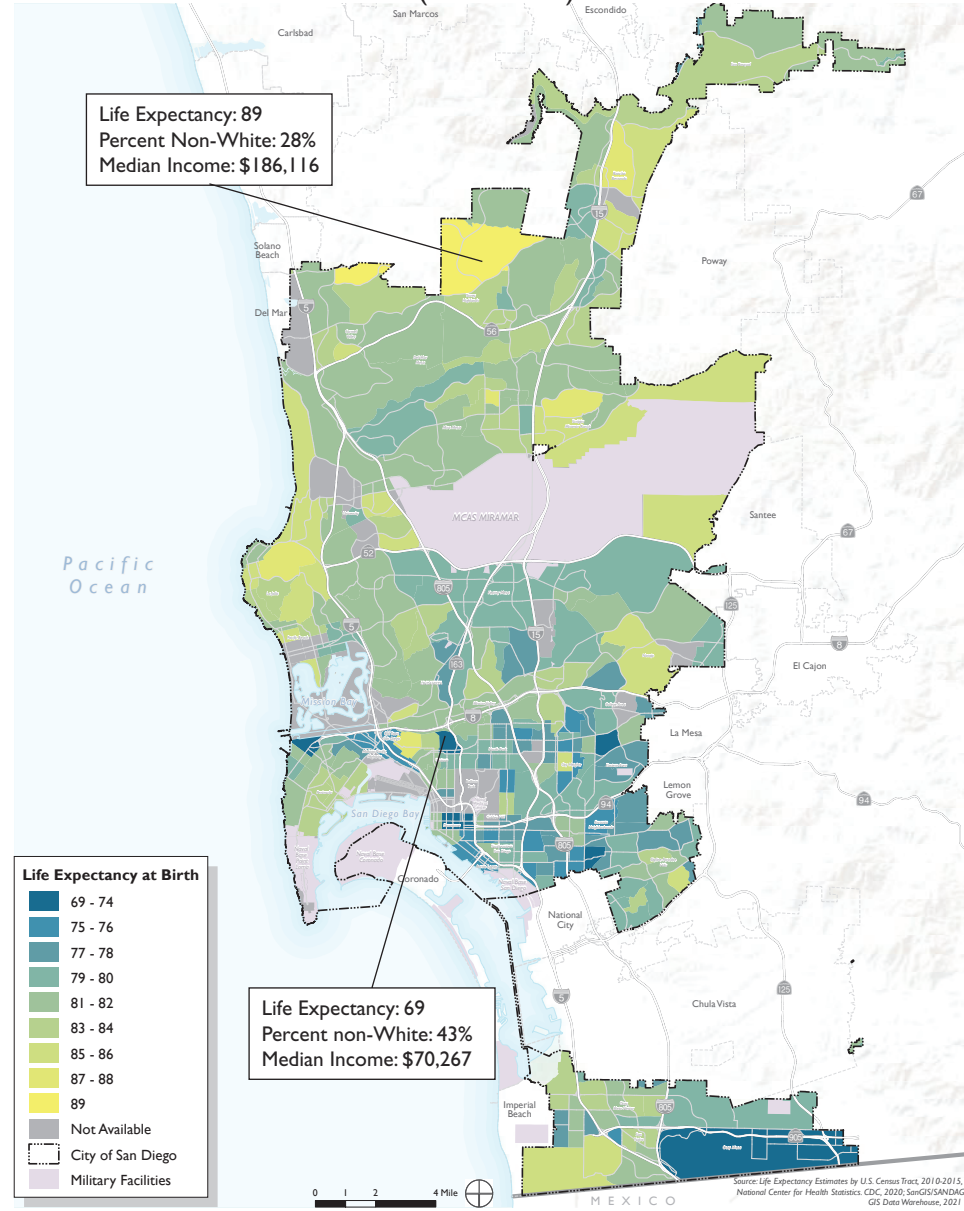


HEALTH OUTCOMES & HEALTHCARE

Health Inequities

LIFE EXPECTANCY AT BIRTH (2010-2015)

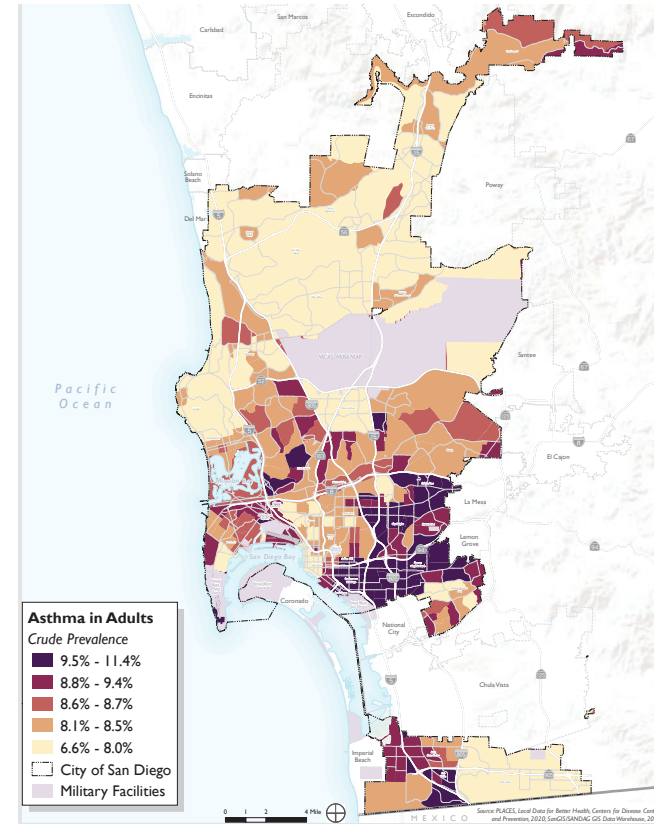


Life expectancy is one of the most basic measures of public health. In San Diego, the median life expectancy is 81 years, but there is a 20-year difference in life expectancy between the highest and lowest census tract. Furthermore, life expectancy is slightly lower in neighborhoods south of I-8.

