

Who Will Be Served? Who Will Serve Them?

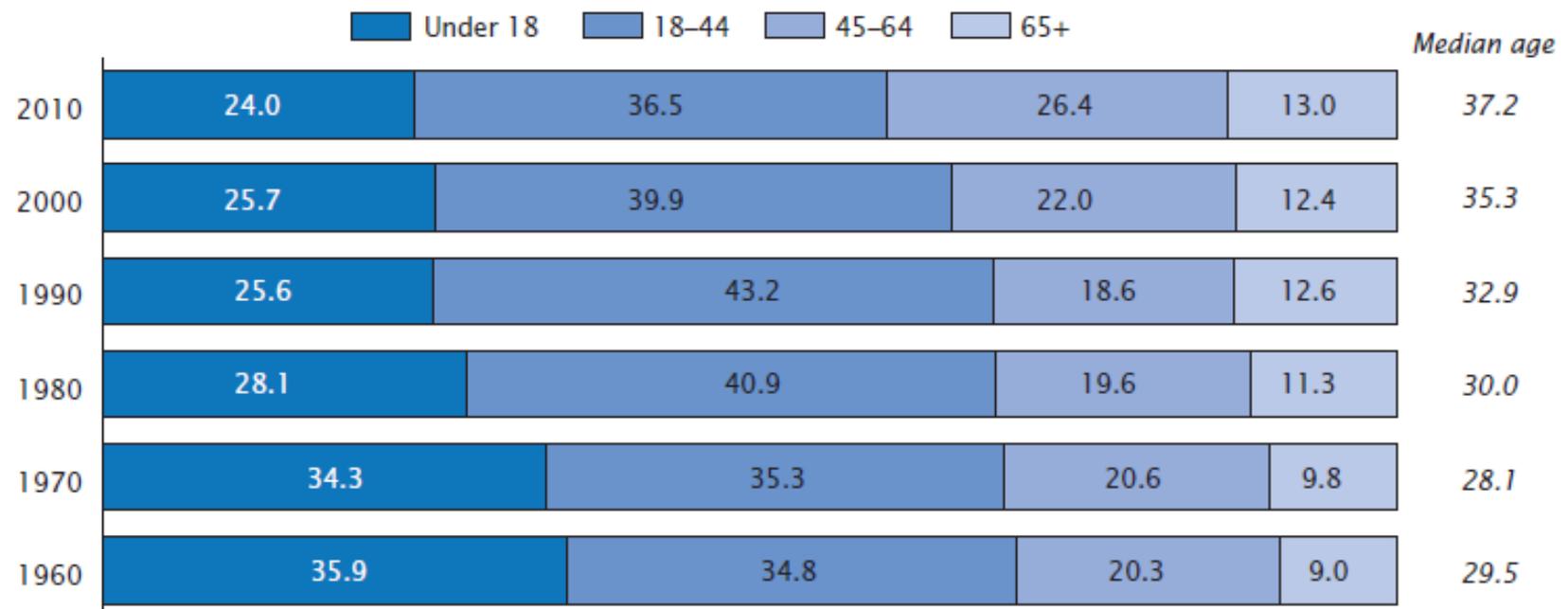
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University of Southern California
School of Social Work
Roybal Institute on Aging

Overview

- Profile of older adults in the U.S. and CA.
- Profile of the “aging” population in the U.S. and CA.
- Results from the Roybal Minority Aging Pilot Study in Los Angeles.

Figure 4.
Age Distribution and Median Age: 1960 to 2010

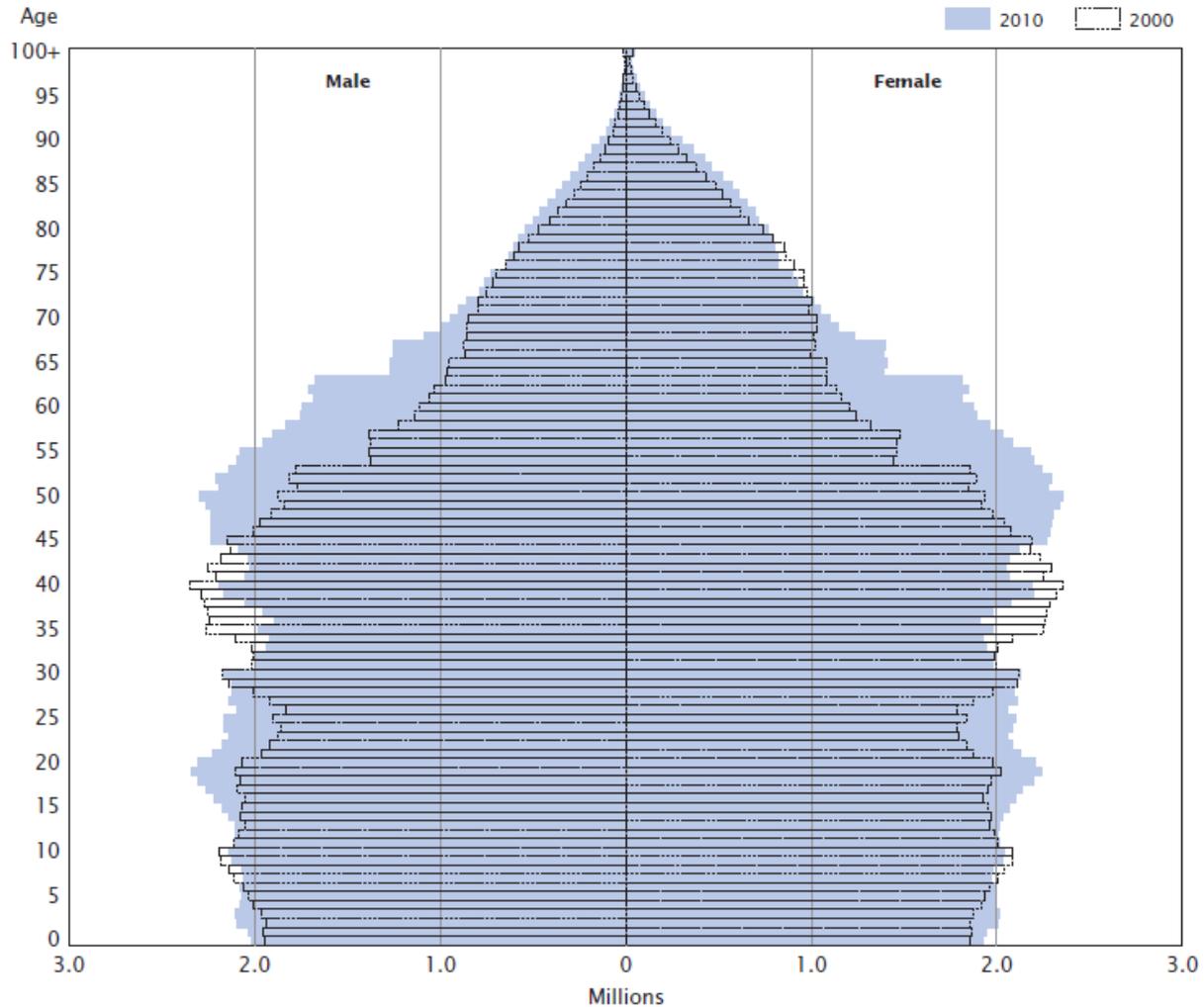
(In percent. For information on confidentiality protection, nonsampling error, and definitions, see www.census.gov/prod/cen2010/doc/sf1.pdf)



Sources: U.S. Census Bureau, *2010 Census Summary File 1*, *Census 2000 Summary File 1*, *1990 Census Summary File 2C*, *1980 Census Summary File 2C*, *1970 Census of Population, Vol. 1, Characteristics of the Population, Chapter B, Table 50*, and *1960 Census of Population, Vol. 1, Characteristics of the Population, Chapter C, Table 156*.

Figure 2.
Population by Age and Sex: 2000 and 2010

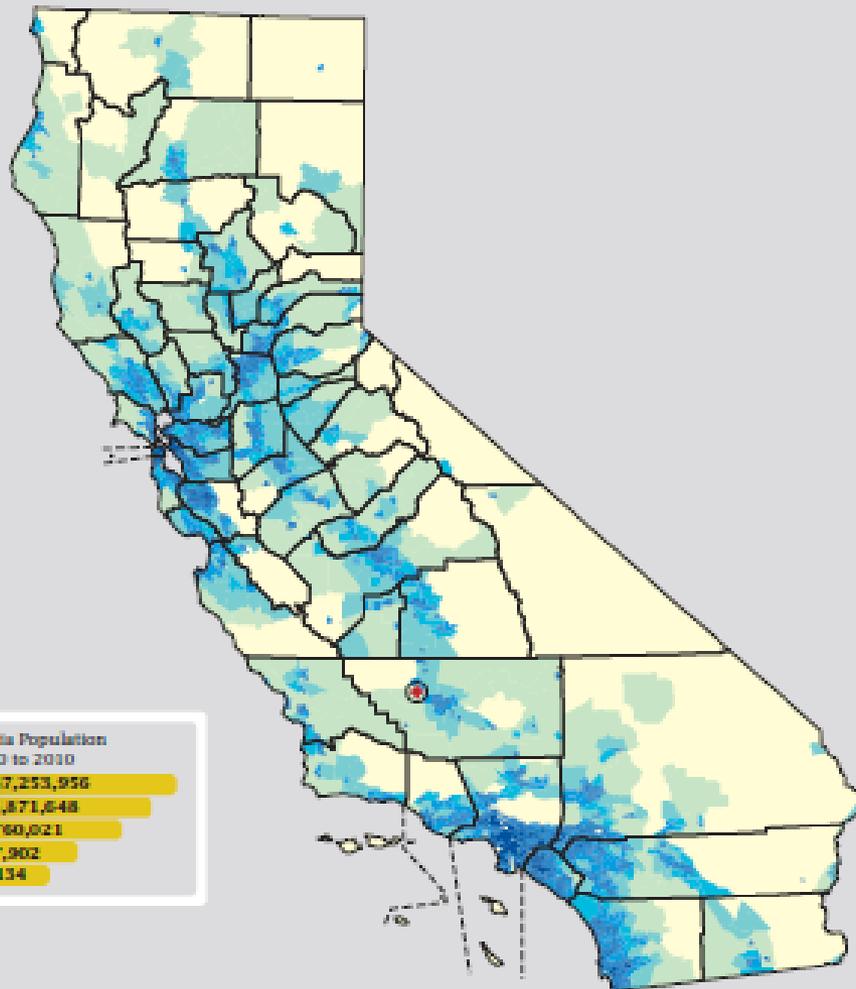
(For information on confidentiality protection, nonsampling error, and definitions, see www.census.gov/prod/cen2010/doc/sf1.pdf)



Sources: U.S. Census Bureau, *Census 2000 Summary File 1* and *2010 Census Summary File 1*.

2010 Census: California Profile

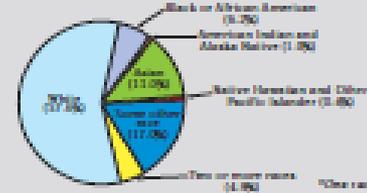
Population Density by Census Tract



California Population 1970 to 2010	
2010	37,253,956
2000	33,871,648
1990	29,760,921
1980	23,667,902
1970	19,953,134

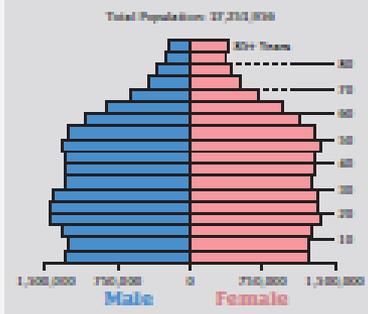


State Race* Breakdown

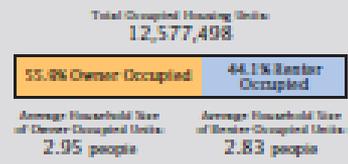


Hispanic or Latino (of any race) makes up 17.0% of the state population.

Population by Sex and Age



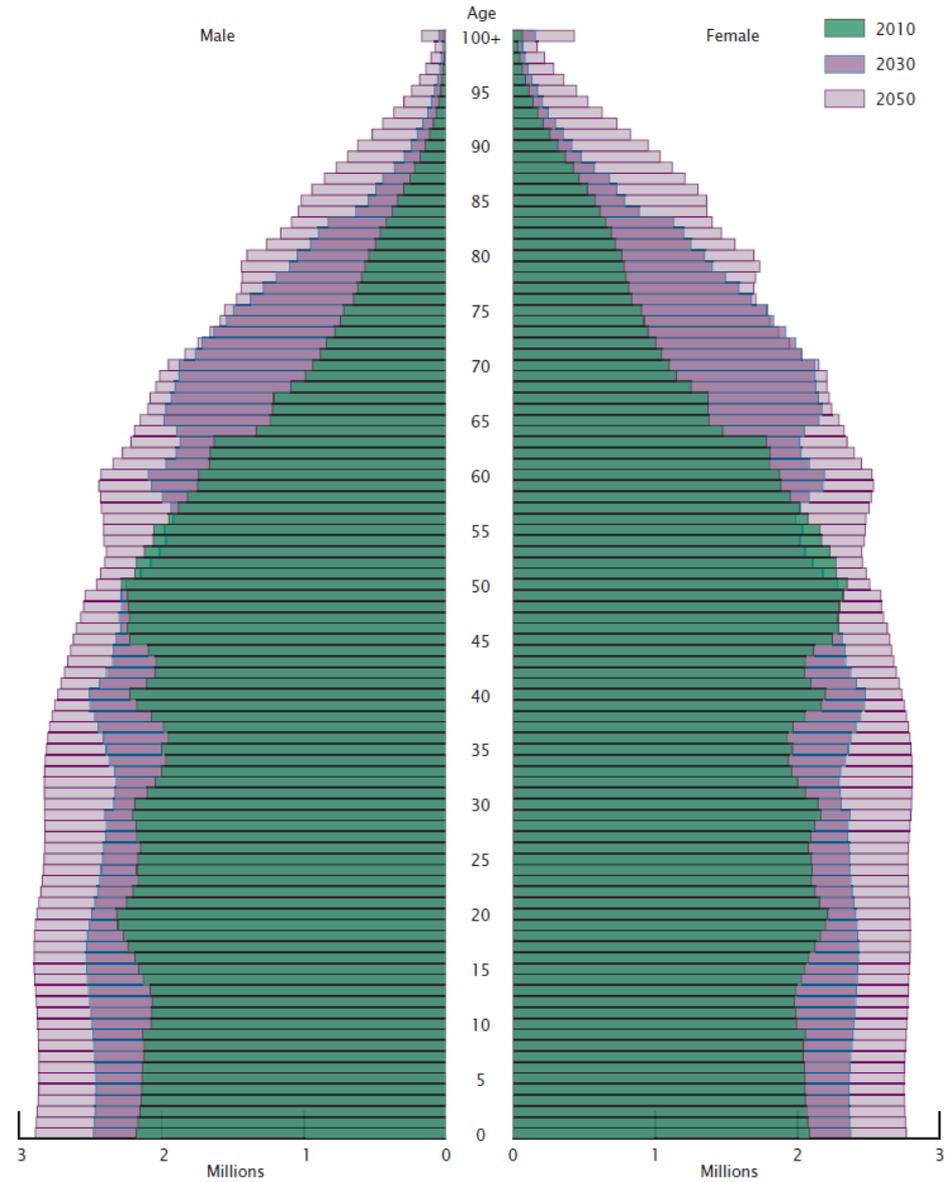
Housing Tenure



People per Square Mile by Census Tract

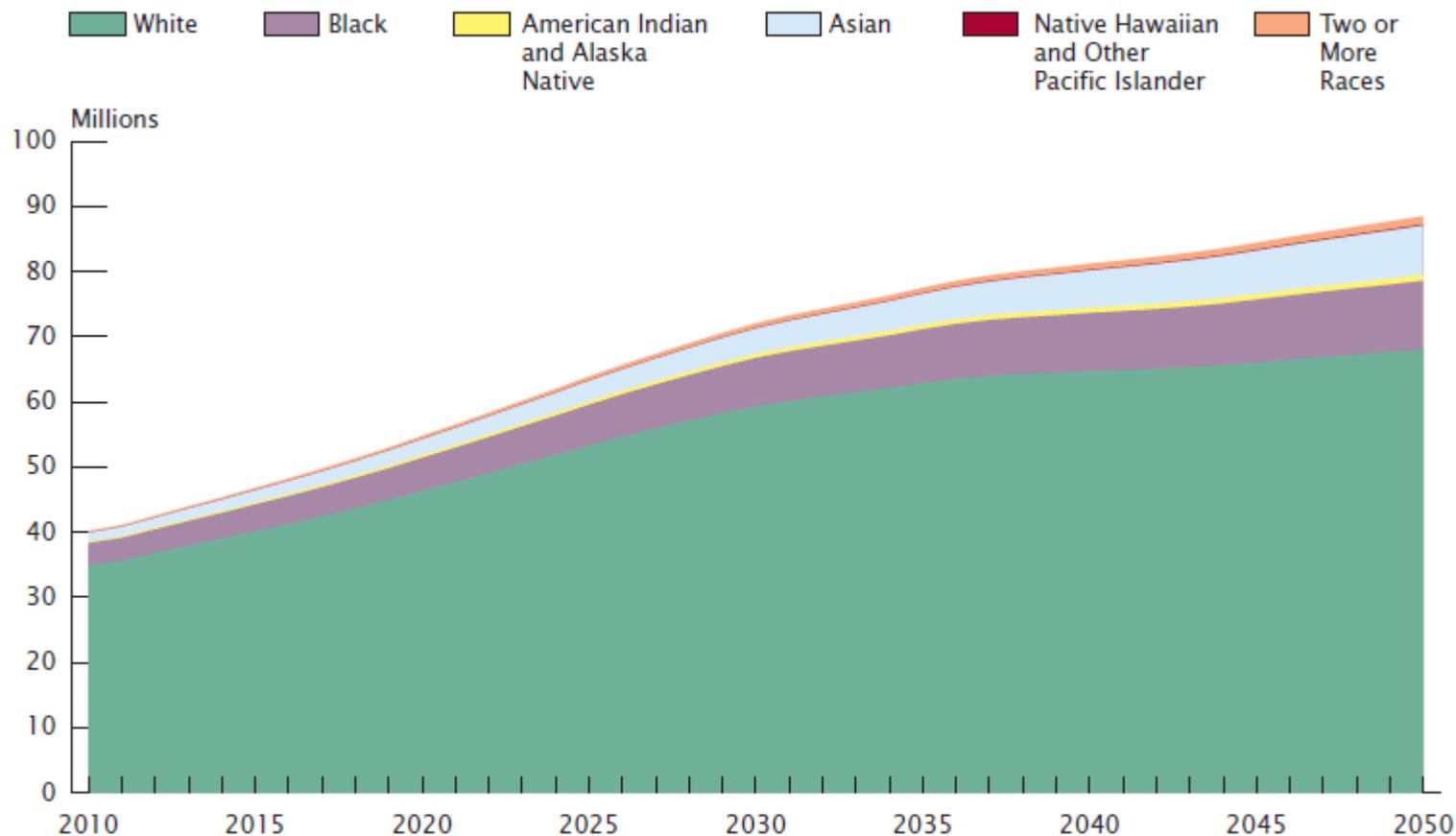


Figure 1.
Age and Sex Structure of the Population for the United States: 2010, 2030, and 2050



Source: U.S. Census Bureau, 2008.

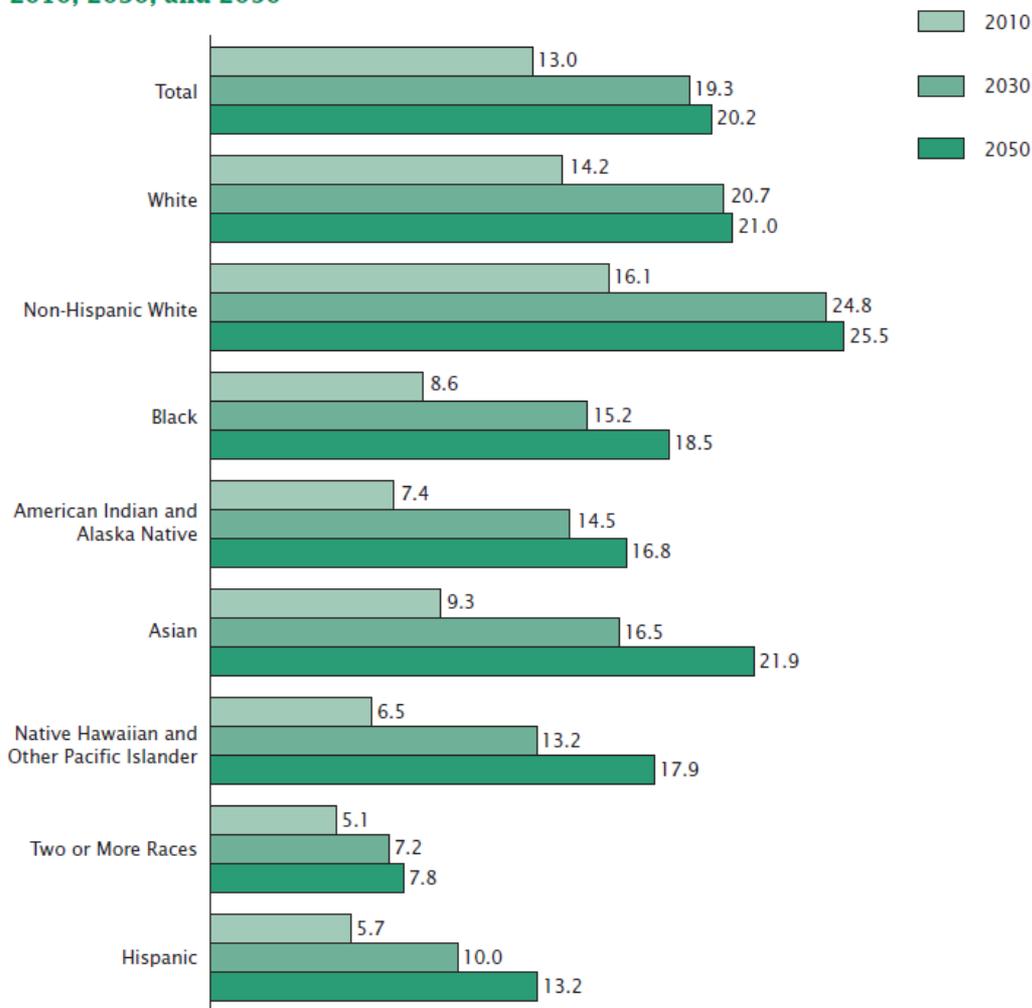
Figure 4.
Projected Population Aged 65 and Over by Race for the United States: 2010 to 2050



Note: Unless otherwise specified, data refer to the population who reported a race alone. Populations for each race group include both Hispanics and non-Hispanics, as Hispanics may be of any race.

