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CONTACT: Eileen Packer
(760) 404-1945
epacker@harcdata.org

Diabetes Threat Looms Among Valley Seniors According to HARC Study
Over Half of All Reported Cases Occur After the Age of 55

(PALM DESERT, CA) – More than 44,000 people in eastern Riverside County suffer from some type of diabetes, based on the most recent research conducted by the Health Assessment Resource Center (HARC). An estimated 50.2 % of those individuals received that diagnosis after turning 55 years of age, one of many statistics healthcare professionals are perhaps citing in November during National Diabetes Month.

The data clearly reinforces the threat of diabetes to the elderly population in eastern Riverside County. Among those between the ages of 65 to 74, 13.2% were diagnosed with diabetes, while in those aged 75 and older, 14.9% were diagnosed with the disease.

The Center for Disease Control (CDC), National Institute of Health (NIH) and the American Diabetes Association (ADA) and other organizations teamed to produce the recently released 2011 National Diabetes Fact Sheet. The findings show:

- There were approximately 25.8 million children and adults with diabetes in 2010
- There were 1.9 million new cases diagnosed in people aged 20 years and older in 2010
- The total cost of diagnosed diabetes in the US in 2007 was \$174 billion

“It’s difficult to ignore how widespread this disease is, said Dr. Glen Grayman, HARC Board President, “yet people do it every day.”

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Reinforcing the point, in eastern Riverside County, where HARC conducts its sweeping *Community Health Monitor* survey every three years, 16.4% of adult residents had not seen a doctor, nurse or other health professional for their diabetes in the past 12 months. Of the 8.4% adults diagnosed with the condition, 75.6% were either overweight or obese. In proportional terms that number is split right down the middle, with 37.8% of classified as overweight, 37.8% as obese.

Proportions of both whites (8.2%) and Hispanics/Latinos (7.5%) diagnosed with diabetes are also about equal, as are gender breakdowns. Income, however, did show some notable disparity. For example, individuals in homes with annual household incomes under \$25,000 had the highest prevalence of reported diabetes, according to the HARC data.

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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 eastern Riverside County 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.