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CONTACT: Anuj Bhatia
PHONE: (209) 558-6833

Aging and Veterans Services: Margie Palomino (209) 525-4601

2017 Stanislaus County Senior Report Released

Stanislaus County Health Services Agency Public Health (HSA/PH) Division, is pleased to release the 2017 Stanislaus County Senior Health Report. This document focuses on the health and factors that influence health for seniors 60 and older in Stanislaus County. The report includes sections on demographics, families and household composition, economics and employment, health care, and physical and mental well-being. Below are some the key findings from the report:

- Seniors make up 17% of the population in Stanislaus County.
- The number of seniors has steadily increased by over 1,400 people every year since 2007.
- Out of the 90,265 seniors in 2014, nearly a quarter (24.6%) have an income at or below 150% of the poverty level (for example, \$15,730/year for a family of 2 in 2014).
- Seniors have a higher disability rate (39%) than in California (31%) or the United States (32%).
- The top five causes of death for seniors closely resemble those of the United States:
 - Disease of the heart and cancer account for over 50% of the total causes of death (29% and 23% respectively).
 - Chronic lower respiratory disease, Alzheimer's disease and stroke round out the top five.
- Serious non-fatal falls in seniors occur at a rate 18-20% above the rest of California, leading to increased Emergency Room visits and hospitalizations.

Falls are a serious problem for seniors. "The purpose of Stanislaus County Area Agency on Aging is to enhance the lives of senior citizens, caregivers and persons with disabilities," says Margie Palomino, Director of Aging and Veteran's Services. "Addressing concerns over falls that can result in the loss of independence or death is the purpose of the Healthy Aging Association, one of our provider agencies." Programs designed to reduce falls include: *A Matter of Balance*, *Young at Heart Fall Prevention Classes*, and the *Fall Prevention Resource Guide*. For more information or to find a class near you, please contact the Healthy Aging Association at (209) 525-4670 or visit their website at: <http://www.healthyagingassociation.org/>.

The Area Agency on Aging and the Healthy Aging Association sponsor the Annual *Healthy Aging and Fall Prevention Summit* at the Modesto Centre Plaza. This year's event will be Friday, October 19, 2018 and will include multiple opportunities to gain information about healthy lifestyles and fall prevention. The Summit admission and health screenings are free, open to the public, and geared towards anyone over the age of 50.

For more information about the Area Agency on Aging, call (209)-558-8698 or visit the website, www.agingervices.info.

The full 2017 Senior Health Report can be accessed at <http://www.schsa.org/PublicHealth/pdf/dataPublications/senior-health-report.pdf>.
A copy of the Senior Health Report Summary is attached to this press release.