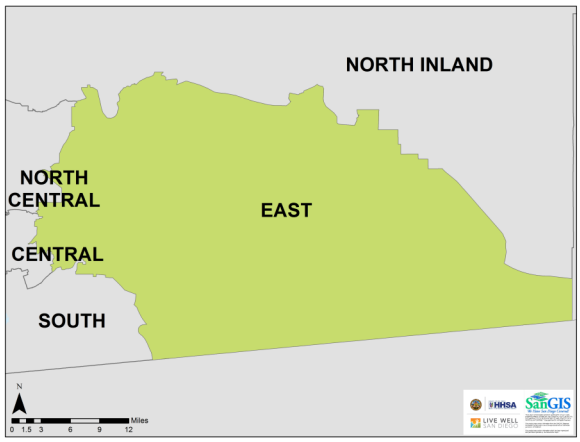
Non-Communicable (Chronic) Disease

San Diego County Health Briefs
East Region, 2022



Demographics[1]	East Region (%)	County (%)
Ages 0-9	13.3%	12.2%
Ages 10-19	12.8%	12.9%
Ages 20-29	13.0%	14.8%
Ages 30-39	12.6%	14.1%
Ages 40-49	12.5%	12.4%
Ages 50-59	11.8%	12.1%
Ages 60-69	12.6%	10.9%
Ages 70-79	7.1%	6.9%
Ages 80+	4.1%	3.8%
White	53.4%	42.5%
Black	5.7%	4.4%
Hispanic	27.9%	34.1%
Asian/Pacific Islander	6.1%	13.1%
Other	6.9%	5.9%
Population with income less than 100% Federal Poverty Level (FPL)†	11.7%	10.6%

Health Outcomes[2, 3, 4]	East Region		County	
	Number	Rate*	Number	Rate*
Coronary Heart Disease				
Death	441	89.8	2,431	74.0
Hospitalization	1,063	216.5	5,564	169.3
Emergency Department Discharge	247	50.3	1,060	32.2
Stroke				
Death	267	54.4	1,561	47.5
Hospitalization	1,298	264.3	6,851	208.4
Emergency Department Discharge	454	92.5	2,484	75.6
Overall Heart Disease^				
Death	897	182.7	4,928	149.9
Hospitalization	6,639	1,352.0	33,150	1,008.4
Emergency Department Discharge	11,184	2,277.6	59,490	1,809.7
Acute Myocardial Infarction (Heart Attack)				
Death	90	18.3	576	17.5
Hospitalization	674	137.3	3,717	113.1
Emergency Department Discharge	96	19.5	460	14.0
Heart Failure				
Death	202	41.1	1,161	35.3
Hospitalization	1,420	289.2	7,451	226.7
Emergency Department Discharge	468	95.3	2,009	61.1

San Diego County Health Briefs
East Region, 2022

Non-Communicable (Chronic) Disease

Health Outcomes continued [2, 3, 4]	East Region Number	East Region Rate*	County Number	County Rate*
Overall Hypertensive Diseases~				
Death	235	47.9	1,132	34.4
Hospitalization	2,113	430.3	10,880	331.0
Emergency Department Discharge	1,872	381.2	9,152	278.4
Cancer, All Causes				
Death	962	195.9	5,179	157.5
Hospitalization	1,465	298.3	8,591	261.3
Emergency Department Discharge	297	60.5	1,570	47.8
Diabetes				
Death	178	36.2	907	27.6
Hospitalization	1,183	240.9	5,323	161.9
Emergency Department Discharge	910	185.3	5,074	154.4
COPD & Chronic Lower Respiratory Diseases				
Death	209	42.6	896	27.3
Hospitalization	505	102.8	1,696	51.6
Emergency Department Discharge	681	138.7	2,533	77.1
Asthma				
Death	§	§	17	§
Hospitalization	286	58.2	1,402	42.6
Emergency Department Discharge	1,448	294.9	6,805	207.0
Parkinson's Disease				
Death	68	13.8	413	12.6
Hospitalization	35	7.1	196	6.0
Emergency Department Discharge	31	6.3	118	3.6
Lupus and Connective Tissue Disorders				
Death	§	§	29	0.9
Hospitalization	52	10.6	311	9.5
Emergency Department Discharge	16	§	110	3.3

Health Behaviors[5] (2020-2022)	East Region (%)	County (%)
Current Smoker (ages 18+)	5.7%	5.1%
Overweight/Obese (ages 18+)	65.5%	58.5%
Rated Overall Health as Fair or Poor (18+)	12.6%	11.6%
Ever Diagnosed with High Blood Pressure (ages 18+)	30.3%	24.5%
Ever Diagnosed with Diabetes (ages 18+)	11.9%	7.9%
Ever Diagnosed with Asthma (all ages)	15.3%	14.2%

San Diego County Health Briefs
East Region, 2022

Non-Communicable (Chronic) Disease

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2022 (v11/2023). Population estimates were derived using the 2020 decennial census.

