
Aging Well in Oregon: Health Status of Older Adults

Katrina Hedberg, MD, MPH
Health Officer & State Epidemiologist

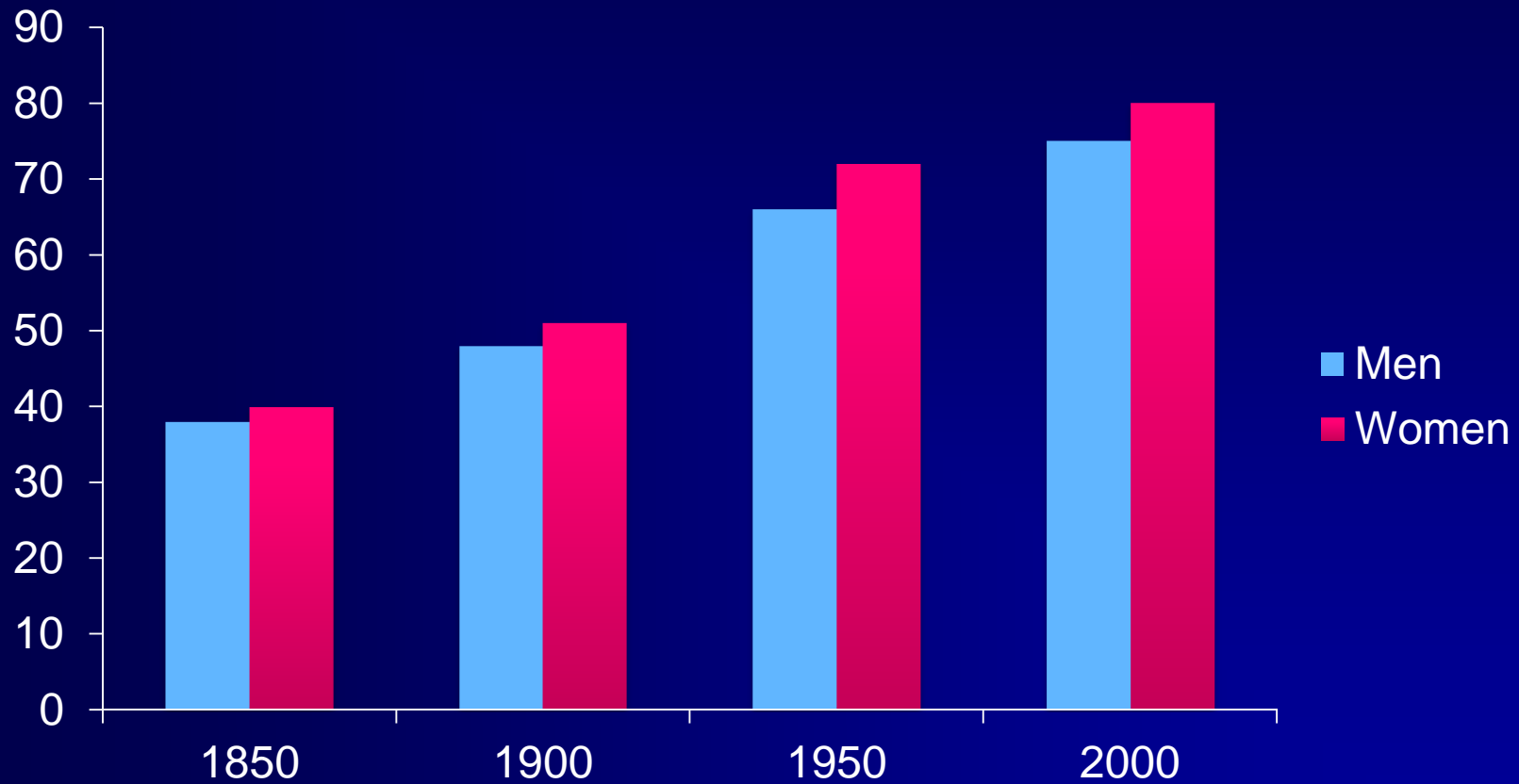
Oregon
Health
Authority

May 8, 2014

“Age is an issue of mind over matter. If you don’t mind it doesn’t matter.”

Mark Twain

Life Expectancy (years)



Leading Causes of Death

1900

pneumonia
influenza
tuberculosis

2000

heart disease
cancer
stroke
lung disease
diabetes

Overview

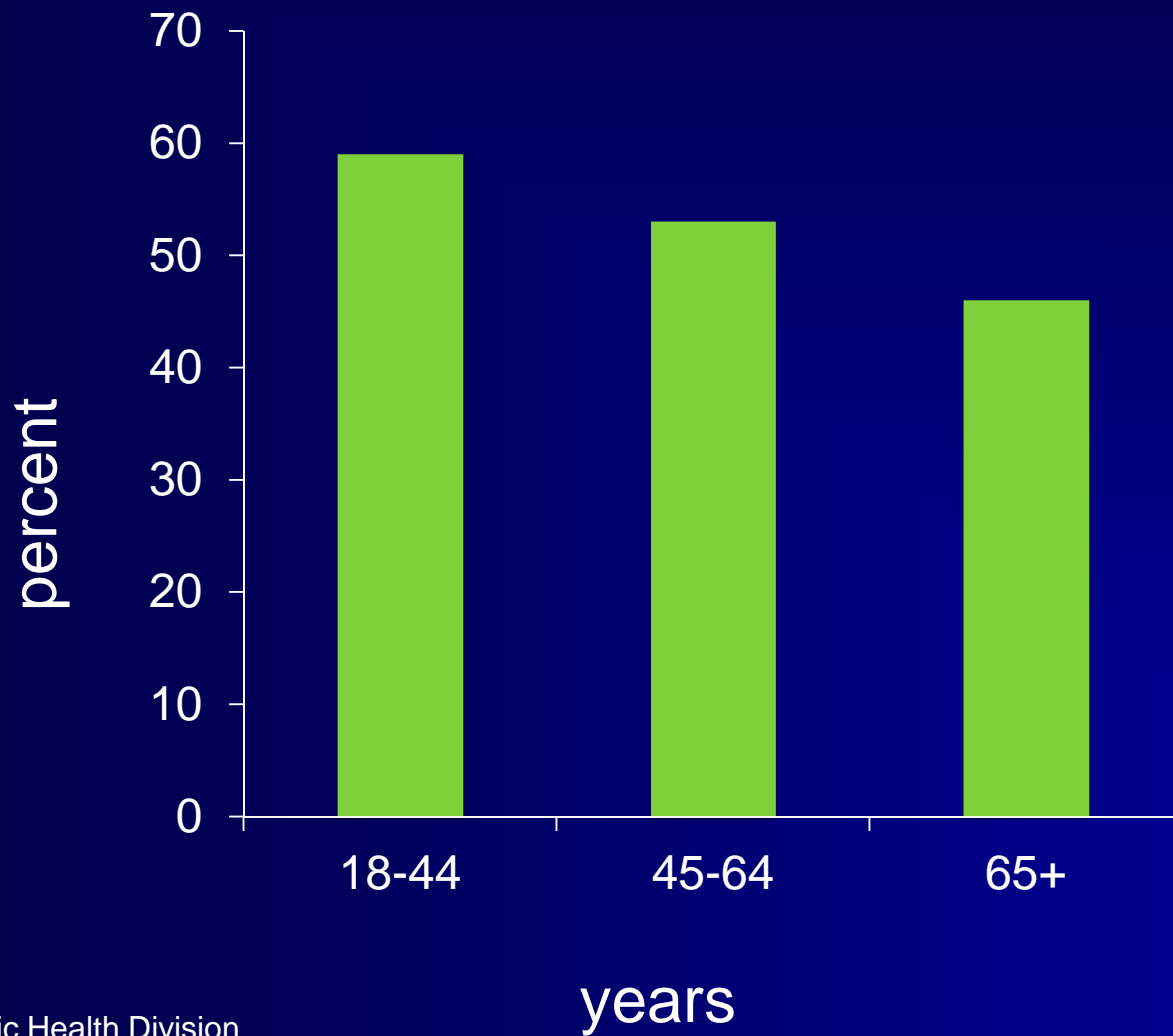
- Overall health status
- Physical health indicators
- Psycho-social health
- Cognition
- Preventive services

