Healthy Aging & Dane County Data on Older Adults

Sridevi Mohan, MPH, MA

Public Health Madison & Dane County

April 25, 2016

A Vital Investment

STOP the talk about SILVER TSUNAMI - Focus on the opportunities in aging not limitations

Healthy Aging

Healthy aging is "a lifelong process of optimizing opportunities for improving and preserving health and physical, social and mental wellness, independence, quality of life and enhancing successful life-course transitions" (Health Canada, 2002).

A New Vision…

- A society/community that:
    - addresses the basic needs of older residents (affordable housing, safety, food security, transportation, culturally and linguistically appropriate services);
    - celebrates diversity, refutes ageism and reduces inequities;
    - ensures equal opportunities for achieving optimal mental, physical, social wellbeing that enhances quality of life; and
    - provides age-friendly environments and opportunities for all older residents to enhance their independence and age-in-place.

Framework - Predictors/Equity

Source: Healthy Ageing – A Challenge for Europe, 2006 - Major topics for the Healthy Ageing project.

Communities that support aging

- **Lifelong Communities: A Framework for Planning**

  Lifelong Communities are places where individuals can live throughout their lifetimes; they provide a full range of options to residents, insuring a high quality of life for all.

- **Age-friendly cities/community**

  According to the WHO, an age-friendly city or community is an inclusive and accessible urban environment that promotes active aging
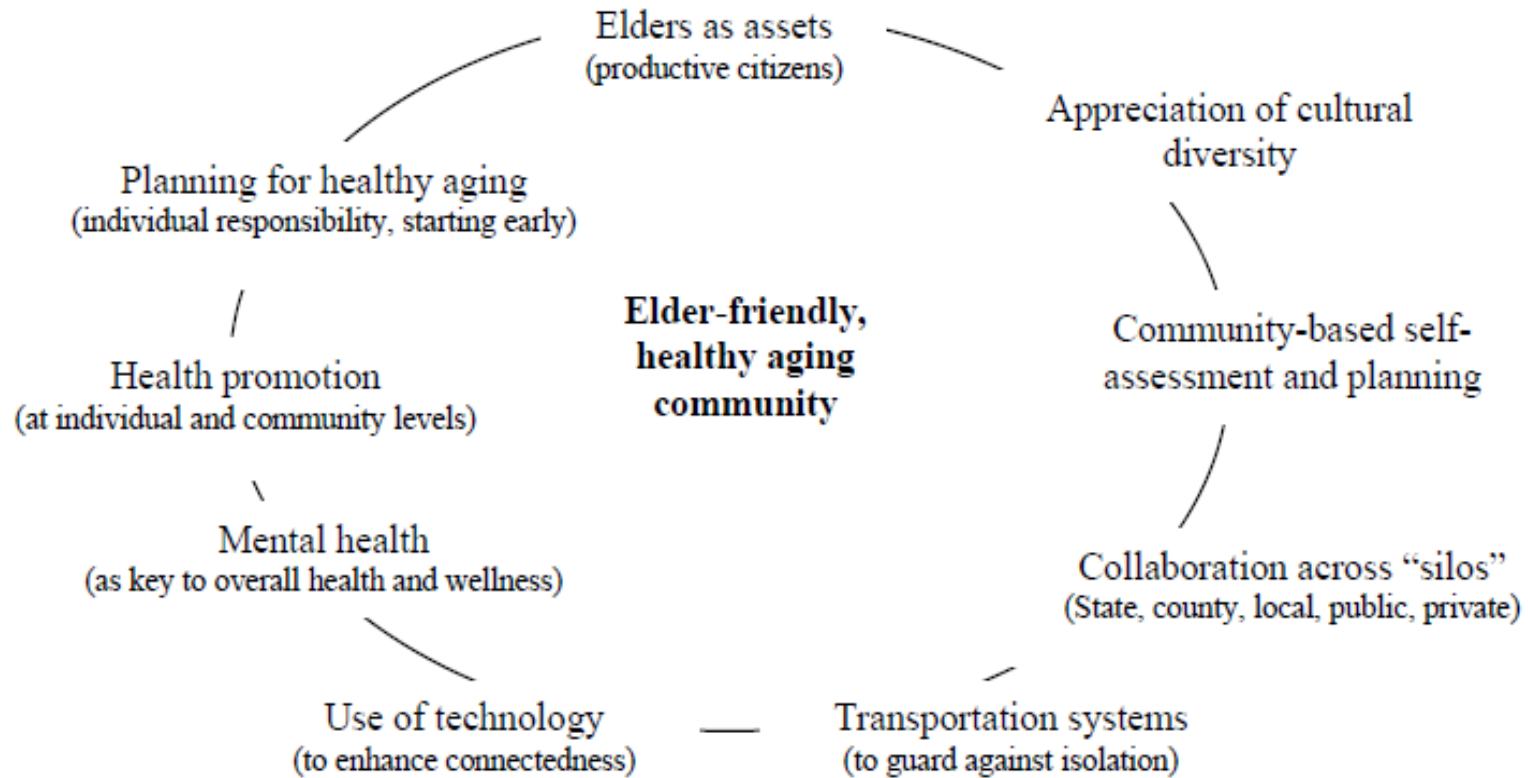

Domains of an age-friendly city

Age-friendly city

Transportation

Housing

Outdoor spaces and buildings

Social participation

Community support and health services

Respect and social inclusion

Communication and information

Civic participation and employment

Source: Atlanta Regional Commission

Source: World Health Organization

Creating healthy communities

A constellation of common themes for supporting healthy aging in communities

Elders as assets
(productive citizens)

Appreciation of cultural diversity

Planning for healthy aging
(individual responsibility, starting early)

Elder-friendly, healthy aging community

Community-based self-assessment and planning

Health promotion
(at individual and community levels)

Mental health
(as key to overall health and wellness)

Collaboration across "silos"
(State, county, local, public, private)

Use of technology
(to enhance connectedness)

Transportation systems
(to guard against isolation)

Source: Creating Healthy Communities for an Aging Population, May 2006. Minnesota Dept. of Health

Data, data & more data!!!

Dane county population estimate 2014 (percent growth)

Age Group	Males	Females	Total	Percent Change from 2010
0-14	47,068	44,644	91,712	3%
15-19	15,657	15,469	31,126	-5%
20-24	25,223	24,998	50,221	6%
25-29	20,342	18,876	39,218	-8%
30-34	20,563	19,756	40,319	11%
35-39	17,424	17,157	34,581	7%
40-44	16,143	16,089	32,232	-1%
45-54	33,172	34,128	67,300	-2%
55-64	29,537	31,436	60,973	8%
65-74	16,952	19,013	35,965	35%
75-84	7,136	9,563	16,699	6%
85+	2,845	5,782	8,627	11%
Total	252,062	256,911	508,973	4%

Source: WI DHS population estimates

Who are our older adults?? Population, household and economic characteristics...