2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022.

3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2022.

4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2022.

5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2020-2022. Accessed June 26, 2024.

† Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2022 ($15,225 for single person, $29,678 for four-person-family [2 adults with 2 related children under 18 years]) per the U.S. Census Bureau, "Poverty Thresholds," accessed from https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html on September 20, 2024.

* Rates are per 100,000 population.

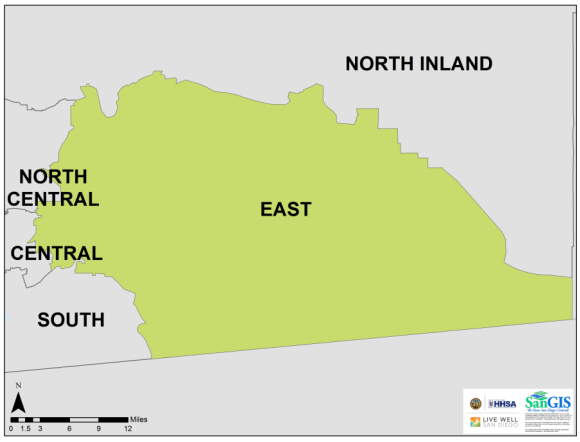
§ Rates not calculated for fewer than 11 events. Rates based on events <20 are suppressed due to statistical instability.

^ Includes entire ICD-10-CM diagnosis chapter for diseases of the circulatory system.

~ Includes Primary Hypertension.

Communicable Disease

San Diego County Health Briefs
East Region, 2022



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Hispanic	27.9%	34.1%
Asian/Pacific Islander	6.1%	13.1%
Other	6.9%	5.9%
Population with income less than 100% Federal Poverty Level (FPL)†	11.7%	10.6%

Health Outcomes[2, 3, 4, 5, 6]	East Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	21	4.3	208	6.3
Chlamydia Reported	2,193	446.6	18,144	551.9
Gonorrhea Reported	1,007	205.1	7,694	234.1
Primary and Secondary Syphilis Reported	124	25.3	1,131	34.4
Deaths				
Influenza (Flu) and Pneumonia	39	7.9	237	7.2
Hospitalizations				
Influenza	166	33.8	699	21.3
Pneumonia	572	116.5	2,758	83.9
Emergency Department Discharges				
Influenza	2,233	454.7	10,574	321.7
Pneumonia	842	171.5	4,826	146.8

Health Behaviors & Related Health Factors[7] (2022)	East Region (%)	County (%)
Has had Flu Vaccination in Past 12 Months (ages 18+)	—	52.7%

San Diego County Health Briefs
East Region, 2022

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2022 (v11/2023). Population estimates were derived using the 2020 decennial census.

2. County of San Diego, Health and Human Services Agency, Tuberculosis Control Program, County TB Registry; SANDAG, Current Population Estimates, released 11/2023.

3. County of San Diego, Health and Human Services Agency, HIV, STD and Hepatitis Branch, Morbidity Database; SANDAG, Current Population Estimates, released 11/2023.

4. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022.

5. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2022.

6. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2022.

7. Centers for Disease Control and Prevention (CDC), Behavioral Risk Factor Surveillance System Survey (BRFSS) Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2022.

† Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2022 ($15,225 for single person, $29,678 for four-person-family [2 adults with 2 related children under 18 years]) per the U.S. Census Bureau, "Poverty Thresholds," accessed from https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html on September 20, 2024.

