North County Region

Informational Packet

COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL
SAN DIEGO

Data Update Presentation on

October 20, 2015

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San Diego County Demographics Profile

COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL
SAN DIEGO

North County Regions

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

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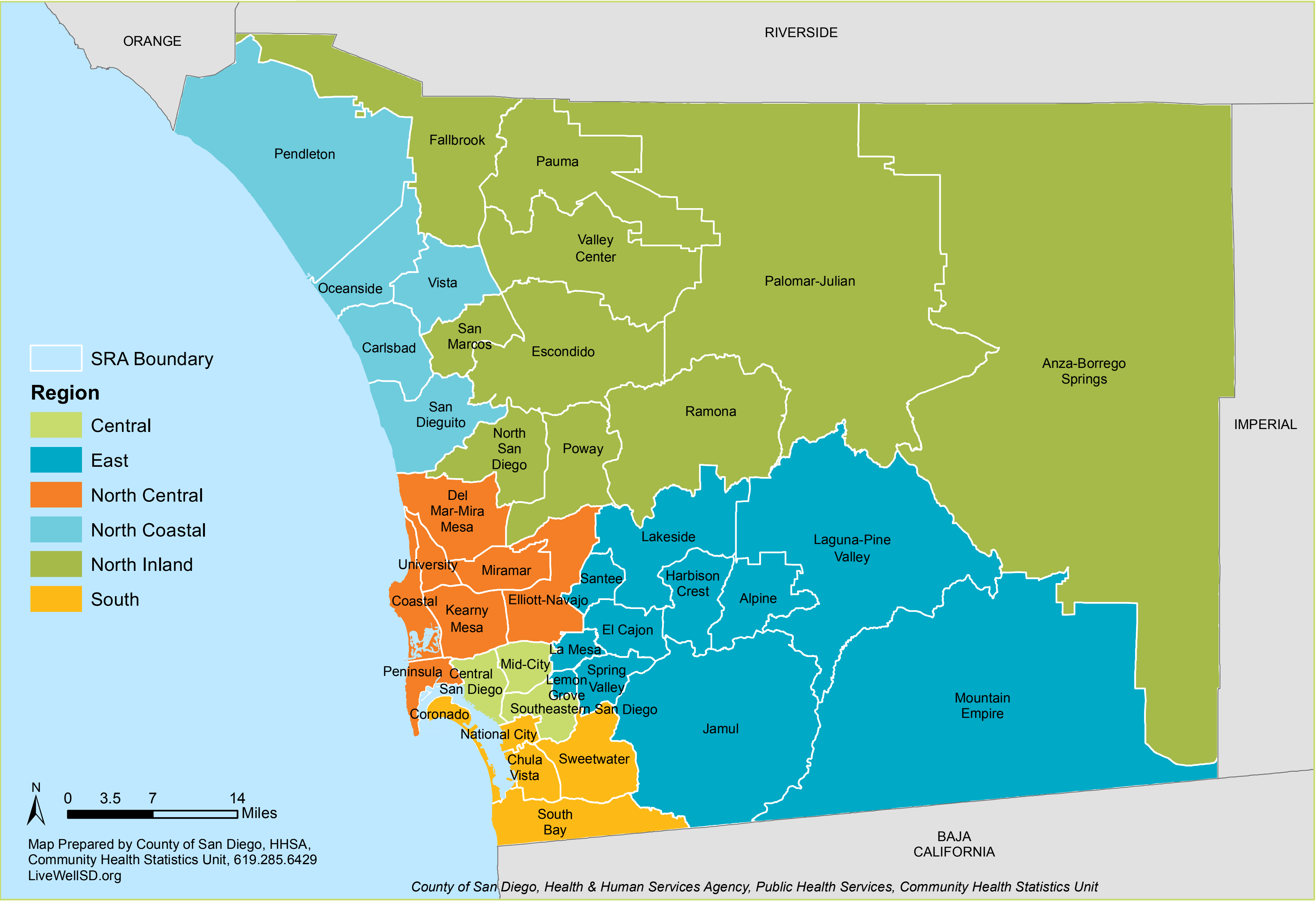
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IMPERIAL
BAJA
CALIFORNIA
Pendleton
Fallbrook
Pauma
Valley
Center
Palomar-Julian
Anza-Borrego
Springs
Oceanside
Vista
San
Marcos
Escondido
Carlsbad
San
Dieguito
North
San
Diego
Poway
Ramona
Del
Mar-Mira
Mesa
University
Miramar
Lakeside
Laguna-Pine
Valley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

LIVE WELL SAN DIEGO

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

San Diego County

Supplemental Page

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.

LIVE WELL SAN DIEGO **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%

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.

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

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.

North Coastal Region Profile

Overview

Demographic Profile (2013 SANDAG Estimates)

	Number	Percent
Total Population	512,805	100.00%
Age Distribution		
0 to 4 Years	36,815	7.18%
5 to 14 Years	66,413	12.95%
15 to 24 Years	84,190	16.42%
25 to 44 Years	133,207	25.98%
45 to 64 Years	126,524	24.67%
65+ Years	65,656	12.80%
Gender Distribution		
Male	259,737	50.65%
Female	253,068	49.35%
Race/Ethnicity		
White	296,368	57.79%
Hispanic	152,443	29.73%
Black	13,100	2.55%
Asian/Pacific Islander*	31,822	6.21%
Other	19,072	3.72%

Income (2013 ACS) (LWSD)

	Number	Percent
Total Households	176,720	100.00%
Household Income		
< $35,000	47,553	26.91%
$35,000 to $50,000	22,120	12.52%
$50,000 to $75,000	29,744	16.83%
$75,000 to $100,000	22,311	12.63%
$100,000 to $150,000	27,439	15.53%
> $150,000	27,553	15.59%

Unemployment Estimates (2013 ACS) (LWSD)

Eligible Labor Force	
16+ Years	260,611
Labor Force	
Percent Unemployed	8.47%

Occupation (2013 ACS)

Labor Force (16+ Years)	
Unemployed Civilians	22,076
Armed Forces	27,400
Employed Civilians	211,135
Employed Civilian Occupation Category (16+ Yrs)	
Management, Professional, & Related	40.69%
Service	18.28%
Sales and Office	24.74%
Construction, Extraction, & Maintenance	8.36%
Production, Transportation, & Material Moving	7.93%

Industry (2013 ACS)

Industry of Civilian Employees	
Agriculture, Forestry, Mining	1.52%
Construction	5.72%
Manufacturing	10.71%
Wholesale Trade	3.38%
Retail Trade	11.51%
Transportation, Warehousing, and Utilities	3.59%
Information and Communications	2.31%
Finance, Insurance, and Real Estate	6.64%
Professional, Scientific, Management, Admin.	15.20%
Educational, Social and Health Services	18.88%
Entertainment and Hospitality related	10.30%
Other Services	5.39%
Public Administration	4.86%

Education (2013 ACS) (LWSD)

Total Population	
25+ Years Old	332,035
Completed Education	
< High School Graduate	12.77%
High School Graduate	17.95%
Some College or AA	33.09%
Bachelor Degree	22.41%
Graduate Degree	13.78%

School Enrollment (2013 ACS)

Population Eligible for Enrollment	
4 to 18 years‡	102,080
Private vs Public School Enrollment	
Percent Public Schools	92.09%
Percent Private Schools	7.91%

Language (2013 ACS)

Total Population	
5+ Years Old	476,129
Primary Language Spoken at Home	
English Only	71.96%
Spanish Only	12.15%
Asian/Pacific Island Language Only	1.96%
Other Language Only	0.18%
Bilingual	10.60%

Housing Estimates (2013 ACS)†

Occupancy	
Owner Occupied	57.36%
Renter Occupied	42.64%

Personal Vehicles (2013 ACS)

Household Vehicle Availability	
No Vehicle	3.67%
1 Vehicle	29.80%
>1 Vehicle	66.52%

Poverty Estimates (2013 ACS)†

Income Percent of Poverty Level	
<50%	7.32%
50 - 74%	1.90%
75 - 99%	3.27%
100 - 124%	4.95%
125 - 149%	3.69%
150% - 199%	9.84%
200% +	69.02%
Percent Below Poverty Level	
Population	12.50%
Families	9.60%
Families With Children	12.50%

Single Parent Homes (2013 ACS)

Total Family Households	
With Children <18 Years	56,070
Families With Children <18 Years	
Percent Single Parent	23.42%

***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

North Coastal Region

Supplemental Page

Marital Status (2013 ACS)

	Number	Percent
Total Population		
15+ Years Old	411,833	100.00%
Marital Status		
Single, Never Married	131,955	32.04%
Married	212,890	51.69%
Separated	5,532	1.34%
Widowed	18,526	4.50%
Divorced	42,930	10.42%

Public Program Participation (2013 ACS)

Food Stamps/SNAP/CalFresh Benefits	
Households	3.13%
Families with Children	3.71%
Eligibility by Federal Poverty Level (FPL)	
Population ≤130% FPL	18.19%
Population ≤138% FPL	19.52%
Population 139% - 350% FPL	33.54%

Selected Status Populations (2013 ACS)

	Number	Percent
Disability Status		
Total Civilian Noninstitutionalized Population	482,437	100.00%
With a Disability	42,076	8.72%
With a Hearing Difficulty	13,266	2.75%
With a Vision Difficulty	6,867	1.42%
With a Cognitive Difficulty	16,182	3.35%
With an Ambulatory Difficulty	20,947	4.34%
With a Self-care Difficulty	8,187	1.70%
With an Independent Living Difficulty	16,798	3.48%
Veteran Status		
Civilian Population 18+ Years	365,625	100.00%
Veteran Population	37,158	10.16%
Foreign Born		
Total Population‡	512,805	100.00%
Foreign Born	91,191	17.80%
Foreign Born, Naturalized Citizen	37,404	7.30%
Foreign Born, Not a U.S. Citizen	53,787	10.50%

Selected Housing Characteristics (2013 SANDAG)

	Total Units	Occupied
Housing and Occupancy		
Total Housing Units	192,542	179,012
Single Family - Detached	96,003	91,148
Single Family - Multiple-Unit	35,785	32,341
Multi-Family	53,121	48,873
Mobile Home and Other	7,633	6,650

Older Adult Population (2013 ACS)

Total Population	
65+ Years Old‡	65,656
Household Type	
Married-Couple Family	58.01%
Family Household, No Spouse Present	10.75%
Non-Family Household	4.25%
Group Quarters	2.58%
Male, Living Alone	6.86%
Female, Living Alone	17.56%
Poverty	
Percent Below 100% FPL	7.39%
Percent Below 200% FPL	22.42%
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	25.80%
20% to 29% per Month	22.15%
30% or more per Month	52.05%
Health Insurance Coverage Status	
Ages 0-17 Years	
With Health Insurance Coverage	92.56%
Without Health Insurance Coverage	7.44%
Ages 18-64 Years	
With Health Insurance Coverage	78.30%
Without Health Insurance Coverage	21.70%
Ages 65+ Years	
With Health Insurance Coverage	98.89%
Without Health Insurance Coverage	1.11%
All Ages	
With Health Insurance Coverage	84.40%
Without Health Insurance Coverage	15.60%
Commute to Work	
Car, Truck, or Van - Drove Alone	73.74%
Car, Truck, or Van - Carpooled	9.93%
Public Transportation (Excluding Taxis)	2.19%
Walked	4.47%
Other Means	1.84%
Worked from Home	7.83%

‡SANDAG Estimate

🟩 ***LWSD* = *Live Well San Diego* Indicator**

LIVE WELL SAN DIEGO

North Coastal Region

Asian/Pacific Islander Population Distribution (2013 ACS)*

	Number*	Percent of *Asian/Pacific Islander* Population	Percent of *Total* Population
Total Population	**512,805**		
Total Asian/Pacific Islander Population	33,118	100.00%	6.46%
Asian Indian	2,637	7.96%	0.51%
Bangladeshi	0	0.00%	0.00%
Cambodian	320	0.97%	0.06%
Chinese; except Taiwanese	5,238	15.82%	1.02%
Filipino	9,147	27.62%	1.78%
Hmong	27	0.08%	0.01%
Indonesian	131	0.40%	0.03%
Japanese	4,494	13.57%	0.88%
Korean	3,025	9.14%	0.59%
Laotian	90	0.27%	0.02%
Malaysian	85	0.26%	0.02%
Melanesian	187	0.57%	0.04%
Micronesian	316	0.96%	0.06%
Pakistani	120	0.36%	0.02%
Polynesian	2,514	7.59%	0.49%
Sri Lankan	98	0.30%	0.02%
Taiwanese	309	0.93%	0.06%
Thai	527	1.59%	0.10%
Vietnamese	3,119	9.42%	0.61%
Other Asian/Pacific Islander	523	1.58%	0.10%
Other Asian/Pacific Islander; not specified	210	0.63%	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.

