

OLDER ADULTS IN ALAMEDA COUNTY



March 2016

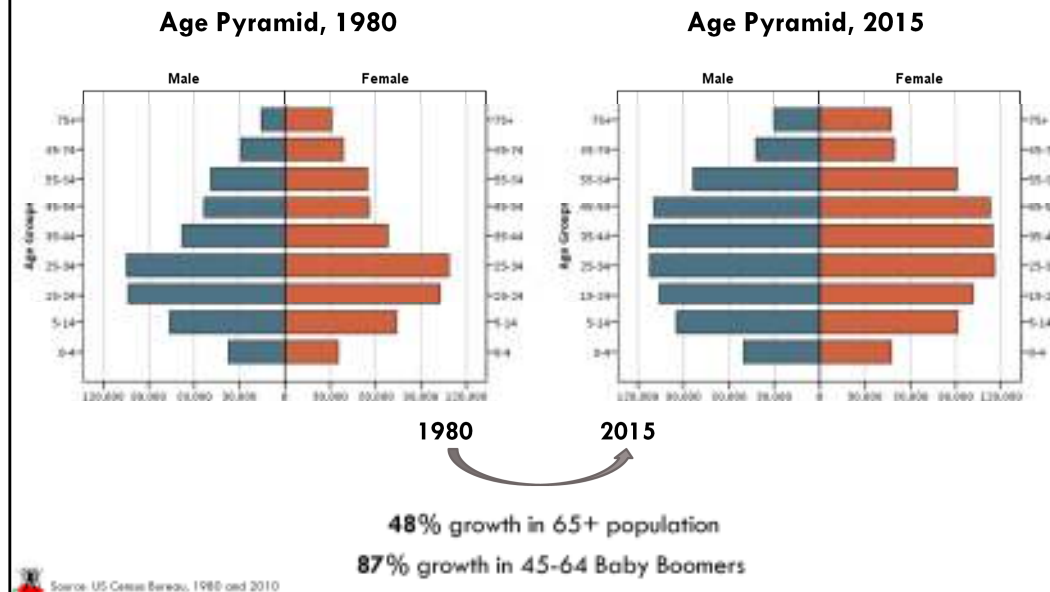


- This slide set was produced by the Alameda County Public Health Department Community Assessment, Planning, and Evaluation (CAPE) Unit.
- It aims to compile current data about the pressing health and social needs of the rapidly growing older adult (ages 65+) population in Alameda County.
- Slides/data may be referenced and/or reproduced in reports, presentations, and publications with the Alameda County Public Health logo and the recommended citation:
Alameda County Public Health Department, “Older Adults in Alameda County”, March 2016.

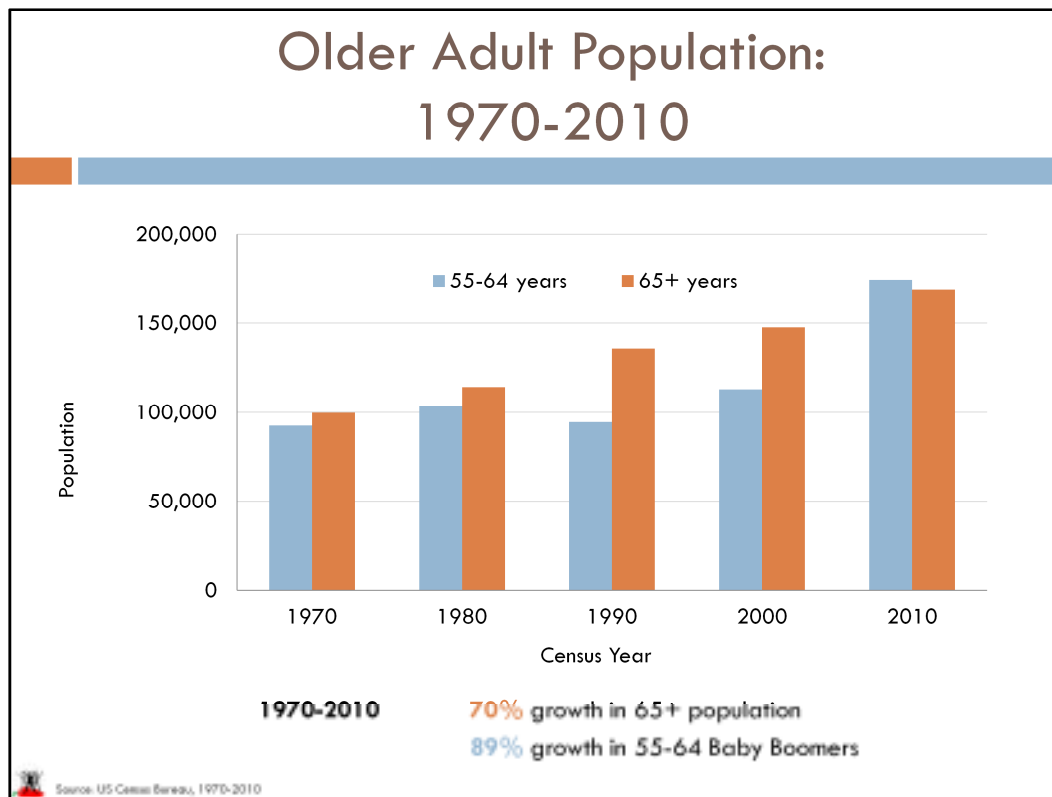
DEMOGRAPHICS & SOCIAL DETERMINANTS OF HEALTH



Age Distribution of Population in Alameda County

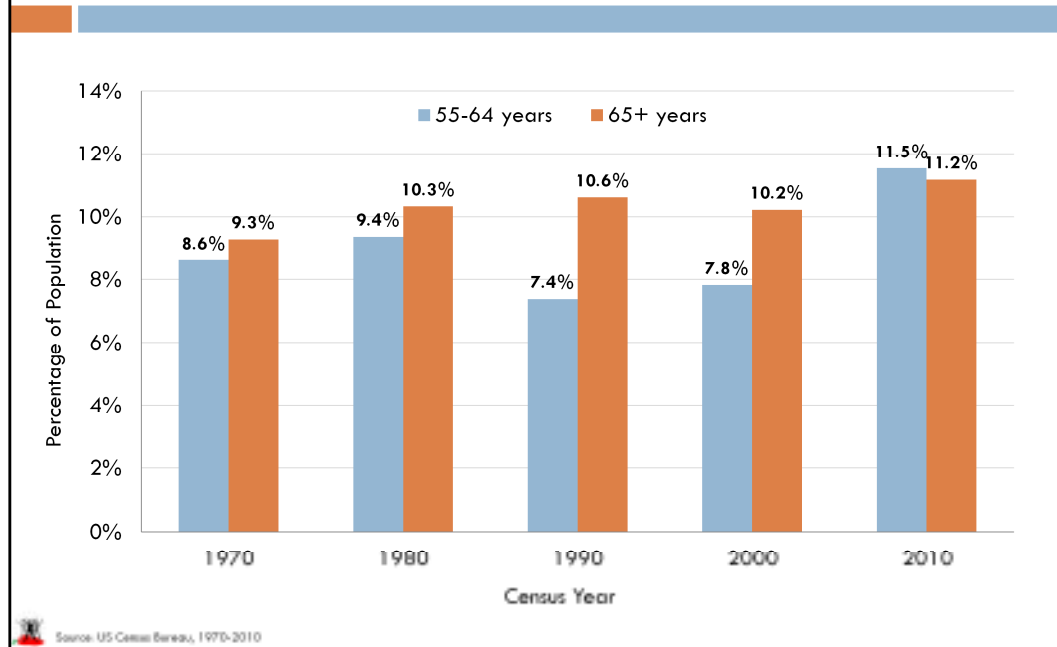


- The population in Alameda County is rapidly aging, as illustrated by the upwards shift toward older age groups between the 1980 and 2010 population age pyramids.
- Between 1980 and 2015, the older adult (65+) population grew by 48% and the number of adults between ages 45-64 (the fast-growing Baby Boomer segment that will reach 65 over the next two decades) increased by 87%.



