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

COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL
SAN DIEGO

PHAB
Accredited Health Department
Advancing Public Health Performance
Public Health Accreditation Board

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, 2022

November 2024

This document was developed by the Community Health Statistics Unit of County of San Diego and is in support of *Live Well San Diego*.

Suggested citation: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit. (2024). *Leading Health Conditions Among Older Adults in San Diego County, 2022*. Retrieved MM/DD/YY from www.SDHealthStatistics.com.

Inquiries regarding this document may be directed to:

Community Health Statistics Unit

5469 Kearny Villa Road

San Diego, CA 92123

(619) 692-6667

www.SDHealthStatistics.com

Table of Contents

PAGE INTENTIONALLY LEFT BLANK

Overview: Leading Health Conditions Among Older Adults in San Diego County, 2022

The tables in this report provide the leading health conditions (LHCs) for each older adult age group by health outcome (death, hospitalization, and emergency department discharge). Below is a summary of the LHCs among older adults in San Diego County in 2022, by age group.

Older Adults in San Diego County

- Among all older adult age groups in San Diego County in 2022, **COVID-19**, **Diabetes**, **Overall Heart Disease**, and **Stroke** were LHCs found across all health outcomes.

- In 2022, **Overall Heart Disease** was one of the top two LHCs, across all outcomes, 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**, **Coronary Heart Disease (CHD)**, and **Acute Myocardial Infarction**.

- In 2022**, Overall Cancer** was a leading cause of death and hospitalization among all older adult age groups in San Diego County. In 2022, the most common cancers impacting older adults in San Diego County were **Lung Cancer**, **Colorectal Cancer**, **Pancreatic Cancer**, and **Prostate Cancer**.

- In San Diego County, **Falls** were a leading cause of hospitalization and emergency department discharges in all older adult age groups in 2022. **Flu/Pneumonia** and **Urinary Tract Infection** were other common conditions causing hospitalization and ED discharge among all age groups.

60+

- Among all older adults 60 years and over, **Overall Heart Disease** was the number one LHC for deaths and hospitalizations, while **Falls** were the number one LHC for emergency department discharges in San Diego County in 2022.

60-69

- In 2022, **Overall Cancer** was the number one LHC for deaths among older adults aged 60-69 years in San Diego County.

- In 2022, **Alcohol-Related Disorders** were most prevalent among older adults aged 60-69 years in San Diego County.

70-79

- In 2022, **Overall Cancer** was the number one LHC for deaths among older adults aged 70-79 years in San Diego County.

80+

- In 2022, **Alzheimer's Disease and Related Dementias (ADRD)** were most prevalent among older adults 80 years and over in San Diego County.

- Among older adults 80 years and over, **Falls** were more likely to be fatal, compared to those aged 60-69 or 70-79 in 2022.

Resources

<div style="border: orange">

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

</div>

<div style="border: green">

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 www.livewellsd.org/i-want-to/learn-more/aging/age-well-san-diego.

</div>

Additional Health Data

Visit www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_health_statistics/health-data.html 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.

Leading Health Conditions Among Older Adults, 60+, San Diego County, 2022

Conditions	Deaths	
	Rates*	Cases
Overall Heart Disease	**639.4**	**4,538**
Coronary Heart Disease (CHD)	316.3	2,245
Heart Failure	156.1	1,108
Overall Hypertensive Diseases	142.5	1,011
Overall Cancer	**629.9**	**4,470**
Lung Cancer	113.7	807
Pancreatic Cancer	56.5	401
Colorectal Cancer	53.0	376
Alzheimer's Disease and Related Dementias (ADRD)	**390.2**	**2,769**
Chronic Kidney Disease	**244.2**	**1,733**
Stroke	**205.9**	**1,461**
COVID-19	**163.5**	**1,160**
COPD/Chronic Lower Respiratory Diseases	**124.0**	**880**
Diabetes	**106.2**	**754**
Parkinson's Disease	**57.1**	**405**
Falls	**54.5**	**387**

*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.

Leading Health Conditions Among Older Adults, 60+, San Diego County, 2022

Conditions	Hospitalizations	
	Rates*	Cases
Overall Heart Disease	**3,587.1**	**25,457**
Overall Hypertensive Diseases	959.3	6,808
Heart Failure	826.0	5,862
Coronary Heart Disease (CHD)	584.1	4,145
Falls	**1,654.8**	**11,744**
Overall Cancer	**813.3**	**5,772**
Colorectal Cancer	105.8	751
Lung Cancer	88.8	630
Pancreatic Cancer	44.1	313
Stroke	**748.5**	**5,312**
COVID-19	**625.2**	**4,437**
Flu/Pneumonia	**343.7**	**2,439**
Diabetes	**342.4**	**2,430**
Urinary Tract Infection	**342.4**	**2,430**
Hip Fracture	**320.6**	**2,275**
Traumatic Brain Injury	**206.0**	**1,462**

*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.

