EXPLORING SOUTH REGION TRENDS AND INFLUENCES

Presented to: South Region Live Well San Diego Leadership Team

November 12th, 2015

Leslie Upledger Ray, Senior Epidemiologist
Health and Human Services Agency
Public Health Services
Community Health Statistics Unit

LIVE WELL SAN DIEGO

LIVE WELL SAN DIEGO

Building Better Health

Living Safely

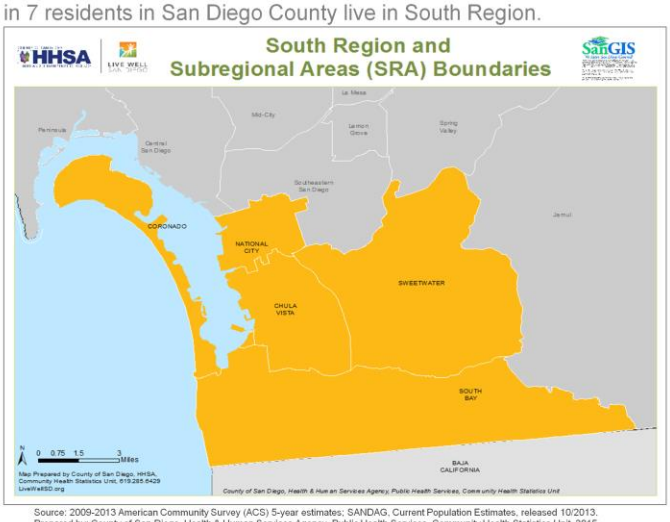
Thriving

DEMOGRAPHICS, 2013

LIVE WELL SAN DIEGO

South Region Population 476,896

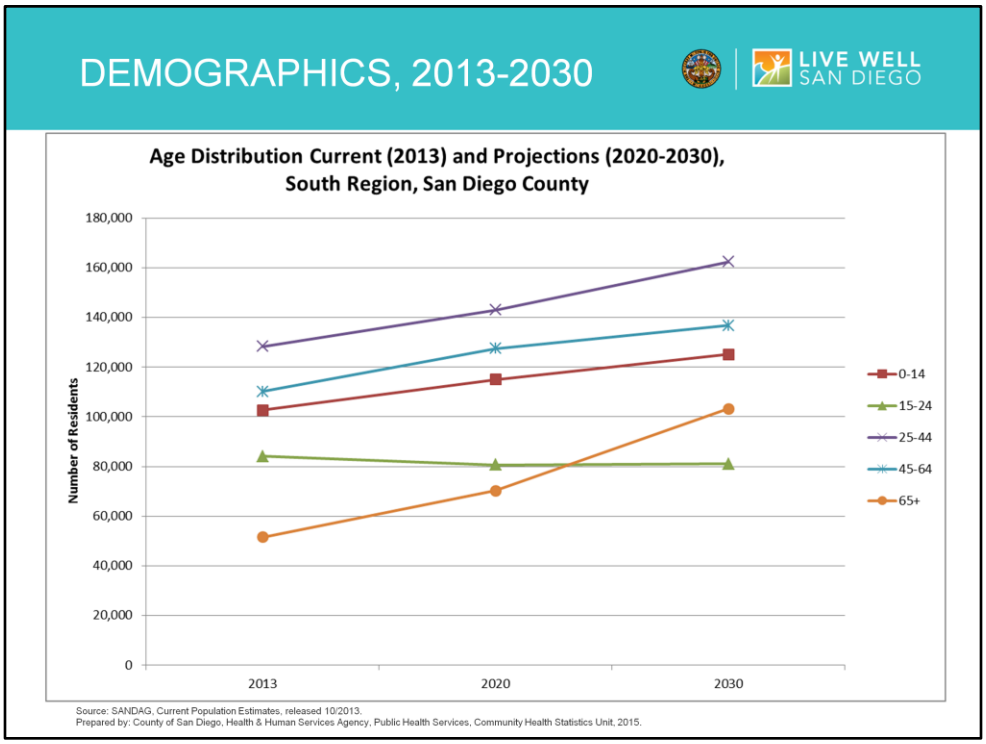
Nearly 1 in 7 residents in San Diego County live in South Region.



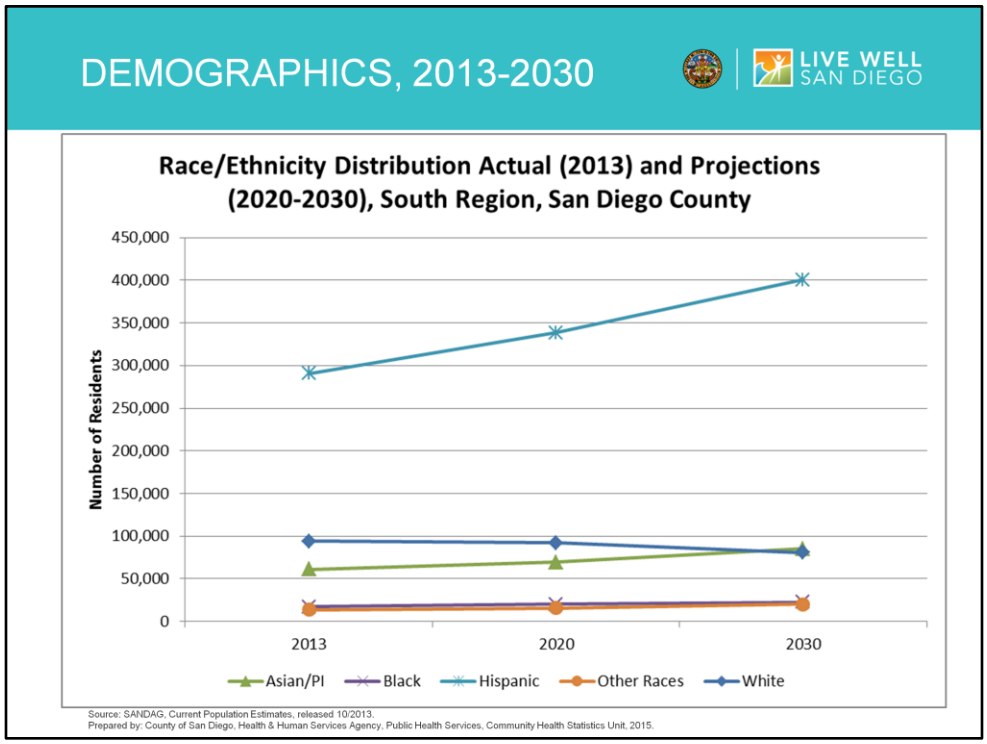
Source: 2009-2013 American Community Survey (ACS) 5-year estimates; SANDAG, Current Population Estimates, released 10/2013.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

- South Region residents make up 15% of San Diego county's residents.
- Almost 55,000 households had children under the age of 18.
    - Nearly 1 out of 3 (31.66%) of households with children under the age of 18 were single parent households.