Total population estimate in Dane County: 502984
% 65 and older in Dane County: 11.07%

Sex
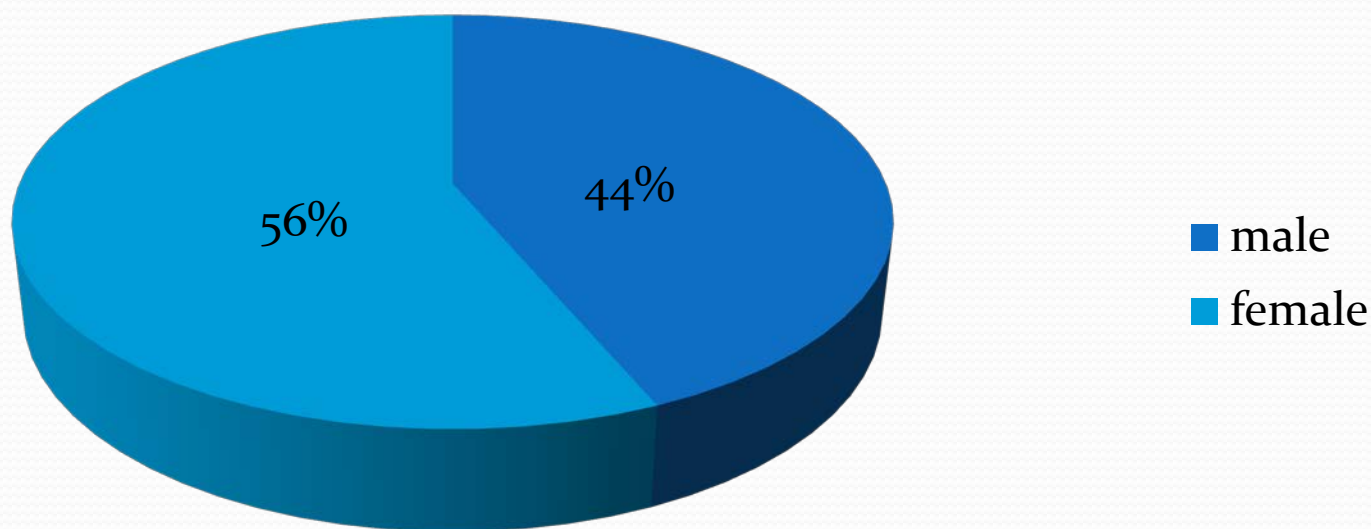
44%

56%

- male
- female

Race and Hispanic or Latino origin

Race and Hispanic or Latino origin	Estimate
White	95.5%
Black or African American	1.7%
Asian	1.9%
American Indian or Alaska Native	0.1%
Hispanic or Latino origin (of any race)	**1.3%**

Source: 2010 – 2014 American Community Survey 5-year estimates (S0103)

Marital Status & Household by type

Marital Status	Estimate
Now married, except separated	59.0%
Widowed	22.9%
Divorced	12.5%
Separated	1.1%
Never married	4.9%

Unmarried partner households (same-sex): 0.8%

Households by type	Estimate
Family households	51.2%
Female householder, no husband present, family	4.4%
Non-family households	48.8%
Householder living alone	45.6%

Source: 2010 – 2014 American Community Survey 5-year estimates (S0103)

Educational attainment

Educational attainment	Estimate
Less than high school graduate	8.5%
High school graduate, GED, or alternate	31.6%
Some college or associate's degree	21.9%
Bachelor's degree or higher	38.0%

Source: 2010 – 2014 American Community Survey 5-year estimates (S0103)

Responsibility for grandchildren

Responsibility for grandchildren under 18 years	Estimate
Living with grandchildren	1.7%
Responsible for grandchildren	0.3%

Source: 2010 – 2014 American Community Survey 5-year estimates (S0103)

Employment status

Civilian population 65 years and over	Estimate
In labor force	20.9%
Employed	20.1%
Unemployed	0.8%
Not in labor force	79.1%

Source: 2010 – 2014 American Community Survey 5-year estimates (S0103)

Income in the past 12 months

Income in the past 12 months (in 2014 inflation adjusted dollars) - Households	Estimate
With earnings	39.9%
With social security income	91.5%
With supplemental security income	3.5%
With cash public assistance income	1.1%
With retirement income	57.8%
With food stamp/SNAP benefits	5.5%

Source: 2010 – 2014 American Community Survey 5-year estimates (S0103)

Poverty
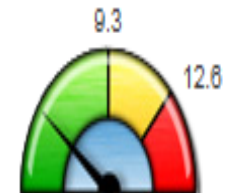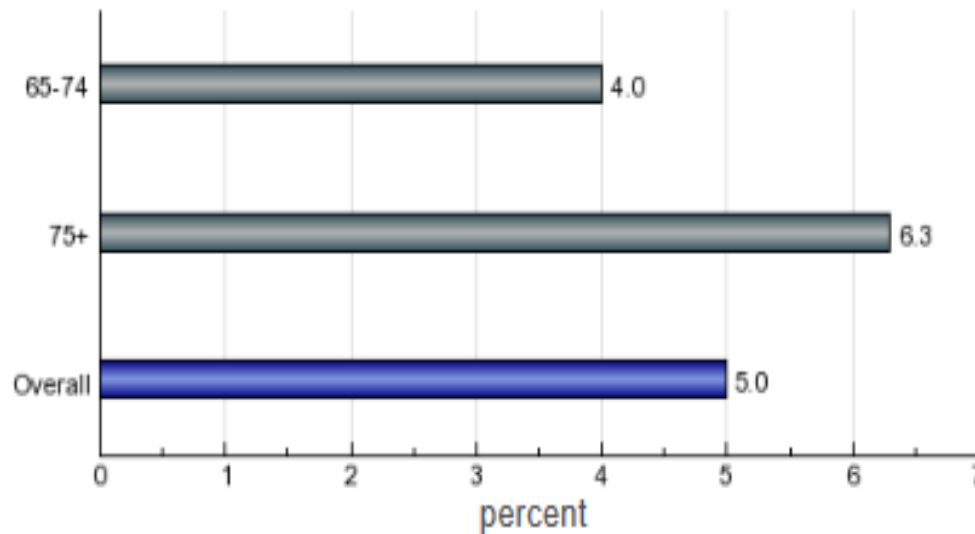
Percentage of people aged 65 years and over living below the federal poverty level
Source: Healthy Dane
http://healthydane.org/?hcn=DisparitiesDashboard

Poverty by race and gender….

