Leading Health Conditions Among Older Adults in San Diego County by HHSA Region, 2022







November 2024



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

Leading Health Conditions Among Older Adults in San Diego County by HHSA Region, 2022

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Overview: Leading Health Conditions Among Older Adults in San Diego County by Health and Human Services Agency (HHSA) Region, 2022

Below is a summary of the leading health conditions (LHCs) among older adults, aged 60 years and over, in San Diego County in 2022. The tables in this report provide the LHCs for each Health and Human Services Agency (HHSA) Region by health outcome (death, hospitalization, and emergency department discharge).

Older Adults in San Diego County

- Among all older adults, aged 60 and over, in San Diego County in 2022, Overall Heart Disease, COVID-19, and Diabetes were LHCs found across all health outcomes in all regions.
- In 2022, Overall Heart Disease was one of the top two LHCs, across all outcomes and regions, among older adults aged 60 years and over. In 2022, the most common heart diseases impacting older adults in San Diego County were Overall Hypertensive Diseases, Heart Failure, and Coronary Heart Disease (CHD).
- In 2022, Overall Cancer was a leading cause of death and hospitalization among all older adults aged 60 and over in San Diego County. In 2022, the most common cancers impacting older adults in San Diego County were Lung Cancer, Colorectal Cancer, Pancreatic Cancer, Prostate Cancer, and Liver Cancer.
- In San Diego County, Falls were a leading cause of hospitalization and emergency department discharges among older adults aged 60 and over in 2022.

Death

- In 2022, Overall Cancer was the number one LHC for deaths among older adults in East, North Central, and South Regions, while Overall Heart Disease was the number one LHC for death in Central, North Coastal, and North Inland Regions.
- Among the regions, the highest rate of death due to Overall Cancer among older adults occurred in East Region and the highest rate of death due to Overall Heart Disease occurred in Central Region.

Hospitalization

- In 2022, **Overall Heart Disease** and **Falls** were the first and second LHC for hospitalizations among older adults in all regions.
- Older adults in East Region experienced the highest rates of hospitalization due to both
 Overall Heart Disease and Falls, compared to the other regions.

Emergency Department Discharge

- Across all regions, the four leading causes of emergency department were ranked in the same order—Falls, Overall Heart Disease, COVID-19, and Urinary Tract Infections.
- Among older adults, across all regions, East Region had the highest rate of emergency department discharge due to Falls, while South Region had the highest rates of Overall Heart Disease, COVID-19, and Urinary Tract Infections.

Resources

Aging & Independence Services

Call the Aging & Independence Services (AIS) Call Center at (800) 339-4661 or visit www.sandiegocounty.gov/content/sdc/hhsa/ programs/ais/Older-Adults.html to find more information on:

- Help with living at home
- Healthy living
- Meals and senior dining
- Safety
- Mental health
- Financial/legal and health insurance services
- Additional programs and resources

Live Well San Diego and Age Well San Diego

Live Well San Diego is a vision for a region that is Building Better Health, Living Safely, and Thriving. Through collective impact and the diverse resources and backbone support of the County of San Diego, the vision aligns efforts across sectors to help all 3.3 million San Diego County residents live well.

Age Well San Diego is a regional initiative led by the County of San Diego to make our communities better places for people of all ages to live healthy, safe and thriving lives. Through Age Well, the County joins forces with San Diego Foundation, AARP[®], the World Health Organization, Dementia Friendly America, and numerous community partners and residents to work toward making our communities more age-friendly.

The Age Well Action Plan includes goals in the areas of Health & Community Support, Housing, Social Participation, Transportation and Dementia. Age Well aligns with the broader goals of Live Well San Diego. Find more information at <u>www.livewellsd.org/i-want-to/learn-more/</u><u>aging/age-well-san-diego</u>.