North Inland Region Profile

Overview

Demographic Profile (2013 SANDAG Estimates)

	Number	Percent
Total Population	584,509	100.00%
Age Distribution		
0 to 4 Years	36,929	6.32%
5 to 14 Years	82,041	14.04%
15 to 24 Years	86,095	14.73%
25 to 44 Years	143,699	24.58%
45 to 64 Years	155,074	26.53%
65+ Years	80,671	13.80%
Gender Distribution		
Male	287,987	49.27%
Female	296,522	50.73%
Race/Ethnicity		
White	311,758	53.34%
Hispanic	177,554	30.38%
Black	9,623	1.65%
Asian/Pacific Islander*	63,471	10.86%
Other	22,103	3.78%

Income (2013 ACS) (LWSD)

	Number	Percent
Total Households	194,492	100.00%
Household Income		
< $35,000	47,593	24.47%
$35,000 to $50,000	23,088	11.87%
$50,000 to $75,000	31,659	16.28%
$75,000 to $100,000	25,353	13.04%
$100,000 to $150,000	32,834	16.88%
> $150,000	33,965	17.46%

Unemployment Estimates (2013 ACS) (LWSD)

Eligible Labor Force	
16+ Years	282,785
Labor Force	
Percent Unemployed	8.48%

Occupation (2013 ACS)

Labor Force (16+ Years)	
Unemployed Civilians	23,971
Armed Forces	3,961
Employed Civilians	254,853
Employed Civilian Occupation Category (16+ Yrs)	
Management, Professional, & Related	41.47%
Service	17.79%
Sales and Office	23.45%
Construction, Extraction, & Maintenance	9.04%
Production, Transportation, & Material Moving	8.25%

Industry (2013 ACS)

Industry of Civilian Employees	
Agriculture, Forestry, Mining	2.30%
Construction	6.78%
Manufacturing	11.59%
Wholesale Trade	3.00%
Retail Trade	11.05%
Transportation, Warehousing, and Utilities	3.22%
Information and Communications	2.35%
Finance, Insurance, and Real Estate	6.62%
Professional, Scientific, Management, Admin.	14.96%
Educational, Social and Health Services	19.57%
Entertainment and Hospitality related	9.18%
Other Services	4.81%
Public Administration	4.60%

Education (2013 ACS) (LWSD)

Total Population	
25+ Years Old	383,428
Completed Education	
< High School Graduate	14.73%
High School Graduate	18.30%
Some College or AA	31.19%
Bachelor Degree	22.77%
Graduate Degree	13.01%

School Enrollment (2013 ACS)

Population Eligible for Enrollment	
4 to 18 years‡	126,781
Private vs Public School Enrollment	
Percent Public Schools	93.18%
Percent Private Schools	6.82%

Language (2013 ACS)

Total Population	
5+ Years Old	538,479
Primary Language Spoken at Home	
English Only	66.27%
Spanish Only	12.55%
Asian/Pacific Island Language Only	3.50%
Other Language Only	0.35%
Bilingual	13.50%

Housing Estimates (2013 ACS)

Occupancy	
Owner Occupied	65.53%
Renter Occupied	34.47%

Personal Vehicles (2013 ACS)

Household Vehicle Availability	
No Vehicle	4.43%
1 Vehicle	25.96%
>1 Vehicle	69.62%

Poverty Estimates (2013 ACS)

Income Percent of Poverty Level	
<50%	6.33%
50 - 74%	2.26%
75 - 99%	2.87%
100 - 124%	4.10%
125 - 149%	4.69%
150% - 199%	8.56%
200% +	71.20%
Percent Below Poverty Level	
Population	11.46%
Families	8.18%
Families With Children	10.18%

Single Parent Homes (2013 ACS)

Total Family Households	
With Children <18 Years	67,521
Families With Children <18 Years	
Percent Single Parent	21.74%

***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**

North Inland Region

Supplemental Page

Marital Status (2013 ACS)

	Number	Percent
Total Population		
15+ Years Old	460,415	100.00%
Marital Status		
Single, Never Married	129,500	28.13%
Married	257,284	55.88%
Separated	6,559	1.42%
Widowed	24,851	5.40%
Divorced	42,221	9.17%

Public Program Participation (2013 ACS)

Food Stamps/SNAP/CalFresh Benefits	
Households	3.56%
Families with Children	3.68%
Eligibility by Federal Poverty Level (FPL)	
Population ≤130% FPL	16.49%
Population ≤138% FPL	18.18%
Population 139% - 350% FPL	32.07%

Selected Status Populations (2013 ACS)

	Number	Percent
Disability Status		
Total Civilian Noninstitutionalized Population	572,059	100.00%
With a Disability	51,496	9.00%
With a Hearing Difficulty	16,094	2.81%
With a Vision Difficulty	9,362	1.64%
With a Cognitive Difficulty	20,133	3.52%
With an Ambulatory Difficulty	25,935	4.53%
With a Self-care Difficulty	10,015	1.75%
With an Independent Living Difficulty	21,247	3.71%
Veteran Status		
Civilian Population 18+ Years	431,341	100.00%
Veteran Population	42,720	9.90%
Foreign Born		
Total Population‡	584,509	100.00%
Foreign Born	130,811	22.62%
Foreign Born, Naturalized Citizen	56,797	9.82%
Foreign Born, Not a U.S. Citizen	74,014	12.80%

Selected Housing Characteristics (2013 SANDAG)

	Total Units	Occupied
Housing and Occupancy		
Total Housing Units	209,816	200,466
Single Family - Detached	124,760	120,110
Single Family - Multiple-Unit	19,686	18,834
Multi-Family	52,909	50,322
Mobile Home and Other	12,461	11,200

Older Adult Population (2013 ACS)

Total Population	
65+ Years Old‡	80,671
Household Type	
Married-Couple Family	57.75%
Family Household, No Spouse Present	13.21%
Non-Family Household	3.72%
Group Quarters	2.78%
Male, Living Alone	5.90%
Female, Living Alone	16.63%
Poverty	
Percent Below 100% FPL	7.51%
Percent Below 200% FPL	24.74%
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	26.73%
20% to 29% per Month	23.42%
30% or more per Month	49.85%
Health Insurance Coverage Status	
Ages 0-17 Years	
With Health Insurance Coverage	92.05%
Without Health Insurance Coverage	7.95%
Ages 18-64 Years	
With Health Insurance Coverage	78.47%
Without Health Insurance Coverage	21.53%
Ages 65+ Years	
With Health Insurance Coverage	99.12%
Without Health Insurance Coverage	0.88%
All Ages	
With Health Insurance Coverage	84.52%
Without Health Insurance Coverage	15.48%
Commute to Work	
Car, Truck, or Van - Drove Alone	79.49%
Car, Truck, or Van - Carpooled	10.74%
Public Transportation (Excluding Taxis)	1.16%
Walked	1.55%
Other Means	1.32%
Worked from Home	5.74%

‡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	**584,509**		
Total Asian/Pacific Islander Population	64,165	100.00%	10.98%
Asian Indian	8,901	13.87%	1.52%
Bangladeshi	23	0.04%	0.00%
Cambodian	266	0.41%	0.05%
Chinese; except Taiwanese	11,159	17.39%	1.91%
Filipino	19,942	31.08%	3.41%
Hmong	50	0.08%	0.01%
Indonesian	374	0.58%	0.06%
Japanese	3,725	5.81%	0.64%
Korean	3,790	5.91%	0.65%
Laotian	656	1.02%	0.11%
Malaysian	16	0.03%	0.00%
Melanesian	75	0.12%	0.01%
Micronesian	397	0.62%	0.07%
Pakistani	465	0.72%	0.08%
Polynesian	960	1.50%	0.16%
Sri Lankan	153	0.24%	0.03%
Taiwanese	823	1.28%	0.14%
Thai	215	0.34%	0.04%
Vietnamese	10,189	15.88%	1.74%
Other Asian/Pacific Islander	1,779	2.77%	0.30%
Other Asian/Pacific Islander; not specified	208	0.32%	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.

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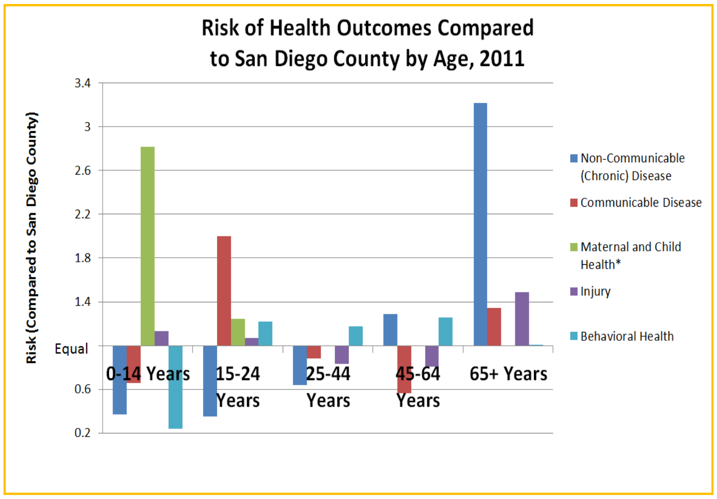
Health Disparities and Inequities in San Diego County

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]

