

# San Diego Behavioral Health Profile 2013 – Executive Summary

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## Alcohol-related disorders

- Whites, age 45-64, in the geographic subregion of La Mesa have the highest rate of both acute and chronic alcohol-related disorders. Males have a higher rate than females. For chronic alcohol-related disorder, males have 1.28 times as many hospitalizations as females, and 2.44 times as many emergency department discharges. For acute alcohol-related disorder, whites had a higher hospitalization rate than other races, but whites and blacks had a similar Emergency Department discharge rate. The age group 45-64 had the highest hospitalization rate and ages 15-24 had a very low rate, but these age groups had a similar Emergency Department discharge rate.

## Anxiety disorders

- When compared to males, females have a higher rate of hospitalization and emergency department discharges. When compared to all other races, blacks have a higher rate of emergency department discharges, and blacks and whites have the highest rate of hospitalizations when compared to all other races.

## Attention deficit, conduct, and disruptive behavior related disorders

- The highest rates of hospitalization and emergency department discharges were for males, blacks, and younger age groups (0-14 and 15-24).

## Impulse control disorder

- The highest rates of hospitalization and emergency department discharges were for males and younger age groups (0-14 and 15-24). No clear trend is evident in race.

## Mood disorder

- The highest rates of hospitalization and emergency department discharge were for females. Blacks have the highest rate and whites have the second highest rate – when compared to all other races. The very young (under 15) and the very old (65+) are the only groups with relatively low rates of hospitalization and emergency department discharge. Central San Diego is the region with the highest rates.

## Schizophrenia and other psychotic disorders

- The highest rates of hospitalization and emergency department discharges were for ages 25-44 and 45-64, males, and blacks.

## Substance-related disorders

- Males and the age group 15-24 had the highest rate of hospitalization and emergency department discharges, and blacks and whites had higher rates than other races. Whites had a higher rate of hospitalizations and emergency department discharges than blacks for chronic substance-related disorders, while blacks had a higher rate of emergency department discharges for acute substance-related disorders than whites.

## Suicide

- The groups with the highest rates were males, whites, and ages 45-64.

## San Diego Behavioral Health Profile 2013 Highlights

### Alcohol-related disorders

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#### Acute alcohol-related disorder

- Hospitalization rates rose 14% (from 47.8 per 100,000 to 54.6 per 100,000) from 2010 to 2011. The region with the highest Hospitalization rates is the East Region at a rate of 79.5 in 2011. Within the East region, La Mesa had a rate of 125 in 2011 (up 45% from 2010).
- In 2011, males had a higher hospitalization rate than females (69 versus 40.1). Whites (86.4) had a higher rate than blacks (28.7), Hispanics (26.8), Asians (3.7), or other (35.6). Ages 45-64 had a higher rate (110.4) compared to other age groups. The second-highest age group was 25-44, with a rate of 67.6.
- The Emergency Department discharge rate rose 9% (from 218.3 to 237.6) from 2010-2011. Central Region (376.7 in 2011) had the highest rate. Within this region, Central San Diego had a rate of 669.4 in 2011.
- In 2011, males had a higher rate than females of Emergency Department discharges (306.2 versus 168.6). Whites (320.5) and blacks (321.2) had similar rates, which were higher than Hispanics (158) and Asian (51) and other (209.7). Age 45-64 had highest rate (388.2), followed by age 15-24 (316.5) and 25-44 (271.2).
- Interesting notes: Whites had a higher hospitalization rate than other races, but whites and blacks had a similar Emergency Department discharge rate. Age group 45-64 had the highest hospitalization rate and ages 15-24 had a very low rate, but these age groups had a similar Emergency Department discharge rate. Ages 15-24 had 81.5 as many discharges for every 100 discharges that ages 45-64 had.

#### Chronic alcohol-related disorder

- Hospitalization rate fell 10% (from 35.1 per 100,000 to 31.5 per 100,000) from 2010-2011. Highest regions are East Region at 37.1 and North inland Region at 38.8. Within the East region, La Mesa had a rate of 80 in 2011 (up 48% from 2010).
- In 2011, males had a higher hospitalization rate than females (35.4 versus 27.6). Whites (48.4) had a higher rate than black (22.4), Hispanics (12.7), Asian (2.3) or other (30.6). Ages 45-64 had the highest rate at 59.4, and the second-highest was age 25-44 (44.1).
- Emergency department discharge rate rose 7% (57.4 to 61.6) from 2010-2011. Central Region had the highest rate (106.3) in 2011. Within this region, Central San Diego had a rate of 242.8 in 2011.
- In 2011, males had a higher rate than females (87.2 versus 35.7). Whites (99.5) had a higher rate than blacks (54.6), Hispanics (26.4), Asians (2), or other (44.1). Ages 45-64 had the highest rate, at 149.9, and the second-highest rate was ages 25-44 (68.6).
- Interesting notes: males have a higher rate of hospitalizations and emergency department discharges than females. This discrepancy is much larger when it comes to emergency department discharges, compared to hospitalizations.