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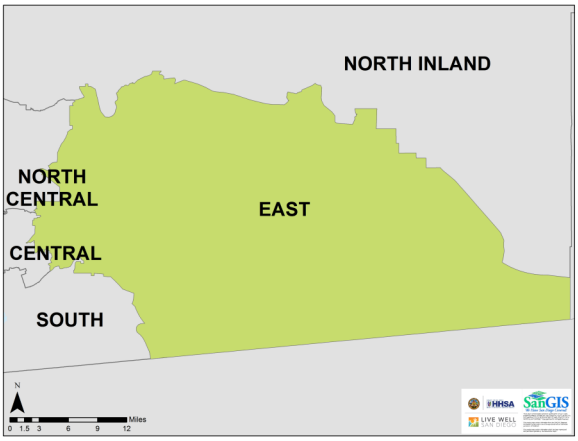
San Diego County Health Briefs
East Region, 2022

Maternal & Child Health



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Hispanic	27.9%	34.1%
Asian/Pacific Islander	6.1%	13.1%
Other	6.9%	5.9%
Population with income less than 100% Federal Poverty Level (FPL)†	11.7%	10.6%

Health Outcomes[2, 3,4]	East Region Number	East Region % of Region	East Region % of County	County Number	County (%)
Live Births	6,190	100.0%	16.4	37,753	100.0%
Live Births to Teens, Ages 15-17	28	0.5%	19.9%	141	0.4%
Live Births with Early Prenatal Care, % of Known Prenatal Care	5,279	85.7%	16.2%	32,557	86.7%
Live Births Born Preterm	578	9.3%	17.1%	3,371	8.9%
Low Birth Weight Births	460	7.4%	17.3%	2,653	7.0%
Very Low Birth Weight Births	82	1.3%	20.0%	409	1.1%

Health Outcomes[3]	East Region Number	East Region Rate*	County Number	County Rate*
Infant Mortality, Rate per 1,000 live births (2021)	20	3.38	105	2.79

Health Behaviors[5] (2020-2022)	East Region (%)	County (%)
Adults Under 200% FPL Unable to Afford Enough Food	38.4%	30.8%
Rated Overall Health as Fair or Poor (18+)	12.6%	11.6%
Women with a High School Degree or Less Education (ages 25+)	36.4%	29.3%
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages 6 and under)	**	12.4%
Agree or Strongly Agree that People in Neighborhood can be Trusted (ages 12-17)	71.7%	85.8%
No Dental Insurance Coverage in the Past Year (ages 3-11)	**	6.6%

San Diego County Health Briefs
East Region, 2022

Maternal & Child Health

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2022 (v11/2023). Population estimates were derived using the 2020 decennial census.

2. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2022.

3. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth and Fetal Death Statistical Master Files, 2022.

4. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Cohort Statistical Master Files, 2021.

5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2020-2022. Accessed June 26, 2022.

† Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2022 ($15,225 for single person, $29,678 for four-person-family [2 adults with 2 related children under 18 years]) per the U.S. Census Bureau, "Poverty Thresholds," accessed from https://www.census.gov/data/tables/time-series/demo/income-poverty/historical-poverty-thresholds.html on September 20, 2024.

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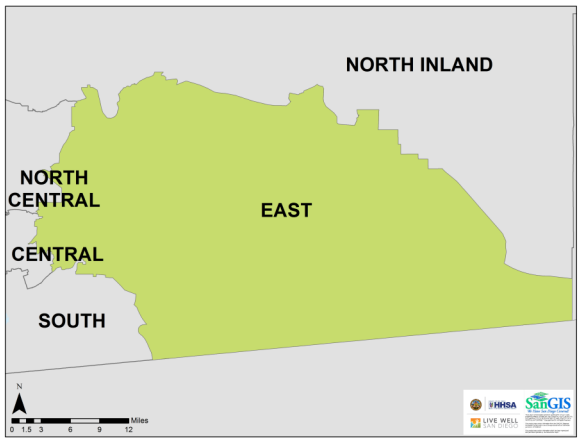
** Indicates statistically unstable estimate.

