



PopulationCentric Intelligence Platform  
**Fallbrook 2018 Populations**



# Pre-Diabetes Risk Population Definition

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## Socio-Behavioral definition

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**Overweight or Obese (BMI = 25+)**

**AND**

Low Exercise (0 – 2 days/past 7 days)

**AND**

Drink sugar drinks (Any in last 7 days)

**OR**

Smoking Risk (Smoke more than 20 cigarettes/day)

**AND NOT**

Diabetic (T1 or T2)

**AND**

18+ (Age summaries: Adults 18 or older )

# Pre-Diabetes Risk Population Definition

## Age Distribution

|             | Pre-Diabetes Risk | Diabetes T2 |        |
|-------------|-------------------|-------------|--------|
| 18 - 20     | 0.0%              | 2.7%        | -2.7%  |
| 21 - 24     | 3.2%              | 4.1%        | -0.9%  |
| 25 - 29     | 4.6%              | 1.2%        | 3.4%   |
| 30 - 34     | 14.4%             | 3.5%        | 10.9%  |
| 35 - 39     | 9.9%              | 0.6%        | 9.3%   |
| 40 - 44     | 8.6%              | 0.9%        | 7.7%   |
| 45 - 49     | 11.0%             | 3.9%        | 7.1%   |
| 50 - 54     | 6.2%              | 16.5%       | -10.3% |
| 55 - 59     | 9.2%              | 13.3%       | -4.1%  |
| 60 - 64     | 7.7%              | 17.3%       | -9.6%  |
| 65 - 69     | 9.7%              | 10.9%       | -1.2%  |
| 70 or older | 15.4%             | 25.3%       | -9.9%  |

**Pre-Diabetes Risk** is approximately 10.5% of the Fallbrook population

**Diabetes T2** is approximately 6.5% of the Fallbrook population

# Health and Wellness Population

| Question  | Answer  |
|---|---|
| Exercise is important to my diet and nutrition plan   | Any agree<br>(agree a little and agree a lot)   |
| I always try to eat healthy foods and maintain balanced diet  | Any agree   |
| I am better informed about my health than most people   | Any agree   |
| I participate in preventative healthcare  | Any agree   |
| I prefer alternative/holistic approaches to standard medical practice                                       | Any agree   |
| I research healthcare information so that I am better informed about different healthcare treatment options | Any agree   |
| Reasons for currently participating in nutrition program  | to achieve good health, to control blood pressure, to lose weight, to lower/maintain cholesterol levels, to maintain weight |
| Number of days exercised in past 7 days   | 1+ days   |

# Health and Wellness Population

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## Approximate Population Sizing

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3 of the 7 AND exercise 1+ days in last 7 days (56.6%)

4 of the 7 AND exercise 1+ days in last 7 days (48.8%)

5 of the 7 AND exercise 1+ days in last 7 days (33.6%)

1. Exercise is important to my diet and nutrition plan

Any agree

2. I always try to eat healthy foods and maintain balanced diet

Any agree

3. I am better informed about my health than most people

Any agree

4. I participate in preventative healthcare

Any agree

5. I prefer alternative/holistic approaches to standard medical practice

Any agree

6. I research healthcare information so that I am better informed about different healthcare treatment options

Any agree

7. Reasons for participating in nutrition programs together

Reasons for currently participating in nutrition program -or-

To achieve good health

Reasons for currently participating in nutrition program -or-

To control blood pressure

Reasons for currently participating in nutrition program -or-

To lose weight

Reasons for currently participating in nutrition program -or-

To lower/maintain cholesterol levels

Reasons for currently participating in nutrition program

To maintain weight

- AND -

Number of days exercised in past 7 days

1+ d

# Health and Wellness Population

## Population Age % by Definition

|            |              | <b>3 of 7<br/>AND<br/>Exercise</b> | <b>4 of 7<br/>AND<br/>Exercise</b> | <b>5 of 7<br/>AND<br/>Exercise</b> |
|------------|--------------|------------------------------------|------------------------------------|------------------------------------|
| <b>Age</b> | <b>18-34</b> | <b>20.3%</b>                       | <b>19.1%</b>                       | <b>15.9%</b>                       |
| <b>Age</b> | <b>35-49</b> | <b>25.9%</b>                       | <b>26.3%</b>                       | <b>28.0%</b>                       |
| <b>Age</b> | <b>50-64</b> | <b>25.3%</b>                       | <b>25.7%</b>                       | <b>26.0%</b>                       |
| <b>Age</b> | <b>65+</b>   | <b>16.6%</b>                       | <b>17.8%</b>                       | <b>17.9%</b>                       |

3 of the 7 AND exercise 1+ days in last 7 days (56.6%)

4 of the 7 AND exercise 1+ days in last 7 days (48.8%)

5 of the 7 AND exercise 1+ days in last 7 days (33.6%)

# Health and Wellness Population

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## Population Gender % by Definition

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|               |              | <b>3 of 7<br/>AND<br/>Exercise</b> | <b>4 of 7<br/>AND<br/>Exercise</b> | <b>5 of 7<br/>AND<br/>Exercise</b> |
|---------------|--------------|------------------------------------|------------------------------------|------------------------------------|
| <b>Gender</b> | <b>Men</b>   | <b>47.0%</b>                       | <b>44.2%</b>                       | <b>42.8%</b>                       |
| <b>Gender</b> | <b>Women</b> | <b>53.0%</b>                       | <b>55.8%</b>                       | <b>57.2%</b>                       |

3 of the 7 AND exercise 1+ days in last 7 days (56.6%)

4 of the 7 AND exercise 1+ days in last 7 days (48.8%)

5 of the 7 AND exercise 1+ days in last 7 days (33.6%)

# Health and Wellness Population

## Population Education % by Definition

|                    |  | 3 of 7<br>AND<br>Exercise | 4 of 7<br>AND<br>Exercise | 5 of 7<br>AND<br>Exercise |
|--------------------|--|---------------------------|---------------------------|---------------------------|
| Level of education | Grade school (8th grade or less)                     | 3.9%                      | 3.8%                      | 3.9%                      |
| Level of education | Some high school (not graduate)                      | 3.4%                      | 3.2%                      | 2.6%                      |
| Level of education | High school graduate (12th grade or GED)             | 21.5%                     | 20.0%                     | 17.7%                     |
| Level of education | Some college (AA/Associates or 1-3 years of college) | 34.9%                     | 34.4%                     | 35.5%                     |
| Level of education | College graduate (4 year college)                    | 18.8%                     | 20.9%                     | 22.3%                     |
| Level of education | Some post graduate (no advanced degree)              | 2.4%                      | 2.5%                      | 2.7%                      |
| Level of education | Post graduate degree                                 | 15.0%                     | 15.3%                     | 15.3%                     |

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4 of the 7 AND exercise 1+ days in last 7 days (48.8%)

5 of the 7 AND exercise 1+ days in last 7 days (33.6%)