East Region

Informational Packet

Data Update Presentation on

November 16, 2015

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San Diego County Demographics Profile

East Region

2013 Population Estimates

September 2015

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

County of San Diego HHSA
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL SAN DIEGO

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

SanGIS
We Have San Diego Covered!

ORANGE

RIVERSIDE

Legend

SRA Boundary

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

Pendleton

Fallbrook

Pauma

Valley Center

Palomar-Julian

Oceanside

Vista

San Marcos

Escondido

Anza-Borrego Springs

IMPERIAL

Carlsbad

San Dieguito

North San Diego

Ramona

Poway

Del Mar-Mira Mesa

University

Miramar

Lakeside

Laguna-Pine Valley

Coastal

Kearny Mesa

Elliott-Navajo

Santee

Harbison Crest

Alpine

Peninsula

Central San Diego

Mid-City

El Cajon

La Mesa

Spring Valley

Lemon Grove

Southeastern San Diego

Mountain Empire

Coronado

National City

Jamul

Chula Vista

Sweetwater

South Bay

BAJA CALIFORNIA

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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

San Diego County Profile
Overview

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.

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.

LIVE WELL SAN DIEGO

Demographic Profile (2013 SANDAG Estimates)

	Number	Percent
Total Population	471,712	100.00%
Age Distribution		
0 to 4 Years	29,533	6.26%
5 to 14 Years	59,998	12.72%
15 to 24 Years	70,562	14.96%
25 to 44 Years	120,347	25.51%
45 to 64 Years	127,371	27.00%
65+ Years	63,901	13.55%
Gender Distribution		
Male	232,516	49.29%
Female	239,196	50.71%
Race/Ethnicity		
White	277,397	58.81%
Hispanic	125,897	26.69%
Black	24,449	5.18%
Asian/Pacific Islander*	21,959	4.66%
Other	22,010	4.67%

Income (2013 ACS) (LWSD)

	Number	Percent
Total Households	159,062	100.00%
Household Income		
< $35,000	46,187	29.04%
$35,000 to $50,000	21,084	13.26%
$50,000 to $75,000	29,262	18.40%
$75,000 to $100,000	21,726	13.66%
$100,000 to $150,000	24,128	15.17%
> $150,000	16,675	10.48%

Unemployment Estimates (2013 ACS) (LWSD)

Eligible Labor Force	
16+ Years	235,709
Labor Force	
Percent Unemployed	11.07%

Occupation (2013 ACS)

Labor Force (16+ Years)	
Unemployed Civilians	26,102
Armed Forces	3,727
Employed Civilians	205,880
Employed Civilian Occupation Category (16+ Yrs)	
Management, Professional, & Related	33.89%
Service	19.85%
Sales and Office	27.39%
Construction, Extraction, & Maintenance	10.17%
Production, Transportation, & Material Moving	8.71%

Industry (2013 ACS)

Industry of Civilian Employees	
Agriculture, Forestry, Mining	0.48%
Construction	8.60%
Manufacturing	7.34%
Wholesale Trade	1.97%
Retail Trade	12.87%
Transportation, Warehousing, and Utilities	4.46%
Information and Communications	1.86%
Finance, Insurance, and Real Estate	6.49%
Professional, Scientific, Management, Admin.	11.85%
Educational, Social and Health Services	21.03%
Entertainment and Hospitality related	10.50%
Other Services	5.81%
Public Administration	6.74%

Education (2013 ACS) (LWSD)

Total Population	
25+ Years Old	305,870
Completed Education	
< High School Graduate	13.69%
High School Graduate	25.53%
Some College or AA	37.19%
Bachelor Degree	15.46%
Graduate Degree	8.14%

School Enrollment (2013 ACS)

Population Eligible for Enrollment	
4 to 18 years‡	94,179
Private vs Public School Enrollment	
Percent Public Schools	91.76%
Percent Private Schools	8.24%

Language (2013 ACS)

Total Population	
5+ Years Old	436,923
Primary Language Spoken at Home	
English Only	71.17%
Spanish Only	5.66%
Asian/Pacific Island Language Only	1.39%
Other Language Only	2.74%
Bilingual	16.81%

Housing Estimates (2013 ACS)†

Occupancy	
Owner Occupied	58.06%
Renter Occupied	41.94%

Personal Vehicles (2013 ACS)

Household Vehicle Availability	
No Vehicle	6.32%
1 Vehicle	30.76%
>1 Vehicle	62.92%

Poverty Estimates (2013 ACS)†

Income Percent of Poverty Level	
<50%	6.51%
50 - 74%	3.64%
75 - 99%	4.86%
100 - 124%	4.37%
125 - 149%	4.65%
150% - 199%	8.46%
200% +	67.51%
Percent Below Poverty Level	
Population	15.01%
Families	11.19%
Families With Children	17.34%

Single Parent Homes (2013 ACS)

Total Family Households	
With Children <18 Years	51,325
Families With Children <18 Years	
Percent Single Parent	32.30%

*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	375,647	100.00%
Marital Status		
Single, Never Married	122,350	32.57%
Married	177,256	47.19%
Separated	7,376	1.96%
Widowed	21,473	5.72%
Divorced	47,192	12.56%

Public Program Participation (2013 ACS)

Food Stamps/SNAP/CalFresh Benefits	
Households	8.15%
Families with Children	8.77%
Eligibility by Federal Poverty Level (FPL)	
Population ≤130% FPL	20.31%
Population ≤138% FPL	21.98%
Population 139 - 350% FPL	34.84%

Selected Status Populations (2013 ACS)

	Number	Percent
Disability Status		
Total Civilian Noninstitutionalized Population	457,464	100.00%
With a Disability	55,747	12.19%
With a Hearing Difficulty	15,289	3.34%
With a Vision Difficulty	8,985	1.96%
With a Cognitive Difficulty	22,728	4.97%
With an Ambulatory Difficulty	29,064	6.35%
With a Self-care Difficulty	11,913	2.60%
With an Independent Living Difficulty	22,768	4.98%
Veteran Status		
Civilian Population 18+ Years	351,291	100.00%
Veteran Population	42,357	12.06%
Foreign Born		
Total Population‡	471,712	100.00%
Foreign Born	80,659	17.23%
Foreign Born, Naturalized Citizen	39,300	8.39%
Foreign Born, Not a U.S. Citizen	41,359	8.83%

Selected Housing Characteristics (2013 SANDAG)

	Total Units	Occupied
Housing and Occupancy		
Total Housing Units	172,697	166,485
Single Family - Detached	91,784	88,922
Single Family - Multiple-Unit	15,786	15,186
Multi-Family	52,598	50,537
Mobile Home and Other	12,529	11,840

Older Adult Population (2013 ACS)