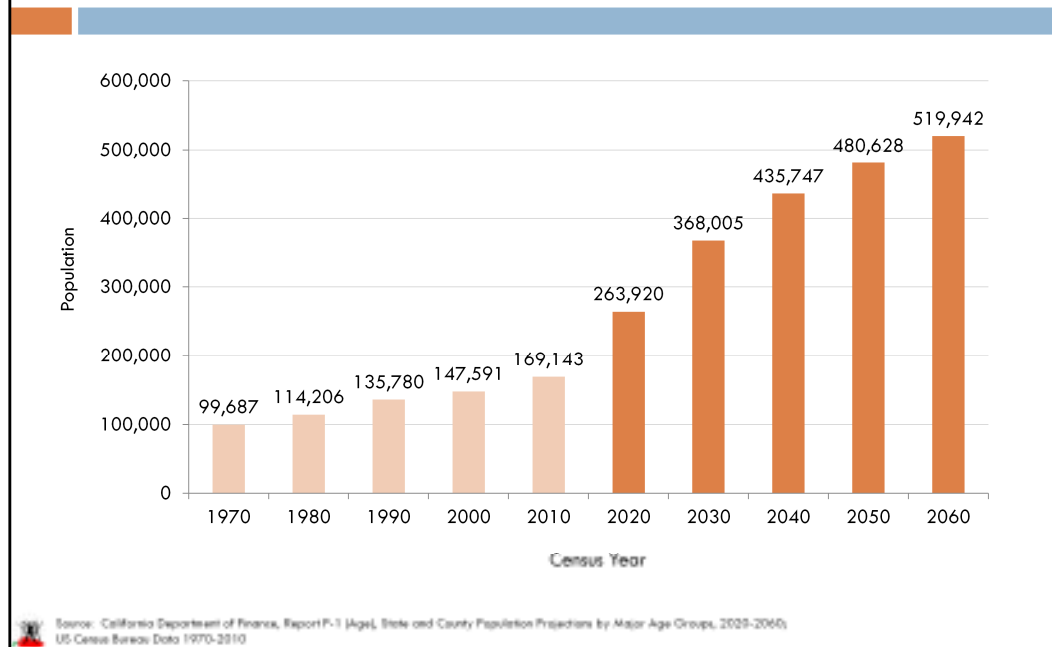
- Between 1970 to 2010, the older adult (65+) population grew by 70% and the number of adults between ages 55-64 (the fast-growing Baby Boomer segment that will reach 65 in the next decade) increased by 89%.

Older Adults as Share of Total Population: 1970-2010



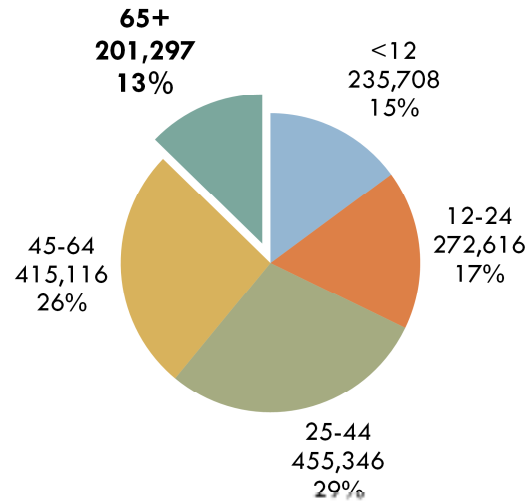
- Older adults represent an increasing share of the population, growing from 9% in 1970 to 11% in 2010.

Population Projections Ages 65+: 2020-2060



- Over the next 5 decades (by 2060), the older adult population is projected to more than triple (from its size in 2010).
- While the older adult population continues to grow dramatically, the support system for seniors has remained flat or been cut.

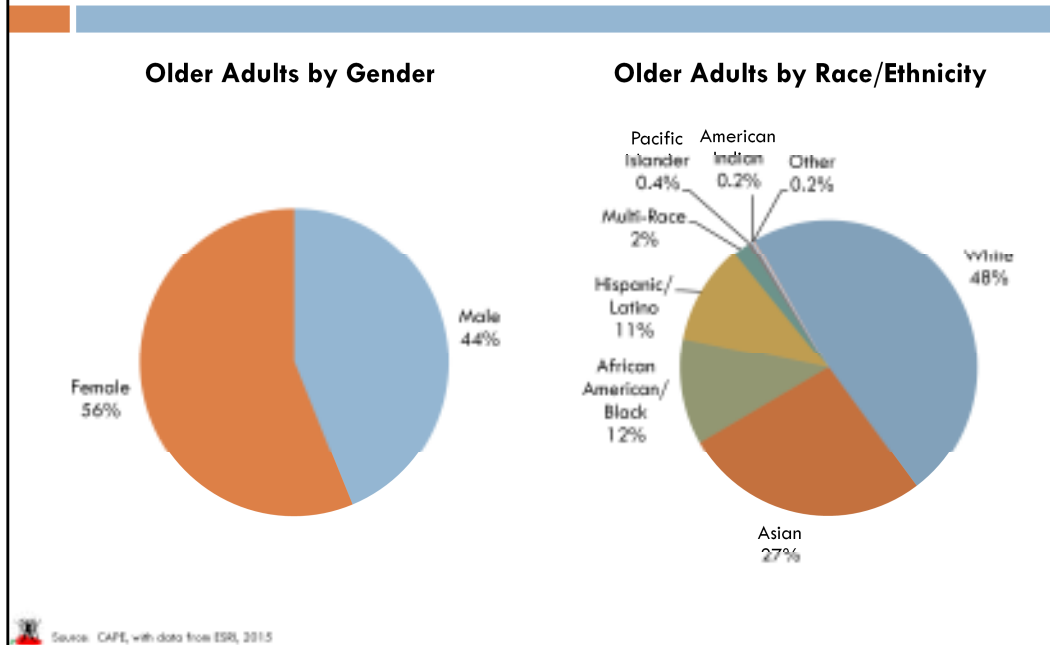
Older Adult (65+) Population in Alameda County



Source: CAPE, with data from ESRI, 2015

- In 2015, over 200,000 older adults (65+) live in Alameda County, accounting for about 13% of the County's population.

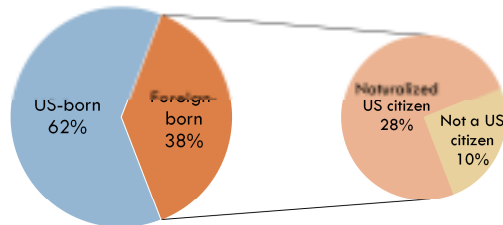
Older Adult Demographics



- The older adult population is slightly skewed toward females (56% female, 44% male).
- Almost one-half of the older adult population is White and just over one-fourth is Asian. Compared to the overall population in Alameda County, Whites are over-represented among older adults and Latinos are under-represented.

