South Region

Informational Packet

HHSA
COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL
SAN DIEGO

Data Update Presentation on

November 12, 2015

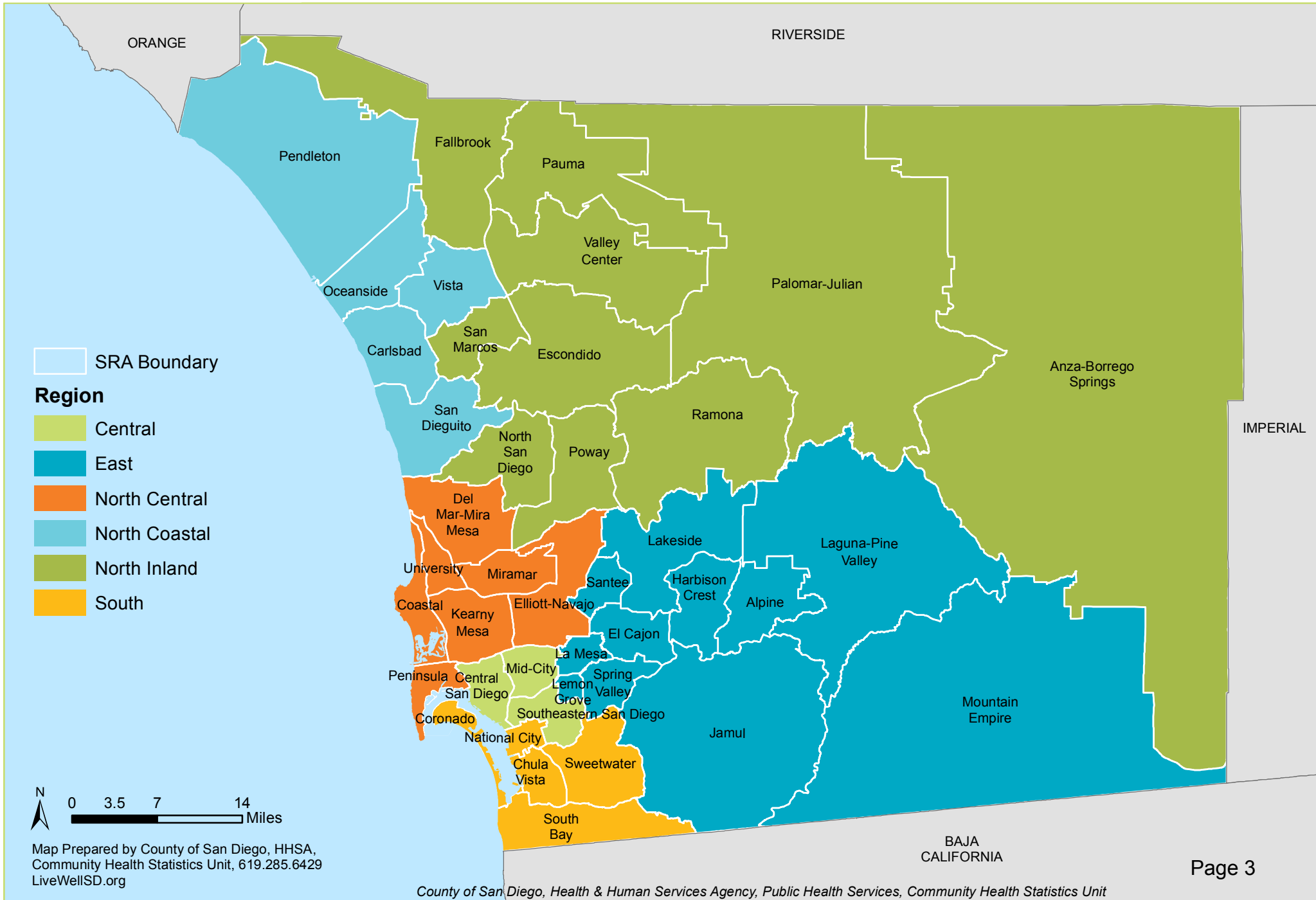**This page is intentionally left blank.**

San Diego County Demographics Profile

South Region

2013 Population Estimates

September 2015

Regional and Subregional Areas (SRA) Boundaries in San Diego County

COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL
SAN DIEGO

SanGIS
We Have San Diego Covered!

Legend

SRA Boundary

Region
- Central
- East
- North Central
- North Coastal
- North Inland
- South

ORANGE

RIVERSIDE

IMPERIAL

BAJA CALIFORNIA

Pendleton
Fallbrook
Pauma
Valley Center
Palomar-Julian
Oceanside
Vista
San Marcos
Escondido
Anza-Borrego Springs
Carlsbad
San Dieguito
North San Diego
Ramona
Poway
Del Mar-Mira Mesa
University
Miramar
Santee
Lakeside
Laguna-Pine Valley
Coastal
Kearny Mesa
Elliott-Navajo
Harbison Crest
Alpine
Peninsula
Central San Diego
Mid-City
La Mesa
El Cajon
Lemon Grove
Spring Valley
Coronado
Southeastern San Diego
National City
Jamul
Mountain Empire
Chula Vista
Sweetwater
South Bay

N
0   3.5   7   14
Miles

Map Prepared by County of San Diego, HHSA,
Community Health Statistics Unit, 619.285.6429
LiveWellSD.org

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

Demographic Profile (2013 SANDAG Estimates)

	Number	Percent
Total Population	3,154,574	100.00%
Age Distribution		
0 to 4 Years	205,465	6.51%
5 to 14 Years	398,960	12.65%
15 to 24 Years	505,823	16.03%
25 to 44 Years	883,609	28.01%
45 to 64 Years	774,578	24.55%
65+ Years	386,139	12.24%
Gender Distribution		
Male	1,579,561	50.07%
Female	1,575,013	49.93%
Race/Ethnicity		
White	1,484,910	47.07%
Hispanic	1,054,934	33.44%
Black	133,319	4.23%
Asian/Pacific Islander*	360,533	11.43%
Other	120,878	3.83%

Income (2013 ACS) (LWSD)

	Number	Percent
Total Households	1,076,483	100.00%
Household Income		
< $35,000	299,649	27.84%
$35,000 to $50,000	134,978	12.54%
$50,000 to $75,000	184,850	17.17%
$75,000 to $100,000	140,654	13.07%
$100,000 to $150,000	167,822	15.59%
> $150,000	148,530	13.80%
Income per Person in HH (2013 SANDAG Estimates)		
Median HH Income		$67,753
Persons Per HH		2.76
Income per Person in HH		$24,548.19

Unemployment Estimates (2013 ACS) (LWSD)

Eligible Labor Force	
16+ Years	1,624,831
Labor Force	
Percent Unemployed	9.54%

Occupation (2013 ACS)

Labor Force (16+ Years)	
Unemployed Civilians	155,014
Armed Forces	79,620
Employed Civilians	1,390,197
Employed Civilian Occupation Category (16+ Years)	
Management, Professional, & Related	40.12%
Service	19.40%
Sales and Office	24.49%
Construction, Extraction, & Maintenance	7.88%
Production, Transportation, & Material Moving	8.11%

Industry (2013 ACS)

Industry of Civilian Employees	
Agriculture, Forestry, Mining	0.89%
Construction	5.80%
Manufacturing	9.26%
Wholesale Trade	2.54%
Retail Trade	11.28%
Transportation, Warehousing, and Utilities	3.74%
Information and Communications	2.29%
Finance, Insurance, and Real Estate	6.65%
Professional, Scientific, Management, Admin.	14.46%
Educational, Social and Health Services	21.02%
Entertainment and Hospitality related	11.05%
Other Services	5.30%
Public Administration	5.73%

Education (2013 ACS) (LWSD)

Total Population	
25+ Years Old	2,046,489
Completed Education	
< High School Graduate	14.52%
High School Graduate	19.09%
Some College or AA	31.83%
Bachelor Degree	21.48%
Graduate Degree	13.08%

School Enrollment (2013 ACS)

Population Eligible for Enrollment	
4 to 18 years‡	622,496
Private vs Public School Enrollment	
Percent Public Schools	92.24%
Percent Private Schools	7.76%

Language (2013 ACS)

Total Population	
5+ Years Old	2,931,562
Primary Language Spoken at Home	
English Only	62.61%
Spanish Only	10.91%
Asian/Pacific Island Language Only	3.72%
Other Language Only	0.73%
Bilingual	18.90%

Housing Estimates (2013 ACS)†

Occupancy	
Owner Occupied	53.85%
Renter Occupied	46.15%
Housing Costs	
Median House Value	$402,100
Median Rent	$1,300

Personal Vehicles (2013 ACS)

Household Vehicle Availability	
No Vehicle	6.22%
1 Vehicle	32.29%
>1 Vehicle	61.49%

Poverty Estimates (2013 ACS)†

Income Percent of Poverty Level	
<50%	7.00%
50 - 74%	3.13%
75 - 99%	4.31%
100 - 124%	4.54%
125 - 149%	4.67%
150 - 199%	9.05%
200% +	67.29%
Percent Below Poverty Level	
Population	14.45%
Families	10.52%
Families With Children	15.20%

Single Parent Homes (2013 ACS)

Total Family Households	
With Children <18 Years	334,590
Families With Children <18 Years	
Percent Single Parent	27.85%