People 65+ Living Below Poverty Level by Race/Ethnicity
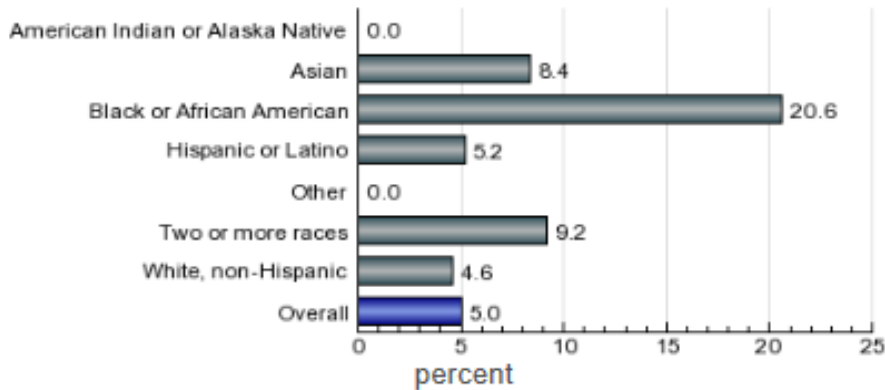
People 65+ Living Below Poverty Level by Gender

Source: Healthy Dane http://healthydane.org/?hcn=DisparitiesDashboard
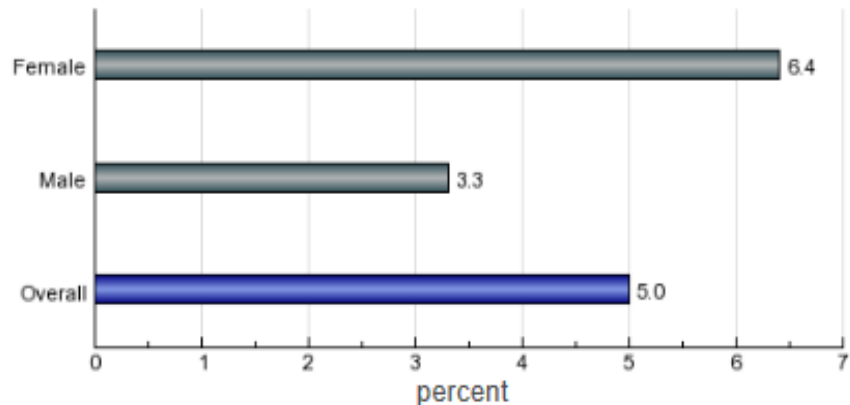
Housing tenure & costs

Housing Unit Tenure and Housing Costs for householders 65+	Estimate
Percent of housing units that are *owner-occupied*	75.6%
Percent with owner costs >=**30%** of income or more	27.5%
Percent of units that are renter-occupied	24.4%
Percent with renter costs >=**30%** of income	60.3%

Source: 2010 – 2014 American Community Survey 5-year estimates (S0103)

Disability status

65+ with any disability (30.3%)

Type of disability
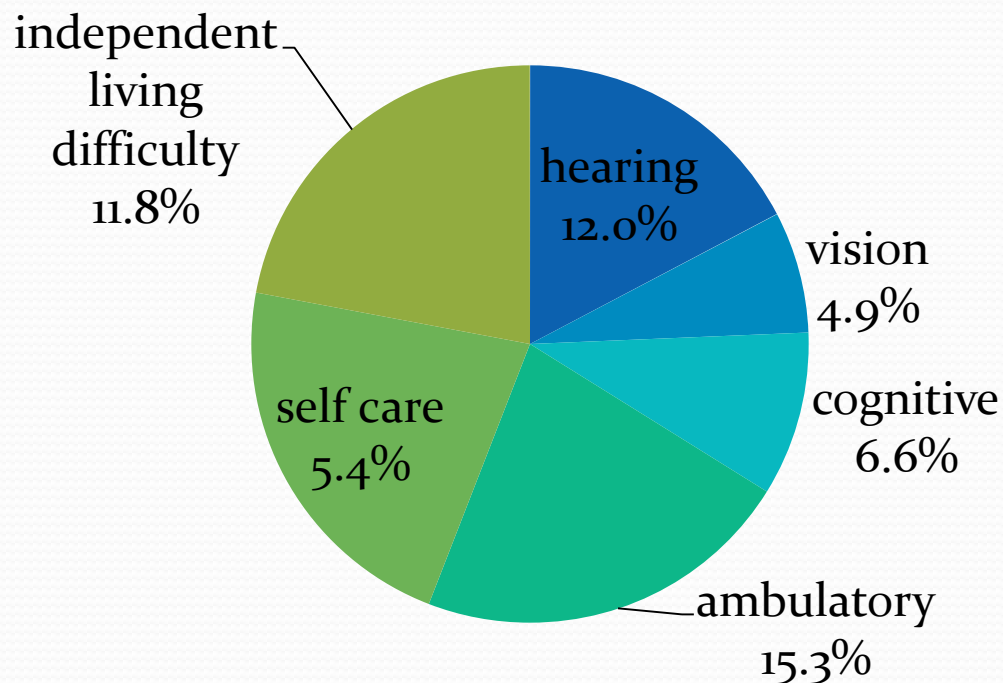
- independent living difficulty 11.8%
- hearing 12.0%
- vision 4.9%
- cognitive 6.6%
- ambulatory 15.3%
- self care 5.4%
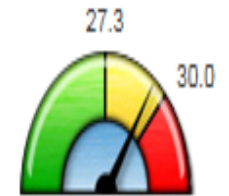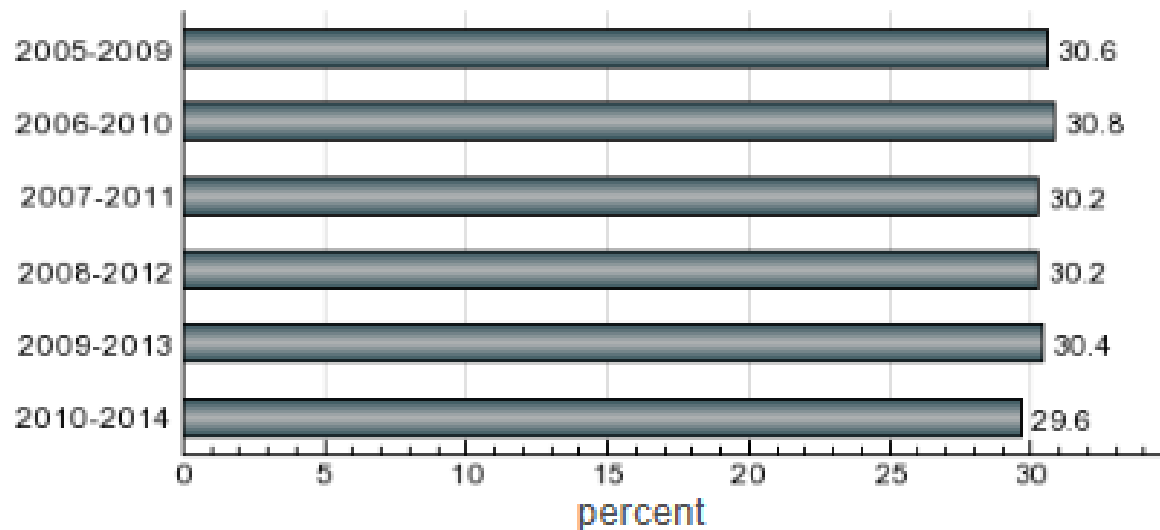
Living alone