San Diego County Health Briefs
East Region, 2022

Injury



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White	53.4%	42.5%
Black	5.7%	4.4%
Hispanic	27.9%	34.1%
Asian/Pacific Islander	6.1%	13.1%
Other	6.9%	5.9%
Population with income less than 100% Federal Poverty Level (FPL)†	11.7%	10.6%

Health Outcomes[2, 3, 4, 5]	East Region Number	East Region Rate*	County Number	County Rate*
Unintentional Injury (All Causes)				
Death	315	64.1	1,796	54.6
Hospitalization	4,754	968.1	24,812	754.8
Emergency Department Discharge	31,619	6,439.0	165,534	5,035.6
Fall-Related Injury				
Death	59	12.0	417	12.7
Hospitalization	2,715	552.9	14,842	451.5
Emergency Department Discharge	12,452	2,535.8	66,284	2,016.4
Poisoning				
Death	190	38.7	972	29.6
Hospitalization	534	108.7	2,413	73.4
Emergency Department Discharge	1,086	221.2	6,223	189.3
Motor Vehicle Injuries				
Deaths due to Motor Vehicle (MV) Injury Collision	44	9.0	276	8.4
Hospitalizations due to MV Injury Collision	420	85.5	2,352	71.5
Emergency Department Discharges due to MV Injury Collision	3,650	743.3	17,371	528.4
Injuries due to MV Injury Collision (2021)[5]	3,214	651.4	18,159	552.2

San Diego County Health Briefs
East Region, 2022

Injury

Health Outcomes continued[2, 3, 4, 5]	East Region Number	East Region Rate*	County Number	County Rate*
Pedestrian Injuries				
Deaths due to Motor Vehicle (MV) Injury Collision	§	§	85	2.6
Hospitalizations due to MV Injury Collision	30	6.1	240	7.3
Emergency Department Discharges due to MV Injury Collision	104	21.2	690	21.0
Injuries due to MV Injury Collision (2021)[5]	124	25.1	974	29.6
Assault				
Homicide	23	4.7	110	3.3
Hospitalization	164	33.4	967	29.4
Emergency Department Discharge	1,422	289.6	7,759	236.0
Suicide (or Suicide Attempt/Ideation/Intentional Self-Harm)				
Death	50	10.2	359	10.9
Hospitalization	114	23.2	688	20.9
Emergency Department Discharge	1,638	333.6	7,838	238.4
Firearm-Related Injuries				
Death	45	9.2	205	6.2
Hospitalization	40	8.1	198	6.0
Emergency Department Discharge	29	5.9	141	4.3

Health Behaviors[5] (2021)	East Region Number	East Region Rate*	County Number	County Rate*
Alcohol-Involved MV Injury Collisions	408	82.7	2,820	85.8
Drinking Drivers Involved in MV Injury Collisions	281	57.0	2,006	61.0

Health Behaviors[6] (2020-2022)	East Region (%)	County (%)
Ever Seriously Thought About Committing Suicide (ages 18+)	20.0%	17.4%
Binge Drinking in Past 30 Days (ages 18+) (2021-2022)	16.2%	21.0%

San Diego County Health Briefs
East Region, 2022

Injury

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2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022.

3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2022.

4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2022.

5. California Highway Patrol data from Transportation Injury Mapping System (TIMS), accessed 09/26/2023. The location (city or unincorporated county area) is based on reports filed by law enforcement report and may not contain specific geographic coordinates.

-Data pertains to motor vehicle collisions that occurred on public roads, where at least one victim was injured/killed. Geographic location pertains to where the collision occurred.

6. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2020-2022. Accessed June 26, 2024.

† Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table B17024.

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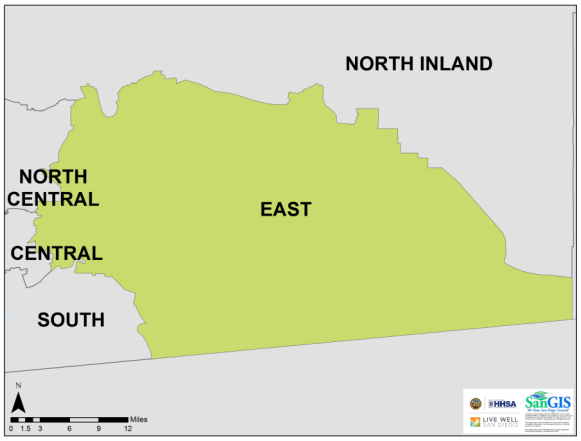
Behavioral Health

San Diego County Health Briefs
East Region, 2022



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Population with income less than 100% Federal Poverty Level (FPL)†	11.7%	10.6%