*See *Asian/Pacific Islander Population Distribution* for more detailed information.
†See *Supplemental Page* for more related data.
‡SANDAG Estimate
LWSD = *Live Well San Diego* Indicator

LIVE WELL SAN DIEGO

Marital Status (2013 ACS)

	Number	Percent
Total Population		
15+ Years Old	2,538,791	100.00%
Marital Status		
Single, Never Married	899,787	35.44%
Married	1,205,301	47.48%
Separated	48,229	1.90%
Widowed	125,244	4.93%
Divorced	260,230	10.25%

Public Program Participation (2013 ACS)

Food Stamps/SNAP/CalFresh Benefits	
Households	5.46%
Families with Children	6.22%
Eligibility by Federal Poverty Level (FPL)	
Population ≤130% FPL	19.92%
Population ≤138% FPL	21.60%
Population 139% - 350% FPL	33.72%

Selected Status Populations (2013 ACS)

	Number	Percent
Disability Status		
Total Civilian Noninstitutionalized Population	3,034,769	100.00%
With a Disability	284,799	9.38%
With a Hearing Difficulty	81,743	2.69%
With a Vision Difficulty	50,305	1.66%
With a Cognitive Difficulty	111,073	3.66%
With an Ambulatory Difficulty	147,433	4.86%
With a Self-care Difficulty	62,355	2.05%
With an Independent Living Difficulty	115,245	3.80%
Veteran Status		
Civilian Population 18+ Years	2,333,920	100.00%
Veteran Population	234,211	10.04%
Foreign Born		
Total Population‡	3,154,574	100.00%
Foreign Born	733,577	23.38%
Foreign Born, Naturalized Citizen	348,533	11.11%
Foreign Born, Not a U.S. Citizen	385,044	12.27%

Selected Housing Characteristics (2013 SANDAG)

	Total Units	Occupied
Housing and Occupancy		
Total Housing Units	1,169,095	1,106,564
Single Family - Detached	548,524	527,971
Single Family - Multiple-Unit	157,087	147,623
Multi-Family	420,975	392,014
Mobile Home and Other	42,509	38,956

Older Adult Population (2013 ACS)

Total Population	
65+ Years Old‡	386,139
Household Type	
Married-Couple Family	53.70%
Family Household, No Spouse Present	15.10%
Non-Family Household	4.03%
Group Quarters	3.07%
Male, Living Alone	7.34%
Female, Living Alone	16.75%
Poverty	
Percent Below 100% FPL	8.75%
Percent Below 200% FPL	27.09%
Income	
Mean Household Earnings	$59,830
Percent with Earnings	36.60%
Percent with Social Security Income	88.20%
Percent with Supplemental Security Income	7.50%
Percent with Cash Public Assistance Income	1.50%
Percent with Retirement Income	50.40%
Percent with Food Stamps/SNAP Benefits	2.80%
Labor Force	
Percent in Labor Force	16.20%
Grandparents	
Living with Grandchild (<18 Years Old)	8.10%
Responsible for Grandchild (<18 Years Old)	1.50%

Selected Economic & Social Characteristics (2013 ACS) (LWSD)

Monthly Housing Costs as a Percentage of Household Income	
Less than 20% per Month	27.12%
20% to 29% per Month	22.73%
30% or more per Month	50.15%
Health Insurance Coverage Status	
Ages 0-17 Years	
With Health Insurance Coverage	91.04%
Without Health Insurance Coverage	8.96%
Ages 18-64 Years	
With Health Insurance Coverage	77.46%
Without Health Insurance Coverage	22.54%
Ages 65+ Years	
With Health Insurance Coverage	98.38%
Without Health Insurance Coverage	1.62%
All Ages	
With Health Insurance Coverage	83.18%
Without Health Insurance Coverage	16.82%
Commute to Work	
Car, Truck, or Van - Drove Alone	75.97%
Car, Truck, or Van - Carpooled	9.92%
Public Transportation (Excluding Taxis)	3.08%
Walked	2.78%
Other Means	1.86%
Worked from Home	6.39%

‡SANDAG Estimate
LWSD = *Live Well San Diego* Indicator

Language Spoken at Home among Monolinguals, Aged 5+

Estimates* from 2013 American Community Survey

Language Spoken at Home	Number*	Percent of *Monolingual*** Population	Percent of *Total* Population
Total Population, Aged 5+ Years	**2,931,562**		
Total Mono-lingual Population	2,311,786	100.00%	78.86%
English Only	1,835,381	79.39%	62.61%
Non-English Speakers:			
Spanish Only	319,880	13.84%	10.91%
Tagalog Only	35,580	1.54%	1.21%
Vietnamese Only	26,076	1.13%	0.89%
Chinese Only	20,296	0.88%	0.69%
Arabic Only	10,133	0.44%	0.35%
Korean Only	7,302	0.32%	0.25%
Japanese Only	5,968	0.26%	0.20%
Other and Unspecified Languages Only	5,978	0.26%	0.20%
Persian Only	5,788	0.25%	0.20%
African Only	4,323	0.19%	0.15%
Russian Only	4,176	0.18%	0.14%
Other Pacific Island Only	3,816	0.17%	0.13%
Laotian Only	3,254	0.14%	0.11%
Other Asian Only	2,768	0.12%	0.09%
Mon-Khmer, Cambodian	2,291	0.10%	0.08%
French Only	1,810	0.08%	0.06%
Hindi Only	1,610	0.07%	0.05%
German Only	1,429	0.06%	0.05%
Other Indo-European Only	1,272	0.06%	0.04%
Italian Only	1,616	0.07%	0.06%
Portuguese Only	1,391	0.06%	0.05%
Other Indic Only	1,471	0.06%	0.05%
Thai Only	1,254	0.05%	0.04%
Polish Only	758	0.03%	0.03%
Other Slavic Only	887	0.04%	0.03%
Urdu Only	824	0.04%	0.03%
Armenian Only	700	0.03%	0.02%
Gujarati Only	771	0.03%	0.03%
Serbo-Croatian Only	708	0.03%	0.02%
Hungarian Only	534	0.02%	0.02%
Hmong Only	516	0.02%	0.02%
Scandinavian Only	241	0.01%	0.01%
Greek Only	297	0.01%	0.01%
Other West Germanic Only	195	0.01%	0.01%
Hebrew Only	410	0.02%	0.01%

** In this case, "monolingual" refers to those who speak English only or another language at home and speak English less than very well.

The 2013 American Community Survey universe is limited to the household population over 5 years old and excludes the population living in institutions, college dormitories, and other group quarters. Data are based on a sample are subject to sampling variability.

San Diego County

Language Spoken at Home Among Bilinguals, Aged 5+ Years
Estimates* from 2013 American Community Survey (ACS)

Language Spoken at Home	Number*	Percent of *Bilingual*** Population	Percent of *Total* Population
Total Population, Aged 5+ Years	**2,931,562**		
Total English-Bilingual* Population	619,776	100.00%	21.14%
Spanish	405,439	65.42%	13.83%
Tagalog	54,617	8.81%	1.86%
Chinese	20,842	3.36%	0.71%
Vietnamese	15,883	2.56%	0.54%
German	9,505	1.53%	0.32%
Arabic	9,491	1.53%	0.32%
French	8,126	1.31%	0.28%
Persian	8,246	1.33%	0.28%
Korean	6,408	1.03%	0.22%
African	7,604	1.23%	0.26%
Japanese	6,650	1.07%	0.23%
Other Asian Languages	5,772	0.93%	0.20%
Other Pacific Island Languages	5,993	0.97%	0.20%
Other/Unspecified Bilingual	5,719	0.92%	0.20%
Hindi	4,815	0.78%	0.16%
Italian	4,204	0.68%	0.14%
Russian	4,637	0.75%	0.16%
Portuguese	3,889	0.63%	0.13%
Other Indo-European Languages	3,076	0.50%	0.10%
Other Indic Languages	3,171	0.51%	0.11%
Mon-Khmer, Cambodian	2,494	0.40%	0.09%
Laotian	2,682	0.43%	0.09%
Scandinavian Languages	2,389	0.39%	0.08%
Other West Germanic Languages	1,950	0.31%	0.07%
Polish	1,594	0.26%	0.05%
Other Slavic Languages	1,729	0.28%	0.06%
Serbo-Croatian	1,906	0.31%	0.07%
Urdu	1,372	0.22%	0.05%
Armenian	1,863	0.30%	0.06%
Gujarati	1,559	0.25%	0.05%
Greek	1,506	0.24%	0.05%
Hebrew	1,261	0.20%	0.04%
Thai	1,016	0.16%	0.03%
Hungarian	732	0.12%	0.02%
Hmong	900	0.15%	0.03%
Other Native North American Lang.	344	0.06%	0.01%
Yiddish	241	0.04%	0.01%
Navajo	151	0.02%	0.01%

** In this case, "bilingual" refers to those who speak English very well and speak another language at home.

The 2013 American Community Survey universe is limited to the household population over 5 years old and excludes the population living in institutions, college dormitories, and other group quarters. Data are based on a sample are subject to sampling variability.