Additional Health Data

Visit www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/

<u>community health statistics/health-data.html</u> to explore additional health data by the lenses of health equity: age, sex, geography, socioeconomic status, and race/ethnicity. There are dashboards with over 70 conditions with four outcomes available (death, hospitalization, emergency department discharge, and in-patient treatment). Data are available for the Health and Human Services Agency (HHSA) Regions and their respective subregional areas (SRAs), as well as for the 18 municipalities and the unincorporated area of San Diego County. For technical notes for users of the Community Profiles' morbidity and mortality data, see the Community Profile Data Guides and Data Dictionaries in the section linked above.



Conditions	Deaths	
	Rates*	Cases
Overall Heart Disease	669.3	621
Coronary Heart Disease (CHD)	375.1	348
Overall Hypertensive Diseases	149.8	139
Heart Failure	124.0	115
Overall Cancer	573.4	532
Lung Cancer	117.5	109
Prostate Cancer	49.6	46
Liver Cancer	47.4	44
Chronic Kidney Disease	267.3	248
Alzheimer's Disease and Related Dementias (ADRD)	266.2	247
Stroke	187.5	174
COVID-19	155.2	144
Diabetes	134.7	125
COPD/Chronic Lower Respiratory Diseases	119.6	111
Alcohol-Related Disorders	41.0	38
All Drug Overdoses	37.7	35

Leading Health Conditions Among Older Adults (60+), Central Region, 2022

*Rates per 100,000 population. Population estimates for 2022 were derived using the 2020 Census and data should be considered preliminary. Starting with data year 2022, all rates based on events fewer than 20 are suppressed due to statistical instability.

Deaths in this report are the underlying cause of death, except for chronic kidney disease and traumatic brain injury, which refer to the multiple or contributing cause of death. Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for falls and motor vehicle injury, which may appear anywhere in the medical record.

Conditions	Hospitaliza	Hospitalizations	
	Rates*	Cases	
Overall Heart Disease	3,760.6	3,489	
Overall Hypertensive Diseases	1,137.1	1,055	
Heart Failure	923.7	857	
Coronary Heart Disease (CHD)	620.8	576	
Falls	1,677.1	1,556	
Stroke	840.7	780	
Overall Cancer	824.6	765	
Lung Cancer	102.4	95	
Colorectal Cancer	101.3	94	
Liver Cancer	35.6	33	
COVID-19	661.8	614	
Diabetes	481.8	447	
Urinary Tract Infection	322.3	299	
Flu/Pneumonia	308.3	286	
Hip Fractures	288.9	268	
COPD/Chronic Lower Respiratory Diseases	275.9	256	

Leading Health Conditions Among Older Adults (60+), Central Region, 2022

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Leading Health Conditions Among Older Adults (60+), Central Region, 2022

Conditions	Emergency Depar	Emergency Department Discharges	
	Rates*	Cases	
Falls	4,304.9	3,994	
Overall Heart Disease	3,985.9	3,698	
Overall Hypertensive Diseases	876.3	813	
Heart Failure	263.0	244	
Coronary Heart Disease (CHD)	95.9	89	
COVID-19	1,405.5	1,304	
Urinary Tract Infection	1,149.0	1,066	
Diabetes	522.8	485	
Motor Vehicle Injuries	452.7	420	
Flu/Pneumonia	444.1	412	
COPD/Chronic Lower Respiratory Diseases	389.1	361	
Alcohol-Related Disorders	369.7	343	
Anxiety and Fear-Related Disorders	261.9	243	

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Leading Health Conditions Among Older Adults (60+), East Region, 2022

Conditions	Deaths	
	Rates*	Cases
Overall Cancer	718.4	843
Lung Cancer	143.2	168
Colorectal Cancer	77.6	91
Pancreatic Cancer	60.5	71
Overall Heart Disease	705.7	828
Coronary Heart Disease (CHD)	348.6	409
Overall Hypertensive Diseases	179.8	211
Heart Failure	166.2	195
Alzheimer's Disease and Related Dementias (ADRD)	406.5	477
Chronic Kidney Disease	285.5	335
COVID-19	219.9	258
Stroke	213.9	251
COPD/Chronic Lower Respiratory Diseases	173.9	204
Diabetes	125.3	147
Parkinson's Disease	58.0	68
Falls	46.9	55