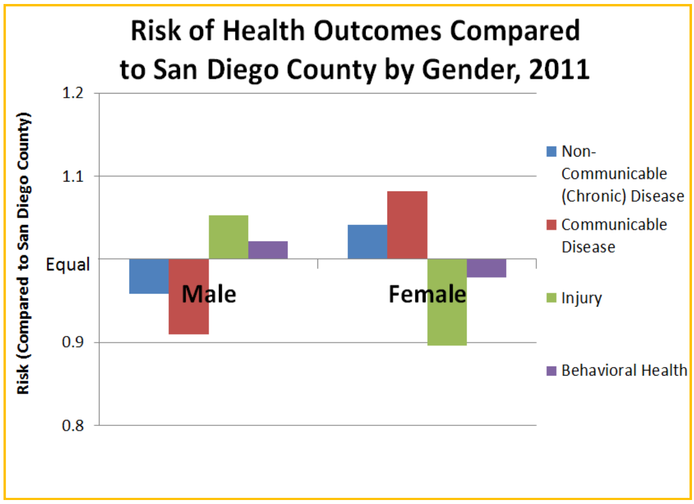

Risk of Health Outcomes Compared to San Diego County by Age, 2011

Health Disparities Among San Diego County Residents by Age

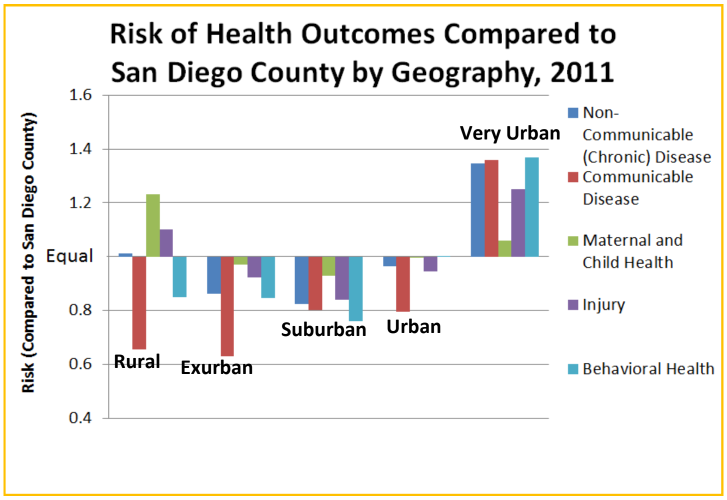
- Poor maternal and child-related outcomes were significantly higher among 0-14 year olds perhaps due to the low percentage of mothers receiving early prenatal care among this age group.
- 15-24 year olds had higher rates of communicable diseases; particularly chlamydia and gonorrhea.
- Those over 65 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

Identifying Health Disparities to Achieve Health Equity in San Diego County

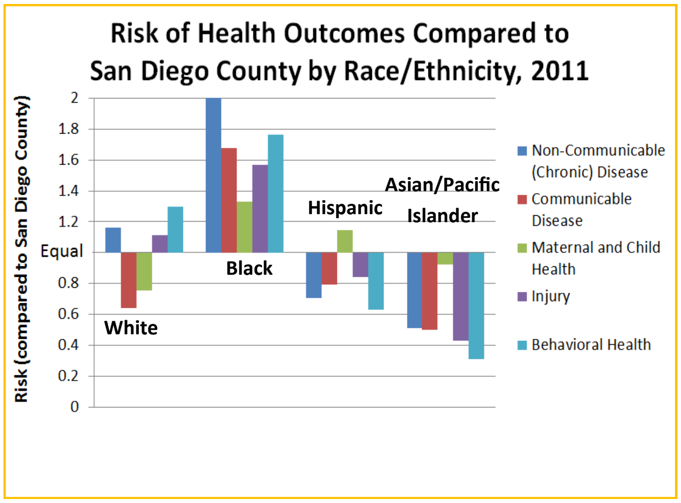


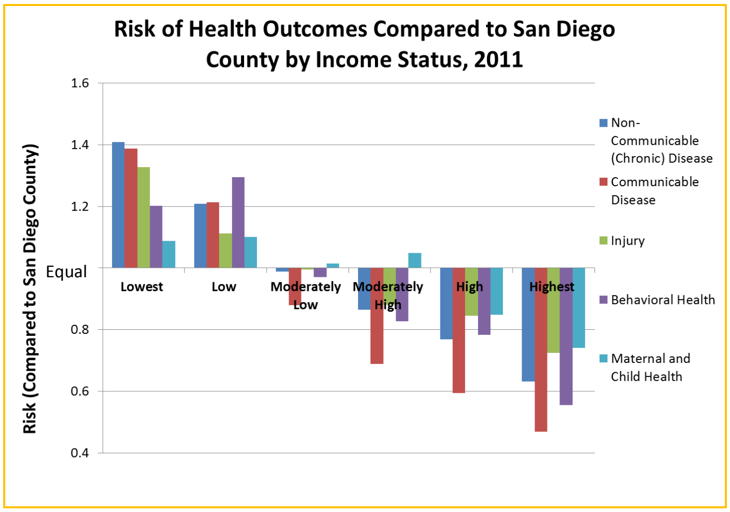
Geographic Health Disparities Among San Diego County Residents:

- 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.





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.

COUNTY OF SAN DIEGO
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3-4-50: Chronic Disease Deaths in San Diego County—North Coastal 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

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—North Coastal Region

- From 2000 to 2013, the overall percent of all deaths due to chronic disease has decreased in the North Coastal Region and its Subregional Areas (SRAs), while the number of deaths have remained relatively stable.
- Overall, chronic disease death rates have decreased in the North Coastal Region and its SRAs from 2000 to 2013.
- Among the North Coastal Region SRAs, Oceanside had the highest percentage of deaths due to chronic disease in 2013.
- Among the North Coastal Region SRAs, Oceanside 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 North Coastal Region.

Figure 1: 3-4-50 Death Percentages

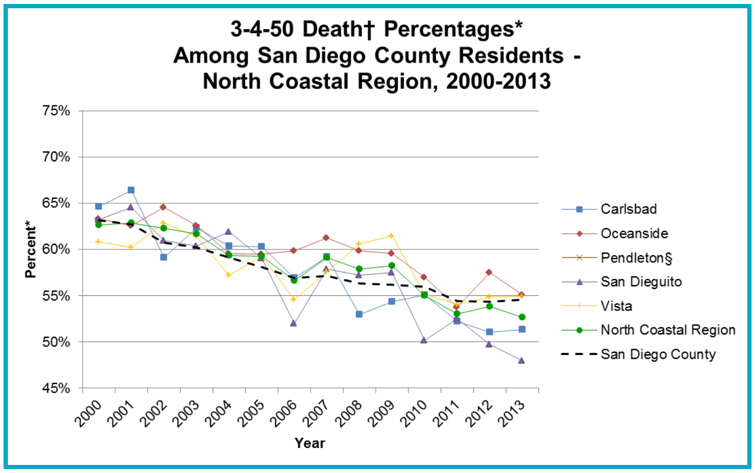
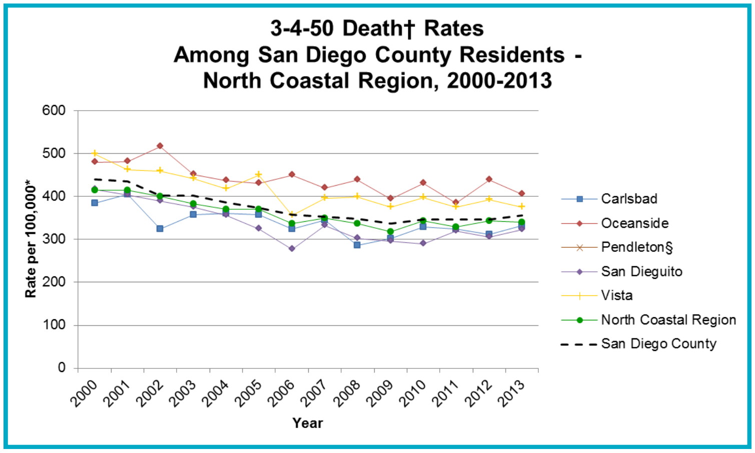


Figure 2: 3-4-50 Death Rates



†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.

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What does 3-4-50 look like in North Coastal Region?

In North Coastal Region, 3-4-50 is actually *3-4-53*

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

3 BEHAVIORS

TOBACCO USE
- In 2013, 7.7% North Coastal Region teens and adults were current smokers.

LACK OF PHYSICAL ACTIVITY*
- In 2013, 28.1% of North Coastal Region children engaged in physical activity for at least 1 hour daily.

POOR NUTRITION
- In 2013, 1 out of 9 North Coastal 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 North Coastal Region.

HEART DISEASE & STROKE
- In 2013, 5.7% of North Coastal Region adults had ever been diagnosed with heart disease.

DIABETES*
- In 2013, 6.4% of North Coastal Region adults had ever been diagnosed with diabetes.

LUNG DISEASE
- In 2013, 1 out of 9 North Coastal 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 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 *53%* of all deaths in the North Costal 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.

3-4-50: Chronic Disease Deaths in San Diego County—North Inland 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

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—North Inland Region

- From 2000 to 2013, the overall percent of all deaths due to chronic disease has decreased in the North Inland Region and its Subregional Areas (SRAs), while the number of deaths have remained relatively stable.
- Overall, chronic disease death rates have decreased in the North Inland Region and its SRAs from 2000 to 2013.
- Among the North Inland Region SRAs, Pauma had the highest percentage of deaths due to chronic disease in 2013.
- Among the North Inland Region SRAs, Anza–Borrego Springs 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 North Inland Region.

Figure 1: 3-4-50 Death Percentages

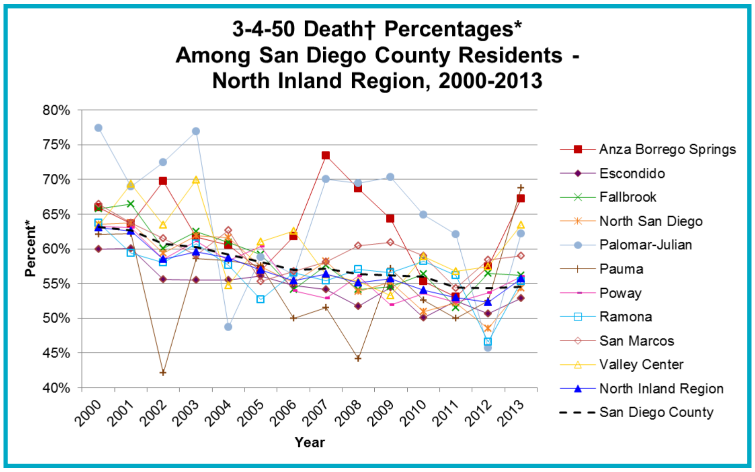
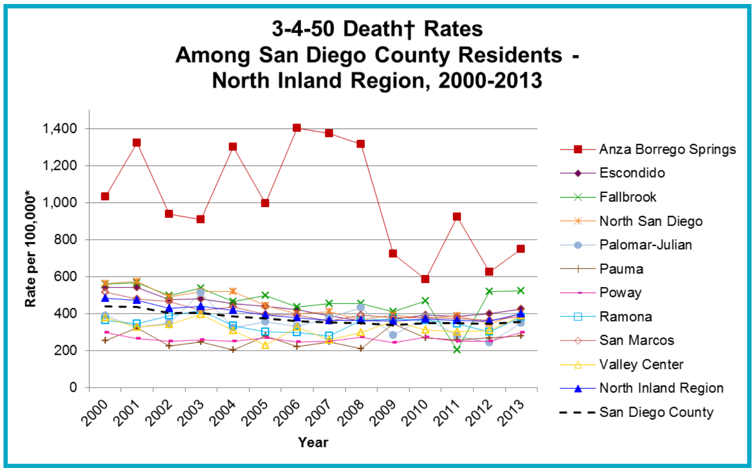


Figure 2: 3-4-50 Death Rates



†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.

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What does 3-4-50 look like in North Inland Region?