Total Population	
65+ Years Old‡	63,901
Household Type	
Married-Couple Family	52.66%
Family Household, No Spouse Present	14.40%
Non-Family Household	4.03%
Group Quarters	5.00%
Male, Living Alone	7.38%
Female, Living Alone	16.54%
Poverty	
Percent Below 100% FPL	8.76%
Percent Below 200% FPL	26.92%
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	26.92%
20% to 29% per Month	23.56%
30% or more per Month	49.52%
Health Insurance Coverage Status	
Ages 0-17 Years	
With Health Insurance Coverage	90.60%
Without Health Insurance Coverage	9.40%
Ages 18-64 Years	
With Health Insurance Coverage	79.39%
Without Health Insurance Coverage	20.61%
Ages 65+ Years	
With Health Insurance Coverage	98.51%
Without Health Insurance Coverage	1.49%
All Ages	
With Health Insurance Coverage	84.53%
Without Health Insurance Coverage	15.47%
Commute to Work	
Car, Truck, or Van - Drove Alone	79.86%
Car, Truck, or Van - Carpooled	9.65%
Public Transportation (Excluding Taxis)	2.26%
Walked	1.47%
Other Means	1.50%
Worked from Home	5.26%

‡SANDAG Estimate

LWSD = *Live Well San Diego* Indicator

Asian/Pacific Islander Population Distribution (2013 ACS)*

	Number*	Percent of *Asian/Pacific Islander Population*	Percent of *Total Population*
Total Population	**471,712**		
Total Asian/Pacific Islander Population	23,198	100.00%	4.92%
Asian Indian	792	3.41%	0.17%
Bangladeshi	0	0.00%	0.00%
Cambodian	718	3.10%	0.15%
Chinese; except Taiwanese	1,906	8.22%	0.40%
Filipino	10,106	43.57%	2.14%
Hmong	36	0.16%	0.01%
Indonesian	61	0.26%	0.01%
Japanese	1,346	5.80%	0.29%
Korean	633	2.73%	0.13%
Laotian	730	3.15%	0.15%
Malaysian	40	0.17%	0.01%
Melanesian	37	0.16%	0.01%
Micronesian	994	4.29%	0.21%
Pakistani	366	1.58%	0.08%
Polynesian	1,571	6.77%	0.33%
Sri Lankan	12	0.05%	0.00%
Taiwanese	108	0.46%	0.02%
Thai	270	1.16%	0.06%
Vietnamese	2,538	10.94%	0.54%
Other Asian/Pacific Islander	765	3.30%	0.16%
Other Asian/Pacific Islander; not specified	167	0.72%	0.04%

*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.
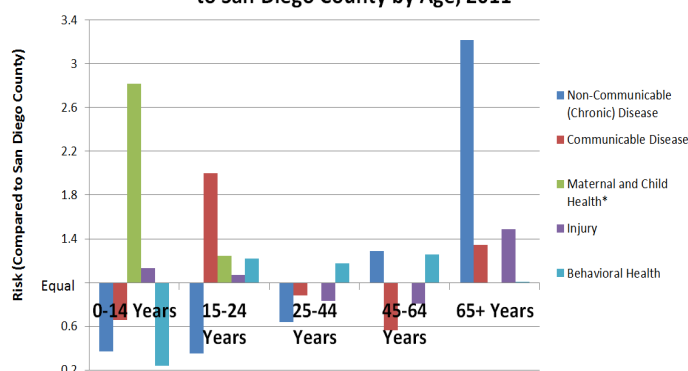
Health Disparities and Inequities in San Diego County

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
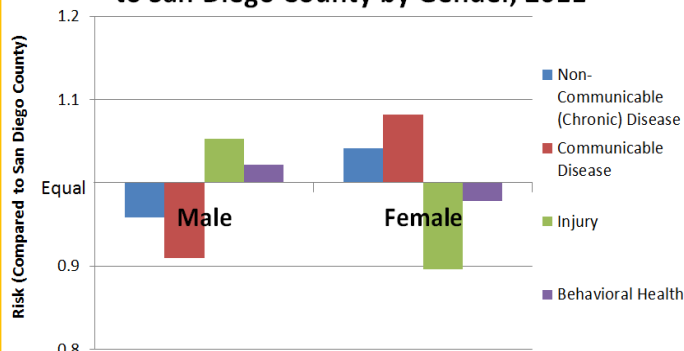
Health Disparities Among San Diego County Residents by Age

- 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.
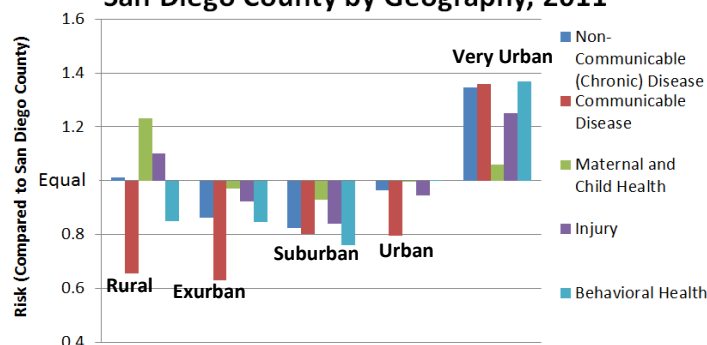
Gender Health Disparities Among San Diego County Residents:

- 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

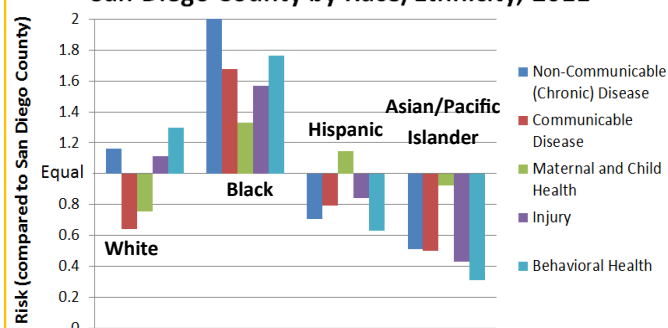**Risk of Health Outcomes Compared to San Diego County by Geography, 2011**

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.
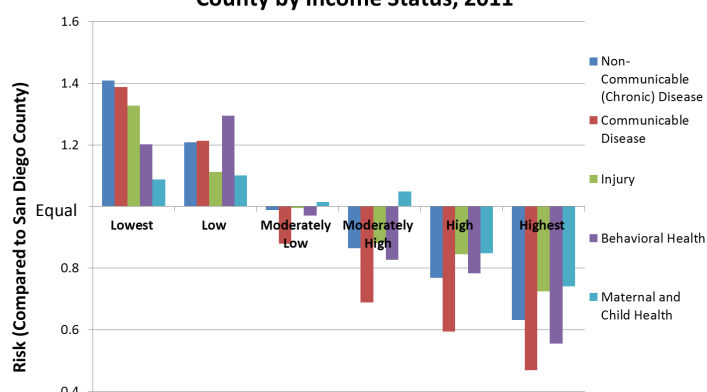
Race/Ethnicity Health Disparities Among San Diego County Residents:

- 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—East 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

Figure 1: 3-4-50 Death† Percentages* Among San Diego County Residents - East Region, 2000-2013
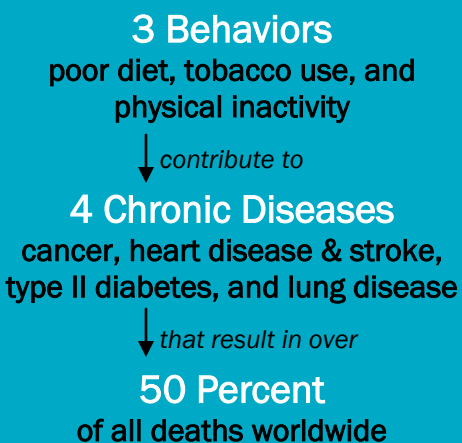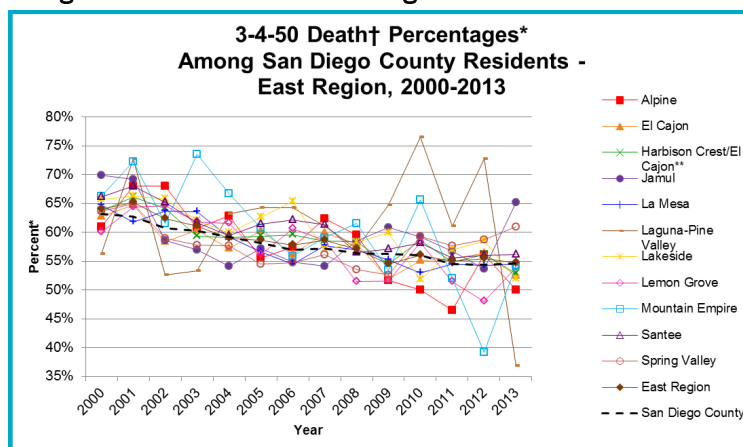
What is 3-4-50?

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—East Region

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

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

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

- Among the East Region SRAs, La Mesa 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 East Region.

Figure 2: 3-4-50 Death Rates

Figure 2: 3-4-50 Death† Rates Among San Diego County Residents - East Region, 2000-2013
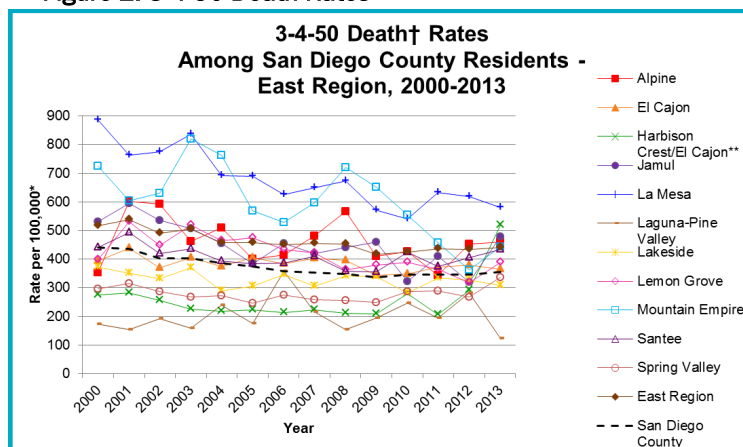
†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.
*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

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 East Region?

COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL
SAN DIEGO

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

3 BEHAVIORS

TOBACCO USE • In 2013, over 1 out of every 8 East Region teens and adults were current smokers.	**TOBACCO USE** • In 2013, 1 out of every 8 San Diego County teens and adults were current smokers.
LACK OF PHYSICAL ACTIVITY* • In 2013, 30.1% of East Region children engaged in physical activity for at least 1 hour daily.	**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 4 East Region residents ate fast food three or more times in the past week.	**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 East Region.	**CANCER** • In 2013, cancer was the leading cause of death in San Diego County.
HEART DISEASE & STROKE • In 2013, 4.4% of East Region adults had ever been diagnosed with heart disease.	**HEART DISEASE & STROKE** • In 2013, 6.0% of San Diego County adults had ever been diagnosed with heart disease.
DIABETES • In 2013, nearly 1 out of 15 East Region adults had ever been diagnosed with diabetes.	**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 10 East Region residents had ever been diagnosed with asthma.	**LUNG DISEASE** • In 2013, 1 out of every 8 San Diego County residents had ever been diagnosed with asthma.

CAUSE OVER 50% OF DEATHS

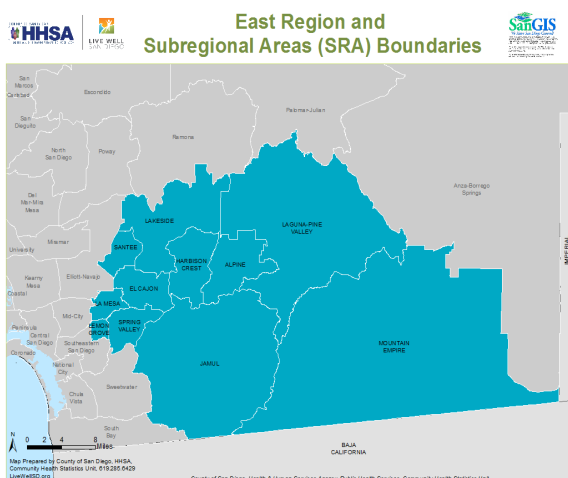|	
In 2013, cancer, heart disease and stroke, diabetes, and lung disease caused *55%* of all deaths in the East Region.	In 2013, cancer, heart disease and stroke, diabetes, and lung disease caused *55%* of all deaths in San Diego County.

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

San Diego County Health Briefs
East Region, 2013

Non-Communicable (Chronic) Disease

East Region and
Subregional Areas (SRA) Boundaries

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

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

Demographics[1]	East Region (%)	County (%)
Ages 0-14	19.0	19.2
Ages 15-24	15.0	16.0
Ages 25-44	25.5	28.0
Ages 45-64	27.0	24.6
Ages 65+	13.6	12.2
White	58.8	47.1
Black	5.2	4.2
Hispanic	26.7	33.4
Asian/Pacific Islander	4.7	11.4
Other	4.7	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	32.5	32.7

Health Outcomes[2,3,4]	East Region		County	
	Number	Rate*	Number	Rate*
Coronary Heart Disease				
Death	626	132.7	3,404	107.9
Hospitalization	1,180	250.2	6,526	206.9
Emergency Department Discharge	243	51.5	1,046	33.2
Stroke				
Death	201	42.6	1,114	35.3
Hospitalization	1,312	278.1	6,611	209.6
Emergency Department Discharge	256	54.3	1,730	54.8
Diabetes				
Death	120	25.4	614	19.5
Hospitalization	912	193.3	4,415	140.0
Emergency Department Discharge	786	166.6	4,592	145.6
COPD				
Death	221	46.9	1,042	33.0
Hospitalization	770	163.2	3,050	96.7
Emergency Department Discharge	1,370	290.4	7,426	235.4
Asthma				
Death	8	1.7	35	1.1
Hospitalization	438	92.9	2,093	66.3
Emergency Department Discharge	1,619	343.2	9,862	312.6
Cancer, All Causes				
Death	907	192.3	5,030	159.5