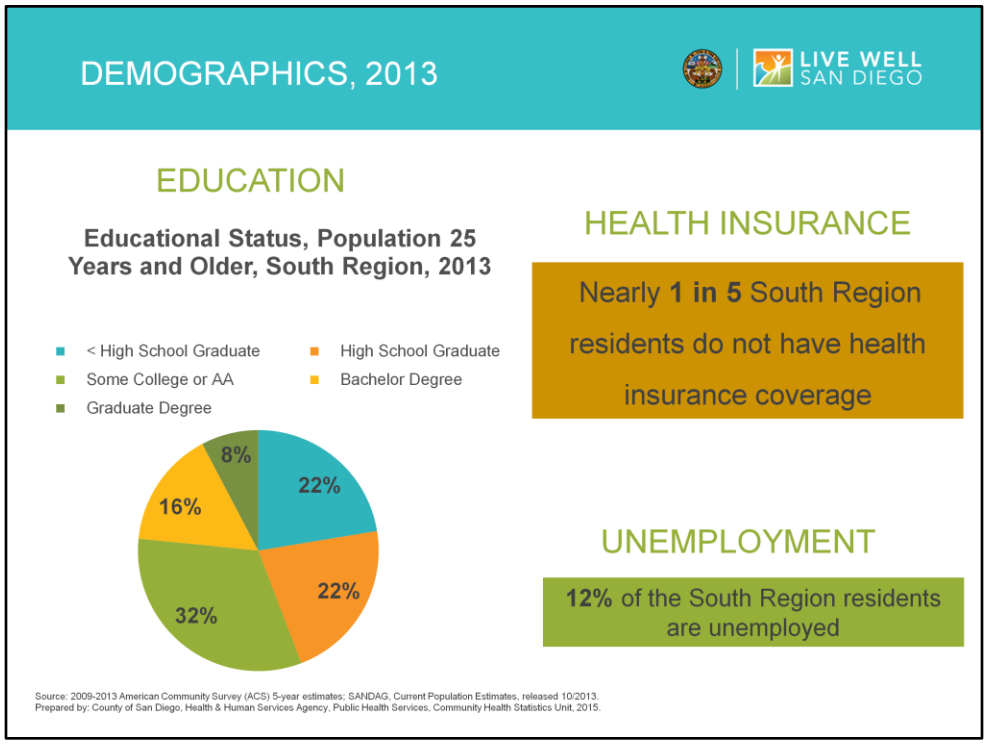
- South Region residents make up 15% of San Diego county's residents.
- Almost 55,000 households had children under the age of 18.
    - Nearly 1 out of 3 (31.66%) of households with children under the age of 18 were single parent households.



- In 2013, about 1 in 4 (26.9%) South Region residents were between the ages of 25 and 44 years.
    - The largest proportion of individuals in South Region were adults 25-44 years. This trend is expected to continue through 2030.
- However, the age group with the largest projected increase from 2013 to 2030 for South Region is among adults 65 years and older (a 100% increase from 2013 to 2030). By 2030, adults 65 and older will represent 17% of South Region residents compared to 10.8% in 2013.



- In 2013, 60.9% or about **3 in 5 South Region residents were Hispanic** compared to 33.4% in San Diego County. By 2030, Hispanics will remain the largest racial/ethnic group in South Region.
- With the exception of whites, all racial/ethnic groups are projected to have population increases. Whites are projected to have a 14.2% population decreases between 2013 and 2030.



Education: While 44% of the population in South Region had a high school diploma or less, nearly a quarter of the population over the age of 25 had either a bachelor or graduate degree in 2013. Nearly 35% of the population in San Diego county had a bachelor or graduate degree in 2013.

Health Insurance: In 2013, 20.67% of South Region residents did not have health insurance coverage. South Region had the second highest percent of uninsured population (Central Region had the highest).

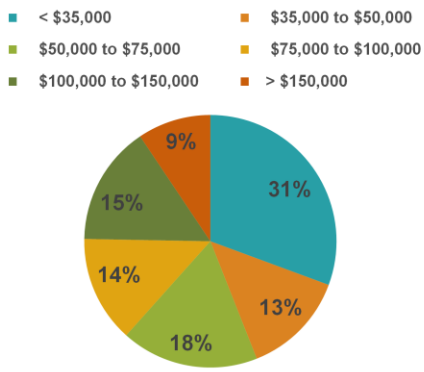
Unemployment: In 2013, 12% of South Region's population were unemployed. South Region had a slightly higher percentage of unemployed compared to the county overall (10%)

DEMOGRAPHICS, 2013

LIVE WELL SAN DIEGO

INCOME

Total Household Income, South Region, 2013



POVERTY

Percent Below Poverty Level	
Population	15.19%
Families	12.85%
Families With Children	18.34%

Nearly **1 in 5** families with children are below poverty level

Source: 2009-2013 American Community Survey (ACS) 5-year estimates; SANDAG, Current Population Estimates, released 10/2013.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Nearly 1 in 3 South Region households earned less than $35,000 a year in 2013.

DEMOGRAPHICS, 2013

LIVE WELL SAN DIEGO

Medi-Cal recipients

19.2% of South Region residents are covered by Medi-Cal

Food Stamps/SNAPCalFresh recipients

Food Stamps/SNAP/CalFresh Benefits	
Households	8.84%
Families with Children	8.35%
Eligibility by Federal Poverty Level (FPL)	
Population ≤130% FPL	21.05%
Population ≤138% FPL	23.10%
Population 139% - 350% FPL	40.14%

First 5 South Region Recipients†

9,472 children 0-5 years olds
3,111 parent/ caregivers
726 prenatal clients

Source: 2009-2013 American Community Survey (ACS) 5-year estimates; SANDAG, Current Population Estimates, released 10/2013.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.
†Contract Management Evaluation Data System. Fiscal Year 2014-2015. Retrieved 11/10.

- Nearly 1 in 5 South Region residents are Medi-Cal recipients.

BUILDING BETTER HEALTH

Did you know…

3 Lead To **Behaviors**

No Physical Activity
Poor Diet
Tobacco Use

4 Result in **Diseases**

Cancer
Heart Disease & Stroke
Type 2 Diabetes
Lung Disease

Over **50** **Percent**

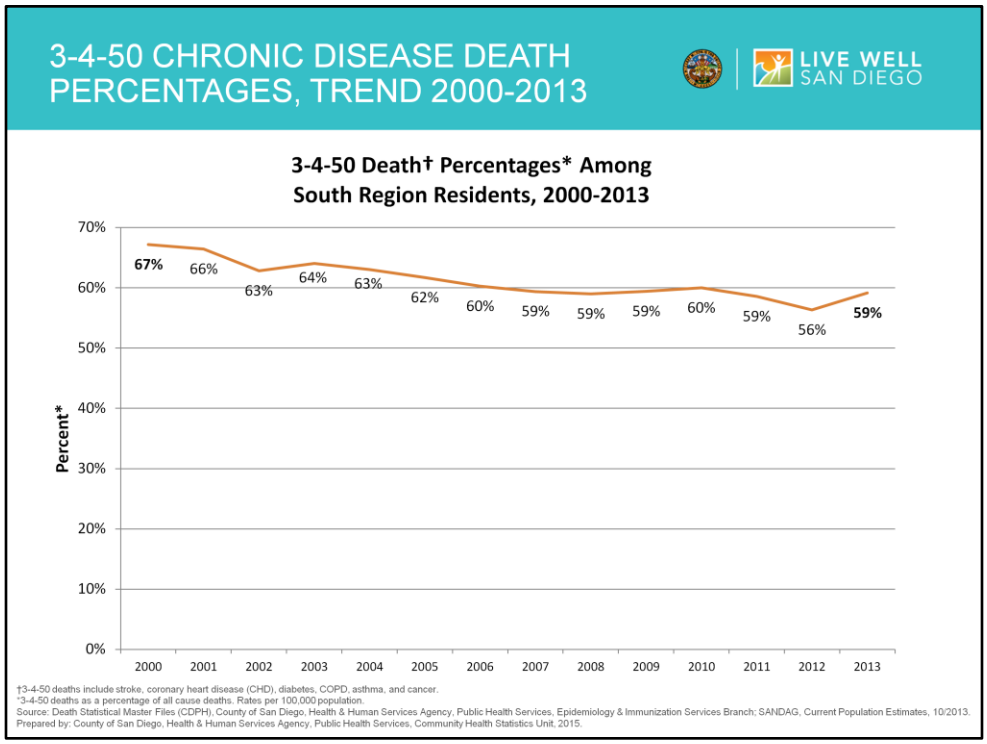
Of deaths
In San Diego

Change your life by…

- Walking for 30 minutes every day
- Eating healthy, at least 5 fruits and veggies daily
- Not smoking!

HHSA

LIVE WELL SAN DIEGO



- In the year 2000, South Region had the highest 3-4-50 percent of deaths at 67%.
- The percentage of deaths have since decreased to 59% in 2013; however, it remains higher than all other regions and the county overall at 55% of deaths due to 3-4-50 chronic diseases.