Source: U.S. Census Bureau, 2008.

Figure 6.
**Percent Aged 65 and Over by Race and Hispanic Origin for the United States:
2010, 2030, and 2050**



Note: Unless otherwise specified, data refer to the population who reported a race alone. Populations for each race group include both Hispanics and non-Hispanics, unless otherwise specified. Hispanics may be of any race.

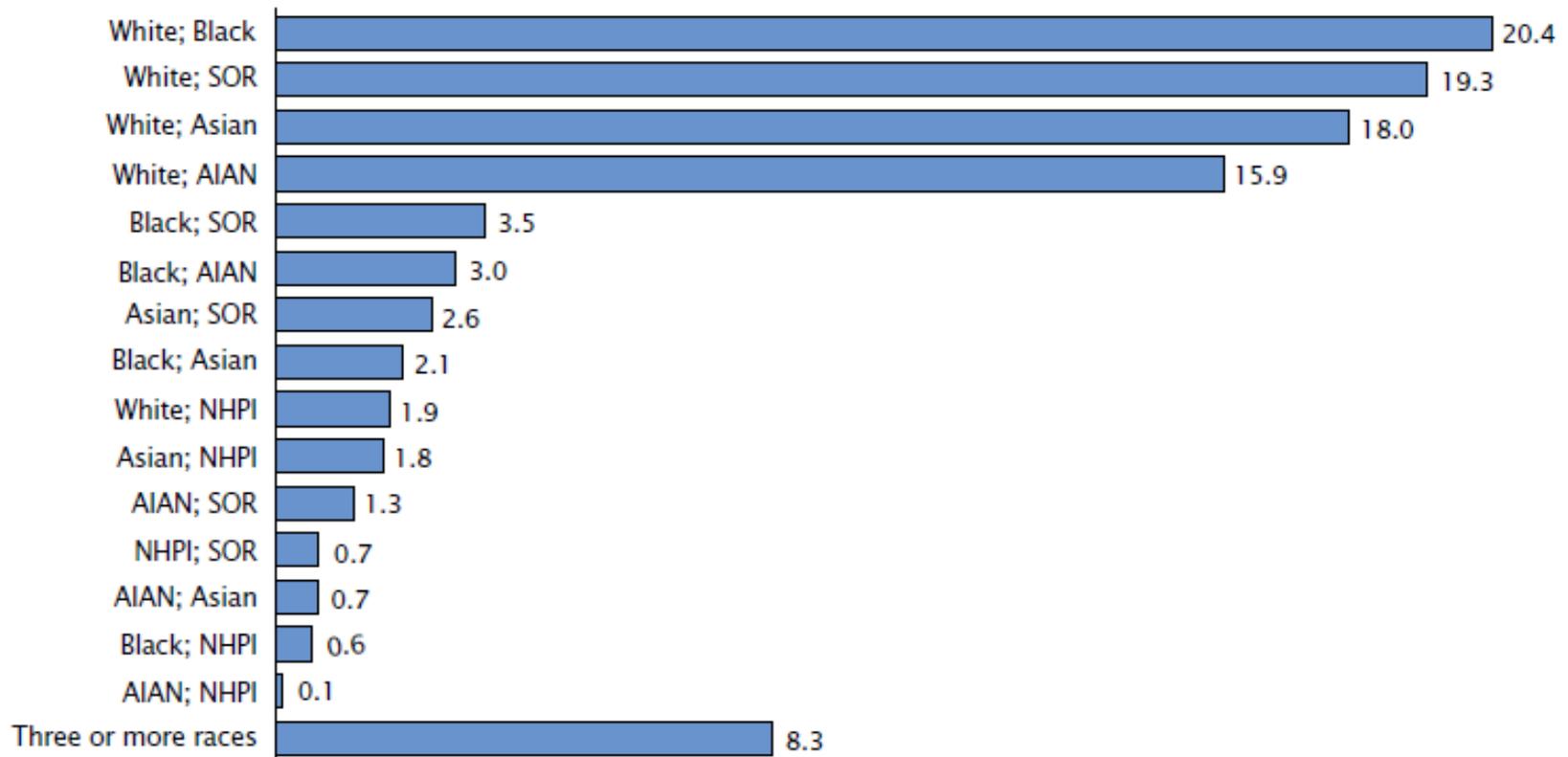
Source: U.S. Census Bureau, 2008.

- Among children in the U.S., the multiracial population has increased almost 50%, to 4.2 million, since 2000, making it the fastest growing youth group in the country.
- The number of people of all ages who identified themselves as both white and black soared by 134% since 2000 to 1.8 million people.

Figure 3.

Percentage Distribution of People Who Reported Multiple Races: 2010

(For more information on confidentiality protection, nonsampling error, and definitions, see www.census.gov/prod/cen2010/doc/pl94-171.pdf)

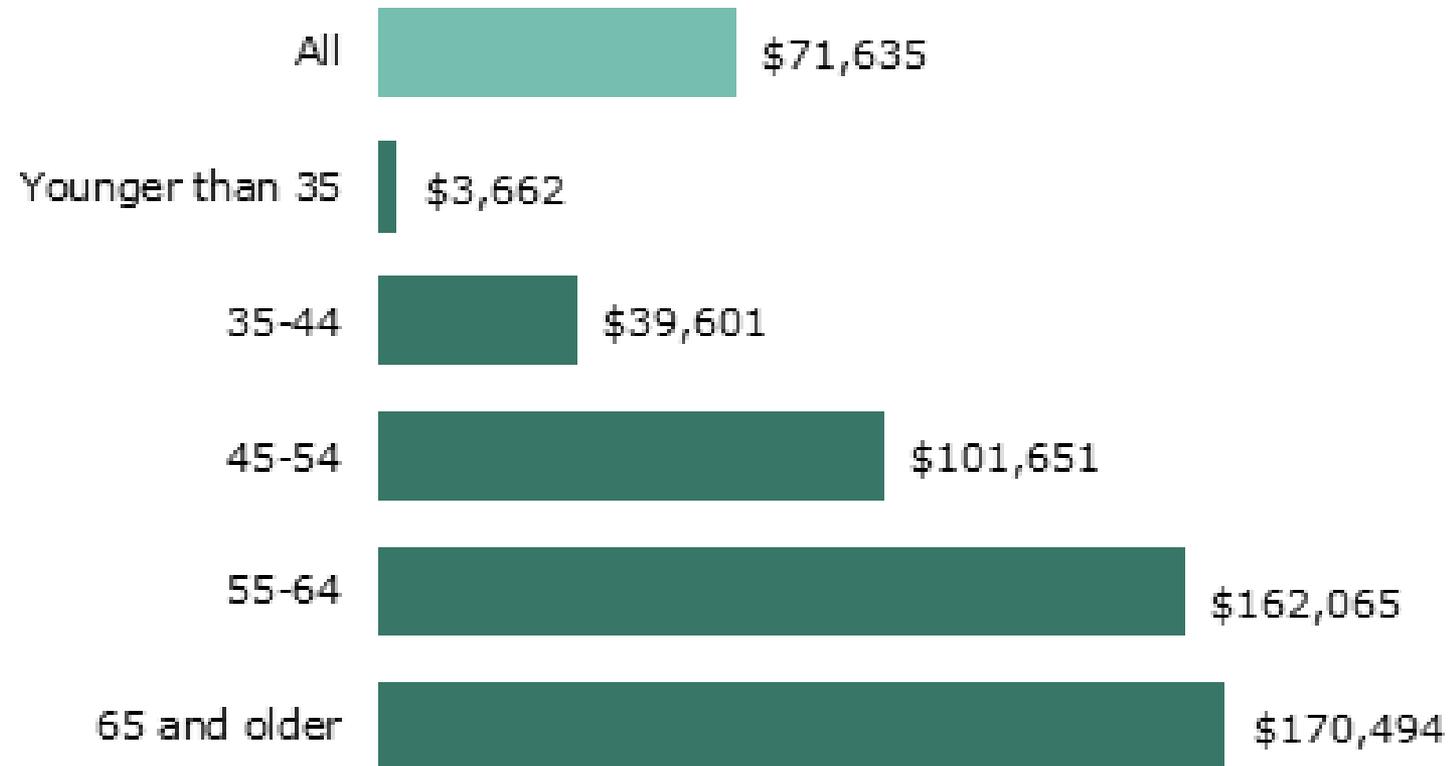


Note: People reporting multiple races represented 2.9 percent of the total population. Black refers to Black or African American; AIAN refers to American Indian and Alaska Native; NHPI refers to Native Hawaiian and Other Pacific Islander; SOR refers to Some Other Race.

Source: U.S. Census Bureau, *2010 Census Redistricting Data (Public Law 94-171) Summary File*, Table P1.

Median Net Worth by Age of Householder, 2009

in 2010 dollars

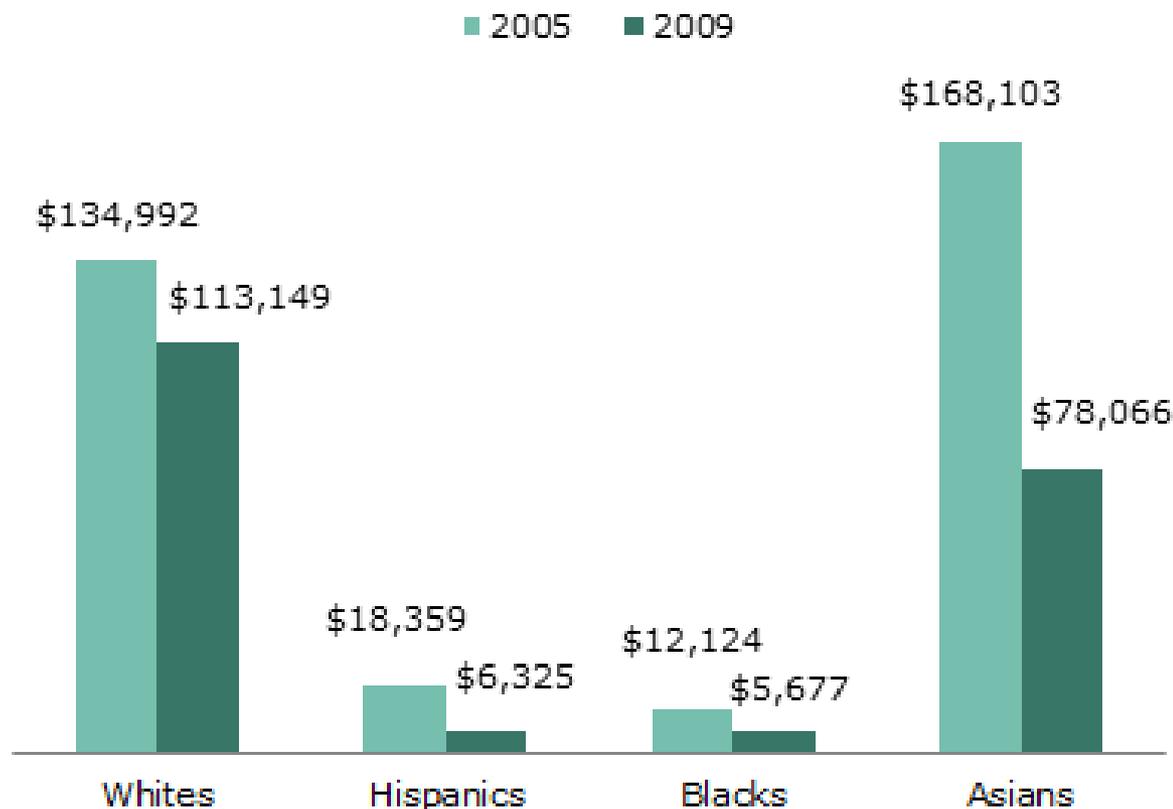


Source: Pew Research Center tabulations of Survey of Income and Program Participation data

PEW RESEARCH CENTER

Median Net Worth of Households, 2005 and 2009

in 2009 dollars



Source: Pew Research Center tabulations of Survey of Income and Program Participation data from the 2004 and 2008 panels

PEW RESEARCH CENTER

Median Net Worth of Households with and without Home Equity, 2005 and 2009

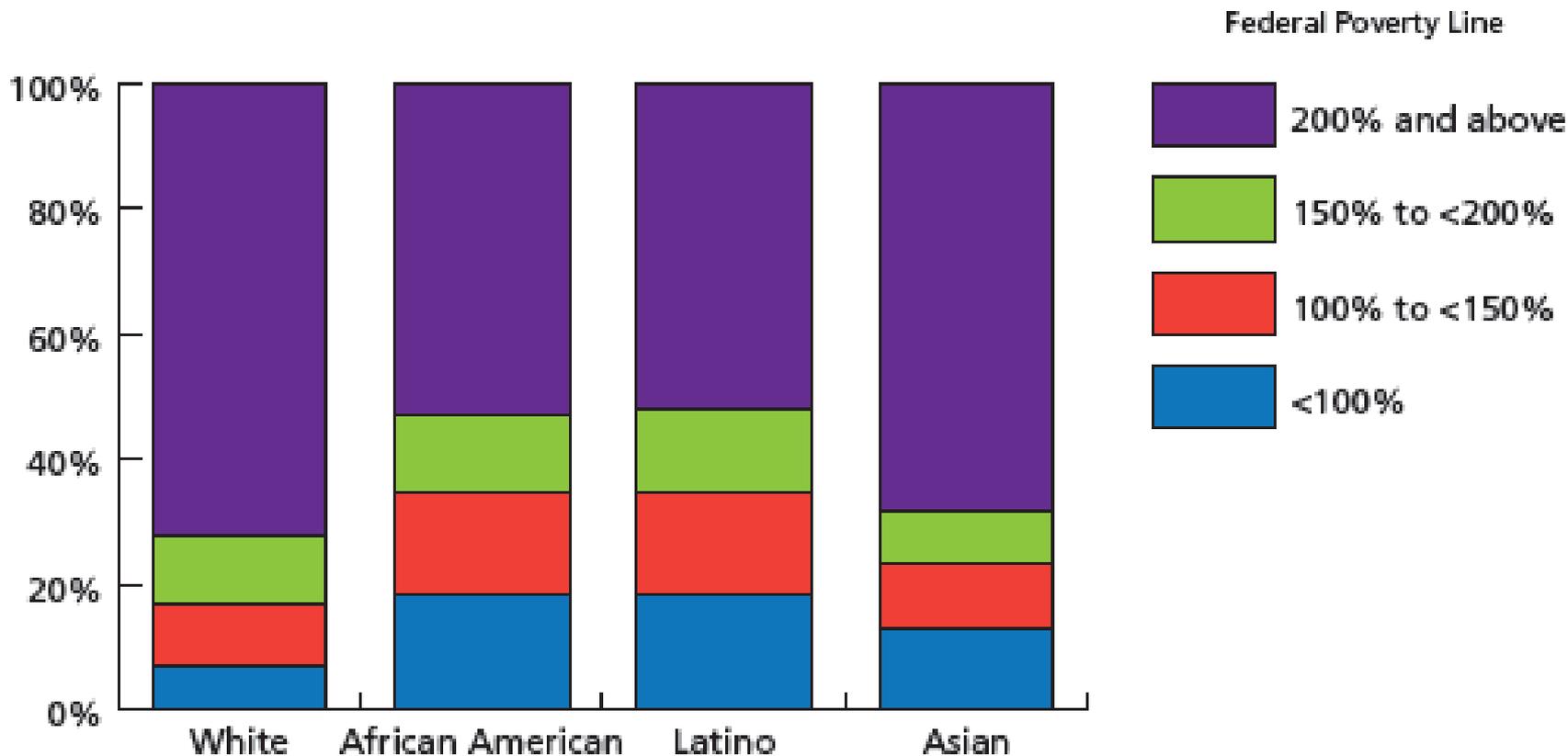
in 2009 dollars

	Total			Excluding home equity		
	2005	2009	Change	2005	2009	Change
All	\$96,894	\$70,000	-\$26,894	\$17,088	\$13,566	-\$3,522
Whites	\$134,992	\$113,149	-\$21,843	\$32,961	\$29,169	-\$3,792
Hispanics	\$18,359	\$6,325	-\$12,034	\$3,285	\$2,806	-\$479
Blacks	\$12,124	\$5,677	-\$6,447	\$1,676	\$1,050	-\$626
Asians	\$168,103	\$78,066	-\$90,037	\$27,137	\$20,300	-\$6,837

Source: Pew Research Center tabulations of Survey of Income and Program Participation data from the 2004 and 2008 panels

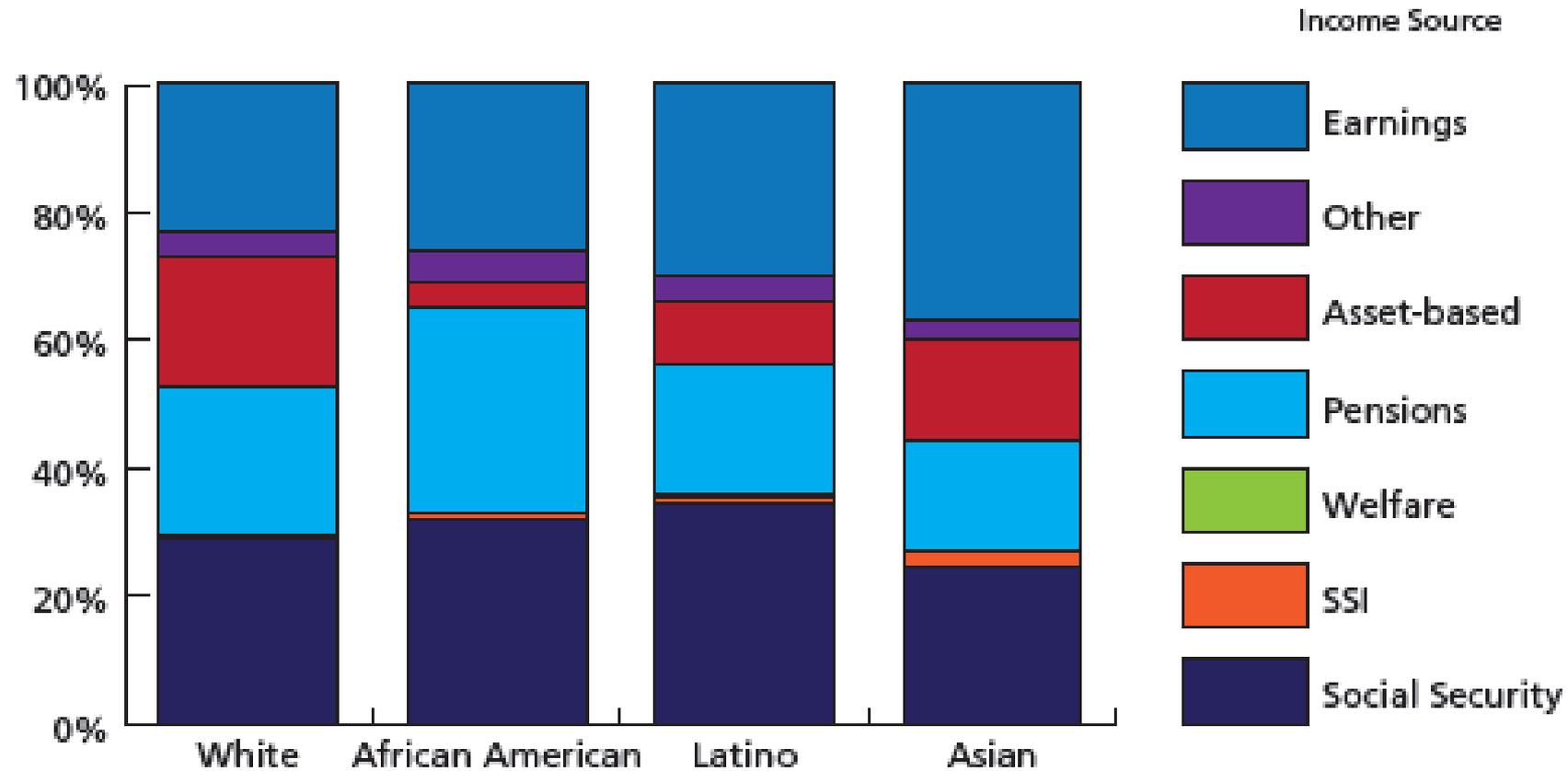
PEW RESEARCH CENTER

Figure 1
Poverty Among the 65+ Population



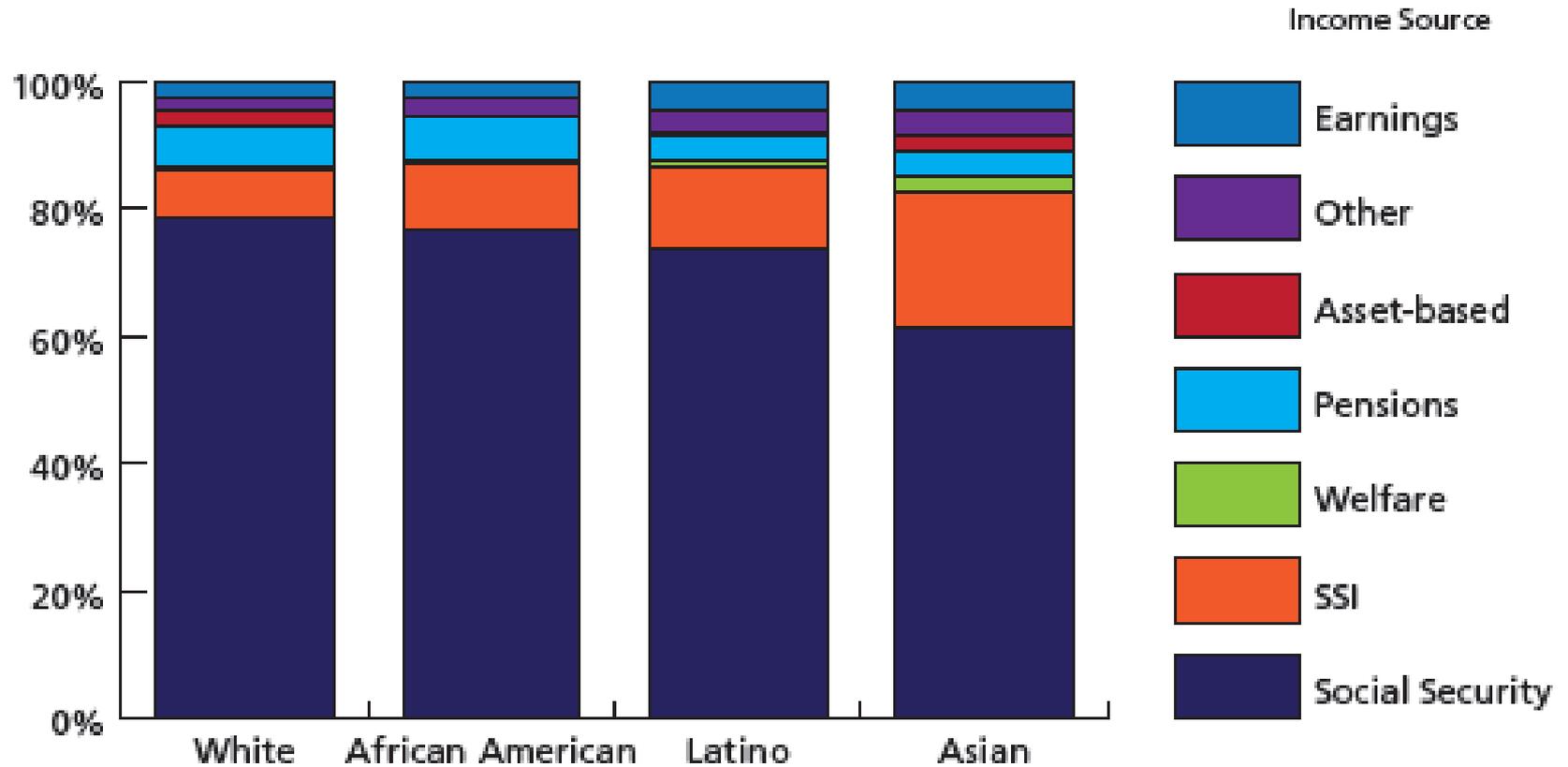
Data source: American Community Survey, 2009

Figure 2d
200% and Above the Poverty Line



Data source: American Community Survey, 2009

Figure 2a
<100% Poverty Line



Data source: American Community Survey, 2009

Rise in Obesity in the U.S.

