further, National City SRA had the highest rate of ED discharge due to substance use/abuse/dependency (219.9 per 100,000), compared to the other South Region SRAs, in 2023. Additionally, among South Region SRAs, South Bay had the highest ED discharge rates due to suicide attempt/ideation/intentional self-harm (238.6 per 100,000) and all drug overdoses (189.8 per 100,000).



Among behavioral health indicators in 2023, the highest hospitalization rates in South Region were due to all drug overdoses (54.7 per 100,000), followed by alcohol use/abuse/dependency (51.0 per 100,000). Among South Region SRAs, National City had the highest hospitalization rate due to all drug overdoses (72.2 per 100,000), a rate which was 50% higher than the county overall (48.7 per 100,000) in 2023. Additionally, among South Region SRAs in 2023, South Bay had the highest hospitalization rates due to alcohol use/abuse/dependency (66.0 per 100,000) and suicide attempt/ideation/intentional self-harm (25.5 per 100,000).

Behavioral Health Indicator Hospitalization Rates in South Region by Subregional Area (SRA), San Diego County, 2023

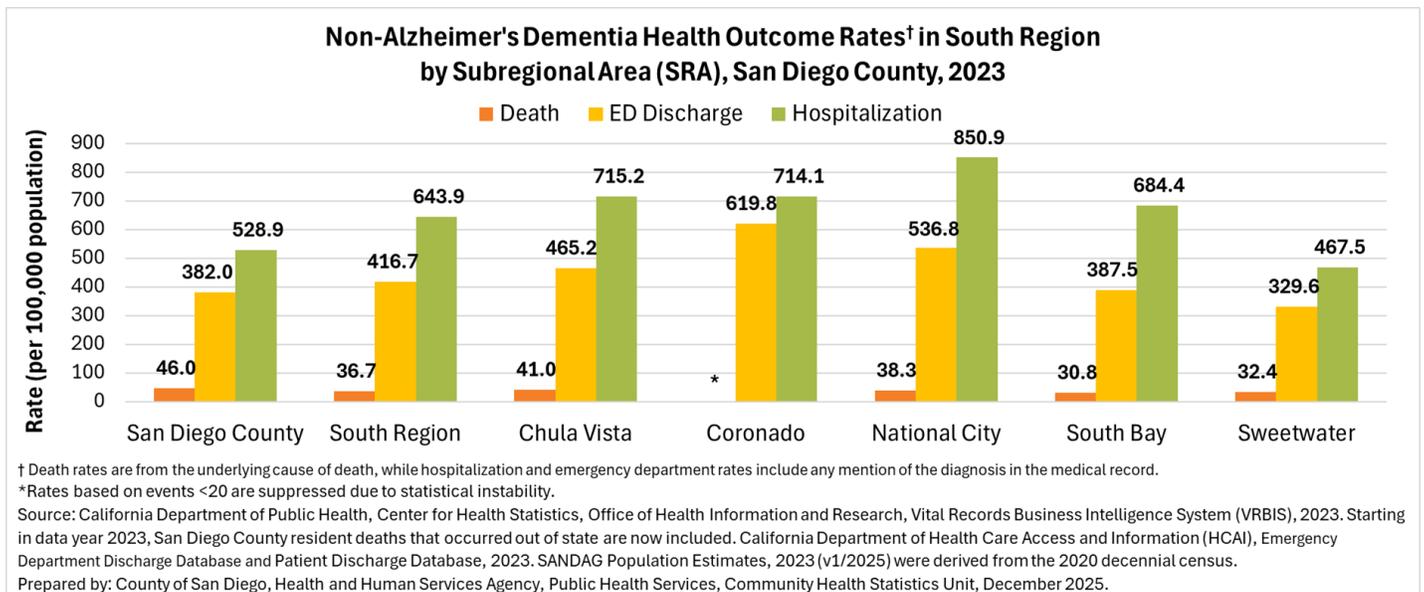
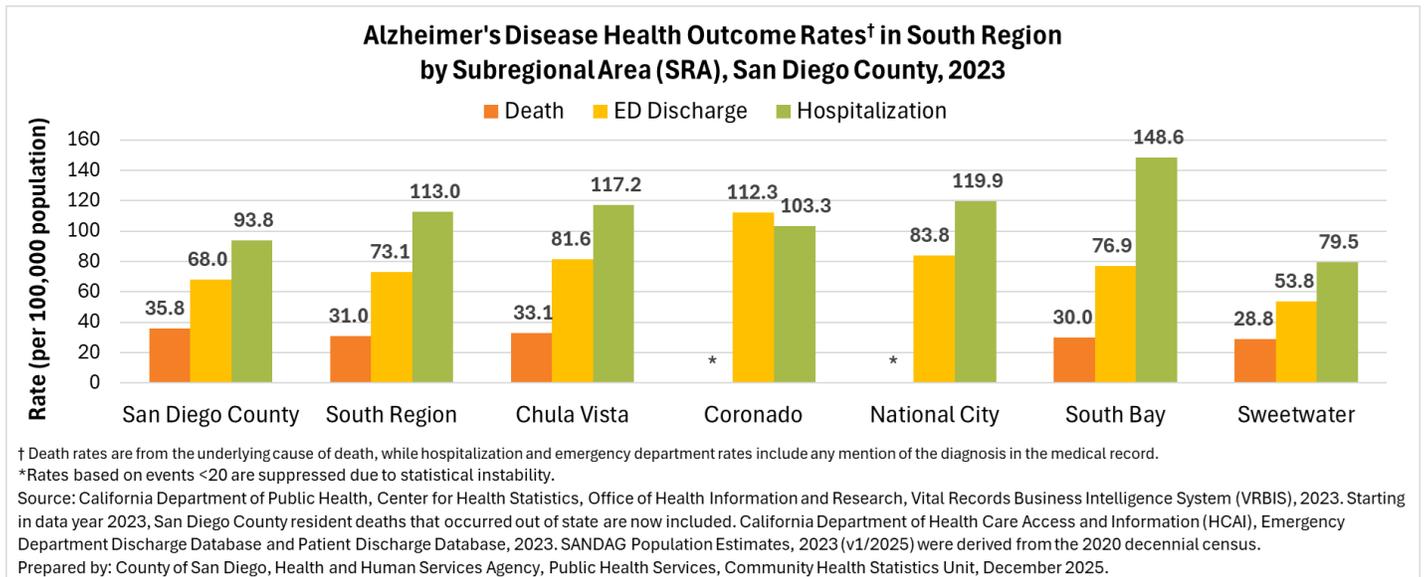
■ All Drug Overdoses
 ■ Alcohol Use/Abuse/Dependency
 ■ Suicide Attempt^
 ■ Schizophrenia
 ■ Substance Use/Abuse/Dependency