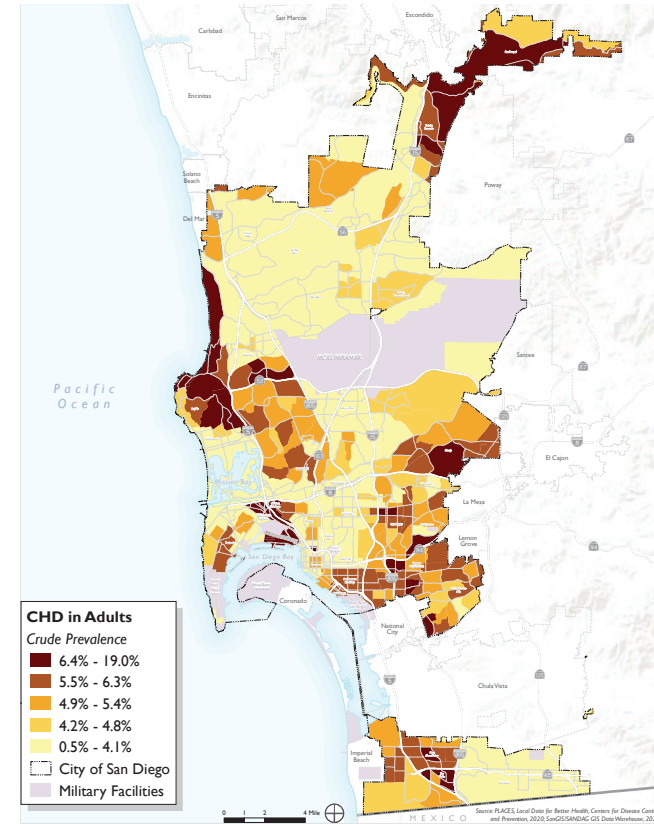
Life expectancy is directly tied to individual health, which can vary based on a person's environmental exposure. The maps to the right show trends of negative health outcomes, which generally overlap in the same areas – namely, Southeastern San Diego, Encanto, City Heights, Otay Mesa-Nestor, and San Ysidro areas as well as parts of Rancho Bernardo and San Pasqual.

Negative Health Outcomes (Crude Prevalence in Adults, CDC PLACES Local Data for Better Health)