- During the past 20 years, there has been a dramatic increase in obesity in the United States and rates remain high.
- In 2010, no state had a prevalence of obesity less than 20%.
- Many researchers are now identifying obesity as the main factor driving racial disparities in health among women.

Behavioral Risk Factor Surveillance System

- The Behavioral Risk Factor Surveillance System (BRFSS) is a state-based system of health surveys that collects information on health risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury.
- For many states, the BRFSS is the only available source of timely, accurate data on health-related behaviors.

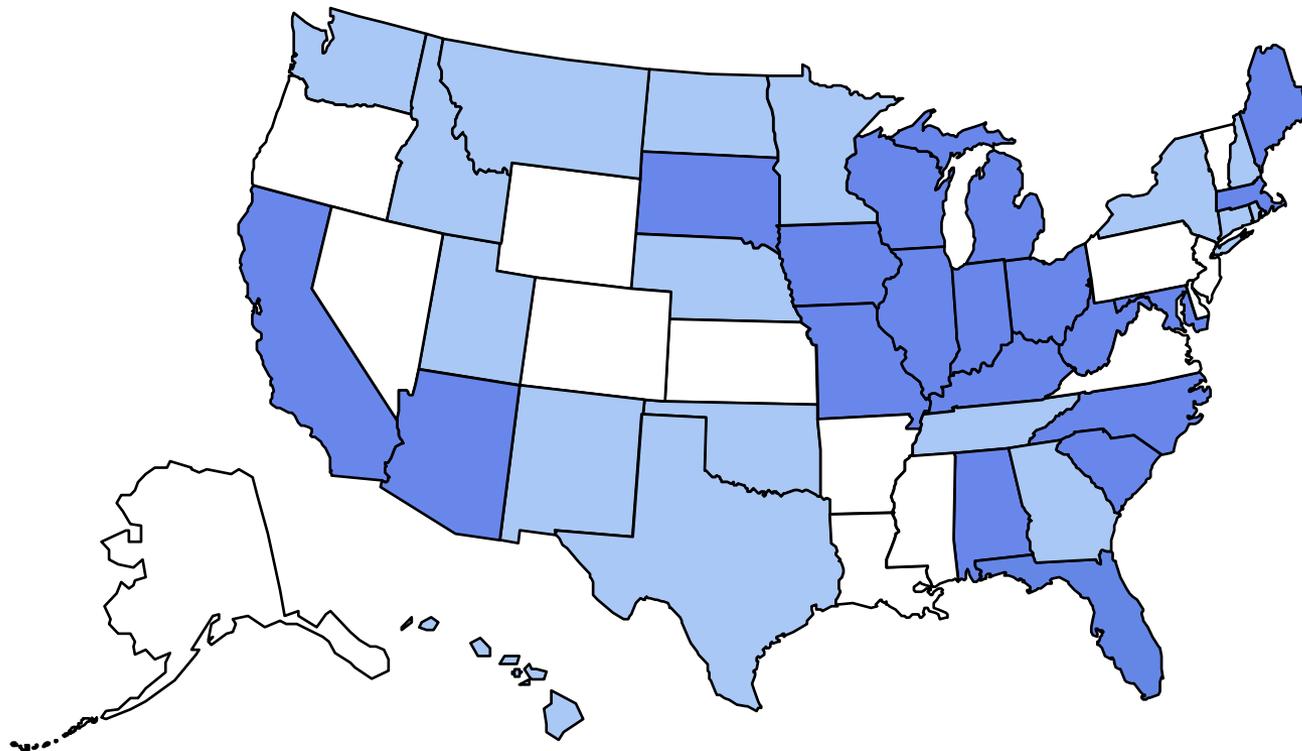
Behavioral Risk Factor Surveillance System

- Established in 1984 by the CDC, data are collected monthly in all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and Guam.
- More than 350,000 adults are interviewed each year, making the BRFSS the largest telephone health survey in the world.
- States use BRFSS data to identify emerging health problems, establish and track health objectives, and develop and evaluate public health policies and programs.
- Many states also use BRFSS data to support health-related legislative efforts.

Obesity Trends* Among U.S. Adults

BRFSS, 1988

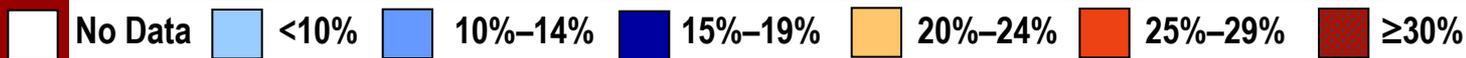
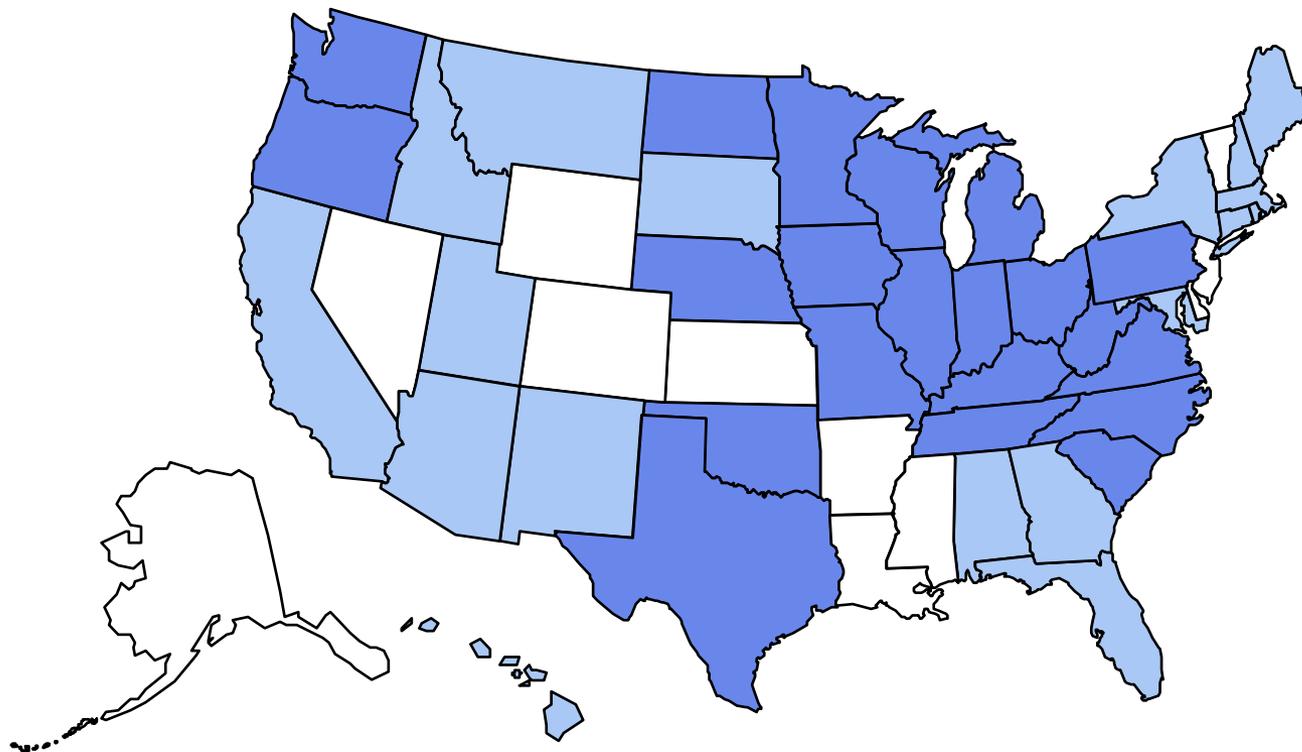
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Obesity Trends* Among U.S. Adults

BRFSS, 1989

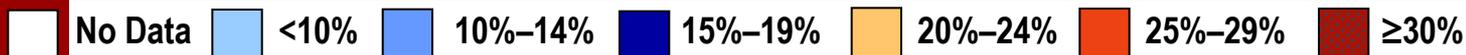
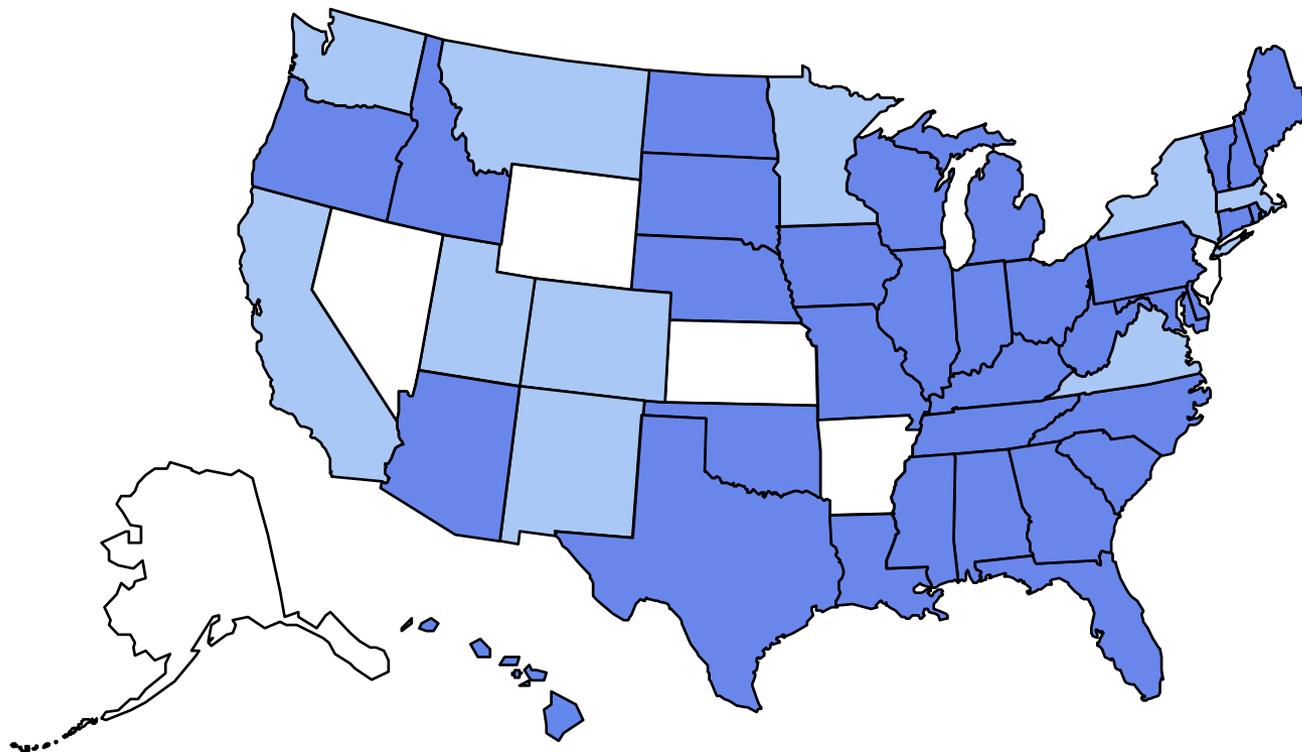
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Obesity Trends* Among U.S. Adults

BRFSS, 1990

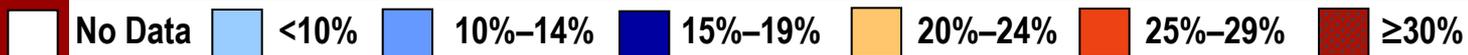
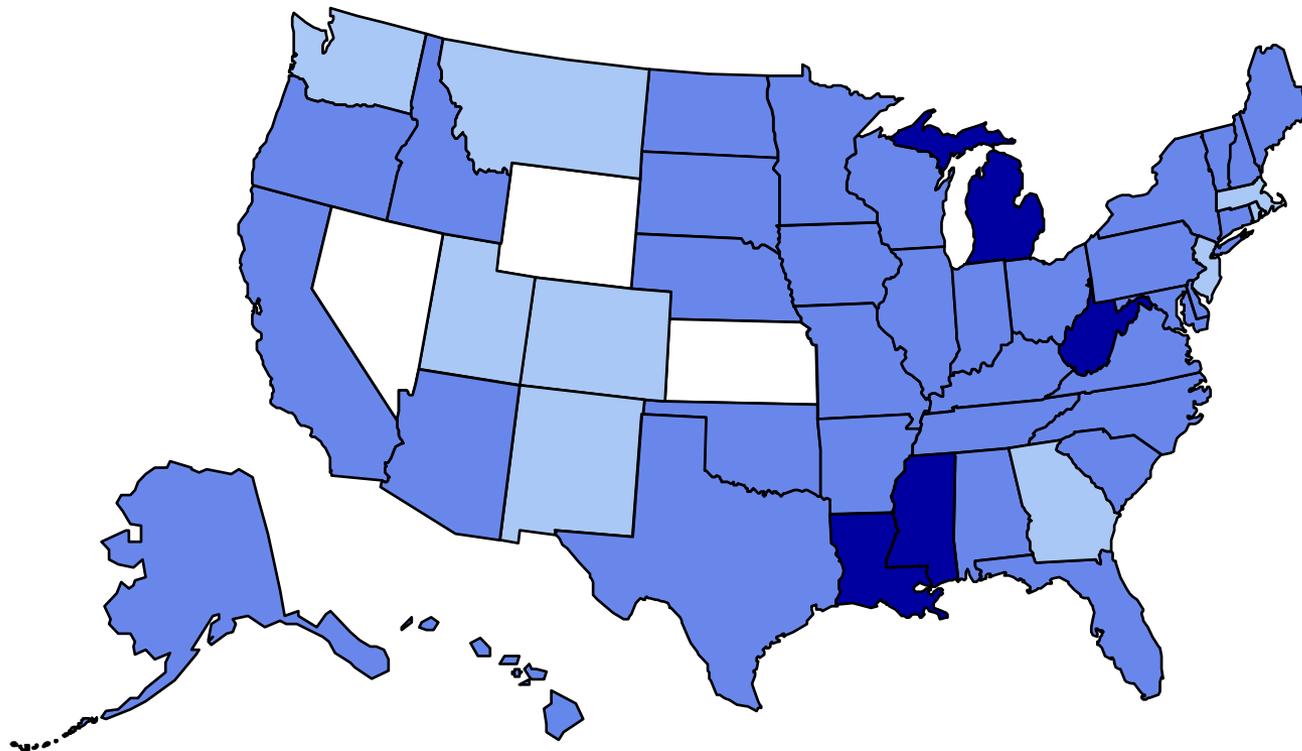
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Obesity Trends* Among U.S. Adults

BRFSS, 1991

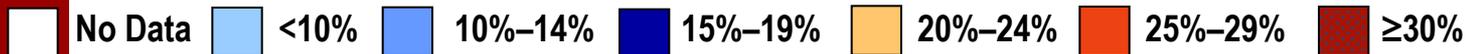
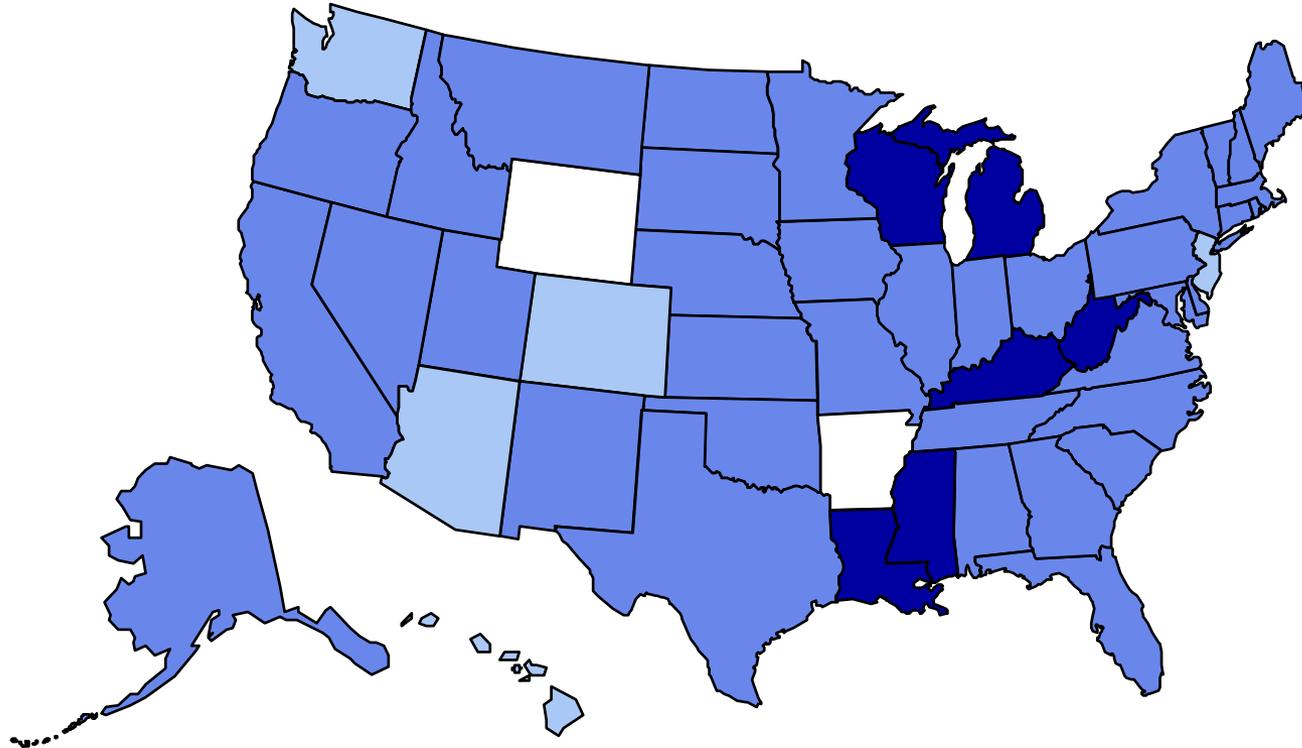
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Obesity Trends* Among U.S. Adults