3 BEHAVIORS, 2013

	South Region	San Diego County
Smoking	**1 out of 9*** teens and adults were current smokers.	**1 out of every 8** teens and adults were current smokers.
Lack of Physical Activity	**40.3%*** of children engaged in physical activity for at least one hour daily.	**28.2%** of children engaged in physical activity for at least one hour daily.
Diet	**1 out of 5** residents ate fast food three or more times in the past week.	**Over 1 out of 5** residents ate fast food three or more times in the past week.

*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.
Source: UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013.

Compared to San Diego County, South Region has:

- Less teen and adult smokers
- Higher percentage of children who exercise at least an hour daily*
- Comparable percentage of residents eating fast food 3 or more times in the past week

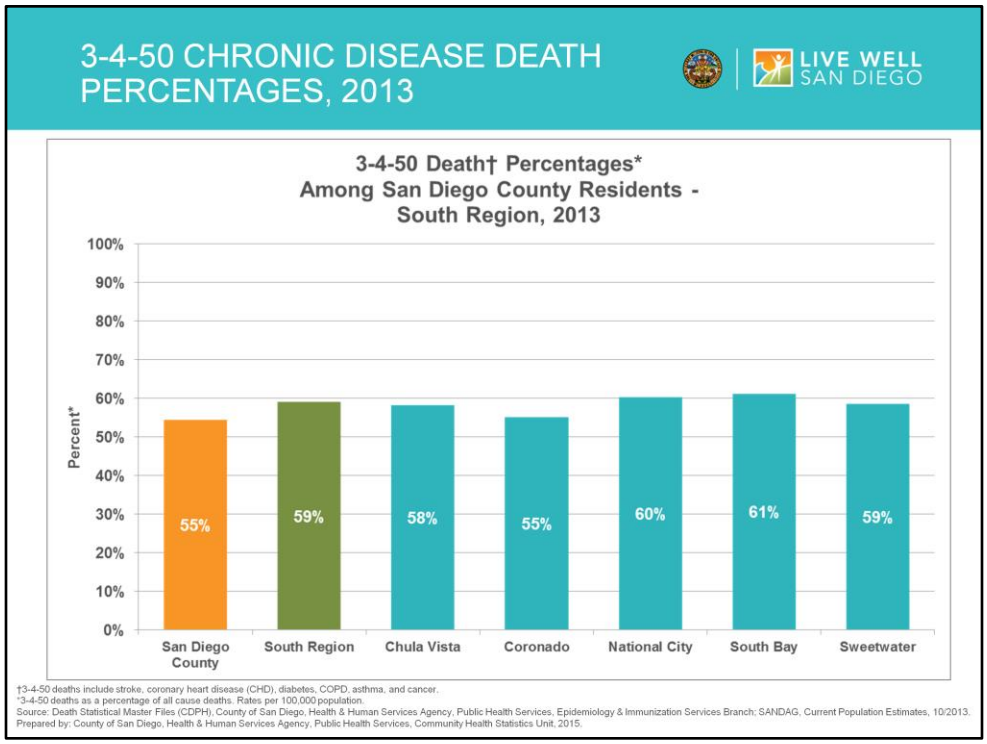
4 DISEASES, 2013

LIVE WELL SAN DIEGO

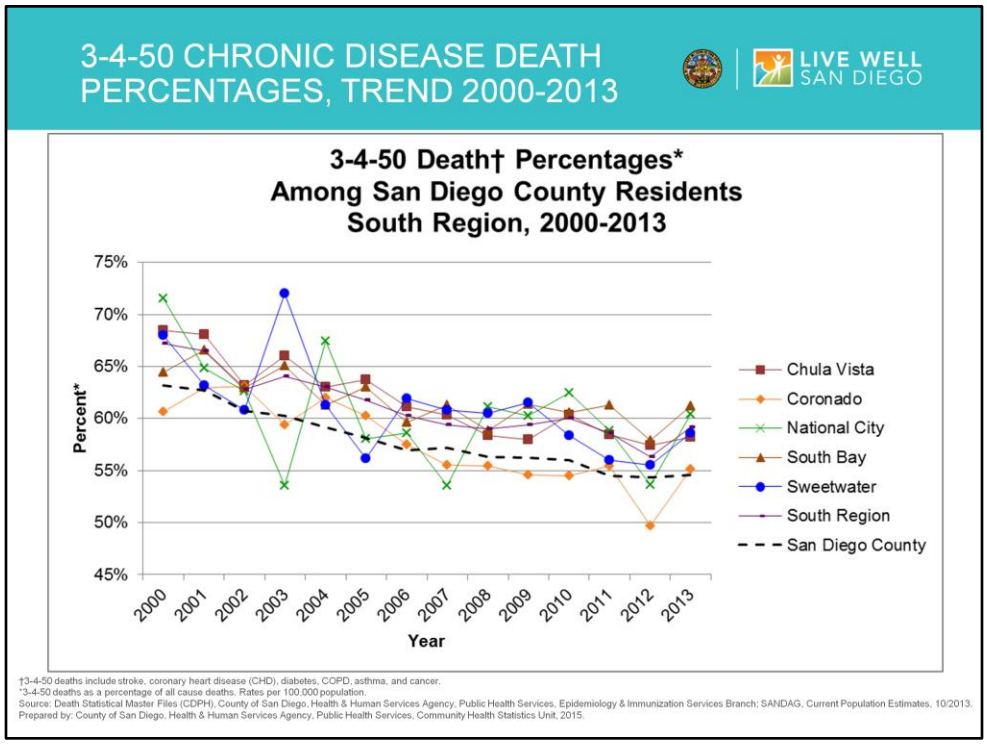
	South Region	San Diego County
Cancer	Cancer was the leading cause of death.	Cancer was the leading cause of death.
Heart Disease & Stroke	**11.3%*** adults had ever been diagnosed with heart disease.	**6.0%** of adults had ever been diagnosed with heart disease.
Diabetes	**1 out of 7** adults had ever been diagnosed with diabetes.	**1 out of 12** adults had ever been diagnosed with diabetes.
Lung Disease	**1 out of 5** residents had ever been diagnosed with asthma.	**1 out of 8** residents had ever been diagnosed with asthma.

*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.
Source: UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013.

South Region residents had a higher burden of chronic disease, particularly the 4 diseases leading to over 50% of deaths in San Diego County.



- As mentioned in the previous slide, South Region has a higher burden of chronic disease compared to San Diego County as a whole; However:
    - Among the South Region SRAs in 2013, **National City and South Bay had the highest percentages** of deaths due to 3-4-50 chronic diseases at 60% and 61%, respectively. These were higher than the region and the county overall.
    - Additionally, among the South Region SRAs in 2013, **Coronado had the lowest percentage** of 3-4-50 chronic disease deaths at 55%, which was lower than South Region but comparable to the county overall.



- Overall, the percentage of deaths due to chronic disease decreased in the South Region and its Subregional Areas (SRAs) from 2000-2013.
- Compared to the county, the South Region had higher percentages of deaths due to chronic disease in every year from 2000-2013.
- Among the South Region SRAs, South Bay and National City had the highest percentages of chronic disease deaths for multiple years from 2000-2013.
- Among the South Region SRAs, Coronado had the lowest percentage of deaths due to chronic disease from 2008-2013.