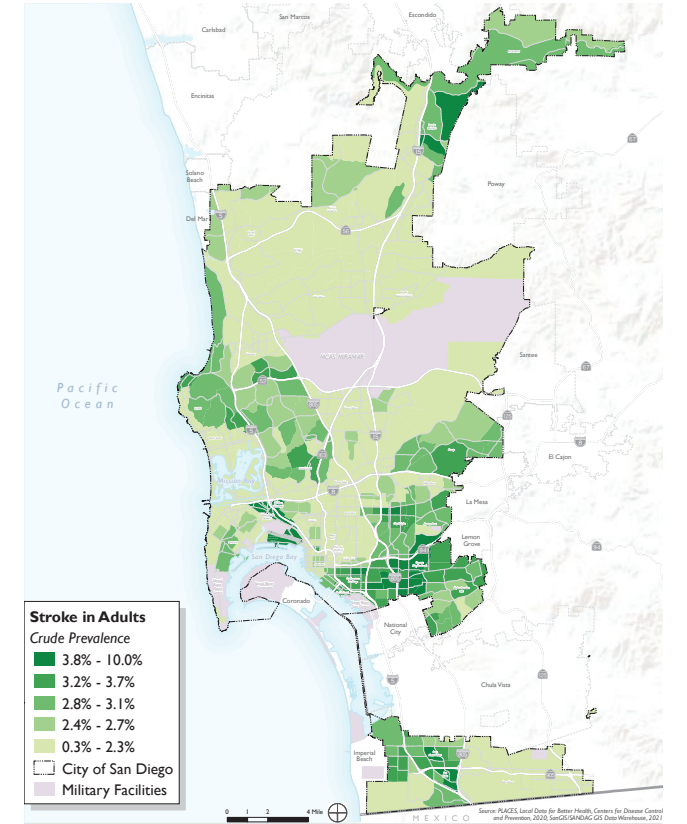
ASTHMA



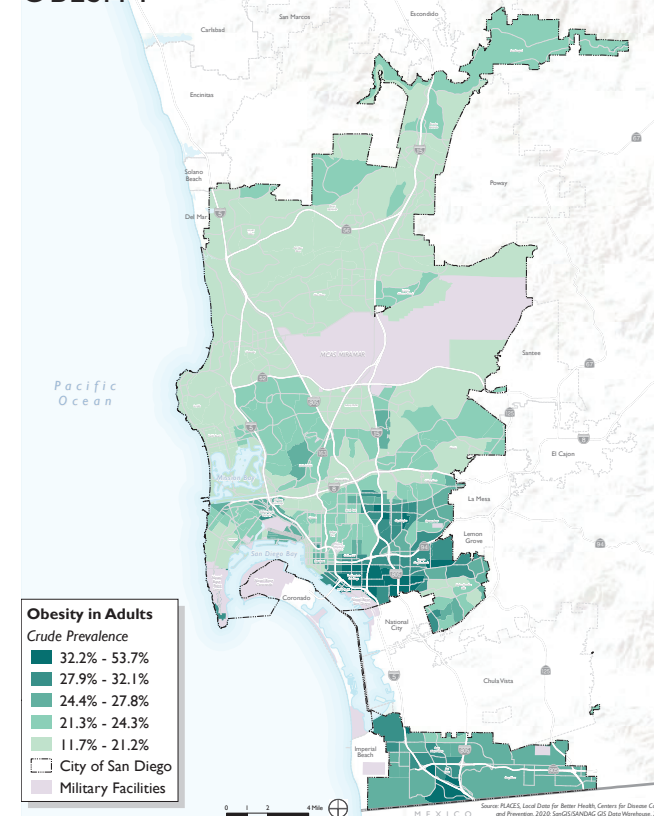
CORONARY HEART DISEASE



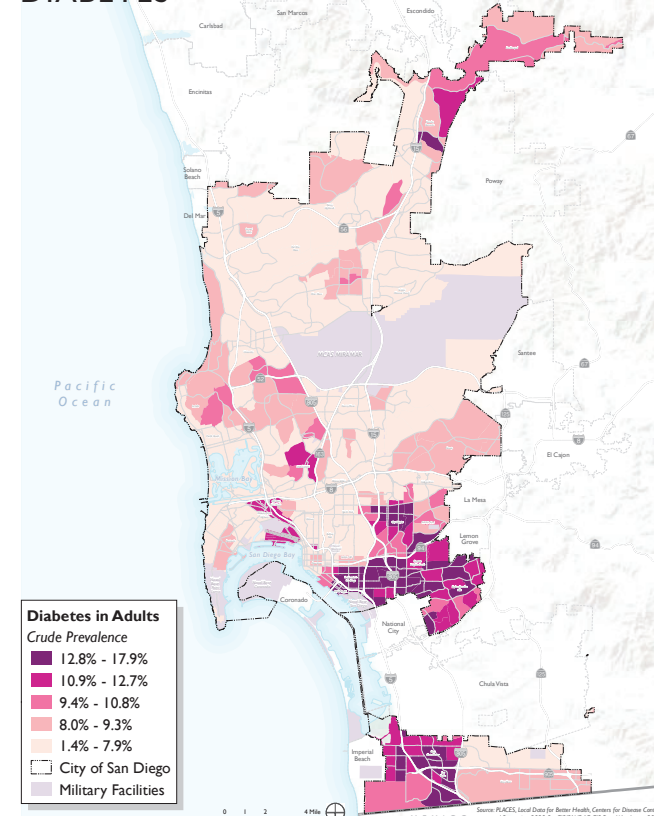
STROKE



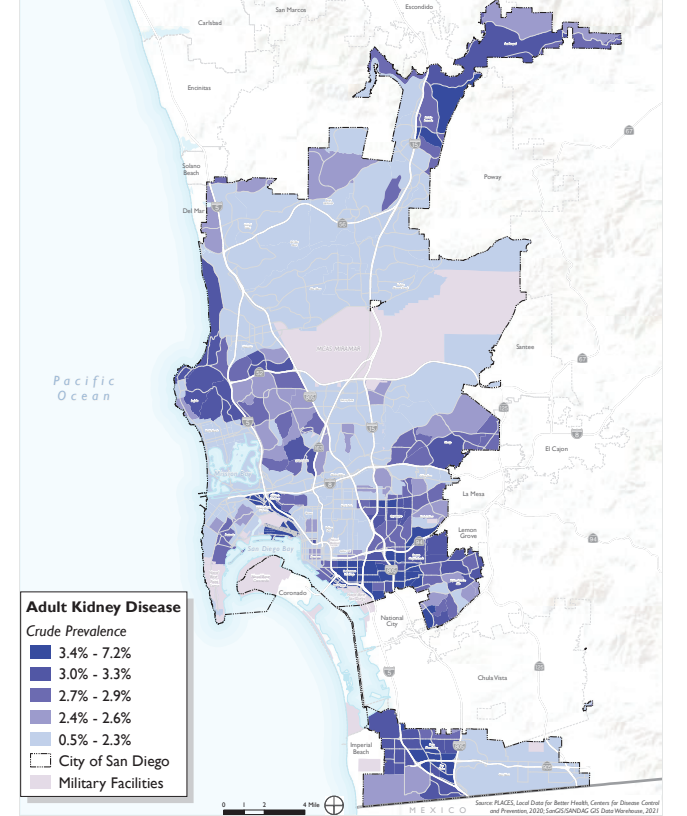
OBESITY



DIABETES

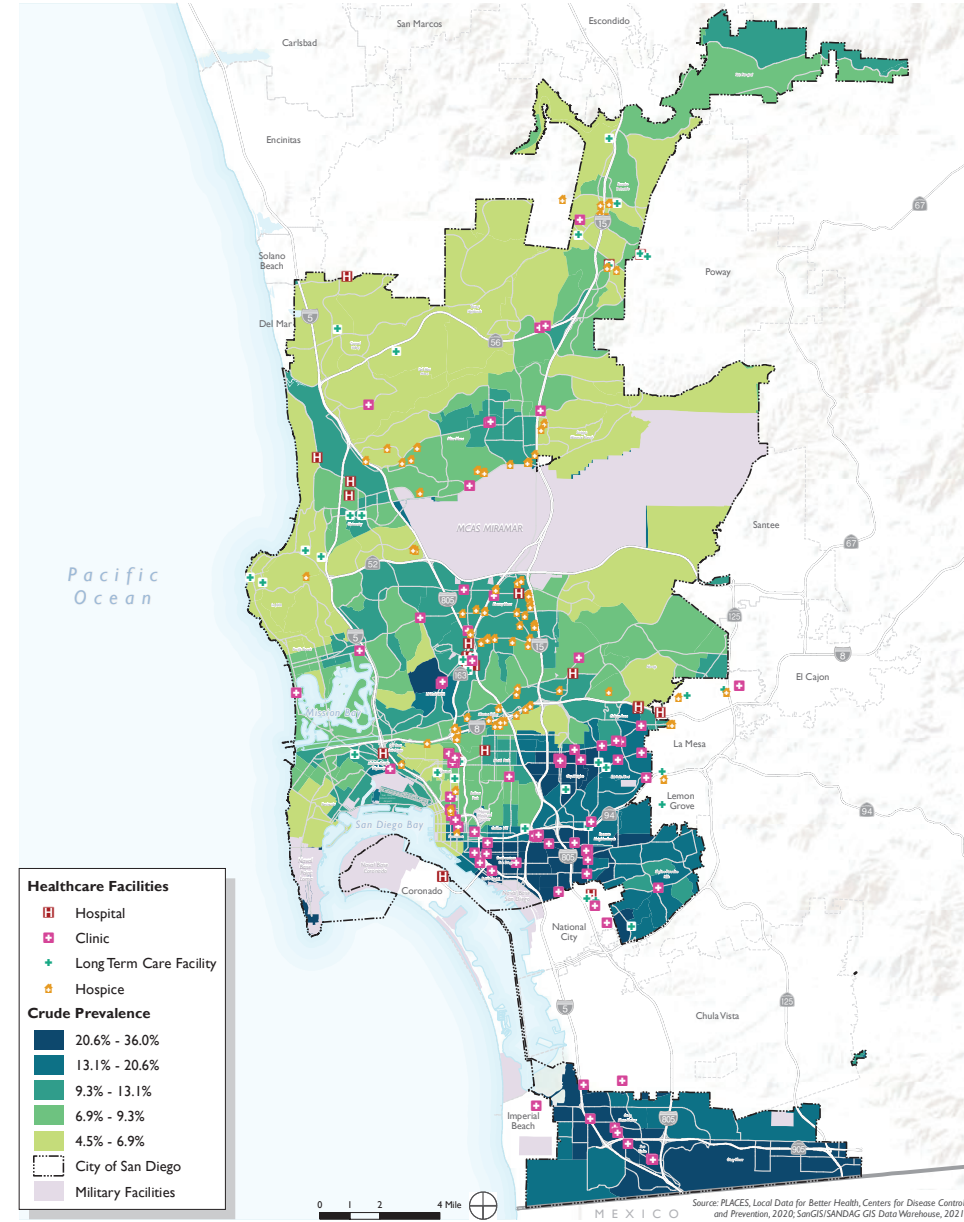


KIDNEY DISEASE



HEALTH OUTCOMES & HEALTHCARE

LACK OF HEALTH INSURANCE



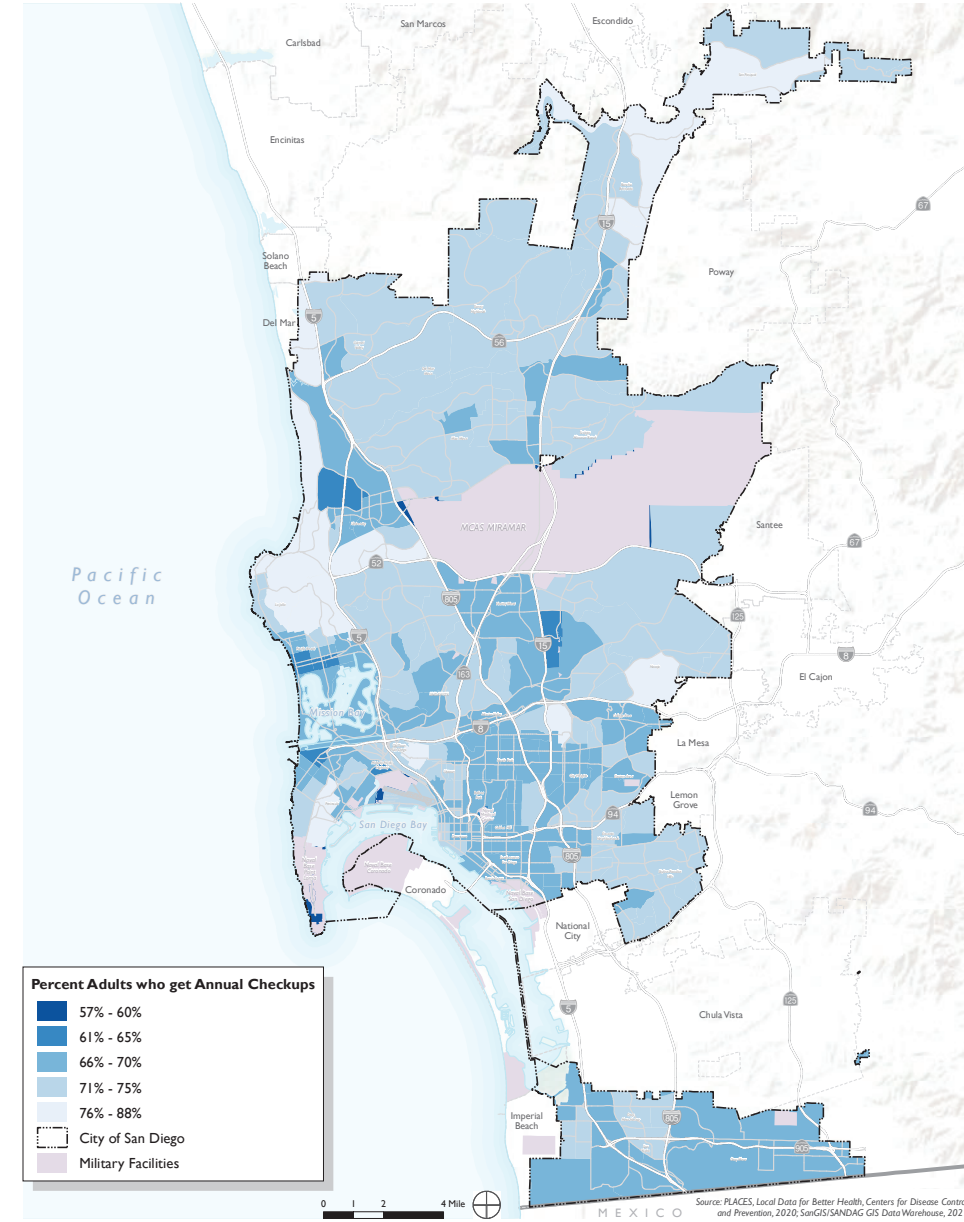
Access to Healthcare

Proper medical care is a vital component of maintaining personal health. However, not everyone can afford healthcare, and certain areas of the city have less access to these services than others.

The above-left map shows that almost a third of the city is in the top 40th percentile for lack of health insurance in the state, with as high as 36 percent of the adult population less than 65 years old without health insurance, and encompasses the entire southeastern end of the city. Interestingly, these are areas that have a larger concentration of healthcare facilities such as health clinics (shown in pink).

Based on data from the CDC PLACES dataset, receiving annual physical checkups is an important preventive behavior that correlates with improved