Public Health Data 101

- Vital Records (birth, death)
- Health Surveys (BRFSS)
- Reportable disease (infectious, cancer)
- Clinical service delivery
 - ALERT (immunization registry)
 - Hospital Discharge Index
 - All payer, all claims; emergency dept visits

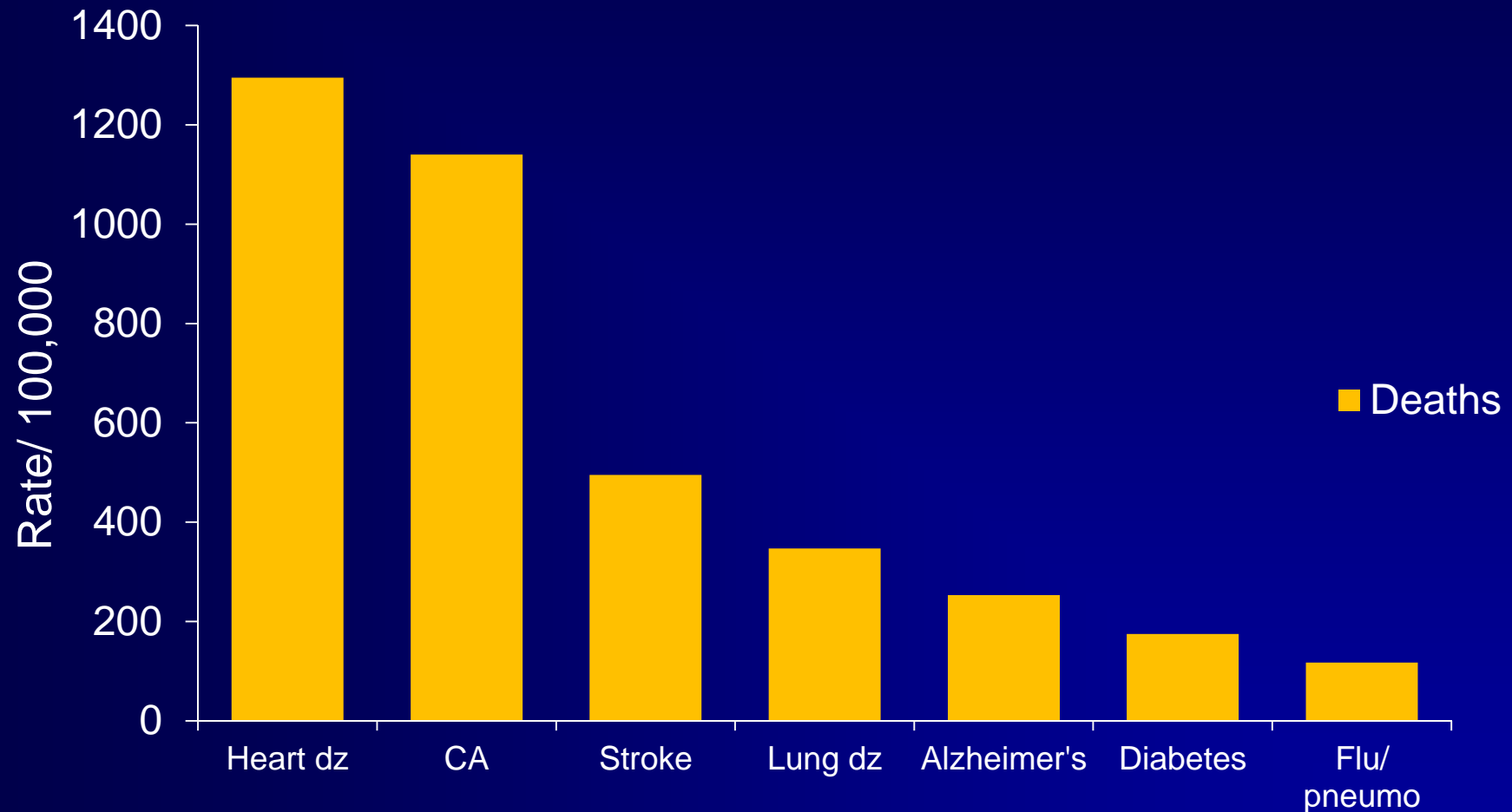
Overall Health Status

Good/ Excellent Health

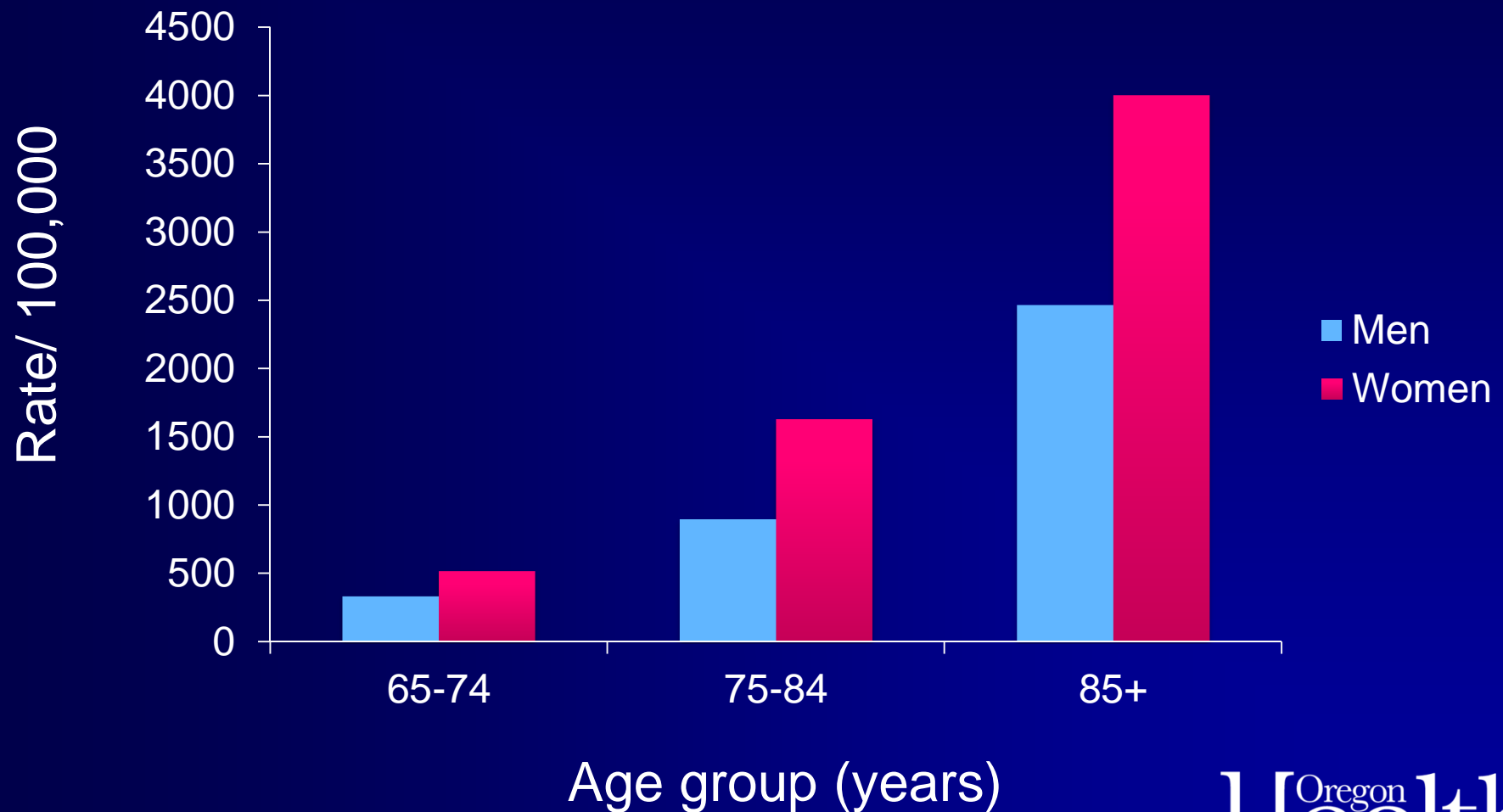


Physical Health

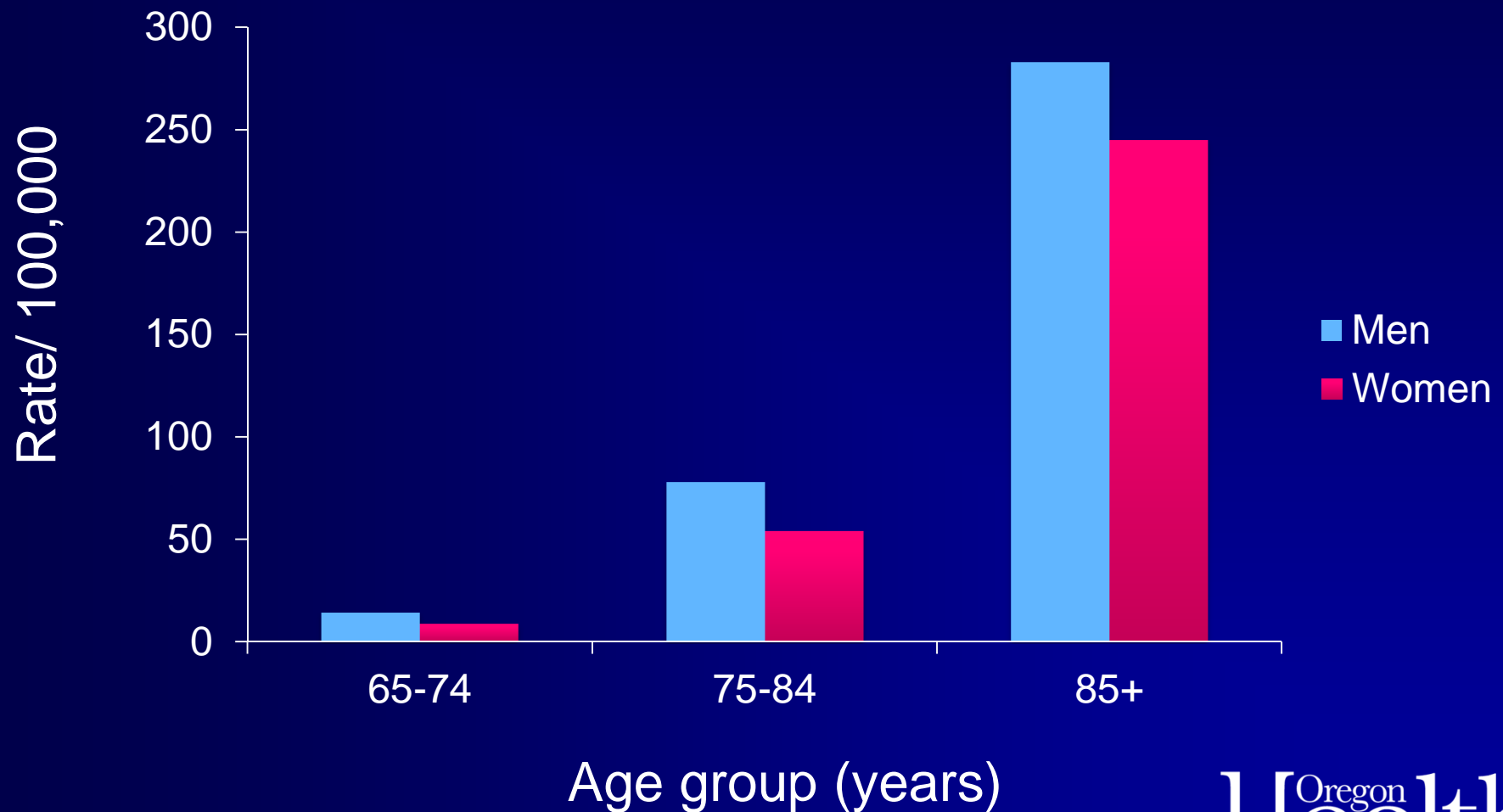
Causes of Death in Adults 65+ yrs Oregon, 2001-2005