BRFSS, 1992

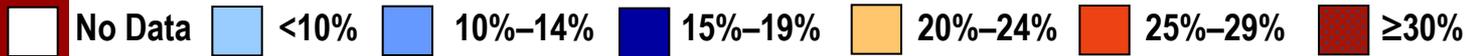
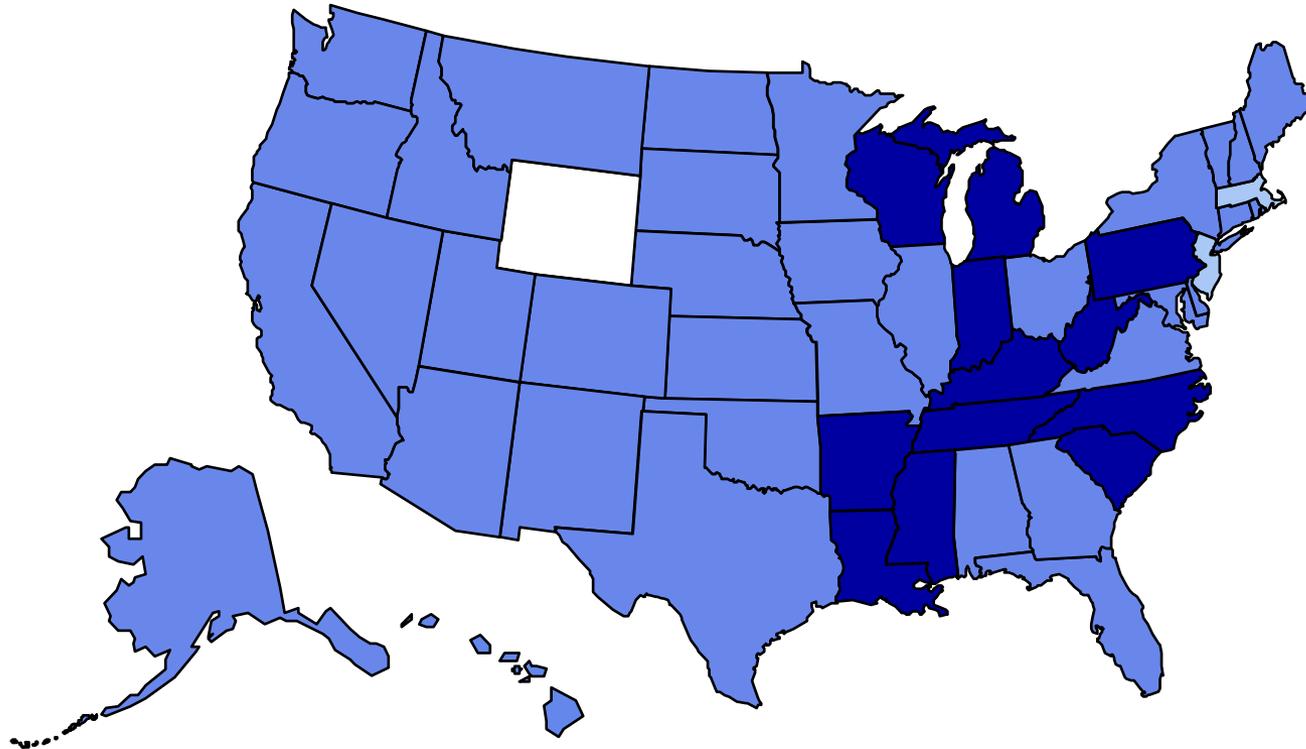
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Obesity Trends* Among U.S. Adults

BRFSS, 1993

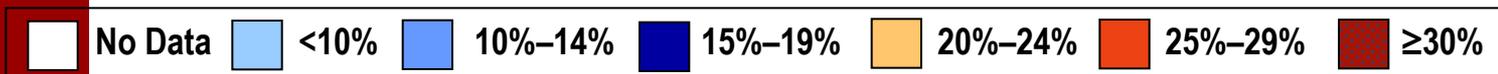
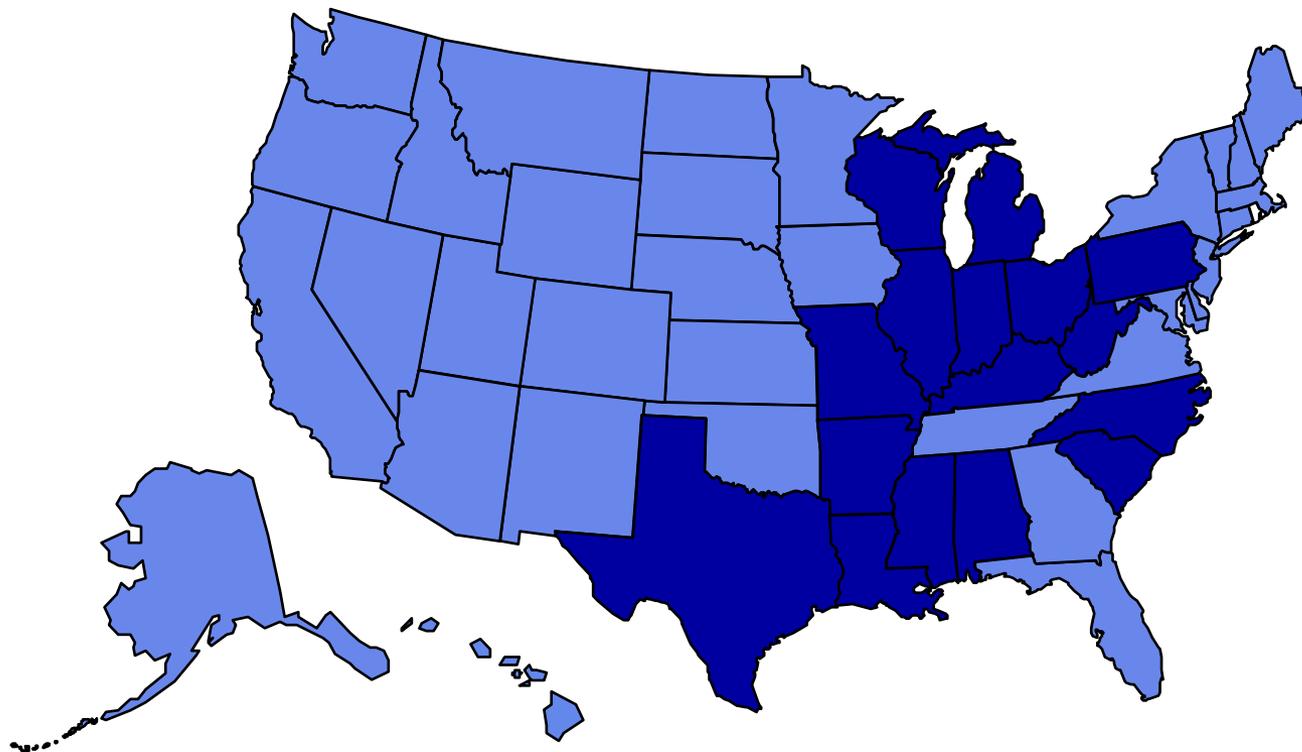
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Obesity Trends* Among U.S. Adults

BRFSS, 1994

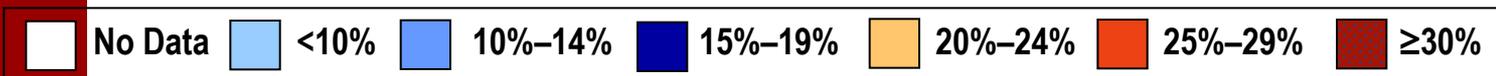
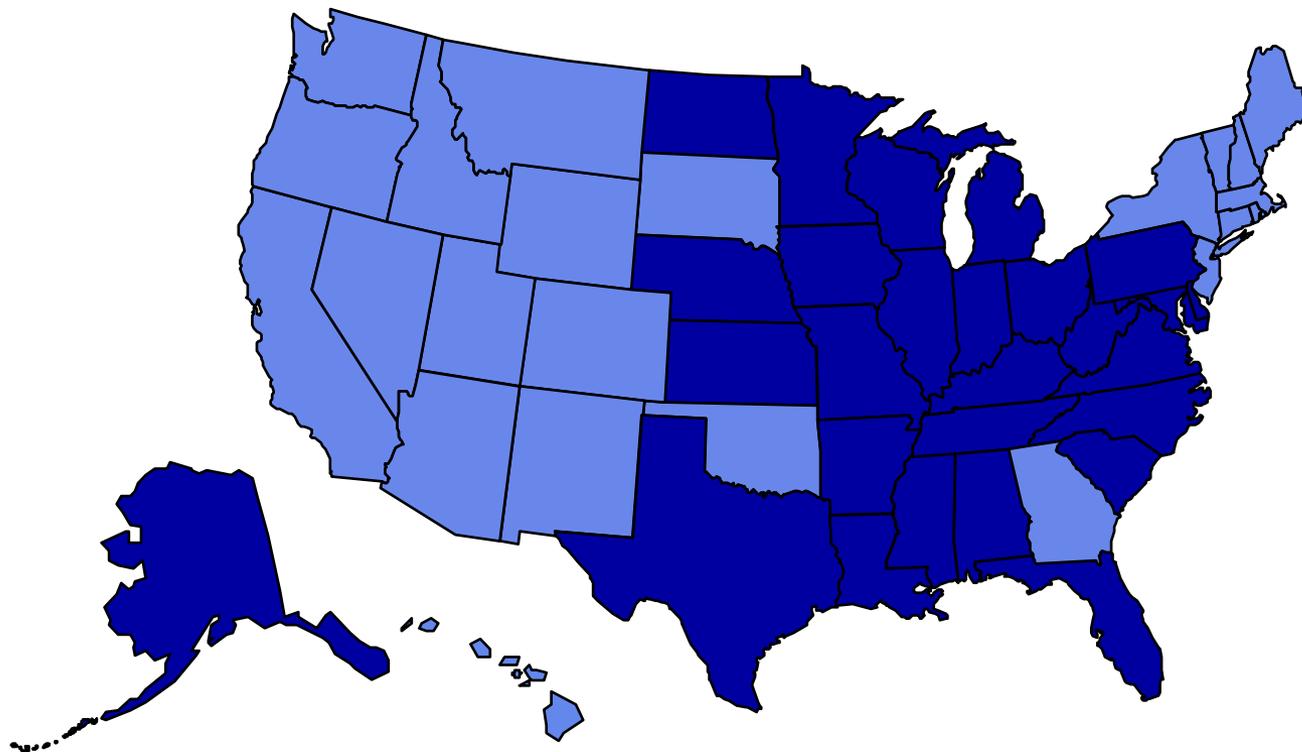
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Obesity Trends* Among U.S. Adults

BRFSS, 1995

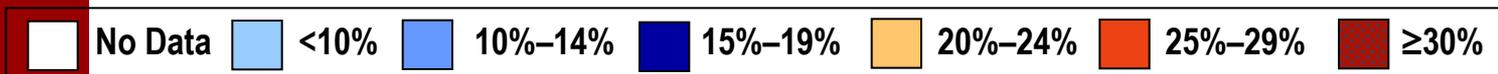
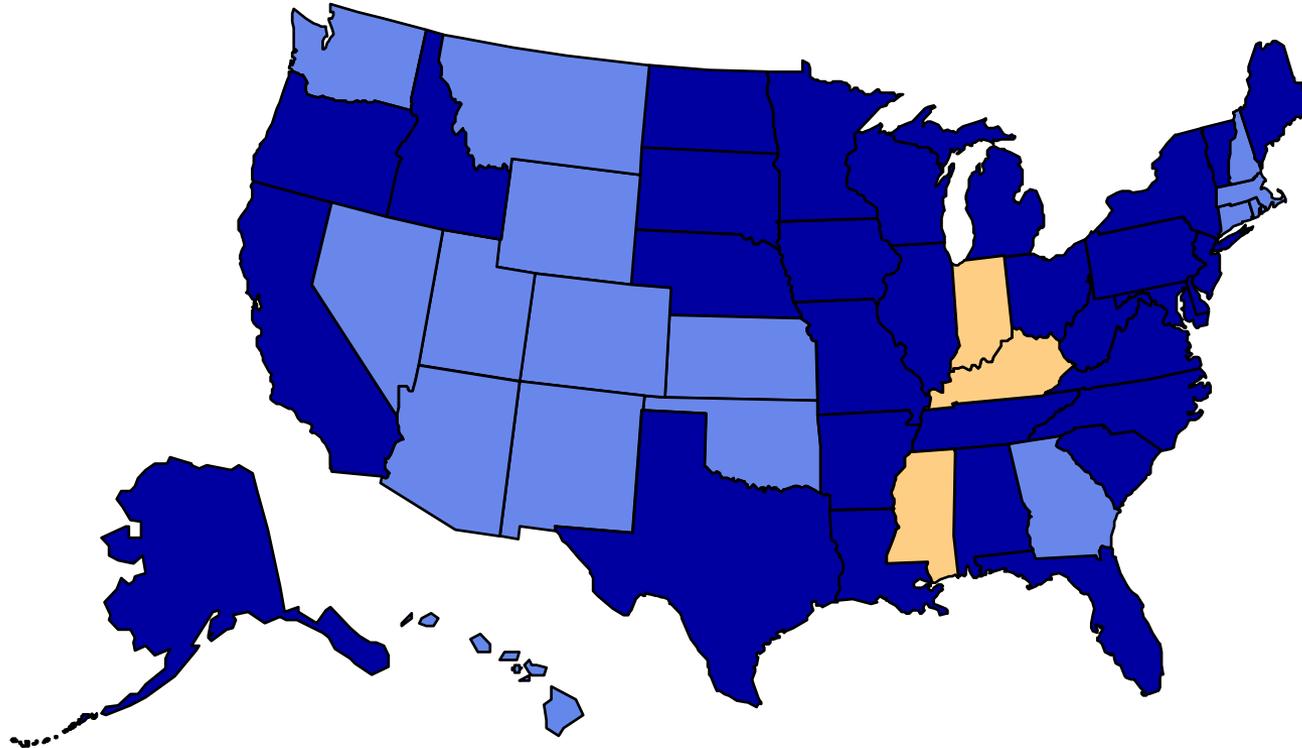
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Obesity Trends* Among U.S. Adults

BRFSS, 1997

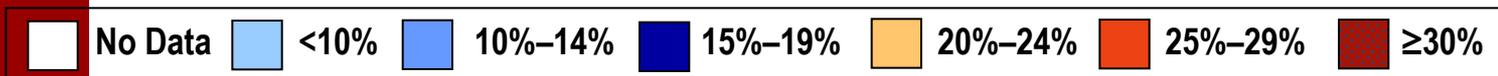
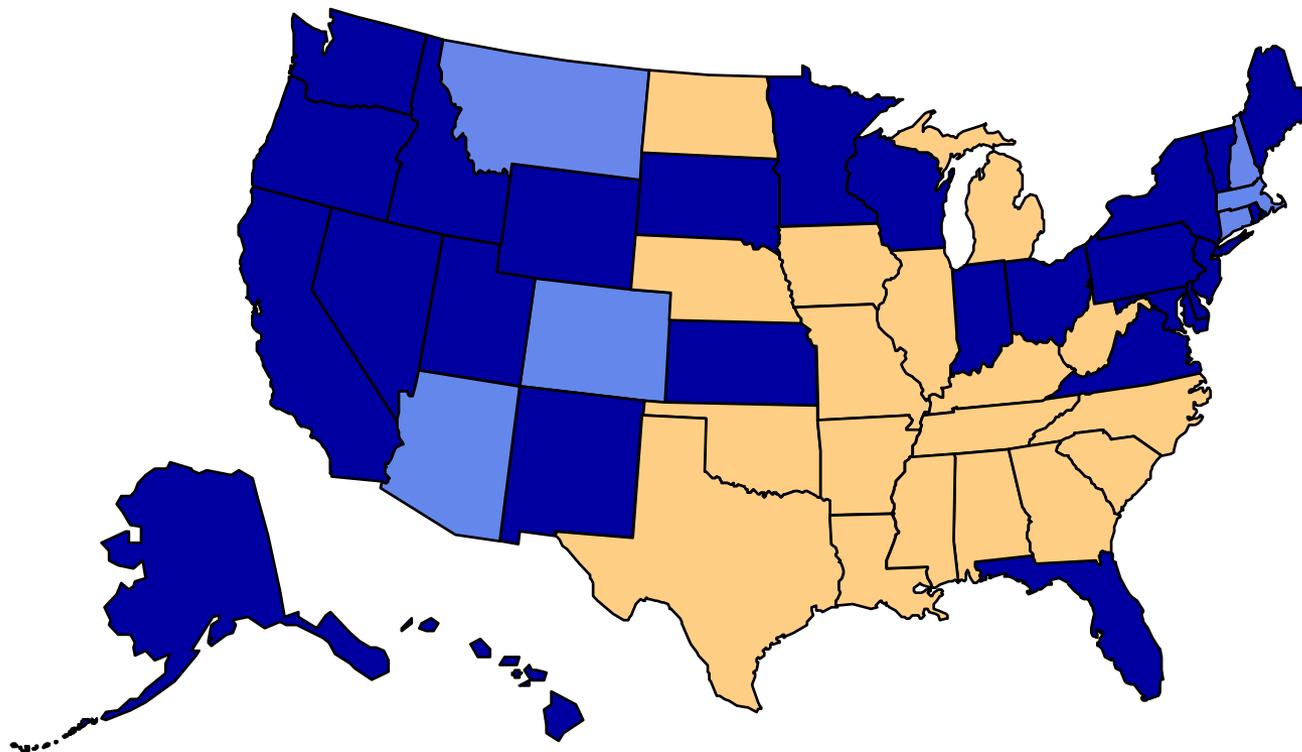
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Obesity Trends* Among U.S. Adults

BRFSS, 1999

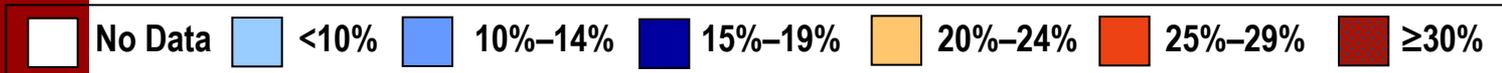
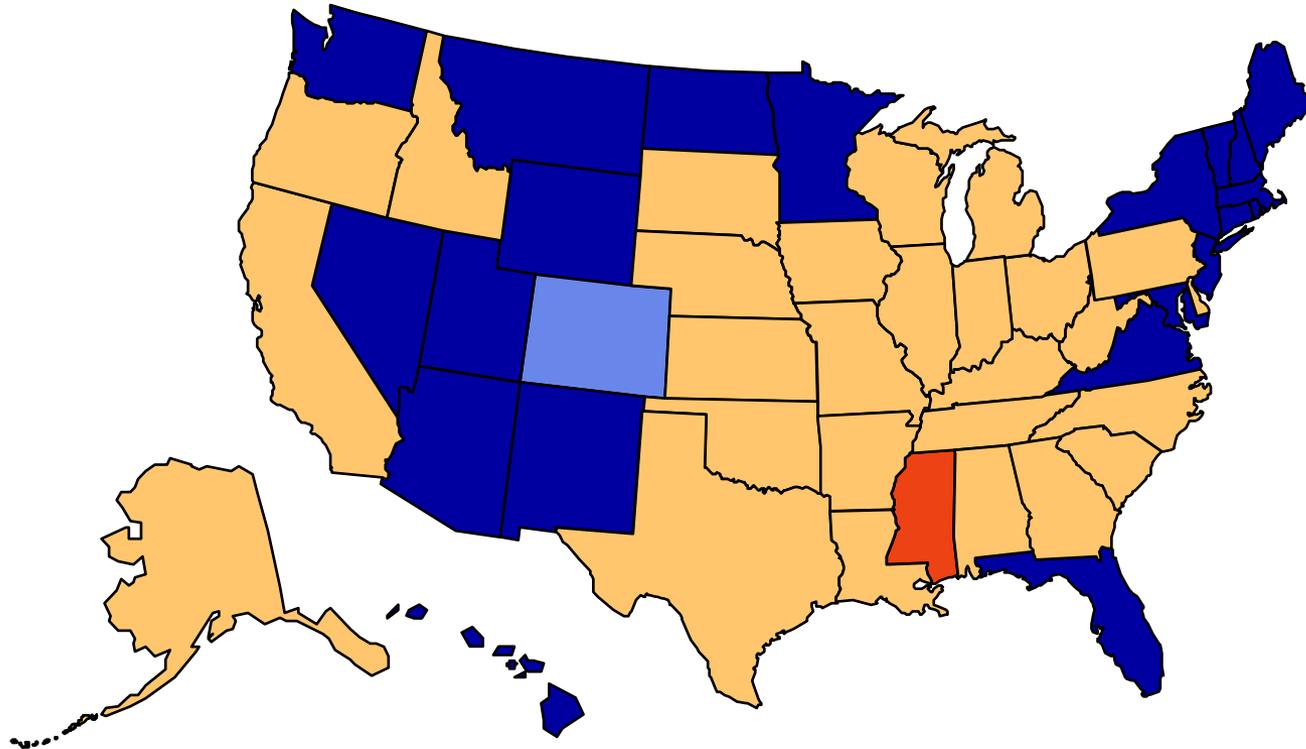
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Obesity Trends* Among U.S. Adults

BRFSS, 2001

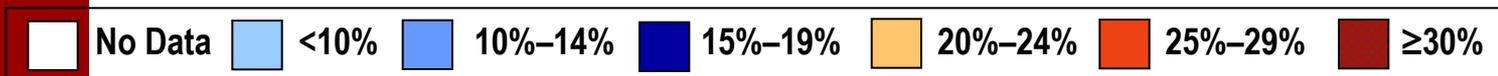
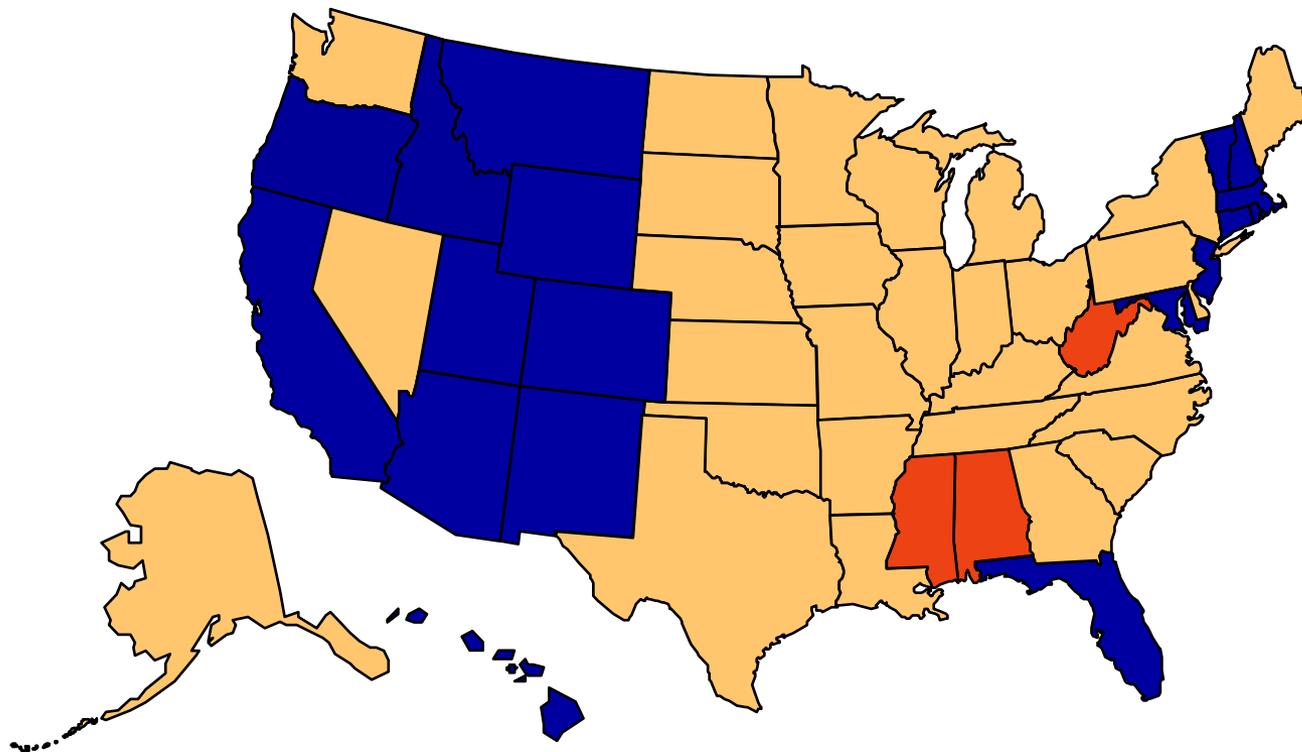
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Obesity Trends* Among U.S. Adults

