

San Diego County Health Briefs

North Coastal Region, 2021



Demographics ¹	North Coastal Region (%)	County (%)
Ages 0-9	12.5%	12.9%
Ages 10-19	13.9%	13.8%
Ages 20-29	14.6%	14.0%
Ages 30-39	12.1%	12.9%
Ages 40-49	11.7%	12.4%
Ages 50-59	12.1%	12.1%
Ages 60-69	11.5%	11.0%
Ages 70-79	7.5%	7.0%
Ages 80+	4.2%	3.9%
White	55.6%	45.8%
Black	3.3%	4.8%
Hispanic	30.4%	34.3%
Asian/Pacific Islander	6.8%	11.0%
Other	3.9%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) [†]	8.6%	10.7%

Health Outcomes ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Coronary Heart Disease				
Death	402	72.1	2,604	78.5
Hospitalization	792	142.1	5,640	170.1
Emergency Department Discharge	134	24.0	1,205	36.3
Stroke				
Death	310	55.6	1,710	51.6
Hospitalization	991	177.8	6,607	199.3
Emergency Department Discharge	494	88.6	2,614	78.8
Overall Heart Disease[^]				
Death	805	144.4	4,961	149.6
Hospitalization	4,855	871.0	31,941	963.4
Emergency Department Discharge	7,847	1,407.8	58,124	1,753.1
Acute Myocardial Infarction (Heart Attack)				
Death	120	21.5	670	20.2
Hospitalization	561	100.6	3,735	112.7
Emergency Department Discharge	38	6.8	484	14.6
Heart Failure				
Death	163	29.2	1,090	32.9
Hospitalization	995	178.5	7,023	211.8
Emergency Department Discharge	194	34.8	2,095	63.2

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

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Non-Communicable (Chronic) Disease

Health Outcomes continued ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Overall Hypertensive Diseases~				
Death	139	24.9	1,055	31.8
Hospitalization	1,320	236.8	10,192	307.4
Emergency Department Discharge	1,119	200.8	9,153	276.1
Cancer, All Causes				
Death	798	143.2	5,050	152.3
Hospitalization	1,271	228.0	8,532	257.3
Emergency Department Discharge	185	33.2	1,357	40.9
Diabetes				
Death	98	17.6	895	27.0
Hospitalization	538	96.5	4,943	149.1
Emergency Department Discharge	446	80.0	4,847	146.2
COPD & Chronic Lower Respiratory Diseases				
Death	144	25.8	870	26.2
Hospitalization	184	33.0	1,453	43.8
Emergency Department Discharge	248	44.5	2,473	74.6
Asthma				
Death	§	§	17	0.5
Hospitalization	67	12.0	846	25.5
Emergency Department Discharge	512	91.9	4,833	145.8
Parkinson's Disease				
Death	100	17.9	399	12.0
Hospitalization	28	5.0	179	5.4
Emergency Department Discharge	§	§	116	3.5
Lupus and Connective Tissue Disorders				
Death	§	§	29	0.9
Hospitalization	51	9.1	314	9.5
Emergency Department Discharge	22	3.9	129	3.9
Health Behaviors ⁵ (2019-2021)	North Coastal Region (%)		County (%)	
Current Smoker (ages 18+)	5.6%		5.9%	
Overweight/Obese (ages 18+)	56.4%		58.1%	
Rated Overall Health as Fair or Poor (ages 18+)	10.8%		12.1%	
Ever Diagnosed with High Blood Pressure (ages 18+)	24.7%		24.1%	
Ever Diagnosed with Diabetes (ages 18+)	6.8%		8.4%	
Ever Diagnosed with Asthma (all ages)	14.3%		14.4%	

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Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2021 (v09/2022). **Population estimates were derived using the 2010 Census and data should be considered preliminary.**
2. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021.
3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2021.
4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2019-2021. Accessed October 31, 2022.

† Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2021 (\$13,788 for single person, \$27,479 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 May 24, 2023.