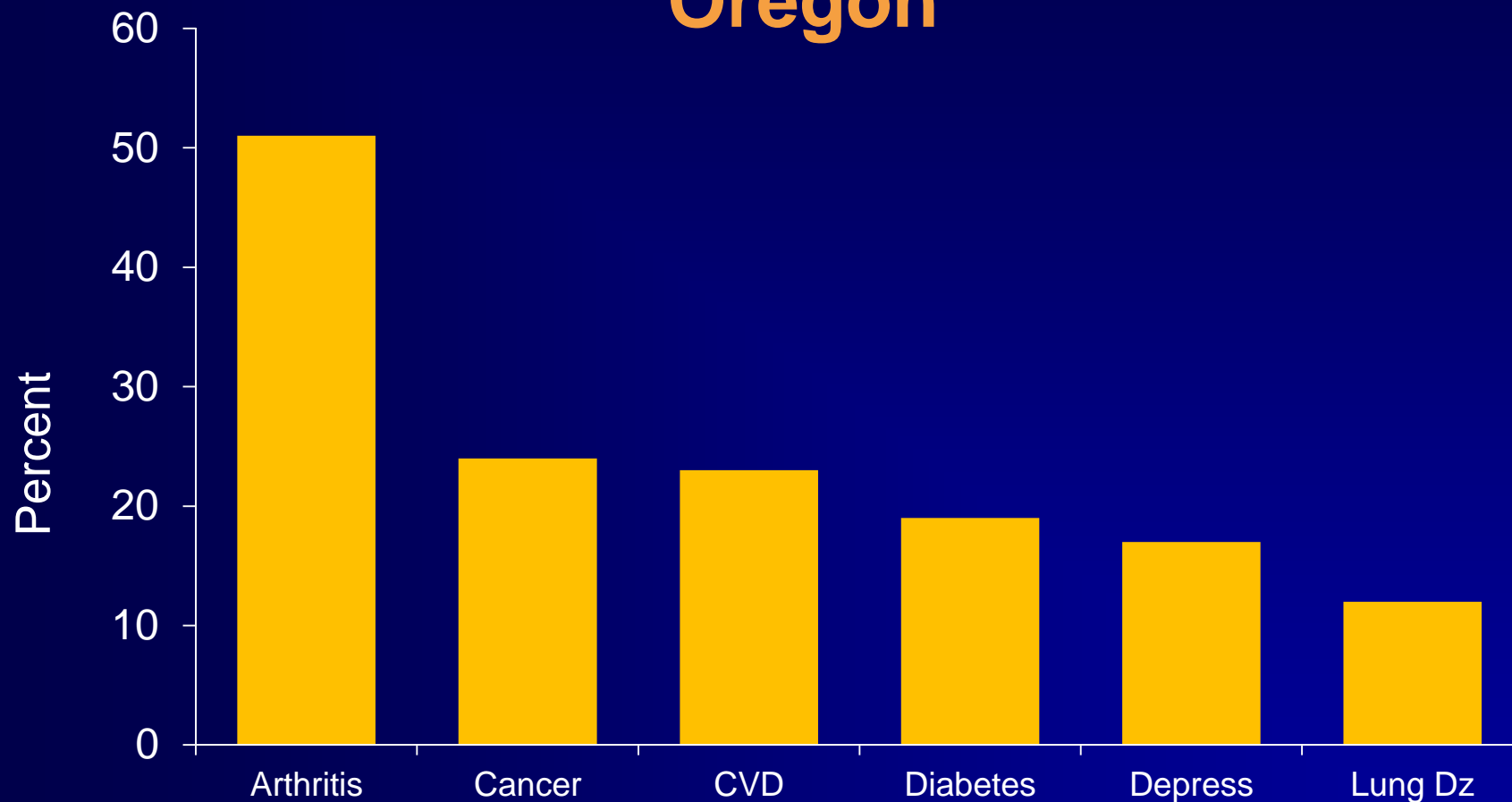
Fall Hospitalizations, Oregon 2002-2006



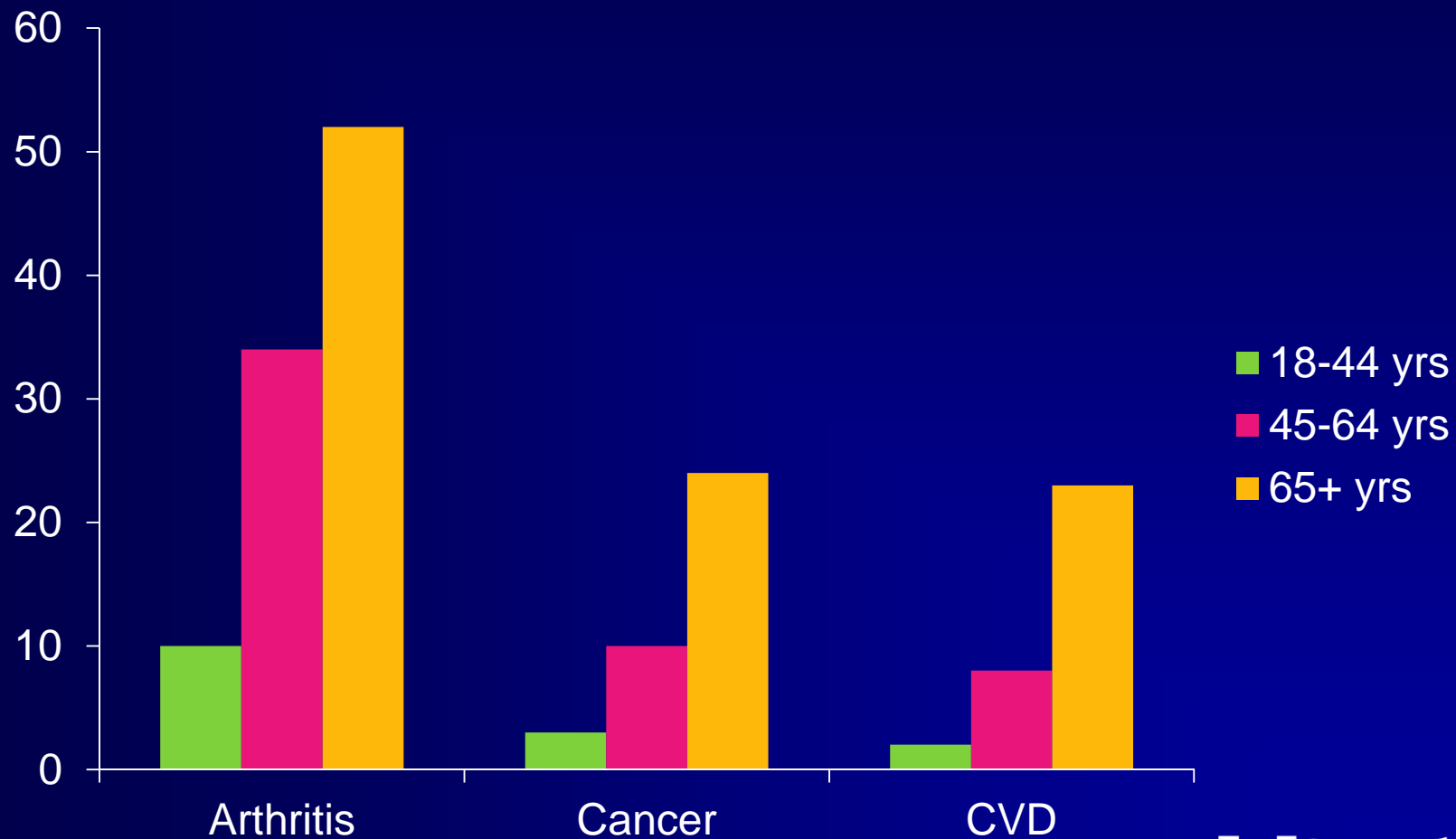
Fall Mortality, Oregon 2001-2005



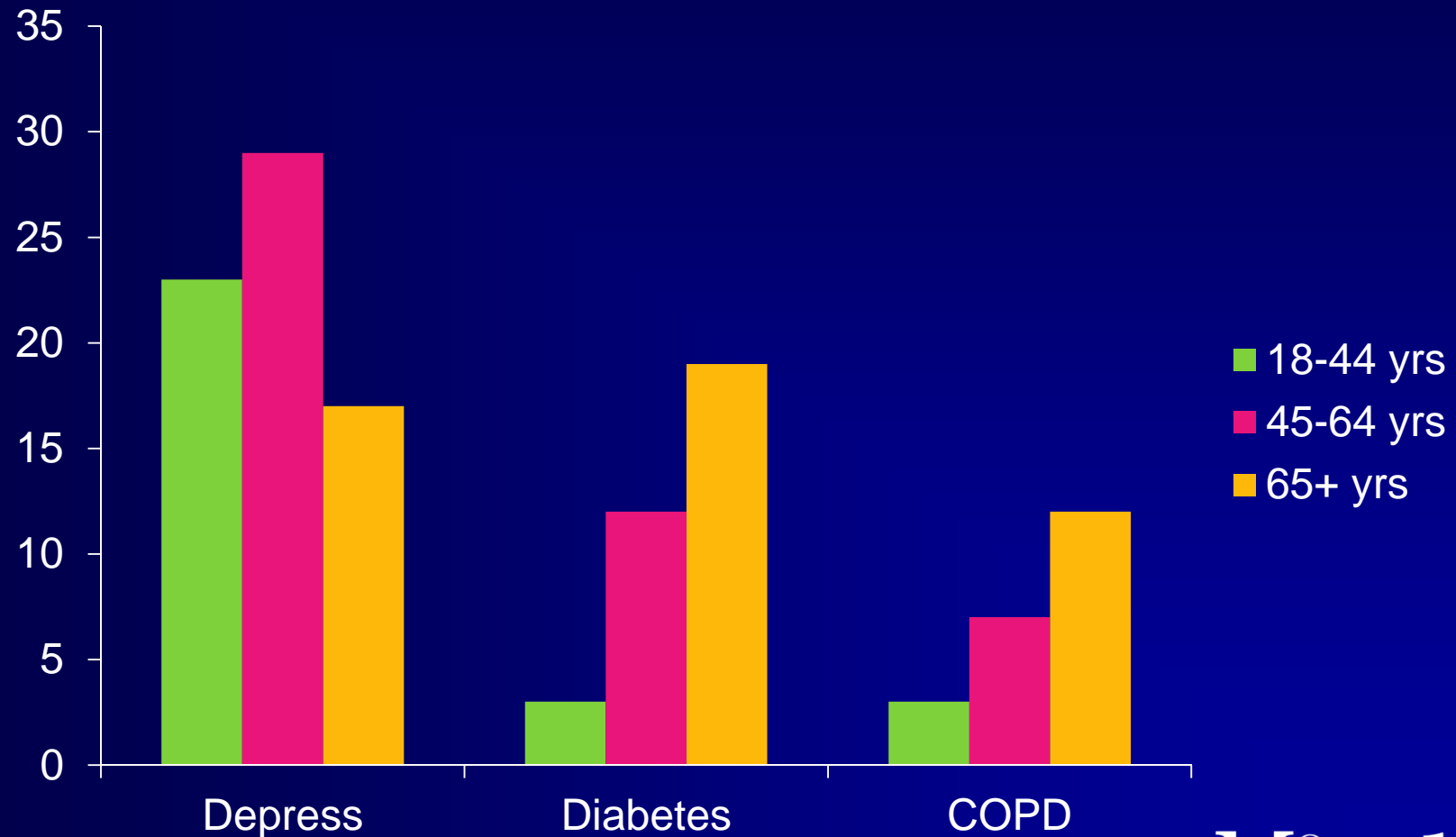
Chronic Conditions in Adults 65+ yrs Oregon



