June 2022

North Central Region Health Status Report Summary

A report on the demographic and health information of San Diego County's North Central Region

COUNTY OF SAN DIEGO HHSA HEALTH AND HUMAN SERVICES AGENCY

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North Central Region
Health Status Report Summary

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

June 2022

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North Central Region
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TABLE OF CONTENTS

Introduction 1

Health Status Overview 2

Population Characteristics 3

Insurance, Access, and Utilization 8

Disability Status 10

Life Expectancy 11

Top 10 Leading Causes of Death 12

Non-Communicable (Chronic) Diseases 13

3-4-50: Chronic Diseases 16

Communicable Diseases 18

Injury Indicators 21

Behavioral Health Indicators 24

Maternal and Child Health Indicators 27

Conclusion 29

INTRODUCTION

North Central Region consists of seven subregional areas (SRAs): Coastal, Del Mar-Mira Mesa, Elliott-Navajo, Kearny Mesa, Miramar, Peninsula, and University. This health status report summary provides the most current information on demographic characteristics, socioeconomic factors, and health concerns in North Central Region and its SRAs.

The key segments of this report include:

1) **Demographic Characteristics:** This section includes an overview of the 2019 population characteristics (e.g., age, race/ethnicity, household income, health insurance coverage, disability status, etc.) for North Central Region. Characteristics for SRAs are reported in comparison with North Central Region and San Diego County.
2) **Mortality Measures:** This section includes a summary of overall life expectancy for North Central Region and its SRAs in 2019. Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. This section, additionally, lists the Top 10 Leading Causes of Death in 2019 for North Central Region, outlining the relative burden of a specific cause of death compared to other causes.
3) **Health Outcomes:** This section summarizes health-related information such as rates of death, emergency department (ED) discharge, and hospitalization for the following group of health conditions and indicators:
    a) Non-Communicable (Chronic) Diseases,
    b) Communicable Diseases,
    c) Injury Indicators,
    d) Behavioral Health Indicators, and
    e) Maternal and Child Health Indicators.

Health Status Overview (2019): North Central Region

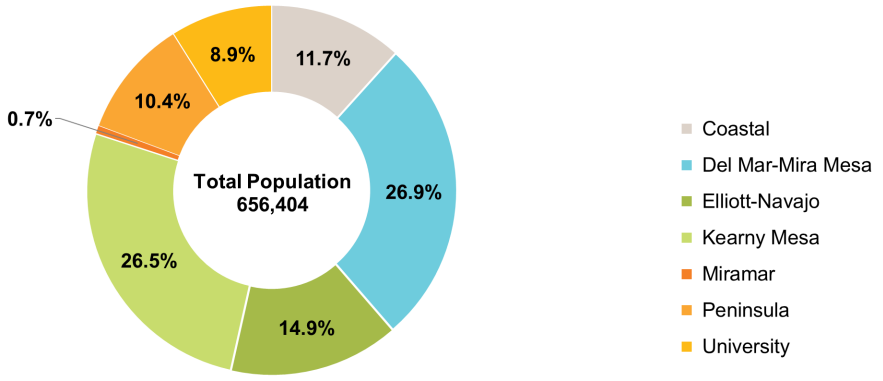
DEMOGRAPHIC CHARACTERISTICS Population Characteristics	**Population:** 656,404 (19.8% of San Diego County population) **Age Distribution:** Highest proportion consisted of individuals aged 25-44 years old (33.2%), followed by individuals aged 45-64 years old (23.5%)
Income, Health Insurance, Disability Status	**Median Household Income**: $100,965 **Population Below 200% Federal Poverty Level (FPL):** 20.8% **Population with Health Insurance:** 94.5% **Population with Disability:** 8.1%
MORTALITY MEASURES	**Overall Life Expectancy**: 84.5 years
	Top 5 Leading Causes of Death: Cancer, Diseases of the heart, Alzheimer's Disease, Stroke, Accidents/Unintentional injuries
HEALTH OUTCOMES Non-Communicable (Chronic) Diseases	**Highest Death Rate:** Overall cancer (131.4 per 100,000) **Highest ED Discharge Rate:** Overall heart disease (1,395.1 per 100,000) **Highest Hospitalization Rate:** Overall heart disease (780.0 per 100,000)
Communicable Diseases	**Highest Death Rate**: Pneumonia (5.4 per 100,000) **Highest ED Discharge Rate:** Urinary tract infection (412.1 per 100,000) **Highest Hospitalization Rate:** Pneumonia (87.0 per 100,000)
Injury Indicators	**Highest Death Rate**: Suicide (12.6 per 100,000) **Highest ED Discharge Rate:** Falls (1,666.2 per 100,000) **Highest Hospitalization Rate:** Falls (364.1 per 100,000)
Behavioral Health Indicators	**Highest Death Rate**: Alzheimer's disease and related dementias (ADRD) (83.7 per 100,000) **Highest ED Discharge Rate:** Alcohol-related disorders (242.6 per 100,000) **Highest Hospitalization Rate:** Alcohol-related disorders (43.9 per 100,000)
Maternal and Child Health Indicators	**Total Live Births**: 6,946 **Preterm Births:** 7.7% **Low Weight Births:** 6.2% **Infant Mortality Rate:** 4.0 per 1,000 total live births **Fetal Mortality Rate (2018):** 3.0 per 1,000 live births plus fetal deaths

DEMOGRAPHIC CHARACTERISTICS

Population Characteristics

In 2019, North Central Region was home to an estimated 656,404 residents, representing 19.8% of the San Diego County population (3,316,073).

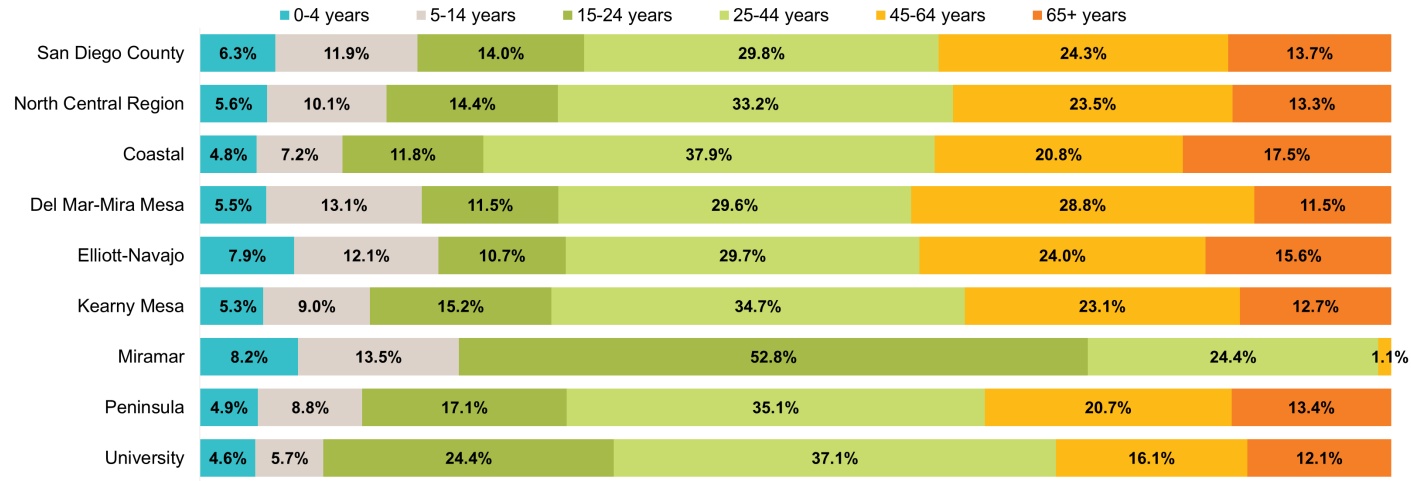
North Central Region Population Distribution* by Subregional Areas, 2019



*Please note that percentages may not add up to 100% due to rounding.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table B01001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

Adults aged 25-44 years old, constituted the highest proportion of North Central Region residents (33.2%), followed by residents 45-64 years old (23.5%). Among North Central Region subregional areas (SRAs), Coastal had the highest proportion of adults aged 25-44 years old (37.9%), followed by University (37.1%) and Peninsula (35.1%). In 2019, over half of residents in Miramar SRA were aged 15-24 years old (52.8%).

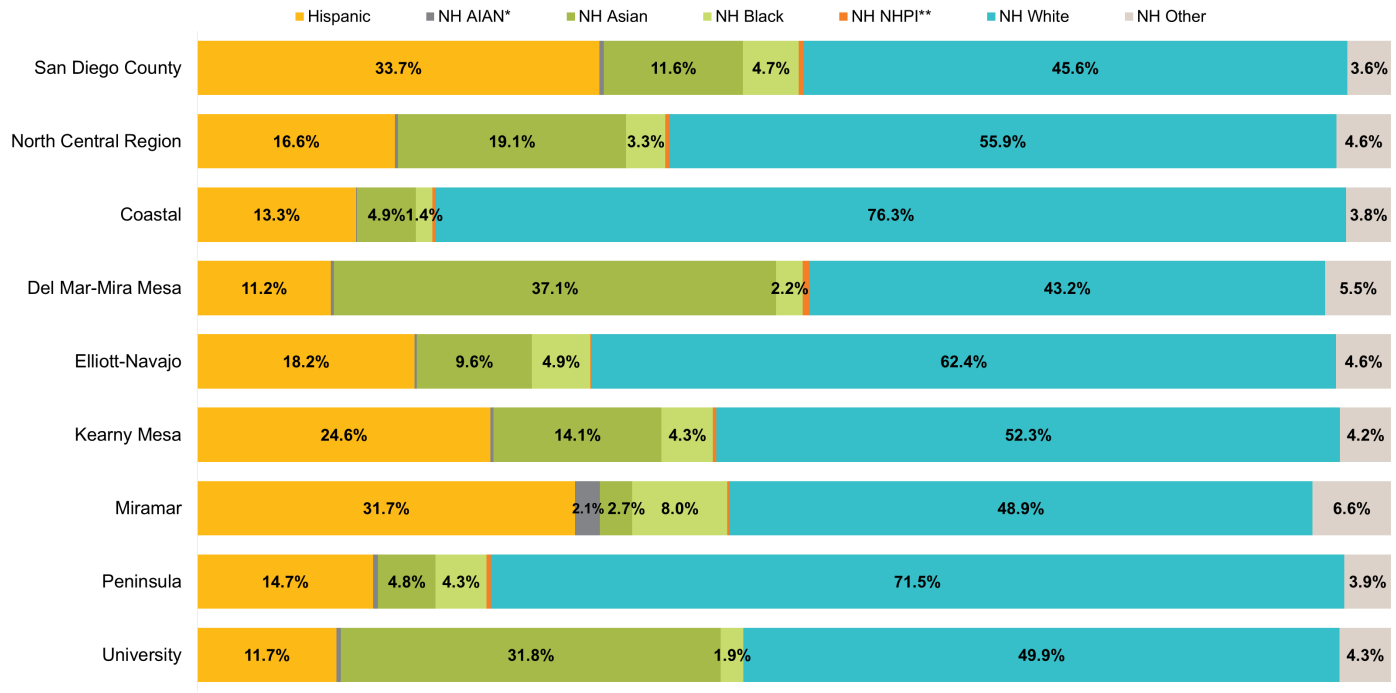
Percent* of Population by Age Group in San Diego County and North Central Region Subregional Areas, 2019



*Please note that percentage may not add up to 100% due rounding.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table S0101.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

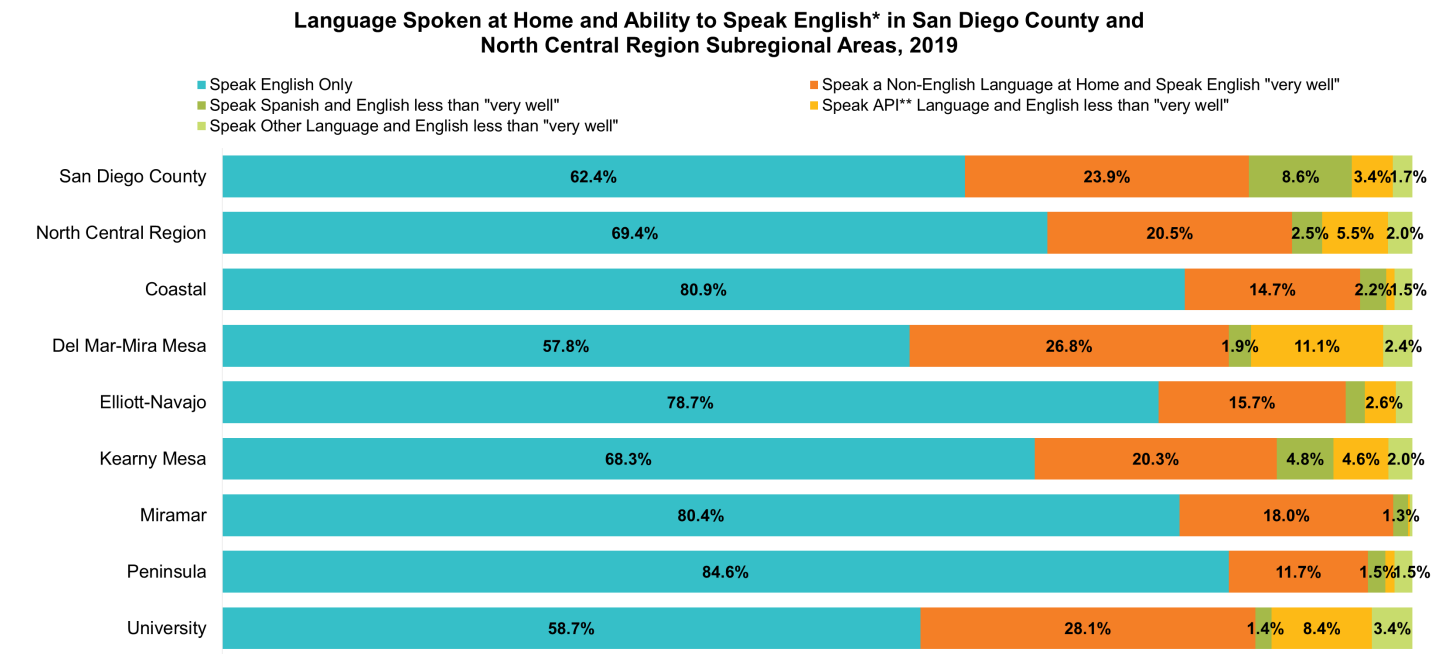
In 2019, residents in North Central Region were primarily White (55.9%), followed by Asian (19.1%), Hispanic (16.6%), Black (3.3%), American Indian/Alaska Native (0.3%), Native Hawaiian and Other Pacific Islander (0.3%), and Other (4.6%). Among North Central Region SRAs, Miramar had the highest proportion of Hispanic residents (31.7%), while Del Mar-Mira Mesa had the lowest proportion (11.2%). Compared to all other Health and Human Services Agency (HHSA) regions, North Central Region had the highest percentage of Asian residents (19.1%). Among North Central Region SRAs, Del Mar-Mira Mesa (37.1%) and University (31.8%) had the highest proportion of Asian residents.

