



Princeton Community Health Data Profile - Diabetes

The purpose of this data profile is to provide specific information regarding the health of Princeton residents for programmatic planning, healthcare delivery, community partner collaborations, and future healthcare considerations.

Demographic Profile Population size (Census 2014) – 30,108 **Race/Ethnicity** 30.2% other than white/Caucasian (Census 2010) - 52.9% Important to its history and demographic development is Princeton’s geographic location in Mercer County. Princeton is roughly equidistant from New York City and Philadelphia, and is close to many major highways that serve both cities. The access for automobile and bus traffic along the main highway route (Rt. 206) is complemented with train service in Princeton Junction. Princeton is younger in terms of median population age compared to the demographic profile of Mercer County (22.3 years Princeton, 36 years Mercer County) and Hispanic/Latino population (10.3% Princeton, 15.1% Mercer County). This may be a result of Princeton’s association with Princeton University, making it a college town. The town’s population spikes every year during the fall and winter and drops significantly over the course of the summer. Princeton residents have the opportunity to maintain city-based employment in central New Jersey, Manhattan and Philadelphia, by means of readily accessible transportation by automobile, bus, or train to Newark, New York City and Philadelphia from Princeton Junction, while living in a community with better housing, schooling, and access to healthcare.

Princeton’s Community Health Assessment, (available at: http://princetonnj.gov/health/publications/gmphp_cha.pdf) found that 9.1% of Mercer County residents reported suffering from diabetes, compared to the State’s prevalence of % with diabetes at 8.7%. Heart disease, cancer and diabetes are the leading causes of morbidity or mortality in Mercer County.

Additional Important Information

Lack of awareness of services offered was one of the barriers to care reported by respondents. Consideration should be given to the national data on health disparities that indicate higher levels of diabetes in minority populations, recalling that Princeton’s Hispanic, African American and Asian population accounts for 30.2% of Princeton residents. Any effective interventions should take into account these considerations and include effective communication methods.



Public Health
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Diabetes is a disease in which blood sugar levels are above normal. Serious complications can result from diabetes, including heart disease, kidney failure, blindness, and amputations of the legs, feet, and/or toes.

You must visit a physician for diagnosis, but some of the symptoms may be: frequent urination, excessive thirst, unexplained weight loss, extreme hunger, sudden vision changes, tingling or numbness in hands/feet, very dry skin, being very tired much of the time, sores that are slow to heal, and more infections than usual.

For people at high risk of developing diabetes, they can delay or possibly prevent the onset of the disease by losing a small amount of weight (5 to 7 percent of total body weight), through 30 minutes of physical activity 5 days a week, and healthier eating.

| Blood Sugar Levels | | |
|--------------------|-----------------|----------------------------|
| Too High | Above 180 mg/dl | |
| Acceptable | 80-130 mg/dl | <u>before meals</u> |
| | Below 180 mg/dl | <u>2 hours after meals</u> |
| Too Low | Below 70 mg/dl | |

Princeton Health Department is hosting Stanford's Diabetes Self-Management Program beginning June, 2016. For more information about the program, please call the health department at (609) 497-7608.

For more detailed information on diabetes risk factors, symptoms, and dangers please see: www.cdc.gov/diabetes/

OR Call Princeton's Certified Health Education Specialist at 609-497-7608 or e mail at jgrosser@princetonnj.gov