*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, 2023. SANDAG Population Estimates, 2023 (v1/2025) 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, December 2025.

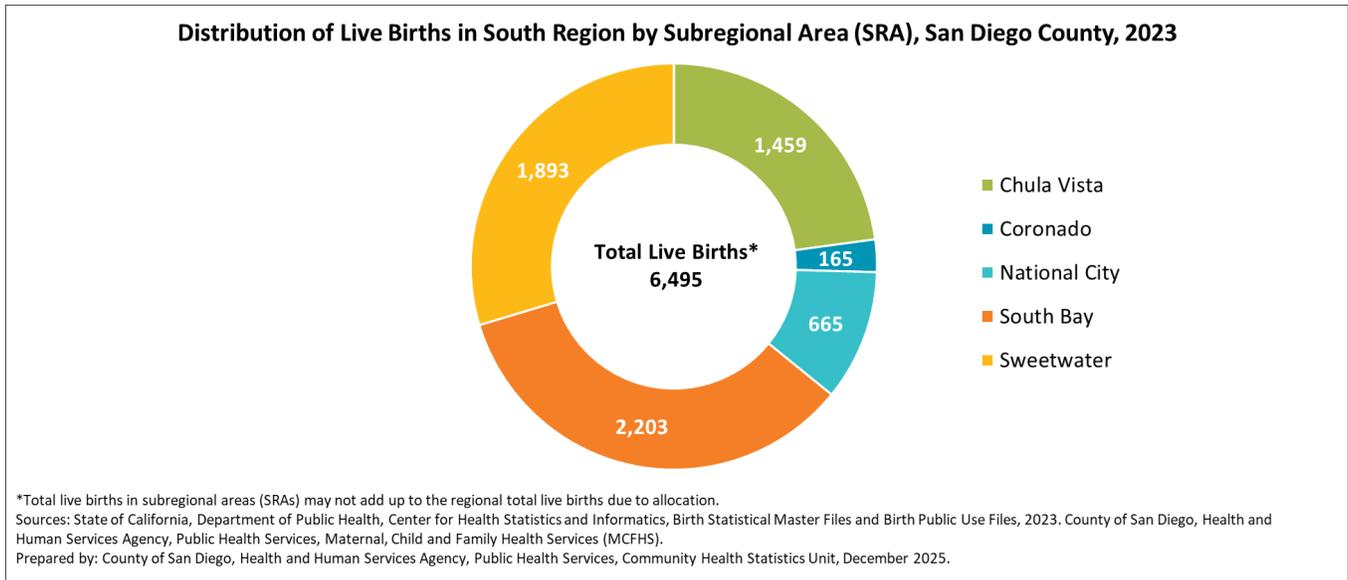
ALZHEIMER'S DISEASE AND NON-ALZHEIMER'S DEMENTIA

In 2023, the rates of emergency department (ED) discharge and hospitalization due to any mention of Alzheimer's disease and any mention of non-Alzheimer's dementia were higher in South Region than in San Diego County overall. Further, among the Health and Human Services Agency (HHS) regions, South Region had the highest hospitalization rate due to any mention of Alzheimer's disease in 2023, with a rate of 113.0 per 100,000. Among South Region subregional areas (SRAs), Coronado had the highest ED discharge rates due to any mention of both Alzheimer's disease (112.3 per 100,000) and non-Alzheimer's dementia (619.8 per 100,000). Additionally, among South Region SRAs in 2023, South Bay SRA had the highest hospitalization rate due to any mention of Alzheimer's disease (148.6 per 100,000), while National City SRA had the highest hospitalization rate due to non-Alzheimer's dementia (850.9 per 100,000).