Percentage of people age 65 years and over who live alone

Source: Healthy Dane
http://healthydane.org/?hcn=CommunityDashboard

Frail seniors living alone by block groups
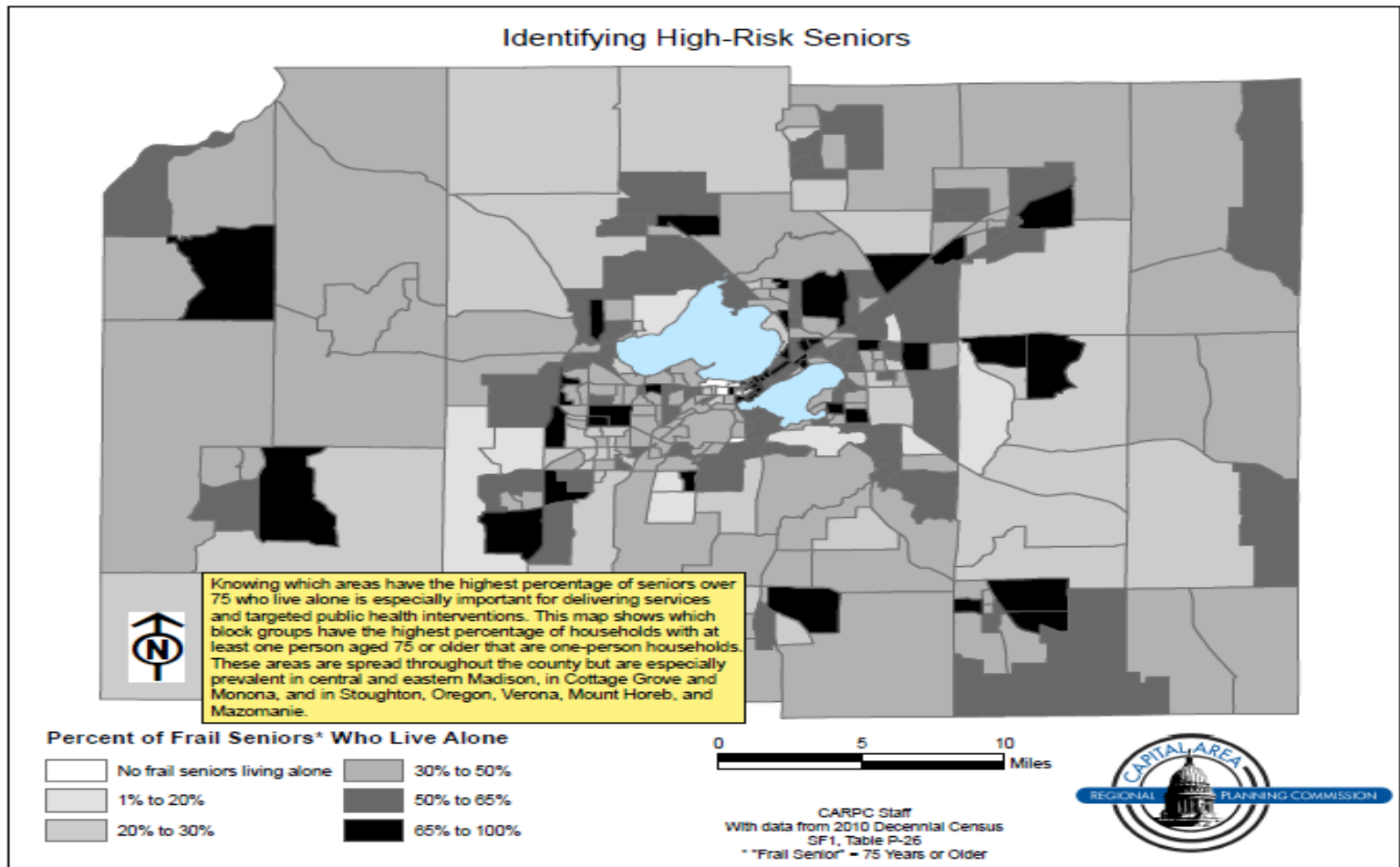
Source: Healthy Aging profile draft/PHMDC

LGBT Older Adults

LGBT Older Adults

Lesbian, gay, bisexual and transgender (LGBT) older adults may face additional risk factors for social isolation. According to the advocacy organization Services and Advocacy for Gay, Lesbian, Bisexual, and Transgender Elders (SAGE), LGBT older adults in America may face an increased risk for social isolation. SAGE reports "… the research shows that LGBT elders face higher disability rates, struggle with economic insecurity and higher poverty rates, and many deal with mental health concerns that come from having survived a lifetime of discrimination." LGBT older adults are more likely to live alone, be single, and have no children. Therefore, they may have less family support, or feel stigmatized or excluded from the broader community.

Source: SAGE

Select Health Status Diabetes
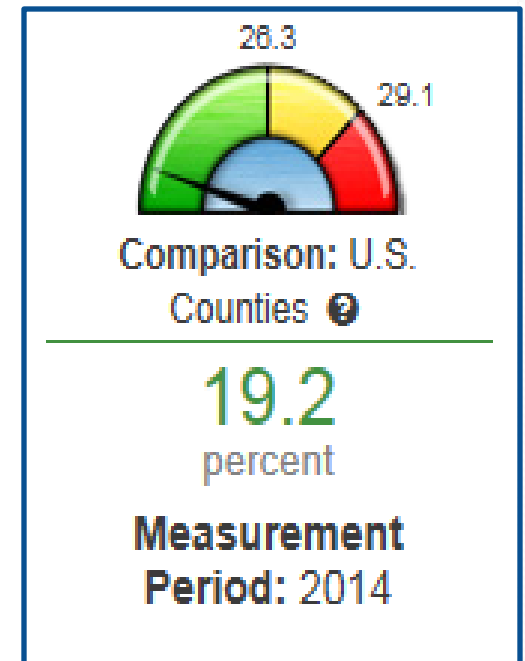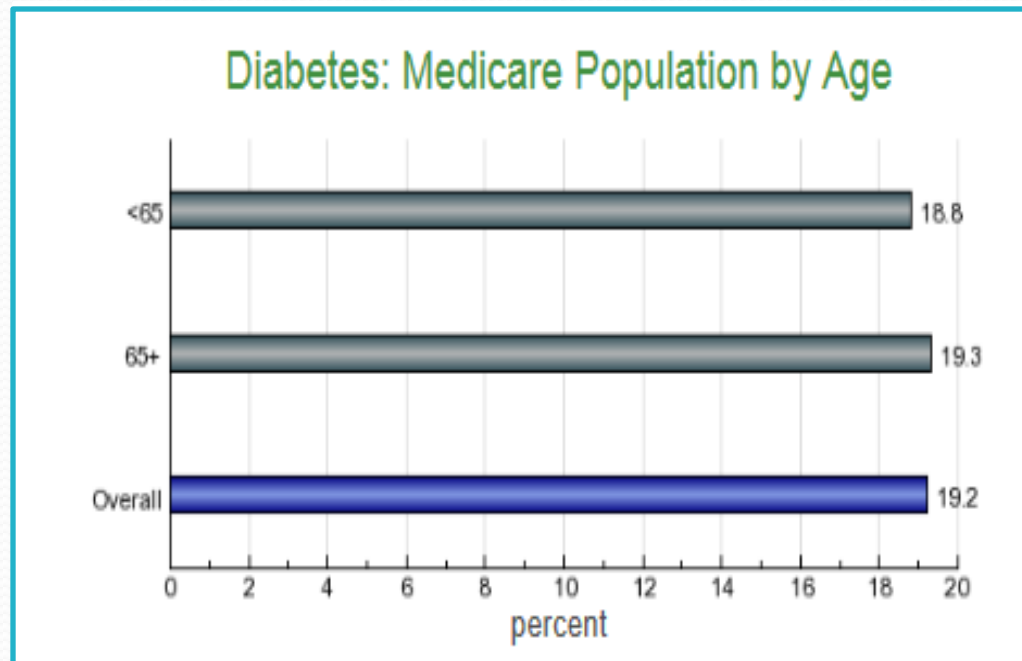
Percentage of Medicare beneficiaries who were treated for diabetes (2014)
Source: Healthy Dane (CMS data)

