TABLE 1 **POPULATION – Cities and Unincorporated Area 1970 and 1974** [ms-0308.001.005.002]

Areas	Population Estimates January 1, 1974			Comparison with 1970 Census		
	Total[1]	Household	Non-Household[2]	Population April 1, 1970[1]	Change Since 1970[3] Numerical	Percent
SAN DIEGO COUNTY	1,544,600	1,452,234	92,366	1,357,854	186,746	13.8
UNINCORPORATED AREA	339,200	310,232	28,968	292,625	46,575	15.9
INCORPORATED CITIES	1,205,400	1,142,002	63,398	1,065,229	140,171	13.2
Carlsbad	18,700	18,324	376	14,944	3,756	25.1
Chula Vista	75,500	75,069	431	67,901	7,599	11.2
Coronado	21,100	16,641	4,459	20,910	190	0.9
Del Mar	4,900	4,836	64	3,956	944	23.9
El Cajon	61,500	60,089	1,411	52,273	9,277	17.7
Escondido	48,500	48,057	443	36,792	11,708	31.8
Imperial Beach	22,700	21,924	776	20,244	2,456	12.1
La Mesa	45,800	44,732	1,068	39,178	6,622	16.9
National City	43,100	37,526	5,574	43,184	(84)	(0.2)
Oceanside	53,900	53,592	308	40,494	13,406	33.1
San Diego[4]	772,700	724,350[5]	48,350	696,769	75,931	10.9
San Marcos	8,100	8,058	42	3,896	4,204	107.9
Vista	28,900	28,804	96	24,688	4,212	17.1

TABLE 2 **POPULATION – Major Statistical and Subregional Areas 1970 and 1974**

Subregional Areas	Population Estimates January 1, 1974			Comparison with 1970 Census		
	Total[1]	Household	Non-Household[2]	Population April 1, 1970[1]	Change Since 1970[3] Numerical	Percent
0 CENTRAL	**454,300**	**404,033**	**50,267**	**473,718**	**(19,418)**	**(4.1)**
01 Central San Diego	122,700	105,787	16,913	130,731	(8,031)	(6.1)
02 Peninsula	69,300	49,782	19,518	79,038	(9,738)	(12.3)
03 Coronado	21,600	16,663	4,937	26,912	(5,312)	(19.7)
04 National City	44,400	38,826	5,574	44,224	176	0.4
05 South East San Diego	87,000	86,691	309	85,137	1,836	2.2
06 Mid City	109,300	106,284	3,016	107,676	1,624	1.5
1 NORTH CITY	**375,100**	**366,455**	**8,645**	**288,430**	**86,670**	**30.0**
10 Kearny Mesa	138,000	136,589	1,411	129,855	8,145	6.3
11 Coastal	73,400	72,300	1,100	67,320	6,080	9.0
12 University	20,100	18,003	2,097	14,789	5,311	35.9
13 Del Mar-Mira Mesa	31,300	31,231	69	7,474	23,826	318.8
14 North San Diego	15,500	15,500	0	7,714	7,786	100.9
15 Poway	27,300	26,753	547	14,343	12,957	90.3
16 Miramar	3,300	0	3,300	2,443	857	35.1
17 Elliott-Navajo	66,200	66,079	121	44,492	21,708	48.8
2 SOUTH SUBURBAN	**164,100**	**162,821**	**1,279**	**139,009**	**25,091**	**18.0**
20 Sweetwater	14,800	14,800	0	14,105	695	4.9
21 Chula Vista	85,200	84,735	465	75,916	9,284	12.2
22 South Bay	64,100	63,286	814	48,988	15,112	30.8
3 EAST SUBURBAN	**270,900**	**265,940**	**4,960**	**228,115**	**42,785**	**18.8**
30 Jamul	3,700	3,649	51	2,842	858	30.2
31 Spring Valley	34,600	34,176	424	30,464	4,136	13.6
32 Lemon Grove	24,000	23,587	413	23,259	741	3.2
33 La Mesa	53,400	52,234	1,166	47,010	6,390	13.6
34 El Cajon	76,100	74,528	1,572	67,133	8,967	13.4
35 Santee	31,400	30,798	602	19,793	11,607	58.6
36 Lakeside	28,600	28,264	336	22,734	5,866	25.8
37 Harbison-Crest	7,600	7,572	28	5,637	1,963	34.8
38 Alpine	4,100	3,814	286	3,342	758	22.7
39 Ramona	7,400	7,318	82	5,901	1,499	25.4
4 NORTH COUNTY	**269,800**	**243,119**	**26,681**	**220,326**	**49,474**	**22.5**
40 Escondido	63,300	62,783	517	50,821	12,479	24.6
41 San Marcos	12,600	12,558	42	6,059	6,541	108.0
42 San Dieguito	35,800	35,491	309	26,023	9,777	37.6
43 Carlsbad	20,800	20,412	388	16,283	4,517	27.7
44 Oceanside	54,100	53,786	314	41,688	12,412	29.8
45 Pendleton	24,700	0	24,700	32,861	(8,161)	(24.8)
46 Fallbrook	16,700	16,436	264	12,038	4,662	38.7
47 Vista	35,500	35,373	127	29,479	6,021	20.4
48 Valley Center	4,300	4,280	20	3,488	812	23.3
49 Pauma	2,000	2,000	0	1,586	414	26.1
5 EAST COUNTY	**10,400**	**9,866**	**534**	**8,256**	**2,144**	**26.0**
50 Palomar-Julian	3,400	3,213	187	2,718	682	25.1
51 Laguna-Pine Valley	2,400	2,231	169	1,959	441	22.5
52 Mountain Empire	3,100	2,968	132	2,492	608	24.4
53 Anza	300	300	0	259	41	15.8
54 Borrego Springs	1,200	1,154	46	828	372	44.9
TOTAL COUNTY	**1,544,600**	**1,452,234**	**92,366**	**1,357,854**	**186,746**	**13.8**

FOOTNOTES:

1. Includes both civilian and military population by place of residence.

2. Includes all group-quarter population (residents of institutions, dormitories, military barracks, etc.) plus approximately 10,000 people residing in households located on military reservations.

3. Losses are attributable to decrease in military population.

4. January 1, 1974 data for the City of San Diego and the subregional areas therein were provided by the City of San Diego Planning Department.

5. The household population for the City of San Diego includes persons in one-room housing units, who were classified in previous years as non-household population by the City Planning Department. This population is included within the subregional area in which it is located.