Percent of Population by Race/Ethnicity in San Diego County and North Central Region Subregional Areas, 2019



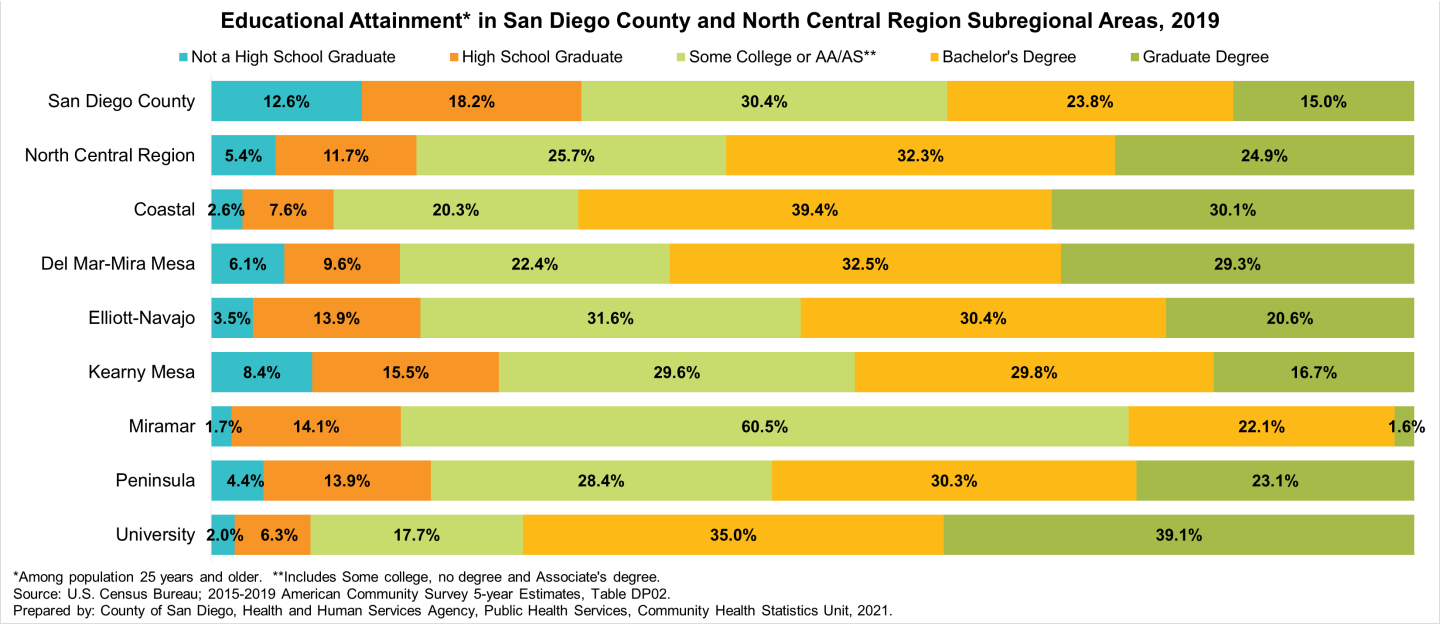
NH refers to Non-Hispanic or Latino
**AIAN-American Indian/Alaska Native. **NHPI-Native Hawaiian and Other Pacific Islander.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table B03002.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

In 2019, nearly 7 out of 10 residents (69.4%) aged 5 years and older in North Central Region spoke only English at home. Moreover, 1 out of 5 residents (20.5%) aged 5 years and older in North Central Region spoke English “very well” and another language at home. Among North Central Region SRAs, Peninsula had the highest proportion of residents speaking only English at home (84.6%), while Del Mar-Mira Mesa had the lowest proportion (57.8%).



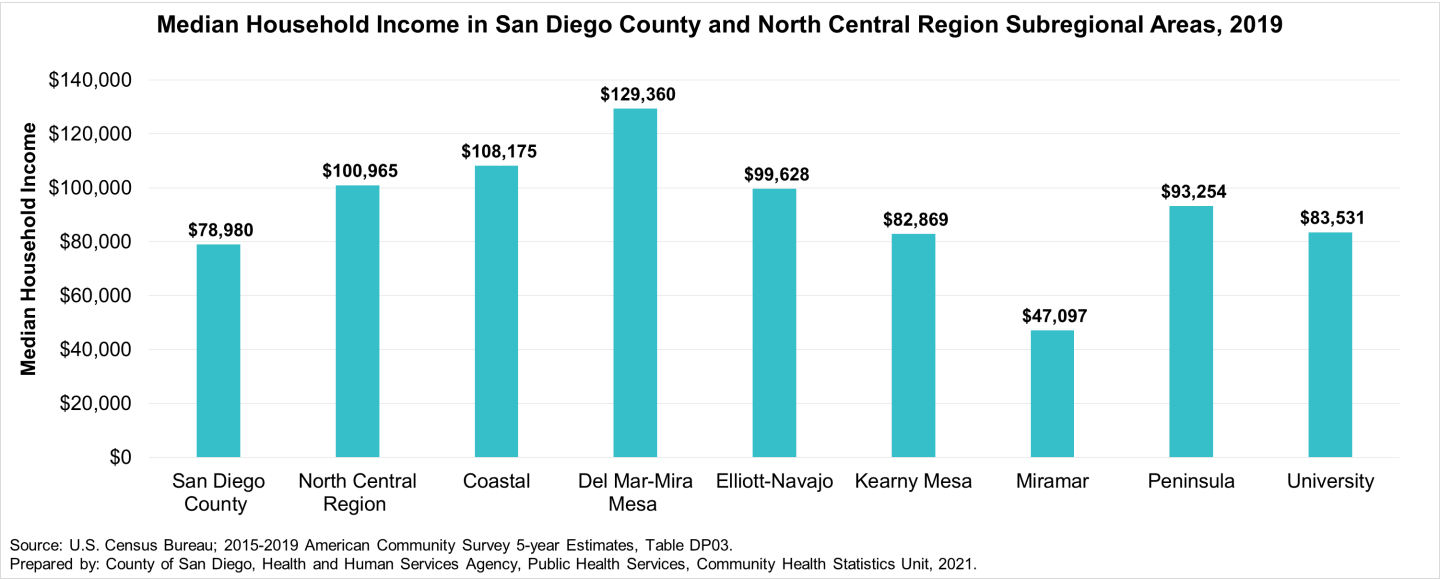
*Among population 5 years and older. **Asian/Pacific Islander.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

North Central Region residents generally had a higher educational attainment than San Diego County residents overall in 2019; nearly 3 out of 5 adults (57.2%), aged 25 years and older, held a bachelor's degree or higher, and only 1 out of 18 (5.4%) had less than a high school education. In 2019, over 9 out of 10 adults (94.6%), aged 25 years and older, had at least a high school diploma in North Central Region. Among North Central Region SRAs, Kearny Mesa had the highest proportion of adults aged 25 years and older without a high school diploma (8.4%), while Miramar had the lowest proportion (1.7%).



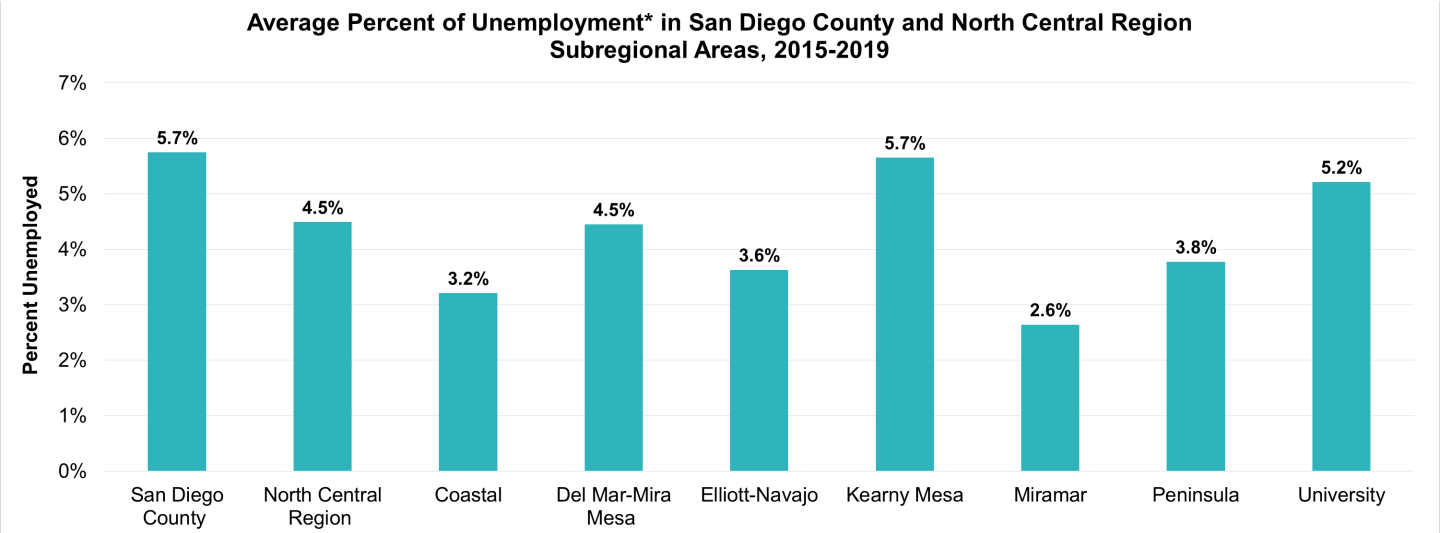
*Among population 25 years and older. **Includes Some college, no degree and Associate's degree.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP02.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

The median household income in North Central Region was $100,965 in 2019. Among North Central Region SRAs, Miramar had the lowest median household income ($47,097), while Del Mar-Mira Mesa had the highest median household income ($129,360).



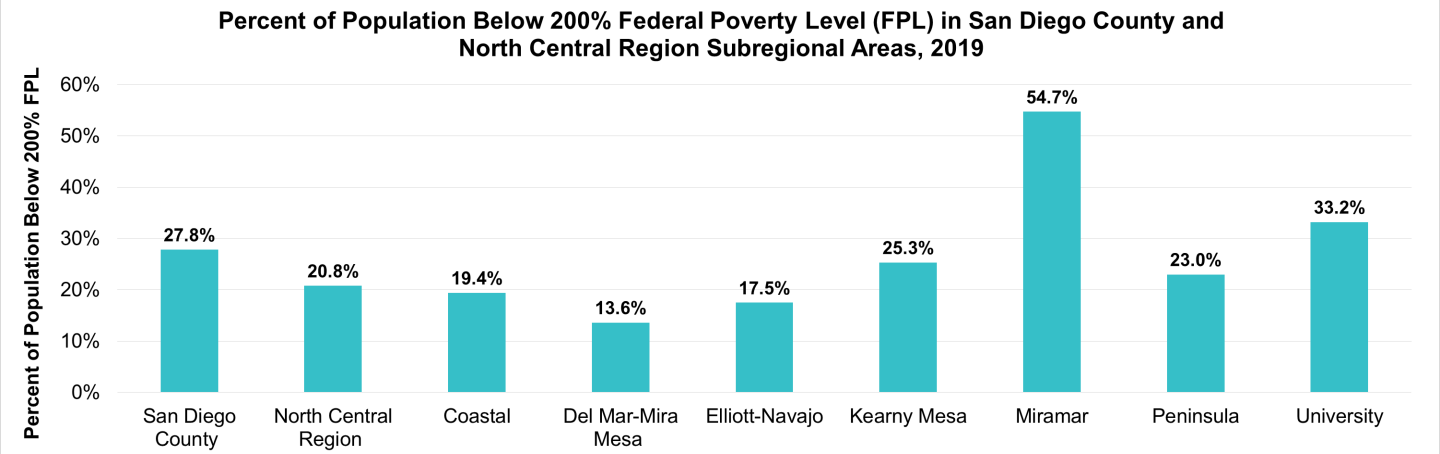
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

The percent unemployed was derived from the number of unemployed persons, out of the 16 year and older eligible labor force: employed civilians, unemployed, and persons in the armed forces. Between 2015-2019, the 5-year average unemployment rate in North Central Region was 4.5%. Among North Central Region SRAs, Kearny Mesa had the highest 5-year average unemployment rate (5.65%), while Miramar had the lowest 5-year average unemployment rate (2.6%).



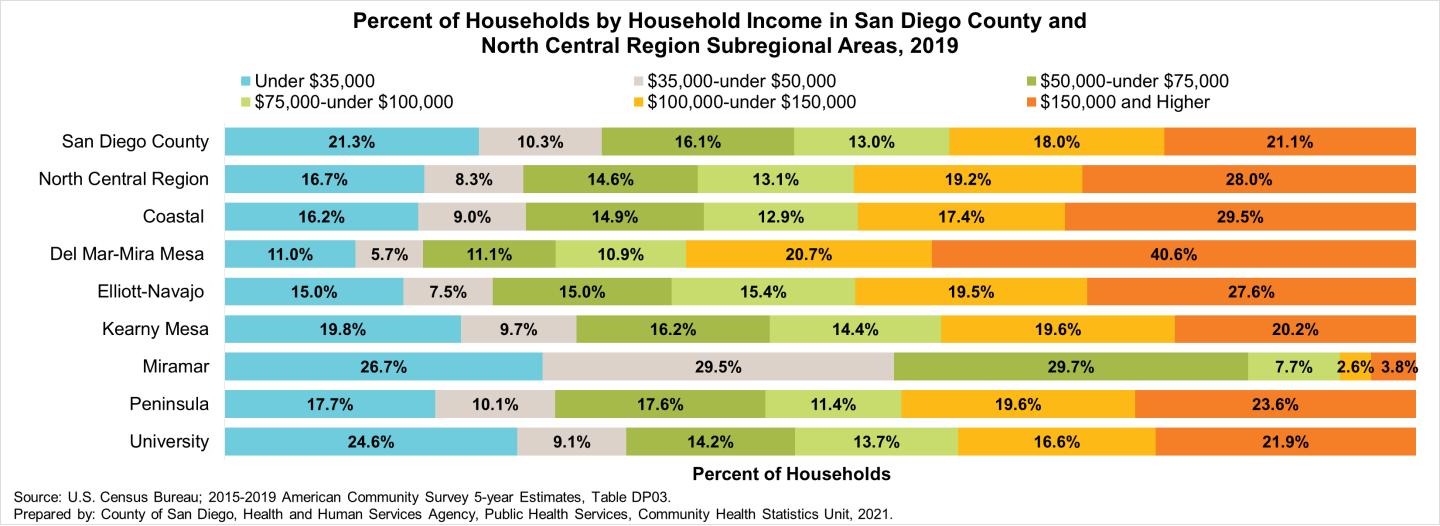
*Percent unemployed was derived from the number of unemployed persons out of the 16 year and older eligible labor force. Eligible labor force includes employed civilians, unemployed, and persons in the armed forces.
Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

Federal Poverty Level (FPL) refers to a measure of income used to assess eligibility for certain income-based government programs and/or benefits. In 2019, 1 out of 5 residents (20.8%), in North Central Region, lived below 200% FPL. Among North Central Region SRAs, Miramar had the highest proportion of residents living below 200% FPL (54.7%), followed by University (33.2%). Furthermore, the proportion of residents living below 200% FPL in North Central Region was lower than San Diego County overall.



Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table S1701.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

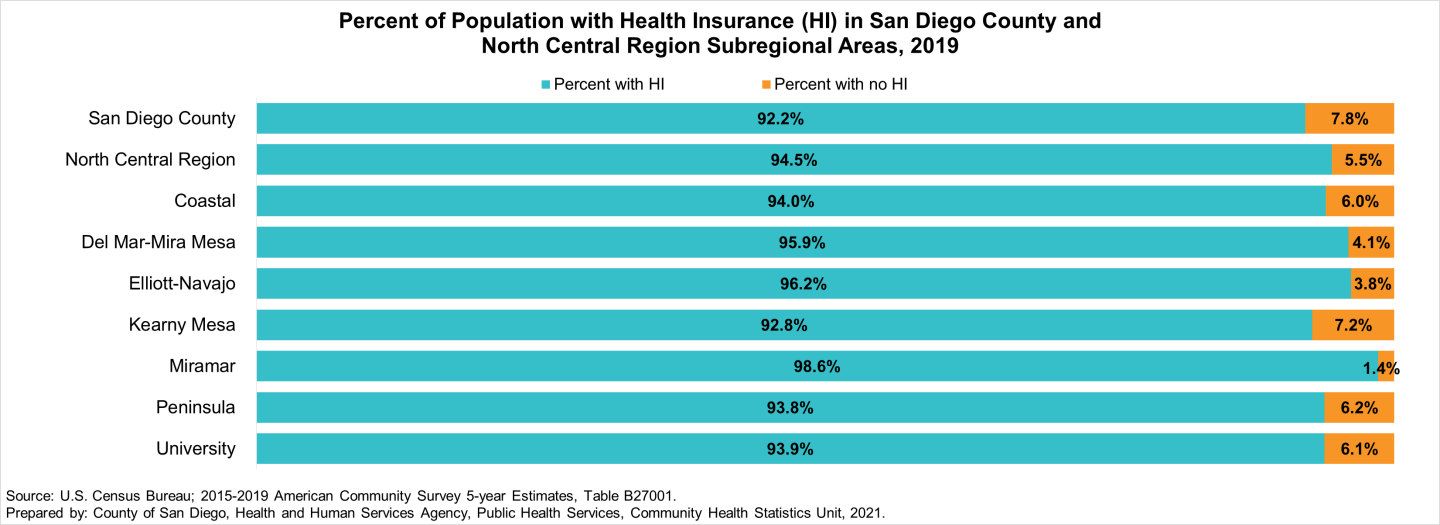
Household income includes the income of the householder and all other individuals 15 years and older in the household, whether they are related to the householder or not. In 2019, 16.7% of households in North Central Region had an annual income of less than $35,000. Among North Central SRAs, Miramar had the highest proportion of households with an annual income of less than $35,000 (26.7%), while Del Mar-Mira Mesa had the lowest proportion (11.0%).



Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table DP03.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

Insurance, Access, and Utilization

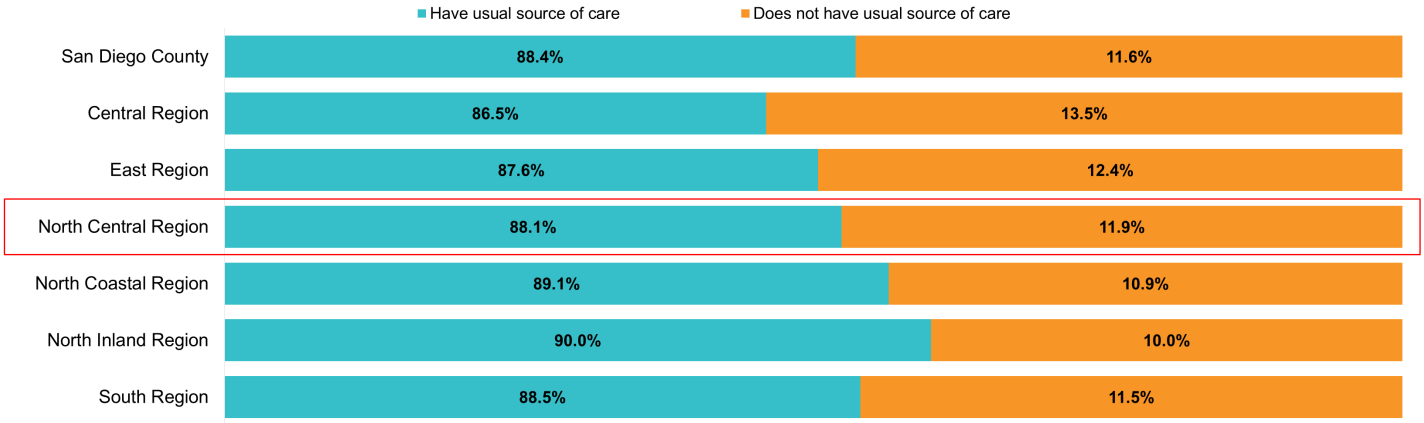
In 2019, 94.5% of residents in North Central Region were insured through private or public programs, while 5.5% of residents did not have any health insurance coverage. Among North Central Region subregional areas (SRAs), Kearny Mesa had the highest proportion of residents without health insurance (7.2%), followed by Peninsula (6.2%), University (6.1%), and Coastal (6.0%).



Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table B27001.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

Residents in North Central Region were more likely to report having a usual place to go when sick or needing health advice compared to Central Region and East Region. Between 2017 and 2019, nearly 9 out of 10 residents (88.1%) in North Central Region reported having a usual place to go when sick or needing health advice.

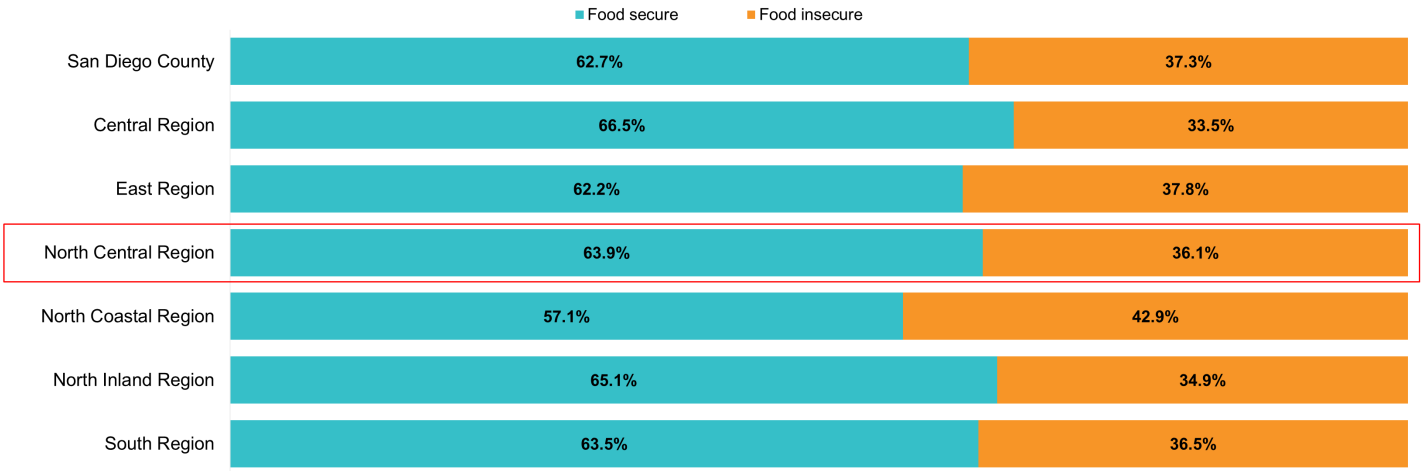
Percent of Population with Usual Source of Care in San Diego County and HHSA Regions, 2017-2019



Source: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2017-2019. Usual Source of Care (San Diego County Health Regions). Available at http://ask.chis.ucla.edu. Exported on April 21, 2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

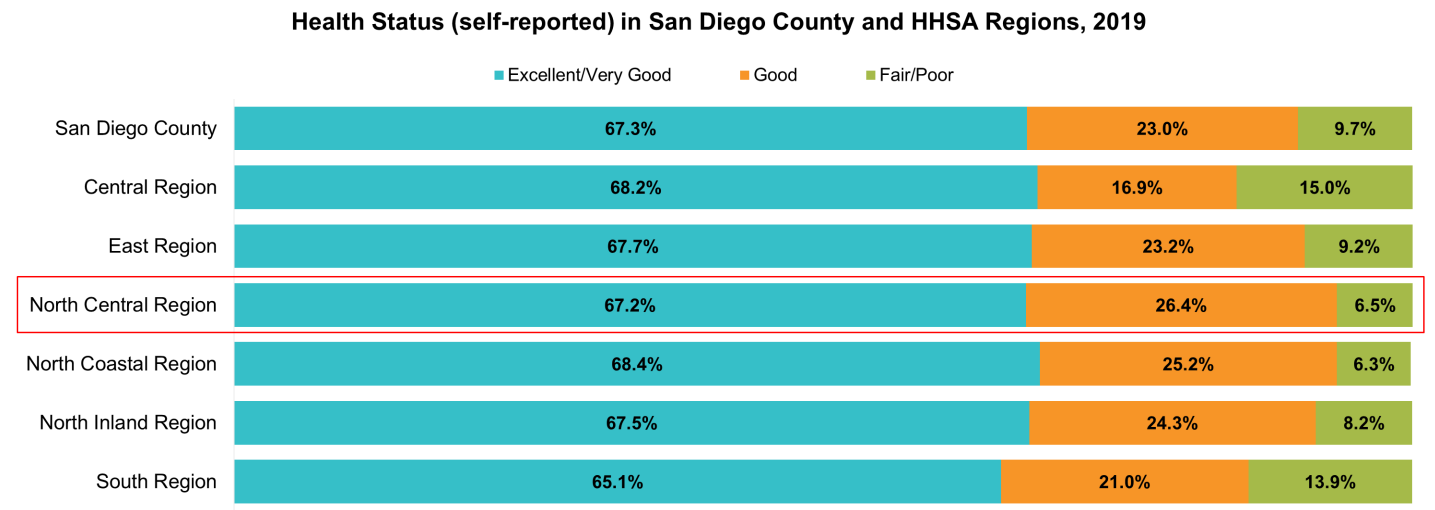
The proportion of adults with income less than 200% of the Federal Poverty Level (FPL) reporting food insecurity in North Central Region was higher than Central Region and North Inland Region. On average, nearly 2 out of 5 adults (36.1%), with income less than 200% FPL, reported an inability to afford enough food in North Central Region, between 2017-2019.

Food Security* in San Diego County and HHSA Regions, 2017-2019



*Among adults whose income is less than 200% of the Federal Poverty Level.
Source: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2017-2019. Food security (ability to afford enough food) (San Diego County Health Regions). Available at http://ask.chis.ucla.edu. Exported on April 21, 2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

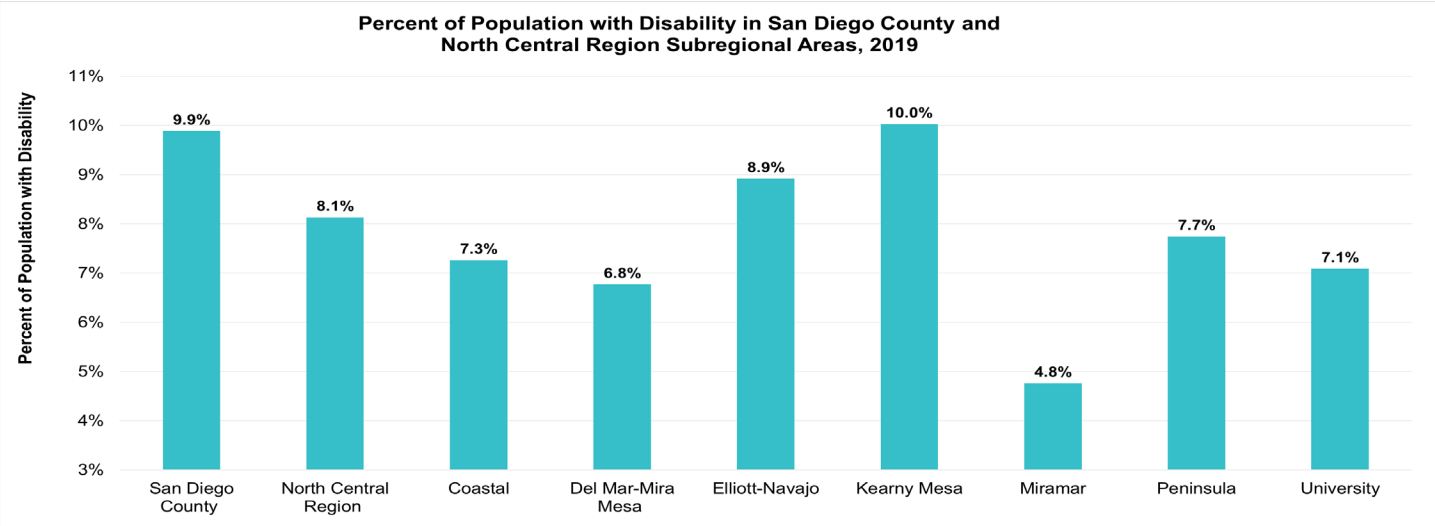
The proportion of residents in North Central Region reporting fair or poor health was lower than all other Health and Human Services Agency (HHSA) regions, except North Coastal Region. In 2019, over 2 out of 3 residents (67.2%) in North Central Region reported excellent or very good health.



Source: UCLA Center for Health Policy Research, Los Angeles, CA. AskCHIS 2017-2019. Health Status (San Diego County Health Regions). Available at http://ask.chis.ucla.edu. Exported on April 21, 2021.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

Disability Status

Individuals who report any of the six disability types: hearing difficulty, vision difficulty, cognitive difficulty, ambulatory difficulty, self-care difficulty, and independent living difficulty, are considered to have a disability. In 2019, 8.1% of North Central Region residents reported having one or more disabilities. Among North Central Region subregional areas (SRAs), Kearny Mesa (10.0%) and Elliot-Navajo (8.9%) had the highest proportions of residents with a disability, while Miramar had the lowest proportion (4.8%).

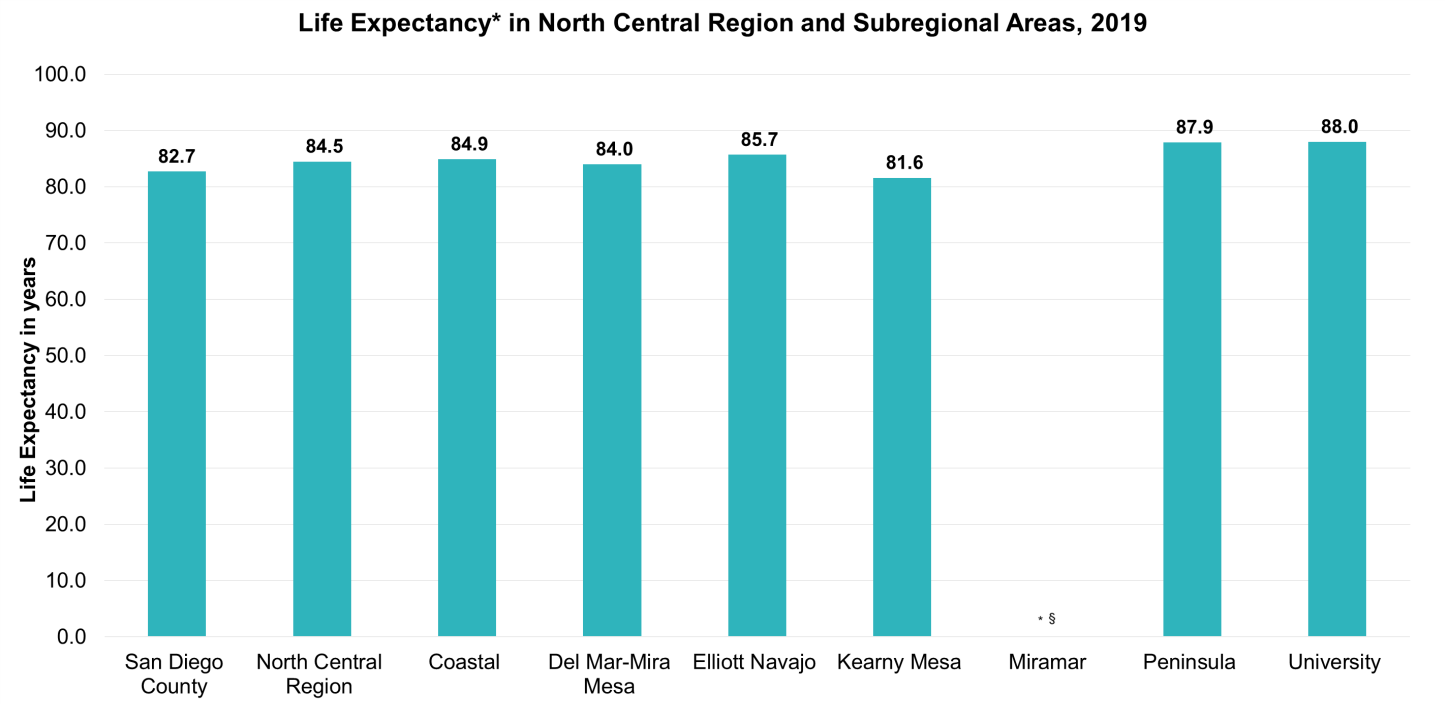


Source: U.S. Census Bureau; 2015-2019 American Community Survey 5-year Estimates, Table S1810.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2021.