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

San Diego County Health Briefs East Region, 2013

Non-Communicable (Chronic) Disease

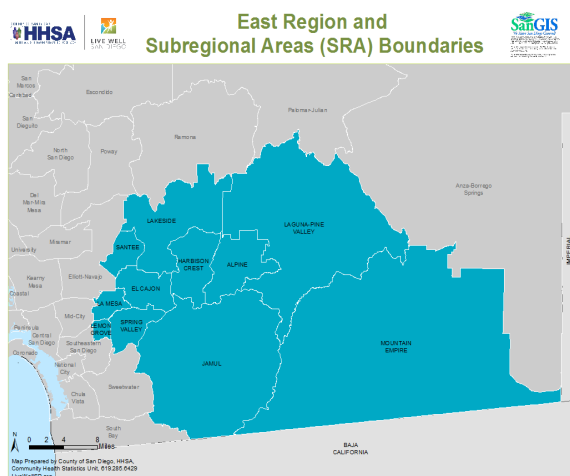| Access and Utilization[5]	East Region (%)	County (%)
No Usual Source of Care (ages 18-64)	16.3	18.3
Uninsured All or Part of Year (ages 18-64)	18.3	27.8
Visited Emergency Room in the Past Year (ages 18-64)	**	14.7

Health Behaviors[5]	East Region (%)	County (%)
Current Smoker (ages 18+)	13.5	13.4
Overweight/Obese (ages 18+)	61.3	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)	27.8	22.1
Binge Drinking in Past Year (ages 18+)	30.4	34.5
Ever Diagnosed with High Blood Pressure (ages 18+)	32.5	27.6
Ever Diagnosed with Diabetes (ages 18+)	5.9	8.5
Ever Diagnosed with Asthma (all ages)	10.4	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
East Region, 2013

East Region and Subregional Areas (SRA) Boundaries

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

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

Demographics[1]	East Region (%)	County (%)
Ages 0-14	19.0	19.2
Ages 15-24	15.0	16.0
Ages 25-44	25.5	28.0
Ages 45-64	27.0	24.6
Ages 65+	13.6	12.2
White	58.8	47.1
Black	5.2	4.2
Hispanic	26.7	33.4
Asian/Pacific Islander	4.7	11.4
Other	4.7	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	32.5	32.7

Health Outcomes[2,3,4,5,6,7,8]	East Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	17	3.6	206	6.5
Chronic Hepatitis C, Reported (2012)	276	58.7	2,588	82.3
AIDS Incidence	31	6.6	269	8.5
HIV Incidence	30	6.4	322	10.2
Chlamydia Reported, Underestimate‡	1,867	395.8	16,042	508.5
Gonorrhea Reported, Underestimate‡	293	62.1	2,865	90.8
Primary and Secondary Syphilis Reported	23	4.9	347	11.0
Deaths				
Influenza (Flu) and Pneumonia	52	11.0	334	10.6
Hospitalizations				
Influenza	153	32.4	783	24.8
Pneumonia	1,005	213.1	5,248	166.4
Emergency Department Discharges				
Influenza	684	145.0	4,598	145.8
Pneumonia	973	206.3	6,110	193.7

Health Behaviors & Related Health Factors	East Region (%)	County (%)
Binge Drinking in Past Year (ages 18+)[9]	30.4	34.5
Has Ever Had Sex (High School Students)[10]	**	36.6
Has had Flu Vaccination in Past 12 Months (ages 18+)[9] (2014)	47.6	43.6
Has had Flu Vaccination in Past 12 Months (ages 0-11)[9] (2014)	**	58.6

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

San Diego County Health Briefs
East Region, 2013

Access and Utilization[9]	East Region (%)	County (%)
No Usual Source of Care (ages 18-64)	16.3	18.3
Uninsured All or Part of Year (ages 18-64)	18.3	27.8
Visited Emergency Room in the Past Year (ages 18-64)	**	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).

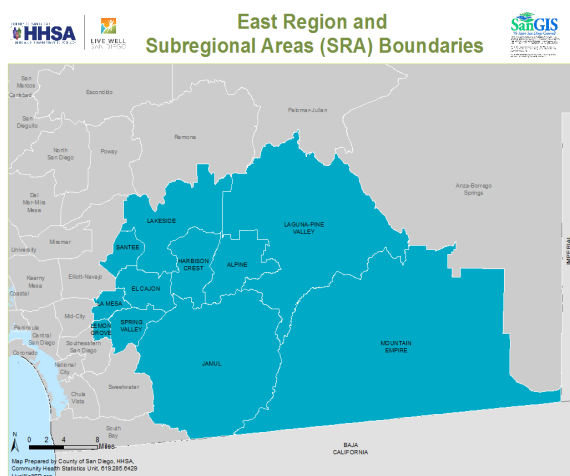* Rates are per 100,000 population.

§ 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
East Region, 2013

Maternal & Child Health

East Region and Subregional Areas (SRA) Boundaries

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

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

Demographics[1]	East Region (%)	County (%)
Ages 0-14	19.0	19.2
Ages 15-24	15.0	16.0
Ages 25-44	25.5	28.0
Ages 45-64	27.0	24.6
Ages 65+	13.6	12.2
White	58.8	47.1
Black	5.2	4.2
Hispanic	26.7	33.4
Asian/Pacific Islander	4.7	11.4
Other	4.7	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	32.5	32.7

Health Outcomes[2,3,4,5]	East Region Number	East Region Rate*/(%)	County Number	County Rate*/(%)
Live Births, % of County Births	6,439	14.8%	43,627	100.0%
Live Births to Girls, Ages 15-17, % of County births	79	1.2%	558	1.3%
Live Births with Early Prenatal Care, % of Known Prenatal Care	5,217	81.1%	36,940	84.8%
Live Births born Preterm, % of County births	567	8.8%	3,624	8.3%
Low Birth Weight Births, % of County births	438	6.8%	2,824	6.5%
Very Low Birth Weight Births, % of County births	85	1.3%	480	1.1%
Fetal Mortality Rate per 1,000 live births & fetal deaths (2011)	19	3.0	183	4.2
Infant Mortality, Rate per 1,000 live births	36	5.6	199	4.6
Child Restraint Use, % of MVO Injured††, Ages 0-5 (2012)	30	100.0%	121	94.5%