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Leading Health Conditions Among Older Adults (60+), East Region, 2022

Conditions	Hospital	Hospitalizations	
	Rates*	Cases	
Overall Heart Disease	4,312.4	5,060	
Overall Hypertensive Diseases	1,096.8	1,287	
Heart Failure	925.5	1,086	
Coronary Heart Disease (CHD)	680.9	799	
Falls	1,843.4	2,163	
Stroke	871.0	1,022	
COVID-19	865.0	1,015	
Overall Cancer	828.4	972	
Colorectal Cancer	115.9	136	
Lung Cancer	98.0	115	
Pancreatic Cancer	43.5	51	
Urinary Tract Infection	480.7	564	
Diabetes	458.5	538	
Flu/Pneumonia	447.4	525	
Hip Fractures	362.2	425	
COPD/Chronic Lower Respiratory Diseases	346.9	407	

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Leading Health Conditions Among Older Adults (60+), East Region, 2022

Conditions	Emergency Departm	Emergency Department Discharges	
	Rates*	Cases	
Falls	4,868.0	5,712	
Overall Heart Disease	4,128.3	4,844	
Overall Hypertensive Diseases	937.5	1,100	
Heart Failure	294.9	346	
Coronary Heart Disease (CHD)	150.8	177	
COVID-19	1,681.5	1,973	
Urinary Tract Infection	1,201.7	1,410	
Flu/Pneumonia	456.0	535	
COPD/Chronic Lower Respiratory Diseases	441.5	518	
Motor Vehicle Injuries	375.8	441	
Diabetes	358.8	421	
Stroke	320.4	376	
Traumatic Brain Injury	217.3	255	

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Leading Health Conditions Among Older Adults (60+), North Central Region, 2022

Conditions	Deaths	
	Rates*	Cases
Overall Cancer	609.2	823
Lung Cancer	101.4	137
Colorectal Cancer	64.4	87
Pancreatic Cancer	51.8	70
Overall Heart Disease	570.7	771
Coronary Heart Disease (CHD)	260.6	352
Heart Failure	154.7	209
Overall Hypertensive Diseases	126.6	171
Alzheimer's Disease and Related Dementias (ADRD)	395.3	534
Chronic Kidney Disease	208.0	281
Stroke	168.8	228
COVID-19	126.6	171
COPD/Chronic Lower Respiratory Diseases	101.4	137
Diabetes	74.0	100
Falls	62.2	84
Parkinson's Disease	60.7	82

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Leading Health Conditions Among Older Adults (60+), North Central Region, 2022

Conditions	Hospital	Hospitalizations	
	Rates*	Cases	
Overall Heart Disease	3,084.7	4,167	
Overall Hypertensive Diseases	749.9	1,013	
Heart Failure	702.5	949	
Coronary Heart Disease (CHD)	470.8	636	
Falls	1,626.3	2,197	
Overall Cancer	812.1	1,097	
Colorectal Cancer	105.1	142	
Lung Cancer	78.5	106	
Pancreatic Cancer	37.0	50	
Stroke	669.9	905	
COVID-19	420.5	568	
Hip Fractures	322.0	435	
Urinary Tract Infection	282.8	382	
Flu/Pneumonia	253.9	343	
Traumatic Brain Injury	211.7	286	
Diabetes	202.1	273	

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Leading Health Conditions Among Older Adults (60+), North Central Region, 2022

Conditions	Emergency Depar	Emergency Department Discharges	
	Rates*	Cases	
Falls	3,950.0	5,336	
Overall Heart Disease	3,265.3	4,411	
Overall Hypertensive Diseases	626.3	846	
Heart Failure	185.1	250	
Coronary Heart Disease (CHD)	82.2	111	
COVID-19	1,101.5	1,488	
Urinary Tract Infection	795.8	1,075	
Flu/Pneumonia	285.7	386	
Motor Vehicle Injuries	265.0	358	
Stroke	234.7	317	
Alcohol-Related Disorders	206.5	279	
COPD/Chronic Lower Respiratory Diseases	199.1	269	
Diabetes	184.3	249	