BRFSS, 2001

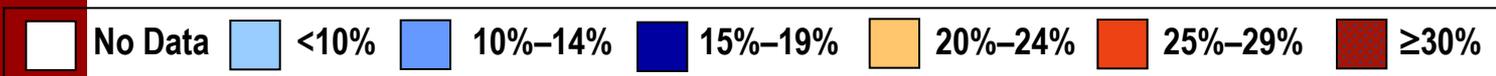
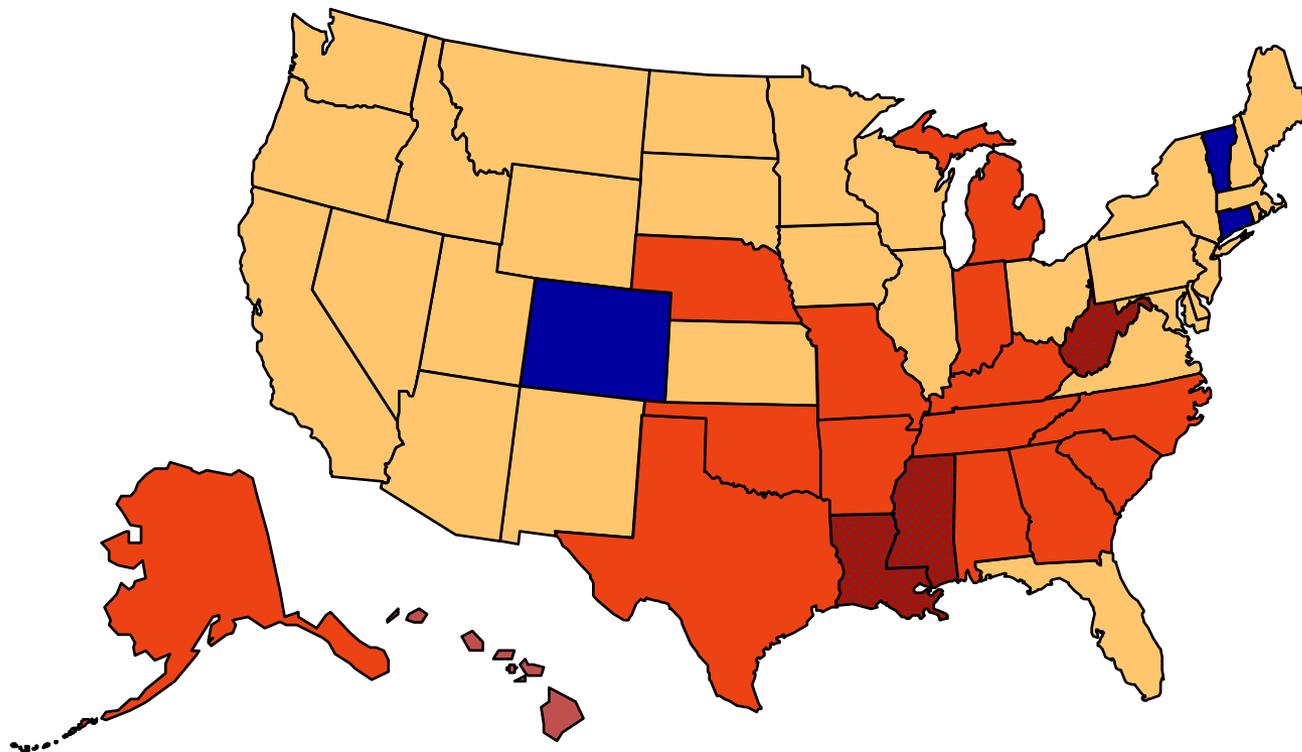
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Obesity Trends* Among U.S. Adults

BRFSS, 2005

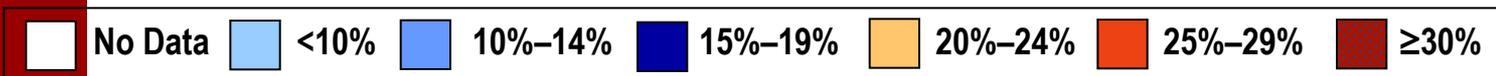
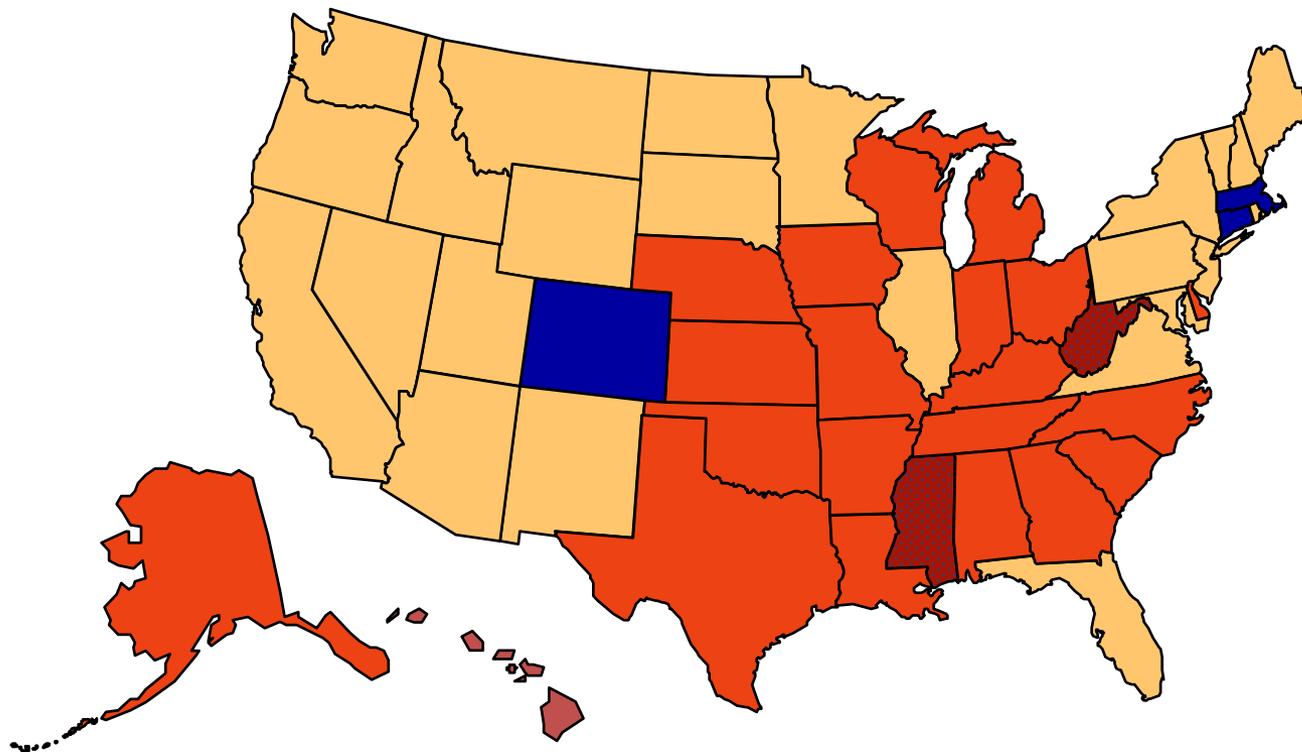
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Obesity Trends* Among U.S. Adults

BRFSS, 2006

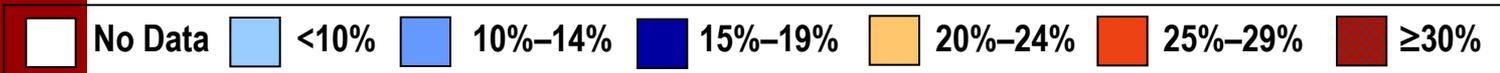
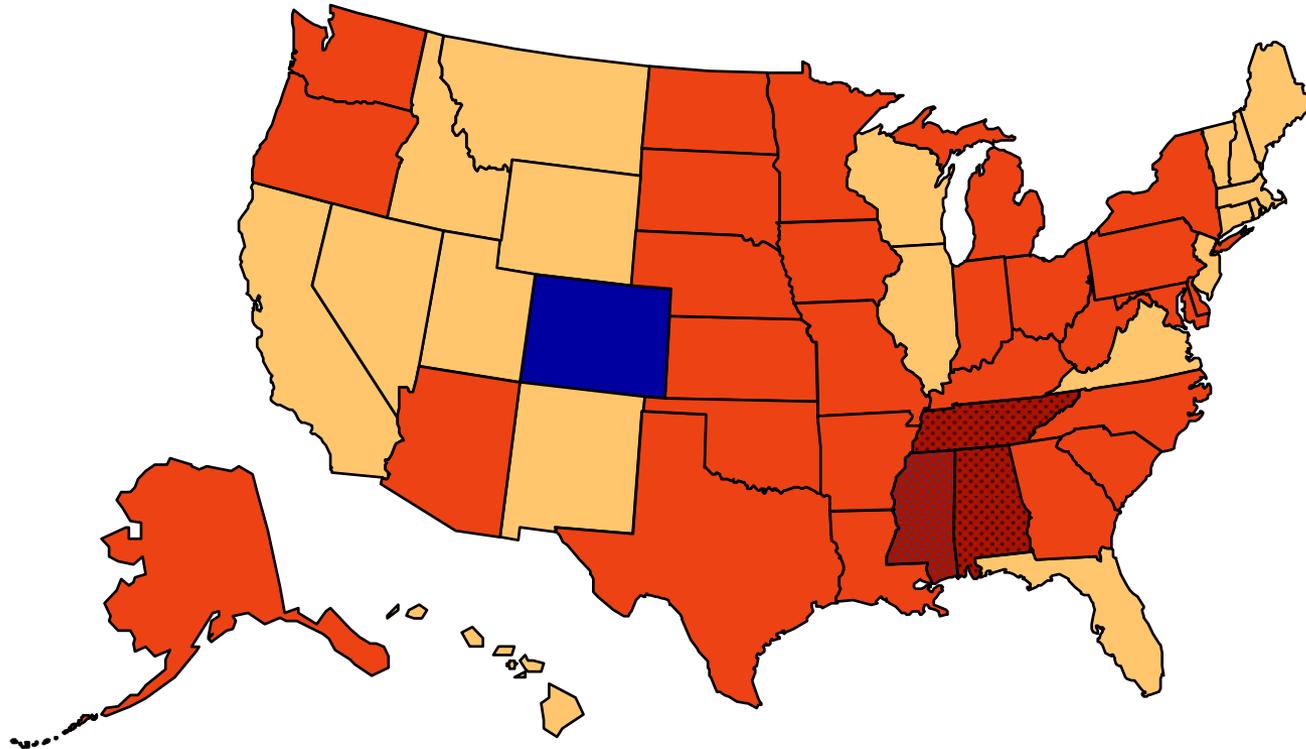
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Obesity Trends* Among U.S. Adults

BRFSS, 2007

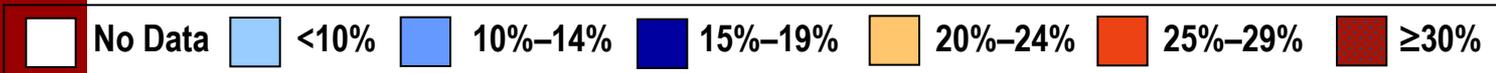
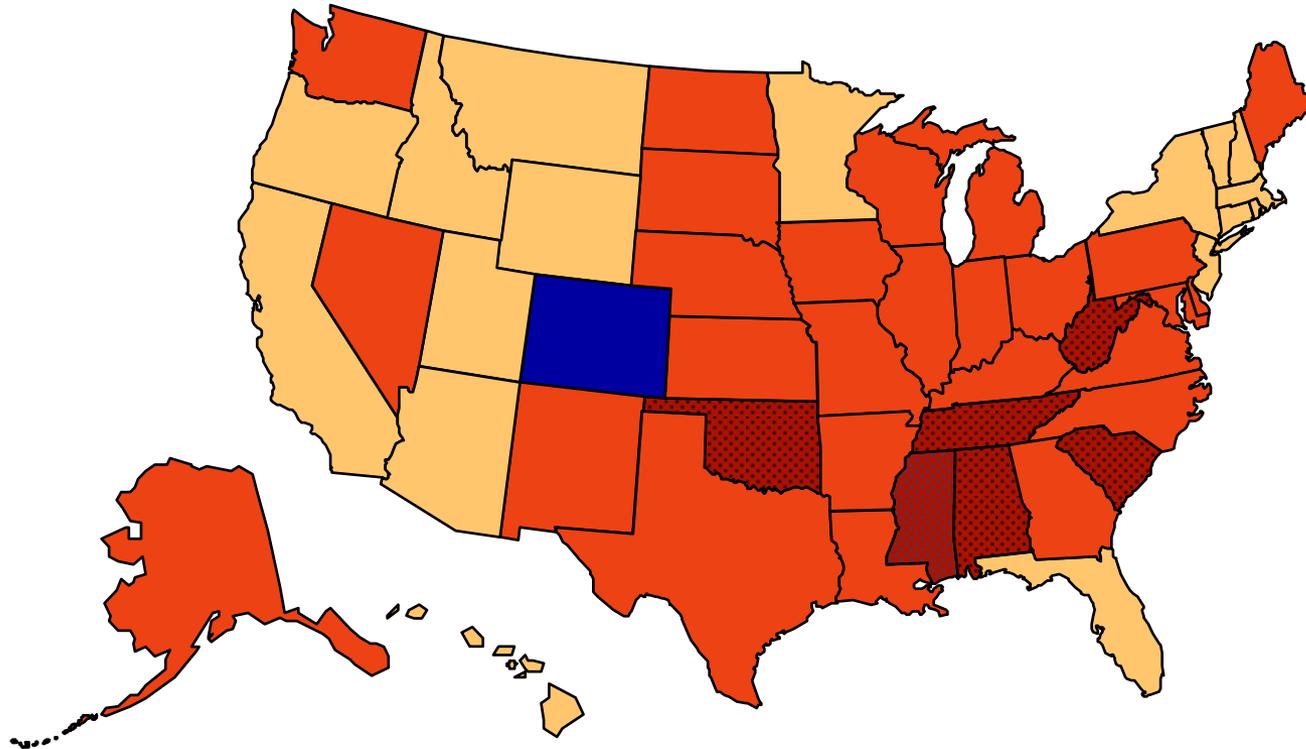
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Obesity Trends* Among U.S. Adults

BRFSS, 2008

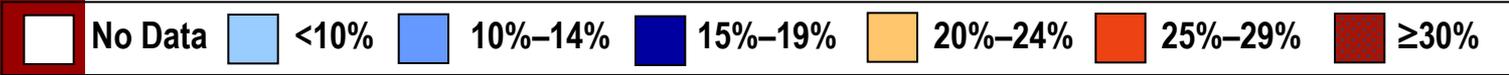
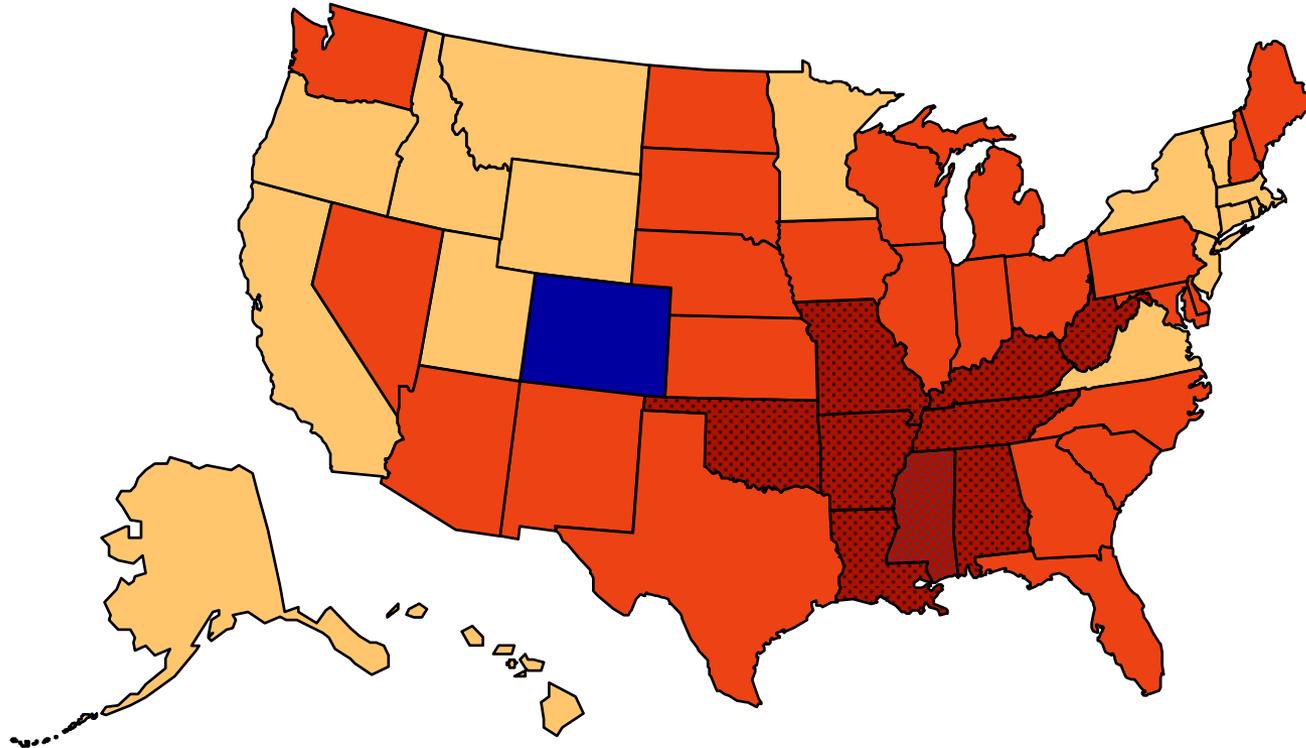
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Obesity Trends* Among U.S. Adults