Cancer
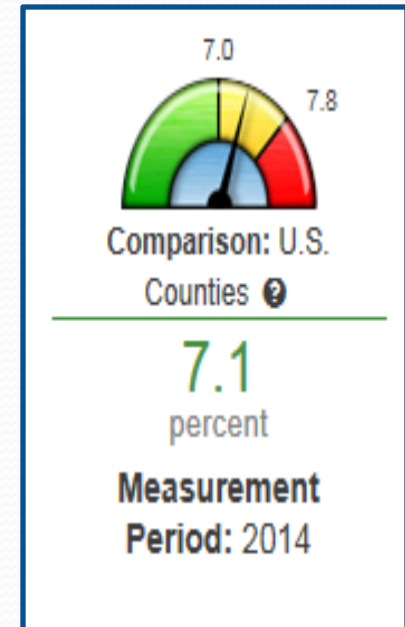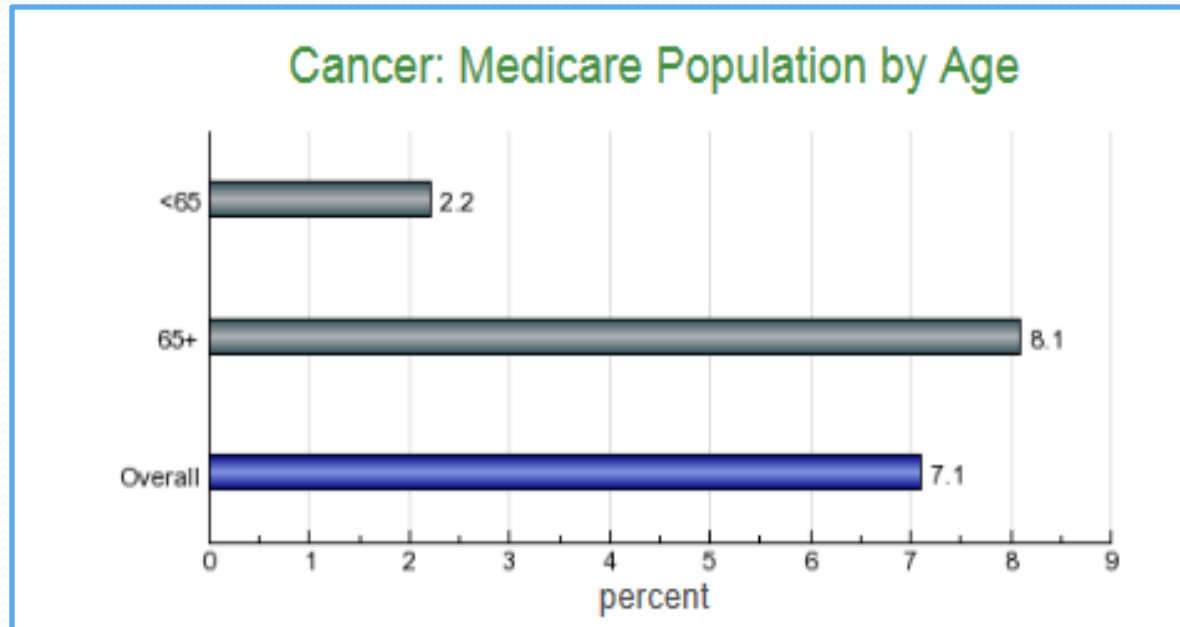
Percentage of Medicare beneficiaries who were treated for cancer

Source: Healthy Dane (CMS data)