In North Inland Region, 3-4-50 is actually *3-4-56*	In San Diego County, 3-4-50 is actually *3-4-55*

3 BEHAVIORS

TOBACCO USE • In 2013, 1 out of every 6 North Inland 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, 16.2% of North Inland 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 North Inland 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

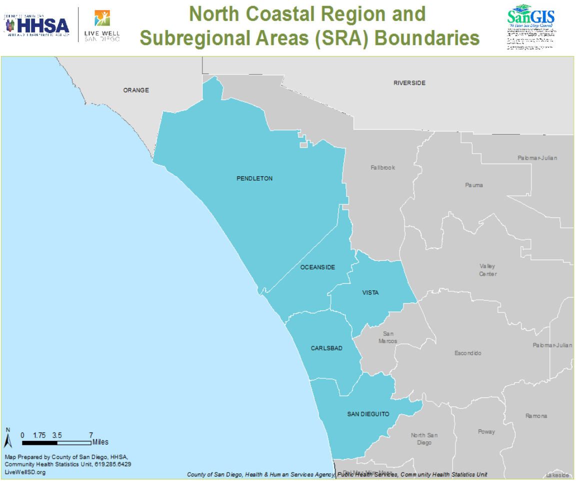
CANCER • In 2013, cancer was the leading cause of death in North Inland Region.	CANCER • In 2013, cancer was the leading cause of death in San Diego County.
HEART DISEASE & STROKE • In 2013, 6.8% of North Inland Region adults had ever been diagnosed with heart disease.	HEART DISEASE & STROKE • In 2013, 6.0% of San Diego County adults had ever been diagnosed with heart disease.
DIABETES • In 2013, nearly 1 out of 8 North Inland 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, nearly 1 out of 8 North Inland 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 *56%* of all deaths in the North Inland Region.	In 2013, cancer, heart disease and stroke, diabetes, and lung disease caused *55%* of all deaths in San Diego County.

Non-Communicable (Chronic) Disease

San Diego County Health Briefs
North Coastal Region, 2013


North Coastal Region and
Subregional Areas (SRA) Boundaries
ORANGE
RIVERSIDE
PENDLETON
Fallbrook
Pauma
Palomar-Julian
OCEANSIDE
VISTA
Valley Center
CARLSBAD
San Marcos
Escondido
Palomar-Julian
SAN DIEGUITO
Ramona
North San Diego
Poway
Lakeside
N
0 1.75 3.5 7 Miles
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]	North Coastal Region (%)	County (%)
Ages 0-14	20.1	19.2
Ages 15-24	16.4	16.0
Ages 25-44	26.0	28.0
Ages 45-64	24.7	24.6
Ages 65+	12.8	12.2
White	57.8	47.1
Black	2.6	4.2
Hispanic	29.7	33.4
Asian/Pacific Islander	6.2	11.4
Other	3.7	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	31.0	32.7

Health Outcomes[2, 3, 4]	North Coastal Region Number	North Coastal Region Rate*	County Number	County Rate*
Coronary Heart Disease				
Death	476	92.8	3,404	107.9
Hospitalization	971	189.4	6,526	206.9
Emergency Department Discharge	182	35.4	1,046	33.2
Stroke				
Death	186	36.3	1,114	35.3
Hospitalization	957	186.6	6,611	209.6
Emergency Department Discharge	321	62.6	1,730	54.8
Diabetes				
Death	95	18.5	614	19.5
Hospitalization	443	86.4	4,415	140.0
Emergency Department Discharge	494	96.3	4,592	145.6
COPD				
Death	156	30.4	1,042	33.0
Hospitalization	457	89.1	3,050	96.7
Emergency Department Discharge	680	132.6	7,426	235.4
Asthma				
Death	<5	§	35	1.1
Hospitalization	249	48.6	2,093	66.3
Emergency Department Discharge	1,293	252.1	9,862	312.6
Cancer, All Causes				
Death	827	161.3	5,030	159.5

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

San Diego County Health Briefs
North Coastal Region, 2013

Access and Utilization[5]	North Coastal Region (%)	County (%)
No Usual Source of Care (ages 18-64)	26.0	18.3
Uninsured All or Part of Year (ages 18-64)	27.0	27.8
Visited Emergency Room in the Past Year (ages 18-64)	15.7	14.7

Health Behaviors[5]	North Coastal Region (%)	County (%)
Current Smoker (ages 18+)	8.5	13.4
Overweight/Obese (ages 18+)	49.2	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)	11.6	22.1
Binge Drinking in Past Year (ages 18+)	35.7	34.5
Ever Diagnosed with High Blood Pressure (ages 18+)	25.1	27.6
Ever Diagnosed with Diabetes (ages 18+)	**	8.5
Ever Diagnosed with Asthma (all ages)	11.5	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).

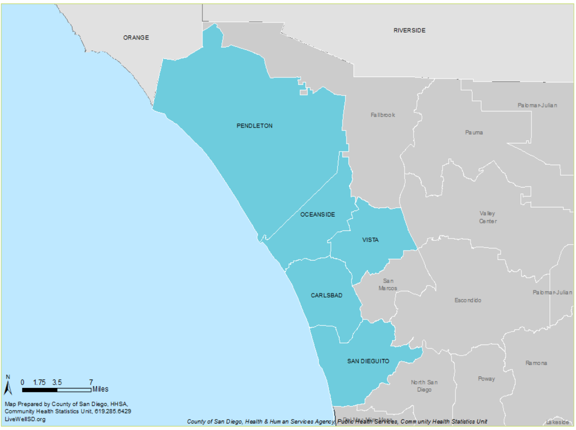
* Rates are per 100,000 population.

** Indicates statistically unstable estimate.

§ Rates not calculated for fewer than 5 events.

San Diego County Health Briefs
North Coastal Region, 2013

North Coastal Region and Subregional Areas (SRA) Boundaries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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]	North Coastal Region (%)	County (%)
Ages 0-14	20.1	19.2
Ages 15-24	16.4	16.0
Ages 25-44	26.0	28.0
Ages 45-64	24.7	24.6
Ages 65+	12.8	12.2
White	57.8	47.1
Black	2.6	4.2
Hispanic	29.7	33.4
Asian/Pacific Islander	6.2	11.4
Other	3.7	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	31.0	32.7

Health Outcomes[2, 3, 4, 5, 6, 7, 8]	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	19	3.7	206	6.5
Chronic Hepatitis C, Reported (2012)	219	42.6	2,588	82.3
AIDS Incidence	20	3.9	269	8.5
HIV Incidence	20	3.9	322	10.2
Chlamydia Reported, Underestimate‡	2,112	411.9	16,042	508.5
Gonorrhea Reported, Underestimate‡	249	48.6	2,865	90.8
Primary and Secondary Syphilis Reported	25	4.9	347	11.0
Deaths				
Influenza (Flu) and Pneumonia	56	10.9	334	10.6
Hospitalizations				
Influenza	100	19.5	783	24.8
Pneumonia	689	134.4	5,248	166.4
Emergency Department Discharges				
Influenza	744	145.1	4,598	145.8
Pneumonia	1,114	217.2	6,110	193.7

Health Behaviors & Related Health Factors	North Coastal Region (%)	County (%)
Binge Drinking in Past Year (ages 18+)[9]	35.7	34.5
Has Ever Had Sex (High School)[10]	**	36.6
Has had Flu Vaccination in Past 12 Months (ages 18+)[9] (2014)	47.5	43.6
Has had Flu Vaccination in Past 12 Months (ages 0-11)[9] (2014)	**	58.6

San Diego County Health Briefs North Coastal Region, 2013

Access and Utilization[9]	North Coastal Region (%)	County (%)
No Usual Source of Care (ages 18-64)	26.0	18.3
Uninsured All or Part of Year (ages 18-64)	27.0	27.8
Visited Emergency Room in the Past Year (ages 18-64)	15.7	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.

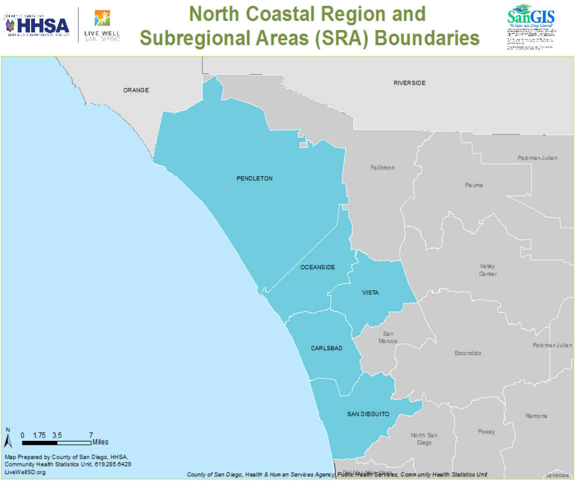
§ Rates note calculated for fewer than 20 events.

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

** Indicates statistically unstable estimate.

Maternal & Child Health

San Diego County Health Briefs
North Coastal Region, 2013


North Coastal 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

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Black	2.6	4.2
Hispanic	29.7	33.4
Asian/Pacific Islander	6.2	11.4
Other	3.7	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	31.0	32.7

Health Outcomes[2, 3,4, 5]	North Coastal Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Live Births, % of County Births	6,983	16.0%	43,627	100.0%
Live Births to Girls, Ages 15-17, % of County births	85	1.2%	558	1.3%
Live Births with Early Prenatal Care, % of Known Prenatal Care	5,804	83.3%	36,940	84.8%
Live Births born Preterm, % of County births	484	7.0%	3,624	8.3%
Low Birth Weight Births, % of County births	391	5.6%	2,824	6.5%
Very Low Birth Weight Births, % of County births	76	1.1%	480	1.1%
Fetal Mortality Rate per 1,000 live births & fetal deaths (2011)	35	4.8	183	4.2
Infant Mortality, Rate per 1,000 live births	32	4.6	199	4.6
Child Restraint Use, % of MVO Injured††, Ages 0-5 (2012)	14	87.5%	121	94.5%

Access and Utilization[6]	North Coastal Region (%)	County (%)
No Usual Source of Care (ages 18-64)	26.0	18.3
Uninsured All or Part of Year (ages 18-64)	27.0	27.8
Visited Emergency Room in the Past Year (ages 18-64)	15.7	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 (2012)	53.5	47.8
Residents Under 200% FPL Receiving Food Stamps (all ages)	**	20.6
Women Below 200% FPL (ages 18-64)	50.4	53.8

Health Behaviors[6]	North Coastal Region (%)	County (%)
Adults Under 200% FPL Unable to Afford Enough Food	52.3	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)	59.2	45.9

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

San Diego County Health Briefs
North Coastal Region, 2013

Health Behaviors	North Coastal Region (%)	County (%)
Women with a High School Degree or Less Education (ages 25+)[6]	23.1	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. SWITRS Database (CPH), 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.

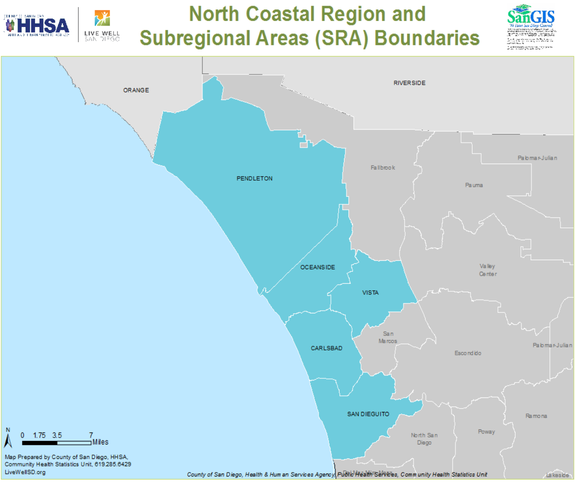
†Federal Poverty Level for 2013 ($11,490 for single person, $4,020 for each additional person, $23,550 for four-person-family).