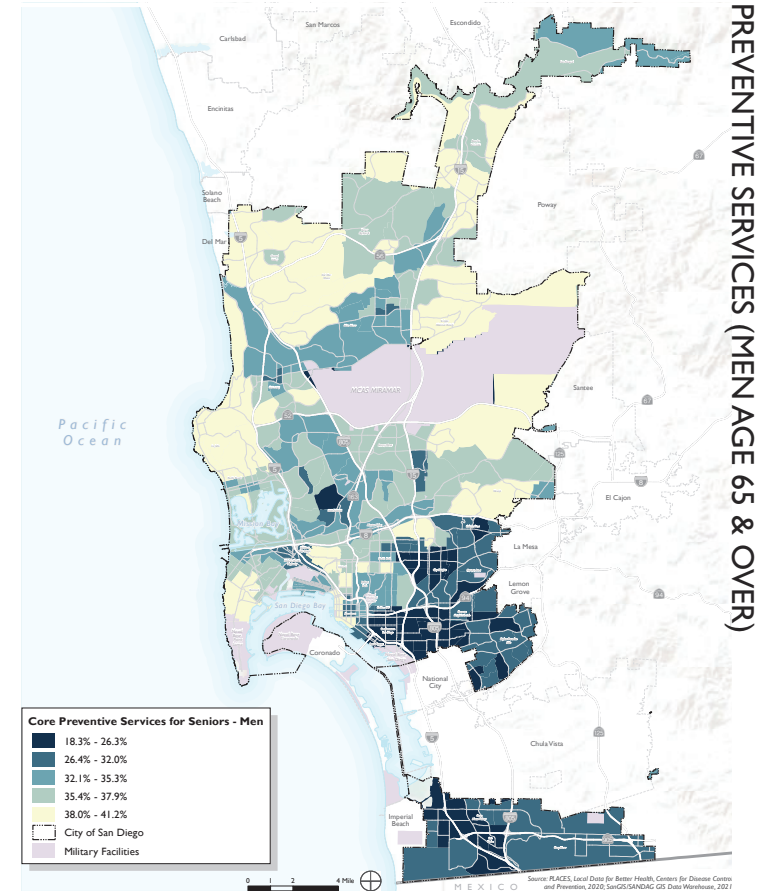
ROUTINE PHYSICAL CHECKUP



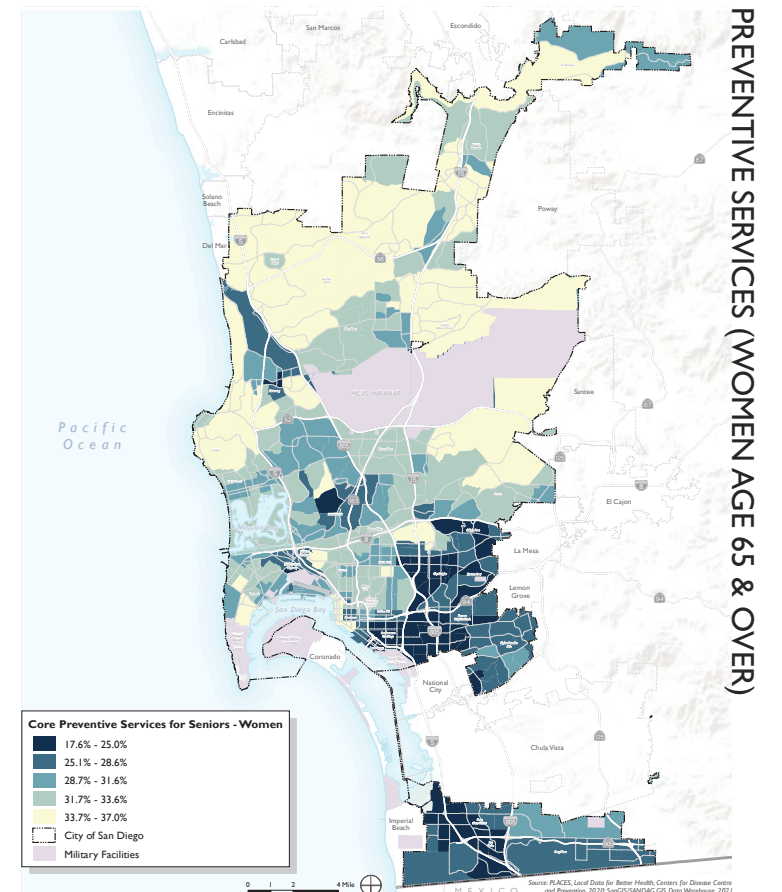
health. The above-right map shows that for most tracts in the city, between 66 percent and 70 percent of adults get routine physical checkups.

As the baby boomer generation ages, need for appropriate care is apparent. Adults ages 65 and older are more likely to develop chronic illnesses and related disabilities, so national experts recommend a set of clinical preventive services to detect and treat them at early stages. These services include influenza and pneumonia vaccinations, colorectal cancer screening, and mammography screening for women.

As seen in the maps to the right, seniors in lower income neighborhoods are less likely to receive these core preventive services, and women are less likely to be up to date on these services than men.



PREVENTIVE SERVICES (MEN AGE 65 & OVER)