Access and Utilization[6]	East Region (%)	County (%)
No Usual Source of Care (ages 18-64)	16.3	18.3
Uninsured All or Part of Year (ages 18-64)	18.3	27.8
Visited Emergency Room in the Past Year (ages 18-64)	**	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 18-64) (2011-2012)	**	2.4
Children Age 6 and Under Currently on WIC	**	27.9
Women with Children Under 7 or Are Pregnant on WIC	**	47.8
Residents Under 200% FPL Receiving Food Stamps (all ages)	**	20.6
Women Below 200% FPL (ages 18-64)	**	53.8

Health Behaviors[6]	East Region (%)	County (%)
Adults Under 200% FPL Unable to Afford Enough Food	44.6	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)	56.8	45.9

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

San Diego County Health Briefs East Region, 2013

HHSA COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL SAN DIEGO

Health Behaviors[6]	East Region (%)	County (%)
Women with a High School Degree or Less Education (ages 25+)[6]	30.2	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] (2014)	**	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
East Region, 2013

HHSA | COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL SAN DIEGO

East Region and Subregional Areas (SRA) Boundaries

HHSA | LIVE WELL SAN DIEGO   SanGIS

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

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

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Asian/Pacific Islander	4.7	11.4
Other	4.7	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	32.5	32.7

Health Outcomes[2, 3, 4, 5]	East Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Unintentional Injury (All Causes)				
Deaths	192	40.7	1,015	32.2
Hospitalizations	3,995	846.9	22,454	711.8
Emergency Department Discharges	28,007	5,937.3	156,940	4,975.0
Fall-Related Injury				
Deaths	49	10.4	301	9.5
Hospitalizations	1,944	412.1	11,231	356.0
Emergency Department Discharges	9,959	2,111.2	56,458	1,789.7
Overdose/ Poisoning				
Deaths	94	19.9	471	14.9
Hospitalizations	536	113.6	2,473	78.4
Emergency Department Discharges	1,044	221.3	5,254	166.6
Motor Vehicle Injuries				
Deaths due to Motor Vehicle Crash (MVC) Injury	36	7.6	193	6.1
Hospitalizations due to MV Injury	450	95.4	2,800	88.8
Emergency Department Discharges due to MV Injury	2,894	613.5	16,014	507.6
Motor Vehicle Crash (MVC) Injuries (2012)	2,645	562.8	18,178	578.3
Alcohol-involved MVC Injuries (2012)	326	69.4	2,403	76.4
Drinking Drivers Involved in MV Crashes (2012)	219	46.6	1,547	49.2
Active Restraint Use, % of Motor Vehicle Occupants (MVO) Injured††, Ages 6+ (2012)	2,027	97.0%	11,025	96.8%
Child Restraint Use, % of MVO Injured†††, Ages 0-5 (2012)	30	100.0%	121	94.5%

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

San Diego County Health Briefs
East Region, 2013

Injury

Health Outcomes[2, 3, 4, 5]	East Region		County	
	Number	**Rate*/(%)**	**Number**	**Rate*/(%)**
Pedestrian Injuries				
Deaths due to motor vehicle crashes (MVC)	5	1.1	42	1.3
Hospitalizations due to MVC	51	10.8	396	12.6
Emergency Department Discharges due to MVC	154	32.6	993	31.5
Injuries due to MVC (2012)	143	30.4	1,105	35.2
Assault				
Homicides	14	3.0	88	2.8
Hospitalizations	222	47.1	1,461	46.3
Emergency Department Discharges	1,367	289.8	7,278	230.7
Self-Inflicted Injuries				
Suicides	67	14.2	430	13.6
Hospitalizations	297	63.0	1,769	56.1
Emergency Department Discharges	647	137.2	2,666	84.5
Firearm-Related Injuries				
Deaths	38	8.1	219	6.9
Hospitalizations	27	5.7	159	5.0
Emergency Department Discharges	38	8.1	164	5.2

Access and Utilization[6]	East Region (%)	County (%)
No Usual Source of Care (ages 18-64)	16.3	18.3
Uninsured All or Part of Year (ages 18-64)	18.3	27.8
Visited Emergency Room in the Past Year (ages 18-64)	**	14.7

Health Behaviors[6]	East Region (%)	County (%)
Binge Drinking in Past Year (ages 18+)	30.4	34.5
Ever Seriously Thought About Committing Suicide (ages 18+)	12.0	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).
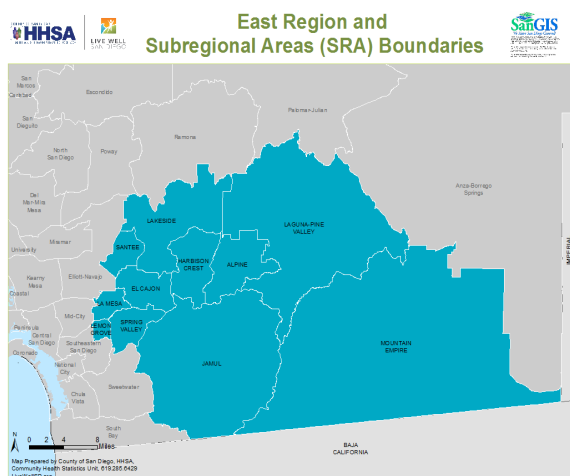
* Rates are per 100,000 population.

†† 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
East Region, 2013

Behavioral Health

East Region and
Subregional Areas (SRA) Boundaries

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

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

Demographics[1]	East Region (%)	County (%)
Ages 0-14	19.0	19.2
Ages 15-24	15.0	16.0
Ages 25-44	25.5	28.0
Ages 45-64	27.0	24.6
Ages 65+	13.6	12.2
White	58.8	47.1
Black	5.2	4.2
Hispanic	26.7	33.4
Asian/Pacific Islander	4.7	11.4
Other	4.7	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	32.5	32.7

Health Outcomes[2,3,4]	East Region		County	
	Number	Rate*	Number	Rate*
Overdose/Poisoning				
Death	94	19.9	471	14.9
Hospitalization	536	113.6	2,473	78.4
Emergency Department Discharge	1,044	221.3	5,254	166.6
Suicide/Self-Inflicted Injury				
Death	67	14.2	430	13.6
Hospitalization	297	63.0	1,769	56.1
Emergency Department Discharge	647	137.2	2,666	84.5
Acute Alcohol-Related Disorder				
Hospitalization	389	82.5	2,084	66.1
Emergency Department Discharge	816	173.0	7,159	226.9
Chronic Alcohol-Related Disorder				
Hospitalization	185	39.2	902	28.6
Emergency Department Discharge	360	76.3	2,226	70.6
Acute Substance-Related Disorder				
Hospitalization	240	50.9	1,206	38.2
Emergency Department Discharge	454	96.2	2,484	78.7
Chronic Substance-Related Disorder				
Hospitalization	108	22.9	592	18.8
Emergency Department Discharge	33	7.0	190	6.0
Mood Disorders				
Hospitalization	2,022	428.7	10,618	336.6
Emergency Department Discharge	938	198.9	5,001	158.5

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

San Diego County Health Briefs East Region, 2013

Behavioral Health

Mental Health Behaviors & Related Health Factors	East Region (%)	County (%)
Likely Has Had Serious Psychological Distress During Past Year (ages 18+)[5]	10.6	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]	11.5	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]	15.2	13.0
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+)[5]	16.5	13.1
Received Psychological/Emotional Counseling in Past Year (ages 12-17)[5]	**	**
Ever Seriously Thought About Committing Suicide (ages 18+)[5]	12.0	8.4
Substance Abuse Health Behaviors & Related Health Factors	**East Region (%)**	**County (%)**
Binge Drinking in Past Year (ages 18+)[5]	30.4	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.