MORTALITY MEASURES

Life Expectancy

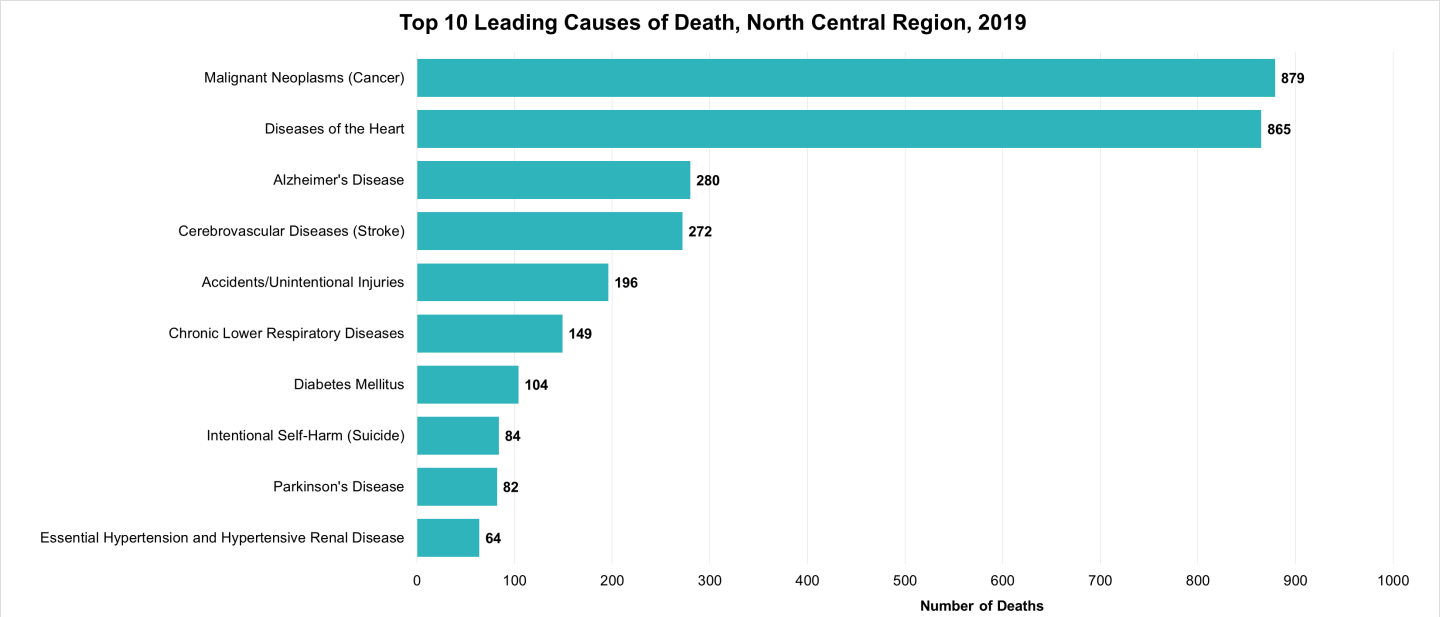
Life expectancy is one of the Top 10 Indicators measured for the County of San Diego's *Live Well San Diego* vision for healthier, safer, and thriving communities. In 2019, a baby born in San Diego County had a life expectancy of 82.7 years, while a baby born in North Central Region had a life expectancy of 84.5 years. All North Central Region subregional areas (SRAs) with available life expectancy data, except Kearny Mesa, had higher life expectancies than San Diego County overall in 2019.



*Subregional areas for which life expectancy data was not available are not shown.
§ Data from Military Facilities was not available and was not included in the analyses.
Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Top 10 Leading Causes of Death

The Leading Causes of Death rankings represent the most frequently occurring causes of death in North Central Region. These rankings help in assessing the relative burden of a specific cause of death compared to all other causes. In 2019, the leading cause of death in North Central Region was cancer, followed by diseases of the heart. In North Central Region, 4 of the top 5 leading causes of death were non-communicable (chronic) diseases (cancer, diseases of the heart, Alzheimer's Disease, and stroke).

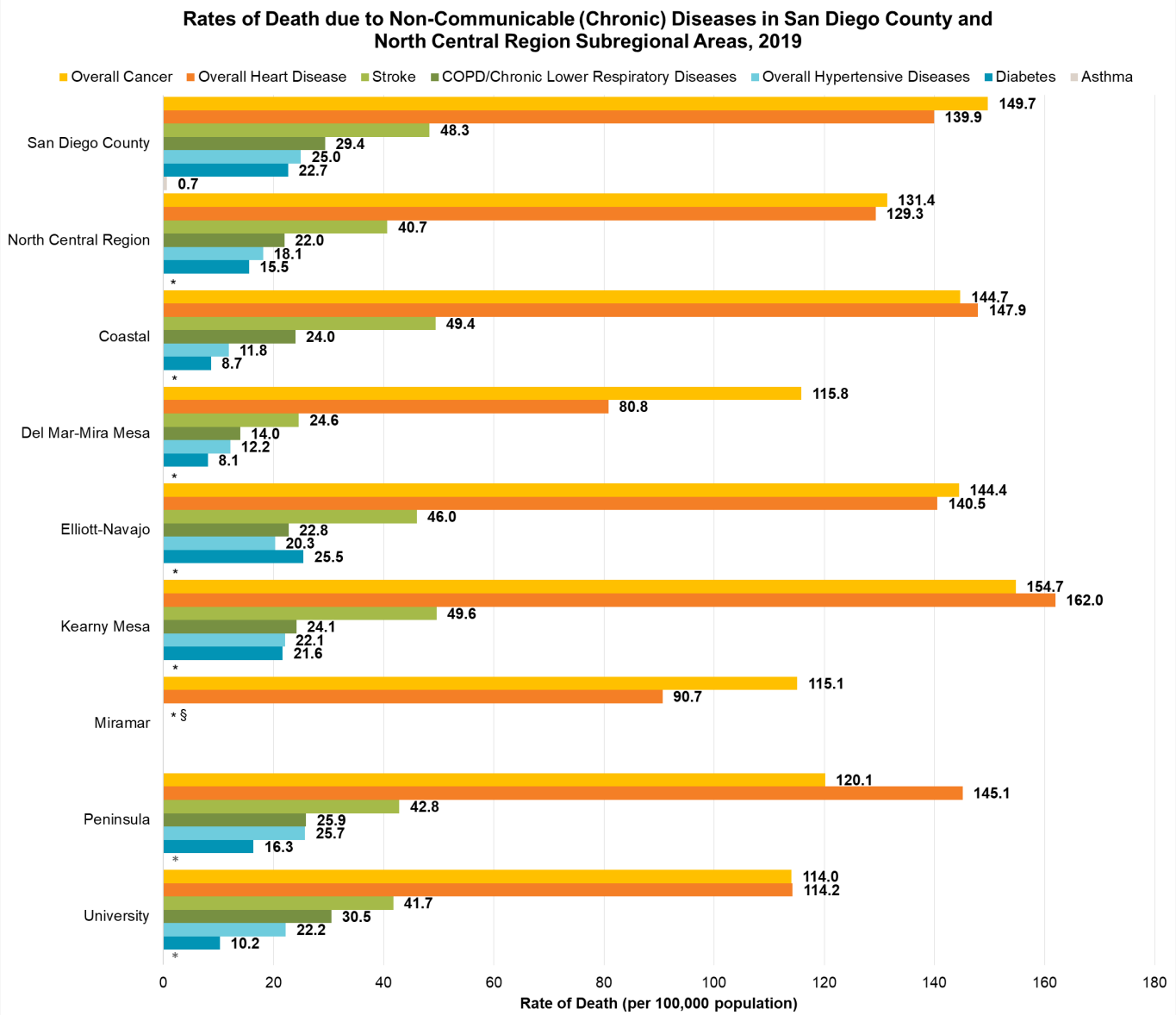


Source: California Department of Public Health, Center for Health Statistics, Office of Health Information and Research, Vital Records Business Intelligence System (VRBIS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

HEALTH OUTCOMES

Non-Communicable (Chronic) Disease

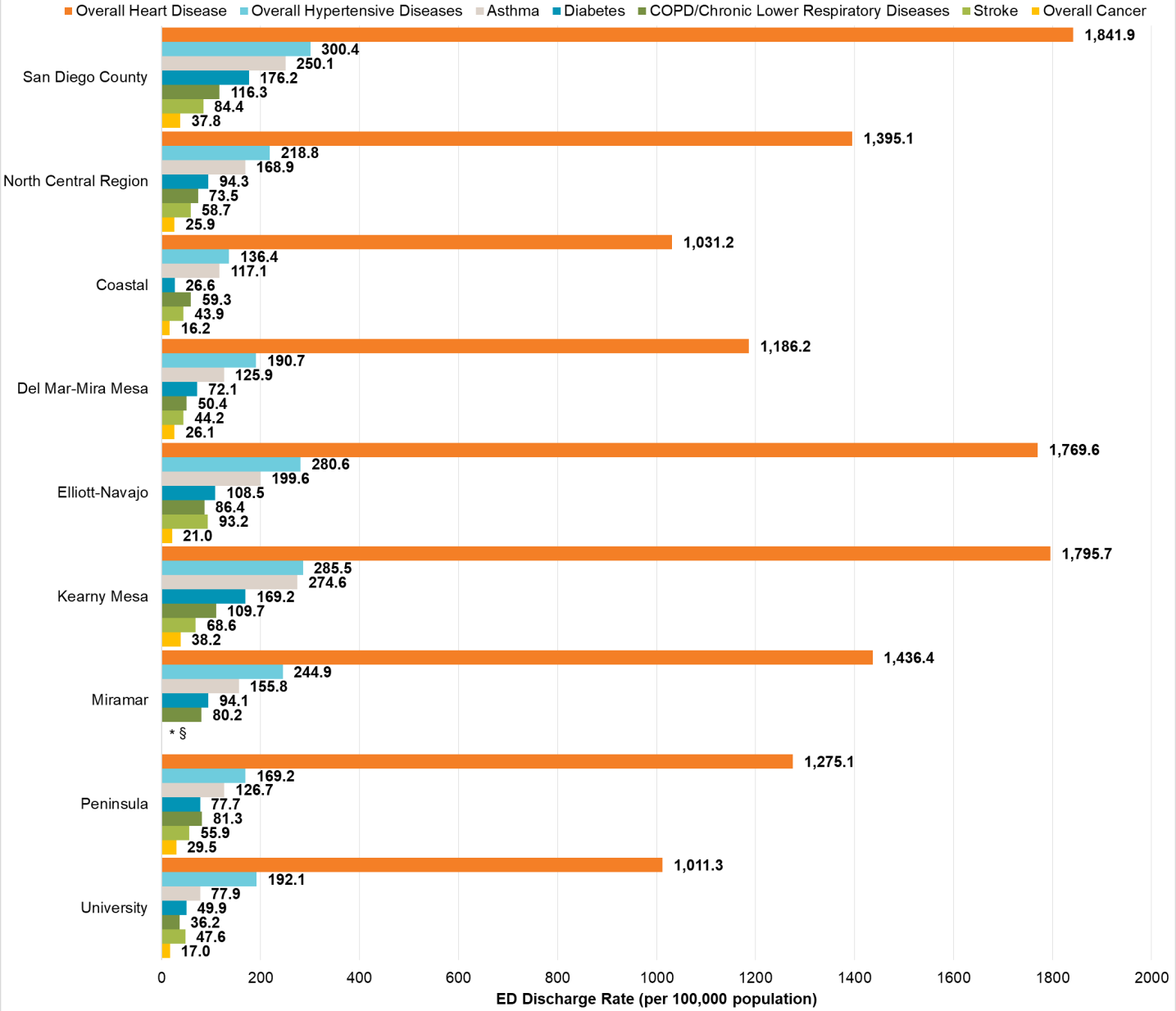
Among non-communicable (chronic) diseases, the highest rate of death was due to overall cancer (131.4 per 100,000), followed by overall heart disease (129.3 per 100,000) in North Central Region in 2019. Among North Central Region subregional areas (SRAs), Kearny Mesa had the highest rate of death due to overall cancer (154.7 per 100,000), while University had the lowest rate of death due to overall cancer (114.0 per 100,000). Similarly, Kearny Mesa SRA had the highest rate of death due to overall heart disease (162.0 per 100,000), while University SRA had the lowest rate of death due to overall heart disease (114.2 per 100.000).



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
§ Data from Military Facilities was not available and was not included in the analyses.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Among non-communicable (chronic) diseases, the highest emergency department (ED) discharge rate was due to overall heart disease in North Central Region and its SRAs in 2019. Moreover, the second-highest ED discharge rate was due to overall hypertensive diseases (218.8 per 100,000) in North Central Region and its SRAs.

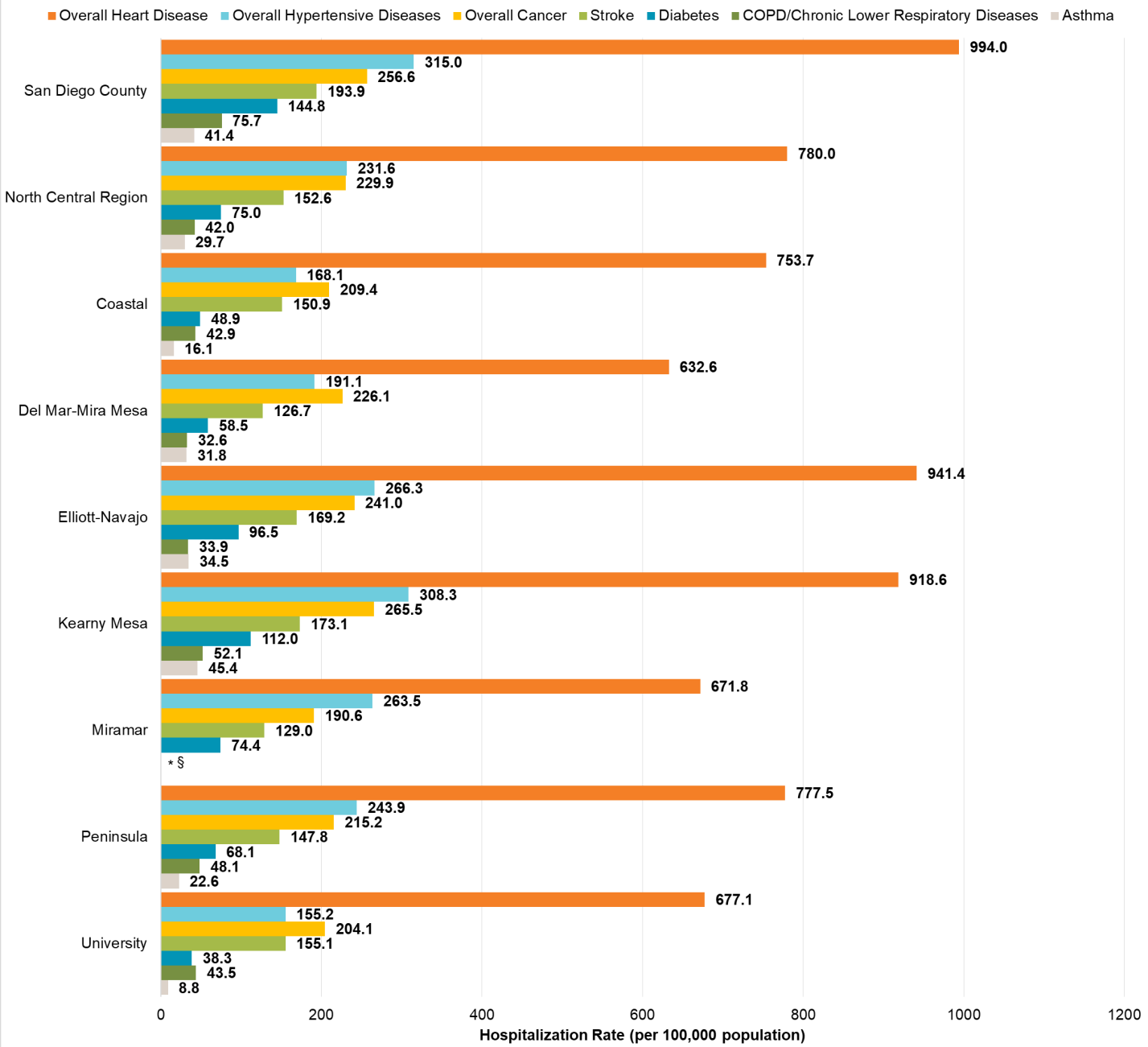
Non-Communicable (Chronic) Disease Emergency Department (ED) Discharge Rates in San Diego County and North Central Region Subregional Areas, 2019



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
§ Data from Military Facilities was not available and was not included in the analyses.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

In 2019, the highest hospitalization rate was due to overall heart disease in North Central Region and its SRAs. Moreover, the second-highest hospitalization rate was due to overall hypertensive diseases (231.6 per 100,000) in North Central Region and its SRAs, except for Coastal, Del Mar-Mira Mesa, and University. In 2019, North Central Region had the lowest overall heart disease ED discharge and hospitalization rates than all other Health and Human Services Agency (HHSA) regions.