* Rates are per 100,000 population.

§ Rates not calculated for fewer than 11 events.

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

~ Includes Primary Hypertension.

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Communicable Disease



Demographics ¹	North Coastal Region (%)	County (%)
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Ages 80+	4.2%	3.9%
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Black	3.3%	4.8%
Hispanic	30.4%	34.3%
Asian/Pacific Islander	6.8%	11.0%
Other	3.9%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) [†]	8.6%	10.7%

Health Outcomes ^{2, 3, 4, 5, 6}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Tuberculosis	11	2.0	201	6.1
Chlamydia Reported	2,269	407.1	18,074	545.2
Gonorrhea Reported	653	117.2	7,883	237.8
Primary and Secondary Syphilis Reported	109	19.6	1,262	38.1
Deaths				
Influenza (Flu) and Pneumonia	35	6.3	164	4.9
Hospitalization				
Influenza	§	§	18	0.5
Pneumonia	297	53.3	2,014	60.7
Emergency Department Discharge				
Influenza	39	7.0	621	18.7
Pneumonia	536	96.2	3,459	104.3

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1. San Diego Association of Governments (SANDAG) Population Estimates, 2021 (v09/2022). **Population estimates were derived using the 2010 Census and data should be considered preliminary.**
2. County of San Diego, Health and Human Services Agency, Tuberculosis Control Program, County TB Registry; SANDAG, Current Population Estimates, released 09/2022.
3. County of San Diego, Health and Human Services Agency, HIV, STD and Hepatitis Branch, Morbidity Database; SANDAG, Current Population Estimates, released 09/2022.
4. California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021.
5. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2021.
6. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021.

† Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B17024.

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Maternal & Child Health



Demographics ¹	North Coastal Region (%)	County (%)
Ages 0-9	12.5%	12.9%
Ages 10-19	13.9%	13.8%
Ages 20-29	14.6%	14.0%
Ages 30-39	12.1%	12.9%
Ages 40-49	11.7%	12.4%
Ages 50-59	12.1%	12.1%
Ages 60-69	11.5%	11.0%
Ages 70-79	7.5%	7.0%
Ages 80+	4.2%	3.9%
White	55.6%	45.8%
Black	3.3%	4.8%
Hispanic	30.4%	34.3%
Asian/Pacific Islander	6.8%	11.0%
Other	3.9%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) [†]	8.6%	10.7%

Health Outcomes ^{2, 3, 4}	North Coastal Region			County	
	Number	% of Region	% of County	Number	(%)
Live Births	6,045	100%	16.1%	37,436	100%
Live Births to Teens, Ages 15-17	30	0.5%	18.2%	165	0.4%
Live Births with Early Prenatal Care, % of Known Prenatal Care	5,352	88.8%	16.1%	33,270	89.2%
Live Births Born Preterm	500	8.3%	15.2%	3,279	8.8%
Low Birth Weight Births	380	6.3%	14.7%	2,581	6.9%
Very Low Birth Weight Births	58	1.0%	14.4%	404	1.1%

Health Outcomes ³	Number	Rate*	Number	Rate*
Infant Mortality, Rate per 1,000 live births	14	2.3	102	2.7

Health Behaviors ⁵ (2019-2021)	North Coastal Region (%)	County (%)
Adults Under 200% FPL Unable to Afford Enough Food	36.4%	32.0%
Rated Overall Health as Fair or Poor (ages 18+)	10.8%	12.1%
Women with a High School Degree or Less Education (ages 25+)	28.1%	30.0%
Child Attends Preschool, Nursery school, or Head Start Program At Least 10 hrs/wk (ages 6 and under)	12.3%	13.8%
Agree or Strongly Agree that People in Neighborhood can be Trusted (ages 12-17)	**	86.6%
No Dental Insurance Coverage in the Past Year (ages 3-11)	**	7.5%

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Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2021 (v09/2022). **Population estimates were derived using the 2010 Census and data should be considered preliminary.**
2. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth Statistical Master Files and Birth Public Use Files, 2021.
3. State of California, Department of Public Health (CDPH), Center for Health Statistics and Informatics, Birth and Fetal Death Statistical Master Files, 2021.
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), 2019-2021. Accessed October 31, 2022.

† Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2021 (\$13,788 for single person, \$27,479 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 May 24, 2023.

* Rates are per 1,000 population.

** Indicates statistically unstable estimate.

San Diego County Health Briefs

North Coastal Region, 2021



Injury



Demographics ¹	North Coastal Region (%)	County (%)
Ages 0-9	12.5%	12.9%
Ages 10-19	13.9%	13.8%
Ages 20-29	14.6%	14.0%
Ages 30-39	12.1%	12.9%
Ages 40-49	11.7%	12.4%
Ages 50-59	12.1%	12.1%
Ages 60-69	11.5%	11.0%
Ages 70-79	7.5%	7.0%
Ages 80+	4.2%	3.9%
White	55.6%	45.8%
Black	3.3%	4.8%
Hispanic	30.4%	34.3%
Asian/Pacific Islander	6.8%	11.0%
Other	3.9%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) [†]	8.6%	10.7%

Health Outcomes ^{2, 3, 4, 5}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Unintentional Injury (All Causes)				
Death	306	54.9	1,795	54.1
Hospitalization	3,635	652.1	28,792	868.4
Emergency Department Discharge	20,192	3,622.6	157,155	4,740.1
Fall-Related Injury				
Death	64	11.5	355	10.7
Hospitalization	2,202	395.1	14,062	424.1
Emergency Department Discharge	8,518	1,528.2	61,585	1,857.5
Poisoning				
Death	163	29.2	963	29.0
Hospitalization	305	54.7	2,651	80.0
Emergency Department Discharge	893	160.2	6,405	193.2
Motor Vehicle Injuries				
Deaths due to Motor Vehicle (MV) Injury Collision	59	10.6	317	9.6
Hospitalizations due to MV Injury Collision	331	59.4	2,587	78.0
Emergency Department Discharges due to MV Injury Collision	1,829	328.1	15,993	482.4
Injuries due to MV Injury Collision (2020) ⁵	2,267	405.4	15,042	451.5

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San Diego County Health Briefs

North Coastal Region, 2021



Injury

Health Outcomes continued ^{2, 3, 4, 5}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Pedestrian Injuries				
Deaths due to Motor Vehicle (MV) Injury Collision	13	2.3	101	3.0
Hospitalizations due to MV Injury Collision	28	5.0	282	8.5
Emergency Department Discharges due to MV Injury Collision	94	16.9	663	20.0
Injuries due to MV Injury Collision (2020) ⁵	102	18.2	920	27.6
Assault				
Homicide	§	§	113	3.4
Hospitalization	91	16.3	935	28.2
Emergency Department Discharge	739	132.6	6,956	209.8
Suicide (or Suicide Attempt)				
Death	71	12.7	344	10.4
Hospitalization	76	13.6	719	21.7
Emergency Department Discharge	1,070	192.0	7,630	230.1
Firearm-Related Injuries				
Death	35	6.3	205	6.2
Hospitalization	17	3.0	231	7.0
Emergency Department Discharge	16	2.9	199	6.0
Health Behaviors⁵ (2020)				
	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Alcohol-Involved MV Injury Collisions	407	72.8	2,262	67.9
Drinking Drivers Involved in MV Injury Collisions	264	47.2	1,582	47.5
Health Behaviors⁶ (2019-2021)				
	North Coastal Region (%)		County (%)	
Ever Seriously Thought About Committing Suicide (ages 18+)	13.3%		15.8%	
Binge Drinking Past 30 Days (ages 18+) (2021)	21.7%		20.5%	