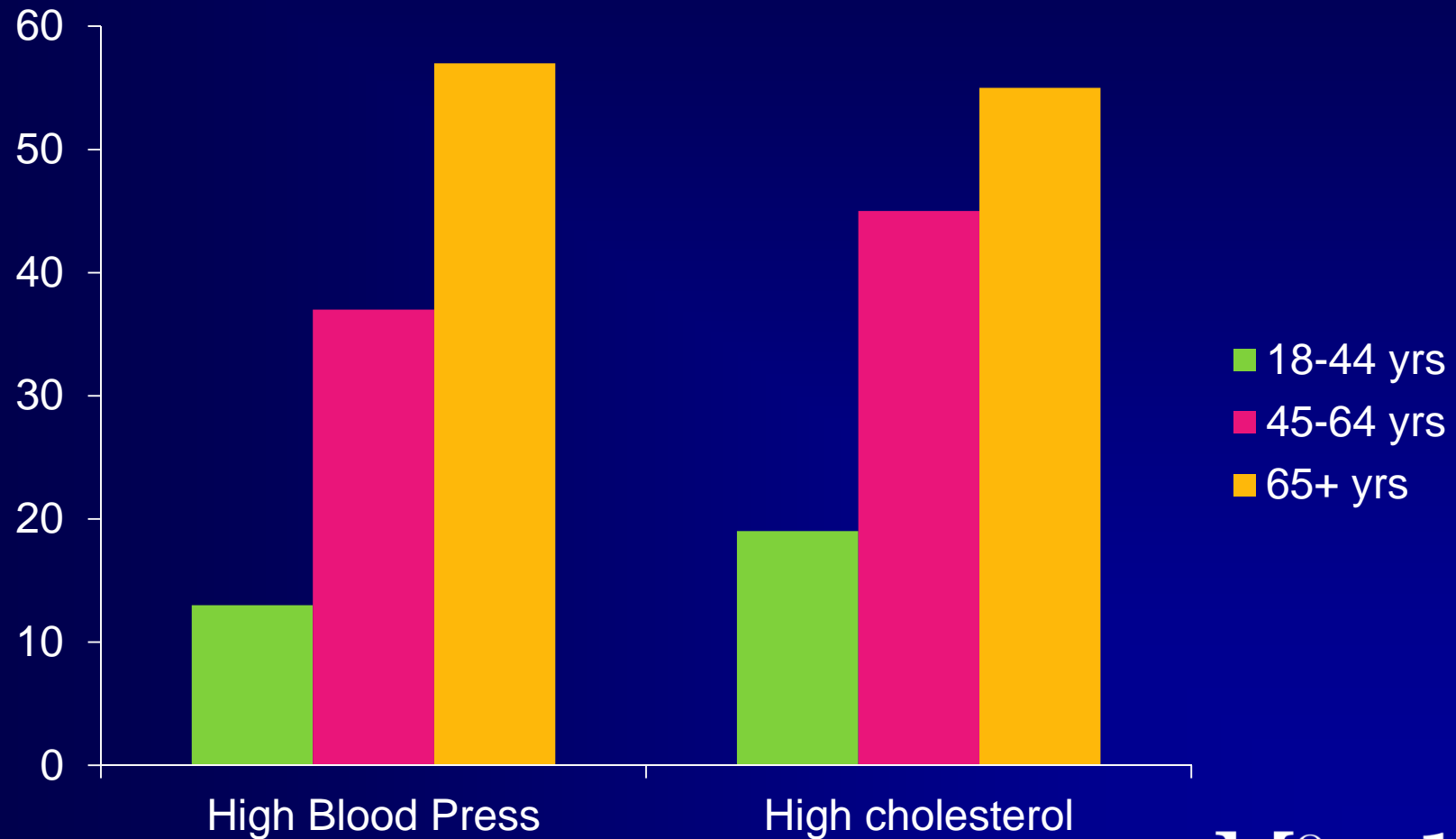
Arthritis, Cancer, Cardiovasc dz



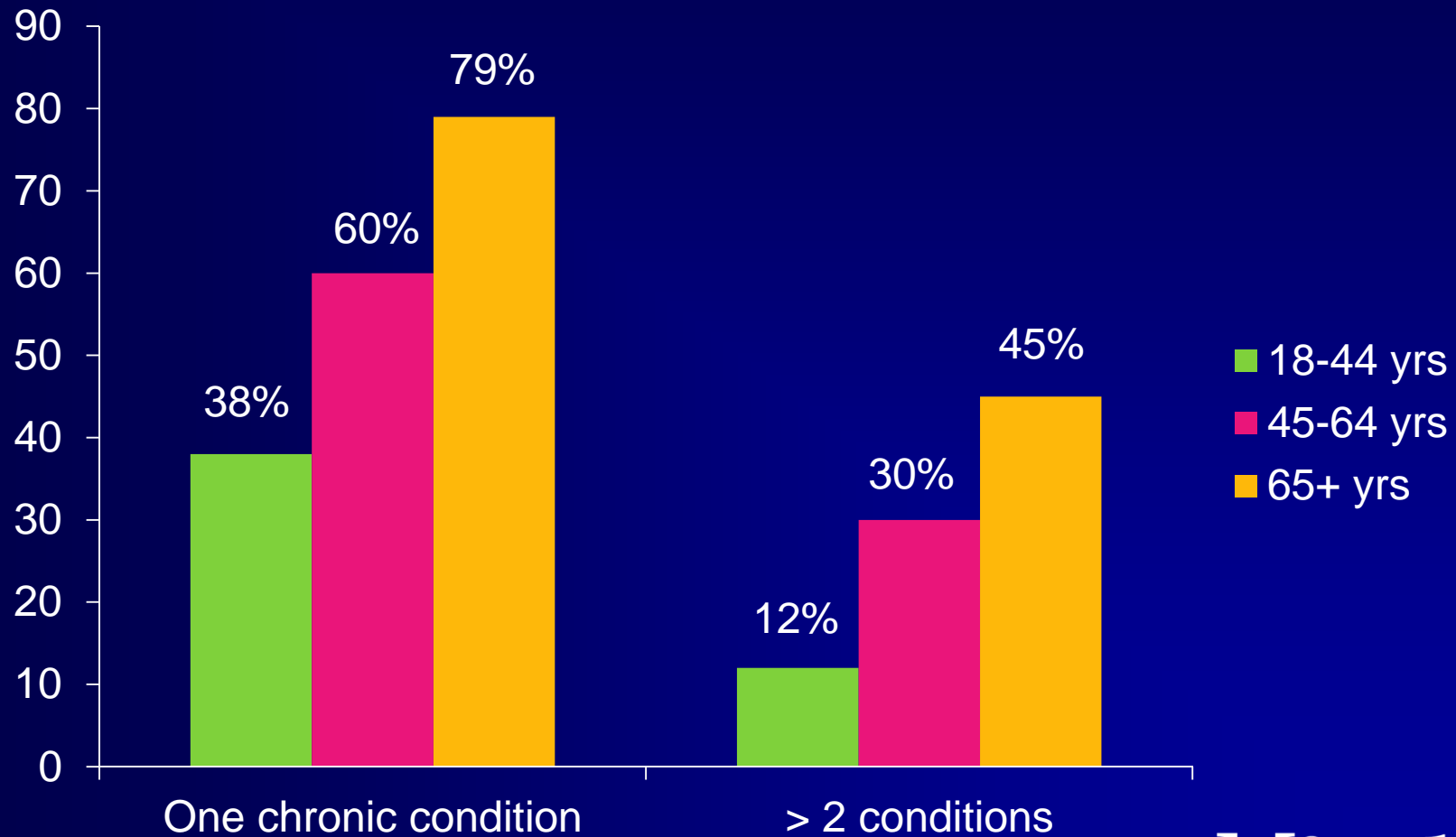
Diabetes, Depression, COPD