* 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.

San Diego County Health Briefs
North Coastal Region, 2013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Demographics[1]	North Coastal Region (%)	County (%)
Ages 0-14	20.1	19.2
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Asian/Pacific Islander	6.2	11.4
Other	3.7	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	31.0	32.7

Health Outcomes[2, 3, 4, 5]	North Coastal Region Number	North Coastal Region Rate*/(%)	County Number	County Rate*/(%)
Unintentional Injury (All Causes)				
Deaths	161	31.4	1,015	32.2
Hospitalizations	3,014	587.7	22,454	711.8
Emergency Department Discharges	22,730	4,432.5	156,940	4,975.0
Fall-Related Injury				
Deaths	44	8.6	301	9.5
Hospitalizations	1,484	289.4	11,231	356.0
Emergency Department Discharges	8,674	1,691.5	56,458	1,789.7
Overdose/ Poisoning				
Deaths	72	14.0	471	14.9
Hospitalizations	364	71.0	2,473	78.4
Emergency Department Discharges	861	167.9	5,254	166.6
Motor Vehicle Injuries				
Deaths due to Motor Vehicle Crash (MVC) Injury	30	5.9	193	6.1
Hospitalizations due to MV Injury	325	63.4	2,800	88.8
Emergency Department Discharges due to MV Injury	2,122	413.8	16,014	507.6
Motor Vehicle Crash (MVC) Injuries (2012)	2,596	504.7	18,178	578.3
Alcohol-involved MVC Injuries (2012)	336	65.3	2,403	76.4
Drinking Drivers Involved in MV Crashes (2012)	215	41.8	1,547	49.2
Active Restraint Use, % of Motor Vehicle Occupants (MVO) Injured††, Ages 6+ (2012)	1,882	96.8%	11,025	96.8%
Child Restraint Use, % of MVO Injured†††, Ages 0-5 (2012)	14	87.5%	121	94.5%

San Diego County Health Briefs
North Coastal Region, 2013

Injury

Health Outcomes[2, 3, 4, 5]	North Coastal Region Number	North Coastal Region Rate*/(%)	County Number	County Rate*/(%)
Pedestrian Injuries				
Deaths due to motor vehicle crashes (MVC)	<5	§	42	1.3
Hospitalizations due to MVC	36	7.0	396	12.6
Emergency Department Discharges due to MVC	156	30.4	993	31.5
Injuries due to MVC (2012)	116	22.6	1,105	35.2
Assault				
Homicides	14	2.7	88	2.8
Hospitalizations	109	21.3	1,461	46.3
Emergency Department Discharges	793	154.6	7,278	230.7
Self-Inflicted Injuries				
Suicides	82	16.0	430	13.6
Hospitalizations	289	56.4	1,769	56.1
Emergency Department Discharges	377	73.5	2,666	84.5
Firearm-Related Injuries				
Deaths	33	6.4	219	6.9
Hospitalizations	12	2.3	159	5.0
Emergency Department Discharges	25	4.9	164	5.2

Access and Utilization[6]	North Coastal Region (%)	County (%)
No Usual Source of Care (ages 18-64)	26.0	18.3
Uninsured All or Part of Year (ages 18-64)	27.0	27.8
Visited Emergency Room in the Past Year (ages 18-64)	15.7	14.7

Health Behaviors[6]	North Coastal Region (%)	County (%)
Binge Drinking in Past Year (ages 18+)	35.7	34.5
Ever Seriously Thought About Committing Suicide (ages 18+)	10.1	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.

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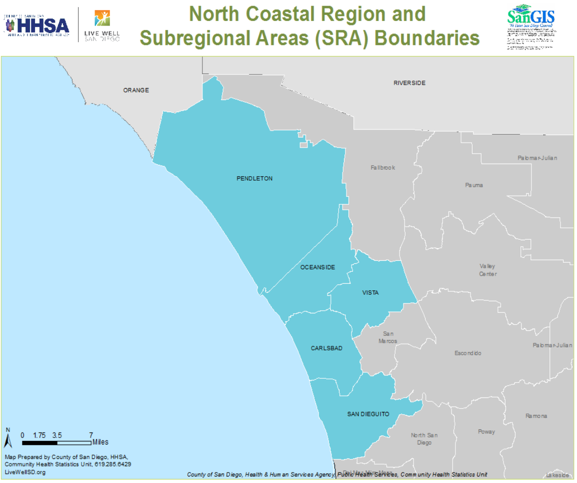
* Rates are per 100,000 population.

†† 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.

San Diego County Health Briefs
North Coastal Region, 2013

Behavioral Health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Other	3.7	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	31.0	32.7

Health Outcomes[2, 3, 4]	North Coastal Region Number	North Coastal Region Rate*	County Number	County Rate*
Overdose/Poisoning				
Death	72	14.0	471	14.9
Hospitalization	364	71.0	2,473	78.4
Emergency Department Discharge	861	167.9	5,254	166.6
Suicide/Self-Inflicted Injury				
Death	82	16.0	430	13.6
Hospitalization	289	56.4	1,769	56.1
Emergency Department Discharge	377	73.5	2,666	84.5
Acute Alcohol-Related Disorder				
Hospitalization	284	55.4	2,084	66.1
Emergency Department Discharge	1,003	195.6	7,159	226.9
Chronic Alcohol-Related Disorder				
Hospitalization	119	23.2	902	28.6
Emergency Department Discharge	326	63.6	2,226	70.6
Acute Substance-Related Disorder				
Hospitalization	171	33.3	1,206	38.2
Emergency Department Discharge	424	82.7	2,484	78.7
Chronic Substance-Related Disorder				
Hospitalization	91	17.7	592	18.8
Emergency Department Discharge	23	4.5	190	6.0
Mood Disorders				
Hospitalization	1,544	301.1	10,618	336.6
Emergency Department Discharge	973	189.7	5,001	158.5

San Diego County Health Briefs
North Coastal Region, 2013

Behavioral Health

Mental Health Behaviors & Related Health Factors	North Coastal 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 so sad or Hopeless Almost every day for 2+ weeks During Past Year they Stopped Doing Some Usual Activities[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]	8.6	13.0
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/ Mental Health Issues in Past Year (ages 18+)[5]	9.0	13.1
Received Psychological/Emotional Counseling in Past Year (ages 12-17)[5]	**	**
Ever Seriously Thought About Committing Suicide (ages 18+)[5]	10.1	8.4

Substance Abuse Health Behaviors & Related Health Factors	North Coastal Region (%)	County (%)
Binge Drinking in Past Year (ages 18+)[5]	35.7	34.5
Ever Tried Marijuana (High School)[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.

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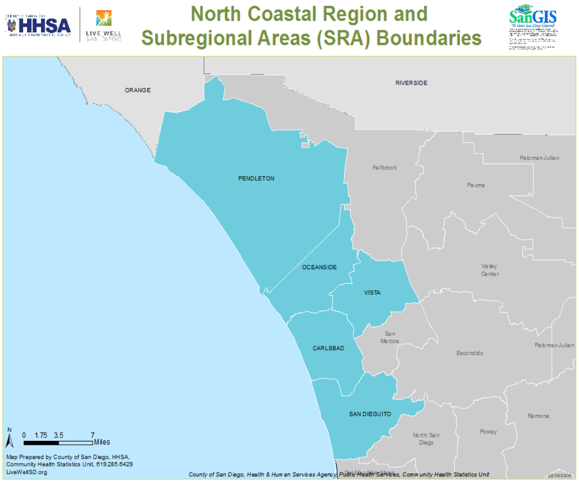
San Diego County Health Briefs
North Coastal Region, 2013

Alzheimer's Disease and Other Dementias (ADOD)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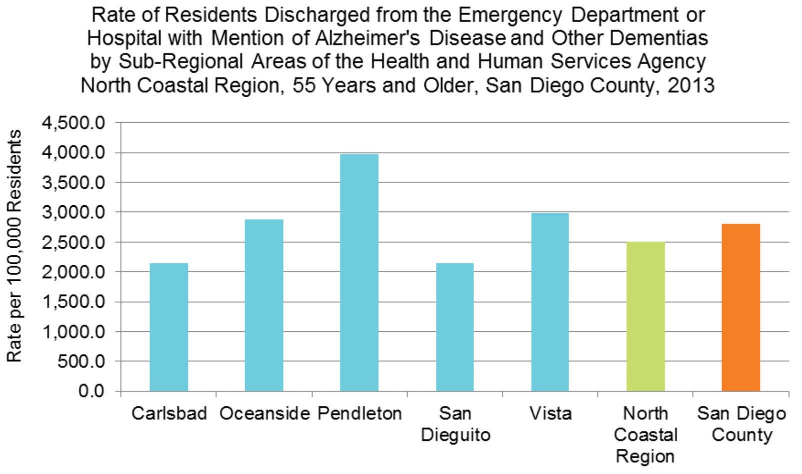
White	57.8	47.1
Black	2.6	4.2
Hispanic	29.7	33.4
Asian/Pacific Islander	6.2	11.4
Other	3.7	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	31.0	32.7

Health Outcomes[2, 3, 4]	North Coastal Region Number	North Coastal Region Rate*	County Number	County Rate*
ADOD				
Death	301	58.7	1,551	49.2
Hospitalization	100	19.5	905	28.7
Emergency Department Discharge	149	29.1	768	24.3

Alzheimer's Disease and Other Dementias in North Coastal Region

- In 2013, 62,000 San Diegans age 55 years and older were living with ADOD.
- In 2013, Pendleton, Vista and Oceanside had higher rates of discharges from the ED or hospital with any mention of ADOD than the county overall.*
- Approximately 15% 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 North Coastal Region residents .



Rate of Residents Discharged from the Emergency Department or Hospital with Mention of Alzheimer's Disease and Other Dementias by Sub-Regional Areas of the Health and Human Services Agency North Coastal 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.

* Among the 151 seniors 55 years and older residents living in Pendleton, six were discharged from the ED or hospital with any mention of ADOD at the time of this data.

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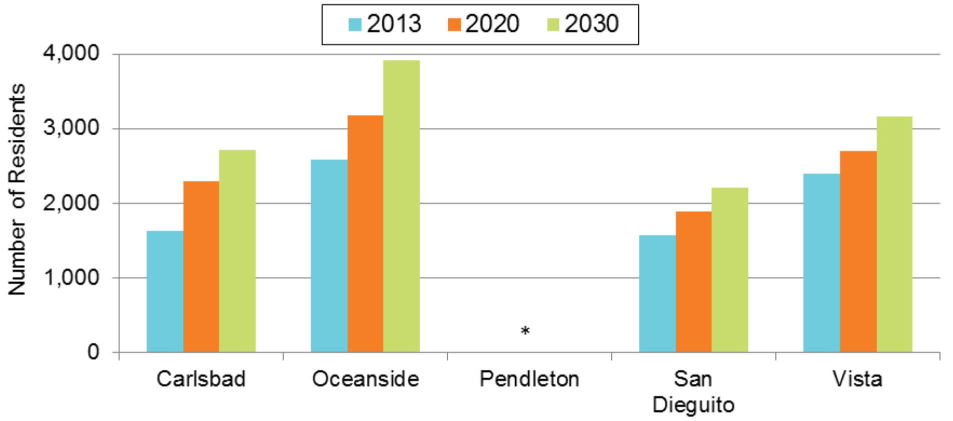
- By 2030, there will be an estimated 12,000 North Coastal Region residents 55 and older, living with ADOD, a 46.6% increase between 2013 and 2030.
- Oceanside is expected to continue to account for one third of the number of 55 years and older residents living with ADOD in North Coastal Region by 2020 and 2030.
- Oceanside and Carlsbad will account for the largest proportion of ED and hospital discharges in 2030.