BRFSS, 2009

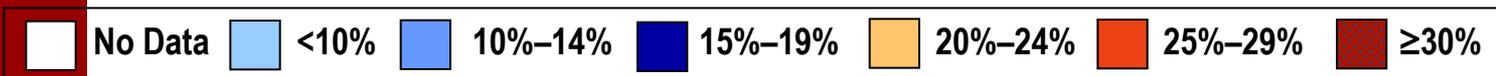
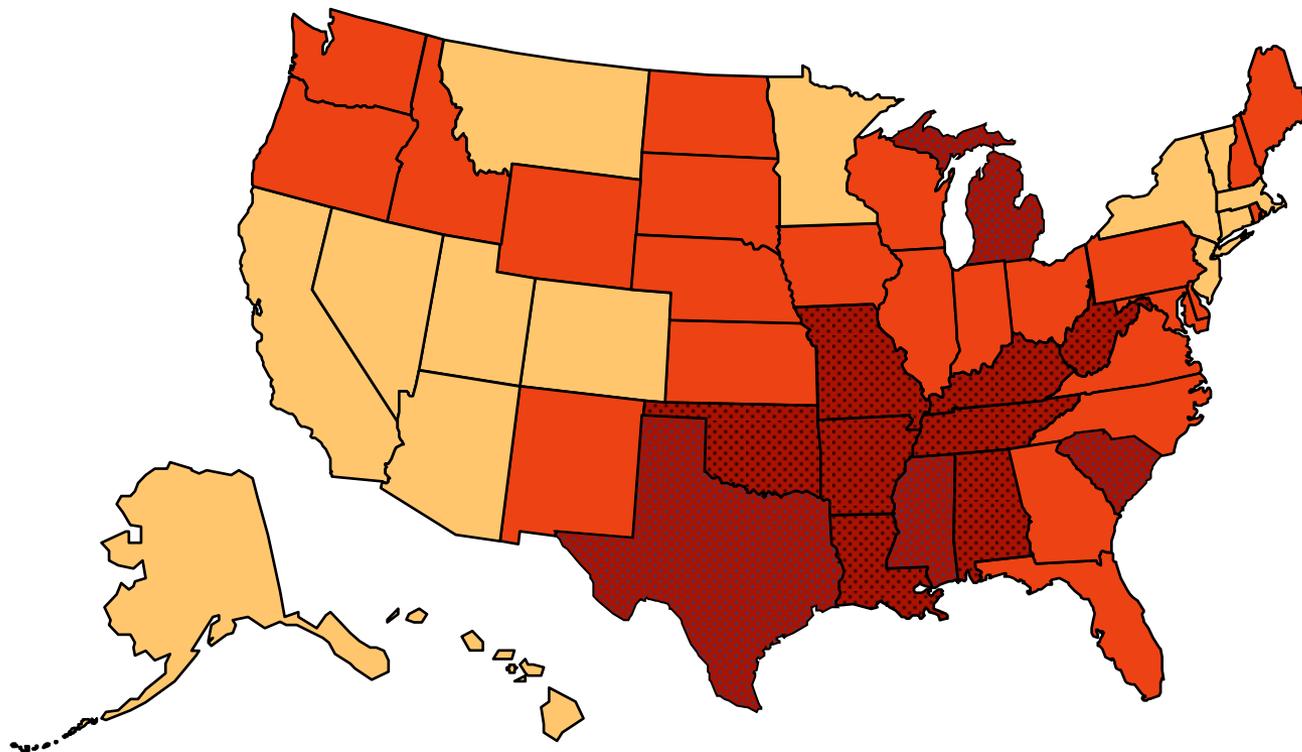
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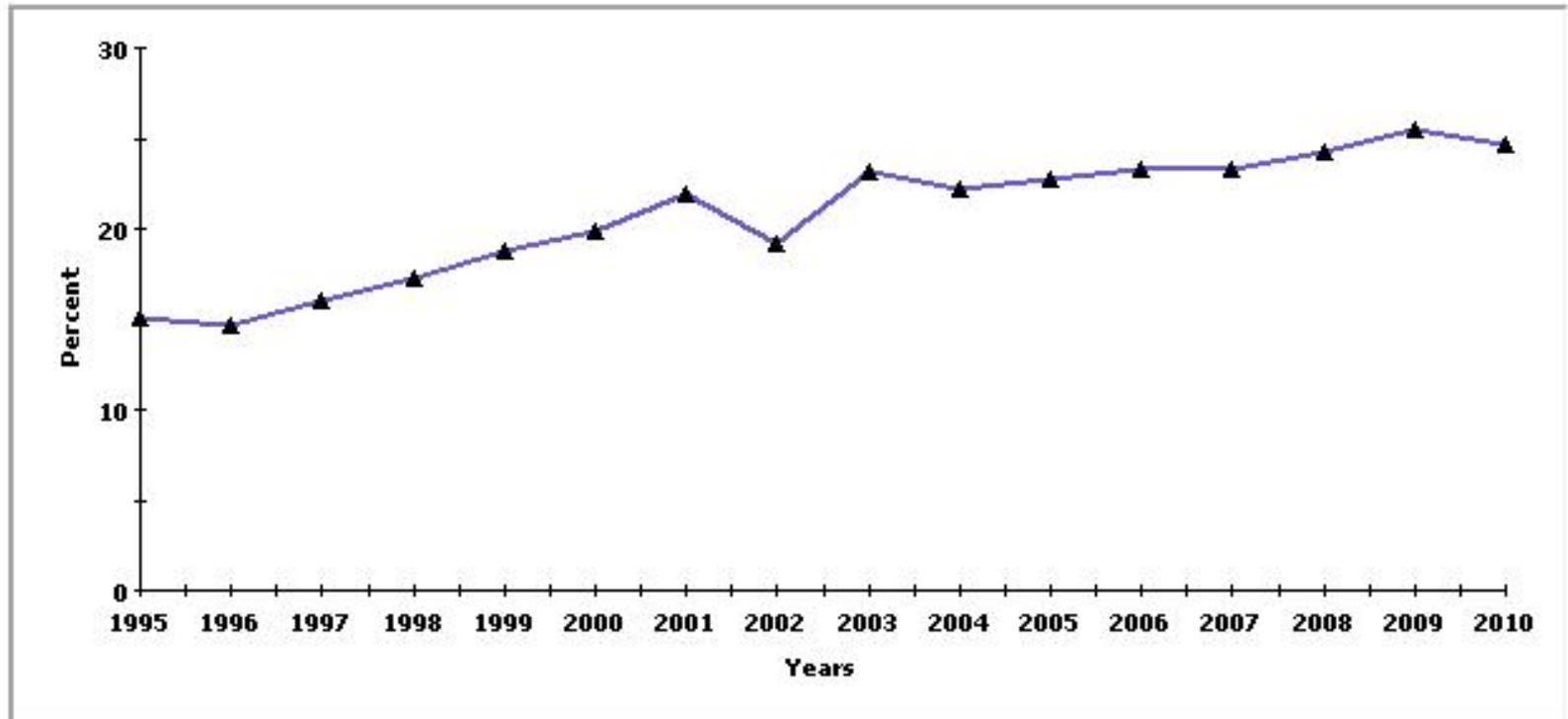
Obesity Trends* Among U.S. Adults

BRFSS, 2010

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Overweight and Obesity (BMI) California - All Available Years Response = OBESE (bmi 30.0 - 99.8)



One study reported that...

- Having a history of obesity has been linked to low hand grip strength among adults aged 55 and older, beyond the effects of current body weight, lifestyle factors, and chronic conditions.
- Low hand grip strength, an indicator of reduced muscle mass and strength, plays an important role in the causal pathway leading to functional limitations, increased risk of falls, disability and mortality in older adults.

- Compared with never obese participants, the odds for very low hand grip strength were:
 - 2.76 for currently obese
 - 5.57 for obese since age 50
 - 6.53 for obese since age 40
 - 10.36 for obese since age 30

Initial findings from the USC Roybal Institute's

Minority Aging Pilot Survey

William A. Vega, Karen D. Lincoln, and Donald A. Lloyd, Investigators

Funded by USC Clinical and Translational Science Institute

A report to our Community Advisory Board, August 1, 2011

Purpose: to identify living circumstances and health status of noninstitutionalized Latino and African American older adults living in low income neighborhoods in Los Angeles.

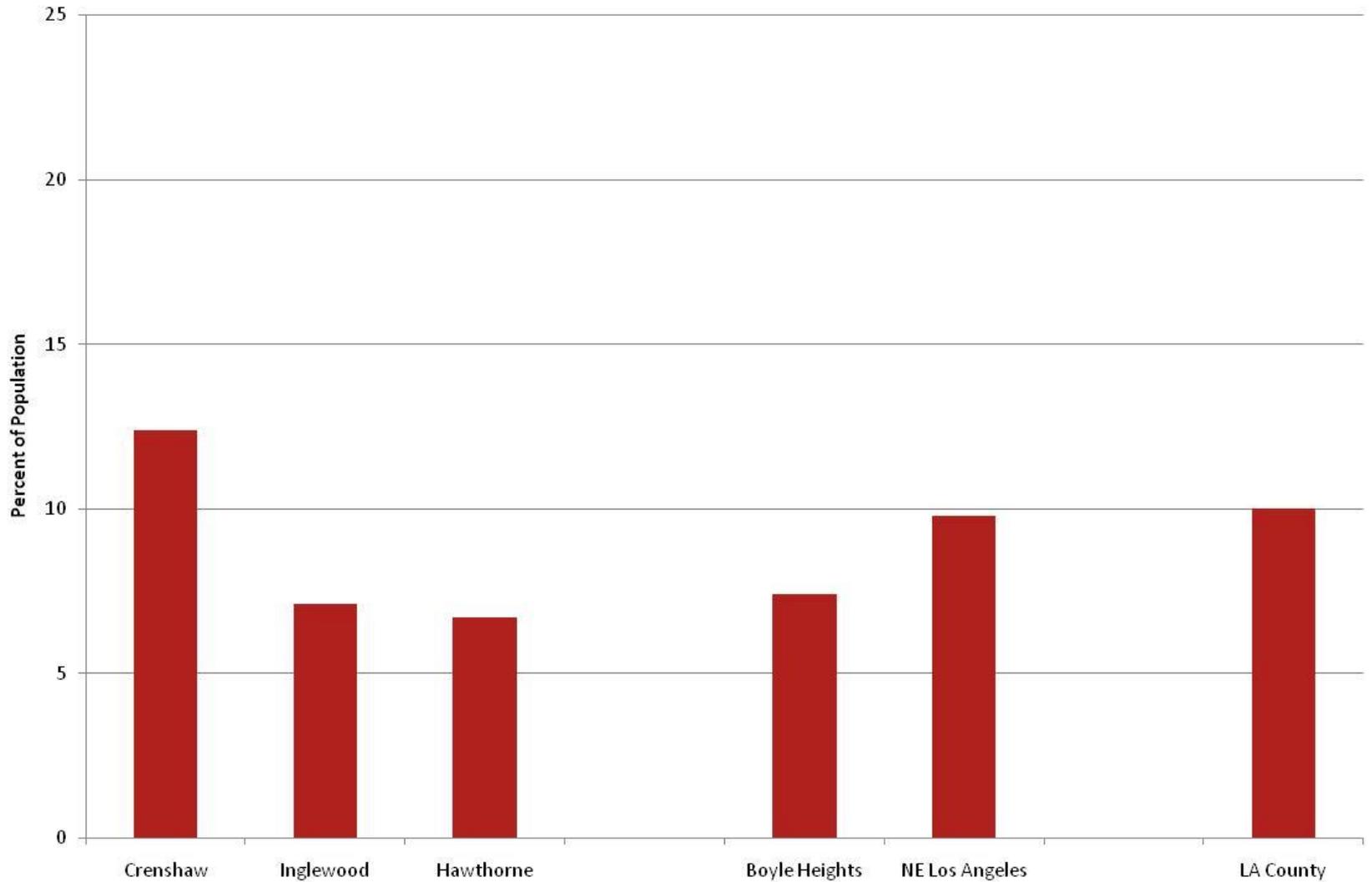
Selected study areas in and around...

Boyle Heights and Northeast LA

Crenshaw, Hawthorne and Inglewood

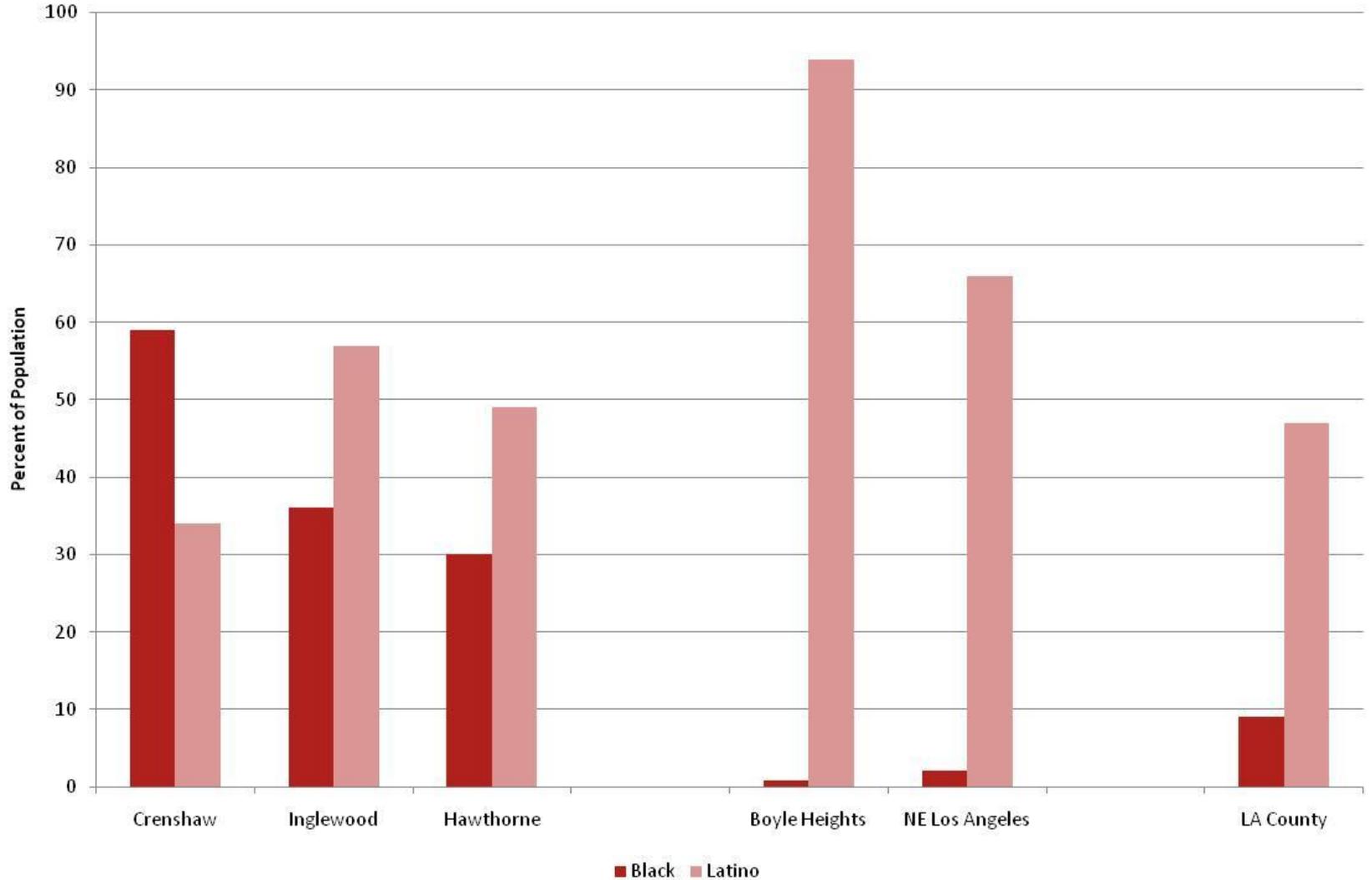
Percent of Population Aged 65+

Source: United Way Zip Code Data Book, 2007



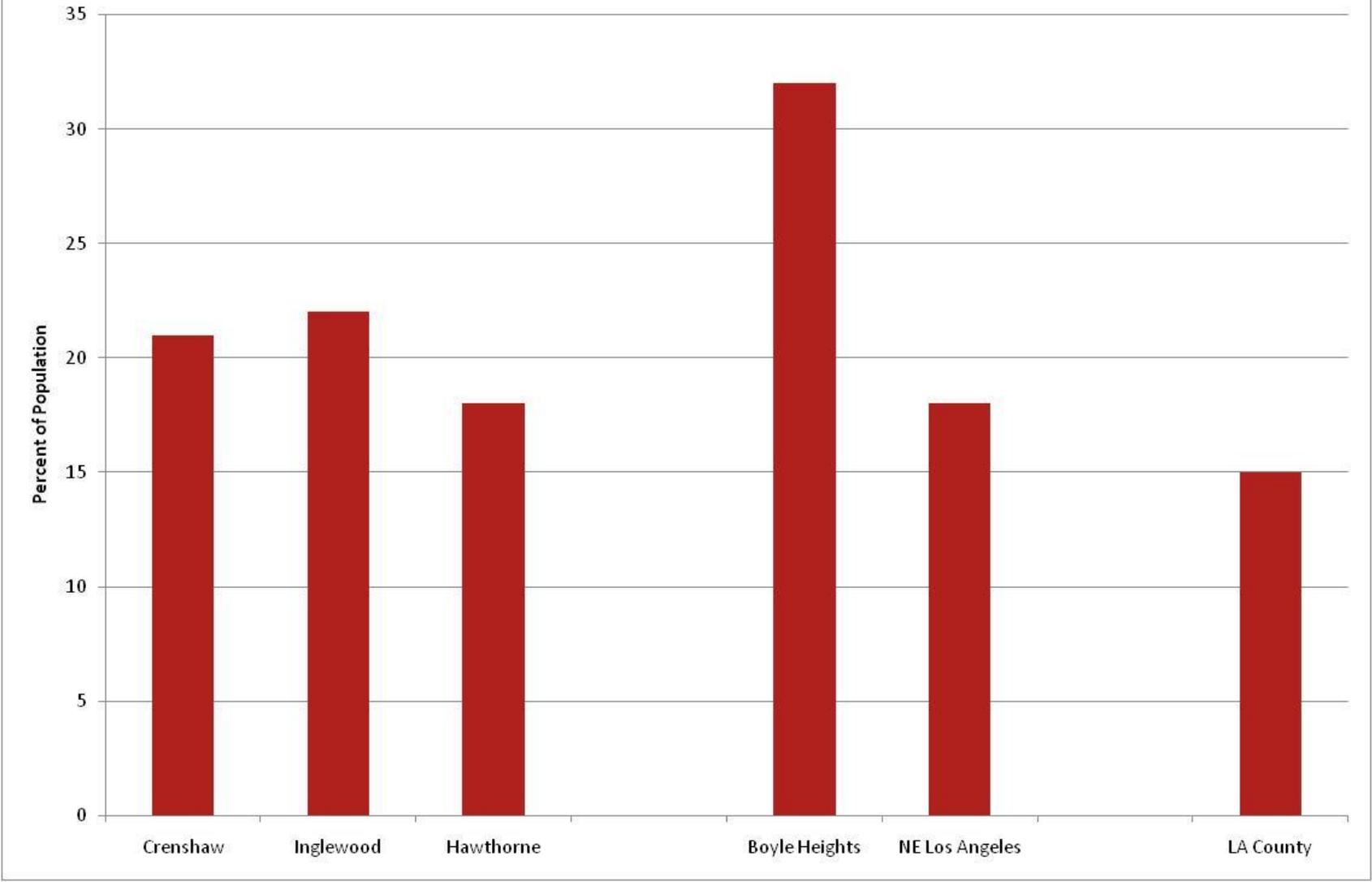
Percent of Population African American and Latino

Source: United Way Zip Code Data Book, 2007



Percent of Families in Poverty

Source: United Way Zip Code Data Book, 2007



Sample characteristics:

253 surveys conducted and entered for analysis
(12 are proxy interviews)

180 women, 73 men; 58% live alone

65 married, 77 widowed, 88 divorced, 23 never married

average age 74 (range 60 to 100)

111 Latino, 137 African American, 5 Other

85 born outside the US, average 37 yrs here
(70% of the Latinos, 5% of Blacks immigrated)

95% have lived in LA County for more than 10 years

45% have not graduated high school, average 10.6 years

what changes have happened due to country's economic situation?

someone in family lost a job and has been unable to find another (38%)

had to sell something important or use up savings (30%)

have been unable to pay bills that were able to pay before (28%)

have lost their usual source of income (25%)

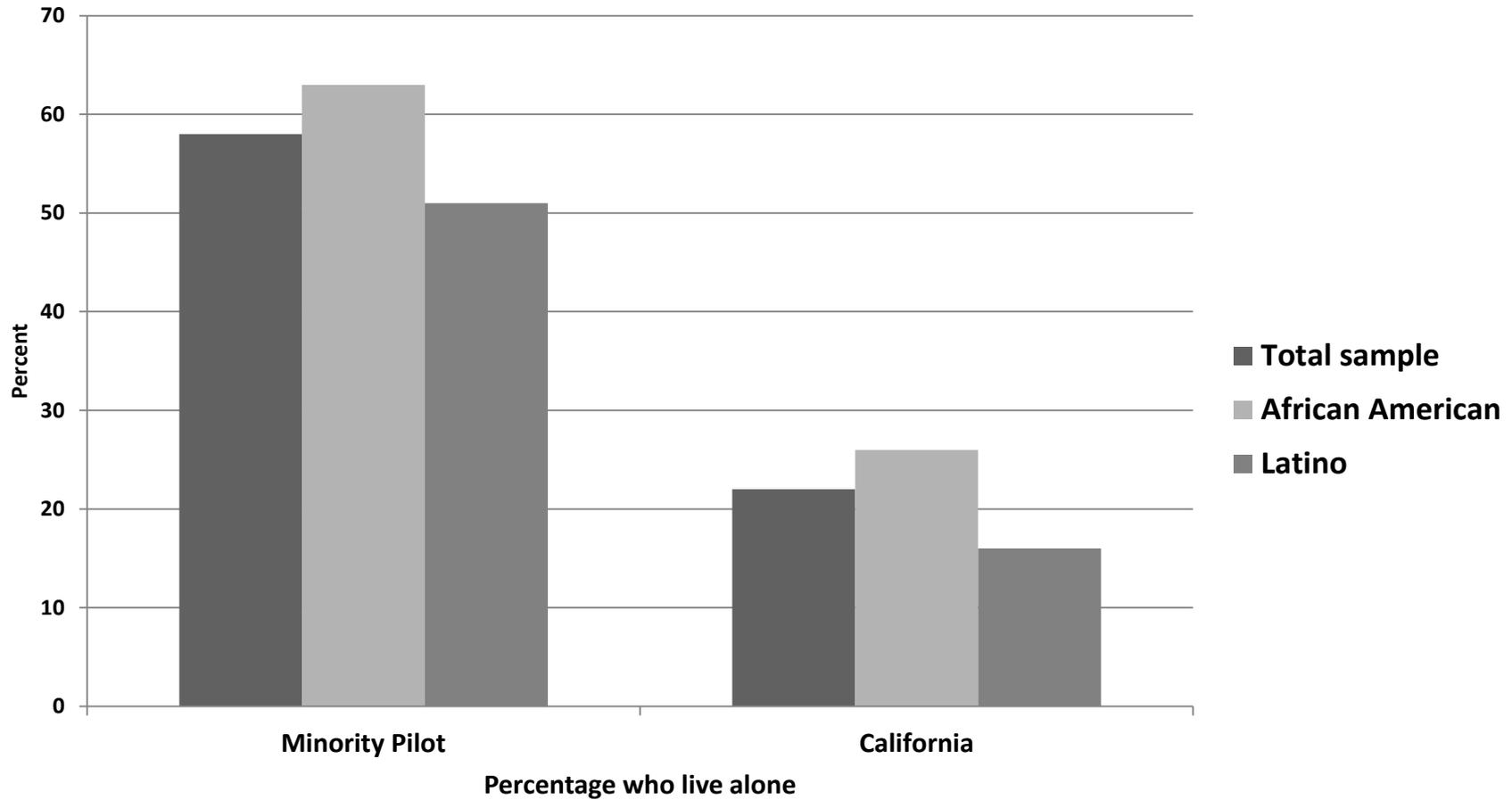
someone in house lost a job and had to take a lower-paying one (16%)

someone had to move in for economic reasons (14%)