Asian/Pacific Islander Population Distribution (2013 ACS)*

	Number*	Percent of *Asian/Pacific Islander Population*	Percent of *Total Population*
Total Population	**3,154,574**		
Total Asian/Pacific Islander Population	365,250	100.00%	11.58%
Asian Indian	26,496	7.25%	0.84%
Bangladeshi	256	0.07%	0.01%
Cambodian	5,647	1.55%	0.18%
Chinese; except Taiwanese	50,735	13.89%	1.61%
Filipino	148,566	40.68%	4.71%
Hmong	1,557	0.43%	0.05%
Indonesian	988	0.27%	0.03%
Japanese	19,060	5.22%	0.60%
Korean	18,873	5.17%	0.60%
Laotian	6,892	1.89%	0.22%
Malaysian	214	0.06%	0.01%
Melanesian	506	0.14%	0.02%
Micronesian	4,825	1.32%	0.15%
Pakistani	1,664	0.46%	0.05%
Polynesian	8,682	2.38%	0.28%
Sri Lankan	525	0.14%	0.02%
Taiwanese	3,425	0.94%	0.11%
Thai	2,710	0.74%	0.09%
Vietnamese	50,580	13.85%	1.60%
Other Asian/Pacific Islander	10,936	2.99%	0.35%
Other Asian/Pacific Islander; not specified	2,115	0.58%	0.07%

*Asian/Pacific Islander population estimates includes those having origins of the Far East, Southeast Asia, the Indian subcontinent, or Pacific Islands. This table is provided to give more detail on these estimates by origin. Estimated number based off 2013 ACS percentages and 2013 SANDAG Population Estimates.

Demographic Profile (2013 SANDAG Estimates)

	Number	Percent
Total Population	476,896	100.00%
Age Distribution		
0 to 4 Years	34,690	7.27%
5 to 14 Years	68,038	14.27%
15 to 24 Years	84,156	17.65%
25 to 44 Years	128,309	26.91%
45 to 64 Years	110,135	23.09%
65+ Years	51,568	10.81%
Gender Distribution		
Male	236,757	49.65%
Female	240,139	50.35%
Race/Ethnicity		
White	93,943	19.70%
Hispanic	290,615	60.94%
Black	17,407	3.65%
Asian/Pacific Islander*	61,251	12.84%
Other	13,680	2.87%

Income (2013 ACS) (LWSD)

	Number	Percent
Total Households	138,755	100.00%
Household Income		
< $35,000	42,487	30.62%
$35,000 to $50,000	18,569	13.38%
$50,000 to $75,000	24,447	17.62%
$75,000 to $100,000	18,971	13.67%
$100,000 to $150,000	21,237	15.31%
> $150,000	13,044	9.40%

Unemployment Estimates (2013 ACS) (LWSD)

Eligible Labor Force	
16+ Years	233,745
Labor Force	
Percent Unemployed	11.97%

Occupation (2013 ACS)

Labor Force (16+ Years)	
Unemployed Civilians	27,972
Armed Forces	14,016
Employed Civilians	191,757
Employed Civilian Occupation Category (16+ Yrs)	
Management, Professional, & Related	29.96%
Service	22.64%
Sales and Office	27.76%
Construction, Extraction, & Maintenance	9.01%
Production, Transportation, & Material Moving	10.63%

Industry (2013 ACS)

Industry of Civilian Employees	
Agriculture, Forestry, Mining	0.29%
Construction	5.75%
Manufacturing	7.74%
Wholesale Trade	3.02%
Retail Trade	13.15%
Transportation, Warehousing, and Utilities	5.14%
Information and Communications	1.78%
Finance, Insurance, and Real Estate	6.16%
Professional, Scientific, Management, Admin.	9.73%
Educational, Social and Health Services	22.75%
Entertainment and Hospitality related	10.73%
Other Services	5.17%
Public Administration	8.59%

Education (2013 ACS) (LWSD)

Total Population	
25+ Years Old	294,794
Completed Education	
< High School Graduate	22.40%
High School Graduate	21.79%
Some College or AA	32.40%
Bachelor Degree	15.71%
Graduate Degree	7.70%

School Enrollment (2013 ACS)

Population Eligible for Enrollment	
4 to 18 years‡	106,330
Private vs Public School Enrollment	
Percent Public Schools	93.63%
Percent Private Schools	6.37%

Language (2013 ACS)

Total Population	
5+ Years Old	443,799
Primary Language Spoken at Home	
English Only	39.52%
Spanish Only	19.05%
Asian/Pacific Island Language Only	3.73%
Other Language Only	0.10%
Bilingual	36.51%

Housing Estimates (2013 ACS)†

Occupancy	
Owner Occupied	52.68%
Renter Occupied	47.32%

Personal Vehicles (2013 ACS)

Household Vehicle Availability	
No Vehicle	7.25%
1 Vehicle	30.95%
>1 Vehicle	61.81%

Poverty Estimates (2013 ACS)†

Income Percent of Poverty Level	
<50%	5.89%
50 - 74%	3.82%
75 - 99%	5.49%
100 - 124%	4.72%
125 - 149%	5.69%
150 - 199%	10.93%
200% +	63.47%
Percent Below Poverty Level	
Population	15.19%
Families	12.85%
Families With Children	18.34%

Single Parent Homes (2013 ACS)

Total Family Households	
With Children <18 Years	54,797
Families With Children <18 Years	
Percent Single Parent	31.66%

*See *Asian/Pacific Islander Population Distribution* for more detailed information.

†See *Supplemental Page* for more related data.

‡SANDAG Estimate

LWSD = Live Well San Diego Indicator

Marital Status (2013 ACS)

	Number	Percent
Total Population		
15+ Years Old	374,379	100.00%
Marital Status		
Single, Never Married	129,055	34.47%
Married	180,407	48.19%
Separated	10,722	2.86%
Widowed	19,585	5.23%
Divorced	34,610	9.24%

Public Program Participation (2013 ACS)

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%

Selected Status Populations (2013 ACS)

	Number	Percent
Disability Status		
Total Civilian Noninstitutionalized Population	456,850	100.00%
With a Disability	43,526	9.53%
With a Hearing Difficulty	12,418	2.72%
With a Vision Difficulty	9,100	1.99%
With a Cognitive Difficulty	16,109	3.53%
With an Ambulatory Difficulty	23,655	5.18%
With a Self-care Difficulty	11,184	2.45%
With an Independent Living Difficulty	17,479	3.83%
Veteran Status		
Civilian Population 18+ Years	337,004	100.00%
Veteran Population	32,471	9.64%
Foreign Born		
Total Population‡	476,896	100.00%
Foreign Born	153,864	32.25%
Foreign Born, Naturalized Citizen	78,230	16.40%
Foreign Born, Not a U.S. Citizen	75,634	15.86%

Selected Housing Characteristics (2013 SANDAG)

	Total Units	Occupied
Housing and Occupancy		
Total Housing Units	147,983	140,906
Single Family - Detached	67,445	65,301
Single Family - Multiple-Unit	19,276	18,310
Multi-Family	54,391	50,859
Mobile Home and Other	6,871	6,436

Older Adult Population (2013 ACS)

Total Population	
65+ Years Old‡	51,568
Household Type	
Married-Couple Family	50.96%
Family Household, No Spouse Present	24.14%
Non-Family Household	3.00%
Group Quarters	2.56%
Male, Living Alone	5.35%
Female, Living Alone	13.99%
Poverty	
Percent Below 100% FPL	11.13%
Percent Below 200% FPL	33.38%
Income	
Mean Household Earnings	Not Available
Percent with Earnings	Not Available
Percent with Social Security Income	Not Available
Percent with Supplemental Security Income	Not Available
Percent with Cash Public Assistance Income	Not Available
Percent with Retirement Income	Not Available
Percent with Food Stamps/SNAP Benefits	Not Available
Labor Force	
Percent in Labor Force	Not Available
Grandparents	
Living with Grandchild (<18 Years Old)	Not Available
Responsible for Grandchild (<18 Years Old)	Not Available

Selected Economic & Social Characteristics (2013 ACS) (LWSD)	
Monthly Housing Costs as a Percentage of Household Income	
Less than 20% per Month	26.36%
20% to 29% per Month	22.11%
30% or more per Month	51.53%
Health Insurance Coverage Status	
Ages 0-17 Years	
With Health Insurance Coverage	88.30%
Without Health Insurance Coverage	11.70%
Ages 18-64 Years	
With Health Insurance Coverage	72.21%
Without Health Insurance Coverage	27.79%
Ages 65+ Years	
With Health Insurance Coverage	96.73%
Without Health Insurance Coverage	3.27%
All Ages	
With Health Insurance Coverage	79.33%
Without Health Insurance Coverage	20.67%
Commute to Work	
Car, Truck, or Van - Drove Alone	75.38%
Car, Truck, or Van - Carpooled	11.44%
Public Transportation (Excluding Taxis)	4.32%
Walked	2.11%
Other Means	1.84%
Worked from Home	4.91%

‡SANDAG Estimate

LWSD = *Live Well San Diego* Indicator

LIVE WELL SAN DIEGO

Asian/Pacific Islander Population Distribution (2013 ACS)*

	Number*	Percent of *Asian/Pacific Islander* Population	Percent of *Total* Population
Total Population	**476,896**		
Total Asian/Pacific Islander Population	61,343	100.00%	12.86%
Asian Indian	1,251	2.04%	0.26%
Bangladeshi	0	0.00%	0.00%
Cambodian	413	0.67%	0.09%
Chinese; except Taiwanese	3,672	5.99%	0.77%
Filipino	45,843	74.73%	9.61%
Hmong	110	0.18%	0.02%
Indonesian	75	0.12%	0.02%
Japanese	2,572	4.19%	0.54%
Korean	2,001	3.26%	0.42%
Laotian	491	0.80%	0.10%
Malaysian	7	0.01%	0.00%
Melanesian	7	0.01%	0.00%
Micronesian	529	0.86%	0.11%
Pakistani	0	0.00%	0.00%
Polynesian	991	1.62%	0.21%
Sri Lankan	106	0.17%	0.02%
Taiwanese	414	0.67%	0.09%
Thai	162	0.26%	0.03%
Vietnamese	1,323	2.16%	0.28%
Other Asian/Pacific Islander	1,226	2.00%	0.26%
Other Asian/Pacific Islander; not specified	152	0.25%	0.03%

*Asian/Pacific Islander population estimates includes those having origins of the Far East, Southeast Asia, the Indian subcontinent, or Pacific Islands. This table is provided to give more detail on these estimates by origin. Estimated number based off 2013 ACS percentages and 2013 SANDAG Population Estimates.

