

**For Immediate Release**

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**Available Now: New Coachella Valley Community Health Data**

*New data provides a snapshot of health in our community*

Palm Desert, CA (February 2, 2017) — The latest data on health, wellness, and quality of life in the Coachella Valley has just been released by local nonprofit HARC, Inc.

HARC, Inc. (Health Assessment and Research for Communities) is a local nonprofit that has been tracking community health in our Coachella Valley for the past ten years. HARC's latest data, released on January 31, 2017, marked the fourth survey, which revealed an interesting picture of health in our region.

**Health Insurance and the Affordable Care Act**

Results showed that the rate of uninsured adults has dropped precipitously since 2013, due primarily to the Affordable Care Act. Ideally, this would mean that all insured people could now obtain their regular care from a primary care provider, thus providing a continuity of care. Unfortunately, this has yet to happen; in fact, survey results show that an increasing number of people are using urgent care facilities as their usual source of care. This frequent use of urgent care facilities for routine medical treatment may be because the most common barrier to accessing healthcare is understanding what is covered by insurance plans.

**Mental/Behavioral Health**

Local concern and attention on mental/behavioral health has been growing in recent years, and for good reason. Approximately 22% of Coachella Valley adults have been diagnosed with a mental health disorder; depressive disorders are the most common. To put local mental health in perspective, depression is more common than cancer in our region. Similarly, 18% of Coachella Valley children age three and older have been diagnosed with a mental health disorder, with ADD/ADHD appearing as the most commonly diagnosed disorder.

**Obesity**

Mirroring the rest of the country, obesity remains a substantial problem in the Coachella Valley, with 61% of adults falling into the "overweight" or "obese" BMI category, and along with 49% of children (age two and older).

**Disability**

This year's survey includes more in-depth data on disabilities than prior surveys, which showed that approximately 22% of Coachella Valley adults are limited in their activities because of physical, mental, and/or emotional problems. About 10% of local adults are blind/low-vision, and about 11% are deaf/hard-of-hearing.

**...and More**

The survey contains a wealth of other information, such as major disease; sexual health; health behaviors such as drinking and smoking; food insecurity; and a wide variety of demographic measures. The data is available online via a downloadable report and a searchable database that contains more in-depth information. Data can be accessed for free on HARC's website: <http://harcdata.org/coachella-valley-community-health-survey/>

**About HARC**

HARC is a nonprofit 501(c)3 organization based in Palm Desert, CA. HARC provides research and evaluation services in the field of health, wellness, and quality of life. To learn more about HARC, visit [www.HARCdata.org](http://www.HARCdata.org)

HARC's Coachella Valley Community Health Survey is made possible by funding from Desert Healthcare District, Eisenhower Medical Center, Riverside University Health System – Behavioral Health, First 5 Riverside, California Healthcare Foundation, John F. Kennedy Memorial Hospital, California Foundation for Stronger Communities, Inland Empire Health Plan (IEHP), Riverside University Health System – Public Health, Riverside County Office on Aging, City of Coachella, City of Desert Hot Springs, Desert Oasis Healthcare, City of La Quinta, Esri, Melissa Morgan Fine Art, and the Wells Fargo Foundation, as well as the generosity of private donors.

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