Health Outcomes[2, 3, 4]	East Region		County	
	Number	Rate*	Number	Rate*
Schizophrenia				
Hospitalization	43	8.8	210	6.4
Emergency Department Discharge	810	165.0	3,579	108.9
In-Patient Treatment Facility Discharge	897	182.7	3,671	111.7
Suicide (or Suicide Attempt/Ideation/Intentional Self-Harm)				
Death	50	10.2	359	10.9
Hospitalization	114	23.2	688	20.9
Emergency Department Discharge	1,638	333.6	7,838	238.4
Mood Disorders				
Hospitalization	19	§	150	4.6
Emergency Department Discharge	514	104.7	2,727	83.0
In-Patient Treatment Facility Discharge	1,056	215.0	5,926	180.3
Depression				
Hospitalization	13	§	91	2.8
Emergency Department Discharge	343	69.9	1,791	54.5
In-Patient Treatment Facility Discharge	681	138.7	3,795	115.4
Alcohol-Related Disorders~				
Death	115	23.4	596	18.1
Hospitalization	484	98.6	2,066	62.8
Emergency Department Discharge	1,568	319.3	8,577	260.9
In-Patient Treatment Facility Discharge	309	62.9	1,493	45.4

San Diego County Health Briefs
East Region, 2022

Behavioral Health

Health Outcomes continued[2, 3, 4]	East Region Number	East Region Rate*	County Number	County Rate*
Substance Use/Abuse/Dependency~				
Death	§	§	29	0.9
Hospitalization	39	7.9	220	6.7
Emergency Department Discharge	756	154.0	3,628	110.4
In-Patient Treatment Facility Discharge	77	15.7	417	12.7
Opioid Use/Abuse/Dependency~				
Hospitalization	12	§	89	2.7
Emergency Department Discharge	262	53.4	1,221	37.1
In-Patient Treatment Facility Discharge	47	9.6	186	5.7
Cannabis Use/Abuse/Dependency~				
Hospitalization	§	§	21	0.6
Emergency Department Discharge	122	24.8	611	18.6
In-Patient Treatment Facility Discharge	§	§	27	0.8
All Opioid Overdoses^				
Multiple Cause of Death	129	26.3	715	21.8
All Drug Overdoses^				
Underlying Cause of Death	185	37.7	974	29.6

Mental Health Behaviors & Related Health Factors[5] (2020-2022)	East Region (%)	County (%)
Likely Has Had Serious Psychological Distress During Past Year (ages 18+)	14.6%	15.5%
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)	7.4%	8.0%
Emotions Severely Impaired Social Life in Past Year (ages 18+ with moderate to severe psychological distress in past year)	12.1%	12.3%
Emotions Severely Impaired Work in Past 12 Months (ages 18-70)	7.6%	9.9%
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress in past year)	42.1%	56.4%
Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)	17.0%	18.9%
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+)	11.1%	11.4%
Ever Seriously Thought About Committing Suicide (ages 18+)	20.0%	17.4%

Substance Abuse Health Behaviors & Related Health Factors [5.6] (2020-2022)	East Region (%)	County (%)
Ever Tried Marijuana or Hashish (ages 18+)	52.5%	52.9%
Binge Drinking in Past 30 Days (ages 18+) (2021-2022)	16.2%	21.0%
Binge Drinking in Past 30 Days (11th grade) (2021-2023)	—	5.0%

San Diego County Health Briefs
East Region, 2022

Behavioral Health

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5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2020-2022. Accessed June 26, 2024.

6. California Department of Education, California Healthy Kids Survey (CHKS), 2021-2023.

† Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table B17024.

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*Rates are per 100,000 population.

— Data are unavailable.

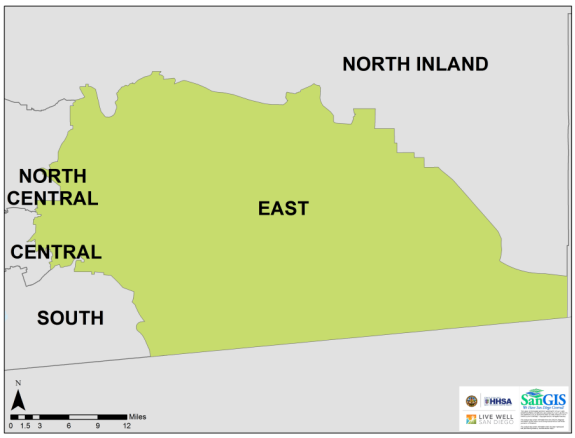
§ Rates not calculated for fewer than 11 events. Rates based on events <20 are suppressed due to statistical instability.

