



COUNTY OF SAN DIEGO NEWS RELEASE

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NEW HEALTH REPORT REVEALS SAN DIEGO COUNTY SENIORS ARE HEALTHIER THAN STATE SENIORS OVERALL *Report Allows Health and Human Services Agency to Track Health of Seniors*

The San Diego County Health and Human Services Agency (HHS) has unveiled a new Senior Health Report that will allow citizens one comprehensive place to check in on the health of County seniors.

“There are more than 300,000 San Diego County residents that are age 65 and older and that number is expected to more than double to just over 740,000 by the year 2030,” said Dianne Jacob, Chairwoman, San Diego County Board of Supervisors. “This report allows the County to closely monitor senior health trends so that we can continuously improve services and make sure we can address potential issues as quickly as possible.”

“The report allows the County, and HHS specifically, to understand the current health status of seniors, opportunities to improve our existing programs and places where we might need to heighten our prevention efforts,” said Dean Sidelinger, M.D., M.S.Ed., County Deputy Public Health Officer. “In most categories, San Diego County seniors are healthier than their counterparts in California as a whole.”

The Senior Health Report summary highlights 17 major health indicators and in 11 categories where statewide data is available compares them to the overall health of California seniors. In eight of the health indicators, seniors in San Diego County are faring better than their California counterparts. The full Senior Health Report will be available online soon.

Along with HHS's Public Health Services, seniors can access programs through HHS's Aging and Independence Services (AIS). “AIS offers more than 30 different programs for seniors and disabled adults,” said Pam Smith, Director of AIS. “We are here as a resource for seniors for health independence, advocacy, protection, enrichment, education, community involvement, and caregiver and home-based services.”

AIS has a toll-free number to access services for seniors or to report elder abuse: (800) 510-2020.

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