



Blood Donation in New Jersey Fact Sheet

New Jersey's Blood Shortage

- New Jersey is facing a severe chronic blood shortage.
- In 2005, New Jersey used 74,000 more units of blood than it collected.
- In the past New Jersey could rely on blood from other states when a shortfall occurred, but now these states are experiencing blood shortages as well.
- Currently only 2.5 percent of the population in New Jersey donates regularly compared with 5 percent nationwide.

The Need for Blood

- While many people donate blood during a disaster, blood is needed 365 days a year.
- Blood is in constant demand for treatment of injuries, cancer, hemophilia, and for use during surgery.
- Nine out of ten New Jersey residents will need blood some time in their lives.
- There is no substitute for blood as the human body is the only "manufacturer."
- One pint of blood from a single donor can save up to 3 lives.

The Need for a Diverse Blood Supply

- New Jersey needs blood donations from everyone. Some blood types are more prevalent in certain ethnic and racial groups, and these are often in short supply.
 - 25 percent of Asians and 18 percent of African Americans have B positive blood type whereas only 9 percent of Whites and Hispanics have that type.
 - Some African American patients have rare blood types like U-Negative or Duffy Negative, and these blood types are rarely found in other ethnic groups.

General Blood Donation Facts

- Giving blood is simple and safe.
- Donors can give red cell blood donations up to five times a year.
- Most people age 17 and older who are in good health and weigh at least 110 pounds are eligible to donate, and this encompasses an estimated 60 percent of the adult population.
- The entire process, from registration through donation, takes about an hour, and the actual donation takes only 10 minutes.
- Trained technicians conduct the blood donation process.
- Technicians conduct brief confidential interviews with donors about their health history, and check their temperature, blood pressure, iron level, and pulse.
- Afterwards, donors are served refreshments and then can go about their day as usual.
- After donating, donors should drink extra fluids for the next 24 hours and avoid strenuous exercise.

For more information on New Jersey's Blood Donor campaign:

www.NJsave3lives.com



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