Stroke and hypertension

Stroke: Medicare Population by Age
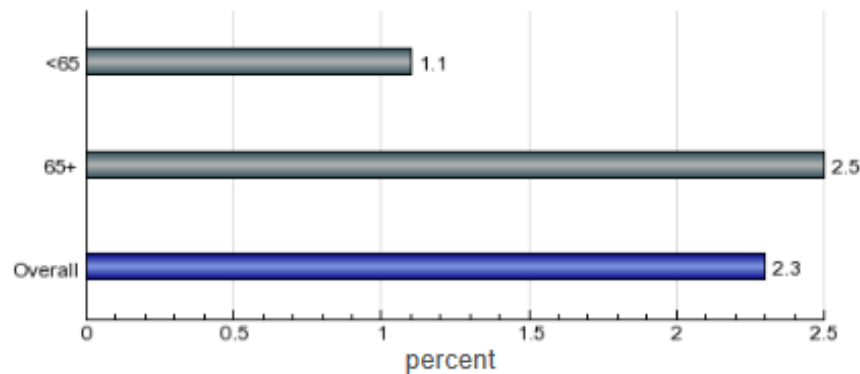
Percentage of Medicare beneficiaries who were treated for stroke
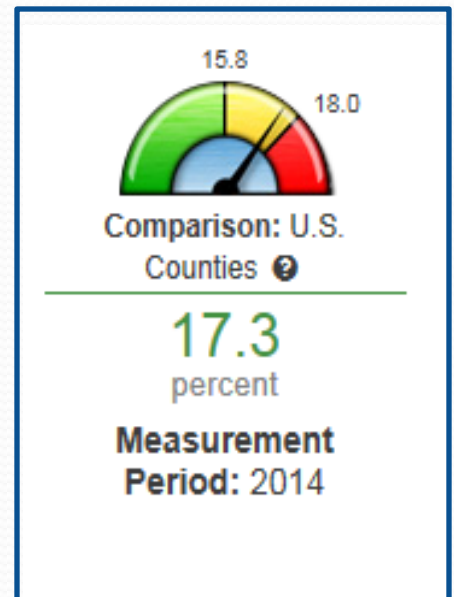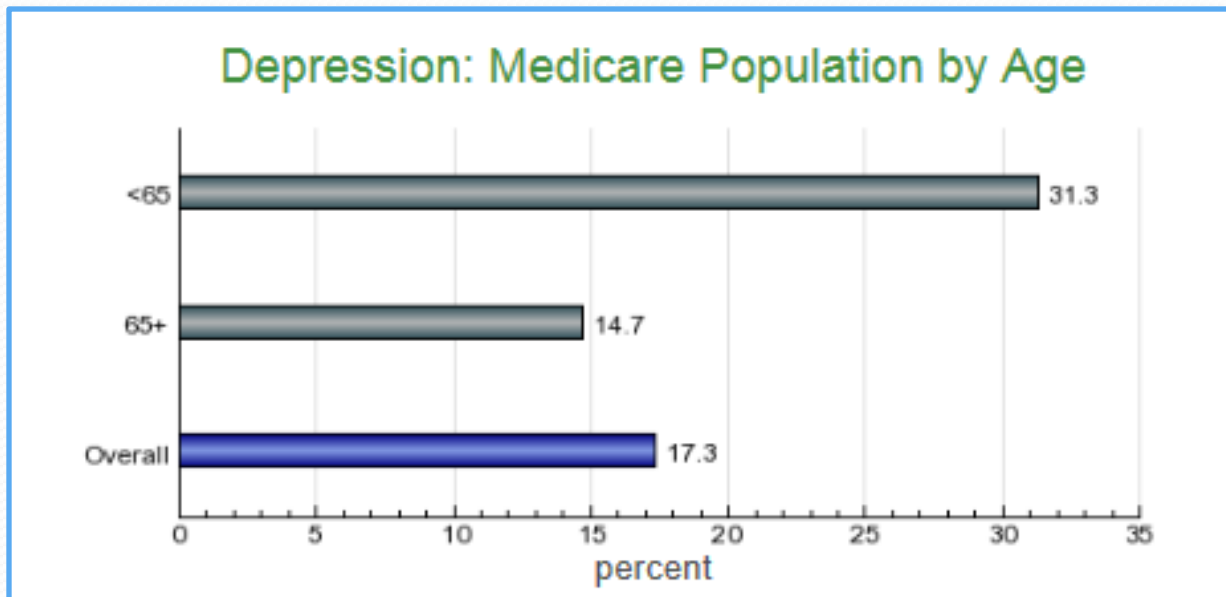Source: Healthy Dane (CMS data)
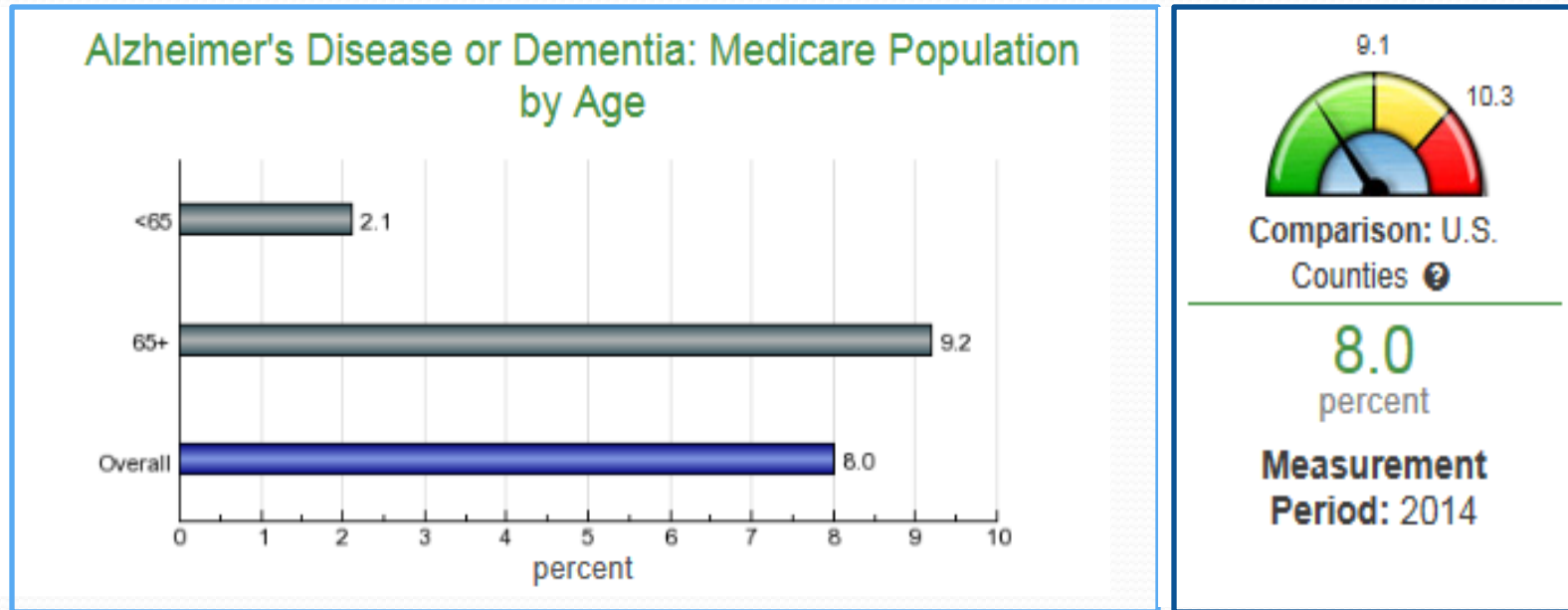
Hypertension: Medicare Population by Age

Percentage of Medicare beneficiaries who were treated for hypertension
Source: Healthy Dane (CMS data)
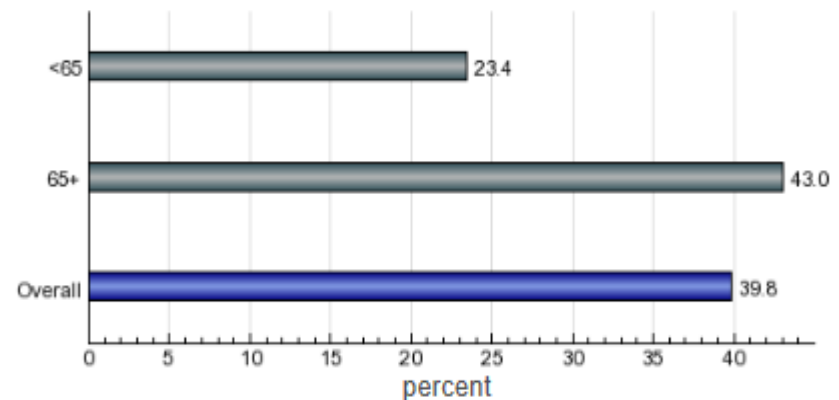
Depression

Percentage of Medicare beneficiaries who were treated for depression

Source: Healthy Dane (CMS data)

Alzheimer's disease or Dementia

Percentage of Medicare beneficiaries who were treated for Alzheimer's disease or dementia

Source: Healthy Dane (CMS data)