Leading Health Conditions Among Older Adults, 60+, San Diego County, 2022

Conditions	Emergency Department Discharges	
	Rates*	Cases
Falls	**4,280.6**	**30,379**
Overall Heart Disease	**3,671.2**	**26,054**
Overall Hypertensive Diseases	765.8	5,435
Heart Failure	211.5	1,501
Coronary Heart Disease (CHD)	109.3	776
COVID-19	**1,356.9**	**9,630**
Urinary Tract Infection	**1,030.6**	**7,314**
Flu/Pneumonia	**395.9**	**2,810**
Motor Vehicle Injuries	**340.1**	**2,414**
Diabetes	**313.8**	**2,227**
Stroke	**282.8**	**2,007**
COPD/Chronic Lower Respiratory Diseases	**271.5**	**1,927**
Alcohol-Related Disorders	**198.0**	**1,405**

*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.

Leading Health Conditions Among Older Adults, 60-69, San Diego County, 2022

Conditions	Deaths	
	Rates*	Cases
Overall Cancer	**305.4**	**1,091**
Lung Cancer	51.8	185
Pancreatic Cancer	33.0	118
Colorectal Cancer	29.7	106
Overall Heart Disease	**201.9**	**721**
Coronary Heart Disease (CHD)	126.0	450
Overall Hypertensive Diseases	49.3	176
Acute Myocardial Infarction	27.4	98
Chronic Kidney Disease	**96.0**	**343**
COVID-19	**61.3**	**219**
Diabetes	**53.5**	**191**
Alcohol-Related Disorders	**48.7**	**174**
Stroke	**40.9**	**146**
All Drug Overdoses	**40.9**	**146**
Poisoning	**40.3**	**144**
COPD/Chronic Lower Respiratory Diseases	**37.5**	**134**

*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.

Leading Health Conditions Among Older Adults, 60-69, San Diego County, 2022

Conditions	Hospitalizations	
	Rates*	Cases
Overall Heart Disease	**2,080.2**	**7,430**
Overall Hypertensive Diseases	509.5	1,820
Coronary Heart Disease (CHD)	437.0	1,561
Heart Failure	413.8	1,478
Overall Cancer	**658.2**	**2,351**
Colorectal Cancer	81.2	290
Lung Cancer	62.2	222
Pancreatic Cancer	35.6	127
Falls	**652.9**	**2,332**
Stroke	**440.1**	**1,572**
Diabetes	**326.7**	**1,167**
COVID-19	**299.8**	**1,071**
Flu/Pneumonia	**170.2**	**608**
COPD/Chronic Lower Respiratory Diseases	**166.9**	**596**
Urinary Tract Infection	**130.2**	**465**
Alcohol-Related Disorders	**116.5**	**416**

*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.

Leading Health Conditions Among Older Adults, 60-69, San Diego County, 2022

Conditions	Emergency Department Discharges	
	Rates*	Cases
Overall Heart Disease	**2,880.3**	**10,288**
Overall Hypertensive Diseases	517.1	1,847
Heart Failure	110.0	393
Coronary Heart Disease (CHD)	70.6	252
Falls	**2,255.2**	**8,055**
COVID-19	**1,117.9**	**3,993**
Urinary Tract Infection	**668.0**	**2,386**
Motor Vehicle Injuries	**394.8**	**1,410**
Flu/Pneumonia	**326.4**	**1,166**
Diabetes	**301.5**	**1,077**
Alcohol-Related Disorders	**298.2**	**1,065**
COPD/Chronic Lower Respiratory Diseases	**229.9**	**821**
Stroke	**155.4**	**555**

*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.

Leading Health Conditions Among Older Adults, 70-79, San Diego County, 2022

Conditions	Deaths	
	Rates*	Cases
Overall Cancer	**670.7**	**1,527**
Lung Cancer	128.3	292
Pancreatic Cancer	61.9	141
Prostate Cancer	47.9	109
Overall Heart Disease	**462.1**	**1,052**
Coronary Heart Disease (CHD)	273.2	622
Overall Hypertensive Diseases	103.2	235
Acute Myocardial Infarction	79.1	180
Chronic Kidney Disease	**223.6**	**509**
Alzheimer's Disease and Related Dementias (ADRD)	**174.4**	**397**
COVID-19	**136.2**	**310**
Stroke	**128.7**	**293**
COPD/Chronic Lower Respiratory Diseases	**109.4**	**249**
Diabetes	**100.6**	**229**
Parkinson's Disease	**53.6**	**122**
Alcohol-Related Disorders	**34.7**	**79**

*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.