Non-Communicable (Chronic) Disease Hospitalization Rates in San Diego County and North Central Region Subregional Areas, 2019

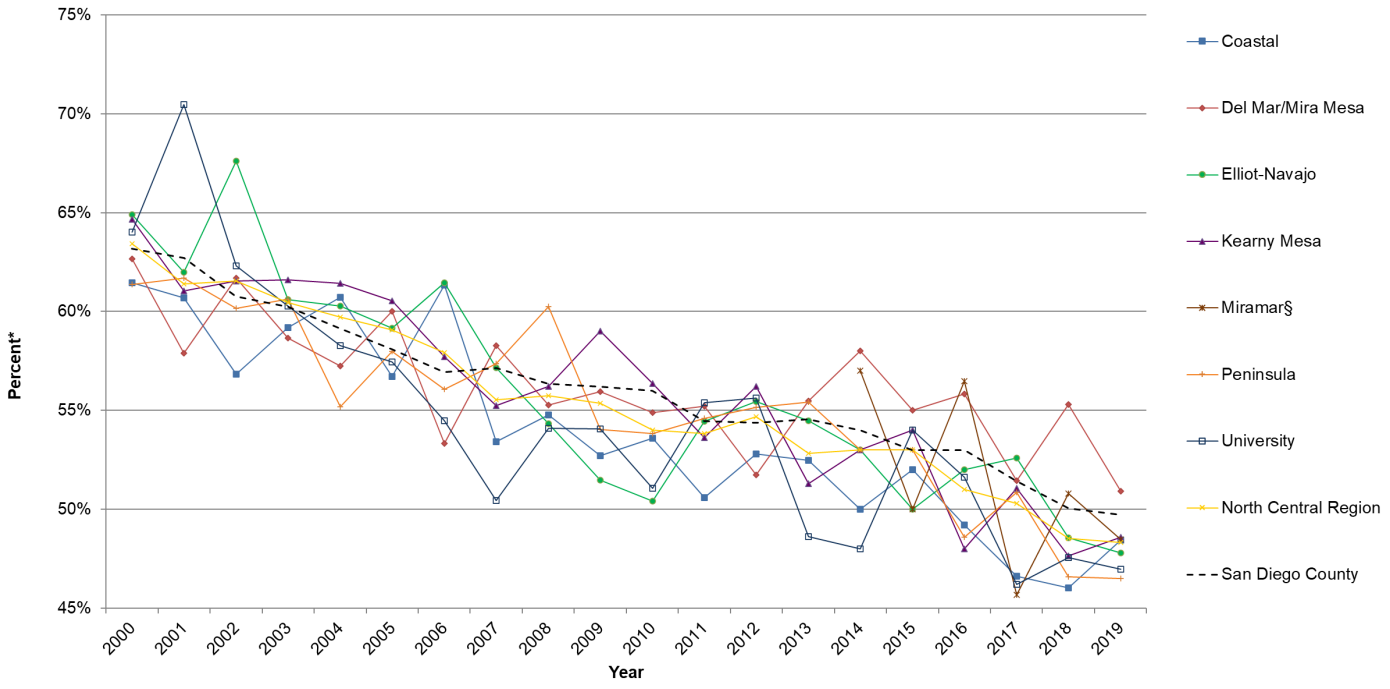


*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
§ Data from Military Facilities was not available and was not included in the analyses.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

3-4-50: Chronic Diseases

Three behaviors (poor diet, physical inactivity, and tobacco use) contribute to four chronic diseases (cancer, heart disease and stroke, type 2 diabetes, and lung diseases such as asthma) that cause over 50% of all deaths worldwide. Overall, the percentage of deaths due to 3-4-50 chronic diseases decreased in North Central Region from 2000 to 2019. In 2019, cancer, heart disease and stroke, diabetes, and lung disease caused 48% of all deaths in North Central Region. Among North Central Region subregional areas (SRAs), Del Mar-Mira Mesa had the highest percentage of deaths due to 3-4-50 chronic disease (51%), while Peninsula had the lowest percentage of deaths (46%) in 2019.

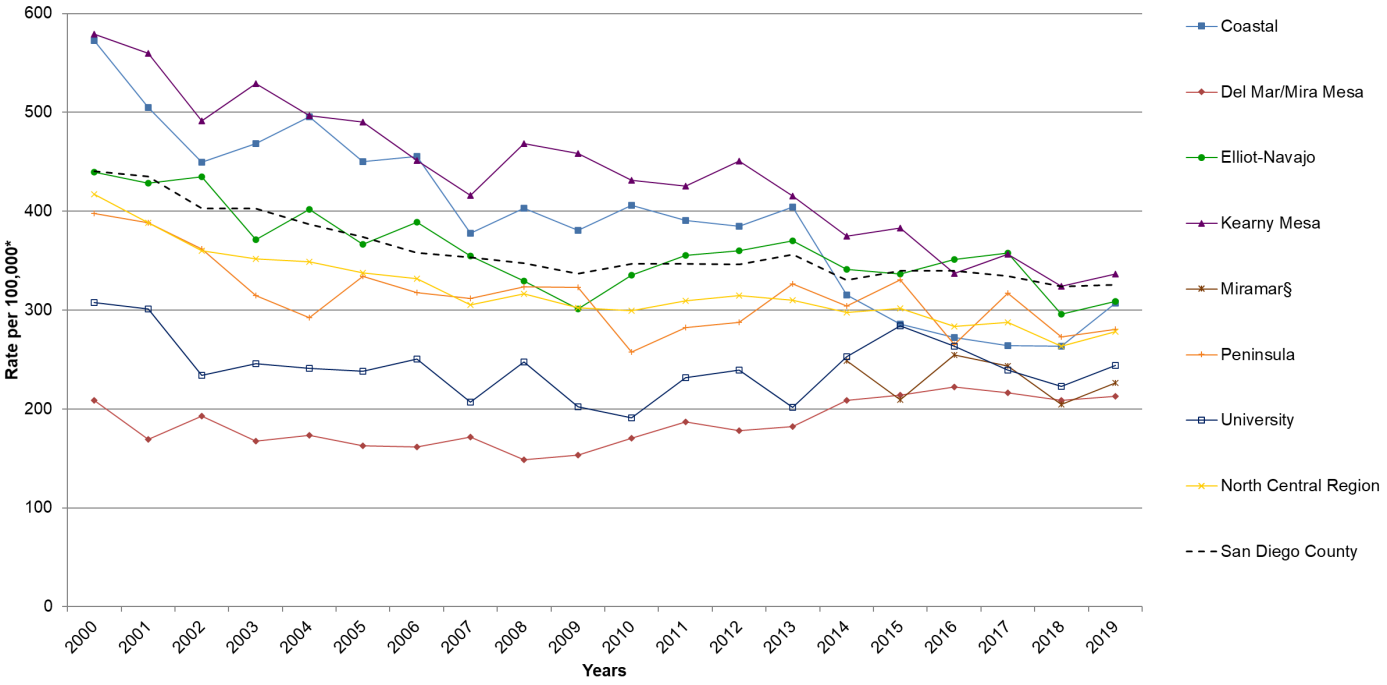
3-4-50 Death† Percentages Among San Diego County Residents - North Central Region, 2000-2019



*3-4-50 Deaths as a percentage of all cause deaths.
†3-5-50 Deaths include Stroke, Coronary Heart Disease (CHD), Diabetes, COPD, Asthma, and Cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).
§Percents not calculated for fewer than 5 events. Percents not calculated in cases where zip code is unknown.
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2019 California Vital Records Business Intelligence System (VRBIS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics, 2021.

Overall, the rate of death due to 3-4-50 chronic diseases decreased in North Central Region and its SRAs from 2000 to 2019, except Del Mar-Mira Mesa, which remained steady in 2019. Among North Central Region SRAs, Kearny Mesa had the highest rate of death (336.5 per 100,000) due to 3-4-50 chronic diseases, followed by Elliot-Navajo (308.6 per 100,00).

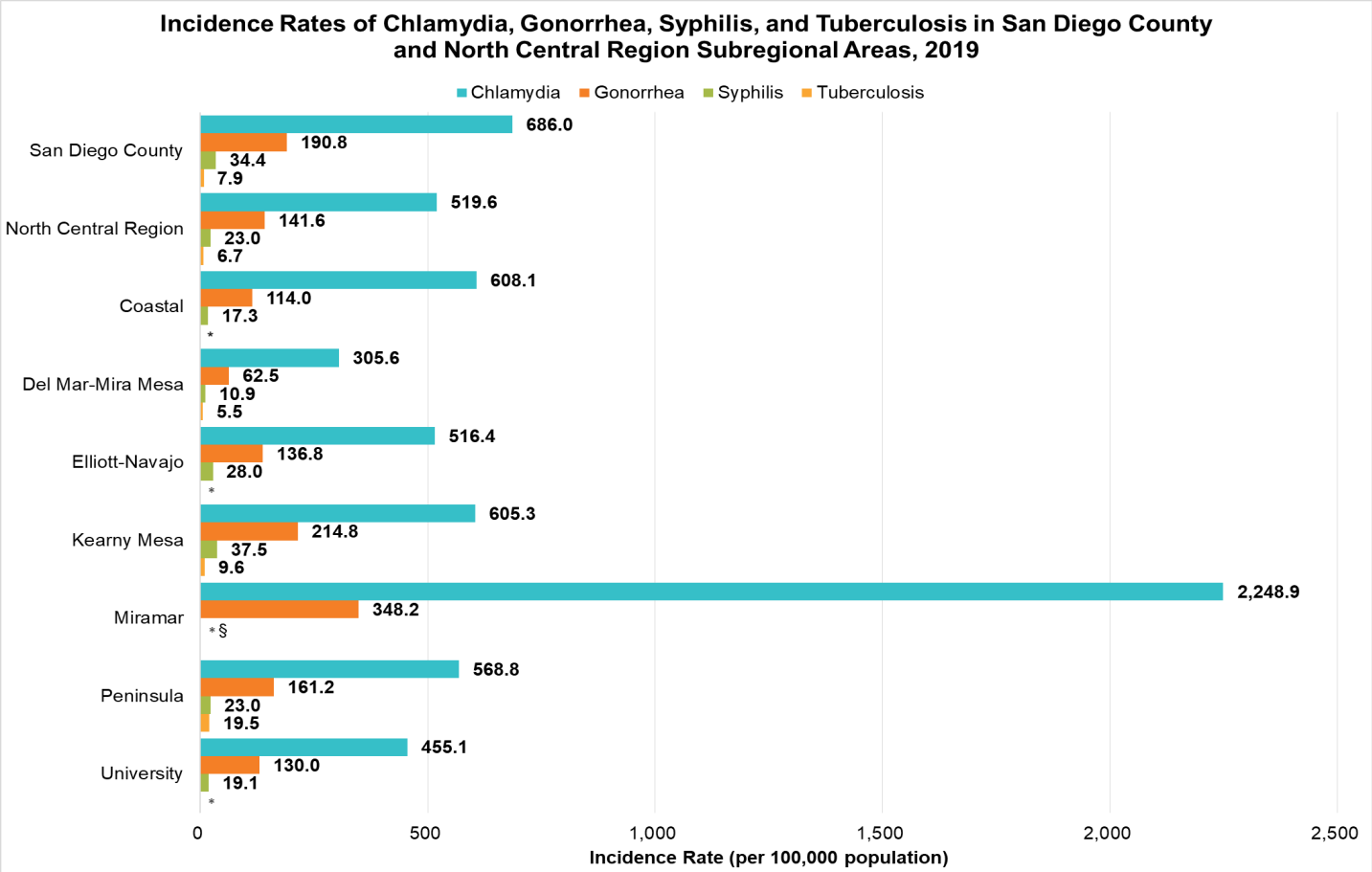
3-4-50 Death† Rates Among San Diego County Residents - North Central Region, 2000-2019



*Rates per 100,000 population.
†3-4-50 Deaths include Stroke, Coronary Heart Disease (CHD), Diabetes, COPD, Asthma, and Cancer. Beginning with 2017, COPD includes chronic lower respiratory diseases (COPD/chronic lower respiratory diseases).
§Rates not calculated for fewer than 5 events. Percents not calculated in cases where zip code is unknown.
Source: California Department of Public Health, 2000-2013 Death Statistical Master Files, 2014-2019 California Vital Records Business Intelligence System (VRBIS).
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics, 2021.

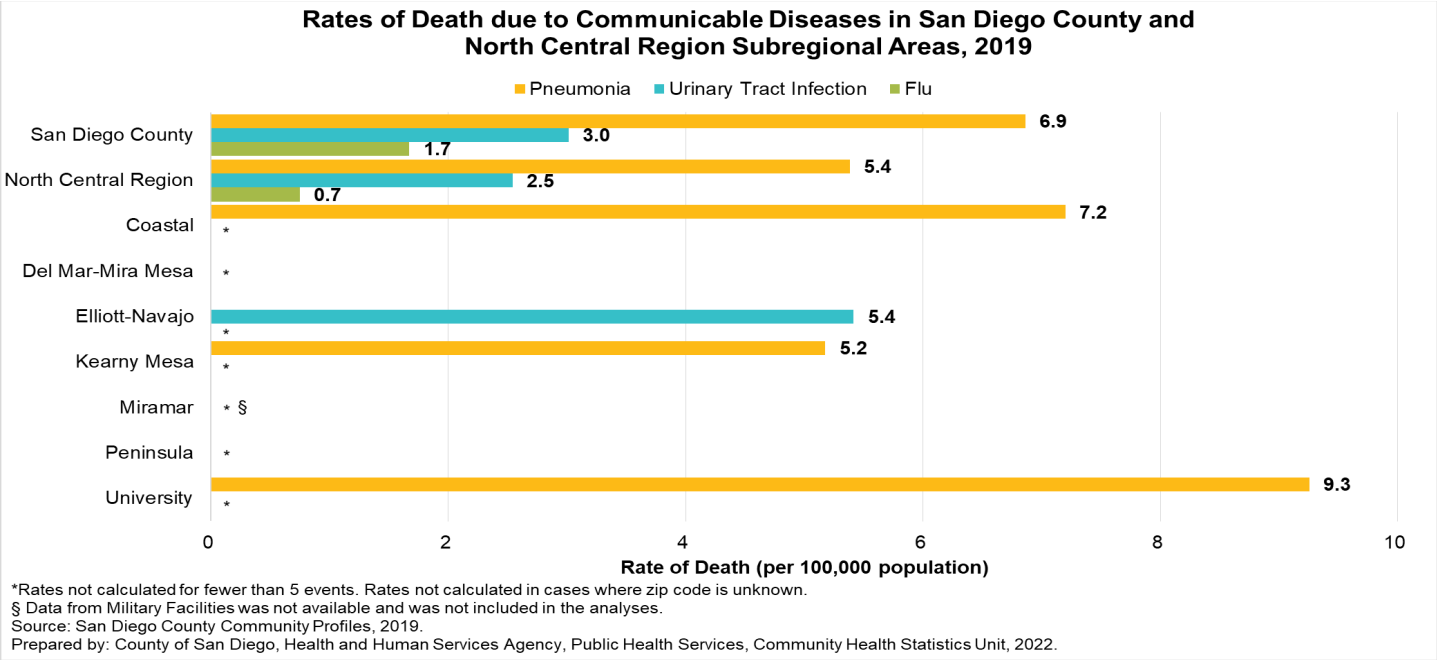
Communicable Diseases

In 2019, the incidence rates of communicable diseases (chlamydia, gonorrhea, syphilis, and tuberculosis) in North Central Region and its subregional areas (SRAs) were lower than San Diego County overall. However, the incidence rate of chlamydia in Miramar SRA (2,248.9 per 100,000) was notably higher than North Central Region (519.6 per 100,000) and San Diego County overall (686.0 per 100,000). The incidence rate of gonorrhea in Miramar SRA (348.2 per 100,000) was also higher than North Central Region (141.6 per 100,000) and San Diego County overall (190.8 per 100,000).