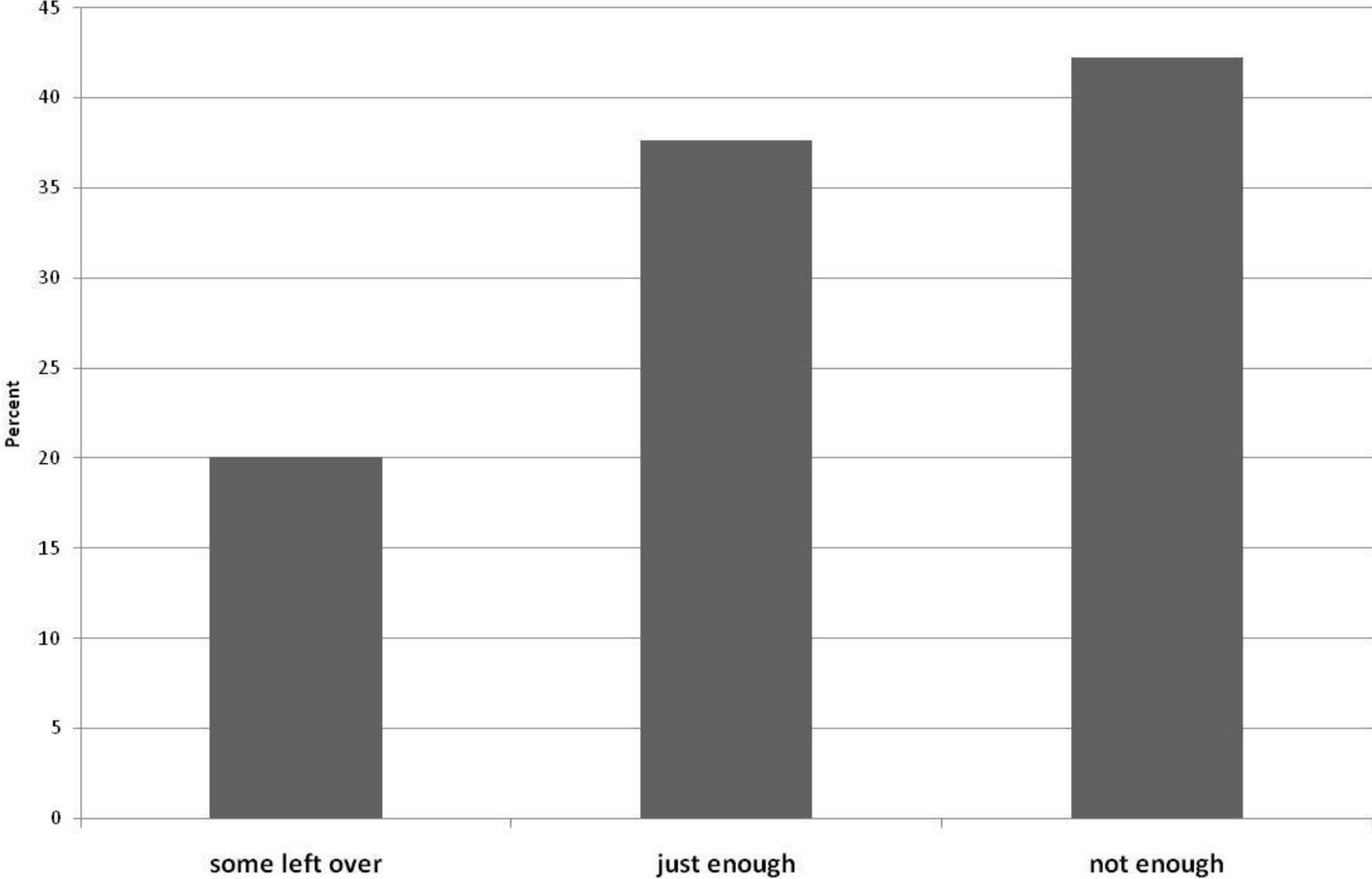
had to move from own home to live somewhere else (13%)

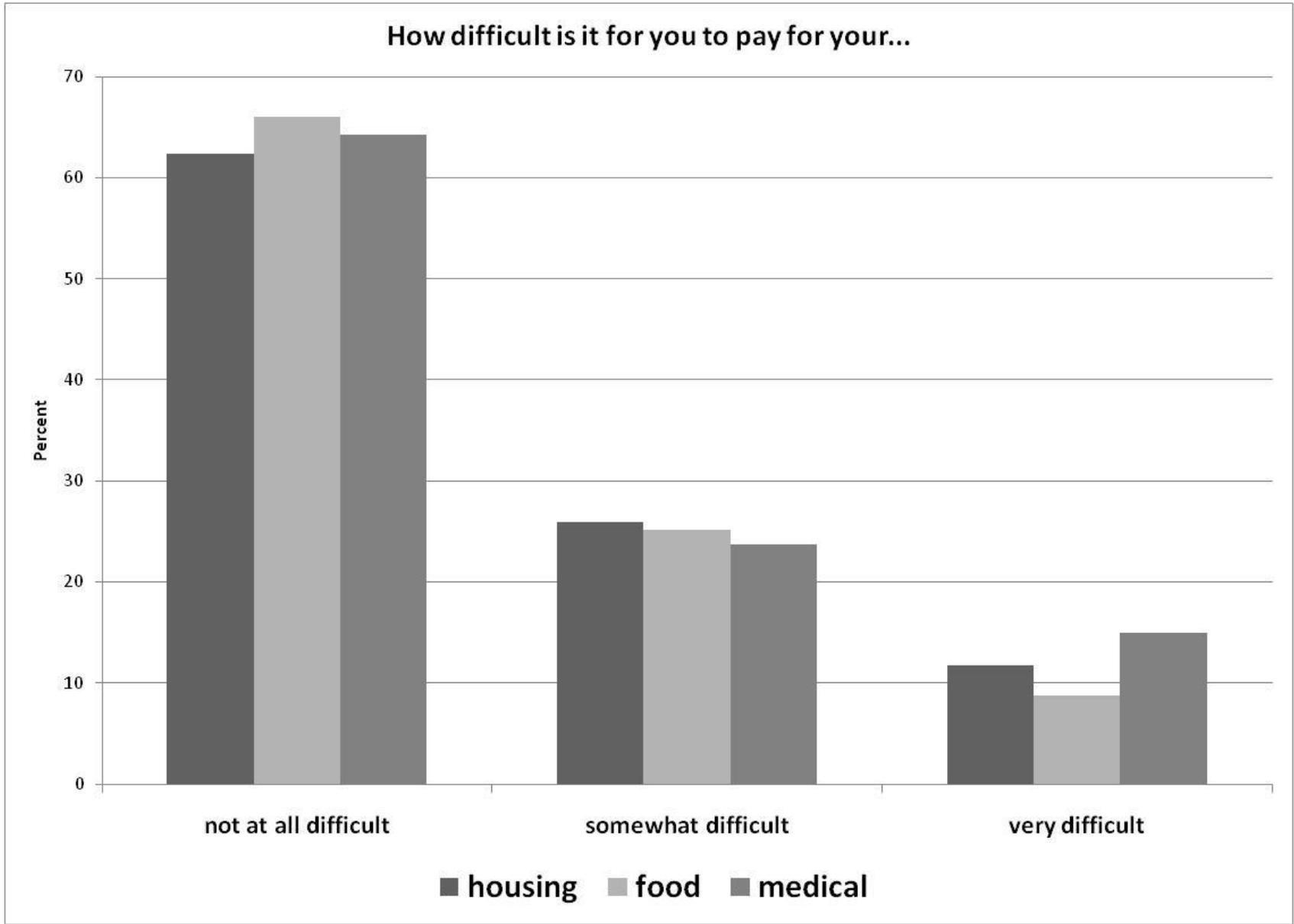
How many people altogether live in your household, including yourself?

Source: state rates from 2009 CHIS subsample ages 60+



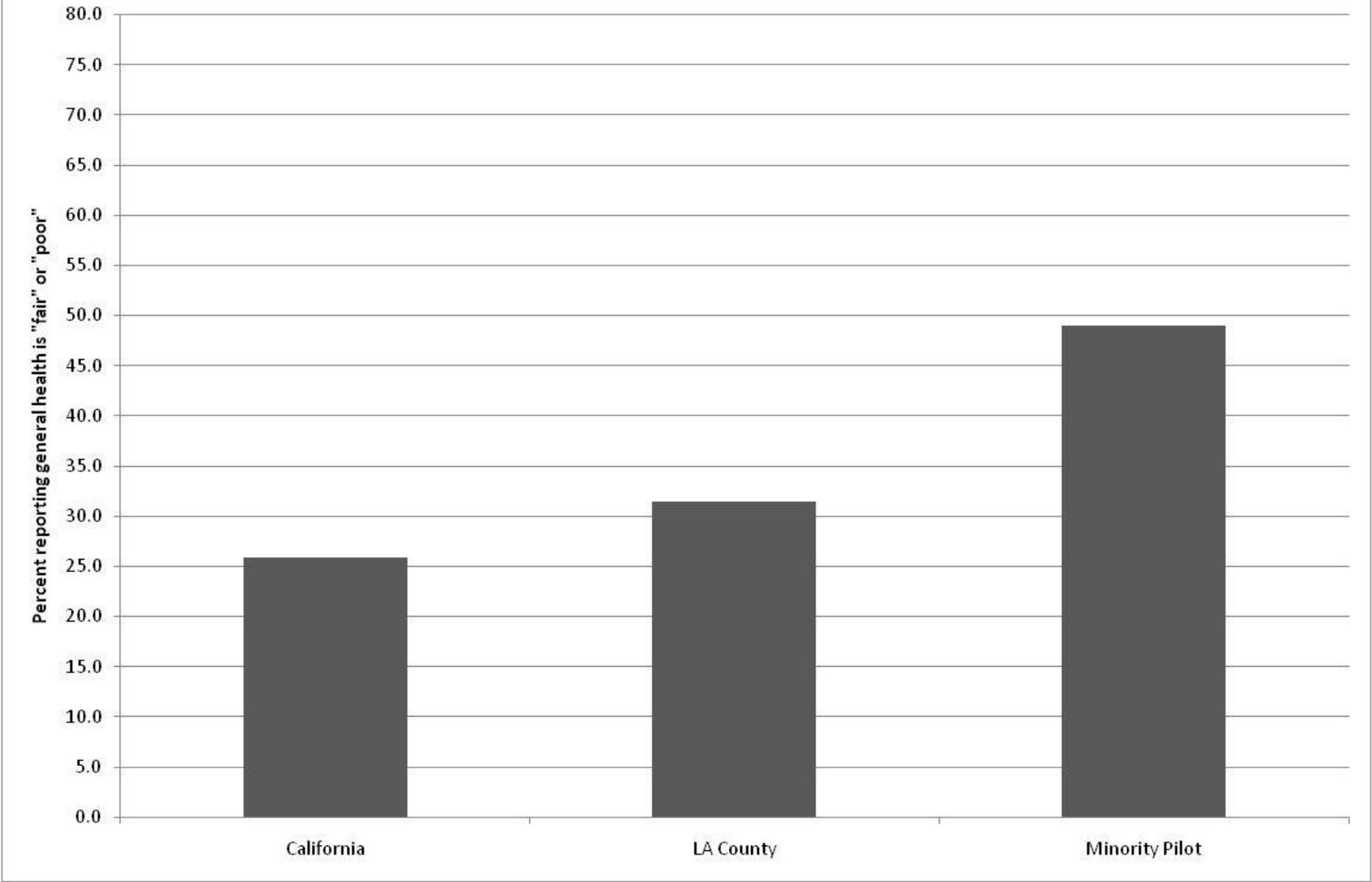
**At the end of the month do you usually end up with some money left over,
have just enough, or do you not have enough to make ends meet?**



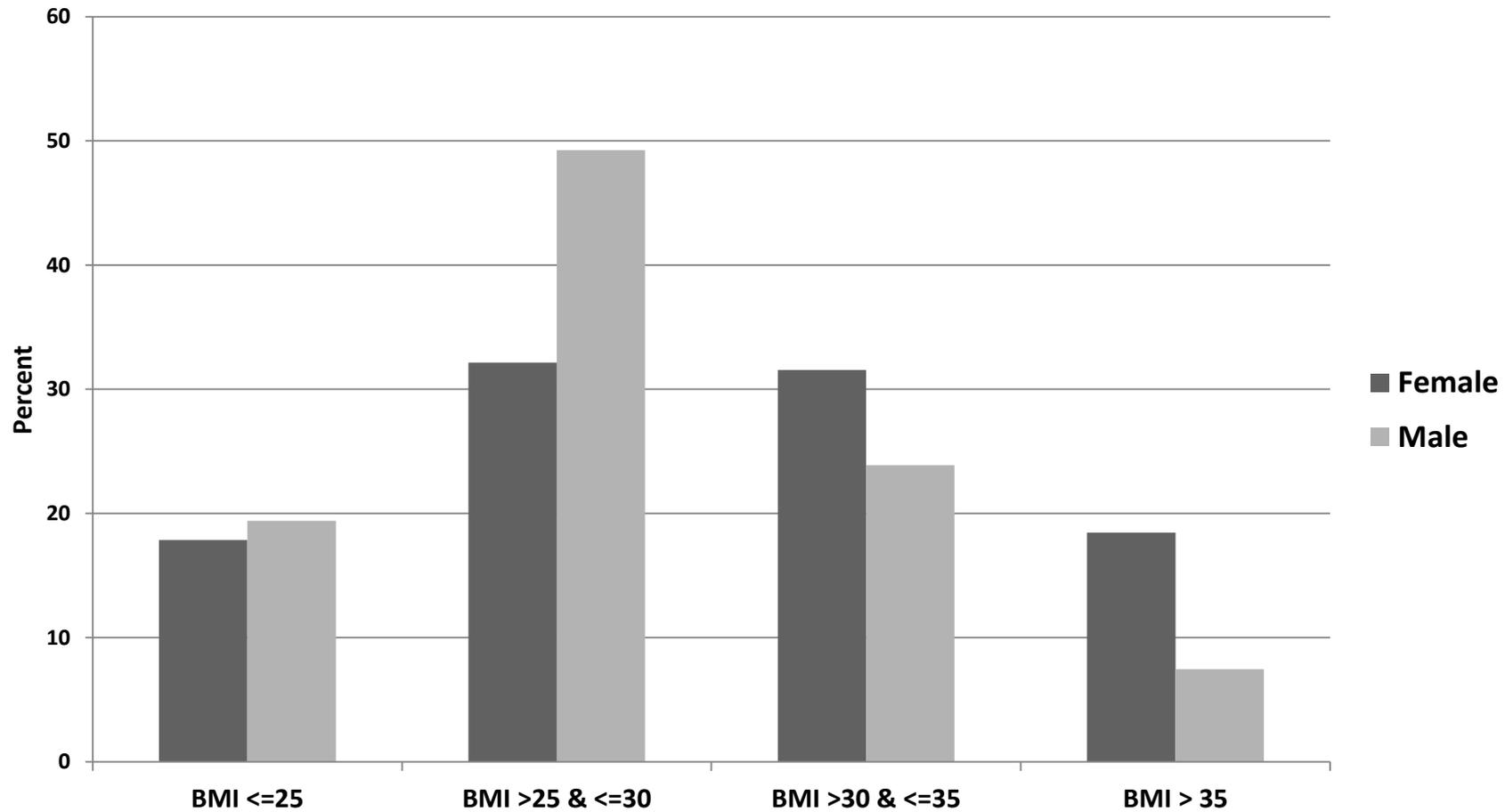


General Health is "Fair" or "Poor"