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Sources

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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), 2021.
 3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2021.
 4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021.
 5. California Highway Patrol data from Transportation Injury Mapping System (TIMS), accessed 08/17/2022. 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), 2019-2021. Accessed October 31, 2022.
- † Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B17024.
 - Federal Poverty Level Thresholds for 2021 (\$13,788 for single person, \$27,479 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 May 24, 2023.
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San Diego County Health Briefs

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Behavioral Health



Demographics ¹	North Coastal Region (%)	County (%)
Ages 0-9	12.5%	12.9%
Ages 10-19	13.9%	13.8%
Ages 20-29	14.6%	14.0%
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Ages 80+	4.2%	3.9%
White	55.6%	45.8%
Black	3.3%	4.8%
Hispanic	30.4%	34.3%
Asian/Pacific Islander	6.8%	11.0%
Other	3.9%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) [†]	8.6%	10.7%

Health Outcomes ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Schizophrenia				
Hospitalization	18	3.2	324	9.8
Emergency Department Discharge	535	96.0	4,267	128.7
In-Patient Treatment Facility Discharge	367	65.8	3,999	120.6
Suicide (or Suicide Attempt)				
Death	71	12.7	344	10.4
Hospitalization	76	13.6	719	21.7
Emergency Department Discharge	1,070	192.0	7,630	230.1
Mood Disorders				
Hospitalization	23	4.1	180	5.4
Emergency Department Discharge	489	87.7	3,400	102.6
In-Patient Treatment Facility Discharge	843	151.2	6,297	189.9
Depression				
Hospitalization	§	§	116	3.5
Emergency Department Discharge	288	51.7	2,169	65.4
In-Patient Treatment Facility Discharge	504	90.4	3,971	119.8
Alcohol-Related Disorders[~]				
Death	106	19.0	591	17.8
Hospitalization	317	56.9	2,004	60.4
Emergency Department Discharge	1,232	221.0	8,185	246.9
In-Patient Treatment Facility Discharge	225	40.4	1,449	43.7

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San Diego County Health Briefs

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Behavioral Health

Health Outcomes continued ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Substance-Related Disorders~				
Death	§	§	41	1.2
Hospitalization	26	4.7	274	8.3
Emergency Department Discharge	490	87.9	4,026	121.4
In-Patient Treatment Facility Discharge	80	14.4	498	15.0
Opioid-Related Disorders~				
Hospitalization	§	§	97	2.9
Emergency Department Discharge	148	26.6	1,258	37.9
In-Patient Treatment Facility Discharge	38	6.8	245	7.4
Cannabis-Related Disorders~				
Hospitalization	§	§	29	0.9
Emergency Department Discharge	60	10.8	669	20.2
In-Patient Treatment Facility Discharge	§	§	25	0.8
All Opioid Overdoses^				
Multiple Cause of Death	122	21.9	727	21.9
Sedative Overdoses^				
Multiple Cause of Death	22	3.9	152	4.6
Stimulant Overdoses^				
Multiple Cause of Death	91	16.3	630	19.0

Mental Health Behaviors & Related Health Factors ⁵ (2019-2021)	North Coastal Region (%)	County (%)
Likely Has Had Serious Psychological Distress During Past Year (ages 18+)	15.8%	14.2%
Likely Has Had Serious Psychological Distress During Past Month (ages 18+)	8.1%	7.0%
Emotions Severely Impaired Social Life in Past Year (ages 18+ with moderate to severe psychological distress in past year)	10.5%	11.2%
Emotions Severely Impaired Work in Past 12 Months (ages 18-70)	9.1%	8.5%
Unable to Work 8 Days or More Due to Mental Problems (ages 18+ with psychological distress in past year)	54.6%	57.7%
Saw Any Healthcare Provider for Emotional-Mental and/or Alcohol-Drug Issues in Past Year (ages 18+)	20.0%	16.8%
Has Taken Prescription Medicine for 2 or More Weeks for Emotional/Mental Health Issues in Past Year (ages 18+)	12.4%	10.8%
Ever Seriously Thought About Committing Suicide (ages 18+)	13.3%	15.8%