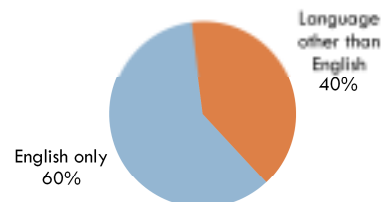
Older Adult Demographics (continued)

**Older Adults by
Place of Birth & Citizenship Status**



- Over 1 in 3 older adults are foreign-born
- 1 in 10 older adults are not US citizens

**Older Adults by
Language Spoken at Home**



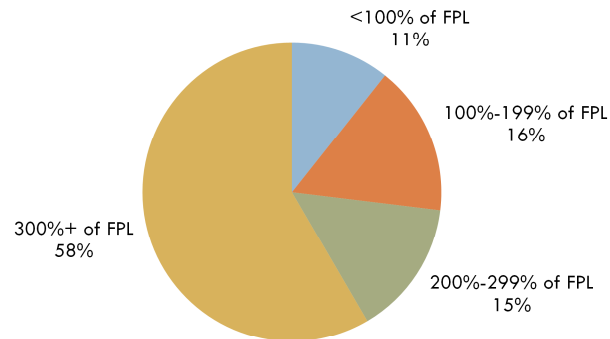
- Many older adults (40%) speak a language other than English at home

Source: American Community Survey, 2014

- 38% of older adults are foreign-born and about 10% are not US citizens.
- 40% speak a language other than English at home.
- Older adult immigrants tend to have less personal income than their native-born counterparts and to receive fewer benefits from traditional entitlement programs like Social Security and Medicare.
- As a result of their immigrant status as well as economic, linguistic, and cultural barriers, they can face multiple challenges accessing necessary healthcare and support services. [Population Reference Bureau, 2013]

Older Adult Socioeconomic Status

Poverty Levels among Older Adults

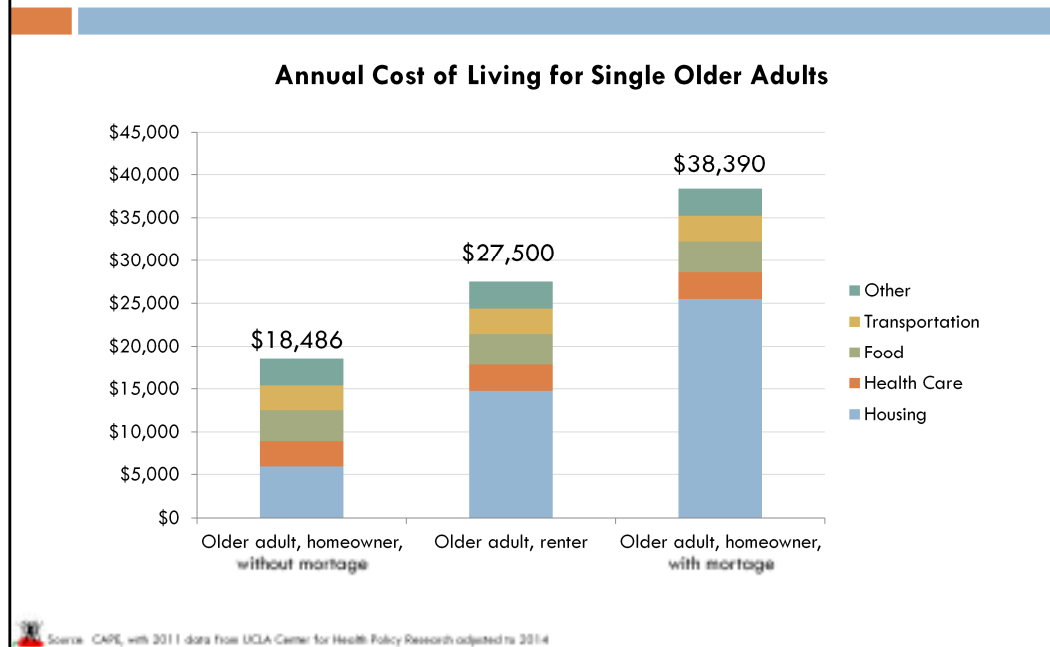


- Just over 1 in 10 older adults live under the federal poverty line
- Over 1 in 4 older adults earn <200% of FPL

Source: American Community Survey, 2014

- 11% of older adults – or over 20,000 older adults – live in poverty (<100% of or below the federal poverty line).
- Over 1 in 4 older adults (27%) earn less than 200% of the federal poverty line – which means they are likely struggling to make ends meet given high costs of living in the Bay Area.

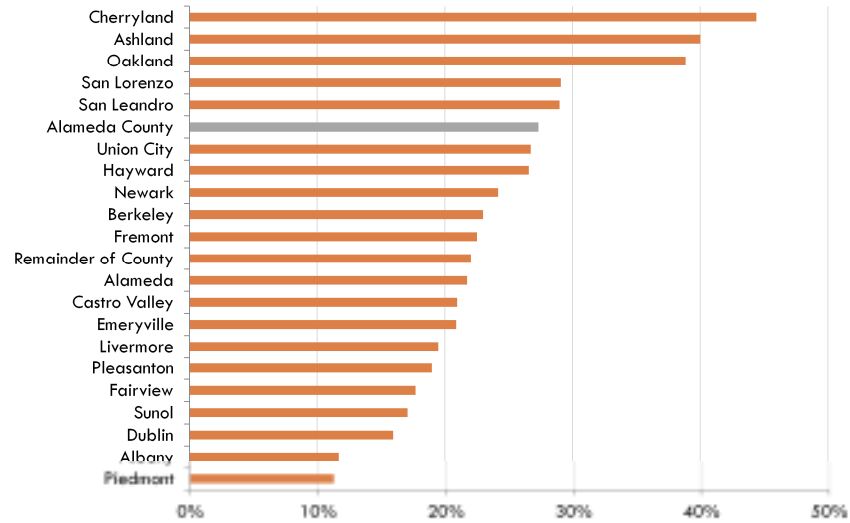
Older Adult Socioeconomic Status (continued)



- The Elder Economic Security Index (developed by the UCLA Center for Health Policy Research) measures the minimum income older adults need to cover basic living expenses. For example, an older adult renter needs \$27,500 per year to cover housing, health care, food, transportation, and other basic living expenses. An older adult with a mortgage needs \$38,390.
- It is estimated that almost half (or 49%) of single older adult households (where one 65+ person lives alone) and over one-fifth (or 21%) of older adult couple households (where one or both are 65+ and live in a 2-person household) do have enough money (or annual income) to cover basic living expenses (CAPE, with 2014 1-year American Community Survey PUMS data).
- Older adult renters are especially hard hit and over-burdened by basic costs of living.
- In 2013, the median social security payment for a single older adult was \$10,100 and the maximum SSI/SSP payment was \$10,397 – both of which are considerably lower than the basic costs of living.

Older Adult Socioeconomic Status (continued)

Percentage of Older Adults Living Under 200% of FPL by City/Place

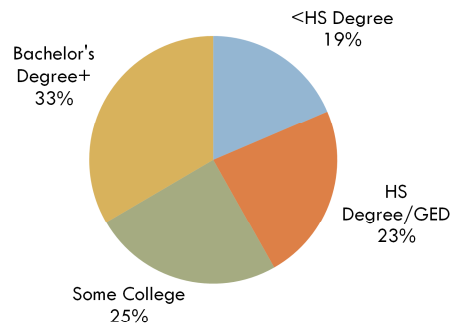


Source: American Community Survey, 2010-2014

- The greatest percentages of older adults living below 200% of the federal poverty level – and thus struggling to make ends meet – are in Cherryland, Ashland, and Oakland.