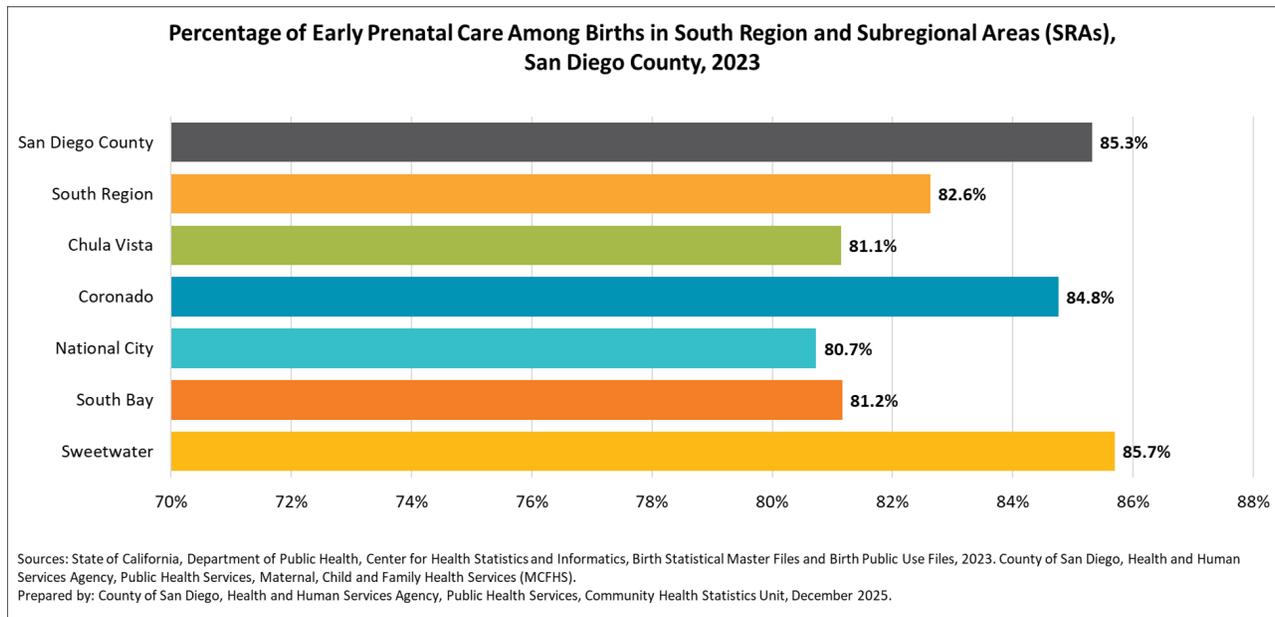


MATERNAL AND CHILD HEALTH INDICATORS

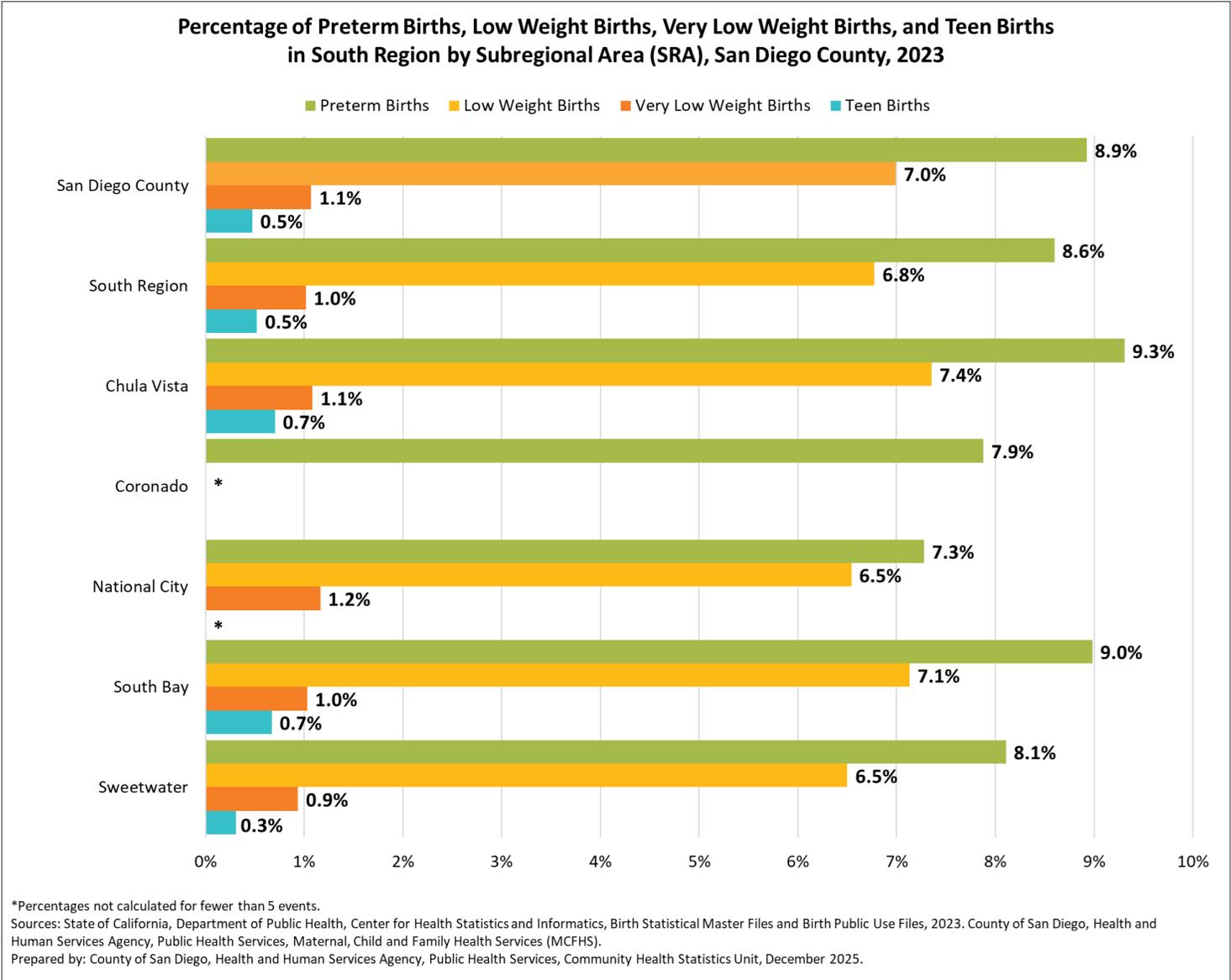
In 2023, there were 6,495 total live births in South Region, which represented 18.2% of the total live births in San Diego County (35,713). Among South Region subregional areas (SRAs), live births in South Bay (33.9%) and Sweetwater (29.1%) accounted for over 3 of every 5 total live births in South Region.