Estimate of the Number of Residents with Alzheimer's Disease and Other Dementias by Sub-Regional Areas of Health and Human Services Agency North Coastal 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.

Health Behaviors[5]	North Coastal Region (%)	County (%)
Current Smoker (ages 18+)	8.5	13.4
Overweight/Obese (ages 18+)	49.2	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)	11.6	22.1
Binge Drinking in Past Year (ages 18+)	35.7	34.5
Ever Diagnosed with High Blood Pressure (ages 18+)	25.1	27.6
Ever Diagnosed with Diabetes (ages 18+)	**	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.

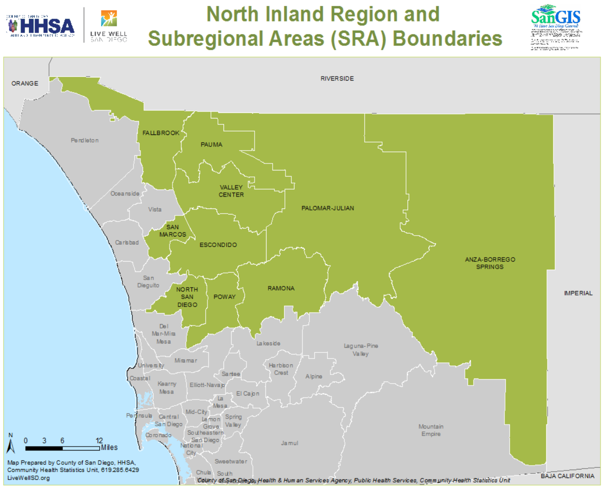
†Federal Poverty Level for 2013 ($11,490 for single person, $4,020 for each additional person, $23,550 for four-person-family).

*Rates are per 100,000 population.

§ Rates not calculated for fewer than 5 events.

** Indicates statistically unstable estimate.

San Diego County Health Briefs
North Inland Region, 2013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El Cajon
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Lemon Grove
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Mountain Empire
Jamul
Sweetwater
Chula Vista
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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]	North Inland Region (%)	County (%)
Ages 0-14	20.4	19.2
Ages 15-24	14.7	16.0
Ages 25-44	24.6	28.0
Ages 45-64	26.5	24.6
Ages 65+	13.8	12.2
White	53.3	47.1
Black	1.7	4.2
Hispanic	30.4	33.4
Asian/Pacific Islander	10.9	11.4
Other	3.8	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	28.8	32.7

	North Inland Region		County	
Health Outcomes[2, 3, 4]	Number	Rate*	Number	Rate*
Coronary Heart Disease				
Death	643	110.0	3,404	107.9
Hospitalization	1,126	192.6	6,526	206.9
Emergency Department Discharge	180	30.8	1,046	33.2
Stroke				
Death	229	39.2	1,114	35.3
Hospitalization	1,210	207.0	6,611	209.6
Emergency Department Discharge	331	56.6	1,730	54.8
Diabetes				
Death	116	19.8	614	19.5
Hospitalization	649	111.0	4,415	140.0
Emergency Department Discharge	715	122.3	4,592	145.6
COPD				
Death	225	38.5	1,042	33.0
Hospitalization	435	74.4	3,050	96.7
Emergency Department Discharge	964	164.9	7,426	235.4
Asthma				
Death	8	1.4	35	1.1
Hospitalization	283	48.4	2,093	66.3
Emergency Department Discharge	1,202	205.6	9,862	312.6
Cancer, All Causes				
Death	1,113	190.4	5,030	159.5

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Access and Utilization[5]	North Inland Region (%)	County (%)
No Usual Source of Care (ages 18-64)	19.7	18.3
Uninsured All or Part of Year (ages 18-64)	30.8	27.8
Visited Emergency Room in the Past Year (ages 18-64)	17.0	14.7

Health Behaviors[5]	North Inland Region (%)	County (%)
Current Smoker (ages 18+)	19.6	13.4
Overweight/Obese (ages 18+)	58.6	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)	26.2	22.1
Binge Drinking in Past Year (ages 18+)	25.4	34.5
Ever Diagnosed with High Blood Pressure (ages 18+)	19.8	27.6
Ever Diagnosed with Diabetes (ages 18+)	12.1	8.5
Ever Diagnosed with Asthma (all ages)	12.2	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).

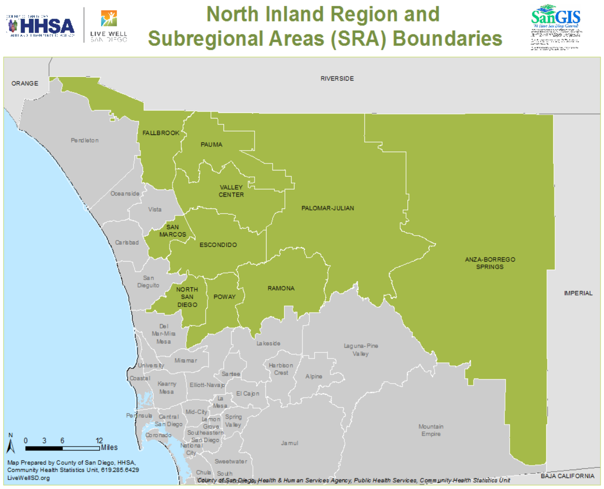
* Rates are per 100,000 population.

** Indicates statistically unstable estimate.

§ Rates not calculated for fewer than 5 events.

San Diego County Health Briefs
North Inland Region, 2013

Communicable Disease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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]	North Inland Region (%)	County (%)
Ages 0-14	20.4	19.2
Ages 15-24	14.7	16.0
Ages 25-44	24.6	28.0
Ages 45-64	26.5	24.6
Ages 65+	13.8	12.2
White	53.3	47.1
Black	1.7	4.2
Hispanic	30.4	33.4
Asian/Pacific Islander	10.9	11.4
Other	3.8	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	28.8	32.7

	North Inland Region		County	
Health Outcomes[2, 3, 4, 5, 6, 7, 8]	Number	Rate*	Number	Rate*
Tuberculosis	26	4.4	206	6.5
Chronic Hepatitis C, Reported (2012)	235	40.4	2,588	82.3
AIDS Incidence	<20	§	269	8.5
HIV Incidence	<20	§	322	10.2
Chlamydia Reported, Underestimate‡	1,647	281.8	16,042	508.5
Gonorrhea Reported, Underestimate‡	197	33.7	2,865	90.8
Primary and Secondary Syphilis Reported	16	2.7	347	11.0
Deaths				
Influenza (Flu) and Pneumonia	61	10.4	334	10.6
Hospitalizations				
Influenza	155	26.5	783	24.8
Pneumonia	1,032	176.6	5,248	166.4
Emergency Department Discharges				
Influenza	644	110.2	4,598	145.8
Pneumonia	1,024	175.2	6,110	193.7

Health Behaviors & Related Health Factors	North Inland Region (%)	County (%)
Binge Drinking in Past Year (ages 18+)[9]	25.4	34.5
Has Ever Had Sex (High School)[10]	**	36.6
Has had Flu Vaccination in Past 12 Months (ages 18+)[9] (2014)	43.2	43.6
Has had Flu Vaccination in Past 12 Months (ages 0-11)[9] (2014)	46.3	58.6

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

San Diego County Health Briefs North Inland Region, 2013

Access and Utilization[9]	North Inland Region (%)	County (%)
No Usual Source of Care (ages 18-64)	19.7	18.3
Uninsured All or Part of Year (ages 18-64)	30.8	27.8
Visited Emergency Room in the Past Year (ages 18-64)	17.0	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.

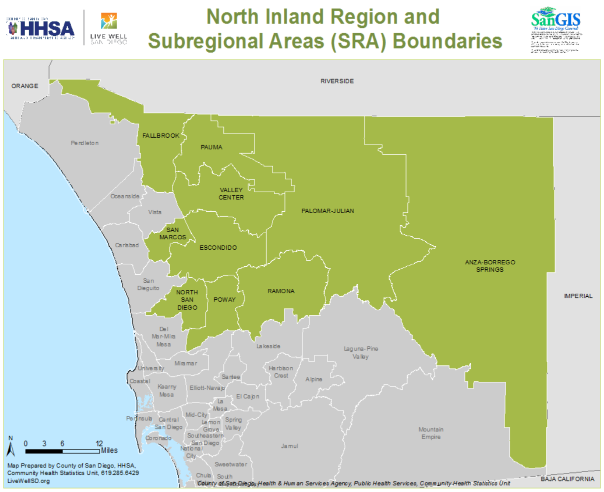
§ Rates note calculated for fewer than 20 events.

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

** Indicates statistically unstable estimate.

Maternal & Child Health

San Diego County Health Briefs
North Inland Region, 2013


North Inland Region and Subregional Areas (SRA) Boundaries

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University
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Kearny Mesa
Elliott-Navajo
Santee
Lakeside
Harbison Crest
Alpine
Laguna-Pine Valley
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County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit

Demographics[1]	North Inland Region (%)	County (%)
Ages 0-14	20.4	19.2
Ages 15-24	14.7	16.0
Ages 25-44	24.6	28.0
Ages 45-64	26.5	24.6
Ages 65+	13.8	12.2
White	53.3	47.1
Black	1.7	4.2
Hispanic	30.4	33.4
Asian/Pacific Islander	10.9	11.4
Other	3.8	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	28.8	32.7

Health Outcomes[2, 3,4, 5]	North Inland Region Number	North Inland Region Rate*/(%)	County Number	County Rate*/(%)
Live Births, % of County Births	7,950	18.2%	43,627	100.0%
Live Births to Girls, Ages 15-17, % of County births	93	1.2%	558	1.3%
Live Births with Early Prenatal Care, % of Known Prenatal Care	6,732	84.7%	36,940	84.8%
Live Births born Preterm, % of County births	643	8.1%	3,624	8.3%
Low Birth Weight Births, % of County births	466	5.9%	2,824	6.5%
Very Low Birth Weight Births, % of County births	64	0.8%	480	1.1%
Fetal Mortality Rate per 1,000 live births & fetal deaths (2011)	43	5.4	183	4.2
Infant Mortality, Rate per 1,000 live births	33	4.2	199	4.6
Child Restraint Use, % of MVO Injured††, Ages 0-5 (2012)	32	88.9%	121	94.5%

Access and Utilization[6]	North Inland Region (%)	County (%)
No Usual Source of Care (ages 18-64)	19.7	18.3
Uninsured All or Part of Year (ages 18-64)	30.8	27.8
Visited Emergency Room in the Past Year (ages 18-64)	17.0	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 (2012)	**	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]	North Inland Region (%)	County (%)
Adults Under 200% FPL Unable to Afford Enough Food	40.7	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)	44.6	45.9

San Diego County Health Briefs
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Health Behaviors	North Inland Region (%)	County (%)
Women with a High School Degree or Less Education (ages 25+)[6]	24.7	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) (2012)[6]	**	96.7
Has had Flu Vaccination in Past 12 Months (ages 0-11)[6] (2014)	46.3	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. SWITRS Database (CPH), 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).