3-4-50 BY HEALTH EQUITY LENSES

San Diego County Data

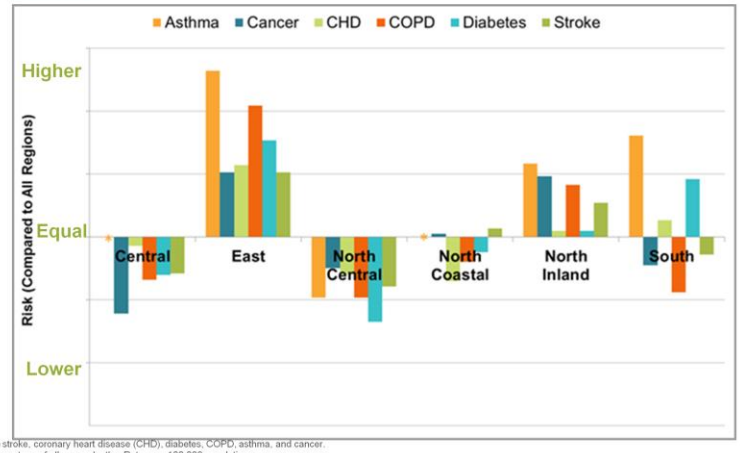
LIVE WELL SAN DIEGO

3-4-50 BY REGION

LIVE WELL SAN DIEGO

RISK OF 3-4-50† DEATH OUTCOMES BY SAN DIEGO COUNTY REGION, 2013

South Region residents were at higher risk of death for asthma, CHD, and diabetes.



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.
Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

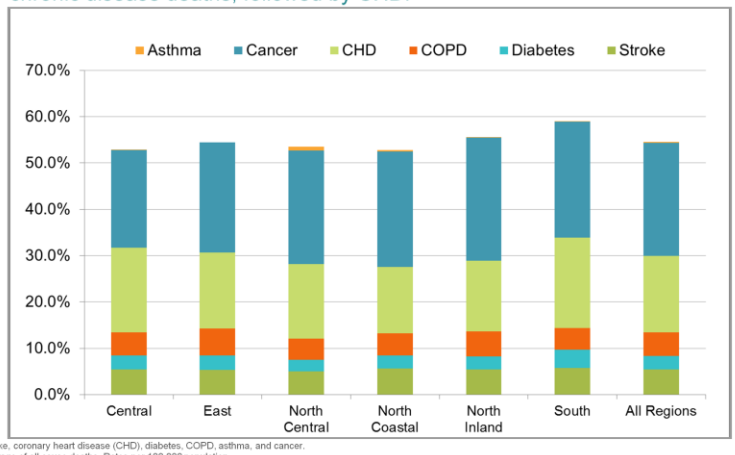
Compared to all other regions, South Region residents were at higher risk for asthma, CHD, and diabetes death.

3-4-50 BY REGION

LIVE WELL SAN DIEGO

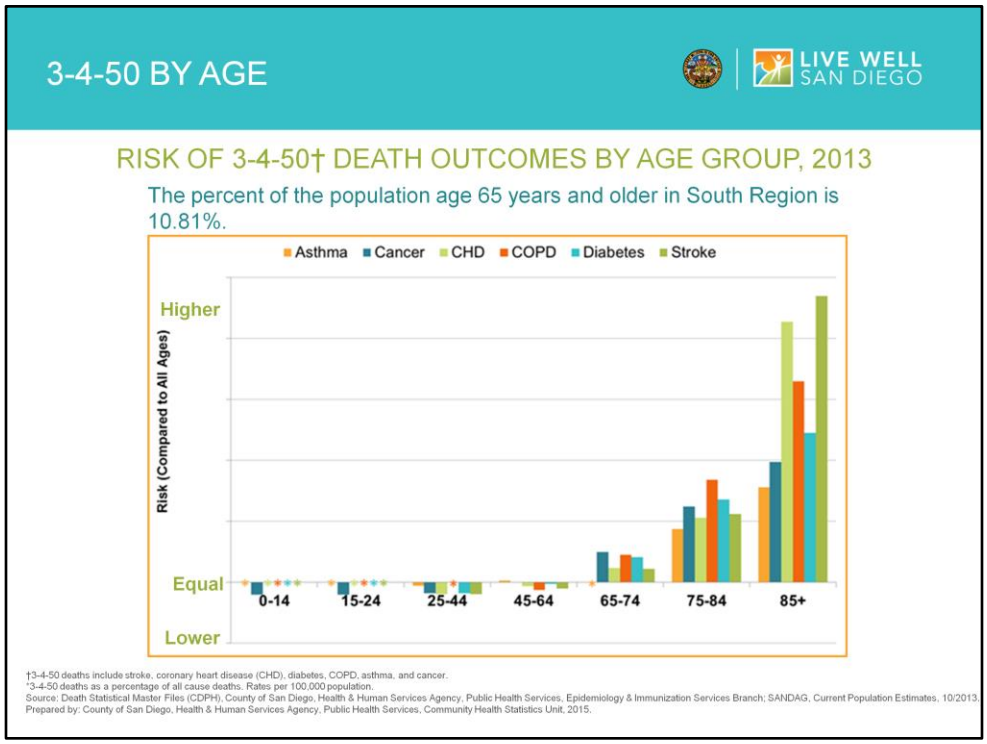
PERCENTAGES* OF 3-4-50 DEATHS IN SAN DIEGO COUNTY BY REGION, 2013

Regardless of region, cancer accounted for the greatest percentage of chronic disease deaths, followed by CHD.



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.
Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Regardless of region, cancer accounted for the greatest percentage of chronic disease deaths, followed by CHD.



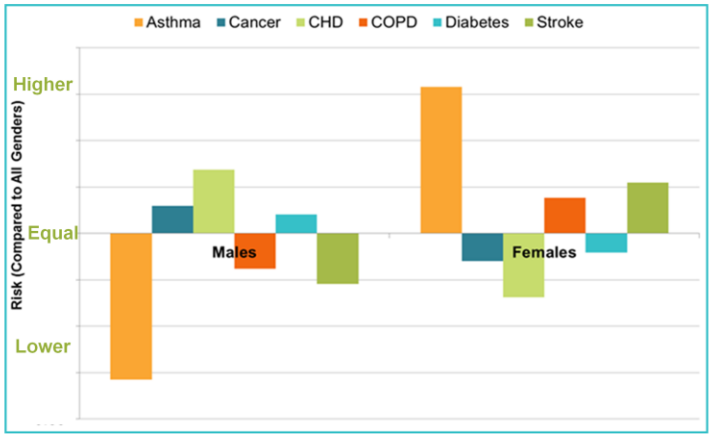
- Risk of death due to 3-4-50 chronic diseases increases with age.
- About 1 in 10 South Region residents were 65 years or older in 2013. However, this population is expected to increase by 100% from 2013 to 2030. By 2030, adults 65 years and older will represent 17% of South Region's population.

3-4-50 BY GENDER

LIVE WELL SAN DIEGO

RISK OF 3-4-50† DEATH OUTCOMES BY GENDER GROUP, 2013

The ratio of males to females in South Region is roughly 50/50.



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.
Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

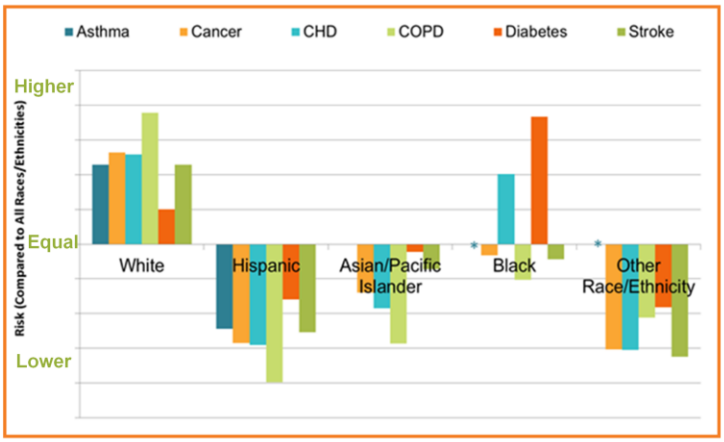
- Males had a higher risk of death from cancer, CHD, and diabetes.
- Females had a higher risk of death from asthma, COPD, and stroke.

