

Blood Donation in New Jersey Fact Sheet

New Jersey's Blood Shortage

- New Jersey is facing a severe and chronic blood shortage.
- Currently only 3.6 percent of the population in New Jersey donates regularly compared with 5 percent nationwide.
- In 2008, New Jersey used 35,000 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.

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 10 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 may save three 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 nine 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 blood cell donations up to five times a year.
- 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.

Who is Eligible

- Most people age 16 and older who are in good health and weigh at least 110 pounds are eligible to donate.
- This encompasses an estimated 60 percent of the adult population.