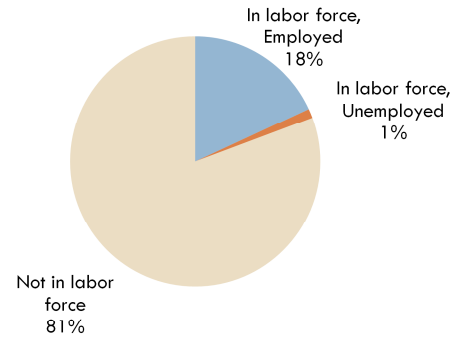
Older Adult Socioeconomic Status (continued)

Older Adults by Education Level



- 1 in 3 older adults have college degree+
- Almost 1 in 5 older adults have <HS degree

Older Adults by Employment Status



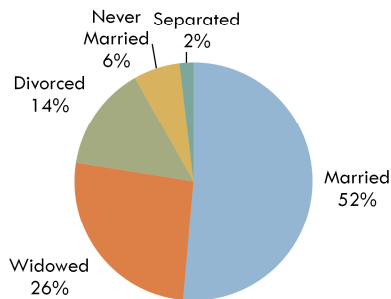
- Almost 1 in 5 older adults have a job or are looking for a job
- 1% are unemployed

Source: American Community Survey, 2014

- Education and employment status are also important socio-economic indicators.
- 33% of older adults have a college degree or beyond. 19% have less than a high school degree.
- Almost one-fifth (or 19%) of older adults are in the labor force, with 18% being employed and 1% being unemployed.

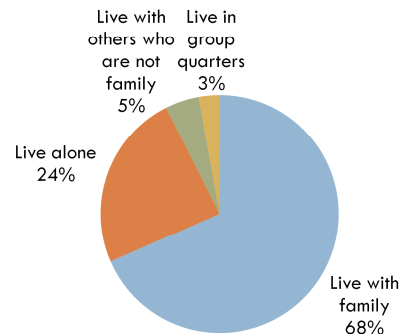
Older Adult Household and Living Circumstances

Older Adults by Marital Status



- Over half of older adults are married
- Over one-fourth are widowed

Older Adults by Household Type



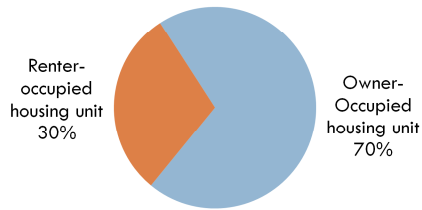
- About two-thirds of older adults live with family
- About one-fourth live alone

Source: American Community Survey, 2014

- Over half (52%) of older adults are married, but many older adults are widowed, divorced, separated, or have never been married.
- While a majority (68%) of older adults live with family, about one-fourth live alone. This increases their risk of social isolation and can affect both mental health (e.g., depression) and physical health (e.g., risk of falls).

Older Adult Household and Living Circumstances (continued)

Older Adults by Housing Tenure



- The majority of older adults are home owners or live with home owners.
- Just under one-third are renters.

Housing Cost Burden among Older Adults (60+)

	Owner-occupied housing units*	Renter-occupied housing units**
Percentage spending $\geq 30\%$ of household income on housing	30%	62%

Housing cost burden affects:

- Over 60% of older adults in rental housing.
- 30% of older adults in owner-occupied housing.

Source: American Community Survey, 2014

*Select monthly owner costs as a percentage of household income in past 12 months
**Owner cost as a percentage of household income in the past 12 months

- 70% of older adults live in owner-occupied housing units, and 30% live in renter-occupied housing units.
- Housing cost burden is a significant problem among older adults, especially among renters. 62% of older adults in renter-occupied housing units have rental costs that are 30% or more of their household income. 30% of older adults in owner-occupied housing units have monthly owner costs that are 30% or more of their household income.
- High housing costs combined with limited income mean older adults have to make tough choices that matter for their health – like paying for housing versus healthcare versus transportation.

HEALTH



Leading Causes of Death among Older Adults (65+)

1. Cancer	23%
2. Heart Disease	23%
3. Stroke	7%
4. Alzheimer's Disease	6%
5. Chronic Lower Respiratory Disease	5%

**Top 5 conditions account for
64% of deaths among older adults**

Source: Alameda County Vital Statistics, 2012-2014

- The leading causes of death among older adults are cancer (22.9 %) and heart disease (22.7 %) (which account for almost half of all deaths), followed by stroke, Alzheimer's Disease, and chronic lower respiratory disease.
- These 5 conditions account for 64% of deaths among older adults.
- The top 5 leading causes of death among older adults are all chronic diseases – which are largely preventable and manageable through early detection and treatment, behavioral change (increased physical activity, healthy eating, reduced drinking and tobacco use), and improvements in conditions where people live and work (to address chronic disease risk factors).

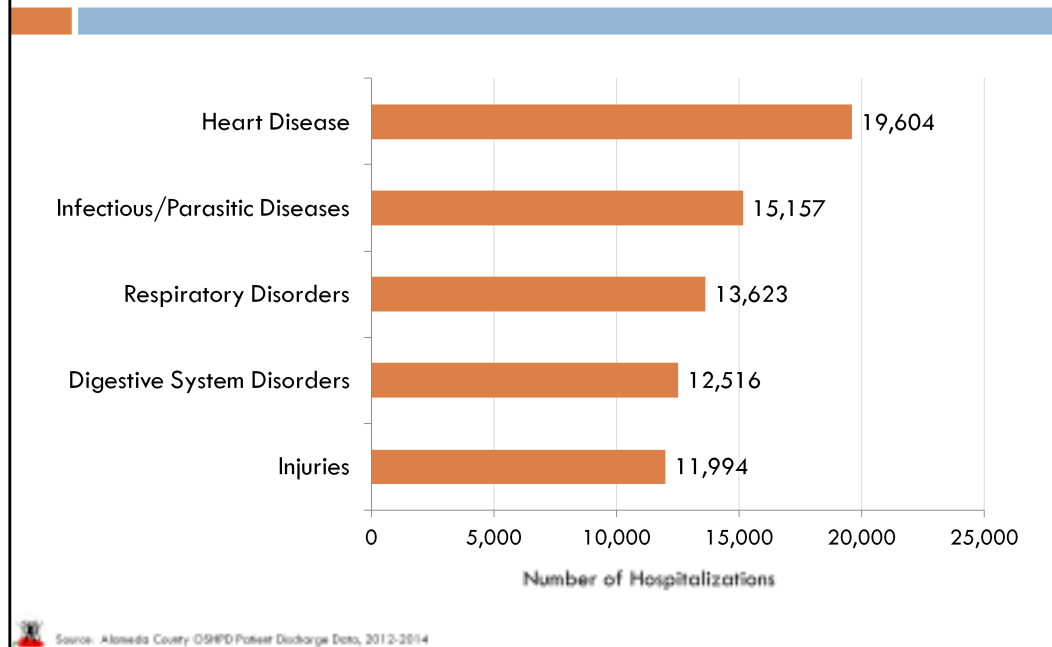
Heavy Health Toll and Cost of Chronic Disease

- Chronic diseases are among the most common, costly, and preventable of all health problems.
 - ▣ Nationwide, about 80%-90% of older adults have a chronic disease.
 - ▣ Over 50%-75% have more than 1 chronic disease.
- Chronic diseases are the leading cause of death and disability county-wide and nation-wide.
- Chronic diseases account for \$3 of every \$4 spent on healthcare.
 - ▣ Beneficiaries with 2+ chronic conditions account for 93% of Medicare spending.

Source: Centers for Disease Control and Prevention, "Chronic Disease Overview", 2016; National Council on Aging, "Healthy Aging Facts" and "Chronic Disease Self-Management Facts", 2014 and 2015; Centers for Medicare & Medicaid Services, "Chronic Conditions Among Medicare Beneficiaries: Chartbook", 2012.