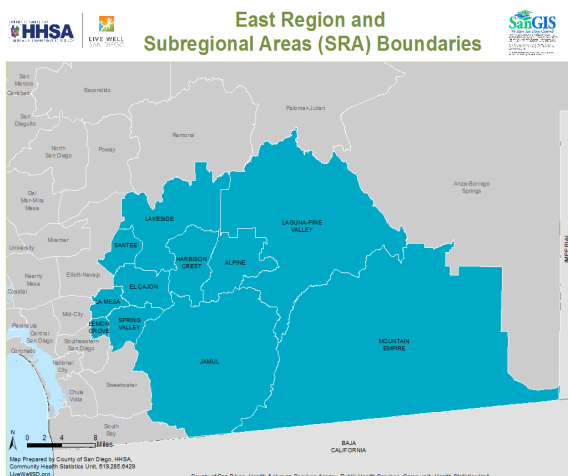6. Centers for Disease Control and Prevention (CDC). High School Youth Risk Behavior Survey (YRBS), 2013.

†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.

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

San Diego County Health Briefs
East Region, 2013

East Region and Subregional Areas (SRA) Boundaries

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

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

Demographics[1]	East Region (%)	County (%)
Ages 0-14	19.0	19.2
Ages 15-24	15.0	16.0
Ages 25-44	25.5	28.0
Ages 45-64	27.0	24.6
Ages 65+	13.6	12.2
White	58.8	47.1
Black	5.2	4.2
Hispanic	26.7	33.4
Asian/Pacific Islander	4.7	11.4
Other	4.7	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	32.5	32.7

Health Outcomes[2,3,4]	East Region		County	
	Number	Rate*	Number	Rate*
ADOD				
Death	307	65.1	1,551	49.2
Hospitalization	192	40.7	905	28.7
Emergency Department Discharge	144	30.5	768	24.3

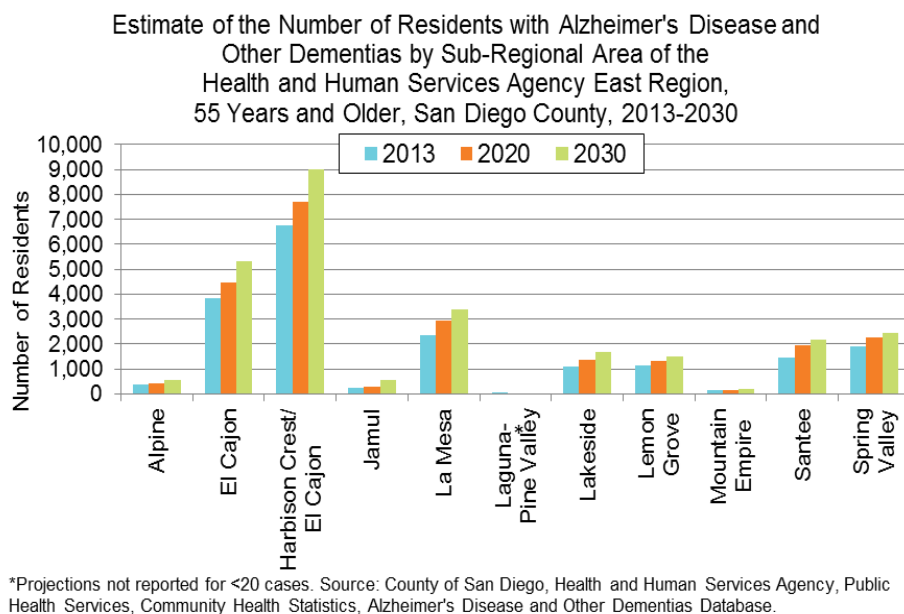## Alzheimer's Disease and Other Dementias in East Region

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

- In 2013, one in five San Diego County residents age 55 years and older discharged from the hospital or emergency department (ED) with a mention of ADOD lived in East Region.

- In 2013, the rate of East Region residents age 55 years and older with a mention of ADOD in their discharge from the ED or hospital was 3,444.4 per 100,000, which was higher than the county overall.

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 East 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.

San Diego County Health Briefs
East Region, 2013

HHSA
COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL
SAN DIEGO

- By 2030, East Region will have the largest proportion of residents living with ADOD in San Diego County.

- One in four East Region residents living with ADOD lived in El Cajon in 2013. This trend is expected to continue through 2030.

- East Region's 55 years and older ADOD population will continue to account for nearly a quarter of the entire 55 years and older ADOD population in San Diego County in 2030.

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

*Projections not reported for <20 cases. Source: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics, Alzheimer's Disease and Other Dementias Database.

- The large population of residents living with ADOD in East Region poses a challenge to both the health care and life care systems and networks in the area.

Health Behaviors[5]	East Region (%)	County (%)
Current Smoker (ages 18+)	13.5	13.4
Overweight/Obese (ages 18+)	61.3	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)	27.8	22.1
Binge Drinking in Past Year (ages 18+)	30.4	34.5
Ever Diagnosed with High Blood Pressure (ages 18+)	32.5	27.6
Ever Diagnosed with Diabetes (ages 18+)	5.9	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.

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** Indicates statistically unstable estimate.