Health Disparities and Inequities in San Diego County

Health equity is a key component of the *Live Well San Diego* vision in San Diego County. Health disparities are important indicators of community health. Addressing health disparities is essential in increasing and ultimately achieving health equity. Locally, health disparities exist among San Diego County residents. This summary aims to identify the key health disparities and inequities that exist in San Diego County through the lenses of age, gender, geography, race/ethnicity, and socioeconomic status.

In 2011, for San Diego County:

- Non-communicable (chronic) disease was higher among black and white residents, those aged 65 years and older, residents in very urban and rural communities of the county, and slightly higher among females.[1]

- Communicable disease was higher among females, black residents, those aged 15-24 years, and residents in very urban communities of the county.[1]

- Poor maternal and child health outcomes were higher among black and Hispanic residents, and residents in rural and very urban communities of the county.[1]

- Injury, overall, was higher among males, white and black residents, those aged 0-14 and 65 years and older, as well as residents in rural and very urban communities of the county.[1]

- Poor behavioral health outcomes were higher among black and white residents, those aged 45-64 years, and residents living in very urban communities of the county.[1]

Risk of Health Outcomes Compared to San Diego County by Age, 2011
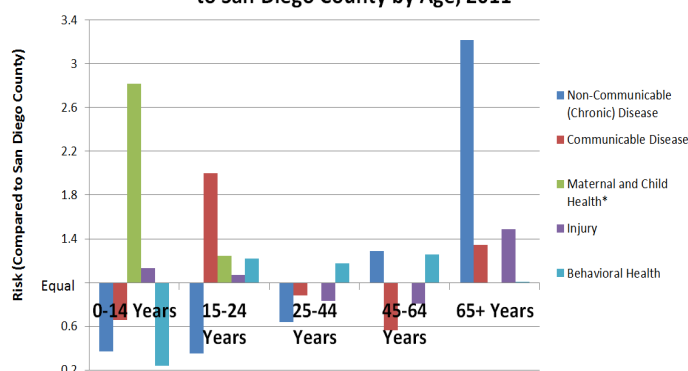
Health Disparities Among San Diego County Residents by Age

- Poor maternal and child-related outcomes were significantly higher among 0-14 year olds perhaps due to the low percentage of mothers receiving early prenatal care among this age group.

- 15-24 year olds had higher rates of communicable diseases; particularly chlamydia and gonorrhea.

- Those over 65 years of age had higher rates of chronic diseases such as coronary heart disease (CHD), stroke, diabetes, chronic obstructive pulmonary disease (COPD), and cancer.
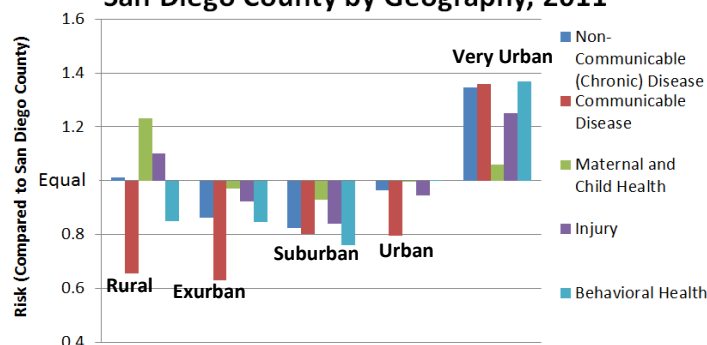
Gender Health Disparities Among San Diego County Residents:

- Non-communicable (chronic) disease rates were 9% higher among females compared to males.

- Communicable disease rates were 19% higher among females compared to males.

- Poor behavioral health outcomes rates were 4% higher among males compared to females.

- Injury rates were 12% higher among males compared to females.

Risk of Health Outcomes Compared to San Diego County by Gender, 2011

Risk of Health Outcomes Compared to San Diego County by Geography, 2011
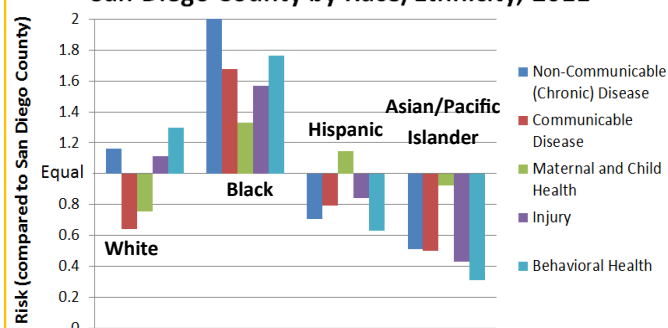

Geographic Health Disparities Among San Diego County Residents:

- Poor maternal and child health outcomes were 11% and 23% higher among very urban and rural community residents, respectively, compared to the county overall.

- Compared to the county overall, residents of very urban communities had 35% higher rates of non-communicable (chronic) disease, 36% higher rates of communicable disease, 11% higher poor maternal and child health outcomes, 25% higher injury rates, and 37% poor behavioral health outcomes rates.

- Injury rates were 10% higher among rural community residents, respectively, compared to the county overall.

Race/Ethnicity Health Disparities Among San Diego County Residents:

- In 2011, blacks had the highest rates of poor health outcomes compared to any other race/ethnicity in San Diego County, whereas Asian/Pacific Islanders had the lowest.

- Poor behavioral health rates were 76% and 30% higher among black and white residents, respectively, compared to the county overall.

- Non-communicable (chronic) disease rates were 109% and 16% higher among blacks and whites, respectively, compared to overall.

- Poor maternal and child health outcomes were 33% and 15% higher among black and Hispanic residents, respectively, compared to the county overall.

Risk of Health Outcomes Compared to San Diego County by Race/Ethnicity, 2011

Risk of Health Outcomes Compared to San Diego County by Income Status, 2011
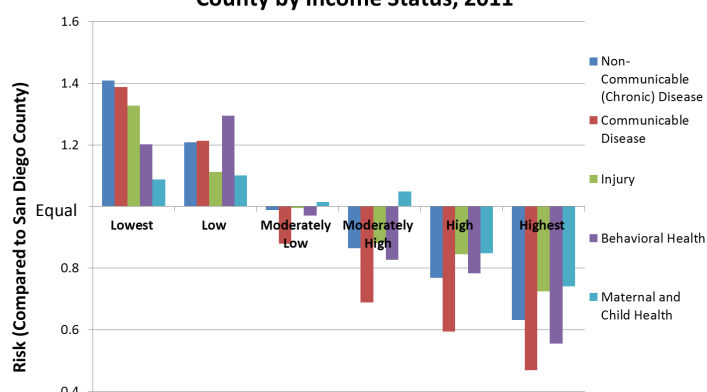
Socioeconomic Status Health Disparities Among San Diego County Residents:

- Non-communicable (chronic) disease rates were 41% and 20% higher among residents in lowest and low income groups, respectively, compared to the county overall.

- Communicable disease rates were 39% and 21% higher among residents in lowest and low income groups, respectively, compared overall.

- Poor maternal and child health outcomes were 8% and 10% higher among the lowest and low income residents, respectively, compared to the county overall.

- Injury rates were 32% and 11% higher among lowest and low income group residents respectively, compared to overall.

- Poor behavioral health rates were 20% and 29% higher among lowest and low income group residents, respectively, compared to overall.