- The burden of chronic disease among older adults is very high and results in high health, human, and economic costs.
 - Nationwide, about 80%-90% of older adults have a chronic disease and about 50%-75% have 2 or more chronic diseases.
 - Chronic diseases are the leading cause of death and disability.
 - Chronic diseases account for \$3 of every \$4 spend on healthcare.
 - Medicare beneficiaries with 2 or more chronic conditions account for 93% of Medicare spending.

Leading Causes of Hospitalization among Older Adults (65+)



- The 5 leading causes of hospitalizations among older adults are heart disease, infectious/parasitic diseases, respiratory disorders, digestive system disorders, and injuries.
- Together, they account for almost 60% (57%) of all hospitalizations among older adults.

Disproportionate Share of Hospitalizations among Older Adults

While older adults comprise **13%** of the population in Alameda County, they account for:

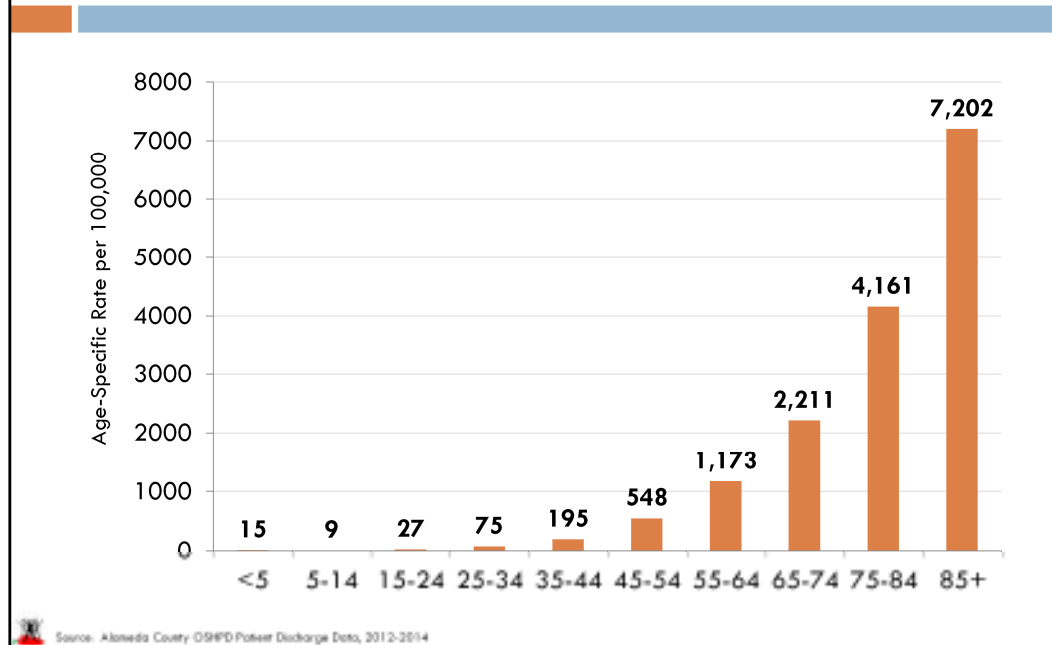
- **30%** of all hospitalizations in Alameda County
- **63%** of hospitalizations due to stroke
- **61%** of hospitalizations due to heart disease
- **58%** of hospitalizations due to infectious/parasitic disease
- **51%** of hospitalizations due to diabetes
- **47%** of hospitalizations due to respiratory disorders



Source: Alameda County OSHPD Patient Discharge Data, 2012-2014

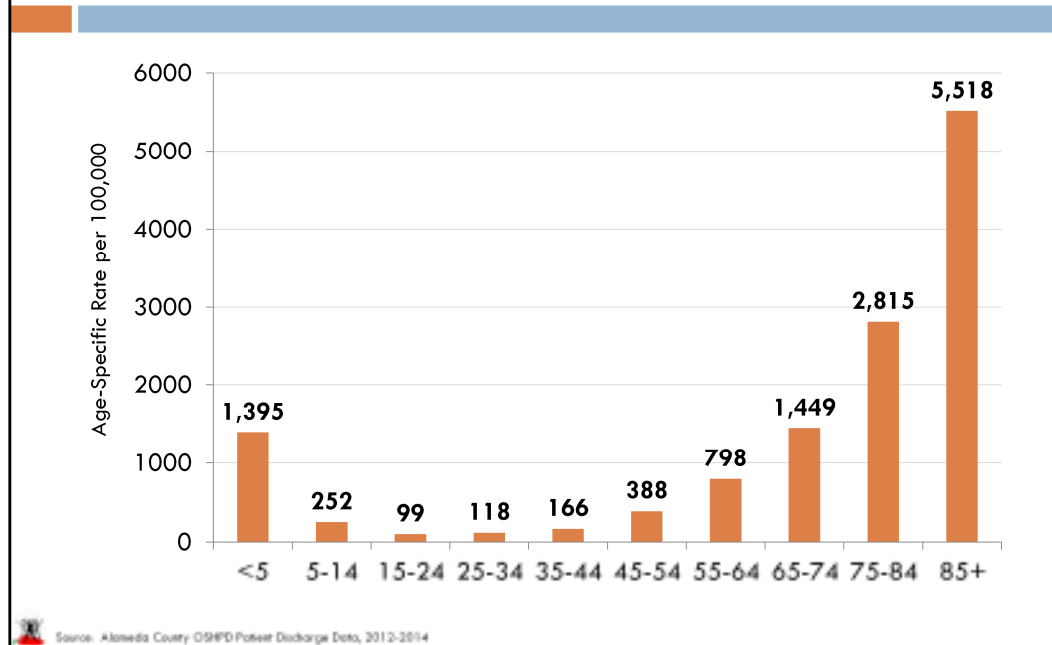
- Older adults represent a large and disproportionate share of hospitalizations overall and due to specific conditions.

