

CURRENT HEALTH STATUS

Since 2013, the number of adults aged 65 years and older in California who report a high health status has increased by five percent, from 43.7% to 45.9%.¹ According to recently released data collected by the California Health Interview Survey (CHIS), **74% of older adults in the nine county Bay Area region self-report a current health status of “good”, “very good”, or “excellent”**. Few older adults in the Bay Area self-report a current health status of “poor” (4.5%) as compared to the state population of adults aged 65 years and older (9.0%).²

DISABILITY STATUS

Thirty-one percent of adults aged 65 years and older in the nine county Bay Area region report living with one or more disabilities.³ The number of self-reported disabilities varies by age group. **Nearly half (48%) of older adults over the age of 75 years report living with one or more disabilities as compared to one-fifth (19.6%) of older adults between the age of 65 and 74 years.** Among adults aged 75 years and older, 17% self-report living with one disability and 31% report living with two or more disabilities.⁴

Figure one presents the number of self-reported disabilities among older adults age 65 years and over in the Bay Area.^{5,6}

Definition of Disability Types⁵

- **Hearing:** Deaf or serious difficulty with hearing
- **Vision:** Blind or serious difficulty seeing, even with corrective lenses
- **Cognitive:** Difficulty remembering, concentrating or making decisions
- **Ambulatory:** Serious difficulty walking or climbing stairs
- **Self-Care:** Difficulty with bathing or dressing
- **Independent Living:** Difficulty with completing errands alone

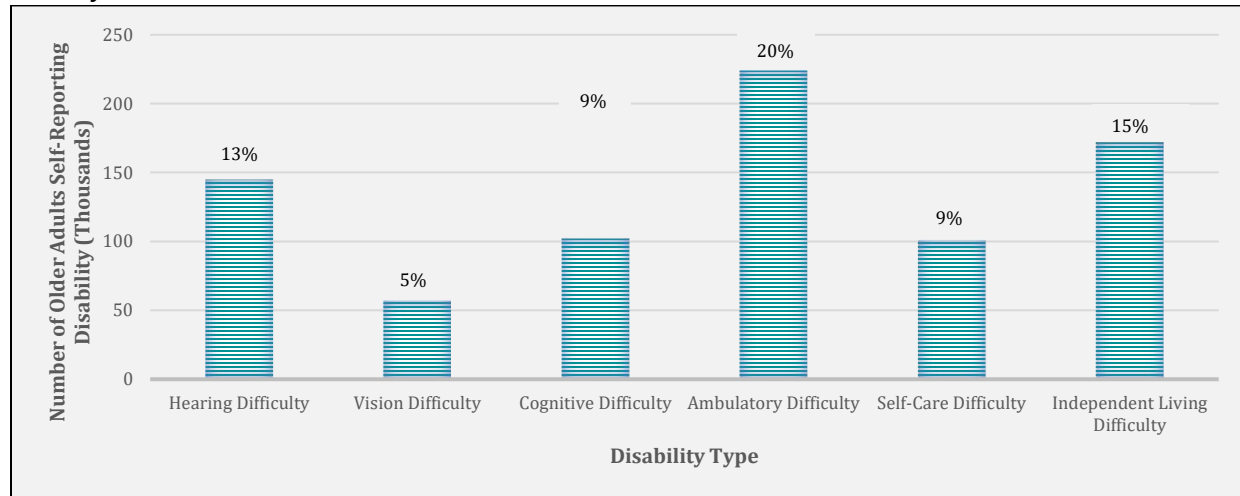


Figure 1: Number of Self-Reported Disabilities Among Bay Area Older Adults Age 65 Years and Older

¹ United Health Foundation. (2019). America’s Health Rankings: Senior Report. Retrieved from https://www.americashealthrankings.org/explore/senior/measure/premature_death_sr/state/CA

² California Health Interview Survey. (2018). Health Status Compared by Age Groups. [Data File]. Retrieved from <https://healthpolicy.ucla.edu/Pages/home.aspx>

³ Authors analysis of United States Census Bureau, American FactFinder. (n.d.) 2017 American Community Survey 1-Year Estimates: Age by Number of Disabilities. [Data File]. Retrieved from https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?_afpt=table

⁴ Ibid.