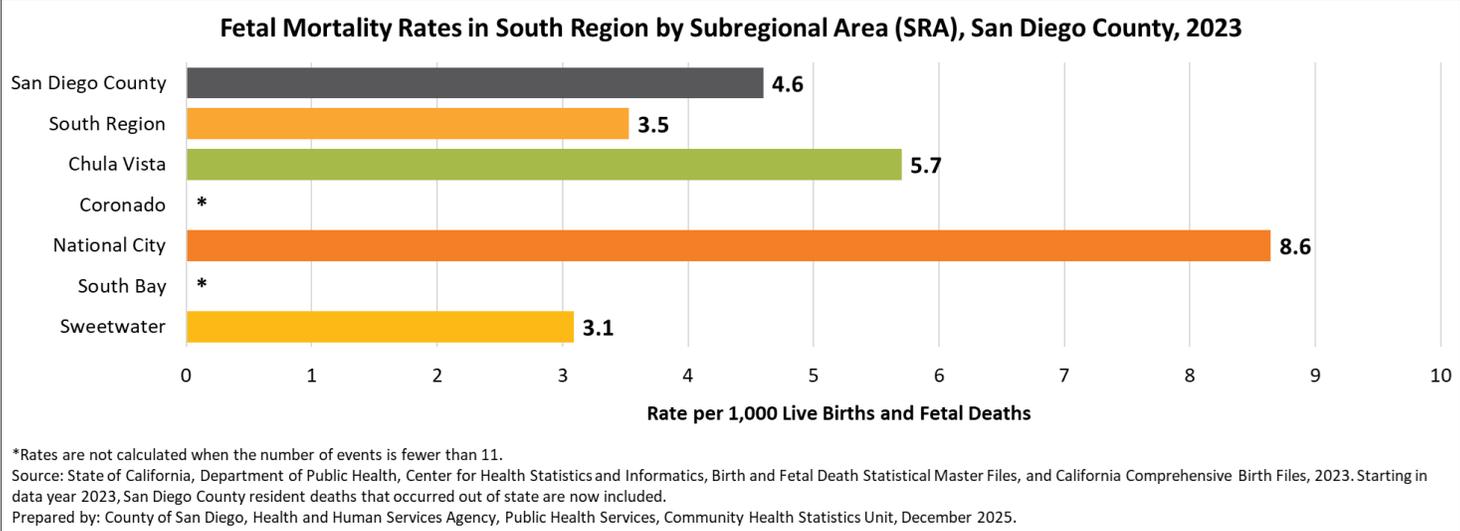
Early prenatal care is defined as care beginning during the 1st trimester of pregnancy, however, it does not account for frequency of care. In South Region, the proportion of mothers who received early prenatal care (82.6%) was lower than in San Diego County overall (85.3%). Among South Region SRAs, National City (80.7%), Chula Vista (81.1%), and South Bay (81.2%) had lower proportions of early prenatal care compared to South Region overall in 2023.