3-4-50 BY RACE/ETHNICITY

LIVE WELL SAN DIEGO

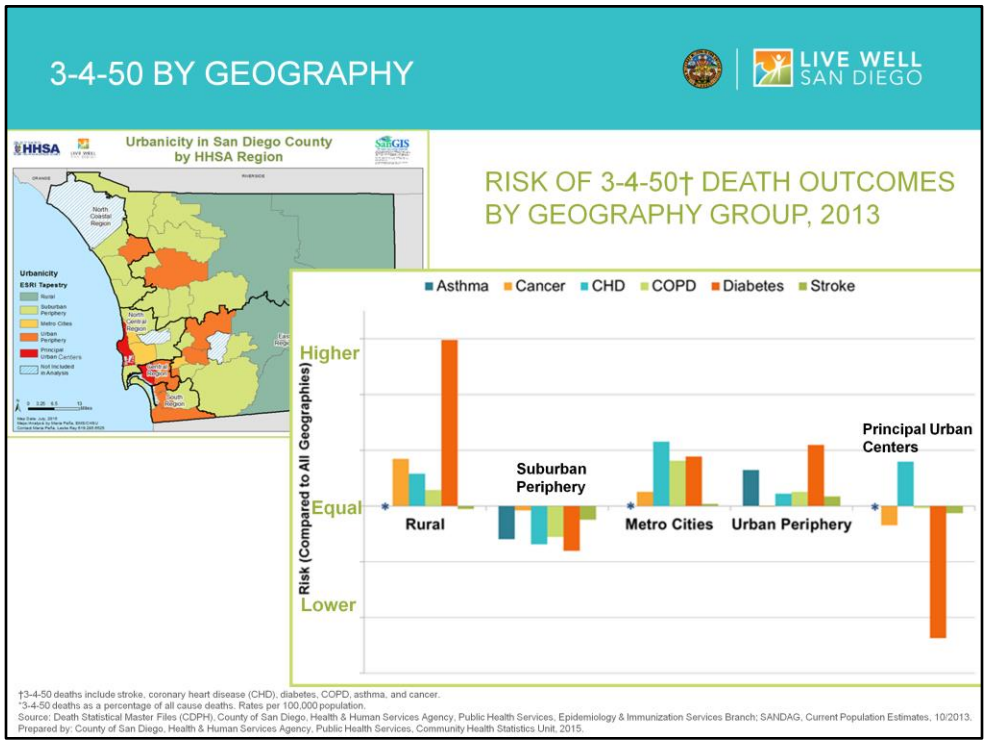
RISK OF 3-4-50† DEATH OUTCOMES BY RACE/ETHNICITY GROUP, 2013

- The percent of whites in South Region is 19.7%.
- The percent of blacks in South Region is 3.7%.



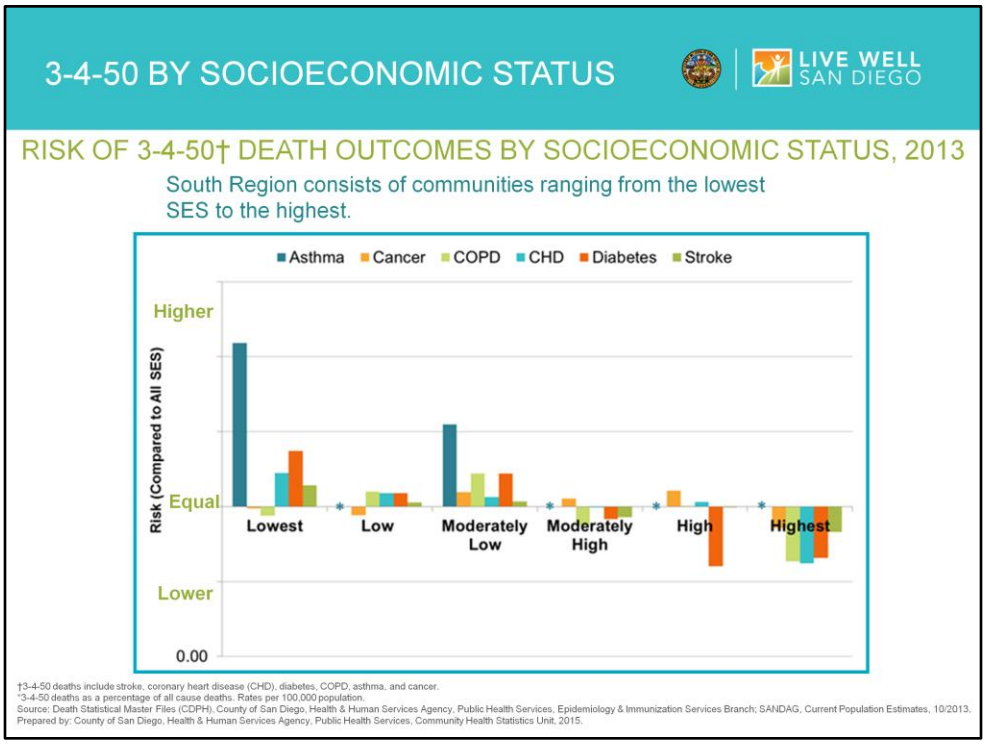
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.
Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

- About 1 in 5 South Region residents were white in 2013.
  - Compared to all race/ethnicities, **white** residents were at highest risk of death due to **all 3-4-50 diseases except diabetes**. However, white residents were at higher risk of death due to diabetes compared to all race/ethnicities.
- About 1 in 27 South Region residents were black in 2013.
  - Compared to all race/ethnicities, **black residents were at the highest risk of Diabetes death and at a higher risk of CHD death.**



- South Region is mostly urban periphery with the exception of Coronado and Sweetwater which are suburban periphery.

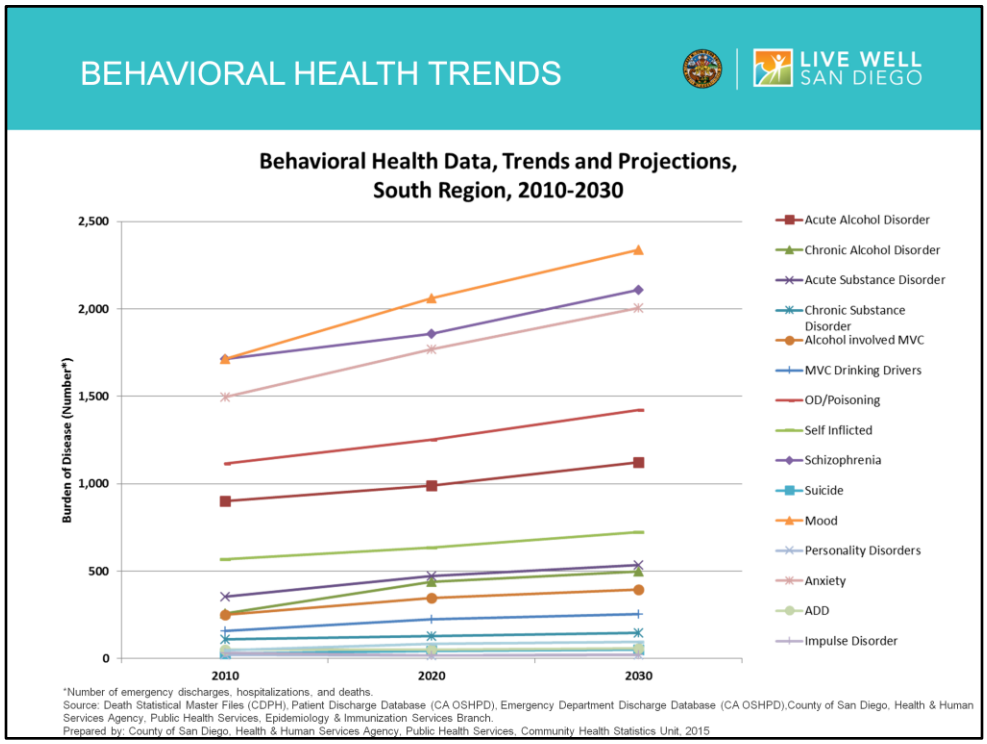
- Urban Periphery areas had higher risk of death for all 3-4-50 chronic diseases, whereas Suburban Periphery areas had lower risk of death for all 3-4-50 chronic diseases.