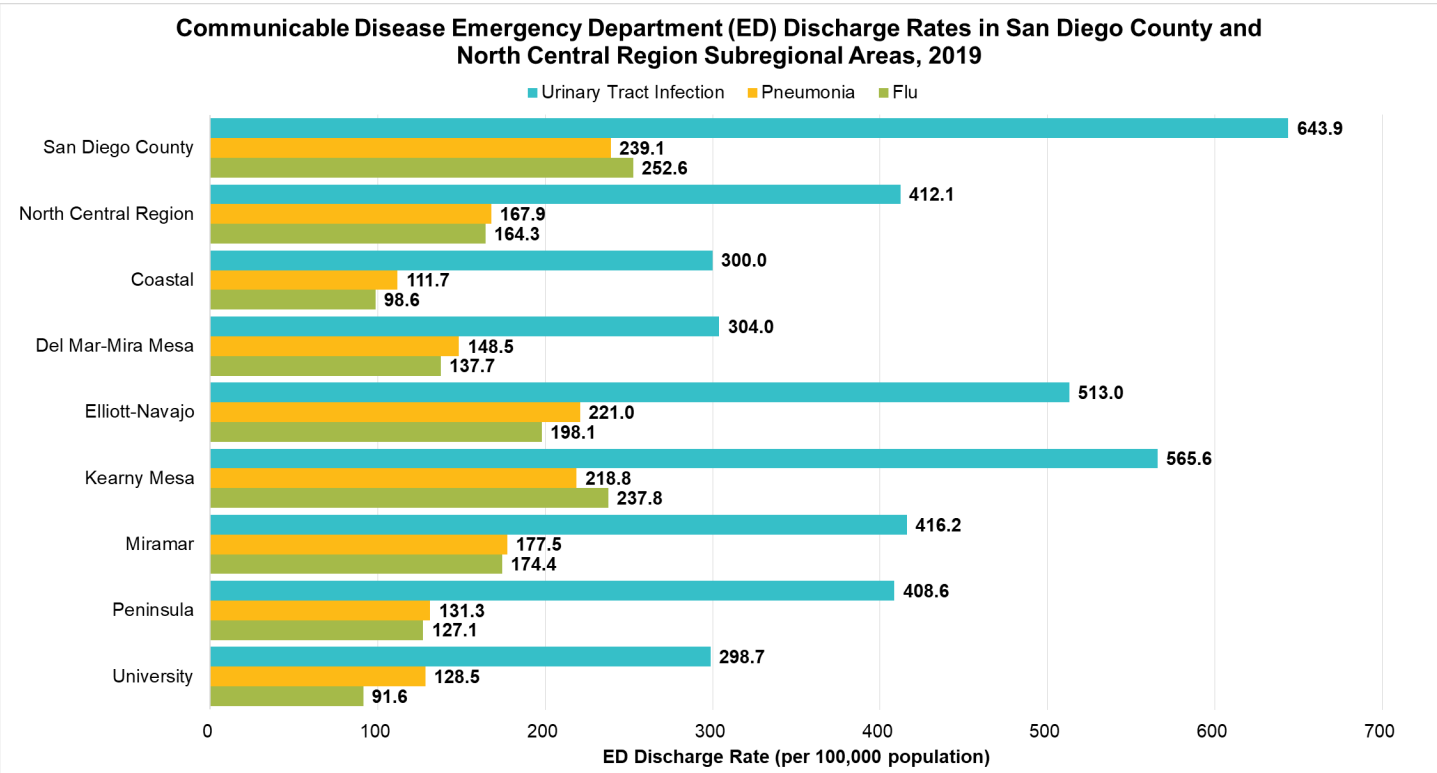
*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
§ Data from Military Facilities was not available and was not included in the analyses.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Among communicable diseases in 2019, the highest rate of death was due to pneumonia in North Central Region and all of its SRAs. Moreover, among North Central SRAs, University had the highest rate of death due to pneumonia (9.3 per 100,000), with a rate higher than North Central Region (5.4 per 100,000) and San Diego County overall (6.9 per 100,000).



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
§ Data from Military Facilities was not available and was not included in the analyses.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

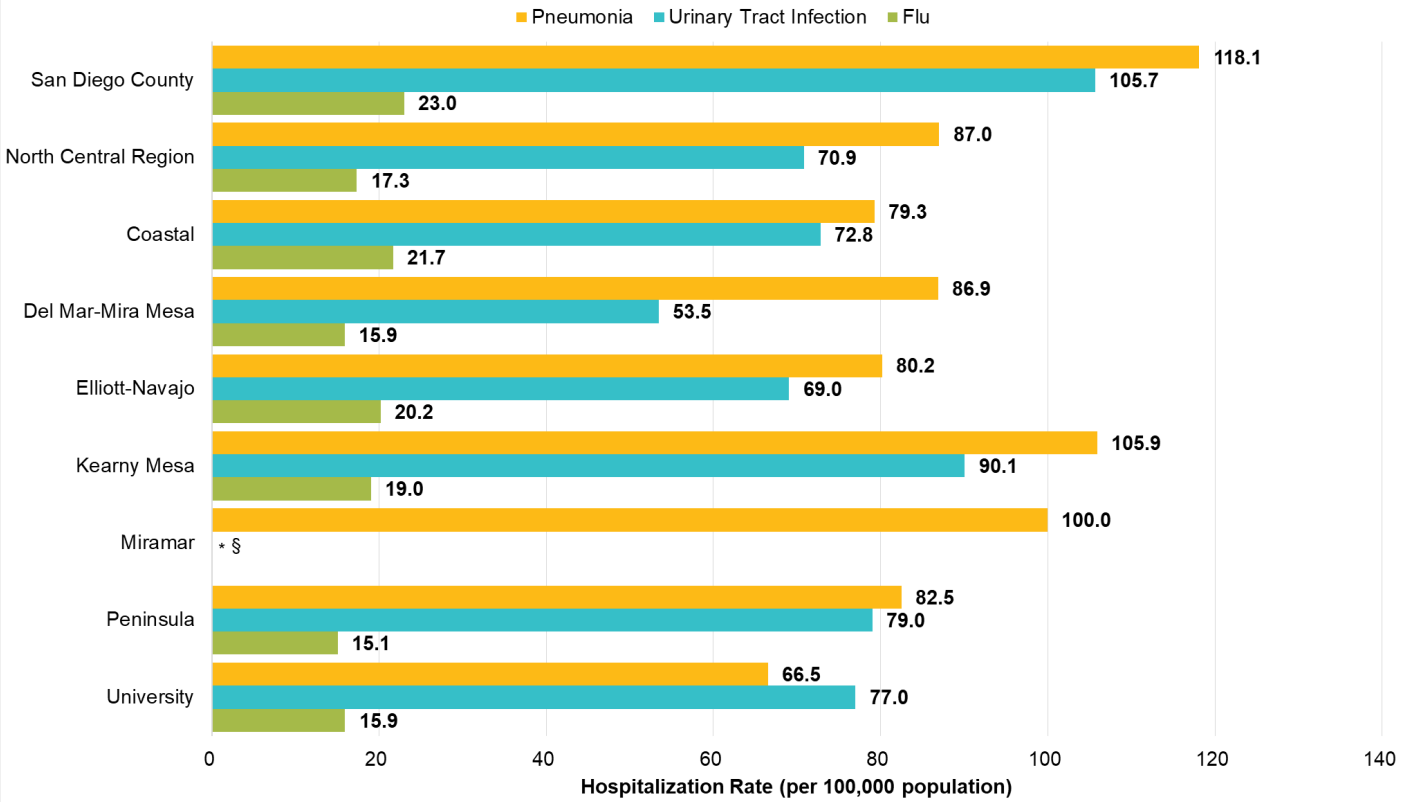
Among communicable diseases, the highest emergency department (ED) discharge rate was due to urinary tract infection in North Central Region (412.1 per 100,000) and all of its SRAs. Furthermore, the second-highest ED discharge rate was due to pneumonia in North Central Region (167.9 per 100,000) and its SRAs, except Kearny Mesa.



Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Among communicable diseases, the highest hospitalization rate was due to pneumonia in North Central Region and its SRAs, except for University, where the highest hospitalization rate was due to Alzheimer's disease and related dementias (ADRD) (77.0 per 100,000). Among North Central Region SRAs, Kearny Mesa (105.9 per 100,000) and Miramar (100.0 per 100,000) had higher hospitalization rates due to pneumonia than North Central Region (87.0 per 100,000) in 2019.

Communicable Disease Hospitalization Rates in San Diego County and North Central Region Subregional Areas, 2019

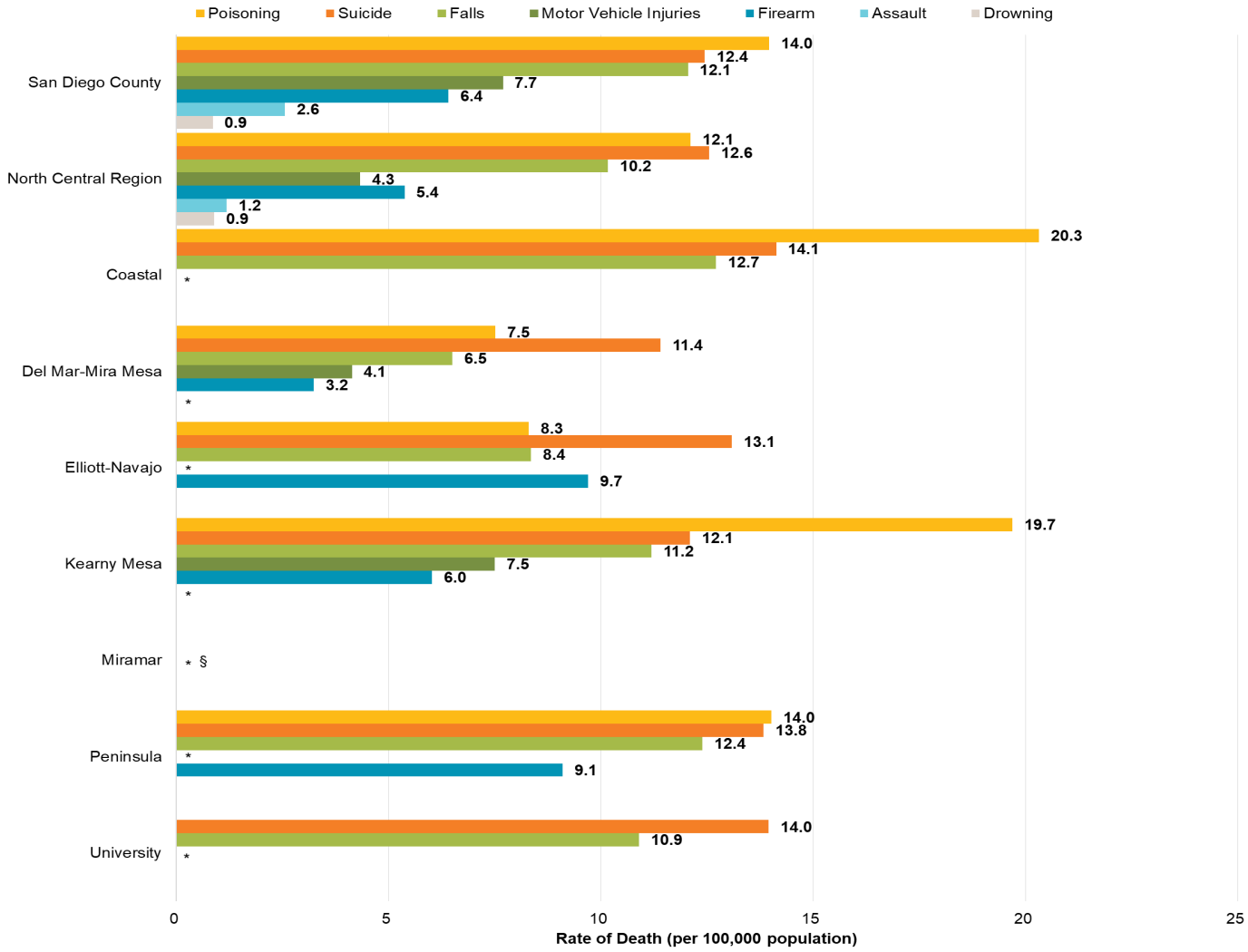


*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
§ Data from Military Facilities was not available and was not included in the analyses.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Injury Indicators

Among injuries in 2019, the highest death rate was suicide in North Central Region (12.6 per 100,000) and all of its subregional areas (SRAs), except Coastal, Kearny Mesa, and Peninsula. Among North Central Region SRAs, Coastal (14.1 per 100,000) and University (14.0 per 100,000) had the highest rates of suicide, which were higher than North Central Region (12.6 per 100,000) and San Diego County overall (12.4 per 100,000). In 2019, Coastal SRA (20.3 per 100,000) and Kearny Mesa SRA (19.7 per 100,000) had higher rates of death due to poisoning than those in North Central Region (12.1 per 100,000) and San Diego County overall (14.0 per 100,000). Among injuries, Elliott-Navajo SRA had the highest rate of death due to firearms (9.7 per 100,000), with a rate higher than North Central Region (5.4 per 100,000) and San Diego County overall (6.4 per 100,000).