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Leading Health Conditions Among Older Adults (60+), North Coastal Region, 2022

Conditions	Deaths	
	Rates*	Cases
Overall Heart Disease	627.7	755
Coronary Heart Disease (CHD)	313.4	377
Heart Failure	144.7	174
Overall Hypertensive Diseases	109.7	132
Overall Cancer	619.4	745
Lung Cancer	112.2	135
Pancreatic Cancer	64.8	78
Colorectal Cancer	52.4	63
Alzheimer's Disease and Related Dementias (ADRD)	414.0	498
Stroke	209.5	252
Chronic Kidney Disease	201.2	242
COVID-19	138.8	167
COPD/Chronic Lower Respiratory Diseases	124.7	150
Diabetes	79.8	96
Falls	72.3	87
Parkinson's Disease	71.5	86

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Leading Health Conditions Among Older Adults (60+), North Coastal Region, 2022

Conditions	Hospitali	Hospitalizations	
	Rates*	Cases	
Overall Heart Disease	3,391.9	4,080	
Overall Hypertensive Diseases	828.9	997	
Heart Failure	776.5	934	
Coronary Heart Disease (CHD)	539.5	649	
Falls	1,649.4	1,984	
Overall Cancer	784.8	944	
Colorectal Cancer	111.4	134	
Lung Cancer	73.2	88	
Pancreatic Cancer	53.2	64	
Stroke	647.6	779	
COVID-19	530.4	638	
Hip Fractures	361.6	435	
Flu/Pneumonia	311.8	375	
Urinary Tract Infection	267.7	322	
Diabetes	242.8	292	
Traumatic Brain Injury	188.7	227	

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Leading Health Conditions Among Older Adults (60+), North Coastal Region, 2022

Conditions	Emergency Depar	Emergency Department Discharges	
	Rates*	Cases	
Falls	3,746.9	4,507	
Overall Heart Disease	3,218.2	3,871	
Overall Hypertensive Diseases	576.1	693	
Heart Failure	133.0	160	
Coronary Heart Disease (CHD)	75.7	91	
COVID-19	990.1	1,191	
Urinary Tract Infection	852.1	1,025	
Flu/Pneumonia	300.9	362	
Stroke	276.0	332	
Motor Vehicle Injuries	255.2	307	
COPD/Chronic Lower Respiratory Diseases	195.4	235	
Alcohol-Related Disorders	185.4	223	
Diabetes	184.6	222	

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Leading Health Conditions Among Older Adults (60+), North Inland Region, 2022

Conditions	Deaths	
	Rates*	Cases
Overall Heart Disease	655.6	922
Coronary Heart Disease (CHD)	310.0	436
Heart Failure	181.3	255
Overall Hypertensive Diseases	123.7	174
Overall Cancer	615.1	865
Lung Cancer	99.5	140
Pancreatic Cancer	56.2	79
Prostate Cancer	56.2	79
Alzheimer's Disease and Related Dementias (ADRD)	424.5	597
Stroke	224.0	315
Chronic Kidney Disease	209.1	294
COVID-19	142.9	201
COPD/Chronic Lower Respiratory Diseases	121.6	171
Diabetes	79.6	112
Parkinson's Disease	60.4	85
Falls	59.0	83

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Leading Health Conditions Among Older Adults (60+), North Inland Region, 2022

Conditions	Hospitali	Hospitalizations	
	Rates*	Cases	
Overall Heart Disease	3,027.0	4,257	
Overall Hypertensive Diseases	777.2	1,093	
Heart Failure	693.3	975	
Coronary Heart Disease (CHD)	551.8	776	
Falls	1,459.1	2,052	
Overall Cancer	705.4	992	
Colorectal Cancer	88.9	125	
Lung Cancer	78.9	111	
Pancreatic Cancer	40.5	57	
Stroke	619.3	871	
COVID-19	516.9	727	
Flu/Pneumonia	333.5	469	
Urinary Tract Infection	285.8	402	
Hip Fractures	282.3	397	
Diabetes	250.3	352	
Traumatic Brain Injury	185.6	261	