Source: state and county rates from 2009 CHIS subsample ages 60 +

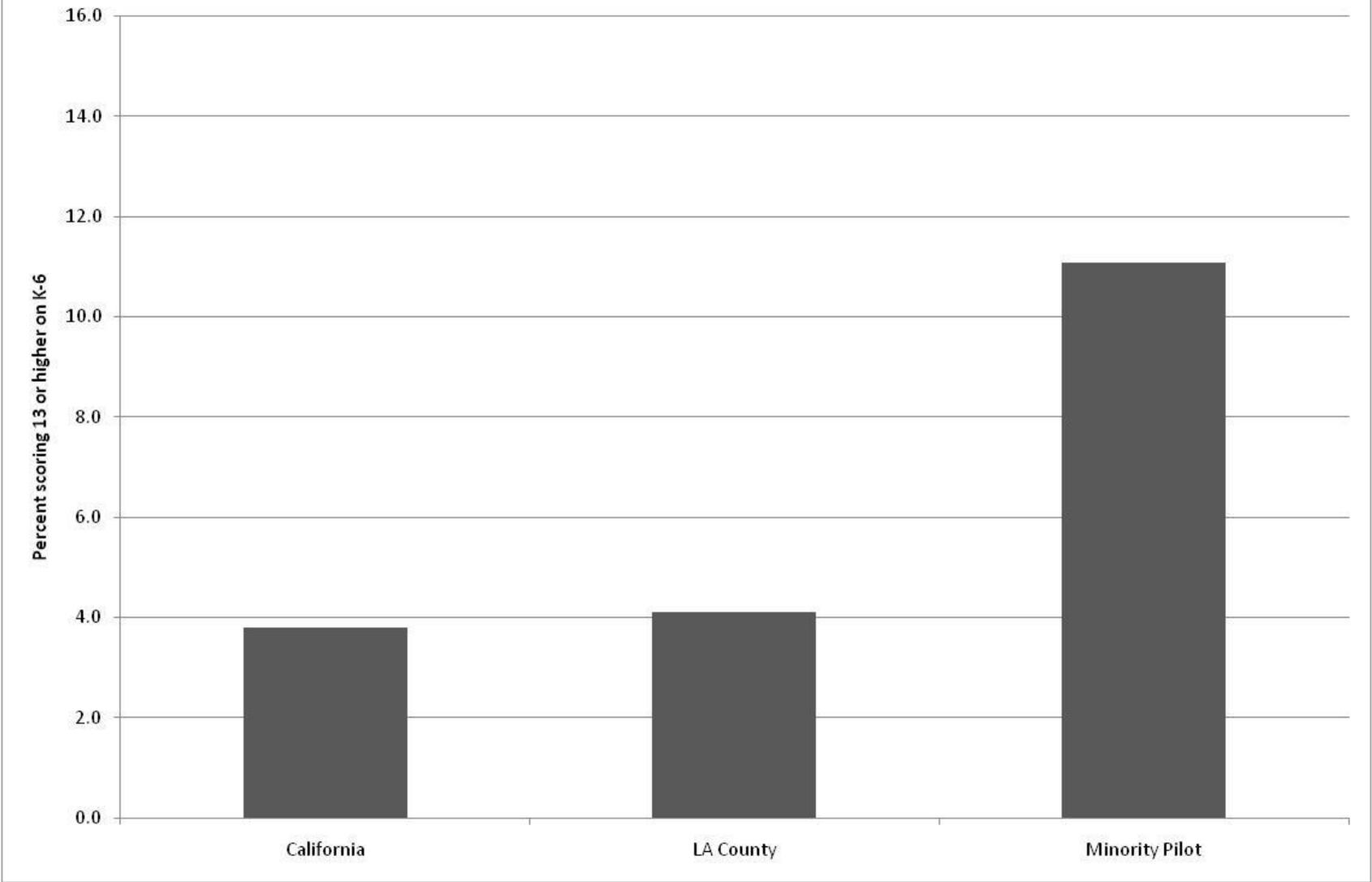


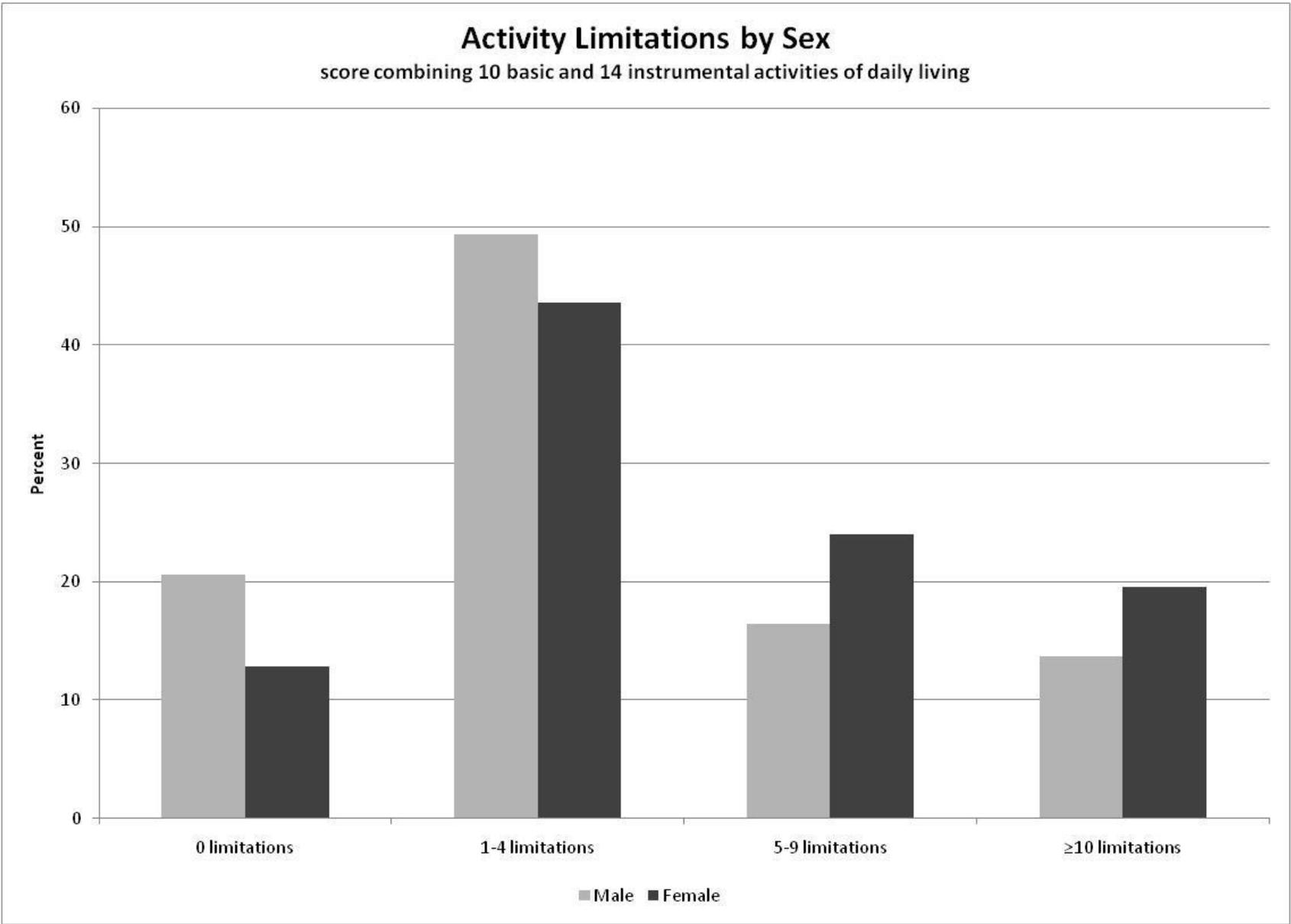
Body mass index



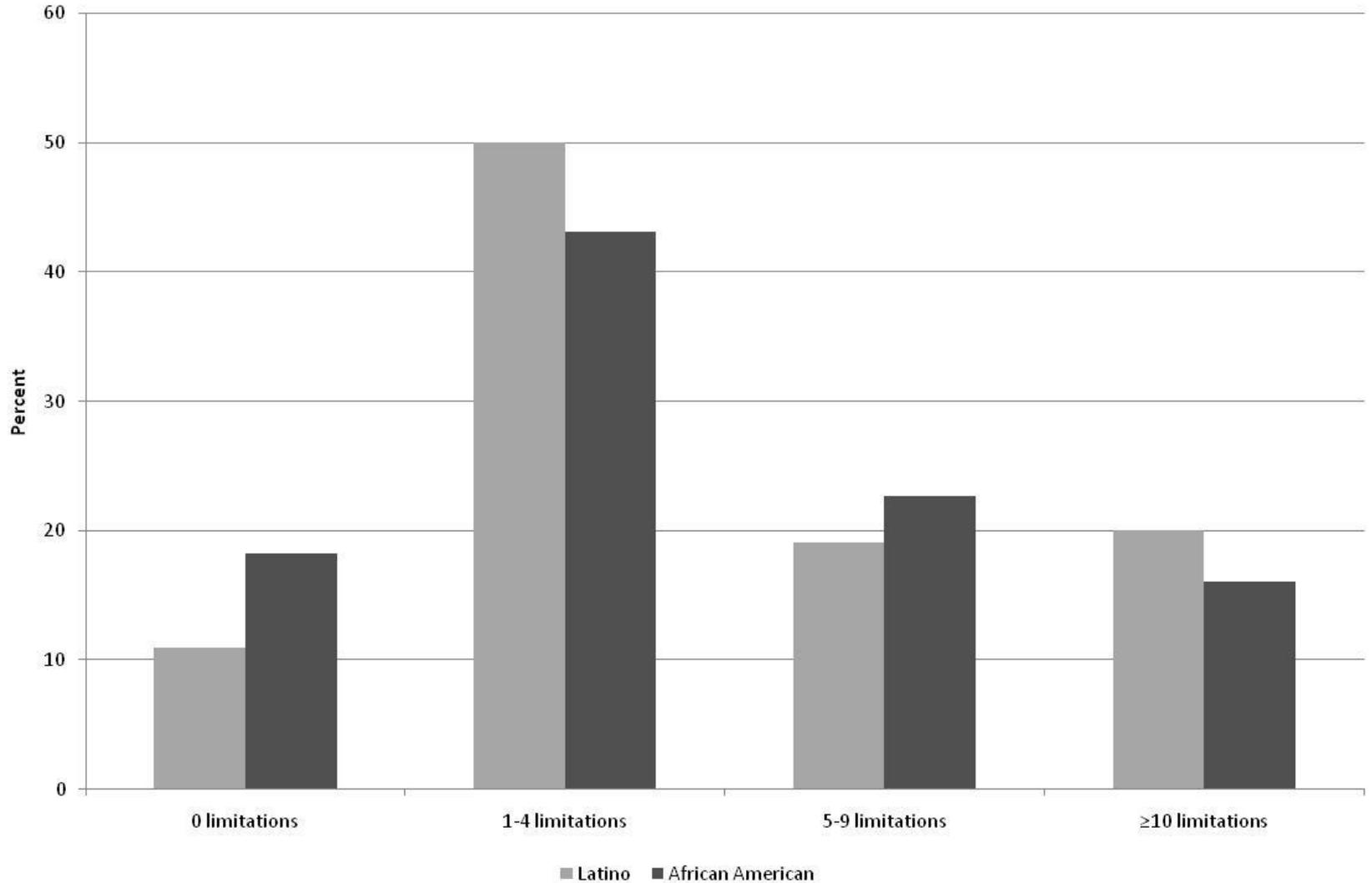
Rates of Serious Psychological Distress

Source: state and county rates from 2009 CHIS subsample ages 60 +





Activity Limitations by Race/ethnicity
score combining 10 basic and 14 instrumental activities of daily living



Of those who reported any activity limitations, just under half have formal assistance.

The median amount of such assistance is 15 hours per week.

Quality of life components for aging in place...

social integration

- living with others
- communication with friends and relatives
- intimate relationship

community

- shared values
- cooperation and assistance
- sense of belonging

infrastructure

- transportation
- safety
- accessibility

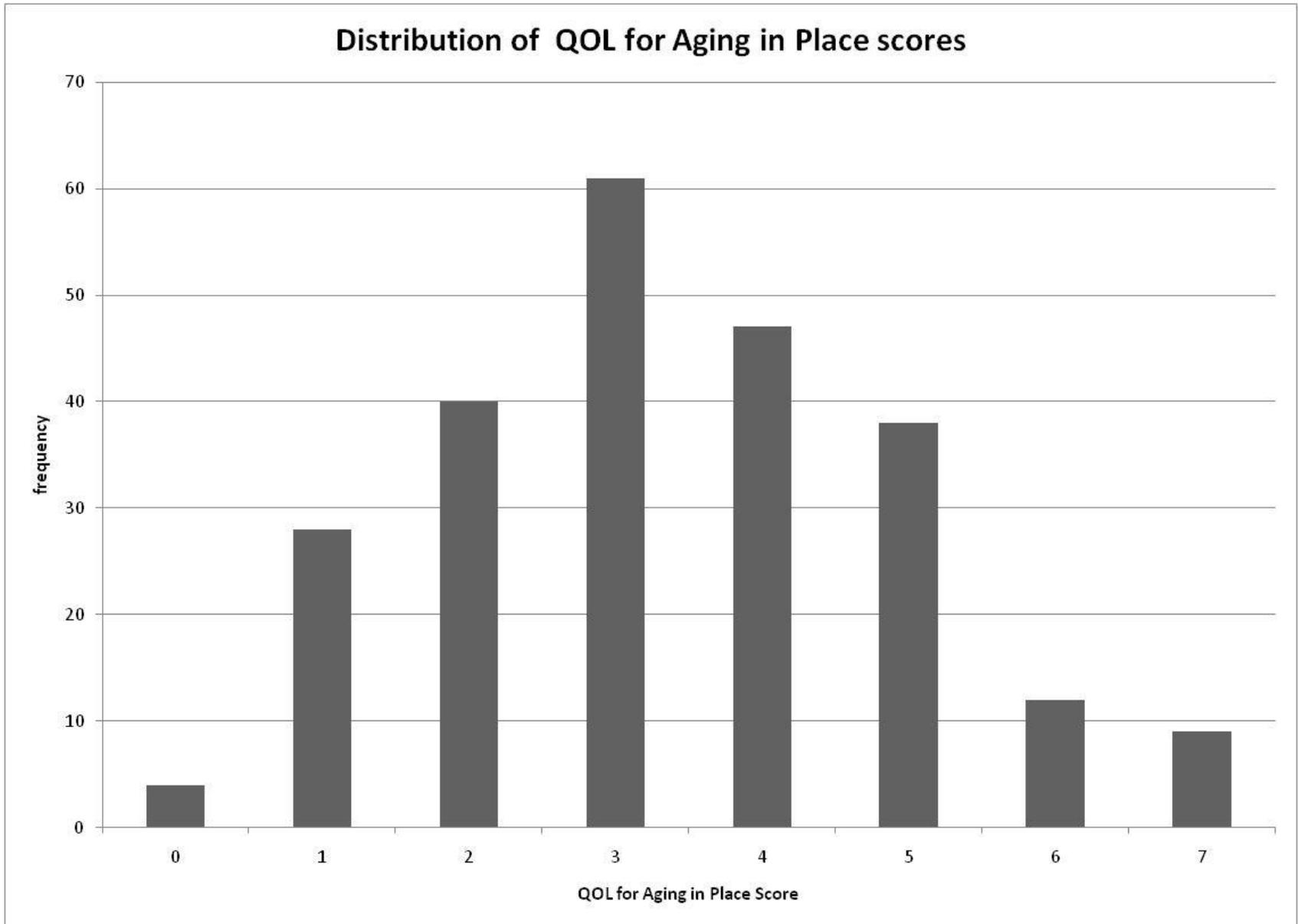
sense of control

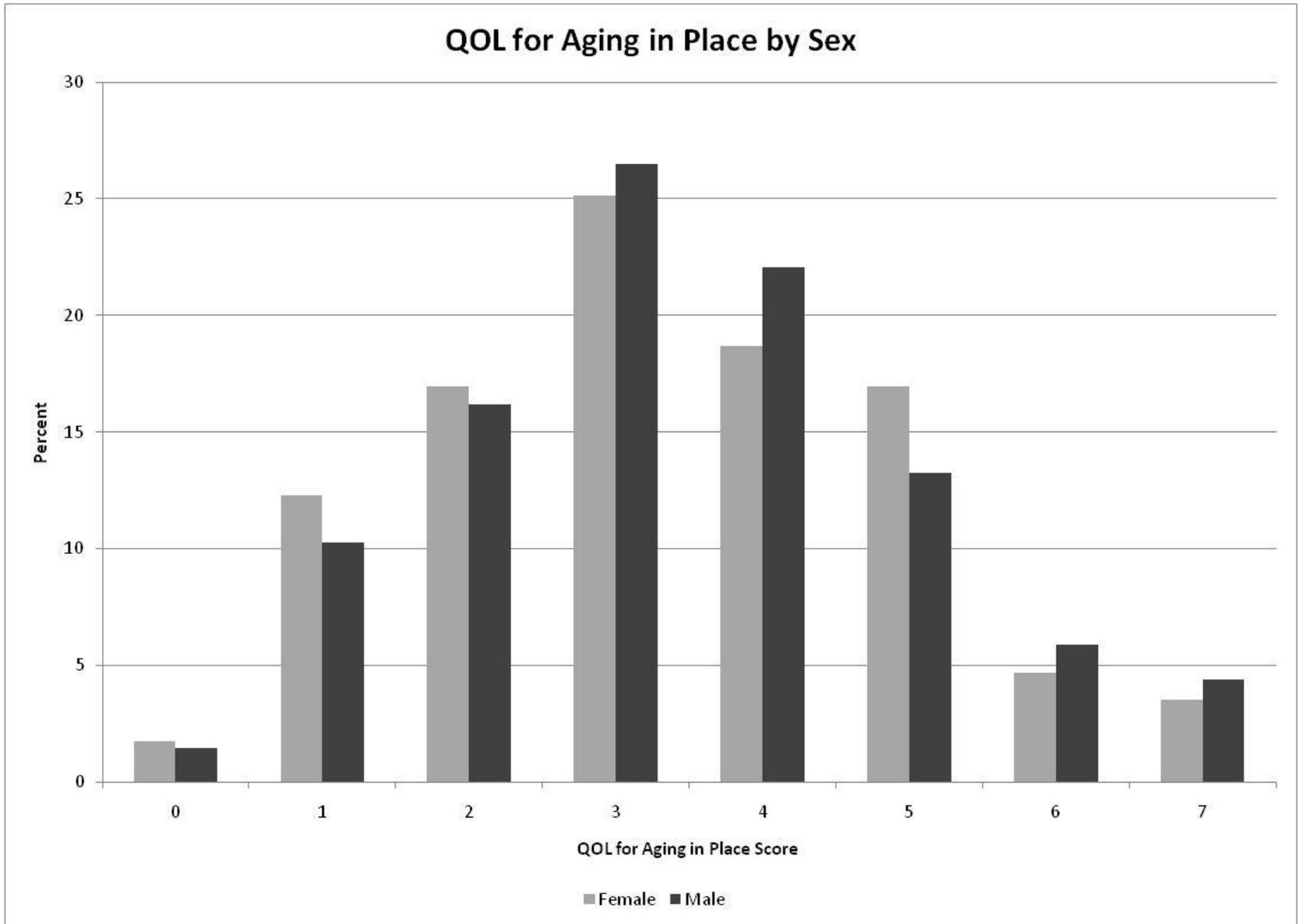
- capacity to effect desired change

Quality of life components for aging in place...

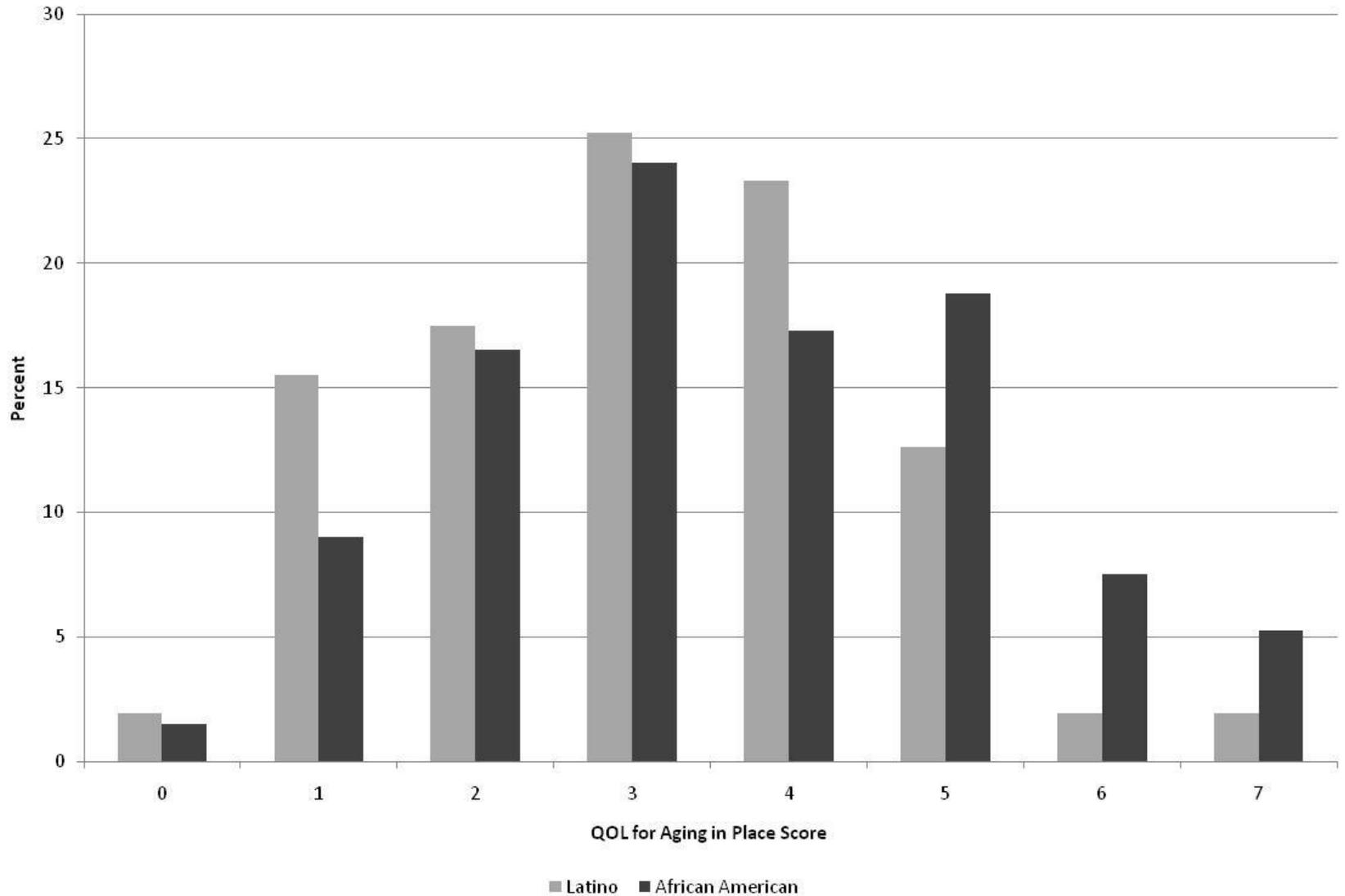
summary index counts seven indicators:

- 1) lives with at least one other person
- 2) is married or living as married
- 3) is above median on neighborhood cohesion
- 4) is above median on neighborhood accessibility
- 5) is above median on 5-item mastery index
- 6) daily contact with nonresident relatives
- 7) at least weekly contact with friends

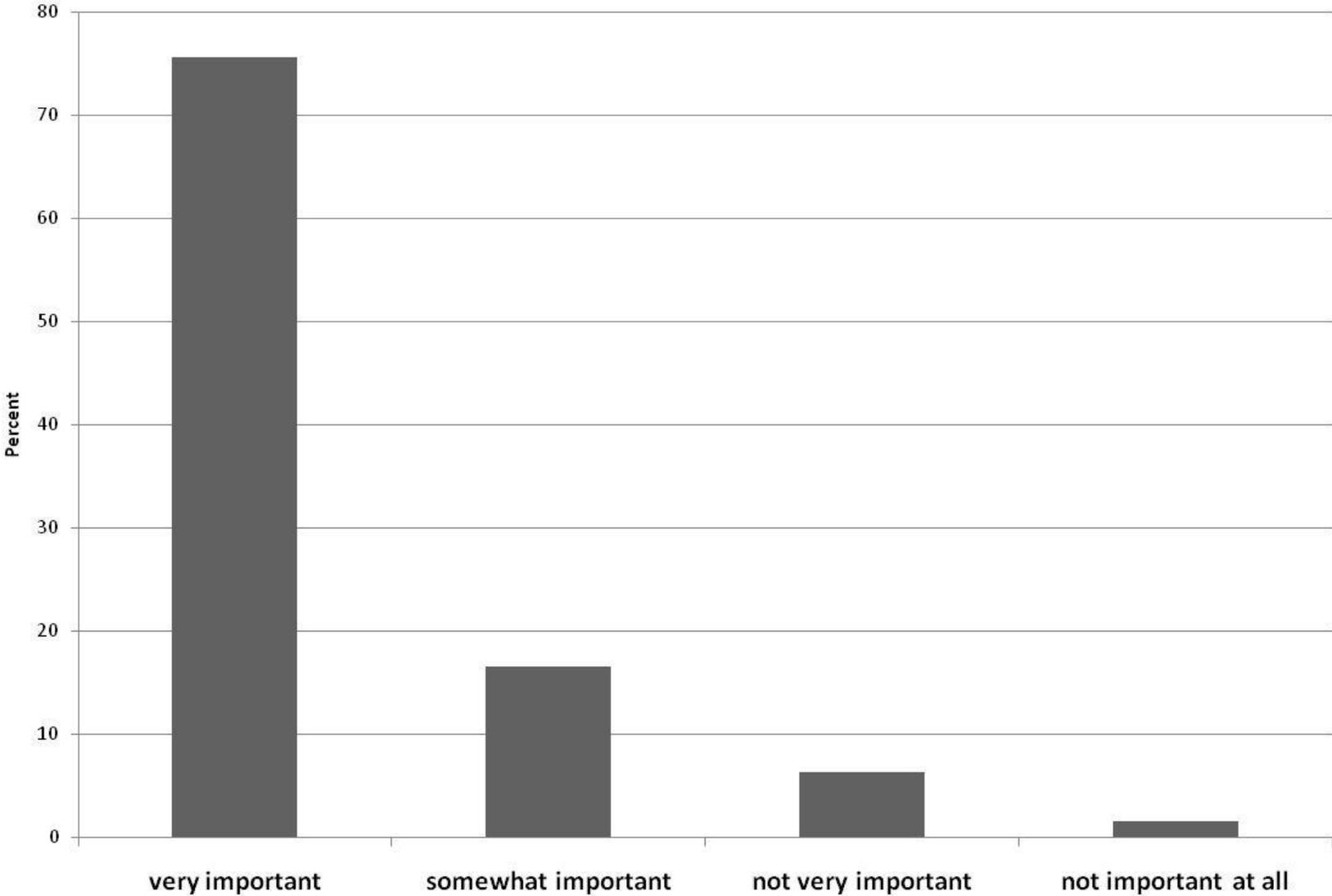




QOL for Aging in Place by Race/ethnicity



How important is it to you that certain things be improved... Adult day care?



highly similar desire for improvement in all areas asked about:

transportation for the elderly (90% “very important”)

assistive medical devices (88% “very important”)

home health care/nurse (79% “very important”)

homemaker services (76% “very important”)

in-home delivered meals (65% “very important”)

Health care access and utilization...

94% have either public or private health insurance

over 95% have someone they call their regular provider

7.5% said they were prevented from seeing a doctor because of cost, during the past year

16% find the cost of medicine prevents them from getting it

11% say cost keeps them from getting needed treatment

over 90% have had a medical checkup within the past year

64% have had been inoculated against flu within the year

18% find medical forms difficult to understand and fill out

22% do not at all feel confident in filling medical forms by themselves

Take Home Points

- National, state and local data are useful for understanding and developing strategies for who and how we currently serve, who we will serve, and who will serve them.