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Live Well San Diego
East Sub-Regional Areas
Community Indicators - 2015

Indicator	East Region Communities											East Region (HHSA)	San Diego County	Cali-fornia	United States
	Alpine	El Cajon	Harbison Crest	Jamul	La Mesa	Laguna-Pine Vlly	Lake-side	Lemon Grove	Mount Empire	Santee	Spring Valley				
HEALTH															
Life Expectancy															
Measure of length and duration of life expected at birth	82.9 yrs	81.8 yrs	60.7 yrs	79.8 yrs	78.3 yrs	N/A	83.6 yrs	80.7 yrs	N/A	82.0 yrs	87.0 yrs	79.9 yrs	82.3 yrs	81.2 yrs	78.8 yrs
Percent of population who smoked cigarettes in the last 12 months	14.9%	19.4%	17.0%	14.2%	21.6%	18.9%	20.5%	16.6%	21.8%	19.6%	18.3%	19.1%	16.8%	16.9%	20.9%
Percent of population spending 2 or more hours exercising per week	59.3%	49.1%	52.4%	61.2%	50.8%	52.6%	49.2%	50.4%	47.4%	52.1%	52.1%	51.3%	54.4%	52.3%	49.2%
Percent of population having visited a doctor in the last 12 months 6 or more times	33.0%	28.3%	32.4%	33.9%	29.2%	31.8%	28.9%	27.2%	29.4%	30.4%	29.7%	29.5%	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	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	91.5%	80.8%	90.5%	85.3%	92.0%	91.0%	88.3%	81.6%	76.3%	90.7%	85.4%	86.1%	84.7%	81.7%	86.6%
Percent of population with less than a High School Diploma or Equivalent	8.5%	19.2%	9.5%	14.7%	8.0%	9.0%	11.7%	18.4%	23.7%	9.4%	14.5%	13.9%	15.3%	18.3%	13.4%
Percent of population with a Bachelor's Degree	31.2%	20.1%	21.5%	27.2%	34.9%	24.2%	19.5%	13.8%	12.9%	21.9%	25.0%	23.3%	33.4%	31.0%	29.6%
Percent of population with a Graduate or Professional Degree	13.2%	6.6%	8.4%	13.0%	12.4%	9.4%	6.1%	3.5%	4.5%	7.2%	8.8%	8.1%	12.7%	11.5%	11.2%
Percent of combined gross school enrollment of school aged population	104.7%	85.1%	95.0%	83.2%	101.8%	89.1%	93.8%	91.7%	81.8%	94.1%	92.5%	91.5%	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)	6.9%	13.3%	6.7%	8.5%	10.1%	11.4%	11.3%	12.6%	15.4%	9.7%	11.4%	11.3%	10.3%	11.5%	9.7%
Income															
Percent of population spending less than 1/3 of income on housing	49.6%	46.7%	56.7%	54.2%	47.9%	60.4%	55.2%	48.1%	56.2%	53.4%	50.6%	50.5%	49.9%	53.5%	63.3%
Per Capita Income	42,822	23,741	31,101	32,556	31,817	32,111	28,009	22,004	20,470	29,074	28,025	27,781	31,197	29,527	28,155

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

Live Well San Diego
East Sub-Regional Areas
Community Indicators - 2015

Indicator	East Region Communities											East Region (HHSA)	San Diego County	Cali-fornia	United States
	Alpine	El Cajon	Harbison Crest	Jamul	La Mesa	Laguna-Pine Vlly	Lake-side	Lemon Grove	Mount Empire	Santee	Spring Valley				
Median Household Income	83,724	54,966	73,723	95,852	57,643	65,966	66,327	56,168	45,700	72,173	67,196	63,756	67,349	60,190	52,250
Percent of population with an interest or non-interest checking account	65.7%	51.1%	61.1%	68.8%	58.6%	66.5%	58.9%	48.2%	58.0%	59.6%	56.2%	56.6%	55.5%	53.3%	57.1%
Percent of population with a savings account	62.5%	49.7%	58.9%	65.6%	55.6%	61.0%	56.2%	51.5%	56.8%	58.2%	55.2%	54.9%	54.4%	51.8%	53.5%
Percent of population with either a 401 (K), 403 (b), or an IRA retirement savings plan	41.7%	27.1%	33.5%	44.4%	31.2%	33.3%	29.8%	26.1%	27.0%	34.4%	31.5%	31.0%	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	N/A	N/A	N/A	N/A	N/A	N/A	2,138.1	2,837.2	2,961.6
Number of unintentional injuries per 100,000 people	6621.32	5725.41	8717.12	5762.86	7620.94	3178.83	5412.25	6538.49	6823.47	6158.4	5035.59	6824.9	5718.97	6344.3	N/A
Percent of population that feels safe in their neighborhood	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	94.2%	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	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)	0.08	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	El Cajon-0.069	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	N/A	N/A	N/A	N/A	N/A	N/A	21.2	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	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	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	70.7%	59.3%	70.3%	70.4%	60.2%	61.0%	59.9%	68.9%	54.6%	65.7%	64.9%	62.9%	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.

Live Well San Diego
East Sub-Regional Areas

Community Indicators - 2015

Return to
East Region

Community
Map

Indicator	East Region Communities											East Region (HHSA)	San Diego County	Cali-fornia	United States
	Alpine	El Cajon	Harbison Crest	Jamul	La Mesa	Laguna-Pine Vlly	Lake-side	Lemon Grove	Mount Empire	Santee	Spring Valley				
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	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	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	1.2%	3.4%	1.2%	0.5%	2.9%	0.0%	0.9%	4.2%	0.0%	1.3%	2.1%	2.3%	3.1%	5.2%	5.0%
Percent of population with over 60 minutes travel time to work	10.7%	4.7%	6.5%	8.4%	4.4%	19.7%	6.6%	4.8%	28.5%	4.1%	5.4%	5.8%	5.5%	10.1%	8.1%
Average travel time to work for workers age 16 or older (in minutes)	21.3	6	8	19.9	0	7.9	10.7	5.9	21.7	11.5	9.9	8.4	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	N/A	N/A	N/A	N/A	N/A	N/A	59.5%	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	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	6.7%	6.6%	6.5%	5.8%	6.6%	6.9%	6.6%	6.5%	6.5%	6.4%	6.6%	6.5%	6.3%	6.5%	7.0%
Percent of population without health insurance (18 to 64 years of age)	15.4%	25.0%	15.1%	16.3%	19.8%	20.2%	16.9%	24.5%	28.0%	13.9%	21.5%	20.5%	22.7%	24.5%	20.6%
Percent of population with linguistic isolation (unable to communicate effectively in English)	0.3%	8.3	2.3%	4.1	3.2%	1.0%	1.7%	7.2%	0.5%	2.5%	4.2%	4.6%	8.6%	9.9%	4.6%
Percent of population who have access to Internet at home using a computer	90.5%	78.3%	86.2%	91.0%	82.9%	81.4%	82.7%	83.7%	74.9%	87.4%	84.6%	83.1%	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	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	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	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	54.3%	41.3%	50.3%	57.6%	47.5%	55.1%	45.4%	40.0%	54.7%	45.6%	44.9%	45.4%	43.8%	40.7%	44.5%

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Live Well San Diego
East Sub-Regional Areas