- South Region consists of communities ranging from the lowest SES (Chula Vista and National City) to the highest (Sweetwater).
- Overall, communities with lower SES (lowest, low, and moderately low) are at highest risk for chronic disease death.

EXPLORING BEHAVIORAL HEALTH TRENDS IN SOUTH REGION

LIVE WELL SAN DIEGO

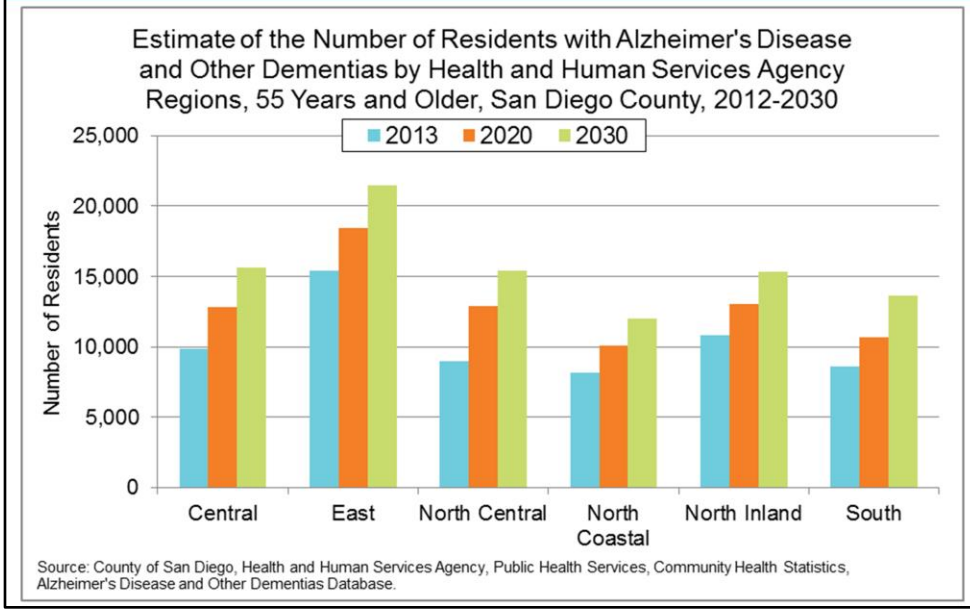


Top 3 behavioral health concerns between 2013 and 2030: Mood disorders, schizophrenia, and anxiety.

Between 2010 and 2030,

- 36.3% increase in mood disorder medical encounters
- 23.1% increase in schizophrenia medical encounters
- 34.1% increase in anxiety medical encounters

BEHAVIORAL HEALTH TRENDS

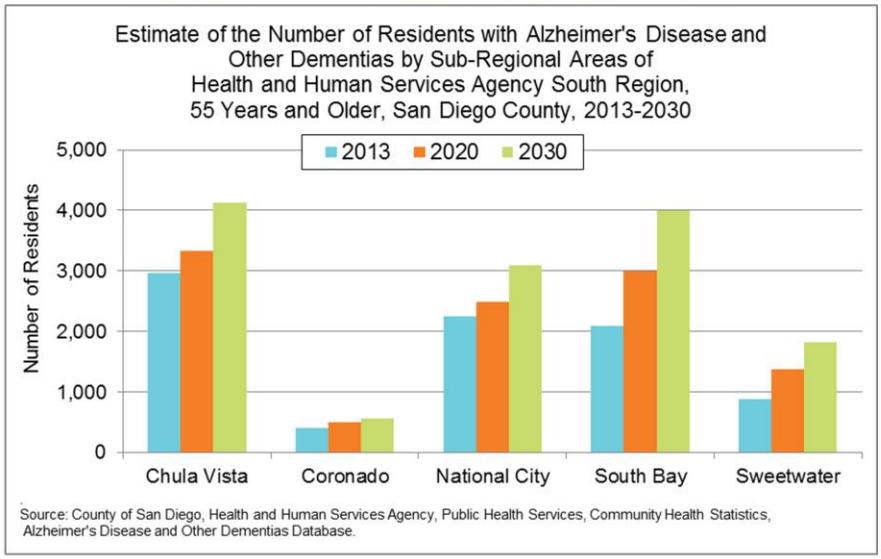


- In 2013, 62,000 San Diegans age 55 years and older were living with ADOD.
  - After North Central, South Region has the lowest number of residents 55 years and older living with ADOD.
  - By 2030, there will be nearly 14,000 South Region residents 55 and older, living with ADOD, a 58.5% increase from 2013 to 2030.

BEHAVIORAL HEALTH TRENDS

LIVE WELL SAN DIEGO

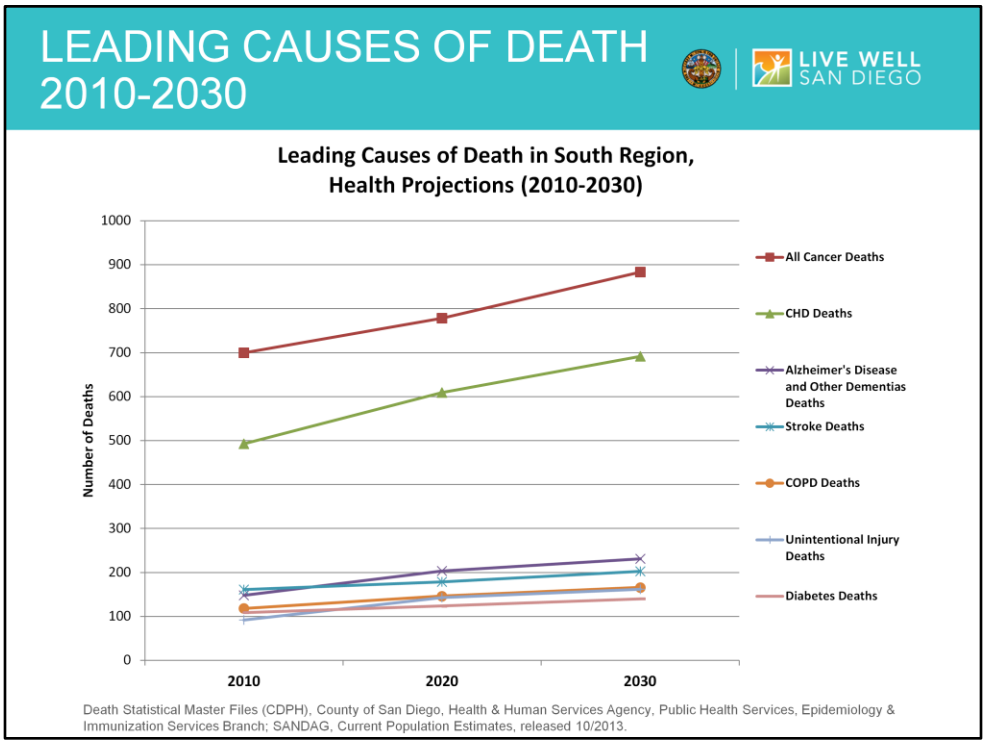
ADOD PROJECTIONS BY COMMUNITY



- Chula Vista and South Bay are expected to account for 60% of the number of 55 years and older residents living with ADOD in South Region by 2030.
- In 2013, Sweetwater had the second lowest proportion of residents 55 years and older living with ADOD. However, it is expected to increase by 107.2% by 2030, which is the greatest percentage increase among all South Region communities.
- Compared to all other subregional areas of San Diego County in 2013, Chula Vista had the second largest number of residents age 55 years and older discharged from the ED or hospital with any mention of ADOD .
- Approximately 16% of the county's age 55 years and older who were discharged from the ED or hospital with any mention of ADOD in 2013 were South Region residents.
- Compared to the county, four of the five South Region communities had higher rates of discharges with any mention of ADOD among its 55 years and older residents.

LEADING CAUSES OF DEATH IN SOUTH REGION

LIVE WELL
SAN DIEGO



Cancer was the leading cause of death among South Region residents followed by Coronary Heart Disease (CHD) in 2013. This trend is projected to remain the same by 2030.