1. County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit (CHSU). San Diego County Community Profiles, 2013.

3-4-50: Chronic Disease Deaths in San Diego County—South Region, 2000-2013

3 Behaviors
poor diet, tobacco use, and physical inactivity

↓ *contribute to*

4 Chronic Diseases
cancer, heart disease & stroke, type II diabetes, and lung disease

↓ *that result in over*

50 Percent
of all deaths worldwide
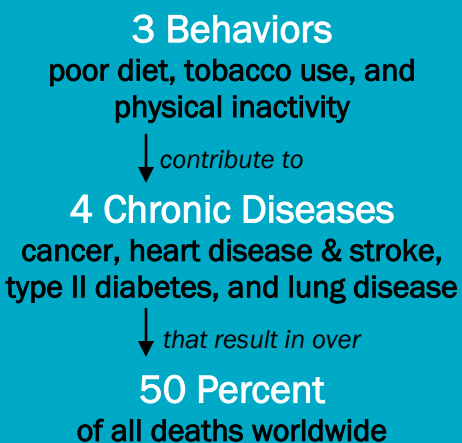
Figure 1: 3-4-50 Death Percentages

3-4-50 Death† Percentages*
Among San Diego County Residents
South Region, 2000-2013

Legend: Chula Vista, Coronado, National City, South Bay, Sweetwater, South Region, San Diego County
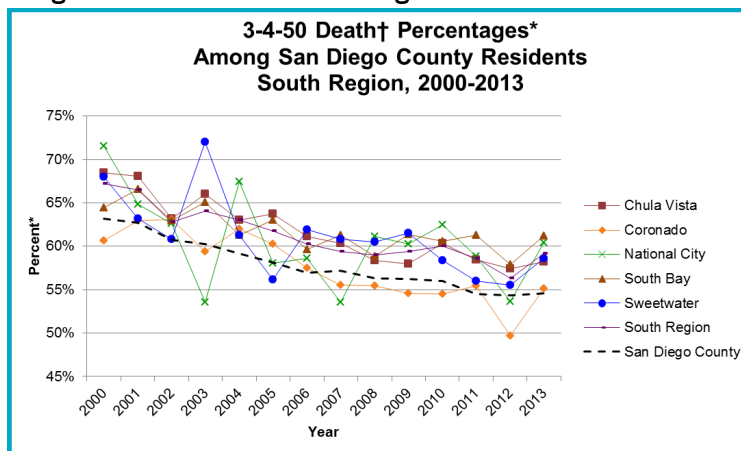
What is 3-4-50?

Chronic diseases are among the leading causes of death and disability worldwide. This reflects an improvement in the prevention and treatment of infectious diseases and significant changes in dietary habits, physical activity levels, and tobacco use in the population. The influence of these three behaviors may be seen in San Diego County as these four chronic diseases are the most common causes of death and disability in our region.

3-4-50 in San Diego County—South Region

- From 2000 to 2013, the overall percent of all deaths due to chronic disease has decreased in the South Region and its Subregional Areas (SRAs), while the number of deaths have remained relatively stable.

- Overall, chronic disease death rates have decreased in the South Region and its SRAs from 2000 to 2013.

- Among the South Region SRAs, South Bay had the highest percentage of deaths due to chronic disease in 2013.

- Among the South Region SRAs, Chula Vista had the highest chronic disease death rate in 2013.

- Despite a decrease, chronic diseases still account for more than 50% of all deaths in the South Region.

Figure 2: 3-4-50 Death Rates

3-4-50 Death† Rates
Among San Diego County Residents
South Region, 2000-2013

Legend: Chula Vista, Coronado, National City, South Bay, Sweetwater, South Region, San Diego County
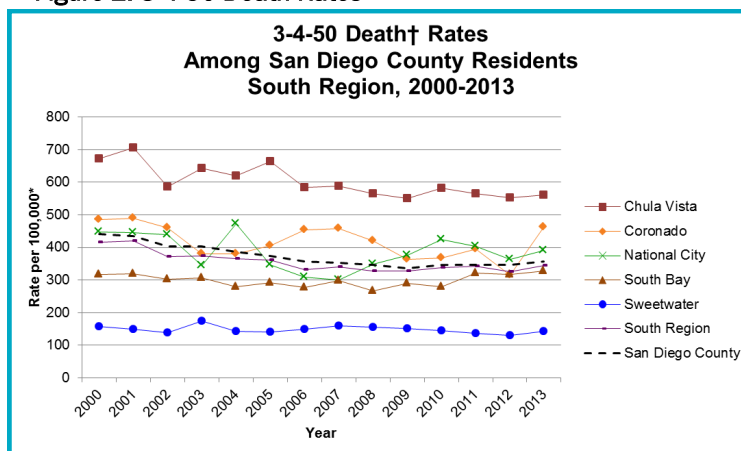
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

QR CODES:
QR codes are similar to barcodes. Use your smartphone to scan the QR Code and navigate directly to the report online for download. Download a free QR code reader from your app provider.

For more information and data, go to
www.SDHealthStatistics.com

What does 3-4-50 look like in South Region?

County of San Diego
HHSA
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL SAN DIEGO

In South Region, 3-4-50 is actually *3-4-59*

In San Diego County, 3-4-50 is actually *3-4-55*

3 BEHAVIORS

TOBACCO USE*
- In 2013, 1 out of every 9 South Region teens and adults were current smokers.

LACK OF PHYSICAL ACTIVITY*
- In 2013, 40.3% of South Region children engaged in physical activity for at least 1 hour daily.

POOR NUTRITION
- In 2013, over 1 out of 5 South Region residents ate fast food three or more times in the past week.

TOBACCO USE
- In 2013, 1 out of every 8 San Diego County teens and adults were current smokers.

LACK OF PHYSICAL ACTIVITY
- In 2013, 28.2% of San Diego County children engaged in physical activity for at least 1 hour daily.

POOR NUTRITION
- In 2013, over 1 out of 5 San Diego County residents ate fast food three or more times in the past week.

4 CHRONIC DISEASES

CANCER
- In 2013, cancer was the leading cause of death in South Region.

HEART DISEASE & STROKE*
- In 2013, 11.3% of South Region adults had ever been diagnosed with heart disease.

DIABETES
- In 2013, 1 out of 7 South Region adults had ever been diagnosed with diabetes.

LUNG DISEASE
- In 2013, nearly 1 out of 5 South Region residents had ever been diagnosed with asthma.

CANCER
- In 2013, cancer was the leading cause of death in San Diego County.

HEART DISEASE & STROKE
- In 2013, 6.0% of San Diego County adults had ever been diagnosed with heart disease.

DIABETES
- In 2013, 1 out of 12 San Diego County adults had ever been diagnosed with diabetes.

LUNG DISEASE
- In 2013, 1 out of every 8 San Diego County residents had ever been diagnosed with asthma.

CAUSE OVER 50% OF DEATHS

In 2013, cancer, heart disease and stroke, diabetes, and lung disease caused 59% of all deaths in the South Region.

In 2013, cancer, heart disease and stroke, diabetes, and lung disease caused 55% of all deaths in San Diego County.

*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.

San Diego County Health Briefs
South Region, 2013

Non-Communicable (Chronic) Disease

South Region and Subregional Areas (SRA) Boundaries

Demographics[1]	South Region (%)	County (%)
Ages 0-14	21.5	19.2
Ages 15-24	17.7	16.0
Ages 25-44	26.9	28.0
Ages 45-64	23.1	24.6
Ages 65+	10.8	12.2
White	19.7	47.1
Black	3.7	4.2
Hispanic	60.9	33.4
Asian/Pacific Islander	12.8	11.4
Other	2.9	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	36.5	32.7

Health Outcomes[2,3,4]	South Region Number	South Region Rate*	County Number	County Rate*
Coronary Heart Disease				
Death	542	113.7	3,404	107.9
Hospitalization	1,244	260.9	6,526	206.9
Emergency Department Discharge	169	35.4	1,046	33.2
Stroke				
Death	159	33.3	1,114	35.3
Hospitalization	1,110	232.8	6,611	209.6
Emergency Department Discharge	318	66.7	1,730	54.8
Diabetes				
Death	110	23.1	614	19.5
Hospitalization	905	189.8	4,415	140.0
Emergency Department Discharge	912	191.2	4,592	145.6
COPD				
Death	130	27.3	1,042	33.0
Hospitalization	484	101.5	3,050	96.7
Emergency Department Discharge	1,852	388.3	7,426	235.4
Asthma				
Death	7	1.5	35	1.1
Hospitalization	336	70.5	2,093	66.3
Emergency Department Discharge	1,902	398.8	9,862	312.6
Cancer, All Causes				
Death	692	145.1	5,030	159.5

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

San Diego County Health Briefs
South Region, 2013

Access and Utilization[5]	South Region (%)	County (%)
No Usual Source of Care (ages 18-64)	16.4	18.3
Uninsured All or Part of Year (ages 18-64)	38.0	27.8
Visited Emergency Room in the Past Year (ages 18-64)	17.5	14.7

Health Behaviors[5]	South Region (%)	County (%)
Current Smoker (ages 18+)	**	13.4
Overweight/Obese (ages 18+)	63.9	57.4
Physically Active 1+ Hours Per Day in Past Week (ages 5-11)	**	28.2
Ate Fast Food 3 or More Times in Past Week (all ages)	21.3	22.1
Binge Drinking in Past Year (ages 18+)	42.9	34.5
Ever Diagnosed with High Blood Pressure (ages 18+)	37.3	27.6
Ever Diagnosed with Diabetes (ages 18+)	14.2	8.5
Ever Diagnosed with Asthma (all ages)	19.1	12.9

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 10/2013.

2. Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.

3. Patient Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.

4. Emergency Department Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Emergency Medical Services; SANDAG, Current Population Estimates, released 10/2013.

5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013.