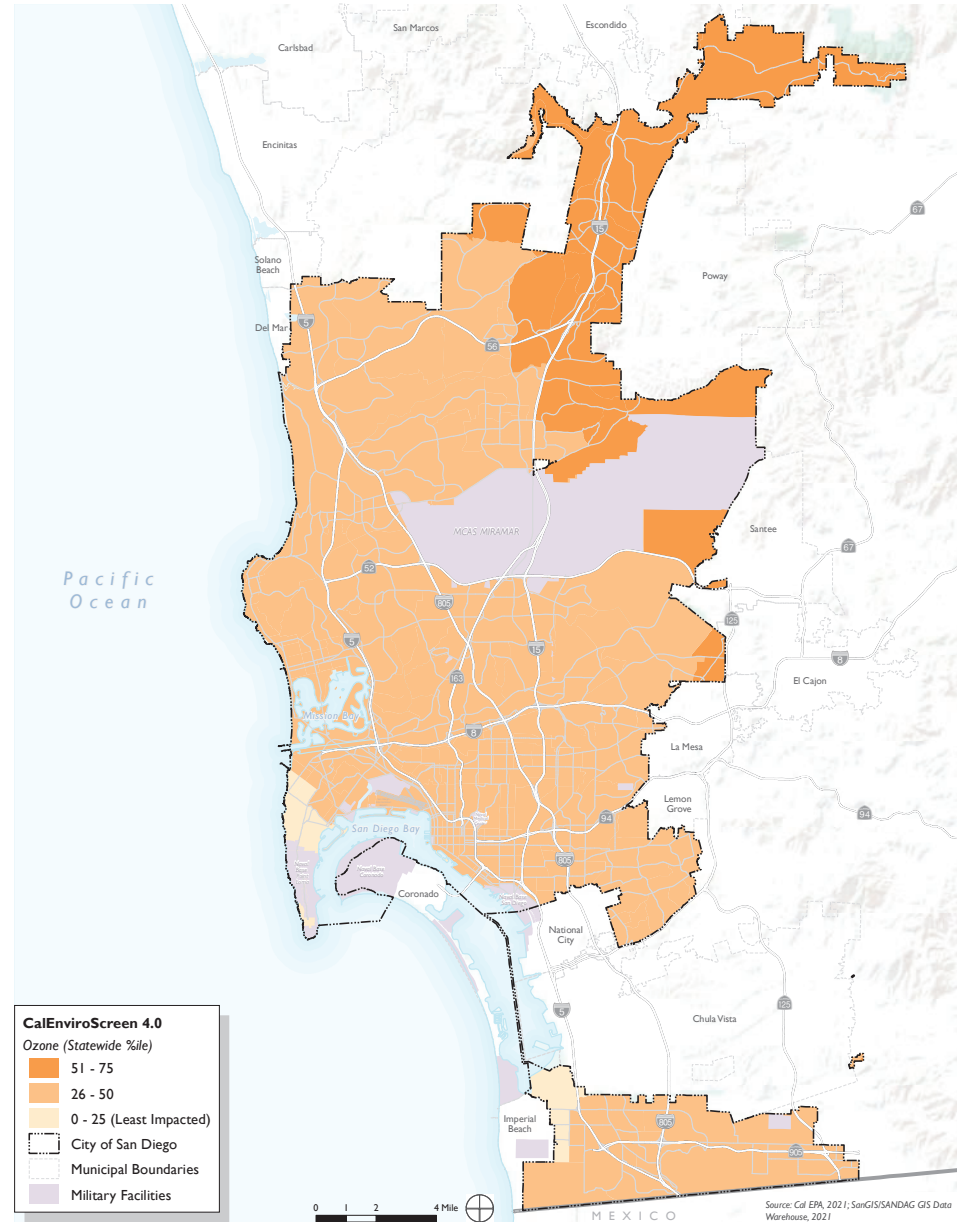


PREVENTIVE SERVICES (WOMEN AGE 65 & OVER)

POLLUTION EXPOSURE

Air Pollution

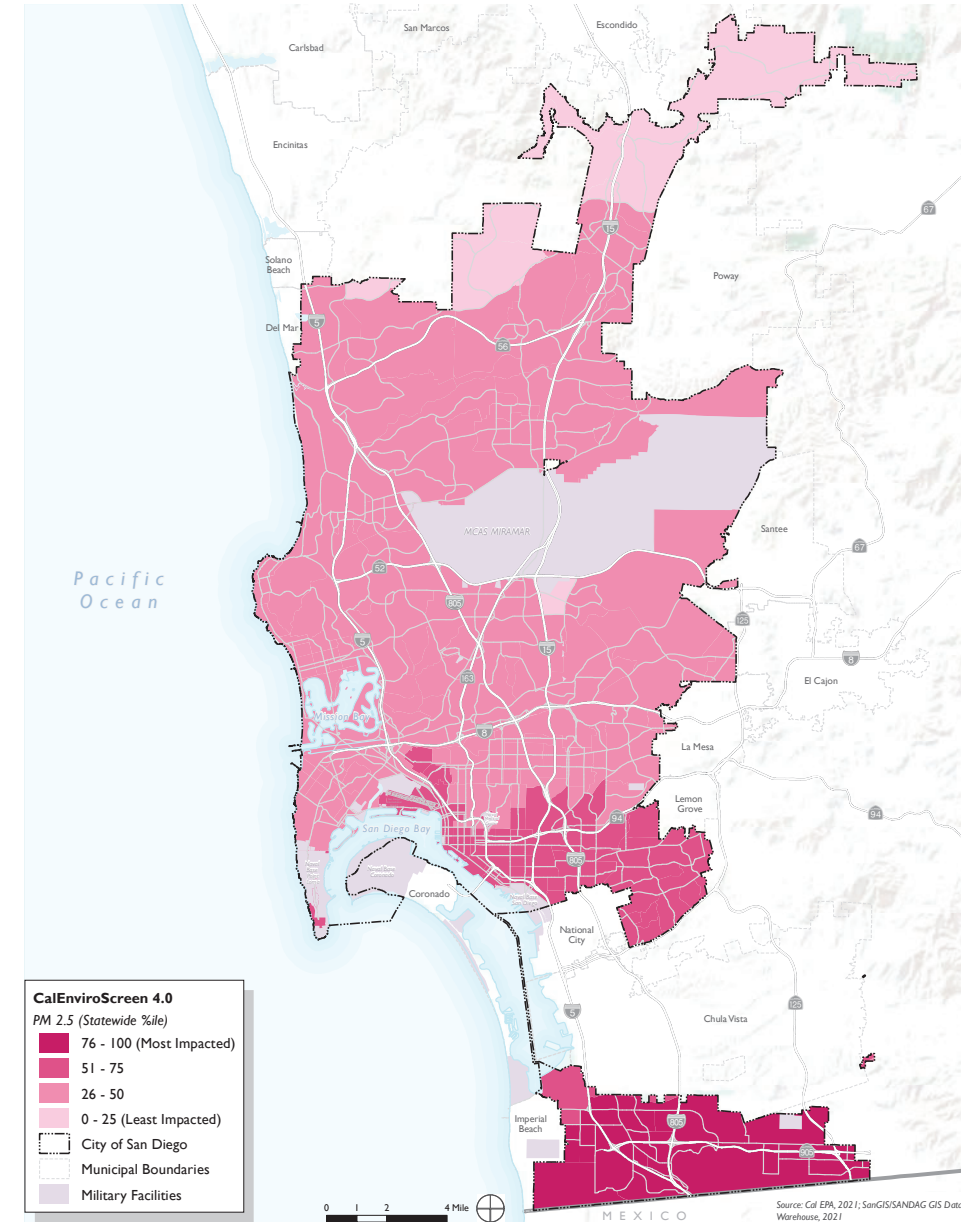
OZONE



Ground-level ozone is the main ingredient of smog and primarily comes from trucks, cars, planes, trains, factories, farms, construction, and dry cleaners. It is one of the most widespread and significant air pollution health threats in California and can cause lung irritation, inflammation, and worsening of existing chronic health conditions like asthma.