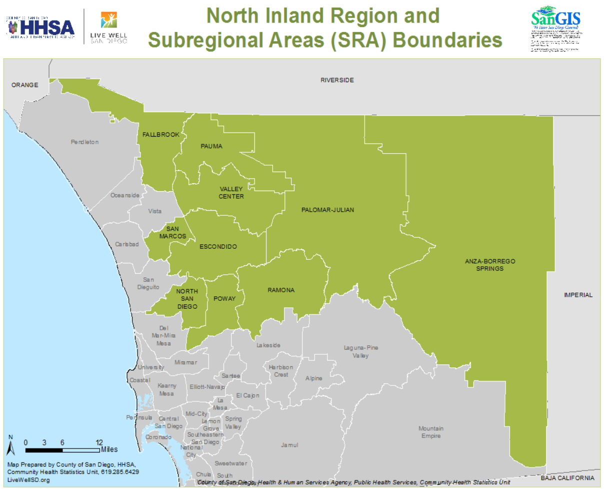
* Rates are per 1,000 population.

†† 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.

San Diego County Health Briefs
North Inland Region, 2013

Injury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Other	3.8	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	28.8	32.7

Health Outcomes[2, 3, 4, 5]	North Inland Region Number	North Inland Region Rate*/(%)	County Number	County Rate*/(%)
Unintentional Injury (All Causes)				
Deaths	193	33.0	1,015	32.2
Hospitalizations	3,829	655.1	22,454	711.8
Emergency Department Discharges	28,586	4,890.6	156,940	4,975.0
Fall-Related Injury				
Deaths	66	11.3	301	9.5
Hospitalizations	1,943	332.4	11,231	356.0
Emergency Department Discharges	10,367	1,773.6	56,458	1,789.7
Overdose/ Poisoning				
Deaths	79	13.5	471	14.9
Hospitalizations	344	58.9	2,473	78.4
Emergency Department Discharges	848	145.1	5,254	166.6
Motor Vehicle Injuries				
Deaths due to Motor Vehicle Crash (MVC) Injury	45	7.7	193	6.1
Hospitalizations due to MV Injury	395	67.6	2,800	88.8
Emergency Department Discharges due to MV Injury	2,980	509.8	16,014	507.6
Motor Vehicle Crash (MVC) Injuries (2012)	3,439	591.0	18,178	578.3
Alcohol-involved MVC Injuries (2012)	466	80.1	2403	76.4
Drinking Drivers Involved in MV Crashes (2012)	305	52.4	1,547	49.2
Active Restraint Use, % of Motor Vehicle Occupants (MVO) Injured††, Ages 6+ (2012)	2,427	96.8%	11,025	96.8%
Child Restraint Use, % of MVO Injured†††, Ages 0-5 (2012)	32	88.9%	121	94.5%

San Diego County Health Briefs
North Inland Region, 2013

Injury

Health Outcomes[2, 3, 4, 5]	North Inland Region		County	
	Number	Rate*/(%)	Number	Rate*/(%)
Pedestrian Injuries				
Deaths due to motor vehicle crashes (MVC)	9	1.5	42	1.3
Hospitalizations due to MVC	41	7.0	396	12.6
Emergency Department Discharges due to MVC	138	23.6	993	31.5
Injuries due to MVC (2012)	115	19.8	1,105	35.2
Assault				
Homicides	12	2.1	88	2.8
Hospitalizations	132	22.6	1,461	46.3
Emergency Department Discharges	854	146.1	7,278	230.7
Self-Inflicted Injuries				
Suicides	81	13.9	430	13.6
Hospitalizations	271	46.4	1,769	56.1
Emergency Department Discharges	519	88.8	2,666	84.5
Firearm-Related Injuries				
Deaths	45	7.7	219	6.9
Hospitalizations	26	4.4	159	5.0
Emergency Department Discharges	32	5.5	164	5.2

Access and Utilization[6]	North Inland Region (%)	County (%)
No Usual Source of Care (ages 18-64)	19.7	18.3
Uninsured All or Part of Year (ages 18-64)	30.8	27.8
Visited Emergency Room in the Past Year (ages 18-64)	17.0	14.7

Health Behaviors[6]	North Inland Region (%)	County (%)
Binge Drinking in Past Year (ages 18+)	25.4	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. SWITRS Database (CPH), 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).

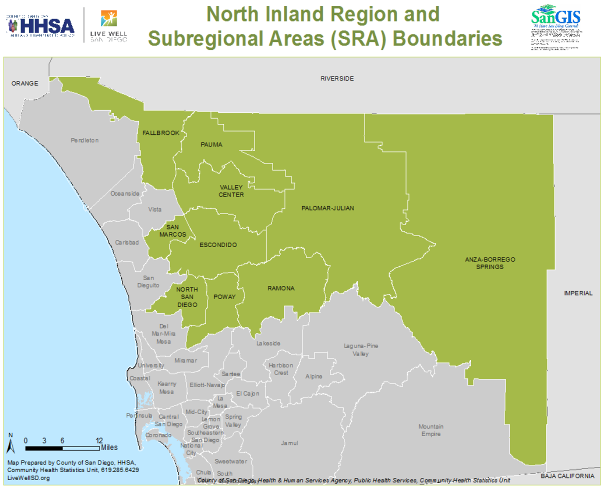
* Rates are per 100,000 population.

†† 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.

San Diego County Health Briefs
North Inland Region, 2013

Behavioral Health


North Inland Region and
Subregional Areas (SRA) Boundaries
ORANGE
RIVERSIDE
IMPERIAL
BAJA CALIFORNIA
FALLBROOK
PAUMA
VALLEY CENTER
PALOMAR-JULIAN
SAN MARCOS
ESCONDIDO
ANZA-BORREGO SPRINGS
NORTH SAN DIEGO
POWAY
RAMONA
Pendleton
Oceanside
Vista
Carlsbad
San Dieguito
Del Mar-Mira Mesa
Miramar
University
Coastal
Kearny Mesa
Elliott-Navajo
Santee
Lakeside
Harbison Crest
Alpine
Laguna-Pine Valley
El Cajon
La Mesa
Mid-City
Lemon Grove
Spring Valley
Peninsula
Central San Diego
Coronado
Southeastern San Diego
National City
Jamul
Mountain Empire
Sweetwater
Chula South
N
0 3 6 12 Miles
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]	North Inland Region (%)	County (%)
Ages 0-14	20.4	19.2
Ages 15-24	14.7	16.0
Ages 25-44	24.6	28.0
Ages 45-64	26.5	24.6
Ages 65+	13.8	12.2
White	53.3	47.1
Black	1.7	4.2
Hispanic	30.4	33.4
Asian/Pacific Islander	10.9	11.4
Other	3.8	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	28.8	32.7

Health Outcomes[2, 3, 4]	North Inland Region		County	
	Number	Rate*	Number	Rate*
Overdose/Poisoning				
Death	79	13.5	471	14.9
Hospitalization	344	58.9	2,473	78.4
Emergency Department Discharge	848	145.1	5,254	166.6
Suicide/Self-Inflicted Injury				
Death	81	13.9	430	13.6
Hospitalization	271	46.4	1,769	56.1
Emergency Department Discharge	519	88.8	2,666	84.5
Acute Alcohol-Related Disorder				
Hospitalization	339	58.0	2,084	66.1
Emergency Department Discharge	1,140	195.0	7,159	226.9
Chronic Alcohol-Related Disorder				
Hospitalization	134	22.9	902	28.6
Emergency Department Discharge	313	50.6	2,226	70.6
Acute Substance-Related Disorder				
Hospitalization	253	43.3	1,206	38.2
Emergency Department Discharge	383	65.5	2,484	78.7
Chronic Substance-Related Disorder				
Hospitalization	92	15.7	592	18.8
Emergency Department Discharge	21	3.6	190	6.0
Mood Disorders				
Hospitalization	1,897	324.5	10,618	336.6
Emergency Department Discharge	852	145.8	5,001	158.5

San Diego County Health Briefs
North Inland Region, 2013

Behavioral Health

Mental Health Behaviors & Related Health Factors	North Inland 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 so sad or Hopeless Almost every day for 2+ weeks During Past Year They Stopped Doing Some Usual Activities (High School)[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]	**	13.0
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/ Mental Health Issues in Past Year (ages 18+)[5]	17.2	13.1
Received Psychological/Emotional Counseling in Past Year (ages 12-17)[5]	**	**
Ever Seriously Thought About Committing Suicide (ages 18+)[5]	**	8.4

Substance Abuse Health Behaviors & Related Health Factors	North Inland Region (%)	County (%)
Binge Drinking in Past Year (ages 18+)[5]	25.4	34.5
Ever Tried Marijuana (High School)[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.

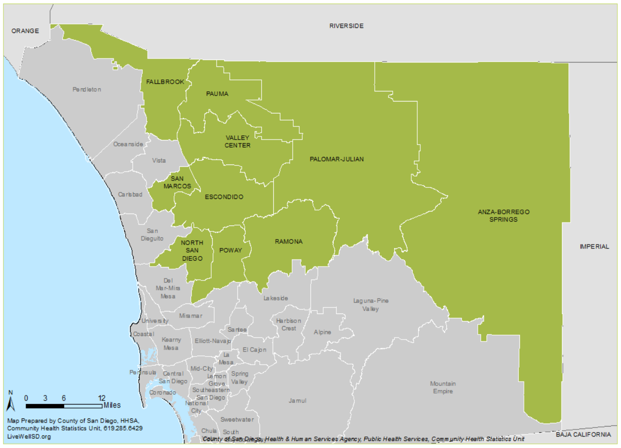
§ Rates not calculated for fewer than 5 events.