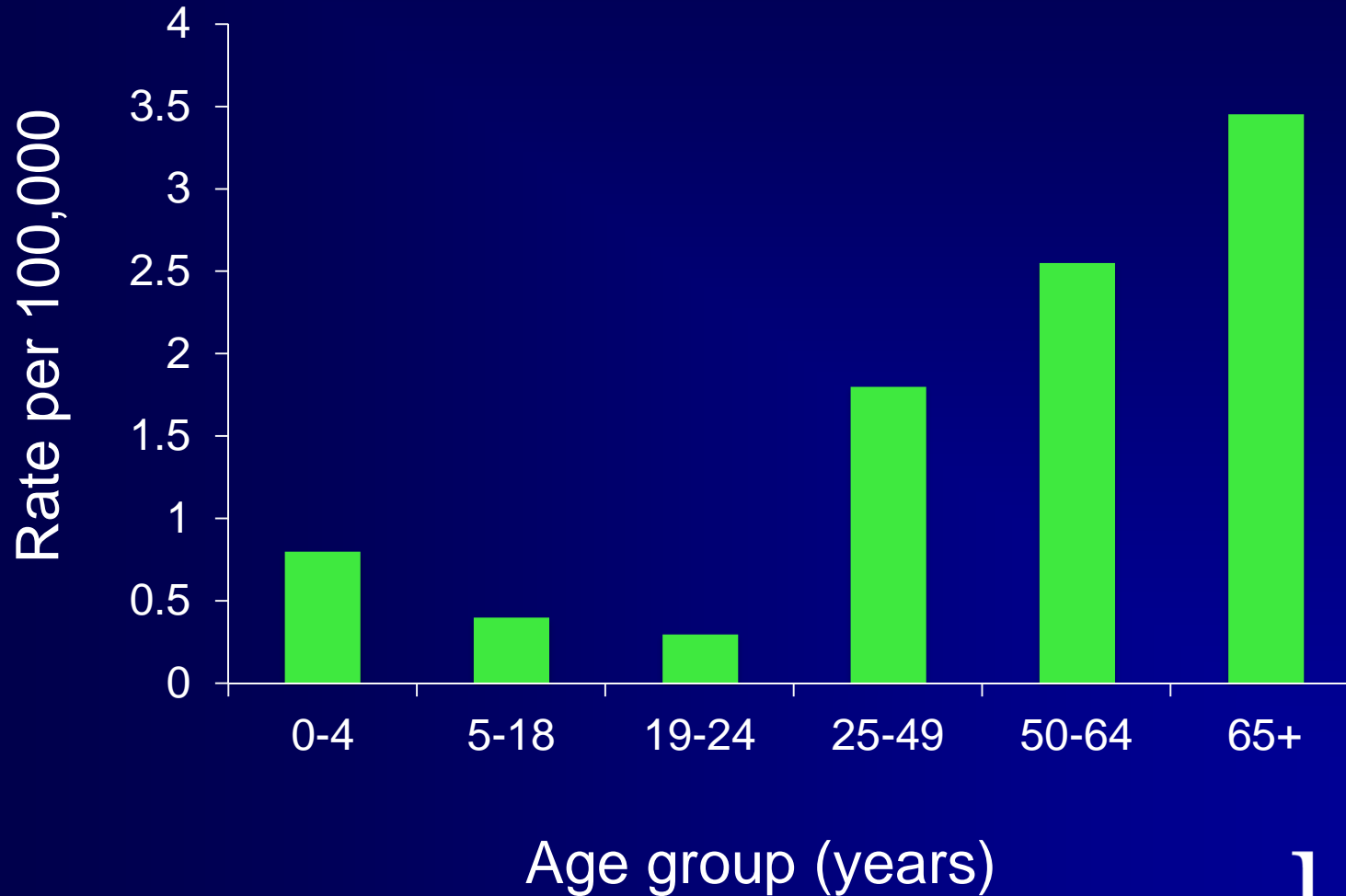
Cardiovascular Risks by Age



Chronic Conditions by Age

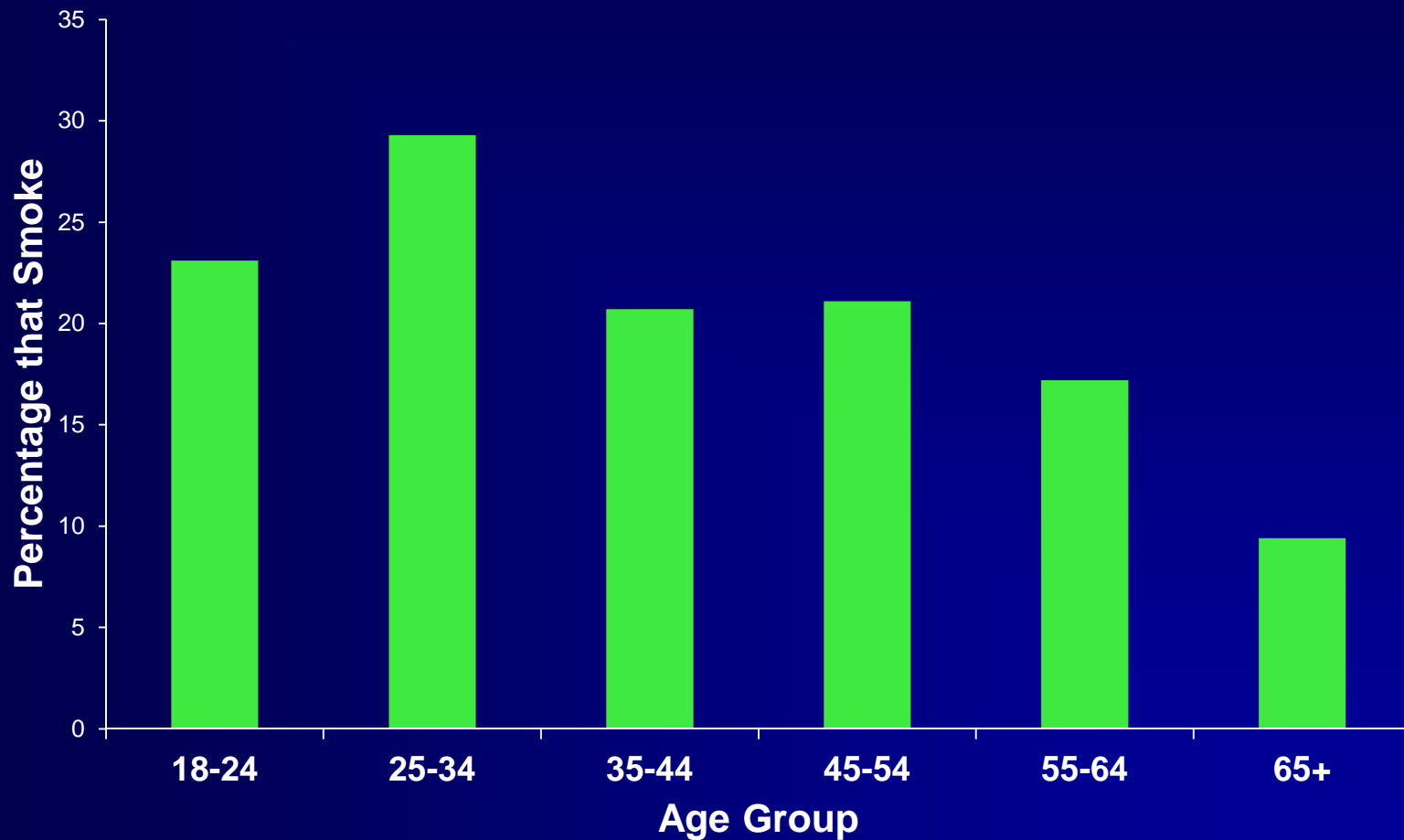