A CLOSER LOOK INTO SOUTH REGION

Community Health Improvement Plans (CHIP)

LIVE WELL SAN DIEGO

South Region
Community Health Improvement Plan

PRIORITY AREA 1: PHYSICAL ACTIVITY AND HEALTHY EATING

LIVE WELL SAN DIEGO

GOAL 1: INCREASE PHYSICAL ACTIVITY FOR SOUTH REGION RESIDENTS.

GOAL 2: INCREASE HEALTHY EATING FOR SOUTH REGION RESIDENTS.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
1.1.3 Increase the percent of children who are engaged in physical activity for at least one hour daily from 19.3% by 5% for children aged 5-11 and from 19.2%* by 5% for teens aged 12-17, by December 2018.	Percentage of children aged 5-11 who engaged in physical activity for at least one hour daily	California Health Interview Survey	19.3%	40.3%* *statistically unstable	18.7%* *statistically unstable
	Percentage of teens aged 12-17 who engaged in physical activity for at least one hour daily	California Health Interview Survey	19.2%* *statistically unstable	40.7%* *statistically unstable	22.4%* *statistically unstable

- Please note that the percentages above are statistically unstable. Proceed with caution.
  - From baseline to 2014,
    - Slight decrease in percentage of children aged 5-11 who engaged in physical activity for at least one hour daily*
    - Increase in percentage of teens aged 12-17 who engaged in physical activity for at least one hour daily*

PRIORITY AREA 1: PHYSICAL ACTIVITY AND HEALTHY EATING

LIVE WELL SAN DIEGO

GOAL 1: INCREASE PHYSICAL ACTIVITY FOR SOUTH REGION RESIDENTS.

GOAL 2: INCREASE HEALTHY EATING FOR SOUTH REGION RESIDENTS.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
1.1.4 Increase the percent of children and teens who are eating healthy from 49.5% by 5%, by December 2018.	Percent of children aged 5-11 eating 5 or more fruits and veggies per day	California Health Interview Survey	49.5%	N/A	N/A
	Percent of children aged 5-11 eating 2 or more fruits per day	California Health Interview Survey	65.8%	63.8%* *statistically unstable	54.8%* *statistically unstable
	Percent of children aged 5-11 eating 2 or more veggies yesterday	California Health Interview Survey	N/A	39.5%	43.3%
	Percent of teens aged 12-17 eating 5 or more fruits and veggies per day	California Health Interview Survey	32.8%	N/A	N/A
	Percent of teens aged 12-17 eating 2 or more fruits yesterday	California Health Interview Survey	51.0%	25.4%* *statistically unstable	44.3%
	Percent of teens aged 12-17 eating 2 or more veggies yesterday	California Health Interview Survey	N/A	35.0%	42.0%
	Percent of children and teens who drink two or more glasses or cans of soda or other sweetened beverages	California Health Interview Survey	14.9%* *statistically unstable	N/A	N/A

- Please note that some of the percentages above are statistically unstable. Proceed with caution.

PRIORITY AREA 2: SAFETY

LIVE WELL SAN DIEGO

GOAL: IMPROVE SECURITY AND DECREASE VIOLENCE.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
2.1.1 Increase walkability in South Region for a minimum of two schools, by December 31, 2018.	Percentage of adults who walked as a means of transportation to work	American Community Survey	2.65%	2.11%	Not available
2.3.1 Reduce teen access to alcohol by 5%, by 2018.	Percentage of teens who have ever tried alcohol	California Health Interview Survey	27.8%	44.2%* *statistically unstable	4.0%* *statistically unstable

Please note that some of the percentages above are statistically unstable. Proceed with caution.

- Decrease in the percent of adults who walked to work from baseline to 2013.

PRIORITY AREA 3: HEALTH CARE ACCESS

LIVE WELL SAN DIEGO

GOAL: IMPROVE ACCESS TO MEDICAL HEALTH HOME FOR VULNERABLE POPULATIONS.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
3.1.2 Increase the percentage of residents who needed a mental health service who sought out a service to 75%, by December 2018.	Of those who needed a mental health service, how many sought and received care	California Health Interview Survey	54.4%	78.6%* *statistically unstable	40.6%* *statistically unstable

Please note that some of the percentages above are statistically unstable. Proceed with caution.

- The percentage of South Region residents who need mental health services and seek these services has been decreasing from baseline to 2014.*

SOUTH REGION *LIVE WELL SAN DIEGO INDICATORS*

LIVE WELL
SAN DIEGO

TOP 10 LIVE WELL SAN DIEGO INDICATORS

LIVE WELL SAN DIEGO

Live Well San Diego
South Sub-Regional Areas

Community Indicators - 2015

Return to South Region Community Map

Indicator	South Region Communities					South Region (HHSA)	San Diego County	California	United States
	Chula Vista	Coronado	National City	South Bay	Sweet-water				
HEALTH									
Life Expectancy									
Measure of length and duration of life expected at birth	76.8 yrs	83.3 yrs	79.0 yrs	81.2 yrs	90.3 yrs	82.1 yrs	82.3 yrs	81.2 yrs	78.8 yrs
Percent of population who smoked cigarettes in the last 12 months	18.1%	15.8%	17.1%	16.0%	12.6%	15.7%	16.8%	16.9%	20.9%
Percent of population spending 2 or more hours exercising per week	43.0%	54.7%	43.7%	44.6%	64.3%	50.4%	54.4%	52.3%	49.2%
Percent of population having visited a doctor in the last 12 months 6 or more times	24.0%	30.5%	23.4%	23.3%	32.7%	26.6%	28.8%	28.5%	29.4%
Quality of Life									
Percent of population that is sufficiently healthy to be able to live independently (not including those who reside in nursing homes or other institutions)	N/A	N/A	N/A	N/A	N/A	N/A	95.0%	94.5%	94.2%
KNOWLEDGE									
Education									
Percent of population with a High School Diploma or Equivalent	71.5%	98.6%	69.8%	69.7%	89.7%	77.2%	84.7%	81.7%	86.6%
Percent of population with less than a High School Diploma or Equivalent	28.5%	1.4%	30.2%	30.2%	10.3%	22.8%	15.3%	18.3%	13.4%
Percent of population with a Bachelor's Degree	14.8%	51.2%	12.3%	14.7%	36.6%	22.5%	33.4%	31.0%	29.6%
Percent of population with a Graduate or Professional Degree	4.9%	24.0%	2.4%	3.7%	12.7%	7.7%	12.7%	11.5%	11.2%
Percent of combined gross school enrollment of school aged population	87.3%	64.3%	74.7%	84.8%	99.4%	86.3%	89.4%	90.0%	88.1%
STANDARD OF LIVING									
Unemployment									
Percent of the total labor force that is unemployed (actively seeking employment and willing to work)	16.4%	5.3%	13.2%	14.5%	10.2%	13.1%	10.3%	11.5%	9.7%
Income									
Percent of population spending less than 1/3 of income on housing	48.1%	54.2%	44.3%	48.6%	49.2%	48.5%	49.9%	53.5%	63.3%
Per Capita Income	19,558	48,000	16,570	17,561	30,857	23,709	31,197	29,527	28,155
Median Household Income	46,116	95782	39,159	51,348	87,454	59,556	67,349	60,190	52,250

The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.

October 2015

South region as a whole is not doing as well as the County overall for the Health, Knowledge and Standard of Living Areas of Influence.