Heart Disease Hospitalization Rate by Age Group

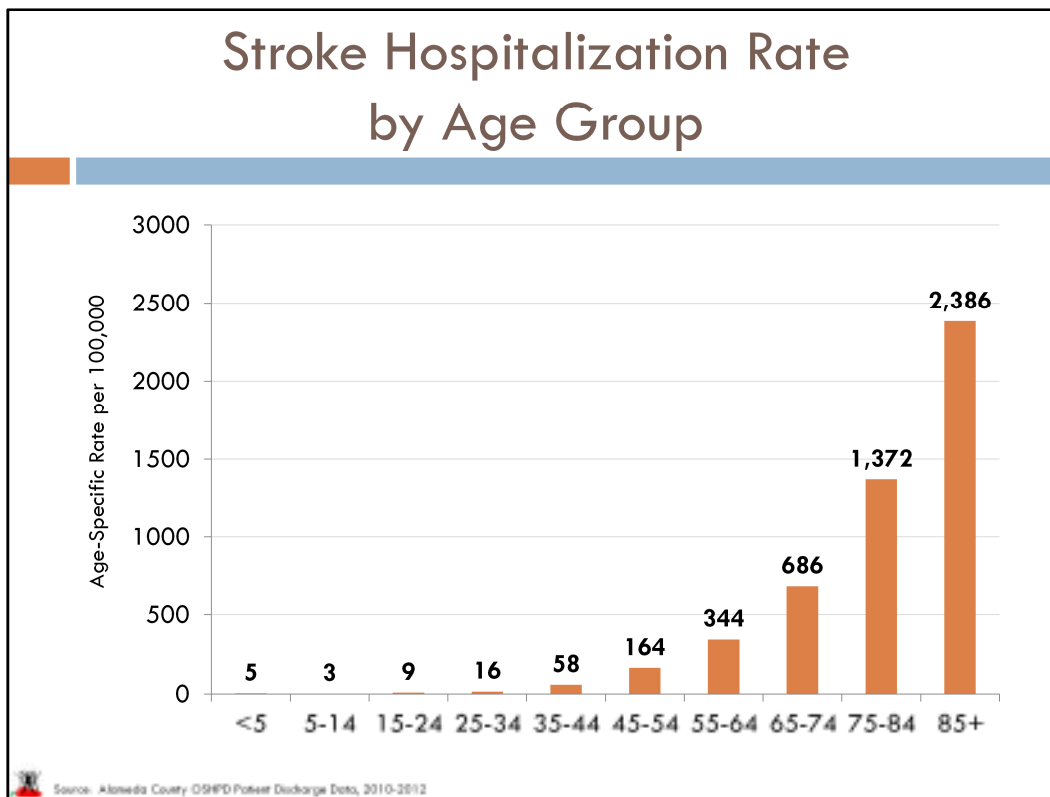


- Rates of hospitalization go up as people age, with high rates among older adults 65+ and especially high rates among those 85+ - whether you look at heart disease...

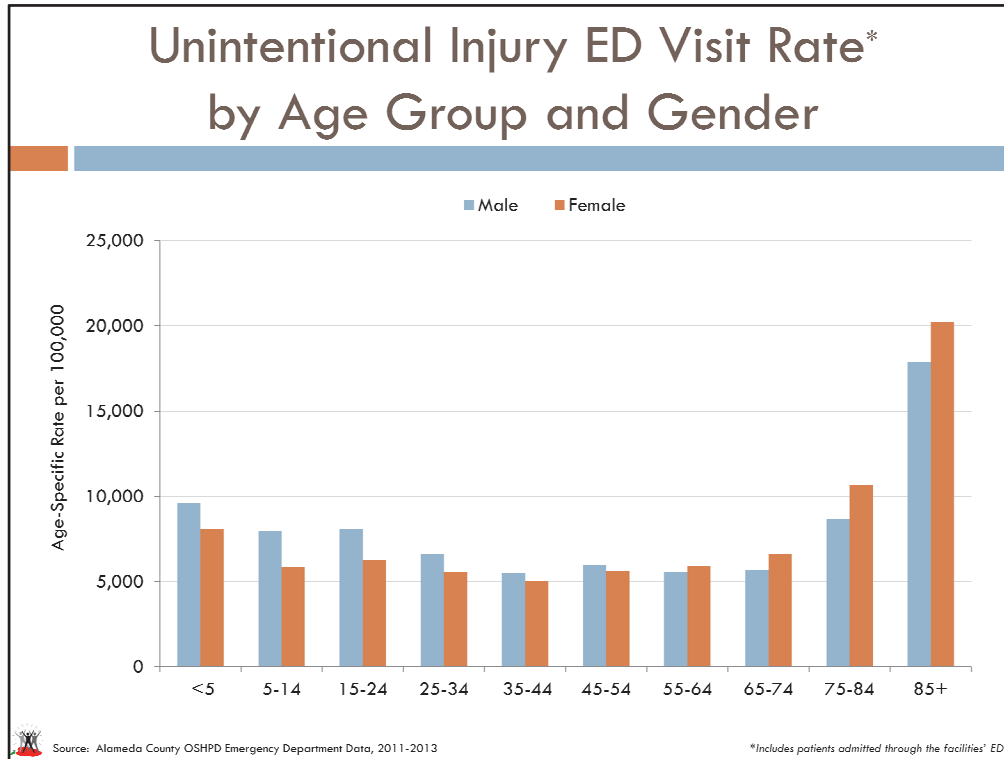
Respiratory Disorders Hospitalization Rate by Age Group



-respiratory conditions,

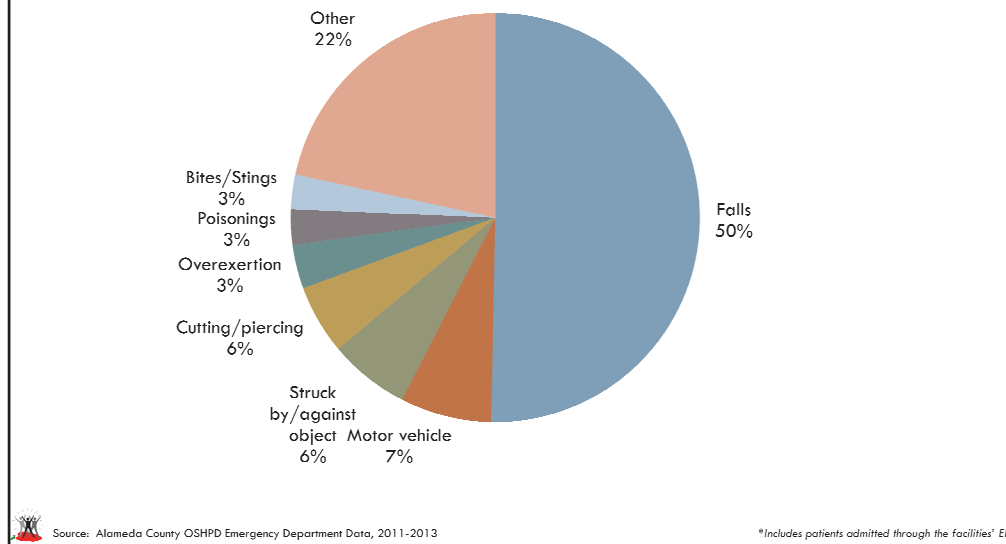


-stroke,



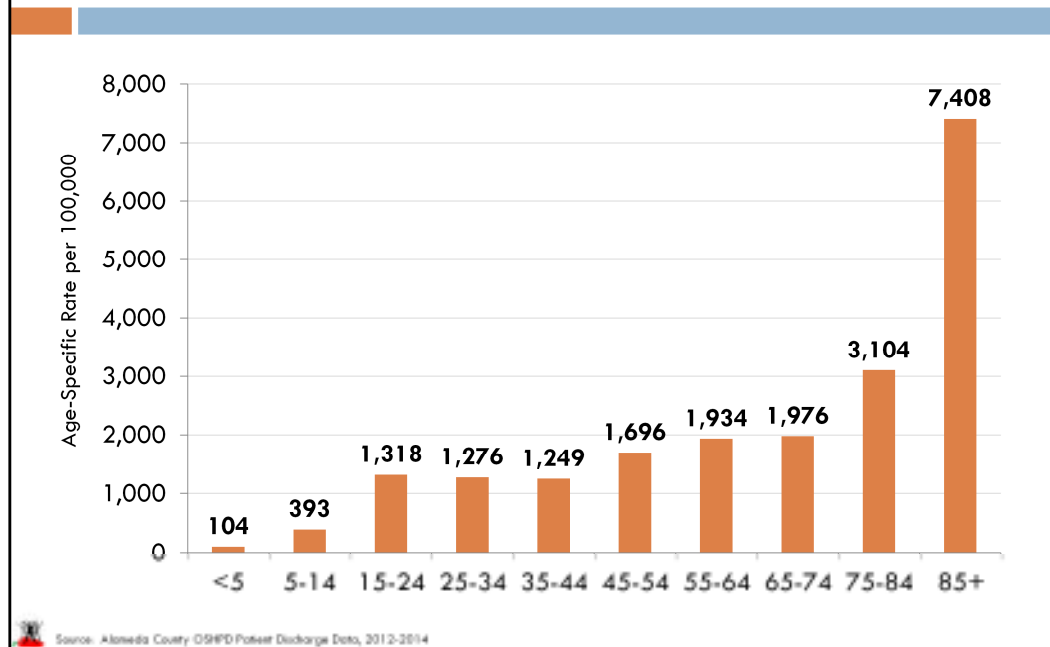
-or unintentional injuries.
- In the older adult age groups (ages 65+), females experience higher rates of unintentional injury than males – as illustrated by emergency department visit data shown here.