Influenza Deaths



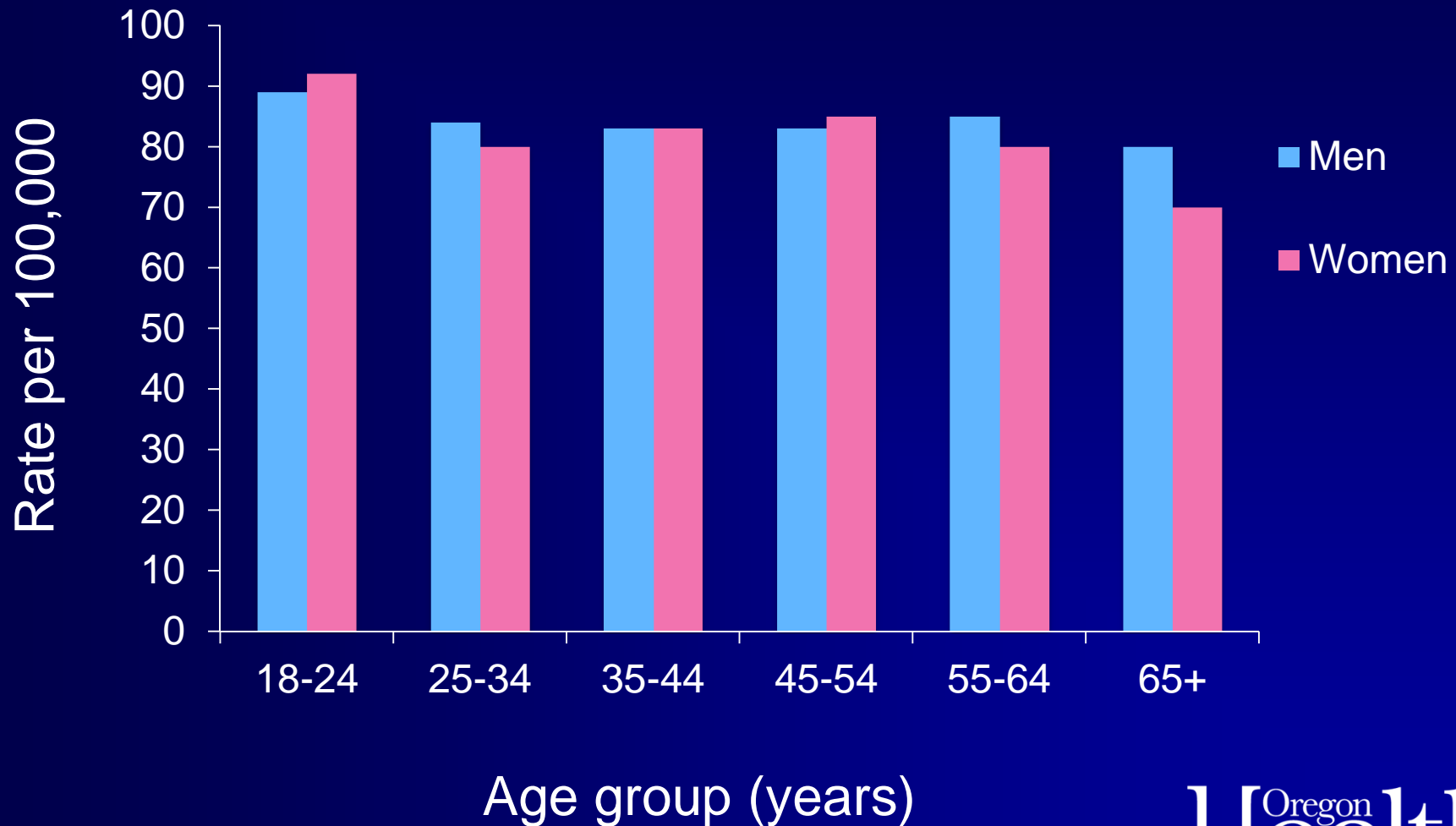
Health Behaviors

Percentage of Adults who Smoke Oregon 2011

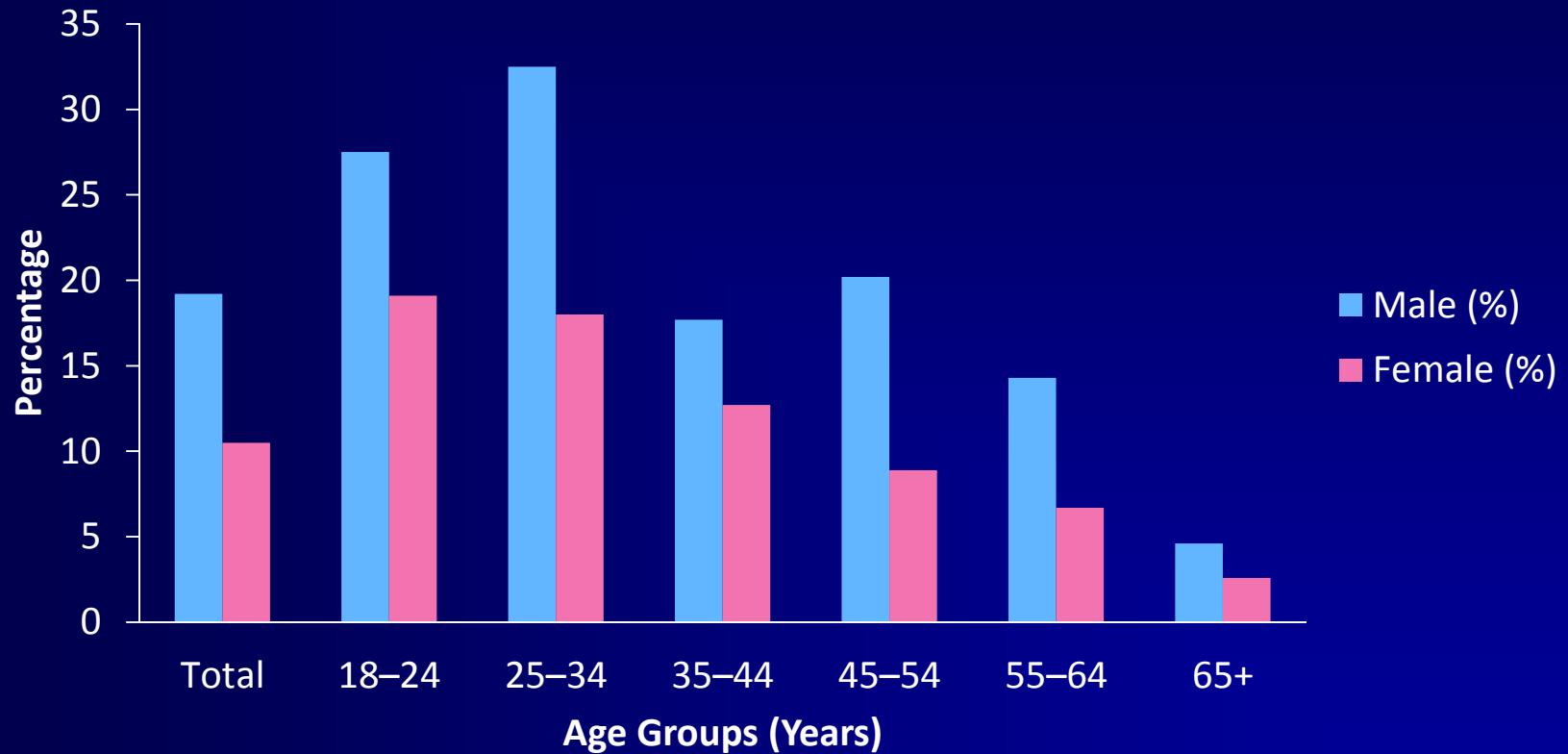