††Federal Poverty Level for 2013 ($11,490 for single person, $4,020 for each additional person, $23,550 for four-person-family).
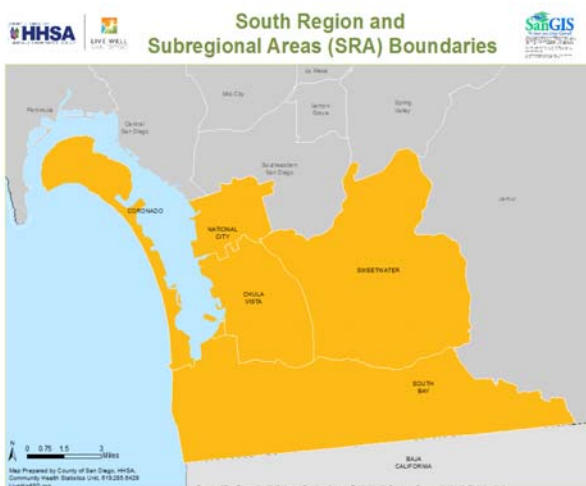
* Rates are per 100,000 population.

** Indicates statistically unstable estimate.

§ Rates not calculated for fewer than 5 events.

San Diego County Health Briefs
South Region, 2013

Communicable Disease

South Region and Subregional Areas (SRA) Boundaries

Demographics[1]	South Region (%)	County (%)
Ages 0-14	21.5	19.2
Ages 15-24	17.7	16.0
Ages 25-44	26.9	28.0
Ages 45-64	23.1	24.6
Ages 65+	10.8	12.2
White	19.7	47.1
Black	3.7	4.2
Hispanic	60.9	33.4
Asian/Pacific Islander	12.8	11.4
Other	2.9	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	36.5	32.7

Health Outcomes[2,3,4,5,6,7,8]	South Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	54	11.3	206	6.5
Chronic Hepatitis C, Reported (2012)	651	137.5	2,588	82.3
AIDS Incidence	48	10.1	269	8.5
HIV Incidence	53	11.1	322	10.2
Chlamydia Reported, Underestimate‡	2,760	578.7	16,042	508.5
Gonorrhea Reported, Underestimate‡	298	62.5	2,865	90.8
Primary and Secondary Syphilis Reported	31	6.5	347	11.0
Deaths				
Influenza (Flu) and Pneumonia	43	9.0	334	10.6
Hospitalizations				
Influenza	128	26.8	783	24.8
Pneumonia	869	182.2	5,248	166.4
Emergency Department Discharges				
Influenza	997	209.1	4,598	145.8
Pneumonia	1,299	272.4	6,110	193.7

Health Behaviors & Related Health Factors	South Region (%)	County (%)
Binge Drinking in Past Year (ages 18+)[9]	42.9	34.5
Has Ever Had Sex (High School Students)[10]	**	36.6
Has had Flu Vaccination in Past 12 Months (ages 18+)[9] (2014)	39.4	43.6
Has had Flu Vaccination in Past 12 Months (ages 0-11)[9] (2014)	57.3	58.6

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

San Diego County Health Briefs
South Region, 2013

Access and Utilization[9]	South Region (%)	County (%)
No Usual Source of Care (ages 18-64)	16.4	18.3
Uninsured All or Part of Year (ages 18-64)	38.0	27.8
Visited Emergency Room in the Past Year (ages 18-64)	17.5	14.7

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 10/2013.

2. County of San Diego, Health & Human Services Agency, Tuberculosis Control Program, County TB Registry; SANDAG, Current Population Estimates, released 10/2013.

3. County of San Diego, Health & Human Services Agency, Epidemiology & Immunization Services Branch, Communicable Disease Data; SANDAG, Current Population Estimates, released 10/2013.

4. County of San Diego, Health & Human Services Agency, HIV/AIDS Epidemiology Unit, HIV/AIDS Reporting System; SANDAG, Current Population Estimates, released 10/2013.

5. County of San Diego, Health & Human Services Agency, HIV, STD and Hepatitis Branch, Morbidity Database; SANDAG, Current Population Estimates, released 10/2013.

6. Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.

7. Patient Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.

8. Emergency Department Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Emergency Medical Services; SANDAG, Current Population Estimates, released 10/2013.

9. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013, 2014.

10. Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey (YRBS), 2013.

††Federal Poverty Level for 2013 ($11,490 for single person, $4,020 for each additional person, $23,550 for four-person-family).

* Rates are per 100,000 population.

§ Rates note calculated for fewer than 20 events.

‡ Underestimate due to cases with unknown residence. Approximately 30% of chlamydia and gonorrhea cases have missing residence data each year.

** Indicates statistically unstable estimate.

San Diego County Health Briefs
South Region, 2013

South Region and Subregional Areas (SRA) Boundaries

Maternal & Child Health

Demographics[1]	South Region (%)	County (%)
Ages 0-14	21.5	19.2
Ages 15-24	17.7	16.0
Ages 25-44	26.9	28.0
Ages 45-64	23.1	24.6
Ages 65+	10.8	12.2
White	19.7	47.1
Black	3.7	4.2
Hispanic	60.9	33.4
Asian/Pacific Islander	12.8	11.4
Other	2.9	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	36.5	32.7

Health Outcomes[2,3,4,5]	South Region Number	South Region Rate*/(%)	County Number	County Rate*/(%)
Live Births, % of County Births	7,720	17.7%	43,627	100.0%
Live Births to Girls, Ages 15-17, % of County births	136	1.8%	558	1.3%
Live Births with Early Prenatal Care, % of Known Prenatal Care	6,608	85.7%	36,940	84.8%
Live Births born Preterm, % of County births	683	8.9%	3,624	8.3%
Low Birth Weight Births, % of County births	527	6.8%	2,824	6.5%
Very Low Birth Weight Births, % of County births	90	1.2%	480	1.1%
Fetal Mortality Rate per 1,000 live births & fetal deaths (2011)	30	3.8	183	4.2
Infant Mortality, Rate per 1,000 live births	24	3.1	199	4.6
Child Restraint Use, % of MVO Injured††, Ages 0-5 (2012)	20	95.2%	121	94.5%

Access and Utilization[6]	South Region (%)	County (%)
No Usual Source of Care (ages 18-64)	16.4	18.3
Uninsured All or Part of Year (ages 18-64)	38.0	27.8
Visited Emergency Room in the Past Year (ages 18-64)	17.5	14.7
Currently Receiving Supplemental Security Income (SSI)	**	5.0
Currently Receiving TANF or CalWORKS (all ages, 300% of FPL)	**	4.5
Currently Pregnant (ages 18-45) (2011-2012)	**	2.4
Children Age 6 and Under Currently on WIC	**	27.9
Women with Children Under 7 or Are Pregnant on WIC (2012)	**	47.8
Residents Under 200% FPL Receiving Food Stamps (all ages)	38.9	20.6
Women Below 200% FPL (ages 18-64)	60.5	53.8

Health Behaviors[6]	South Region (%)	County (%)
Adults Under 200% FPL Unable to Afford Enough Food	51.8	42.3
Ate Fast Food 3 or More Times in Past Week (ages 2-17)	**	19.3
Children Who Eat Less Than 5 Servings of Fruits and Vegetables Daily (ages 2-11) (2012)	45.9	45.9

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

San Diego County Health Briefs
South Region, 2013

Health Behaviors	South Region (%)	County (%)
Women with a High School Degree or Less Education (ages 25+)[6]	41.3	30.2
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages <6)[6]	**	11.7
Agree or Strongly Agree that Adults Look Out for Children (ages 12-17)[6]	**	**
More Than a Year Since Last Dental Visit (ages 2-11)[7]	**	4.7
Delayed or Didn't Get Medical Care (ages 0-11)[6]	**	**
Presence of an Adult at Least Some of the Time After School Hours (ages 12-17)[6]	**	96.7
Has had Flu Vaccination in Past 12 Months (ages 0-11)[6]	57.3	58.6

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 10/2013.

2. Birth Statistical Master File (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Maternal, Child, and Family Heath Services.

3. Fetal Death & Birth Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Maternal, Child, & Family Heath Services.

4. Birth & Death Statistical Master File (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Maternal, Child, and Family Heath Services.

5. Statewide Integrated Traffic Records System (SWITRS) Database, California Highway Patrol (CHP), County of San Diego, Health & Human Services Agency, Public Health Services, Emergency Medical Services.

6. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2011-2012, 2013, 2014.

7. Lucille Packard Foundation for Children's Health. Kidsdata.org, 2012.

†Federal Poverty Level for 2013 ($11,490 for single person, $4,020 for each additional person, $23,550 for four-person-family).
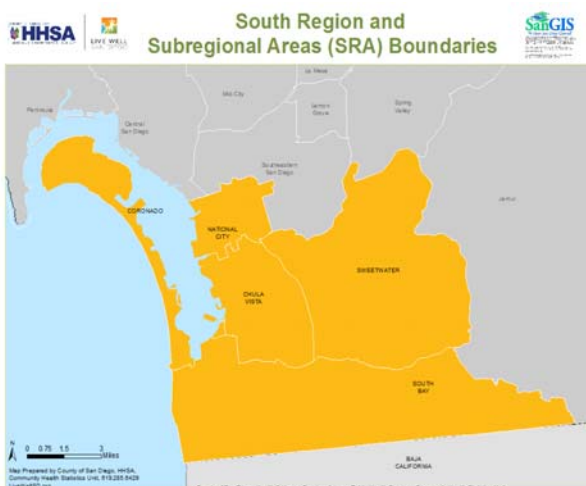
* Rates are per 1,000 population.