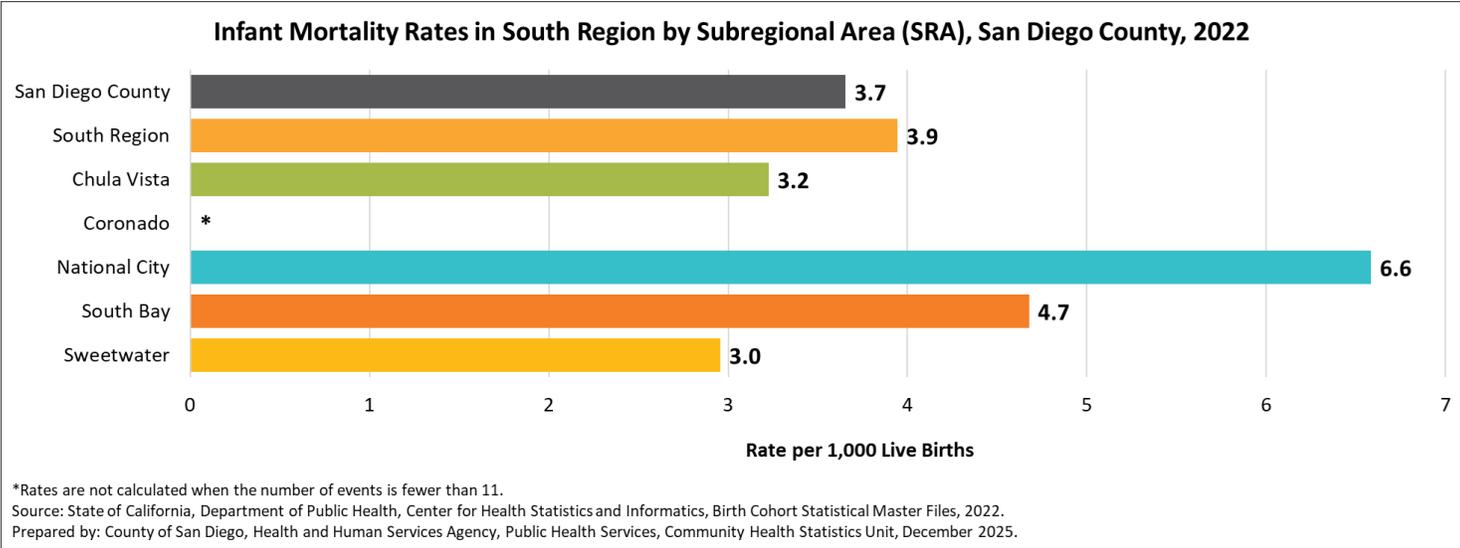
Preterm birth is the delivery of a baby before completing 37 weeks of gestation. In 2023, the proportion of preterm births in South Region (8.6%) was lower than San Diego County overall (8.9%). Among South Region SRAs, Chula Vista had the highest proportion of preterm births (9.3%), followed by South Bay (9.0%). 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 2023, Chula Vista SRA had the highest proportion of low weight births (7.4%), followed by South Bay SRA (7.1%). National City SRA had the highest proportion of very low weight births (1.2%), which was higher than South Region (1.0%) and San Diego County overall (1.1%) in 2023. 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 was highest in Chula Vista and South Bay (0.7%).



Fetal mortality refers to a fetal death during a pregnancy with at least 20 complete weeks of gestation. In 2023, 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 (4.6 per 1,000 live births and fetal deaths). Among South Region SRAs, National City had the highest fetal mortality rate (8.6 per 1,000 live births and fetal deaths), followed by Chula Vista (5.7 per 1,000 live births and fetal deaths).



Infant mortality refers to an infant's death before one year of age. In 2022, the infant mortality rate in South Region (3.9 per 1,000 live births) was higher than in San Diego County overall (3.7 per 1,000 live births). The infant mortality rate in National City SRA was 6.6 per 1,000 live births in 2022, which was the highest rate among all SRAs in the county.



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 2023, South Region was the least populous region, representing 15.0% of San Diego County's population.
- In 2023, South Region had the highest proportion of Hispanic residents (62.0%) in San Diego County.
- In 2023, South Region had the highest proportion of adults 25 years and older without a high school diploma (17.1%).

Socioeconomic Factors

- In San Diego County, South Region had the highest 5-year average unemployment rate (8.1%) between 2019-2023.
- In South Region in 2023, 12.4% of households reported receipt of Supplemental Nutrition Assistance Program (SNAP), and 8.2% of residents did not have health insurance.

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 2023.
- Compared to the other Health and Human Services Agency (HHS) Regions, in 2023, South Region had disproportionate rates of ED discharge due to communicable diseases.

This information can be used by both Health and Human Services Agency (HHS) 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.