Medicare Chronic Conditions Dashboard

Medicare spending and utilization by number of chronic conditions, 2014
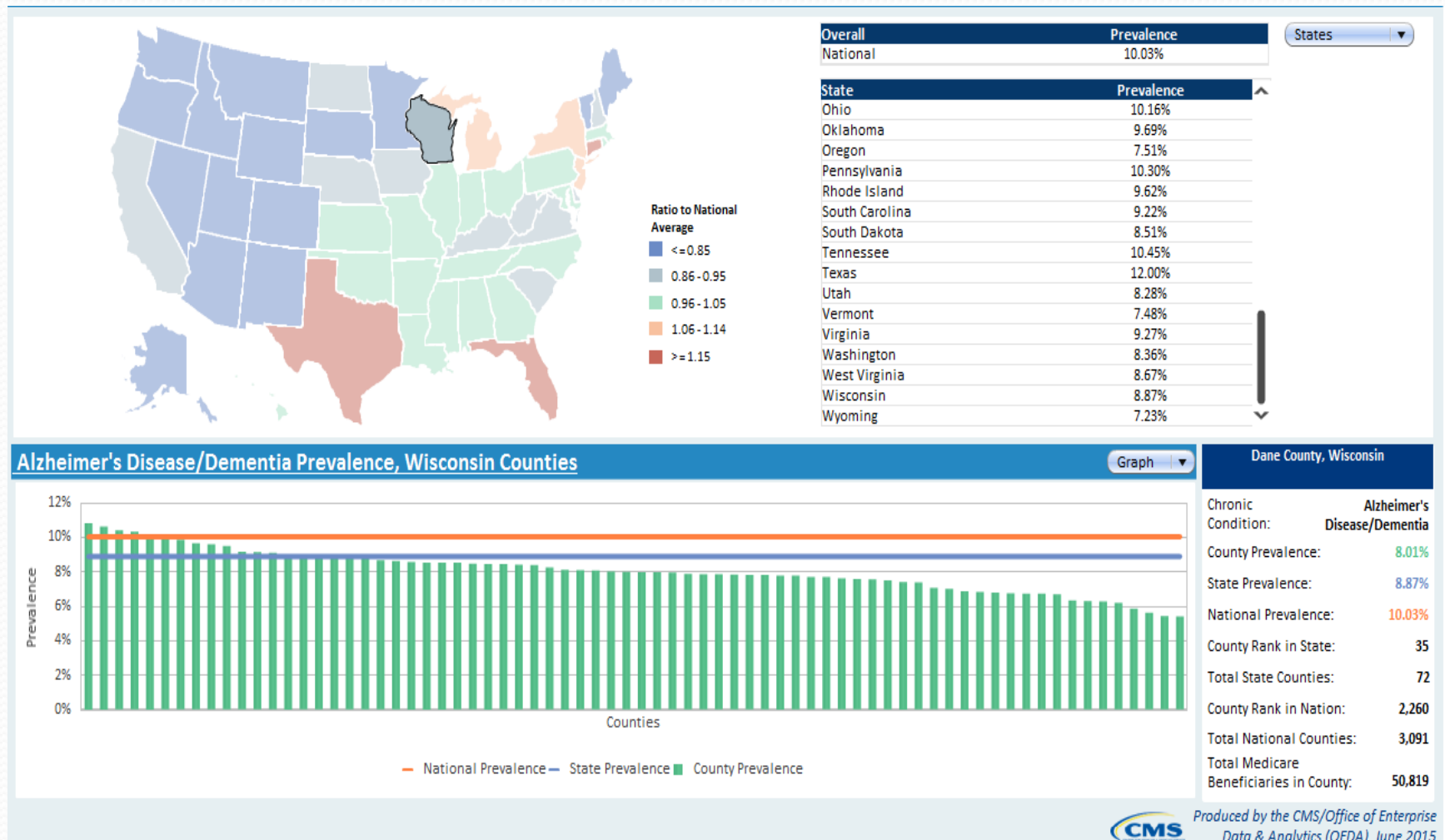
Source: https://www.cms.gov/Research-Statistics-Data-and-Systems/Statistics-Trends-and-Reports/Dashboard/Chronic-Conditions-County/CC_County_Dashboard.html

2015 Profile for Dane County Hospitalizations (2013)

Disease Group/ Age Group	Number	Per 1,000 Population	Average Stay (Days)	Average Charge	Charge Per Capita
Injury-Related: All					
Total	3,794	7.5	4.3	$38,726	$292
<18	277	2.5	2.7	$26,273	$67
18-44	884	4.2	3.4	$34,495	$147
45-64	1,136	8.9	4.4	$42,130	$373
65+	1,497	25.8	4.9	$40,945	$1,057
Injury: Hip Fracture					
Total	376	0.7	5.2	$43,929	$33
65+	320	5.5	5.1	$43,222	$238
Psychiatric					
Total	2,766	5.5	7.2	$17,068	$94
<18	573	5.3	7.2	$22,283	$118
18-44	1,324	6.4	6.6	$13,915	$89
45-64	670	5.2	7.1	$16,297	$85
65+	199	3.4	11.8	$25,627	$88

Disease Group/ Age Group	Number	Per 1,000 Population	Average Stay (Days)	Average Charge	Charge Per Capita
Total Hospitalizations					
Total	45,281	90.0	4.0	$28,499	$2,565
<18	8,597	79.1	3.5	$16,656	$1,318
18-44	12,612	60.6	3.3	$19,770	$1,198
45-64	10,267	80.0	4.2	$37,486	$2,999
65+	13,805	238.0	4.7	$37,164	$8,844
Preventable Hospitalizations*					
Total	4,731	9.4	4.3	$27,737	$261
<18	372	3.4	2.4	$16,950	$58
18-44	572	2.7	3.6	$26,457	$73
45-64	1,162	9.1	4.2	$29,255	$265
65+	2,625	45.3	4.7	$28,873	$1,307

*Hospitalizations for conditions where timely and effective ambulatory care can reduce the likelihood of hospitalization.

Leading causes of death among population 65+ in Dane County

- Malignant neoplasms
- Disease of the heart
- Alzheimer's disease
- Cerebrovascular diseases
- Chronic lower respiratory disease
- Accidents (unintentional injuries)

Leading causes of death by age categories

Ages 65-74	Ages 75-84	Ages 85+
Malignant neoplasms	Malignant neoplasms	Disease of the heart
Disease of the heart	Disease of the heart	Malignant neoplasms
Chronic lower respiratory diseases	Chronic lower respiratory diseases	Alzheimer's disease
Accidents (unintentional injuries)	Alzheimer's disease	Cerebrovascular disease
Diabetes	Cerebrovascular disease	Accidents

Source: Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, https://www.dhs.wisconsin.gov/wish/index.htm, Mortality Module, accessed 4/18/2016.
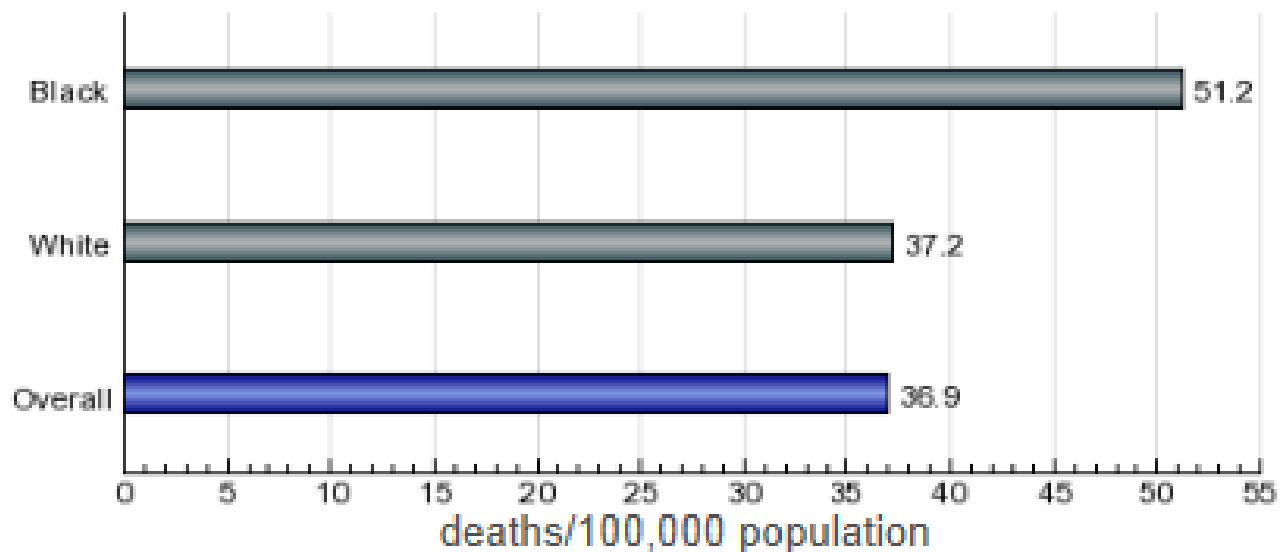
Death rate due to Alzheimer's disease