TOP 10 LIVE WELL SAN DIEGO INDICATORS

Live Well San Diego
South Sub-Regional Areas

Community Indicators - 2015

Return to South Region Community Map

Indicator	South Region Communities					South Region (HHSA)	San Diego County	California	United States
	Chula Vista	Coronado	National City	South Bay	Sweet-water				
Percent of population with an interest or non-interest checking account	39.5%	57.0%	35.3%	40.2%	65.7%	47.8	55.5%	53.3%	57.1%
Percent of population with a savings account	42.0%	54.4%	38.1%	43.6%	64.2%	49.1	54.4%	51.8%	53.5%
Percent of population with either a 401 (K), 403 (b), or an IRA retirement savings plan	21.0%	32.5%	17.1%	20.7%	44.0%	27.7	31.8%	29.6%	30.2%
COMMUNITY									
Security									
Number of crimes per 100,000 people (all crimes including violent and property)	N/A	N/A	N/A	N/A	N/A	N/A	2,138.7	2,837.2	2,961.6
Number of unintentional injuries per 100,000	9,327.12	5,525.62	7,330.55	6,141.44	3,028.0	6,108.46	5,718.97	6,344.3	N/A
Percent of population that feels safe in their neighborhood	N/A	N/A	N/A	N/A	N/A	93.4%	93.2%	87.0%	N/A
COMMUNITY									
Physical Environment									
Percent of days that air quality was rated unhealthy	N/A	N/A	N/A	N/A	N/A	N/A	4.7%	5.8%	N/A
Air Quality Ozone Design Value: Design Value is an average of ozone concentration of the 4th high 8-hour intervals over a 3 year period (2011-2013)	N/A	N/A	N/A	N/A	N/A	0.059	N/A	N/A	N/A
Air Quality Particulate Matter: Average number of collected particulate matter samples at the 98th percentile over a 3 year period (2011-2013)	N/A	N/A	N/A	N/A	N/A	20.0	N/A	N/A	N/A
Rate of water quality violations per year for federally regulated drinking water contaminants per 100,000 people	N/A	N/A	N/A	N/A	N/A	N/A	2.0	7.3	48.1
Percent of beach days under a Beach Notification Action (advisories and closures)	N/A	N/A	N/A	N/A	N/A	N/A	1.7%	4.7%	5.4%
Percent of population who recycled products in the last 12 months	61.8%	62.4%	58.6%	58.2%	68.1%	62.2%	64.6%	63.5%	57.6%

The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.

October 2015

The rate of unintentional injuries is higher in South Region than the county overall.

LIVE WELL INDICATORS WITH COMPARISONS

LIVE WELL SAN DIEGO

Live Well San Diego
South Sub-Regional Areas

Community Indicators - 2015

Return to South Region Community Map

Indicator	South Region Communities					South Region (HHSA)	San Diego County	California	United States
	Chula Vista	Coronado	National City	South Bay	Sweet-water				
Built Environment									
Percent of population living within a half mile of a park	N/A	N/A	N/A	N/A	N/A	N/A	50.0%	58.0%	36.8%
Number of recreational facilities per 100,000 people	N/A	N/A	N/A	N/A	N/A	N/A	15.6	14.9	12.8
Percent of population using public transportation to work	6.5%	2.4%	7.3%	5.6%	1.0%	4.3%	3.1%	5.2%	5.0%
Percent of population with over 60 minutes travel time to work	6.7%	4.6%	6.2%	8.4%	6.1%	6.8%	5.5%	10.1%	8.1%
Average travel time to work for workers age 16 or older (in minutes)	7.7	4.4	5.3	9.2	16.7	10.5	24.4	27.2	25.5
SOCIAL									
Vulnerable Populations									
Percent of population with income of 200 percent of poverty or less, who have experienced food insecurity	N/A	N/A	N/A	N/A	N/A	20.8%	38.1%	38.4%	N/A
Percent of population with self-care difficulty (have difficulty caring for themselves)	N/A	N/A	N/A	N/A	N/A	N/A	2.5%	3.0%	3.1%
Percent of population who are a primary caregiver/caretaker	7.3%	7.0%	7.6%	6.5%	5.6%	6.6%	6.3%	6.5%	7.0%
Percent of population without health insurance (18 to 64 years of age)	32.0%	8.9%	41.4%	31.7%	17.6%	28.2%	22.7%	24.5%	20.6%
Percent of population with linguistic isolation (unable to communicate effectively in English)	15.9%	2.2%	20.7%	12.5%	6.6%	12.5%	8.6%	9.9%	4.6%
Percent of population who have access to Internet at home using a computer	71.2%	80.2%	69.4%	72.6%	93.5%	78.3%	82.7%	81.1%	78.6%
Community Involvement									
Percent of residents who volunteer	N/A	N/A	N/A	N/A	N/A	N/A	26.9%	24.3%	25.4%
Percent of the population who donates to charity	N/A	N/A	N/A	N/A	N/A	N/A	55.9%	48.7%	51.0%
Percent of residents registered to vote who voted in the 2012 presidential election	N/A	N/A	N/A	N/A	N/A	N/A	77.0%	72.4%	61.8%
Percent of population who voted in Federal, State, or local elections in the last 12 months	32.9%	46.6%	27.6%	31.6%	48.6%	37.2%	43.8%	40.7%	44.5%
Percent of population who volunteered for a charitable organization in the last 12 months	10.3%	16.6%	8.6%	10.4%	20.1%	13.3%	15.6%	14.5%	15.1%
Percent of population who contributed to a political organization in the last 12 months	3.3%	5.6%	3.4%	3.0%	5.3%	4.0%	4.9%	4.7%	4.3%
Percent of population who contributed to arts and cultural organizations in the last 12 months	3.0%	6.0%	3.2%	2.6%	5.0%	3.7%	5.1%	4.8%	4.2%

The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.

October 2015

- South Region had a lower percentage of population with income of 200% FPL or less, who have experienced food insecurity at 20.8% compared to San Diego County overall at 38.1%.
- South Region had a higher percentage of 18-64 year olds without health insurance at 28.2% compared to the county (22.7%).

LIVE WELL INDICATORS WITH COMPARISONS

LIVE WELL SAN DIEGO

Live Well San Diego
South Sub-Regional Areas

Community Indicators - 2015

Return to South Region Community Map

Indicator	South Region Communities					South Region (HHSA)	San Diego County	California	United States
	Chula Vista	Coronado	National City	South Bay	Sweet-water				
Percent of population who contributed to educational organizations in the last 12 months	6.6%	10.6%	5.7%	6.5%	12.2%	8.3%	9.5%	9.0%	9.0%
Percent of population who contributed to environmental organizations in the last 12 months	3.3%	6.6%	2.8%	2.9%	5.4%	3.9%	5.6%	5.1%	4.8%
Percent of population who contributed to health organizations in the last 12 months	6.1%	10.2%	4.9%	5.5%	10.9%	7.4%	9.1%	8.6%	8.8%
Percent of population who contributed religious organizations in the last 12 months	19.0%	26.8%	16.8%	19.1%	30.8%	22.6%	24.2%	23.4%	25.3%
Percent of population who contributed to social service organizations in the last 12 months	5.5%	10.9%	4.7%	5.6%	12.1%	7.7%	9.4%	8.6%	8.8%

The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.

October 2015

Less people volunteer in South Region in all organizational categories compared to the county.

KEY HEALTH CONCERNS

SOUTH REGION

- Chronic disease is the leading cause of death among South Region residents.
  - Compared to the county, the South Region **had higher percentages of deaths due to chronic disease in every year from 2000-2013.**
  - **Cancer is the number one cause of death**, followed by CHD.
  - Compared to all other HHSA Regions, South Region residents were at **higher risk for asthma death, CHD death, and diabetes death.**
  - Among the South Region SRAs, **South Bay and National City** had the highest percentages of chronic disease deaths for multiple years from 2000-2013.
- In 2013, the percentage of thriving indicators such as unemployment, poverty, and lack of health insurance coverage were higher than the county overall.

FOR MORE INFORMATION

For more information, including data, resources and reports, from Public Health Services:

www.SDHealthStatistics.com

QUESTIONS?

LIVE WELL SAN DIEGO

WHERE DO WE GO FROM HERE?

LIVE WELL SAN DIEGO

1. What stands out to you about the data and the trends?
2. Do the data presented reflect what is happening in your community?
3. Do the data suggest to you anything new that needs to be done?