~Related Disorders groups contain specific abuse, dependence, use, and poisoning ICD-10 codes.

^Drug overdose deaths represent only a small proportion of the overall burden of drug misuse, dependence, and overdose.

San Diego County Health Briefs
East Region, 2022

Alzheimer's Disease and Related Dementias (ADRD)



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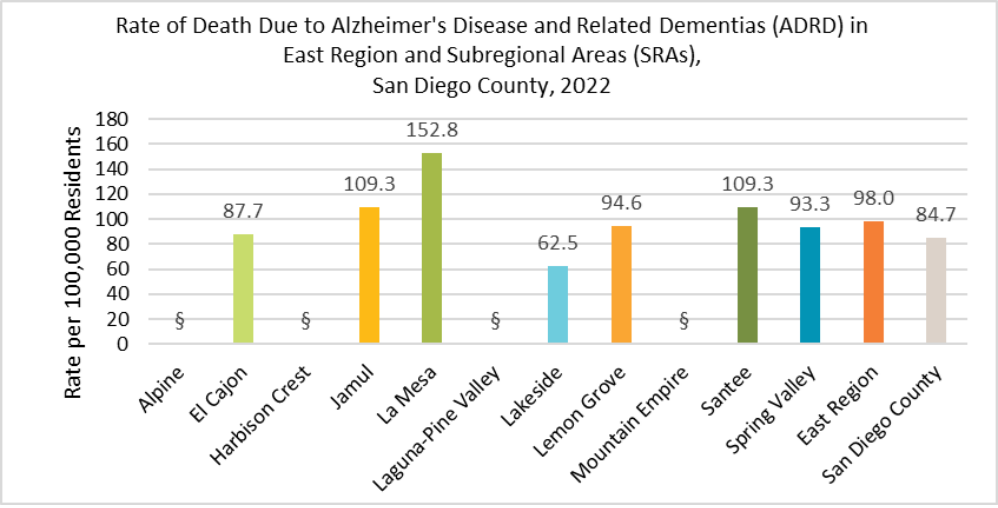
Ages 30-39	12.6%	14.1%
Ages 40-49	12.5%	12.4%
Ages 50-59	11.8%	12.1%
Ages 60-69	12.6%	10.9%
Ages 70-79	7.1%	6.9%
Ages 80+	4.1%	3.8%
White	53.4%	42.5%
Black	5.7%	4.4%
Hispanic	27.9%	34.1%
Asian/Pacific Islander	6.1%	13.1%
Other	6.9%	5.9%
Population with income less than 100% Federal Poverty Level (FPL)†	11.7%	10.6%

Health Outcomes[2, 3, 4]	East Region		County	
	Number	Rate*	Number	Rate*
Alzheimer's Disease and Related Dementias (ADRD)				
Death	481	98.0	2,785	84.7
Hospitalization	106	21.6	518	15.8
Emergency Department Discharge	163	33.2	748	22.8

Alzheimer's Disease and Related Dementias (ADRD) in East Region

- In San Diego County, East Region had the second highest rate of death due to Alzheimer's Disease and Related Dementias (ADRD) compared to the other regions in 2022.
- Within East Region, La Mesa subregional area (SRA) had the highest rate of death due to ADRD in 2022, with a rate of 152.8 deaths per 100,000 residents.



Alzheimer's Disease and Related Dementias (ADRD)

San Diego County Health Briefs
East Region, 2022

Health Behaviors[5] (2020-2022)	East Region (%)	County (%)
Current Smoker (ages 18+)	5.7%	5.1%
Overweight/Obese (ages 18+)	65.5%	58.5%
Rated Overall Health as Fair or Poor (18+)	12.6%	11.6%
Ever Diagnosed with High Blood Pressure (ages 18+)	30.3%	24.5%
Ever Diagnosed with Diabetes (ages 18+)	11.9%	7.9%
Ever Diagnosed with Asthma (all ages)	15.3%	14.2%

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2022 (v11/2023). Population estimates were derived using the 2020 decennial census.

2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022.

3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2022.

4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2022.

5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2020-2022. Accessed June 26, 2024.

† Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table B17024.