⁵ In Figure one, the number of reported disabilities (n=799,888) exceeds the number of Bay Area older adults age 65 years and older with one or more self-reported disabilities (n=356,943) because data are grouped by disability type rather than by individual. Author’s analysis of 2017 American Community Survey 1-Year Estimates Data.

⁶ United States Census Bureau. (October 2017). How Disability Data are Collected from The American Community Survey. Retrieved from <https://www.census.gov/topics/health/disability/guidance/data-collection-ac.html>

HEALTH OUTCOMES

California ranks sixth in the nation for early deaths, the rate of deaths among older adults between the age of 65 year and 74 years.⁷ Chronic diseases are the leading cause of both early deaths among older adults and deaths among all older adults over the age of 65 years.⁸ According to the recently released California Future Health Workforce Commission report, **approximately one quarter of older adults age 65 years and over in California are currently living with multiple chronic conditions.**⁹

Rates of **severe chronic conditions** are significantly higher among Californian adults over the age of 85 years as compared to adults between the ages of 65 and 74 years.¹⁰

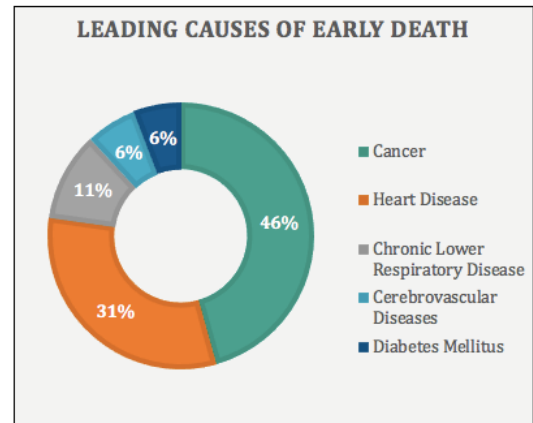


Figure 2: Leading Causes of Early Death Among Older Adults (65-74 Years) in the United States⁸

Data collected through the 2018 California Health Interview Survey (CHIS)¹¹ indicate that among older adults aged 65 years an older living in the nine county Bay Area region:



Nearly one fifth (19.8%) report ever having received a diagnosis of heart disease and 17.2% report a current diagnosis of heart disease.

- The greatest number of diagnosis were recorded in Alameda County (46,000).



In seven of the nine Bay Area counties, more than half of older adults report ever having received a diagnosis of high blood pressure.

- Among older adults living in San Francisco and Napa counties, 40% and 49.3% report ever having received a diagnosis of high blood pressure, respectively.



13.6% of older adults report a diagnosis of diabetes. The majority of cases are Type II diabetes.



Three quarters (75.2%) report a current diagnosis of asthma.

HEALTH & DENTAL INSURANCE

In 2018, one-fifth of older adults in the nine county Bay Area region were dually enrolled in Medicare and Medicaid. More than two thirds (67%) of older adults aged 65 and over reported enrollment in Medicare and an additional type of health insurance that was not Medicaid. Less than ten percent (6.9%) of the older adult population was enrolled exclusively in Medicare.¹²

Fifty-six percent of older adults in the Bay Area reported enrollment in dental insurance in 2018. Enrollment ranged from a low of 44.6% of older adults aged 65 years and over in Marin County (26,000) to a high of 65.5% in San Francisco County (87,000).¹³

⁷ United Health Foundation. (2019). America's Health Rankings: Senior Report. Retrieved from https://www.americashealthrankings.org/explore/senior/measure/premature_death_sr/state/CA

⁸ U.S. Department of Health and Human Services Centers for Disease Control and Prevention. (June 2019). Deaths: Leading Causes for 2017. National Vital Statistics Reports, 68(6). Retrieved from https://www.cdc.gov/nchs/data/nvsr/nvsr68/nvsr68_06-508.pdf

⁹ The California Future Health Workforce Commission. (February 2019). Meeting the Demand for Health.

¹⁰ California Department of Aging. (n.d.) California State Plan on Aging, 2017-2021.

¹¹ California Health Interview Survey. (2018). AskCHIS. [Data File]. Retrieved from <https://healthpolicy.ucla.edu/Pages/home.aspx>

¹² Ibid.

¹³ California Health Interview Survey. (2018). AskCHIS. [Data File]. Retrieved from <https://healthpolicy.ucla.edu/Pages/home.aspx>