Age-adjusted death rate per 100,000 population due to Alzheimer's disease.

Source: Healthy Dane (WI DHS)

Alzheimer's death rate by race...

Age-Adjusted Death Rate due to Alzheimer's Disease by Race/Ethnicity
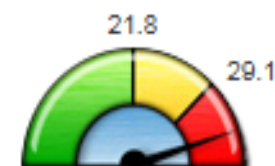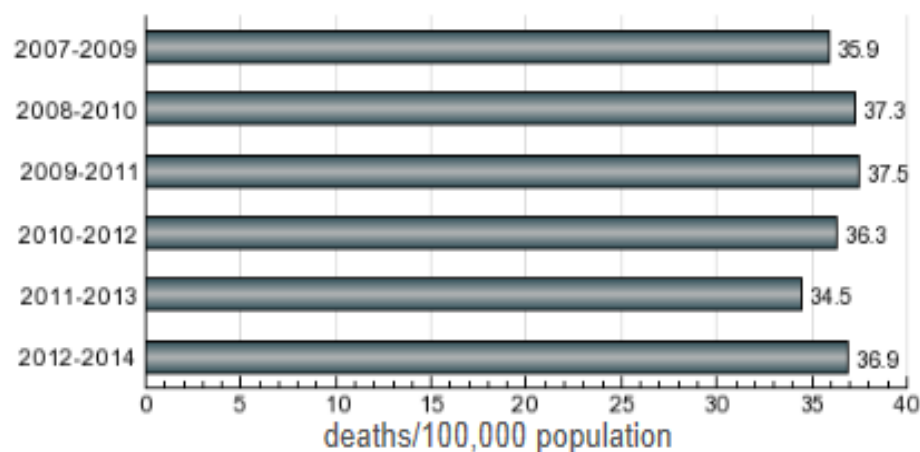
- Black: 51.2
- White: 37.2
- Overall: 36.9

deaths/100,000 population

Source: Healthy Dane (WI DHS)

Death rate due to Falls
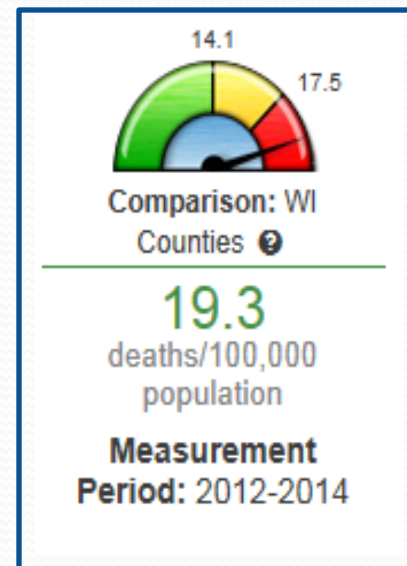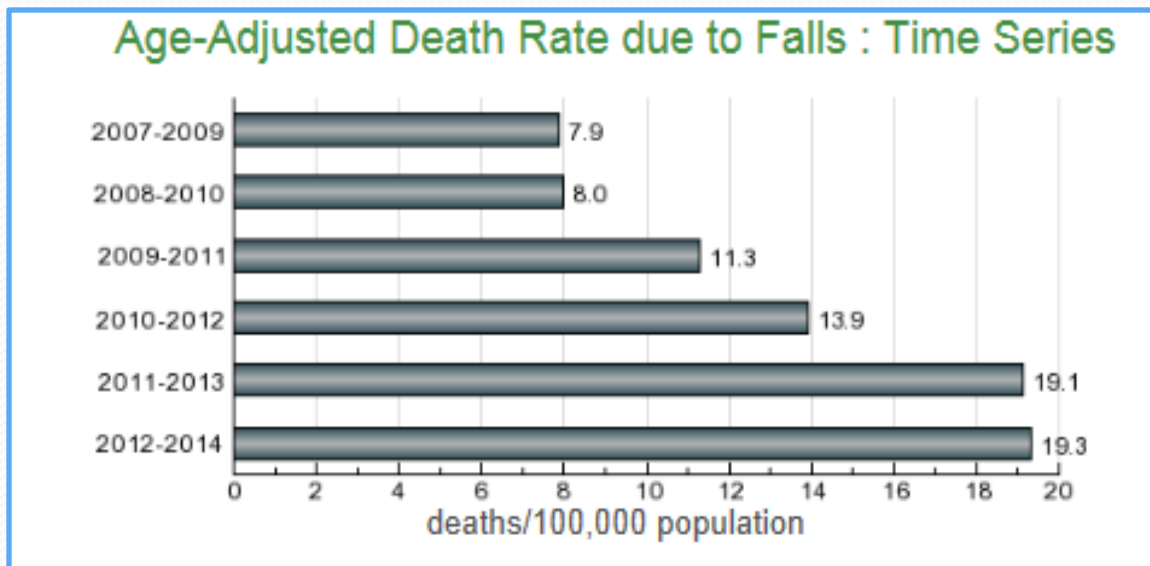
Age adjusted death rate per 100,000 population due to falls

Source: Healthy Dane (WI DHS)

Resources on Aging

- Healthy Dane
  http://healthydane.org/?hcn=CommunityDashboard
- WI Interactive Statistics on Health
  https://www.dhs.wisconsin.gov/wish/mortality/index.htm
- Dane County Public Health profiles
  https://www.dhs.wisconsin.gov/stats/phprofiles/dane.htm
- Center for Medicare and Medicaid services
  https://www.cms.gov/Research-Statistics-Data-and-Systems/Research-Statistics-Data-and-Systems.html
- Mapping Medicare disparities tool
  https://data.cms.gov/mapping-medicare-disparities
- American Community survey
  http://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_14_5YR_S0103&prodType=table
- Community health status indicators
  http://wwwn.cdc.gov/CommunityHealth/profile/pdf/WI/Dane/
- Medical Expenditure Panel Survey
  http://meps.ahrq.gov/mepsweb/data_stats/MEPS_topics.jsp?topicid=8Z-1

Environment of our seniors is

THANK YOU!!