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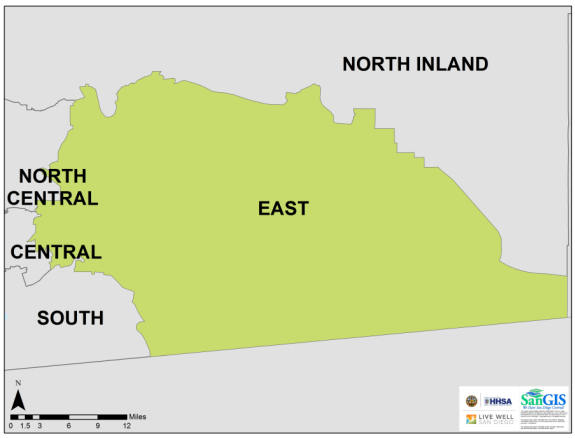
*Rates are per 100,000 population.

Environmental Health

San Diego County Health Briefs
East Region, 2022



Demographics[1]	East Region (%)	County (%)
Ages 0-9	13.3%	12.2%
Ages 10-19	12.8%	12.9%
Ages 20-29	13.0%	14.8%
Ages 30-39	12.6%	14.1%
Ages 40-49	12.5%	12.4%
Ages 50-59	11.8%	12.1%
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Hispanic	27.9%	34.1%
Asian/Pacific Islander	6.1%	13.1%
Other	6.9%	5.9%
Population with income less than 100% Federal Poverty Level (FPL)†	11.7%	10.6%

Health Outcomes[2, 3, 4]	East Region		County	
	Number	Rate*	Number	Rate*
Asthma				
Death	§	§	17	§
Hospitalization	286	58.2	1,402	42.6
Emergency Department Discharge	1,448	294.9	6,805	207.0
Coronary Heart Disease				
Death	441	89.8	2,431	74.0
Hospitalization	1,063	216.5	5,564	169.3
Emergency Department Discharge	247	50.3	1,060	32.2
Cancer, All Causes				
Death	962	195.9	5,179	157.5
Hospitalization	1,465	298.3	8,591	261.3
Emergency Department Discharge	297	60.5	1,570	47.8
COPD & Chronic Lower Respiratory Diseases				
Death	209	42.6	896	27.3
Hospitalization	505	102.8	1,696	51.6
Emergency Department Discharge	681	138.7	2,533	77.1
Diabetes				
Death	178	36.2	907	27.6
Hospitalization	1,183	240.9	5,323	161.9
Emergency Department Discharge	910	185.3	5,074	154.4

San Diego County Health Briefs
East Region, 2022

Environmental Health

Health Outcomes[2, 3, 4]	East Region Number	East Region Rate*	County Number	County Rate*
Depression				
Hospitalization	13	§	91	2.8
Emergency Department Discharge	343	69.9	1,791	54.5
In-Patient Treatment Facility Discharge	681	138.7	3,795	115.4
Heat Illness/Injury				
Hospitalization	14	§	59	1.8
Emergency Department Discharge	41	8.3	227	6.9

Air Quality[5] (2019-2022)	East Region	County
Percent of Days that Air Quality was Rated as Unhealthy for Sensitive Populations (2022)	—	2.1%
Average of Ozone Concentration of the 4th High 8-hr Intervals over a 3 Year Period (2019)	—	—
3-Year Average of the 98th Percentile of Collected Samples for a 24 hr Standard (Particulate Matter 2.5) (2019)	—	—

Place of Residence[5, 6] (2020-2022)	East Region	County
Feels Safe in the Neighborhood All or Most of the Time (among adults 18+)	89.7%	90.5%
Agree or Strongly Agree that People in the Neighborhood can be Trusted (among adults 18+)	85.4%	83.0%
Agree or Strongly Agree that People in the Neighborhood are Willing to Help (among adults 18+)	81.6%	82.5%
Agree or Strongly Agree that there is a Nearby Park or Playground that is Safe During the Day (children ages 1+)	89.4%	91.6%
Percent of Population Living within 1/4 mile from Park or Community Space (2021)	51.7%	62.0%
Rate of Recreational Facilities per 100,000 People (2021)	—	22.5
Percent of Population using Public Transportation to Work (2021)	2.0%	2.4%
Percent of Population with Travel Time to Work over 60 Minutes (2021)	8.1%	7.1%

San Diego County Health Briefs
East Region, 2022

Environmental Health

Climate Change[6] (2021-2022)	East Region (%)	County (%)
Experienced Extreme Weather-Related Event in the Past 2 Years (among adults 18+)	35.9%	29.0%
Mental Health was Affected by Extreme Weather-Related Event in Past 2 Years (among adults 18+)	5.0%	4.7%
Physical Health was Affected by Extreme Weather-Related Event in Past 2 Years (among adults 18+)	**	2.5%
Property or Finances Harmed by Extreme Weather-Related Event in Past 2 Years (among adults 18+)	2.2%	1.9%
Climate Change Makes you Nervous/Depressed/Stressed (among teens ages 12-17)	41.9%	36.4%

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2022 (v11/2023). Population estimates were derived using the 2020 decennial census.