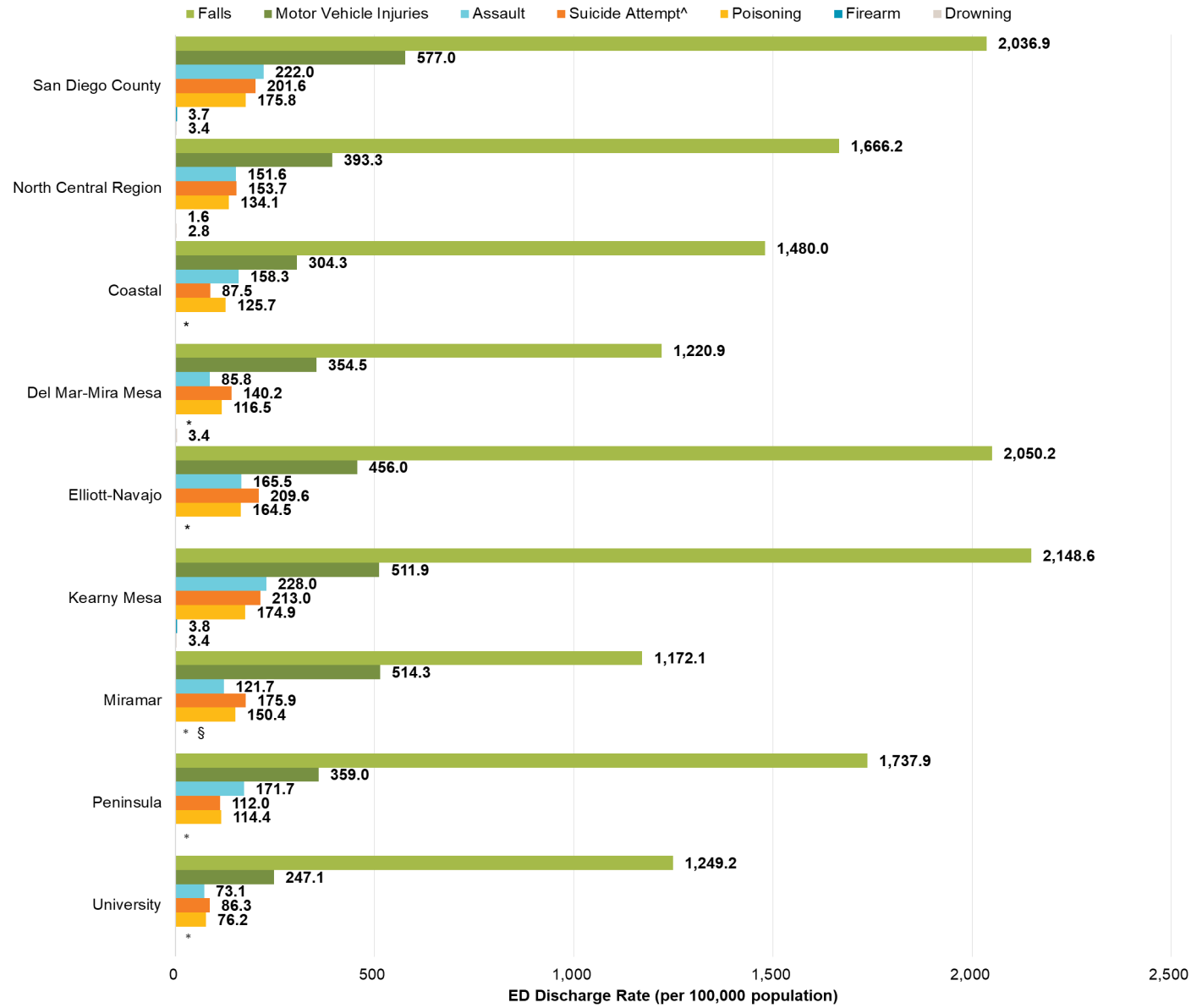
Rates of Death due to Injury in San Diego County and North Central Region Subregional Areas, 2019



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
§ Data from Military Facilities was not available and was not included in the analyses.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Among injuries, the highest emergency department (ED) discharge and hospitalization rates were due to falls in North Central Region and its SRAs in 2019. Among North Central Region SRAs, Kearny Mesa (2,148.6 per 100,000) and Elliott-Navajo (2,050.2 per 100,000) had higher ED discharge rates due to falls than North Central Region (1,666.2 per 100,000) and San Diego County overall (2,036.9 per 100,000). In 2019, the second-highest ED discharge rate was due to motor vehicle injuries in North Central Region and its SRAs.

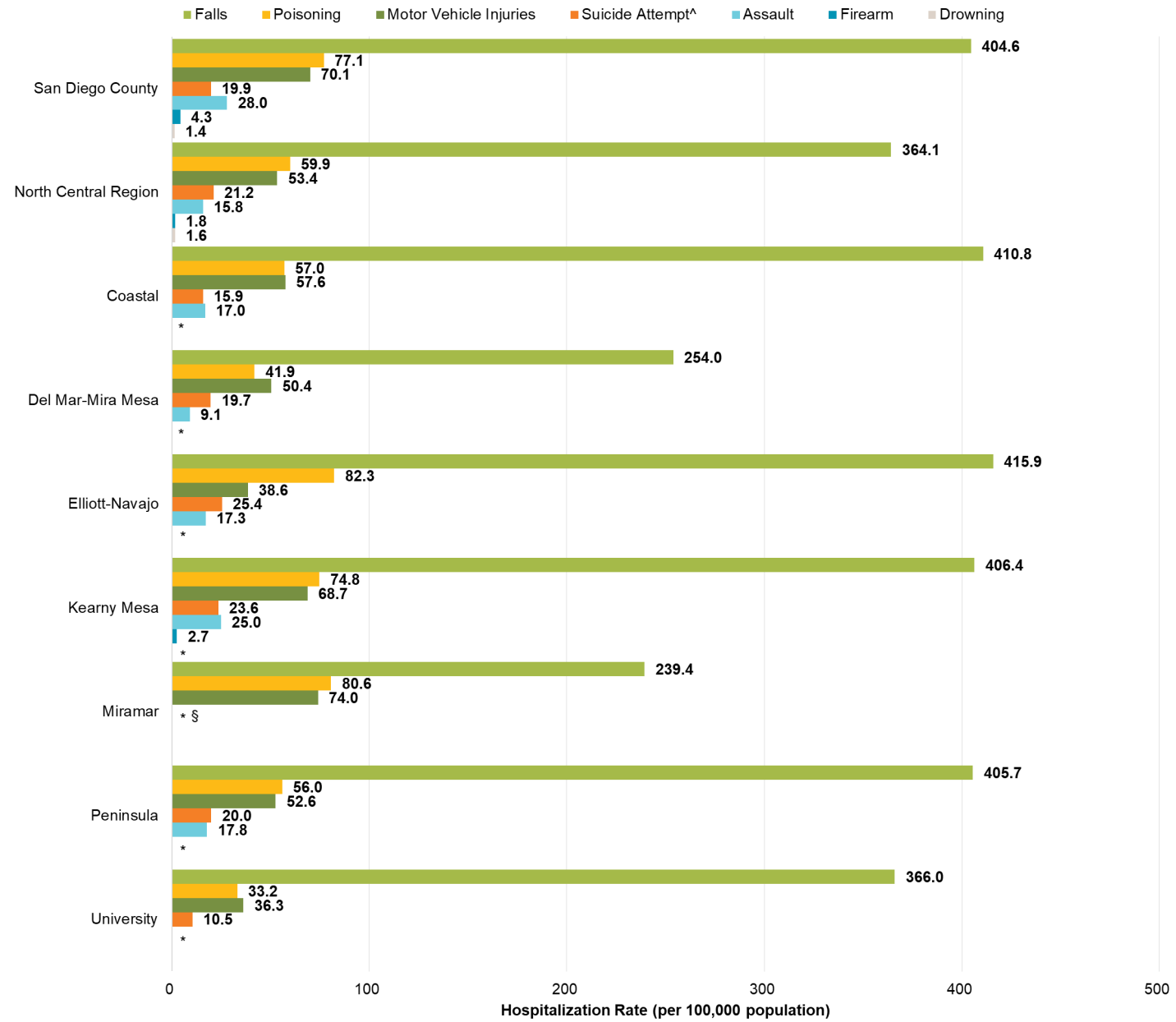
Injury Emergency Department (ED) Discharge Rates in San Diego County and North Central Region Subregional Areas, 2019



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
§ Data from Military Facilities was not available and was not included in the analyses.
^Suicide attempt includes ideation/attempt/intentional self-harm.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Among North Central Region SRAs, Elliot-Navajo had the highest hospitalization rate due to falls (415.9 per 100,000), while Miramar had the lowest hospitalization rate (239.4 per 100,000). In 2019, the second-highest hospitalization rate was due to poisoning in North Central Region and its SRAs, except Coastal, Del Mar-Mira Mesa, and University.

Injury Hospitalization Rates in San Diego County and North Central Region Subregional Areas, 2019

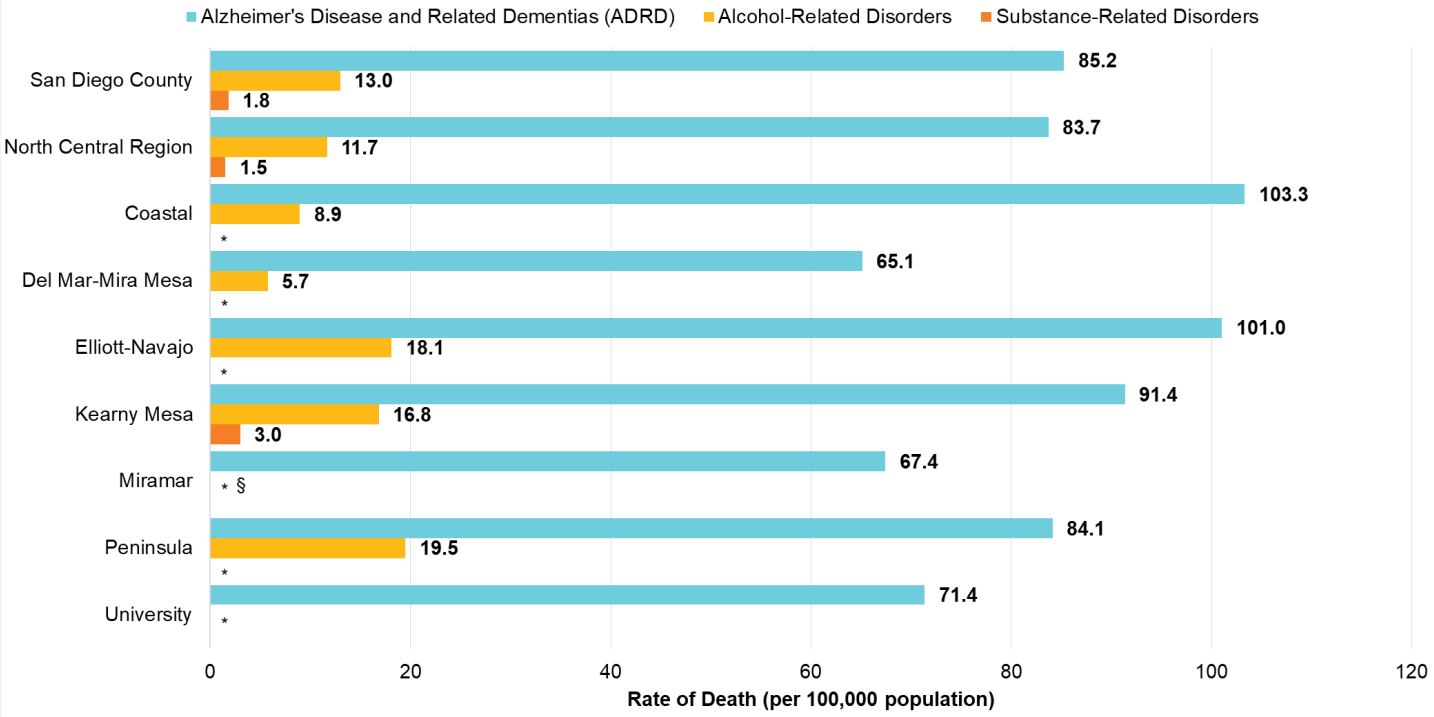


*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
§ Data from Military Facilities was not available and was not included in the analyses.
^Suicide attempt includes ideation/attempt/intentional self-harm.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Behavioral Health Indicators

Among behavioral health indicators, the highest rate of death was due to Alzheimer's disease and related dementias (ADRD) in North Central Region and its subregional areas (SRAs) in 2019. Among North Central Region, Coastal SRA had the highest rate of death due to ADRD (103.3 per 100,000), which was higher than North Central Region (83.7 per 100,000) and San Diego County overall (85.2 per 100,000).

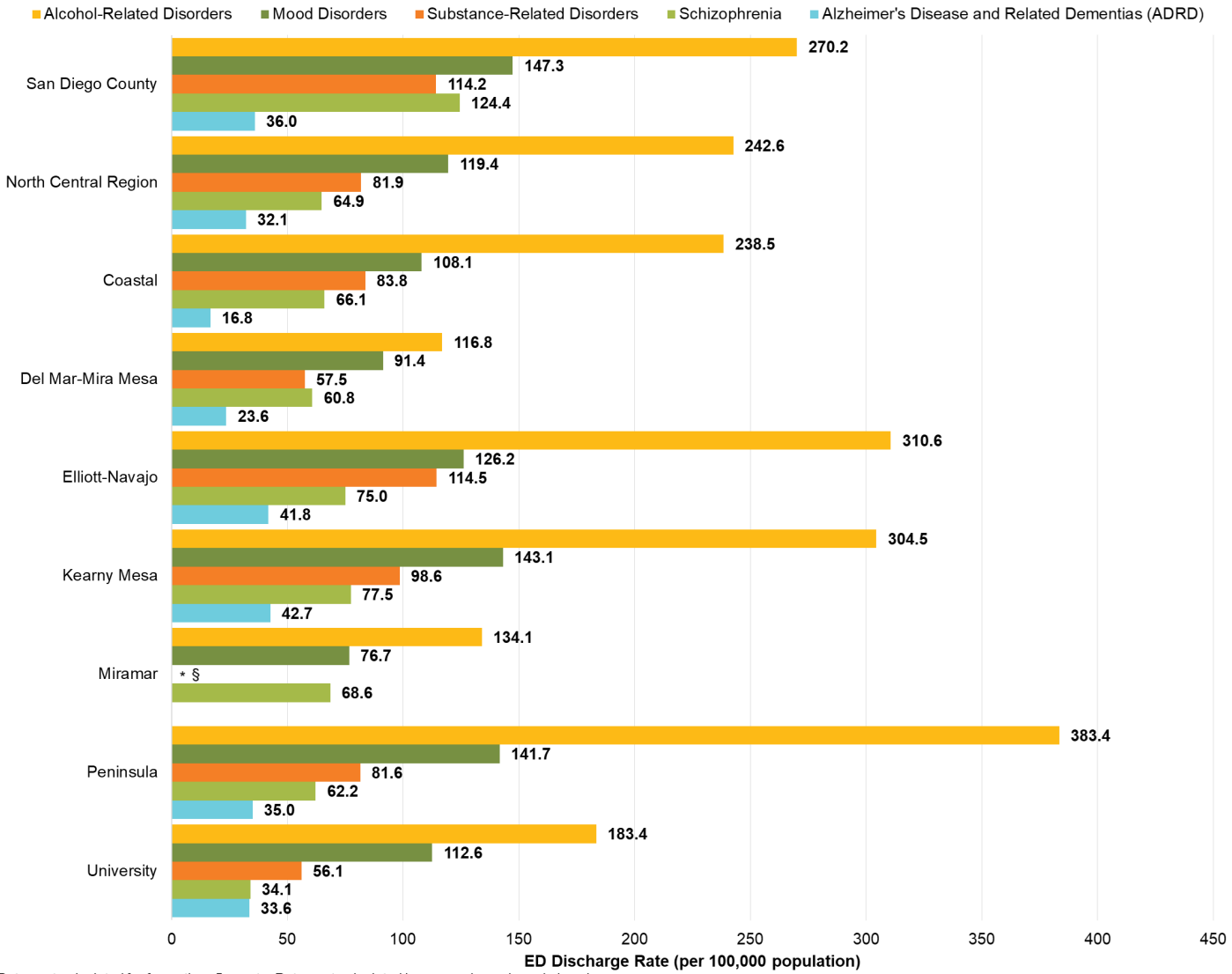
Rates of Death due to Behavioral Health Indicators in San Diego County and North Central Region Subregional Areas, 2019



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
§ Data from Military Facilities was not available and was not included in the analyses.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Among behavioral health indicators, the highest emergency department (ED) discharge rate was due to alcohol-related disorders in North Central Region and its SRAs. In 2019, Peninsula SRA had a higher ED discharge rate due to alcohol-related disorders (383.4 per 100,000) than North Central Region (242.6 per 100,000) and San Diego County overall (270.2 per 100,000). Among behavioral health indicators, the second-highest ED discharge rate was due to mood disorders in North Central Region and its SRAs.