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Substance Abuse Health Behaviors & Related Health Factors ^{5,6} (2019-2021)	North Coastal Region (%)	County (%)
Ever Tried Marijuana or Hashish (ages 18+)	59.1%	52.3%
Binge Drinking Past 30 Days (ages 18+) (2021)	21.7%	20.5%
Binge Drinking in Past 30 Days (11th grade)	—	6.0%

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- California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2021.
- California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021.
- UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2019-2021. Accessed October 31, 2022.
- California Department of Education, California Healthy Kids Survey (CHKS), 2019-2021.

† Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B17024.

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— Data are unavailable.

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~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.

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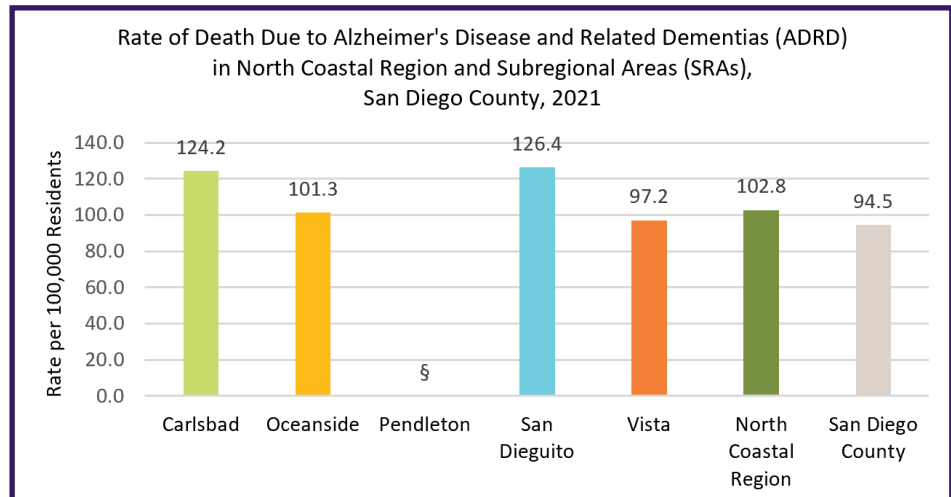


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Other	3.9%	4.1%
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Health Outcomes ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Alzheimer's Disease and Related Dementias (ADRD)				
Death	573	102.8	3,133	94.5
Hospitalization	124	22.2	751	22.7
Emergency Department Discharge	129	23.1	917	27.7

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

- In San Diego County, North Coastal Region had a slightly higher rate of death due to Alzheimer's Disease and Related Dementias (ADRD) compared to the county overall in 2021, with a rate of 102.8 deaths per 100,000 residents.
- Among the North Coastal Region subregional areas (SRAs), San Dieguito SRA had the highest rate of death due to ADRD in 2021, with a rate of 126.4 deaths per 100,000 residents, and Vista SRA had the lowest rate of death in 2021, with a rate of 97.2 deaths per 100,000 residents.



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Health Behaviors ⁵ (2019-2021)	North Coastal Region (%)	County (%)
Current Smoker (ages 18+)	5.6%	5.9%
Overweight/Obese (ages 18+)	56.4%	58.1%
Rated Overall Health as Fair or Poor (ages 18+)	10.8%	12.1%
Ever Diagnosed with High Blood Pressure (ages 18+)	24.7%	24.1%
Ever Diagnosed with Diabetes (ages 18+)	6.8%	8.4%
Ever Diagnosed with Asthma (all ages)	14.3%	14.4%

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3. California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2021.
4. California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021.
5. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2019-2021. Accessed October 31, 2022.

† Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2021 (\$13,788 for single person, \$27,479 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 May 24, 2023.

*Rates are per 100,000 population.

