

**For Immediate Release**

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***Senior Health Issues Still Need to be Addressed:***

***HARC Research Shows Diabetes, High Blood Pressure,  
Arthritis and Depression Prevalent***

(PALM DESERT, CA) – November 10, 2014... Seniors make up nearly half of the adult population in the Coachella Valley. Specifically, there are approximately 170,000 adults age 55 and older that live in the area either full time or part time. To address the health status and health needs of this important group, HARC, Inc. has released a special report that compares Coachella Valley seniors to younger adults (ages 18-54), in order to identify health issues that may be more prominent in the senior population.

Results show that most Coachella Valley seniors have the basis for a healthy life: they have relatively high income levels, health insurance, frequent healthcare visits, routine preventive screenings and generally healthy habits. However, there are some issues that must be addressed to ensure a healthy aging population in the Coachella Valley. Some of these issues include:

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- More than half of Coachella Valley seniors have been diagnosed with high blood pressure, high cholesterol, and/or arthritis. Many suffer from more than one of these ailments.
- 14% of seniors have had a fall within the past three months.
- Approximately 10% of Coachella Valley seniors have been diagnosed with depression
- 6% of seniors need transportation assistance, and nearly 11% were unable to get such transportation assistance.

The full report (found at [www.harcddata.org](http://www.harcddata.org)), contains additional data related to health status, behavioral risks, major diseases, access, utilization of services and senior-specific concerns such as elder abuse and injury-causing falls. The report is supplemented with resources for seniors, both locally and nationally. It aims to deliver healthcare providers, cities, government agencies, and private interests a snapshot of senior health in the Coachella Valley. This data can be used to facilitate decision-making on future issues concerning the senior population such as program development, access, funding, utilization, and more. HARC hopes that agencies will use this information to improve the health and wellness of our local senior population.

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### **About HARC**

Formed in 2006 by a consortium of more than 35 public and private healthcare agencies, the Health Assessment Resource Center (HARC) conducts a confidential community health status assessment in the Coachella Valley every 3 years to identify major health and quality of life issues. The nonprofit 501(c)(3) organization is funded in part by contributions from community partners, as well as entities that contract with the agency for customized public health research. More information can be obtained by calling HARC at (760) 404-1945, or visiting the organization's website at [www.harcddata.org](http://www.harcddata.org).