California Air Resources Board (CARB) monitors ozone at stations across the state, and thresholds are regularly set to ensure air districts are within acceptable levels. Because this data is based on the closest air monitoring station within 50 kilometers, many areas have the same score. However, ozone concentrations are greater in the northeastern part of the city.

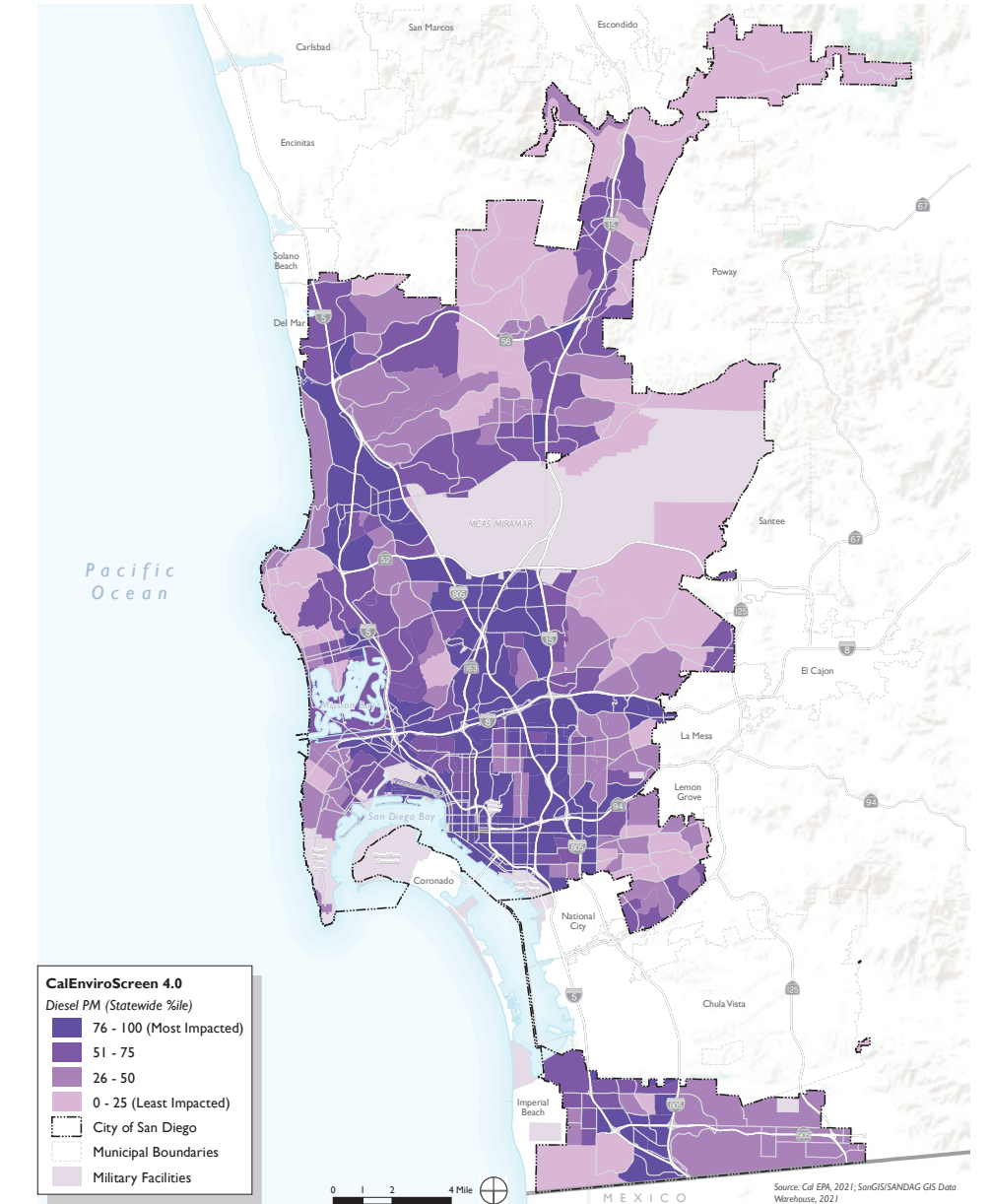
PARTICULATE MATTER 2.5



Particulate matter (PM) 2.5 is a mixture of very fine particles less than 2.5 micrometers in diameter—less than the thickness of a human hair—that includes organic chemicals, dust, soot, and metals that come from automobiles, factories, and wood burning. PM 2.5 can enter deep into the lungs and can cause serious health effects like heart and lung disease.

Like ozone, CARB measures PM 2.5 at air monitoring stations throughout the state, and the data is the average from 2015-2017. However, there is slightly greater variation, and communities around SR-94 and southward experience higher exposure levels. Tracts in the Otay Mesa-Nestor, Tijuana River Valley, San Ysidro, and Otay Mesa are among the top 25 percent in the state.

DIESEL PARTICULATE MATTER



Diesel PM are particles found in the exhaust from trucks, buses, trains, ships, and other equipment with diesel engines, and the highest levels of diesel PM are near ports, rail yards, and freeways. People who are regularly exposed to industrial areas and heavy truck or train traffic are more likely to develop illnesses including heart and lung disease or lung cancer.

Diesel emissions data is available at a 4-kilometer resolution statewide, and CARB collects data from both on-road (trucks and buses) and off-road (ships and trains) sources. In San Diego, tracts along major freeways including I-805, I-15, I-8, I-5, SR-94, and SR-163 are most impacted, many of which are within the top 25 percent in the state.