San Diego County Health Briefs

North Coastal Region, 2021



Environmental Health



Demographics ¹	North Coastal Region (%)	County (%)
Ages 0-9	12.5%	12.9%
Ages 10-19	13.9%	13.8%
Ages 20-29	14.6%	14.0%
Ages 30-39	12.1%	12.9%
Ages 40-49	11.7%	12.4%
Ages 50-59	12.1%	12.1%
Ages 60-69	11.5%	11.0%
Ages 70-79	7.5%	7.0%
Ages 80+	4.2%	3.9%
White	55.6%	45.8%
Black	3.3%	4.8%
Hispanic	30.4%	34.3%
Asian/Pacific Islander	6.8%	11.0%
Other	3.9%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) [†]	8.6%	10.7%

Health Outcomes ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Asthma				
Death	§	§	17	0.5
Hospitalization	67	12.0	846	25.5
Emergency Department Discharge	512	91.9	4,833	145.8
Coronary Heart Disease				
Death	402	72.1	2,604	78.5
Hospitalization	792	142.1	5,640	170.1
Emergency Department Discharge	134	24.0	1,205	36.3
Cancer, All Causes				
Death	798	143.2	5,050	152.3
Hospitalization	1,271	228.0	8,532	257.3
Emergency Department Discharge	185	33.2	1,357	40.9
COPD & Chronic Lower Respiratory Diseases				
Death	144	25.8	870	26.2
Hospitalization	184	33.0	1,453	43.8
Emergency Department Discharge	248	44.5	2,473	74.6
Diabetes				
Death	98	17.6	895	27.0
Hospitalization	538	96.5	4,943	149.1
Emergency Department Discharge	446	80.0	4,847	146.2

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

San Diego County Health Briefs

North Coastal Region, 2021



Environmental Health

Health Outcomes ^{2, 3, 4}	North Coastal Region		County	
	Number	Rate*	Number	Rate*
Depression				
Hospitalization	§	§	116	3.5
Emergency Department Discharge	288	51.7	2,169	65.4
In-Patient Treatment Facility Discharge	504	90.4	3,971	119.8
Heat Illness/Injury				
Hospitalization	§	§	46	1.4
Emergency Department Discharge	20	3.6	153	4.6
Air Quality ⁵ (2019-2021)	North Coastal Region		County	
Percent of Days that Air Quality was Rated as Unhealthy for Sensitive Populations (2020)	—		13.4%	
Average of Ozone Concentration of the 4th High 8-hr Intervals over a 3 Year Period (2019)	0.063		—	
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} (2019-2021)	North Coastal Region		County	
Feels Safe in the Neighborhood All or Most of the Time (among adults 18+)	90.5%		91.0%	
Agree or Strongly Agree that People in the Neighborhood can be Trusted (among adults 18+)	80.7%		82.9%	
Agree or Strongly Agree that People in the Neighborhood are Willing to Help (among adults 18+)	80.9%		79.3%	
Agree or Strongly Agree that there is a Nearby Park or Playground that is Safe During the Day (children ages 1+)	**		90.3%	
Percent of Population Living within 1/4 mile from Park or Community Space (2021)	50.2%		62.0%	
Rate of Recreational Facilities per 100,000 People (2020)	—		21.8	
Percent of Population using Public Transportation to Work (2020)	1.5%		2.6%	
Percent of Population with Travel Time to Work over 60 Minutes (2020)	9.4%		7.3%	

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San Diego County Health Briefs

North Coastal Region, 2021



Environmental Health

Climate Change ⁵ (2021)	North Coastal Region (%)	County (%)
Experienced Extreme Weather-Related Event in the Past 2 Years (among adults 18+)	34.0%	30.3%
Mental Health was Affected by Extreme Weather-Related Event in Past 2 Years (among adults 18+)	**	4.9%
Physical Health was Affected by Extreme Weather-Related Event in Past 2 Years (among adults 18+)	**	2.6%
Property or Finances Harmed by Extreme Weather-Related event in Past 2 Years (among adults 18+)	**	2.1%
Climate Change Makes you Nervous/Depressed/Stressed (among teens ages 12-17)	**	32.5%