Older Adult Unintentional Injury ED Visits* by Mechanism of Injury



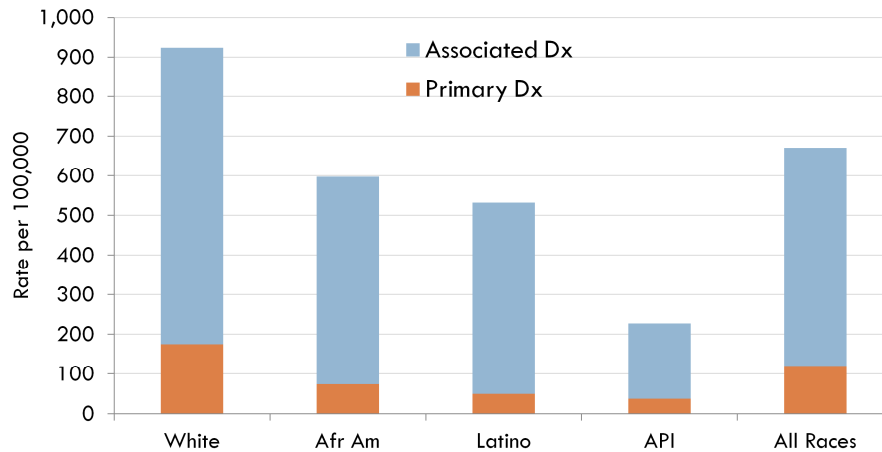
- Among older adults, falls are the leading cause of both fatal and nonfatal injuries.
- Falls account for half of unintentional injury visits to the emergency department.

Mental Health Related Hospitalization Rate by Age Group



- Due to a broad range of issues (e.g., socioeconomic stressors, social isolation, loss of independence), mental health problems are common among older adults.
- Mental health hospitalization rates rise with increasing age, with rates soaring among older adults ages 85+.

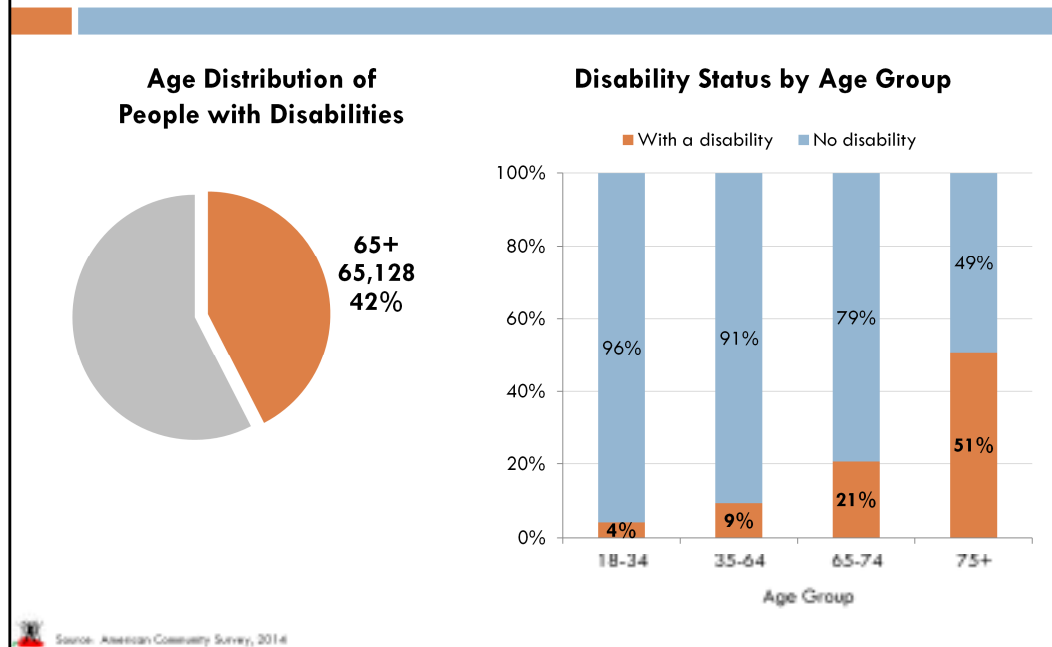
Depression Hospitalization Rate among Older Adults (65+) by Race



Source: Alameda County OSHPD Patient Discharge Data, 2012-2014

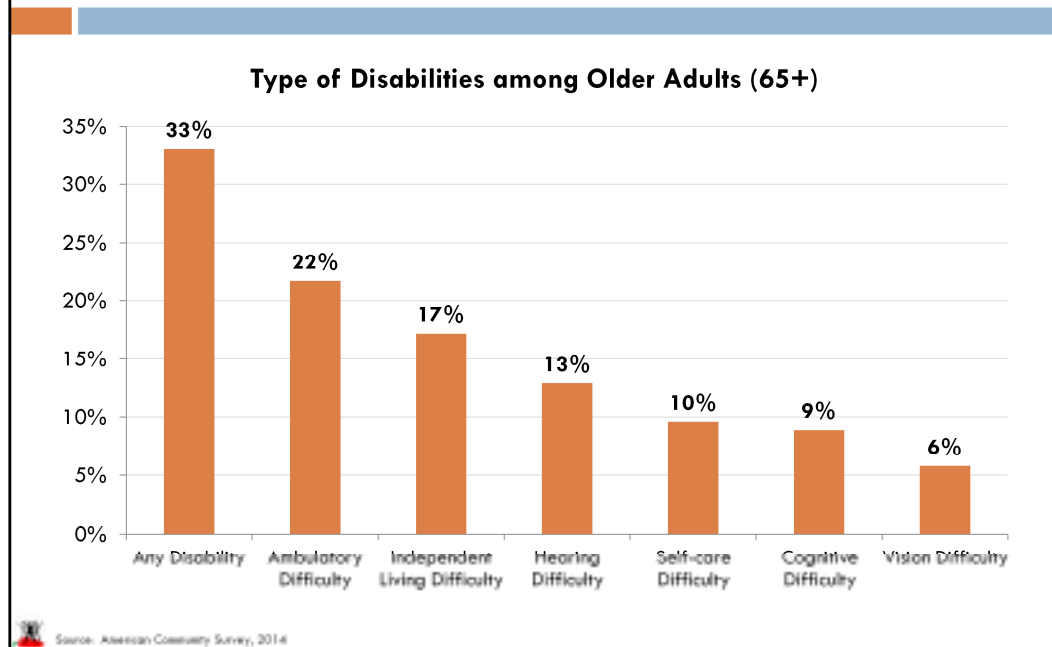
- Among older adults, rates of hospitalization for depression are highest Whites and lowest among Asians and Pacific Islanders.