†† Child Restraint Use percentage is defined as the percentage of children ages 0-5 who are properly restrained as motor vehicle occupants (MVO) in crashes occurring on public roads where the status of restraint use was known. Data are by location of occurrence. The data come from the California Highway Patrol Statewide Integrates Traffic Records System.

** Indicates statistically unstable estimate.

Maternal & Child Health

San Diego County Health Briefs
South Region, 2013

South Region and Subregional Areas (SRA) Boundaries

Demographics[1]	South Region (%)	County (%)
Ages 0-14	21.5	19.2
Ages 15-24	17.7	16.0
Ages 25-44	26.9	28.0
Ages 45-64	23.1	24.6
Ages 65+	10.8	12.2
White	19.7	47.1
Black	3.7	4.2
Hispanic	60.9	33.4
Asian/Pacific Islander	12.8	11.4
Other	2.9	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	36.5	32.7

Health Outcomes[2, 3, 4, 5]	South Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Unintentional Injury (All Causes)				
Deaths	127	26.6	1,015	32.2
Hospitalizations	3,577	750.1	22,454	711.8
Emergency Department Discharges	25,427	5,331.8	156,940	4,975.0
Fall-Related Injury				
Deaths	49	10.3	301	9.5
Hospitalizations	1,810	379.5	11,231	356.0
Emergency Department Discharges	9,166	1,922.0	56,458	1,789.7
Overdose/ Poisoning				
Deaths	51	10.7	471	14.9
Hospitalizations	345	72.3	2,473	78.4
Emergency Department Discharges	718	150.6	5,254	166.6
Motor Vehicle Injuries				
Deaths due to Motor Vehicle Crash (MVC) Injury	21	4.4	193	6.1
Hospitalizations due to MV Injury	551	115.5	2,800	88.8
Emergency Department Discharges due to MV Injury	2,626	550.6	16,014	507.6
Motor Vehicle Crash (MVC) Injuries (2012)	2,203	465.4	18,178	578.3
Alcohol-involved MVC Injuries (2012)	306	64.6	2,403	76.4
Drinking Drivers Involved in MV Crashes (2012)	198	41.8	1,547	49.2
Active Restraint Use, % of Motor Vehicle Occupants (MVO) Injured††, Ages 6+ (2012)	1,367	96.9%	11,025	96.8%
Child Restraint Use, % of MVO Injured†††, Ages 0-5 (2012)	20	95.2%	121	94.5%

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

San Diego County Health Briefs
South Region, 2013

Injury

Health Outcomes[2, 3, 4, 5]	South Region		County	
	Number	**Rate*/(%)**	**Number**	**Rate*/(%)**
Pedestrian Injuries				
Deaths due to motor vehicle crashes (MVC)	<5	§	42	1.3
Hospitalizations due to MVC	72	15.1	396	12.6
Emergency Department Discharges due to MVC	154	32.3	993	31.5
Injuries due to MVC (2012)	166	35.1	1,105	35.2
Assault				
Homicides	7	1.5	88	2.8
Hospitalizations	309	64.8	1,461	46.3
Emergency Department Discharges	1,219	255.6	7,278	230.7
Self-Inflicted Injuries				
Suicides	40	8.4	430	13.6
Hospitalizations	247	51.8	1,769	56.1
Emergency Department Discharges	319	66.9	2,666	84.5
Firearm-Related Injuries				
Deaths	13	2.7	219	6.9
Hospitalizations	25	5.2	159	5.0
Emergency Department Discharges	18	3.8	164	5.2

Access and Utilization[6]	South Region (%)	County (%)
No Usual Source of Care (ages 18-64)	16.4	18.3
Uninsured All or Part of Year (ages 18-64)	38.0	27.8
Visited Emergency Room in the Past Year (ages 18-64)	17.5	14.7

Health Behaviors[6]	South Region (%)	County (%)
Binge Drinking in Past Year (ages 18+)	42.9	34.5
Ever Seriously Thought About Committing Suicide (ages 18+)	**	8.4

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 10/2013.

2. Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.

3. Patient Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.

4. Emergency Department Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Emergency Medical Services; SANDAG, Current Population Estimates, released 10/2013.

5. Statewide Integrated Traffic Records System (SWITRS) Database, California Highway Patrol (CHP), County of San Diego, Health & Human Services Agency, Public Health Services, Emergency Medical Services.

6. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013.

†Federal Poverty Level for 2013 ($11,490 for single person, $4,020 for each additional person, $23,550 for four-person-family).

* Rates are per 100,000 population.

†† Active Restraint Use percentage is defined as those ages 6 years and older who were injured in motor vehicle crashes (MVC) occurring on public roads where the status of active restraint use was known. Data are by location of occurrence. The data come from the California Highway Patrol Statewide Integrates Traffic Records System.

†††Child Restraint Use percentage is defined as the percentage of children ages 0-5 who are properly restrained as motor vehicle occupants (MVO) in crashes occurring on public roads where the status of restraint use was known. Data are by location of occurrence. The data come from the California Highway Patrol Statewide Integrates Traffic Records System.

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

San Diego County Health Briefs
South Region, 2013

Behavioral Health

South Region and Subregional Areas (SRA) Boundaries

Demographics[1]	South Region (%)	County (%)
Ages 0-14	21.5	19.2
Ages 15-24	17.7	16.0
Ages 25-44	26.9	28.0
Ages 45-64	23.1	24.6
Ages 65+	10.8	12.2
White	19.7	47.1
Black	3.7	4.2
Hispanic	60.9	33.4
Asian/Pacific Islander	12.8	11.4
Other	2.9	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	36.5	32.7

Health Outcomes[2,3,4]	South Region		County	
	Number	Rate*	Number	Rate*
Overdose/Poisoning				
Death	51	10.7	471	14.9
Hospitalization	345	72.3	2,473	78.4
Emergency Department Discharge	718	150.6	5,254	166.6
Suicide/Self-Inflicted Injury				
Death	40	8.4	430	13.6
Hospitalization	247	51.8	1,769	56.1
Emergency Department Discharge	319	66.9	2,666	84.5
Acute Alcohol-Related Disorder				
Hospitalization	206	43.2	2,084	66.1
Emergency Department Discharge	673	141.1	7,159	226.9
Chronic Alcohol-Related Disorder				
Hospitalization	90	18.9	902	28.6
Emergency Department Discharge	300	62.9	2,226	70.6
Acute Substance-Related Disorder				
Hospitalization	106	22.2	1,206	38.2
Emergency Department Discharge	314	65.8	2,484	78.7
Chronic Substance-Related Disorder				
Hospitalization	86	18.0	592	18.8
Emergency Department Discharge	29	6.1	190	6.0
Mood Disorders				
Hospitalization	1,298	272.2	10,618	336.6
Emergency Department Discharge	533	111.8	5,001	158.5

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

San Diego County Health Briefs
South Region, 2013

Behavioral Health

Mental Health Behaviors & Related Health Factors	South Region (%)	County (%)
Likely Has Had Serious Psychological Distress During Past Year (ages 18+)[5]	**	7.5
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)[5]	**	2.9
Felt sad or Hopeless Almost every day for 2+ weeks During Past Year so they Stopped Doing Some Usual Activities (High School Students)[6]	**	29.6
Emotions Severely Impaired Social Life in Past 12 Months (ages 18+)[5]	**	9.0
Emotions Severely Impaired Work in Past 12 Months (ages 18+)[5]	**	5.0
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress)[5]	**	56.1
Saw Any healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)[5]	19.8	13.0
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/ Mental Health Issues in Past Year (ages 18+)[5]	**	13.1
Received Psychological/Emotional Counseling in Past Year (ages 12-17)[5]	**	**
Ever Seriously Thought About Committing Suicide (ages 18+)[5]	6.4	8.4
Substance Abuse Health Behaviors & Related Health Factors	**South Region (%)**	**County (%)**
Binge Drinking in Past Year (ages 18+)[5]	42.9	34.5
Ever Tried Marijuana (High School Students)[6]	**	40.5
Ever Had an Alcoholic Drink (ages 12-17)[5]	**	22.1

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 10/2013.

2. Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.

3. Patient Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.

4. Emergency Department Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Emergency Medical Services; SANDAG, Current Population Estimates, released 10/2013.

5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013.

6. Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey (YRBS), 2013.

†Federal Poverty Level for 2013 ($11,490 for single person, $4,020 for each additional person, $23,550 for four-person-family).

*Rates are per 100,000 population.

§ Rates not calculated for fewer than 5 events.