## Anxiety disorders

- Hospitalization rate for anxiety disorders rose 19% from 2010 to 2011. (From 15.6 to 18.6). East Region had the highest rate (27.2) in 2011.
- Females were hospitalized at a higher rate than males (22.2 versus 14.9). Blacks and whites were hospitalized at similar rates, and both of these races had rates that were higher than other races. Hospitalization rates were highest among the 15-24, and 65+ age groups.
- Emergency department discharges rose 4% from 2010 to 2011 (237.3-247.7). South Region had the highest rate (311) in 2011. Within this region, Chula Vista had a rate of 532.3 in 2011.
- Women had a higher rate of emergency department discharge than men (291.7 versus 204.1). Blacks had a higher rate (394.7) than other races. The age group with the highest rates was 25-44.

## Attention deficit, conduct, and disruptive behavior related disorders

- Hospitalization rate rose 32% from 2010-2011 (3.7 to 4.9). Highest rates of hospitalization were for males (twice the rate of females), blacks (9.1 versus 5.5 for whites), and ages 0-14 (16.5) and ages 15-24 (9.6).
- Rate of Emergency Department discharges fell 2% from 2010 to 2011. Males had a higher rate than females (10.7 versus 6.9). Blacks had a higher rate than other races (13.3 versus 11 for whites and 6.24 Hispanics).

## Impulse control disorder

- Hospitalization rates fell 31% from 2010-2011 (8.1 to 6.2). Males had a higher rate than females (9.2 versus 3.2). Ages 0-14 and 15-24 had the highest rates. No clear trend is evident in race.
- Emergency Department discharges total less than 20 per year, which is too small for statistical analysis.

## Mood disorder

- Hospitalization rate rose 4% from 2010 to 2011 (318.2 to 330.8). Central and East Regions had the highest rates at 451 and 433.9, respectively. Within this region, Central San Diego had a rate of 632.1 in 2011.
- Females had a higher rate than males (382.9 versus 279.1). Blacks (491.2) had a higher rate than whites (465.6), and both blacks and whites had a higher rate than other races. Ages 15 and 24 had the highest rate, at 492.8; the second highest rate was ages 45-64, at 407.4.
- Emergency Department discharges rose 8% from 2010 to 2011. Central and East Regions had the highest rates at 207 and 205.5, respectively. Within this region, Central San Diego had a rate of 330.2 in 2011.
- Females had a higher rate than males (175.1 versus 157.3). Blacks (315.6) had a higher rate than whites (223.7), who had a higher rate than other races. Ages 15-24, 25-44, and 45-64 had similar rates, which were higher than the very young and the very old.

## Schizophrenia and other psychotic disorders

- Hospitalization rates rose 4% from 2010 to 2011. Central Region had the highest rate at 543.9. Harbison Crest / El Cajon and Central San Diego were the subregions with the highest rates at 742 and 691.7, respectively.
- Males had a higher rate than females (304.4 versus 214.1). Blacks (837.6) had higher rate than whites (301.6), who had a higher rate than other races. Highest rates were among ages 45-64 and 25-44.
- Emergency Department discharges rose 4% from 2010 to 2011. Central and East Regions had the highest rates at 161.5 and 156.9, respectively.
- Males had a higher rate than females (127.1 versus 85.4). Blacks (330.3) had a higher rate than other races. Ages 25-44 and 45-64 had the highest rates.

## Substance-related disorders

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### Acute substance-related disorders

- Hospitalization rate rose 3% from 2010-2011. Highest region is East Region, at a rate of 40.3 in 2011. Males had a higher rate than females (32.4 versus 24.3). Blacks and whites had similar rates, which were higher than other races. Ages 15-24 had the highest rates.
- Emergency Department discharge rates rose 9% from 2010 to 2011. Central Region had the highest rate (92.9 in 2011). Within this region, Central San Diego had a rate of 132.6 in 2011. Males had a higher rate than females (83.8 versus 58.6). Blacks had a higher rate than other races, and ages 15-24 had the highest rate.

### Chronic substance-related disorders

- Hospitalization rate fell 3% from 2010 to 2011. North Coastal and North Inland Regions had the highest rates at 25.9 and 25.4, respectively.
- Males had a higher rate than females (27.1 versus 16.9). Whites (30.1) had a higher rate than other races, and ages 15-24 had the highest rate.
- Emergency Department discharges fell 4% from 2010 to 2011. East Region had the highest rate at 7.1. Males had a higher rate than females (6.1 versus 4.1). Whites had a higher rate than other races. Ages 15-24 had a higher rate than other age groups.

### Suicide

- Males had a higher rate than females (17.8 versus 4.9). North Central and East Regions had the highest rates at 13.4 and 13.2, respectively. Kearny Mesa and Harbison Crest / El Cajon were the subregions with the highest rates at 23.1 and 21.6, respectively.
- Whites had a higher rate than any other ethnicity. Age is 45-64 had the highest rate (21.6), followed by ages 65+ (18.5).