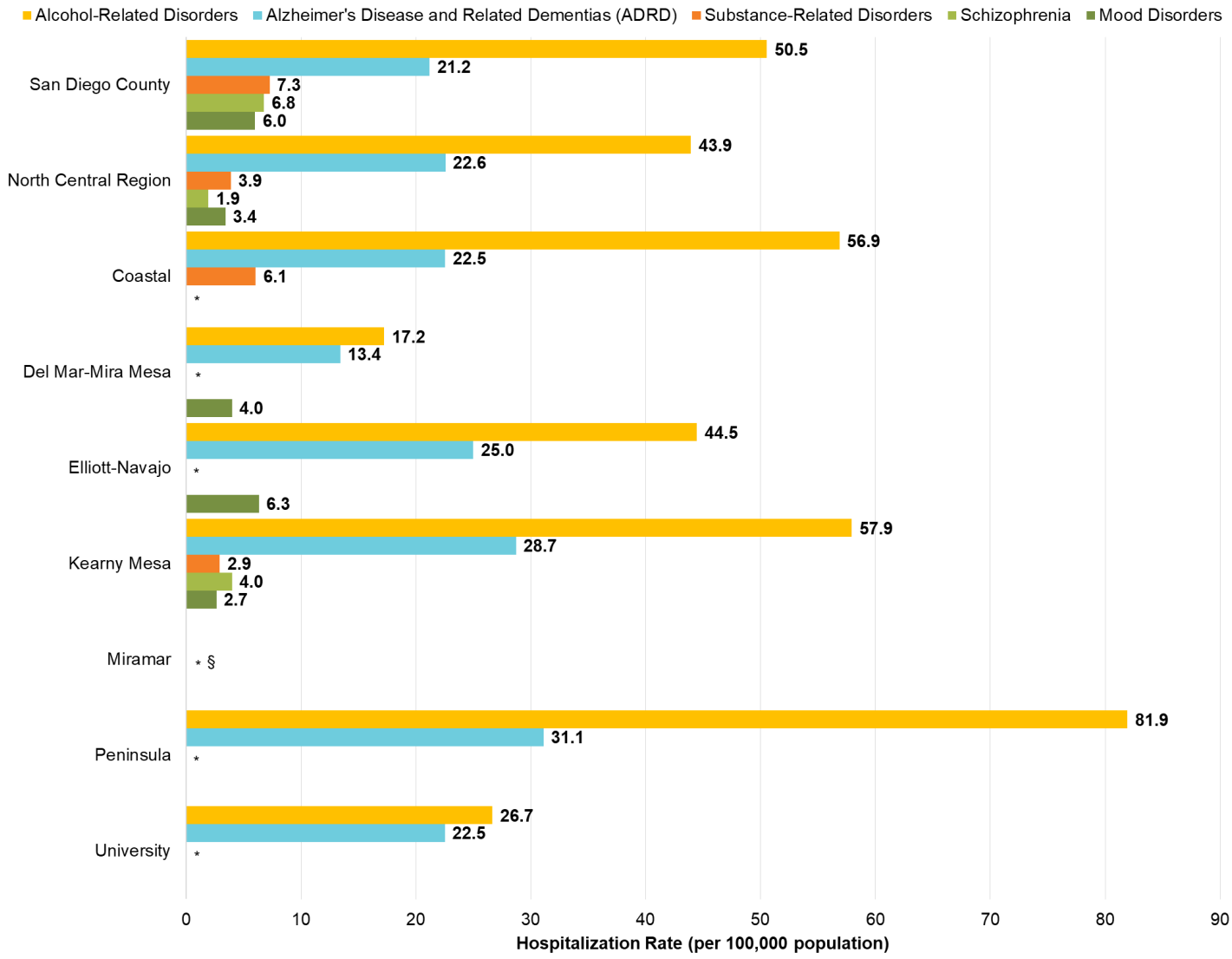
Behavioral Health Indicator Emergency Department (ED) Discharge Rates in San Diego County and North Central Region Subregional Areas, 2019



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
§ Data from Military Facilities was not available and was not included in the analyses.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

Among behavioral health indicators, the highest hospitalization rate was due to alcohol-related disorders in North Central Region and its SRAs. In 2019, Peninsula SRA had the highest hospitalization rate due to alcohol-related disorders (81.9 per 100,000), which was higher than North Central Region (43.9 per 100,000) and San Diego County overall (50.5 per 100,000). Among behavioral health indicators, the second-highest hospitalization rate was due to ADRD in North Central Region and its SRAs.

Behavioral Health Indicator Hospitalization Rates in San Diego County and North Central Region Subregional Areas, 2019

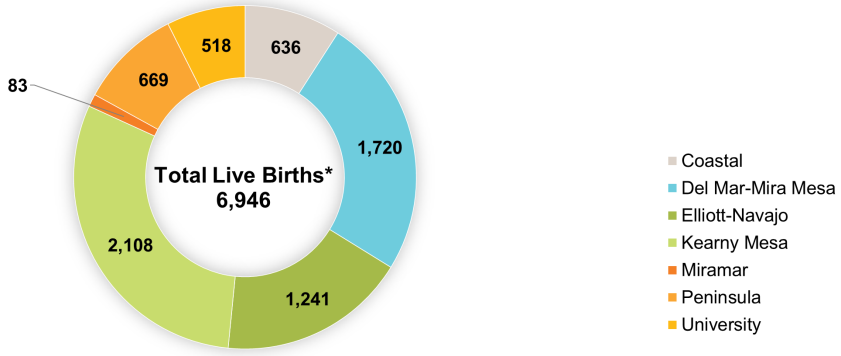


*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
§ Data from Military Facilities was not available and was not included in the analyses.
Source: San Diego County Community Profiles, 2019.

Maternal and Child Health Indicators

In 2019, there were 6,946 total live births in North Central Region, which represented 18.1% of the total live births in San Diego County (38,445).

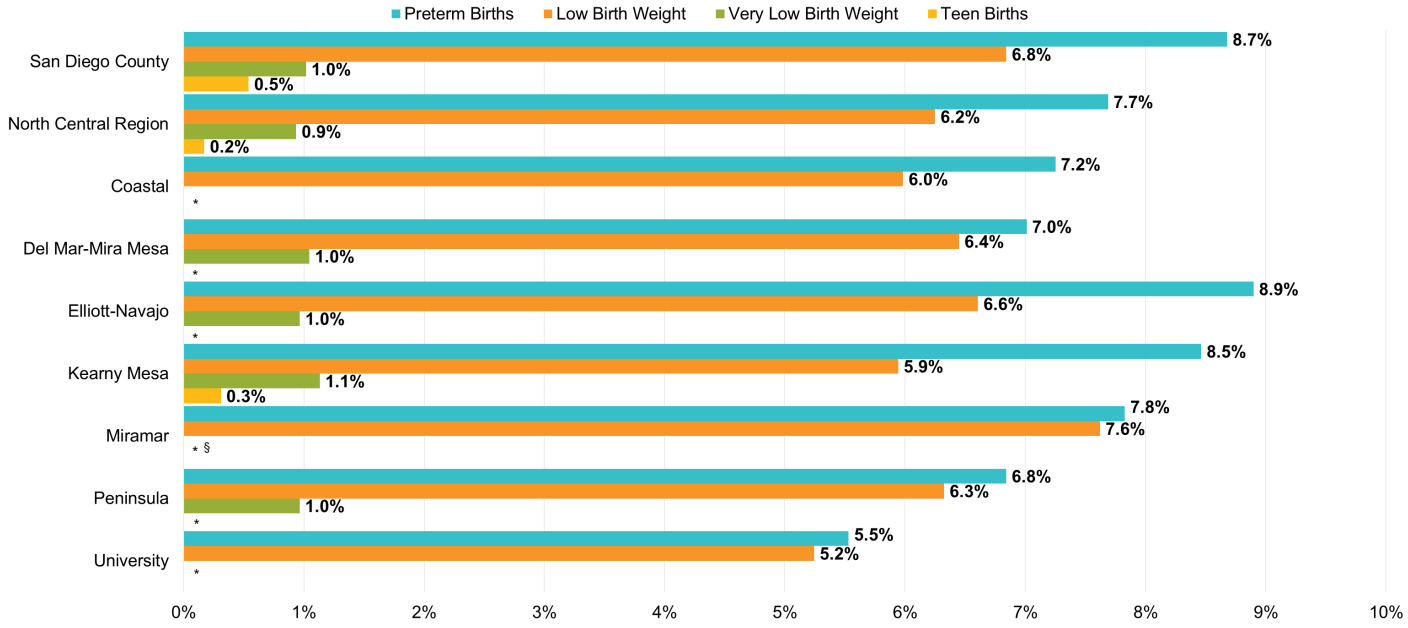
Distribution of Live Births in North Central Region by Subregional Areas, 2019



*Total live births in subregional areas (SRAs) may not add up to the regional total live births due to allocation.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

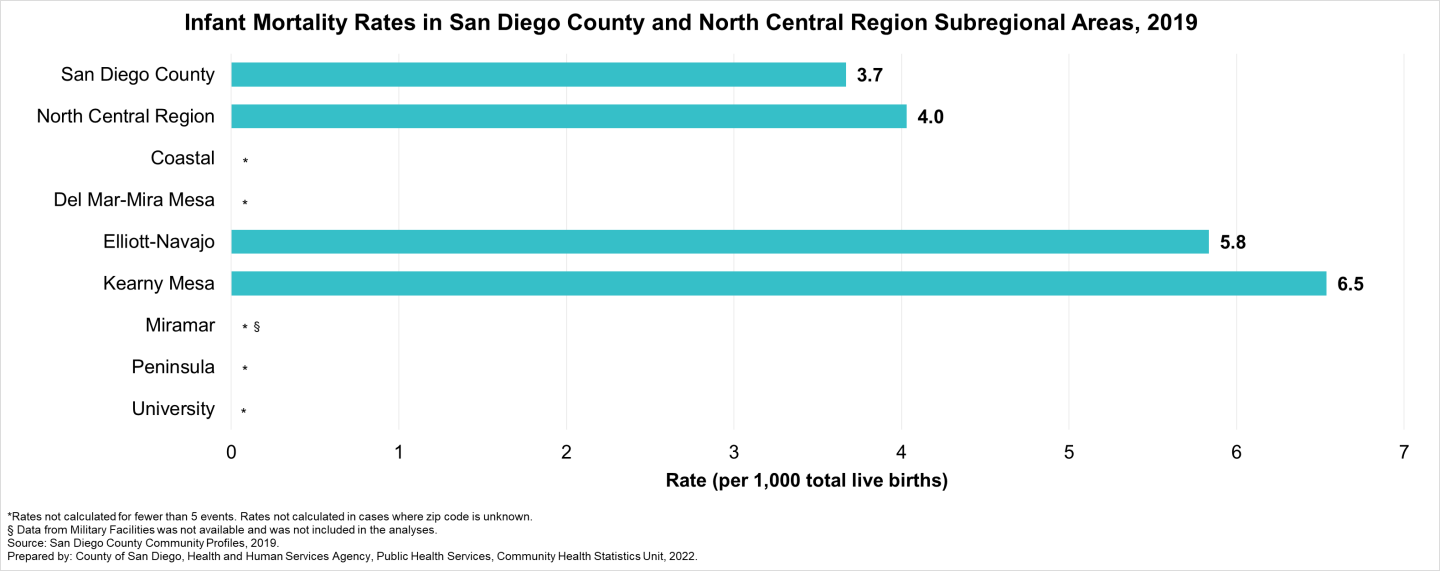
In 2019, 7.7% of the live births in North Central Region were preterm births, while 6.2% of the live births were low weight births. Among North Central Region subregional areas (SRAs), Elliott-Navajo had the highest proportion of preterm births (8.9%), followed by Kearny Mesa (8.5%) and Miramar (7.8%). Among all live births in North Central Region, Miramar SRA had the highest proportion of infants with low birth weight (7.6%), followed by Elliot-Navajo SRA (6.6%) and Del Mar-Mira Mesa SRA (6.4%).

Percentage* of Preterm Births, Low Weight Births, Very Low Weight Births and Teen Births in San Diego County and North Central Region Subregional Areas, 2019



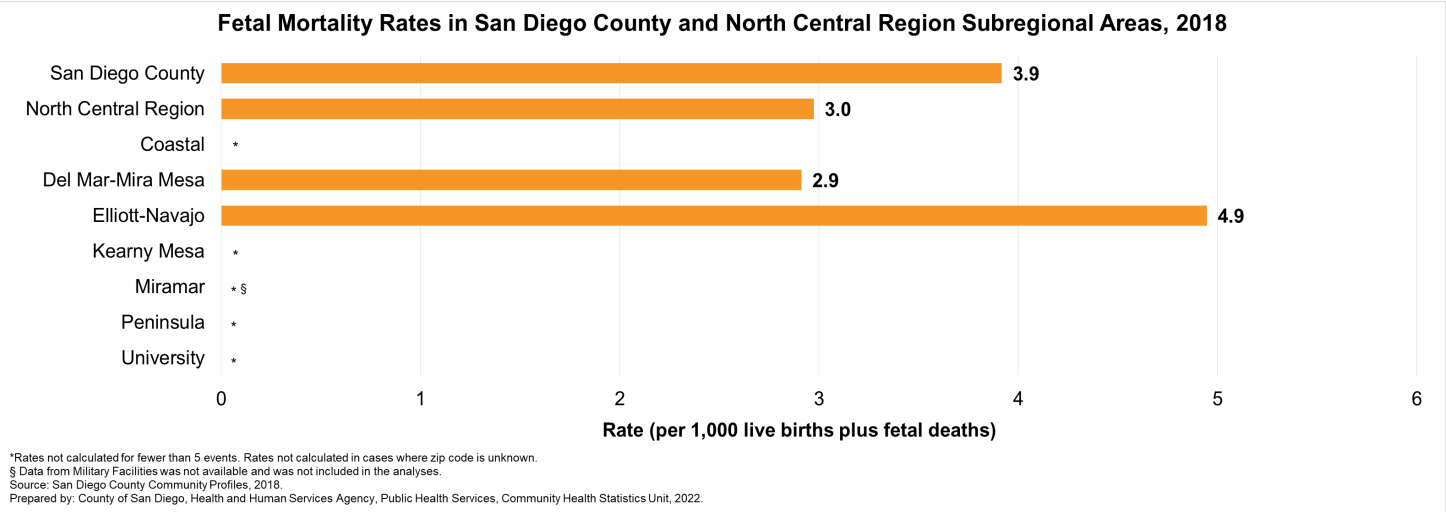
*Percentages not calculated for fewer than 5 events. Percentages not calculated in cases where zip code is unknown.
§ Data from Military Facilities was not available and was not included in the analyses.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

In 2019, North Central Region had a higher infant mortality rate (4.0 per 1,000 total live births) than San Diego County overall (3.7 per 1,000 total live births). Among North Central Region SRAs, Kearny Mesa had the highest infant mortality rate (6.5 per 1,000 total live births), followed by Elliott-Navajo (45.8 per 1,000 total live births), both of which were higher than North Central Region and San Diego County overall.



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
§ Data from Military Facilities was not available and was not included in the analyses.
Source: San Diego County Community Profiles, 2019.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

In 2018, North Central Region had a lower fetal mortality (3.0 per 1,000 live births plus fetal deaths) than San Diego County overall (3.9 per 1,000 live births plus fetal deaths). Among North Central Region SRAs, Elliot-Navajo had a higher fetal mortality rate (5.8 per 1,000 live births plus fetal deaths) than North Central Region and San Diego County overall.



*Rates not calculated for fewer than 5 events. Rates not calculated in cases where zip code is unknown.
§ Data from Military Facilities was not available and was not included in the analyses.
Source: San Diego County Community Profiles, 2018.
Prepared by: County of San Diego, Health and Human Services Agency, Public Health Services, Community Health Statistics Unit, 2022.

CONCLUSION

The North Central Region Health Status Report Summary provides descriptive information on demographic and socioeconomic characteristics, as well as morbidity/mortality rates for various health conditions. This information can be used by both Health and Human Services Agency (HHSA) internal as well as external stakeholders, such as local community organizations, in the process of identifying evidence-based decisions to inform health policy by assessing the health status and factors that may potentially contribute to the overall health and well-being of North Central Region.

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