Community Indicators - 2015

Indicator	East Region Communities											East Region (HHSA)	San Diego County	California	United States
	Alpine	El Cajon	Harbison Crest	Jamul	La Mesa	Laguna-Pine Vlly	Lake-side	Lemon Grove	Mount Empire	Santee	Spring Valley				
Percent of population who volunteered for a charitable organization in the last 12 months	18.2%	13.4%	14.9%	20.2%	15.3%	17.7%	13.9%	12.6%	15.0%	15.7%	15.0%	14.8%	15.6%	14.5%	15.1%
Percent of population who contributed to a political organization in the last 12 months	6.1%	4.7%	4.9%	5.9%	4.9%	4.8%	4.0%	3.5%	4.0%	4.2%	4.4%	4.6%	4.9%	4.7%	4.3%
Percent of population who contributed to arts and cultural organizations in the last 12 months	6.4%	4.6%	5.0%	6.2%	4.8%	3.8%	3.7%	3.5%	3.3%	4.2%	4.6%	4.5%	5.1%	4.8%	4.2%
Percent of population who contributed to educational organizations in the last 12 months	12.5%	8.3%	9.8%	13.8%	8.8%	10.8%	8.7%	7.5%	10.5%	9.4%	8.8%	9.1%	9.5%	9.0%	9.0%
Percent of population who contributed to environmental organizations in the last 12 months	7.4%	5.2%	6.1%	6.7%	5.7%	4.6%	4.5%	4.0%	3.9%	5.1%	5.3%	5.3%	5.6%	5.1%	4.8%
Percent of population who contributed to health organizations in the last 12 months	12.2%	7.9%	10.5%	12.8%	9.0%	11.5%	9.0%	7.0%	9.0%	9.7%	9.4%	9.1%	9.1%	8.6%	8.8%
Percent of population who contributed religious organizations in the last 12 months	30.0%	21.8%	27.8%	31.7%	24.8%	28.9%	25.5%	21.2%	24.8%	26.7%	24.5%	24.6%	24.2%	23.4%	25.3%
Percent of population who contributed to social service organizations in the last 12 months	12.7%	7.7%	9.7%	12.5%	9.6%	9.8%	8.1%	6.5%	7.7%	9.5%	8.9%	8.8%	9.4%	8.6%	8.8%

View Indicator Description and Source Notes

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

EAST REGION

COMMUNITY HEALTH IMPROVEMENT PLAN

Priority Area 1: Active Living
Goal: Increase physical activity for East Region residents.
Live Well San Diego Strategy: Supporting Positive Choices

Strategies

1.1 Develop public-private partnerships to improve access to physical activity.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
1.1.1 Increase the number of joint use agreements by a minimum of 1 to provide access to recreational space, by June 2015.	Number of joint use agreements	County of San Diego, Parks and Recreation, Lemon Grove School District	13	-	-
1.1.2 Increase youth engagement in physical activity by 5%, by 2018.	Percentage of children and teens under the age of 18 who visited a park, playground, or open space in last month	California Health Interview Survey	84%	92.3%* *statistically unstable	70.5%* *statistically unstable
	Percentage of children ages 5-11 who engaged in physical activity for at least one hour daily	California Health Interview Survey	22.8%* *statistically unstable	30.1%* *statistically unstable	No data available
	Percentage of teens ages 12-18 who engaged in physical activity for at least one hour daily	California Health Interview Survey	16.5%* *statistically unstable	9.8%* *statistically unstable	16.1%* *statistically unstable

Linkage to *Live Well San Diego* Indicators

Life Expectancy (East Region): remained relatively stable from 79.4 to 79.9 years

By increasing opportunities for youth to engage in physical activity, this will affect one of the behaviors of 3-4-50 and aid in reducing the chronic diseases of Type 2 diabetes and heart disease and stroke. This will lead to improved quality of life and **increased life expectancy**.

Priority Area 2: Healthy Eating
Goal: Increase healthy eating in East County.
Live Well San Diego Strategy: Supporting Positive Choices

Strategies

2.1 Implement educational resources to promote awareness about healthy eating in East County.

2.2 Pursue environmental changes that result in increased healthy eating opportunities.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
2.1.1 Increase community awareness of the importance of eating healthy by connecting 20 partners to the East Region Food Resource Guide, by 2014.	Number of resource guides distributed in the community	East Region	0	-	38
2.2.1 Secure 3 new corner stores offering fresh produce, by 2016.	Number of corner stores offering fresh produce	East Region	0	-	-
2.2.2 Establish baseline of schools participating in farm to school programs and increase by two, by 2016.	Number of schools participating in farm to school programs	East Region	2	-	-
	Percent of children ages 5-11 eating 5 or more fruits and veggies per day	California Health Interview Survey	53.9%	N/A	N/A
	Percent of children ages 5-11 eating 2 or more fruits yesterday	California Health Interview Survey	54.1%	70.2%* *statistically unstable	41.8%* *statistically unstable
	Percent of children ages 5-11 eating 2 or more veggies yesterday	California Health Interview Survey	N/A	64.7%	62.7%
	Percent of teens ages 12-17 eating 5 or more fruits and veggies per day	California Health Interview Survey	21.5%	N/A	N/A
	Percent of teens ages 12-17 eating 2 or more fruits yesterday	California Health Interview Survey	55.7%	56.4%	51.1%* *statistically unstable
	Percent of teens ages 12-17 eating 2 or more veggies yesterday	California Health Interview Survey	N/A	21.1%	55.7%

Linkage to *Live Well San Diego* Indicators

Food Insecurity (East Region)– increased from 43.3% to 59.5%

All the strategies and objectives hope to target **vulnerable populations** who may not have access to healthier foods essential for good nutrition. With these policies and environmental changes, people will hopefully have reduced food insecurity, which will lead to the improved health outcomes of increased quality of life and life expectancy.

EAST REGION

Priority Area 3: Substance Abuse Prevention
Goal 1: Reduce exposure to secondhand smoke.
Goal 2: Reduce underage consumption of alcohol.
Live Well San Diego Strategy: Pursuing Policy and Environmental Changes

Strategies

3.1 Implement policy and systems change to create a smoke-free environment.

3.2 Implement policy and systems change to limit underage youth access to alcohol.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
3.1.1 Decrease the amount of indoor and outdoor exposure to secondhand smoke delivered from smoking cigarettes, related tobacco products, and hookah at public spaces 10%, by 2015.	Number of incorporated and unincorporated municipalities that have ordinances for indoor and outdoor smoking at public spaces	Communities Against Substance Abuse	TBA	-	-
3.2.1 Reduce teen access to alcohol at offsite retail locations by 5%, by 2016.	Percentage of teens who have ever tried alcohol	California Health Interview Survey	33%	17.6%* *statistically unstable	25.7%* *statistically unstable
	Lifetime use of alcohol, 2 or more times	California Healthy Kids Survey	17.9%	28.1%	-

Linkage to *Live Well San Diego* Indicators

Life Expectancy (East Region)– remained relatively stable from 79.4 years to 79.9

Reduced substance abuse will lead to improved health for populations. In particular, tobacco use is one of the three behaviors in 3-4-50 and is one of the main causes of lung cancer. By reducing substance abuse, this will lead to increased quality of life and **life expectancy**.