Sources

- San Diego Association of Governments (SANDAG) Population Estimates, 2021 (v09/2022). **Population estimates were derived using the 2010 Census and data should be considered preliminary.**
- California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS), 2021.
- California Department of Health Care Access and Information (HCAI), Patient Discharge Data, 2021.
- California Department of Health Care Access and Information (HCAI), Emergency Department Discharge Data, 2021.
- Live Well San Diego, Built Environment, 2022. Accessed January 4, 2023. <https://www.livewellsd.org/i-want-to/learn-more/data-indicators/built-environment>
- UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2019-2021. Accessed May 24, 2023.

† Source: U.S. Census Bureau; 2017-2021 American Community Survey 5-Year Estimates, Table B17024.

-Federal Poverty Level Thresholds for 2021 (\$13,788 for single person, \$27,479 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 May 24, 2023.

*Rates are per 100,000 population.

§ Rates not calculated for fewer than 11 events.

** Indicates statistically unstable estimate.

— Data are unavailable.

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San Diego County Health Briefs

North Coastal Region, 2021



Access to Care



Demographics ¹	North Coastal Region (%)	County (%)
Ages 0-9	12.5%	12.9%
Ages 10-19	13.9%	13.8%
Ages 20-29	14.6%	14.0%
Ages 30-39	12.1%	12.9%
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White	55.6%	45.8%
Black	3.3%	4.8%
Hispanic	30.4%	34.3%
Asian/Pacific Islander	6.8%	11.0%
Other	3.9%	4.1%
Population with income less than 100% Federal Poverty Level (FPL) [†]	8.6%	10.7%

Access and Utilization ² (2019-2021)	North Coastal Region (%)	County (%)
No Usual Source of Care (ages 18-64)	14.1%	16.1%
Visited Emergency Room in the Past Year (ages 18-64)	13.7%	14.5%
Had a Routine Check-Up with a Doctor in Past Year (adults 18+)	67.6%	65.8%
Had Difficulty Finding Specialty Care (asked of adults who needed specialty care)	10.1%	13.6%
Delayed or Didn't get Other Medical Care (all ages)	16.2%	15.4%
Delayed or Didn't get Prescription Medicine (all ages)	8.6%	8.2%

Insurance ² (2019-2021)	North Coastal Region (%)	County (%)
Uninsured All or Part of Year (ages 18-64)	19.5%	14.3%
Covered by Medi-Cal (all ages)	16.7%	19.1%
Insurance Not Accepted by General Doctor in Past Year (adults 18+ with health insurance)	4.9%	4.1%

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San Diego County Health Briefs

North Coastal Region, 2021



Medical Debt ² (2019-2021)	North Coastal Region (%)	County (%)
Ever Had Problems Paying for Self or Household family's Medical Bills in the Past Year (adults 18+)	9.6%	8.3%
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)	39.3%	32.8%
Public Program Participation ² (2019-2021)	North Coastal Region (%)	County (%)
Currently Receiving Supplemental Security Income (SSI) (ages 18+, up to 200% FPL)	**	12.0%
Currently Receiving TANF or CalWORKS (all ages, up to 200% FPL)	**	7.2%
Children Age 6 and Under Currently on WIC (up to 200% FPL)	—	44.5%
Residents Receiving Food Stamps (all ages, up to 200% FPL)	22.9%	23.7%
Women Below 200% FPL (ages 18-64)	24.0%	29.7%

Sources

1. San Diego Association of Governments (SANDAG) Population Estimates, 2021 (v09/2022). **Population estimates were derived using the 2010 Census and data should be considered preliminary.**

2. UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2019-2021. Accessed May 24, 2023.

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** Indicates statistically unstable estimate.

— Data are unavailable.