

# SENIOR HEALTH

*in the Coachella Valley*



There are more than 127,000 seniors age 55 and older living in the Coachella Valley.

HARC, Inc. is a nonprofit that conducts a survey of the health of the Coachella Valley every three years. Funded by the Auen Foundation, HARC created a special report focusing on senior health, using the most recent data from 2016. This infographic summarizes the results of that report, providing a snapshot of senior health in the Coachella Valley.

## Healthcare Access & Utilization



The vast majority of local seniors (96%) have health insurance.

Most seniors (86%) have had a routine check-up in the past year.

## Major Disease

The most common major diseases for local seniors are:

1. High blood pressure: 54%
2. Arthritis: 47%
3. High cholesterol: 45%
4. Cancer: 21%
5. Diabetes: 20%



## Disability

One-third of local seniors (33%) are limited in their activities because of physical, mental, and/or emotional problems.



20% have a health problem that requires them to use assistive technology (e.g. canes, wheelchairs, etc.)

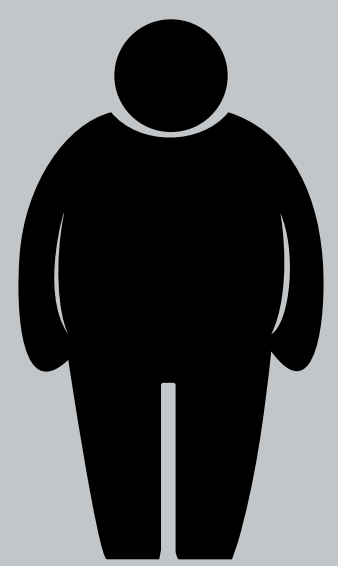


18% of seniors are deaf or hard of hearing.



10% of seniors are blind or low vision.

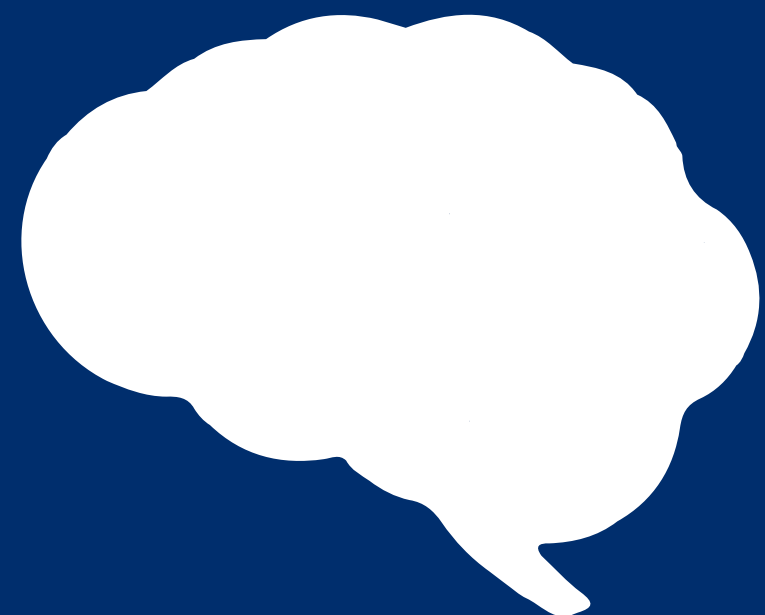
## Obesity



About 58% of seniors have a body mass index (BMI) that places them in the "overweight" or "obese" category.

However, only 17% of seniors consider themselves to be overweight/obese.

## Mental Health



Approximately 22% of seniors have been diagnosed with one or more mental health disorders. That's more than 28,400 seniors with a mental illness.

Depression is the most commonly diagnosed mental illness in Coachella Valley; about 13% of seniors have been diagnosed with depression.

Over 3,600 seniors have seriously considered suicide in the past year.

## Mobility



More than 21,000 local seniors (17%) have had a fall in the past three months.

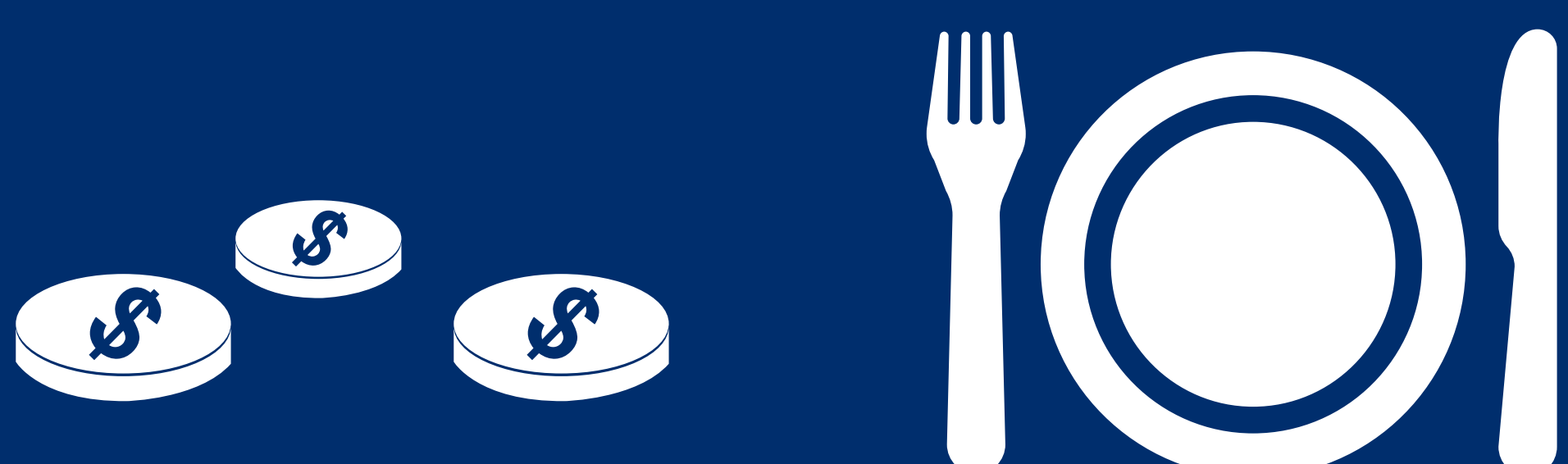
Over a third of these falls resulted in an injury (that's more than 7,700 injuries).



## Poverty & Hunger

Approximately 15% of local seniors (nearly 15,000 people) live in poverty.

6% of Coachella Valley seniors are food insecure. These 7,300 seniors had to skip meals or cut the size of meals because they didn't have enough money for food.



## Elder Abuse



More than 4,000 seniors (3%) have been physically or mentally mistreated or neglected in the past year.



More than 6,300 seniors (5%) have been taken advantage of financially in the past year.



This infographic was created by HARC, and based upon HARC's report, "Senior Health in the Coachella Valley". For more information, please read the full report, available online at [www.HARCdata.org](http://www.HARCdata.org)

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