Leading Health Conditions Among Older Adults, 70-79, San Diego County, 2022

Conditions	Hospitalizations	
	Rates*	Cases
Overall Heart Disease	**3,771.8**	**8,587**
Overall Hypertensive Diseases	901.8	2,053
Heart Failure	728.7	1,659
Coronary Heart Disease (CHD)	683.0	1,555
Falls	**1,529.9**	**3,483**
Overall Cancer	**934.7**	**2,128**
Colorectal Cancer	111.6	254
Lung Cancer	108.9	248
Pancreatic Cancer	53.1	121
Stroke	**786.7**	**1,791**
COVID-19	**560.9**	**1,277**
Flu/Pneumonia	**338.2**	**770**
Diabetes	**337.3**	**768**
Urinary Tract Infection	**319.8**	**728**
Hip Fractures	**284.2**	**647**
Traumatic Brain Injury	**197.2**	**449**

*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.

Leading Health Conditions Among Older Adults, 70-79, San Diego County, 2022

Conditions	Emergency Department Discharges	
	Rates*	Cases
Falls	**4,056.5**	**9,235**
Overall Heart Disease	**3,800.8**	**8,653**
Overall Hypertensive Diseases	770.9	1,755
Heart Failure	170.9	389
Coronary Heart Disease (CHD)	136.6	311
COVID-19	**1,298.0**	**2,955**
Urinary Tract Infection	**1,015.5**	**2,312**
Flu/Pneumonia	**388.7**	**885**
Motor Vehicle Injuries	**307.0**	**699**
Diabetes	**304.4**	**693**
Stroke	**290.8**	**662**
COPD/Chronic Lower Respiratory Diseases	**283.8**	**646**
Traumatic Brain Injury	**167.8**	**382**

*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.

Leading Health Conditions Among Older Adults, 80+, San Diego County, 2022

Condition	Deaths	
	Rates*	Cases
Overall Heart Disease	**2,214.7**	**2,765**
Coronary Heart Disease (CHD)	939.6	1,173
Heart Failure	681.6	851
Overall Hypertensive Diseases	480.6	600
Alzheimer's Disease and Related Dementias (ADRD)	**1,839.1**	**2,296**
Overall Cancer	**1,483.4**	**1,852**
Lung Cancer	264.3	330
Prostate Cancer	159.4	199
Colorectal Cancer	130.6	163
Stroke	**818.6**	**1,022**
Chronic Kidney Disease	**705.7**	**881**
COVID-19	**505.4**	**631**
COPD/Chronic Lower Respiratory Diseases	**398.1**	**497**
Diabetes	**267.5**	**334**
Falls	**223.5**	**279**
Parkinson's Disease	**206.7**	**258**

*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.

Leading Health Conditions Among Older Adults, 80+, San Diego County, 2022

Conditions	Hospitalizations	
	Rates*	Cases
Overall Heart Disease	**7,561.3**	**9,440**
Overall Hypertensive Diseases	2,350.9	2,935
Heart Failure	2,182.7	2,725
Coronary Heart Disease (CHD)	824.2	1,029
Falls	**4,749.1**	**5,929**
COVID-19	**1,673.3**	**2,089**
Stroke	**1,561.1**	**1,949**
Hip Fractures	**1,043.7**	**1,303**
Overall Cancer	**1,035.7**	**1,293**
Colorectal Cancer	165.8	207
Lung Cancer	128.2	160
Pancreatic Cancer	52.1	65
Urinary Tract Infection	**990.8**	**1,237**
Flu/Pneumonia	**849.8**	**1,061**
Traumatic Brain Injury	**567.9**	**709**
Diabetes	**396.5**	**495**

*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.

Leading Health Conditions Among Older Adults, 80+, San Diego County, 2022

Conditions	Emergency Department Discharges	
	Rates*	Cases
Falls	**10,484.1**	**13,089**
Overall Heart Disease	**5,697.4**	**7,113**
Overall Hypertensive Diseases	1,468.2	1,833
Heart Failure	575.9	719
Coronary Heart Disease (CHD)	170.6	213
COVID-19	**2,148.2**	**2,682**
Urinary Tract Infection	**2,095.4**	**2,616**
Stroke	**632.8**	**790**
Flu/Pneumonia	**607.9**	**759**
COPD/Chronic Lower Respiratory Diseases	**368.5**	**460**
Diabetes	**366.1**	**457**
Alzheimer's Disease and Related Dementias (ADRD)	**350.0**	**437**
Traumatic Brain Injury	**344.4**	**430**

*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.