** Indicates statistically unstable estimate.

San Diego County Health Briefs
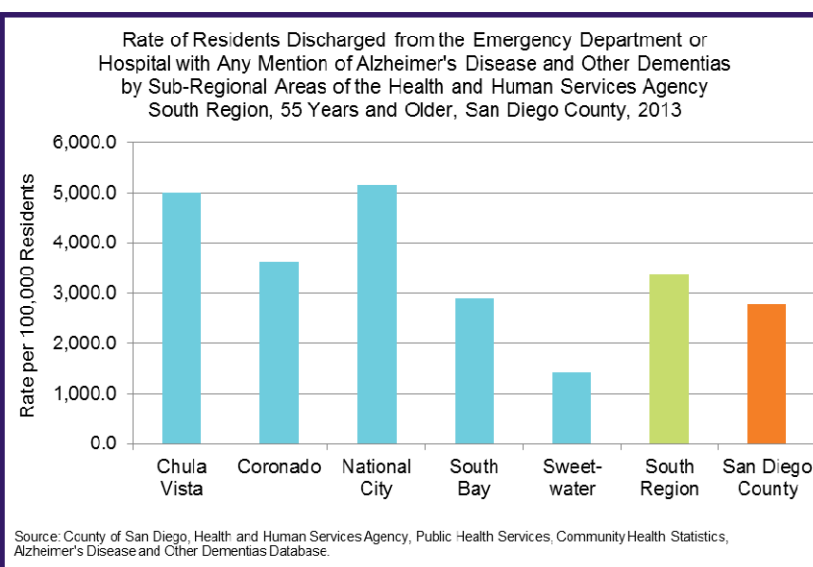# South Region, 2013

HHSA

LIVE WELL SAN DIEGO

South Region and
Subregional Areas (SRA) Boundaries

Demographics[1]	South Region (%)	County (%)
Ages 0-14	21.5	19.2
Ages 15-24	17.7	16.0
Ages 25-44	26.9	28.0
Ages 45-64	23.1	24.6
Ages 65+	10.8	12.2
White	19.7	47.1
Black	3.7	4.2
Hispanic	60.9	33.4
Asian/Pacific Islander	12.8	11.4
Other	2.9	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	36.5	32.7

Health Outcomes[2,3,4]	South Region		County	
	Number	Rate*	Number	Rate*
ADOD				
Death	181	38.0	1,551	49.2
Hospitalization	136	28.5	905	28.7
Emergency Department Discharge	99	20.8	768	24.3

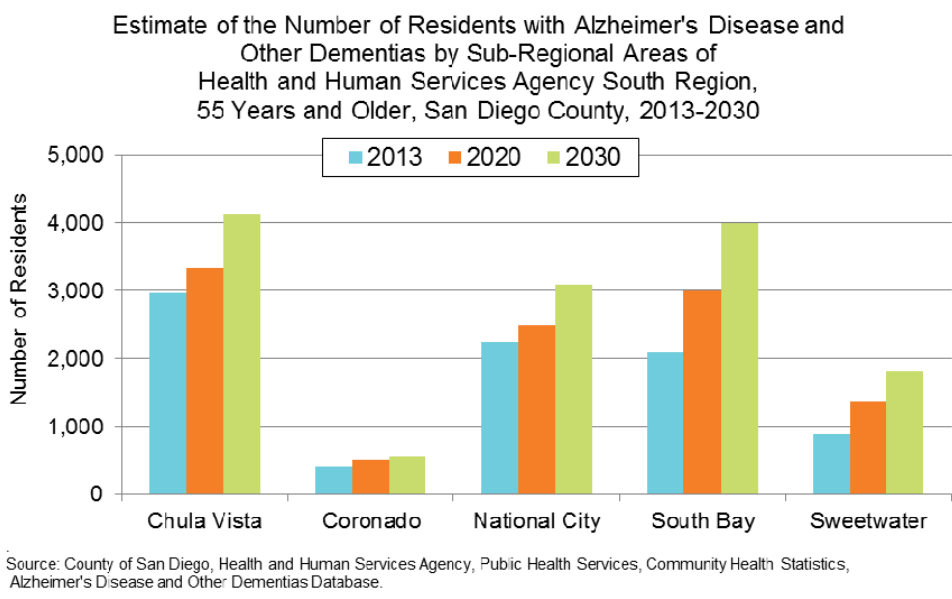## Alzheimer's Disease and Other Dementias in South Region

- In 2013, 62,000 San Diegans age 55 years and older were living with ADOD.

- 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.

Rate of Residents Discharged from the Emergency Department or Hospital with Any Mention of Alzheimer's Disease and Other Dementias by Sub-Regional Areas of the Health and Human Services Agency South Region, 55 Years and Older, San Diego County, 2013

Source: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics, Alzheimer's Disease and Other Dementias Database.

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

San Diego County Health Briefs
South Region, 2013

- 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.

- 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.

Estimate of the Number of Residents with Alzheimer's Disease and Other Dementias by Sub-Regional Areas of Health and Human Services Agency South Region, 55 Years and Older, San Diego County, 2013-2030

Source: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics, Alzheimer's Disease and Other Dementias Database.

Health Behaviors[5]	South Region (%)	County (%)
Current Smoker (ages 18+)	**	13.4
Overweight/Obese (ages 18+)	63.9	57.4
Physically Active 1+ Hours Per Day in Past Week (ages 5-11)	**	28.2
Ate Fast Food 3 or More Times in Past Week (all ages)	21.3	22.1
Binge Drinking in Past Year (ages 18+)	42.9	34.5
Ever Diagnosed with High Blood Pressure (ages 18+)	37.3	27.6
Ever Diagnosed with Diabetes (ages 18+)	14.2	8.5

Sources

1. Current Demographic Estimates, San Diego Association of Governments (SANDAG), released 10/2013.

2. Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.

3. Patient Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.

4. Emergency Department Discharge Database (CA OSHPD), County of San Diego, Health & Human Services Agency, Public Health Services, Emergency Medical Services; SANDAG, Current Population Estimates, released 10/2013.

5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013.

†Federal Poverty Level for 2013 ($11,490 for single person, $4,020 for each additional person, $23,550 for four-person-family).

*Rates are per 100,000 population.

§ Rates not calculated for fewer than 5 events.

** Indicates statistically unstable estimate.

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SOUTH REGION

COMMUNITY HEALTH IMPROVEMENT PLAN

Priority Area 1: Physical Activity and Healthy Eating
Goal 1: Increase physical activity for South Region residents.
Goal 2: Increase healthy eating for South Region residents.
Live Well San Diego Strategy: Supporting Positive Choices

Strategies

1.1 Partner with schools to implement policies and procedures to encourage physical activity and healthy eating.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
1.1.1 Increase the number of schools that take BMI measurements by 10% (from 45 to 50), by December 2018.	Number of schools using BMI tool kit	South Region	45	-	-
1.1.2 Increase the proportion of schools that adopt the 5-2-1-0 Campaign by 40, by December 2018.	Number of schools that are using 5-2-1-0	South Region	1	-	-
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

SOUTH REGION

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

Linkage to *Live Well San Diego* Indicators

Life Expectancy (South Region) – increased from 81.4 years to 82.1

Quality of Life (County) - increased from 94.62% to 95%

Since schools are a place that kids spend a large part of their time, implementing changes in schools will go a long way towards encouraging healthy behaviors in children. Healthy behaviors mean improved **quality of life and life expectancy.**

SOUTH REGION

Priority Area 2: Safety
Goal: Improve security and decrease violence.
Live Well San Diego **Strategy: Pursuing Policy and Environmental Changes**

Strategies

2.1 Increase safety in the community by securing partners and identifying possible funding to fix Otay Mesa Road, between CA-905 and Beyer Boulevard, by adding sidewalks.

2.2 Implement responsible property management practices in targeted apartment communities.

2.3 Partner with residents to advocate for policies around responsible consumption of alcohol.

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.	Number of people using the sidewalk	Conduct a survey at the schools	*Data collected from a survey taken at the high school	-	-
	Percentage of adults who walked as a means of transportation to work	American Community Survey	2.65%	2.11%	Not available
2.2.1 Increase the number of crime free multi-unit housing by 10, by December 31, 2018.	Percentage of crime free multi-unit housing	IPS	TBA	-	-
	Number of calls for service to multi-housing units	FBI Crime Statistics	*Need new measure as FBI does not collect at this level and ARJIS uses other boundaries	-	-
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

Linkage to *Live Well San Diego* Indicators

Overall Crime Rate: increased from 2,430.3 crimes (all crimes, including violent and property) per 100,000 people to 2,540.5 per 100,000 population in San Diego County.

Life Expectancy (South Region) – increased from 81.4 years to 82.1

Increasing the safety and walkability of a road will encourage people to walk more. This will lead to increased **quality of life** and **life expectancy.** By improving the safety of multi-housing units, this will improve the **security** of people. Lastly, implementing policies to try to reduce teenage access to alcohol will also help people live well and increase their **quality of life** and the safety of the community.

SOUTH REGION

Priority Area 3: Health Care Access
Goal: Improve access to medical health home for vulnerable populations.
Live Well San Diego Strategy: Building a Better System

Strategies

3.1 Link vulnerable populations to needed resources, including mental health and health care services.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
3.1.1 Increase access to resources for Grandparents Raising Grandchildren/Relative Caregivers, by December 2018.	Of those who needed resources, how many accessed services.	GRG 2012 event evaluations	TBA	-	-
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
3.1.3 Increase referrals to services for pregnant women and young children, by December 2018.	Of those who needed resources, how many accessed services.	Number of calls for services (MCFHS)	TBA	-	-

Linkage to *Live Well San Diego* Indicators

Lack of Health Insurance (South Region) – increased from 25% to 29.2%

By linking **vulnerable populations** (such as grandparent caregivers and pregnant women and young children) to resources they may not have known otherwise, this encourages people to get care when they need it. Receiving care early will help prevent many health issues, which will improve the quality of life for the populations involved. Also, since mental health is linked to physical health, improved care for mental health will lead to better quality of life for many people.