Disability Status



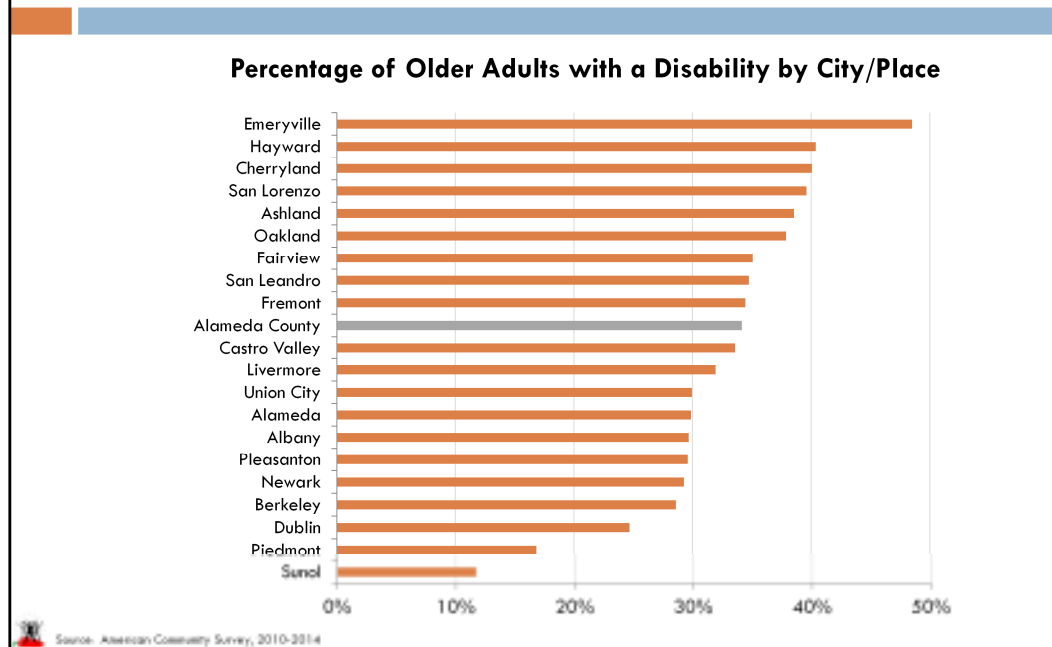
- With increasing age comes increased likelihood of disability – or restrictions in ability to perform activities of daily living.
- Older adults ages 65+ account for 42% of all people with disabilities in Alameda County. Countywide, there are over 65,000 older adults with 1 or more types of disability.
- 21% of older adults ages 65-74 and 51% of older adults ages 75+ have at least 1 type of disability.

Disability Status (continued)



- 1 in 3 older adults (65+) has at least 1 type of disability.
- The most common types of disability among older adults are ambulatory and independent living difficulties, followed by hearing and self-care difficulties.

Disability Status (continued)



- The highest levels of disability in the older adult population are located in Emeryville (where about half of older adults have 1+ disabilities), followed by Hayward, Cherryland, San Lorenzo, Ashland, and Oakland.

HEALTH CARE ACCESS



Health Insurance Status

- In Alameda County, 98% of older adults (65+) have health insurance coverage.
- While Medicare pays most medical expenses for older adults, it does not cover all expenses.
 - Example services Medicare doesn't cover: long-term care, most dental care and dentures, eye exams for glasses/contacts, hearing aids and exams, routine foot care
- Medicare also has cost-sharing requirements that present barriers to care.
 - Example costs include: Premiums for Medicare (Part B for physician services and Part D for prescription drugs) and supplemental insurance, deductibles, and co-payments

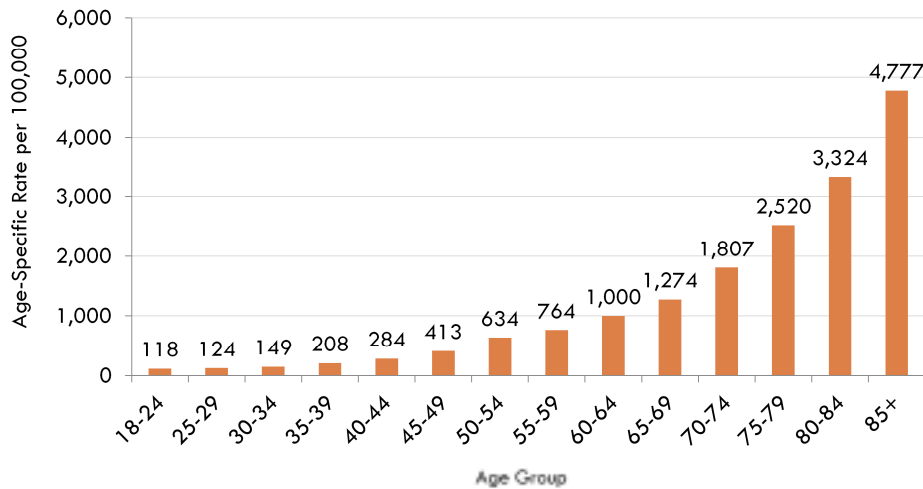


Source: American Community Survey, 2010-2014; Centers for Medicare & Medicaid Services, Medicare.gov, 2016

- Nearly all older adults have at least some health insurance coverage through Medicare.
- But Medicare doesn't cover all necessary health care expenses and cost-sharing requirements present barriers.

Preventable Hospitalizations

Rate of Preventable Hospitalizations – Chronic Disease Composite

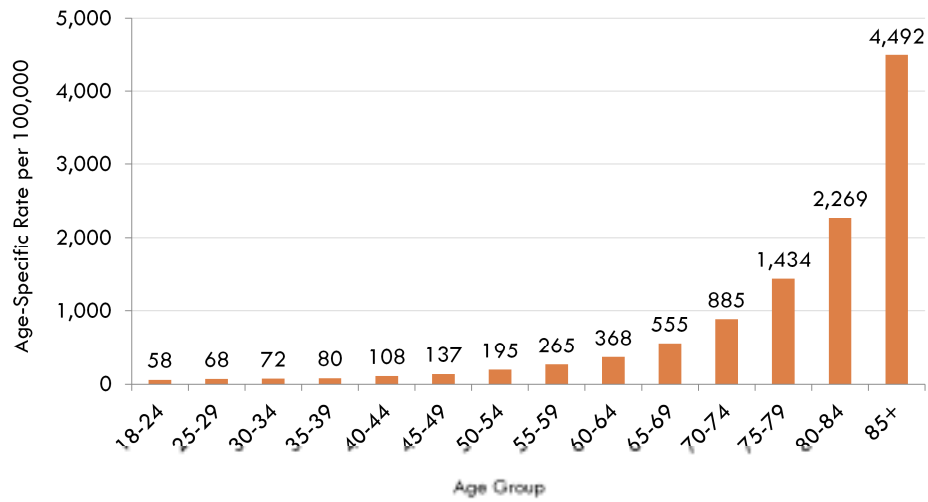


Source: Alameda County OSHPD Patient Discharge Data, 2010-2012

- Preventable hospitalizations are inpatient hospital stays that could have been avoided with improved access to and quality of outpatient care and disease management.
- In Alameda County, most preventable hospitalizations are related to chronic disease (65%) as opposed to acute disease (35%)
- The rate of chronic disease preventable hospitalizations rises dramatically with increasing age groups. This data suggests that older adults have especially poor access to and/or quality of outpatient care and disease management.
- Over half (52%) of all preventable hospitalizations due to chronic disease are among older adults 65+.

Preventable Hospitalizations (continued)

Rate of Preventable Hospitalizations – Acute Illnesses Composite



Source: Alameda County OSHPD Patient Discharge Data, 2010-2012

- The rate of acute disease preventable hospitalizations soars in older adult age groups, especially among those 85+.
- Nearly two-thirds (66%) of all preventable hospitalizations due to acute disease are among older adults 65+.