2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2022.

3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2022.

4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2022.

5. Live Well San Diego, Built Environment, 2022. Accessed September 4, 2024. https://www.livewellsd.org/i-want-to/learn-more/data-indicators/built-environment

6. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2020-2022. Accessed June 26, 2024.

† Source: U.S. Census Bureau; 2018-2022 American Community Survey 5-Year Estimates, Table B17024.

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*Rates are per 100,000 population.

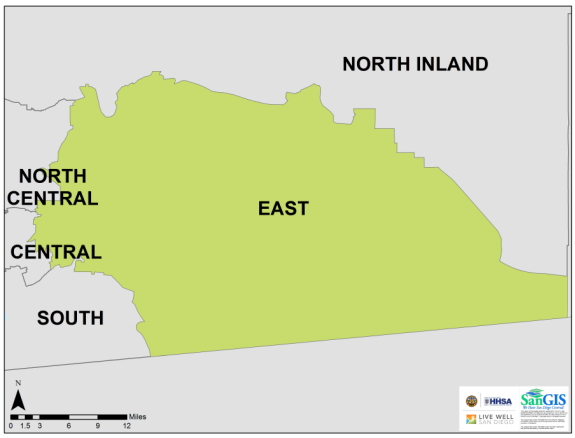
§ Rates not calculated for fewer than 11 events. Rates based on events <20 are suppressed due to statistical instability.

** Indicates statistically unstable estimate.

— Data are unavailable.

San Diego County Health Briefs
East Region, 2022

Access to Care



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Black	5.7%	4.4%
Hispanic	27.9%	34.1%
Asian/Pacific Islander	6.1%	13.1%
Other	6.9%	5.9%
Population with income less than 100% Federal Poverty Level (FPL)†	11.7%	10.6%

Access and Utilization[2] (2020-2022)	East Region (%)	County (%)
No Usual Source of Care (ages 18-64)	15.9%	16.9%
Visited Emergency Room in the Past Year (ages 18-64)	17.6%	14.5%
Had a Routine Check-Up with a Doctor in Past Year (adults 18+)	65.8%	65.0%
Had Difficulty Finding Specialty Care (asked of adults who needed specialty care)	17.5%	15.8%
Delayed or Didn't get Other Medical Care (all ages)	18.0%	15.6%
Delayed or Didn't get Prescription Medicine (all ages)	9.4%	7.8%
Insurance[2] (2020-2022)	**East Region (%)**	**County (%)**
Uninsured All or Part of Year (ages 18-64)	16.2%	13.1%
Covered by Medi-Cal (all ages)	20.8%	18.1%
Insurance Not Accepted by General Doctor in Past Year (adults 18+ with health insurance)	4.8%	4.3%
Medical Debt[2] (2020-2022)	**East Region (%)**	**County (%)**
Ever Had Problems Paying for Self or Household family's Medical Bills in the Past Year (adults 18+)	8.7%	7.8%
Ever Unable to Pay for Basic Necessities due to Medical Bills (asked of adults 18+ who have had problems paying for self or household's medical bills)	36.6%	33.4%

San Diego County Health Briefs
East Region, 2022

Access to Care

Public Program Participation[2] (2020-2022)	East Region (%)	County (%)
Currently Receiving Supplemental Security Income (SSI) (ages 18+, up to 200% FPL)	**	11.5%
Currently Receiving TANF or CalWORKS (all ages, up to 200% FPL)	**	8.3%
Children Age 6 and Under Currently on WIC (up to 200% FPL)	**	48.7%
Residents Receiving Food Stamps (all ages, up to 200% FPL)	26.6%	26.8%
Women Below 200% FPL (ages 18-64)	27.2%	27.7%

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2022 (v11/2023). Population estimates were derived using the 2020 decennial census.

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