** Indicates statistically unstable estimate.

Alzheimer's Disease and Other Dementias (ADOD)

San Diego County Health Briefs
North Inland Region, 2013

North Inland Region and Subregional Areas (SRA) Boundaries


ORANGE
RIVERSIDE
FALLBROOK
PAUMA
Pendleton
VALLEY CENTER
Oceanside
Vista
PALOMAR-JULIAN
SAN MARCOS
ESCONDIDO
Carlsbad
ANZA-BORREGO SPRINGS
San Dieguito
NORTH SAN DIEGO
POWAY
RAMONA
IMPERIAL
Del Mar-Mira Mesa
Lakeside
Laguna-Pine Valley
Miramar
University
Harbison Crest
Coastal
Santee
Alpine
Kearny Mesa
Elliott-Navajo
El Cajon
La Mesa
Peninsula
Central San Diego
Mid-City
Lemon Grove
Spring Valley
Coronado
Southeastern San Diego
National City
Mountain Empire
Jamul
Sweetwater
Chula South
BAJA CALIFORNIA
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Map Prepared by County of San Diego, HHSA, Community Health Statistics Unit, 619.285.6429
LiveWellSD.org
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Demographics[1]	North Inland Region (%)	County (%)
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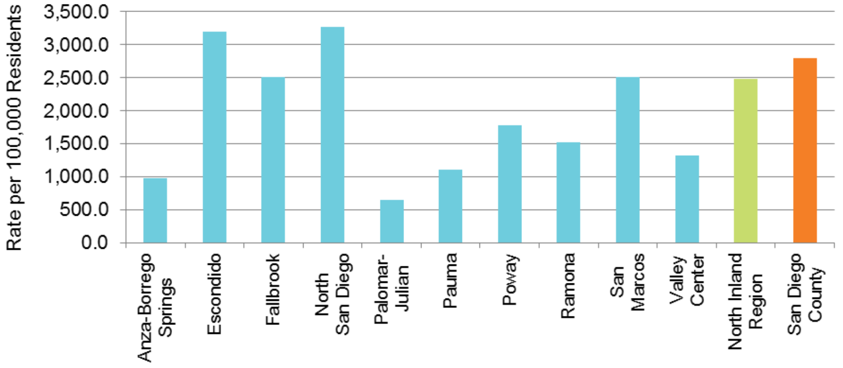
Hispanic	30.4	33.4
Asian/Pacific Islander	10.9	11.4
Other	3.8	3.8
Households with income less than 200% Federal Poverty Level (FPL)†	28.8	32.7

	North Inland Region		County	
Health Outcomes[2, 3, 4]	Number	Rate*	Number	Rate*
ADOD				
Death	344	58.9	1,551	49.2
Hospitalization	176	30.1	905	28.7
Emergency Department Discharge	151	25.8	768	24.3

Alzheimer's Disease and Other Dementias in North Inland Region

- In 2013, 62,000 San Diegans age 55 years and older were living with ADOD.
- In 2013, North Inland had the second highest proportion of residents living with ADOD compared to other HHSA regions.
- In 2013, over one in six San Diego County residents age 55 years and older discharged from the hospital or emergency department (ED) with a mention of ADOD lived in the North Inland Region.
- In 2013, one in three North Inland Region residents discharged from the ED or hospital with any mention of ADOD lived in Escondido.

Rate of Residents Discharged from the Emergency Department or Hospital with Mention of Alzheimer's Disease and Other Dementias by Sub-Regional Areas of the Health and Human Services Agency North Inland 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.

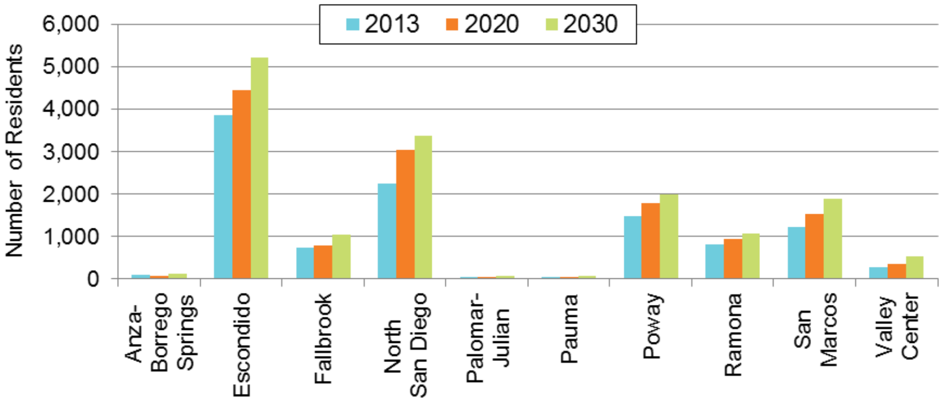
For more data and statistics, visit www.SDHealthStatistics.com

San Diego County Health Briefs
North Inland Region, 2013

Alzheimer's Disease and Other Dementias (ADOD)

- By 2030, 15,400 North Inland Region residents age 55 years and older, are expected to have ADOD. This will account for 16.4% of the county's 55 years and older ADOD population that year.
- Escondido and North San Diego are expected to have one of the highest proportions of 55 years and older residents living with ADOD by 2030.

Estimate of the Number of Residents with Alzheimer's Disease and Other Dementias by Sub-Regional Areas of Health and Human Services Agency North Inland 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.

- In 2030, an estimated 33.9% of North Inland Region residents age 55 years and older with ADOD will be living in Escondido and an additional 22.0% will be living in North San Diego.

Health Behaviors[5]	North Inland Region (%)	County (%)
Current Smoker (ages 18+)	19.6	13.4
Overweight/Obese (ages 18+)	58.6	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)	26.2	22.1
Binge Drinking in Past Year (ages 18+)	25.4	34.5
Ever Diagnosed with High Blood Pressure (ages 18+)	19.8	27.6
Ever Diagnosed with Diabetes (ages 18+)	12.1	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.
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5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013.

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North County Regions

Community Health Improvement Plan

Priority Area 1: Physical Activity
Goal: Increase physical activity among North San Diego County residents.
Live Well San Diego Strategy: Supporting Positive Choices, Pursuing Policy and Environmental Changes

Strategies

1.1 Collaborate with community partners to support the 5-2-1-0 campaign in increasing physical activity.
1.2 Increase collaborations to improve access to physical activity.
1.3 Empower neighborhood stakeholders to pursue policy and environmental changes to increase pedestrian safety and walkability in neighborhoods.
1.4 Explore opportunities for intergenerational interventions that promote physical activity across the life span.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
1.1.1 Increase the proportion of community organizations that adopt the 5-2-1-0 Campaign, by December 2018.	Number of community organizations utilizing 5-2-1-0	North County	1	-	-
1.1.2 Increase the percent of children who are engaged in physical activity for at least one hour daily, by December 2018.	Percentage of children aged 5-11 who engaged in physical activity for at least one hour daily	California Health Interview Survey	25.4%	21.5*% *statistically unstable	29.3%* *statistically unstable
	Percentage of teens aged 12-18 who engaged in physical activity for at least one hour daily	California Health Interview Survey	19.9%	12.3*% *statistically unstable	4.6%* *statistically unstable
1.2.1 Increase the number of community stakeholders that adopted *Live Well San Diego* to utilize joint use policies, by December 2018.	Number of schools with joint use agreements	North County	TBD	-	-
1.3.1 Increase the percentage of residents who use active transport by 1%, by 2018.	Number of schools with SRTS programs	North County	TBD	-	-
	Percent of population that uses public transportation to get to work	American Community Survey	1.35%	1.65%	Not available
	Percent of population that walks to get to work	American Community Survey	4.25%	2.95%	Not available
1.4.1 Develop an annual intergenerational action plan in alignment with North County Intergenerational Council, by December 2015.	Number of organizations supporting intergenerational activities that promote active living	North County	TBD	-	-

Linkage to *Live Well San Diego* Indicators

Life Expectancy (North Coastal) – increased from 82.4 to 83.5 years.

Life Expectancy (North Inland) – increased from 81.9 to 83.4 years.

Quality of Life (County) - Remained relatively stable, from 94.62% to 95%

Physical inactivity is one of the three behaviors in 3-4-50. By changing the policies, systems, and environments to increase the walkability of neighborhoods and by implementing intergenerational programs that promote being active, it should encourage residents to become more physically active. This will lead to better **quality of life** and increased **life expectancy**.

Priority Area 2: Nutrition

Goal: Reduce the prevalence of poor nutrition, food insecurity, and hunger among North San Diego County residents.

Live Well San Diego Strategy: Supporting Positive Choices

Strategies

2.1 Collaborate with community partners to support the 5-2-1-0 campaign in improving nutrition.

2.2 Explore opportunities for intergenerational interventions that promote healthy eating across the life span.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
2.1.1. Increase the proportion of community organizations that adopt the 5-2-1-0 Campaign, by December 2018.	Number of community organizations utilizing 5-2-1-0	North County	TBD	-	-
2.1.2 Increase the percent of children and teens who are eating healthy, by December 2018.	Percent of children aged 5-11 eating 5 or more servings of fruits and veggies per day	California Health Interview Survey	47.4%	-	-
	Percent of children aged 5-11 eating 2 or more servings of fruits yesterday	California Health Interview Survey	61.1%	66.0%	81.6%* *statistically unstable
	Percent of children aged 5-11 eating 2 or more servings of veggies yesterday	California Health Interview Survey	N/A	46.4%	35.6%
	Percent of teens aged 12-18 eating 5 or more servings of fruits and veggies per day	California Health Interview Survey	31.7%	-	-
	Percent of teens aged 12-18 eating 2 or more servings of fruits yesterday	California Health Interview Survey	58.3%	78.5*% *statistically unstable	46.9%
	Percent of children aged 12-18 eating 2 or more servings of veggies yesterday	California Health Interview Survey	N/A	54.3%	30.3%
2.2.1 Develop an annual intergenerational action plan in alignment with North County Intergenerational Council, by December 2015.	Number of organizations supporting intergenerational activities that promote healthy eating	North County	0	-	-

Linkage to *Live Well San Diego* Indicators

Food Insecurity (North Coastal) – decreased from 42.8% to 16.7%*

Food Insecurity (North Inland) – increased from 38% to 42.3%

Poor nutrition is one of the three behaviors in 3-4-50. By promoting 5-2-1-0 and implementing an intergenerational action plan, it is believed that people will change their eating habits and,hopefully, lead to decreased **food insecurity.** Improved eating habits will decrease the incidence of the four chronic diseases (3-4-50), which will lead to improved quality of life and life expectancy for the population.

Priority Area 3: Behavioral Health

Goal: Reduce the prevalence of mental health and substance abuse challenges among North San Diego County residents.

Live Well San Diego Strategy: Supporting Positive Choices

Strategies

3.1 Connect with partners to support the It's Up to Us campaign and reduce the stigma around mental health.

3.2 Integrate & coordinate suicide prevention & mental health promotion activities into North County schools.

3.3 In collaboration with Behavioral Health Services' (BHS) Faith Based Initiative, strengthen partnerships with the faith based community in an effort to educate and provide resources on mental health and substance abuse to their respective congregations.

3.4 Work with *Live Well San Diego* partners, other stakeholders, and County programs to increase accessibility to behavioral health services for at-risk residents.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
3.1.1 Increase the number of organizations promoting the It's Up to Us Campaign, by December 2018.	Number of organizations	North County	TBD	-	-
3.2.1 Assess the baseline number of school districts integrating suicide prevention and mental health promotion activities, and, utilize the County's suicide prevention plan as a model to develop an action plan to increase the number to school districts engaging in suicide prevention, by December 2018.	Number of school districts	North County	TBD	-	-
3.3.1 Increase by 5% the number of faith- based organizations involved in behavioral health in **North Inland,** by December 2018.	Number of Faith Based Organizations	North County	TBD	-	-
3.3.2 Modeling after the alignment with the BHS Faith-Based Initiative in North Inland, assess and increase by 5% the number of faith- based organizations involved in behavioral health in **North Coastal,** by December 2018.	Number of Faith Based Organizations	North County	TBD	-	-
3.4.1 Increase the percentage of residents who needed a mental health service and who sought out a service by 1% by December 2018.	Of those who needed a mental health service, how many sought care	California Health Interview Survey	55.2%	47.0%	65.5%

Linkage to *Live Well San Diego* Indicators

Life Expectancy (North Coastal) – increased from 82.4 to 83.5 years.

Life Expectancy (North Inland) – increased from 81.9 to 83.4 years.

Quality of Life (County) - Remained relatively stable, from 94.62% to 95%

Mental health has been linked with physical health. By reducing the stigma around mental health, it is intended that people will seek out services when they need it. This will lead to better **quality of life**. Through creating safe environments, this will lead to better **security** and quality of life. Reducing prescription drug poisonings and promoting responsible consumption of alcohol will lead to improved quality of life and increased **life expectancy.**