

## **For Immediate Release**

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## **Coachella Valley Community Health Data Available Now**

*Snapshot of Health in our Community*

***Palm Desert, CA (March 31, 2020)*** – The highly anticipated data on the health, wellness, and quality of life for Coachella Valley community members was released on March 31<sup>st</sup>, 2020. HARC, Inc. (Health Assessment and Research for Communities) is a local nonprofit that has been tracking the community’s health for the past 14 years. The data to be released marks the fifth iteration of the Coachella Valley Community Health Survey.

During 2019, HARC conducted the Community Health Survey via random-digit-dialing of residents in the valley to obtain a representative snapshot for data that is not available from any other source. Hundreds of topics are now available to the community to view and download.

### **Health Insurance**

Historically, the rate of uninsured adults (18 to 64) reached a decade-long low of 13.9% in 2016. However, in 2019, the Coachella Valley saw a substantial rise in those who are uninsured; approximately 20.6% of local working-age adults are now uninsured. What’s more is that the percent of uninsured working age adults in the Coachella Valley is nearly double the rate in California as a whole (20.6% uninsured vs. 10.7%, respectively).

### **Mental/Behavioral Health**

Many organizations are prioritizing behavioral health needs and for good reason. For example, more than a quarter of adults in the region (28.6%) have been diagnosed with one or more mental health disorders. The most common include depression (14.2%) and anxiety (12.4%). While mental health disorder diagnoses have remained relatively the same over the years, rates of PTSD diagnoses have significantly increased from 5.4% in 2016 to 9.3% in 2019.

## **Obesity**

Nearly two-thirds (65.9%) of Coachella Valley adults are either overweight or obese, which highlights a substantial fitness/nutrition issue in the valley. However, many of these overweight/obese adults don't realize it—39.1% believe they are “about the right weight”. This misperception makes it unlikely that these people will change their diet and exercise and are at high risk for obesity-related diseases.

## **HIV/AIDS Testing**

More than half of Coachella Valley adults (51.0%) have been tested for HIV at least once. Among the five iterations of HARC's surveys, 2019 marks the first time the percentage of adults being tested has surpassed more than half of the adult population. However, the remaining 49.0% of adults still need to seek HIV testing.

## **New Topics**

HARC's survey includes many of the same questions each cycle which means you can make longitudinal comparisons. However, the content also gets adapted each cycle. This year, the survey incorporated many new topics such as hospitalization for behavioral health issues, housing stability, loneliness, opioid use, recreational marijuana, adverse childhood experiences, conversations with children regarding social media, and much more.

## **Many More Areas to Explore**

The 2019 Coachella Valley Community Health Survey Executive Report is available for download for free at [HARCdata.org/coachella-valley-community-health-survey/executive-report](https://www.HARCdata.org/coachella-valley-community-health-survey/executive-report). The electronic copy provides summaries, explanations, and interpretations of the data along with accompanying data visualizations.

You can also request a free hard-copy of the report to be mailed to you by entering your name and mailing address via this secure link:

<https://www.surveymonkey.com/r/HARC2020> The cost of mailing these reports has been covered by a generous grant from the City of Palm Desert.

## **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)

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