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Leading Health Conditions Among Older Adults (60+), North Inland Region, 2022

	Emergency Departm	Emergency Department Discharges	
Conditions	Rates*	Cases	
Falls	4,183.9	5,884	
Overall Heart Disease	3,395.3	4,775	
Overall Hypertensive Diseases	626.4	881	
Heart Failure	163.5	230	
Coronary Heart Disease (CHD)	143.6	202	
COVID-19	1,232.3	1,733	
Urinary Tract Infection	898.1	1,263	
Flu/Pneumonia	384.0	540	
Stroke	332.1	467	
Motor Vehicle Injuries	328.5	462	
Diabetes	245.3	345	
Traumatic Brain Injury	209.8	295	
COPD/Chronic Lower Respiratory Diseases	201.9	284	

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Leading Health Conditions Among Older Adults (60+), South Region, 2022

Conditions	Deaths	
	Rates*	Cases
Overall Cancer	629.6	652
Lung Cancer	112.0	116
Pancreatic Cancer	58.9	61
Prostate Cancer	55.0	57
Overall Heart Disease	609.3	631
Coronary Heart Disease (CHD)	305.1	316
Overall Hypertensive Diseases	174.8	181
Heart Failure	154.5	160
Alzheimer's Disease and Related Dementias (ADRD)	396.9	411
Chronic Kidney Disease	318.6	330
Stroke	231.7	240
COVID-19	211.5	219
Diabetes	166.1	172
COPD/Chronic Lower Respiratory Diseases	101.4	105
Parkinson's Disease	53.1	55
Falls	41.5	43

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Leading Health Conditions Among Older Adults (60+), South Region, 2022

Conditions	Hospitaliz	Hospitalizations	
	Rates*	Cases	
Overall Heart Disease	4,252.4	4,404	
Overall Hypertensive Diseases	1,316.1	1,363	
Heart Failure	1,024.5	1,061	
Coronary Heart Disease (CHD)	684.6	709	
Falls	1,730.3	1,792	
Overall Cancer	967.5	1,002	
Colorectal Cancer	115.9	120	
Lung Cancer	111.0	115	
Pancreatic Cancer	57.0	59	
Stroke	922.1	955	
COVID-19	844.9	875	
Diabetes	509.8	528	
Urinary Tract Infection	445.1	461	
Flu/Pneumonia	425.8	441	
Hip Fractures	304.2	315	
Traumatic Brain Injury	244.3	253	

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Leading Health Conditions Among Older Adults (60+), South Region, 2022

Conditions	Emergency Depar	Emergency Department Discharges	
	Rates*	Cases	
Falls	4,775.7	4,946	
Overall Heart Disease	4,301.6	4,455	
Overall Hypertensive Diseases	1,064.1	1,102	
Heart Failure	261.7	271	
Coronary Heart Disease (CHD)	102.4	106	
COVID-19	1,874.2	1,941	
Urinary Tract Infection	1,424.2	1,475	
Flu/Pneumonia	555.2	575	
Diabetes	487.6	505	
Motor Vehicle Injuries	411.3	426	
Stroke	312.8	324	
COPD/Chronic Lower Respiratory Diseases	251.1	260	
Overall Cancer	218.2	226	

*Rates per 100,000 population. Population estimates for 2022 were derived using the 2020 Census and data should be considered preliminary. Starting with data year 2022, all rates based on events fewer than 20 are suppressed due to statistical instability.

Deaths in this report are the underlying cause of death, except for chronic kidney disease and traumatic brain injury, which refer to the multiple or contributing cause of death. Medical encounter data from emergency department (ED) and hospital discharges refer to the principal diagnosis at the time of discharge, except for falls and motor vehicle injury, which may appear anywhere in the medical record.