Source:
Oregon Behavioral Risk Factor Surveillance System

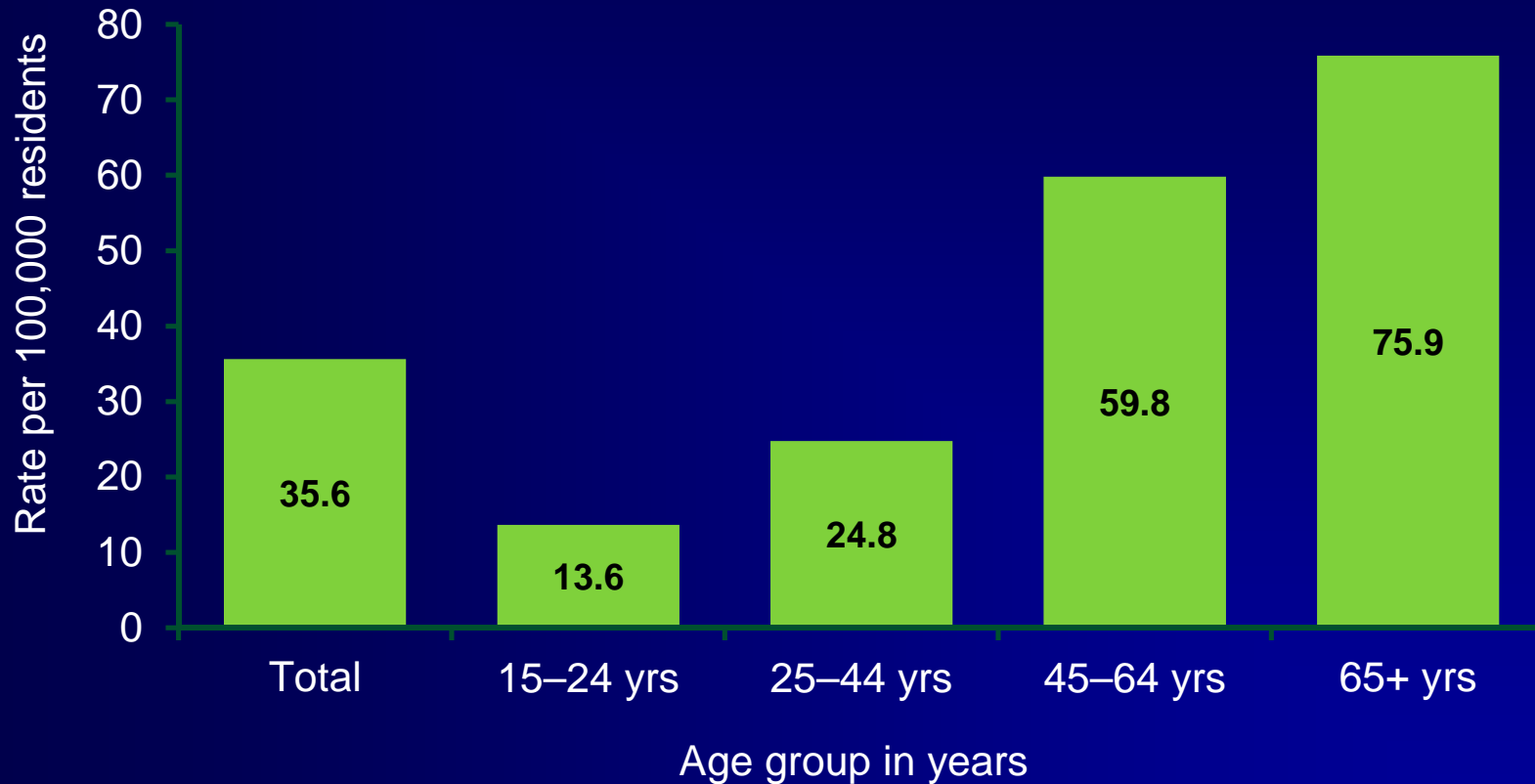
Leisure time Physical Activity



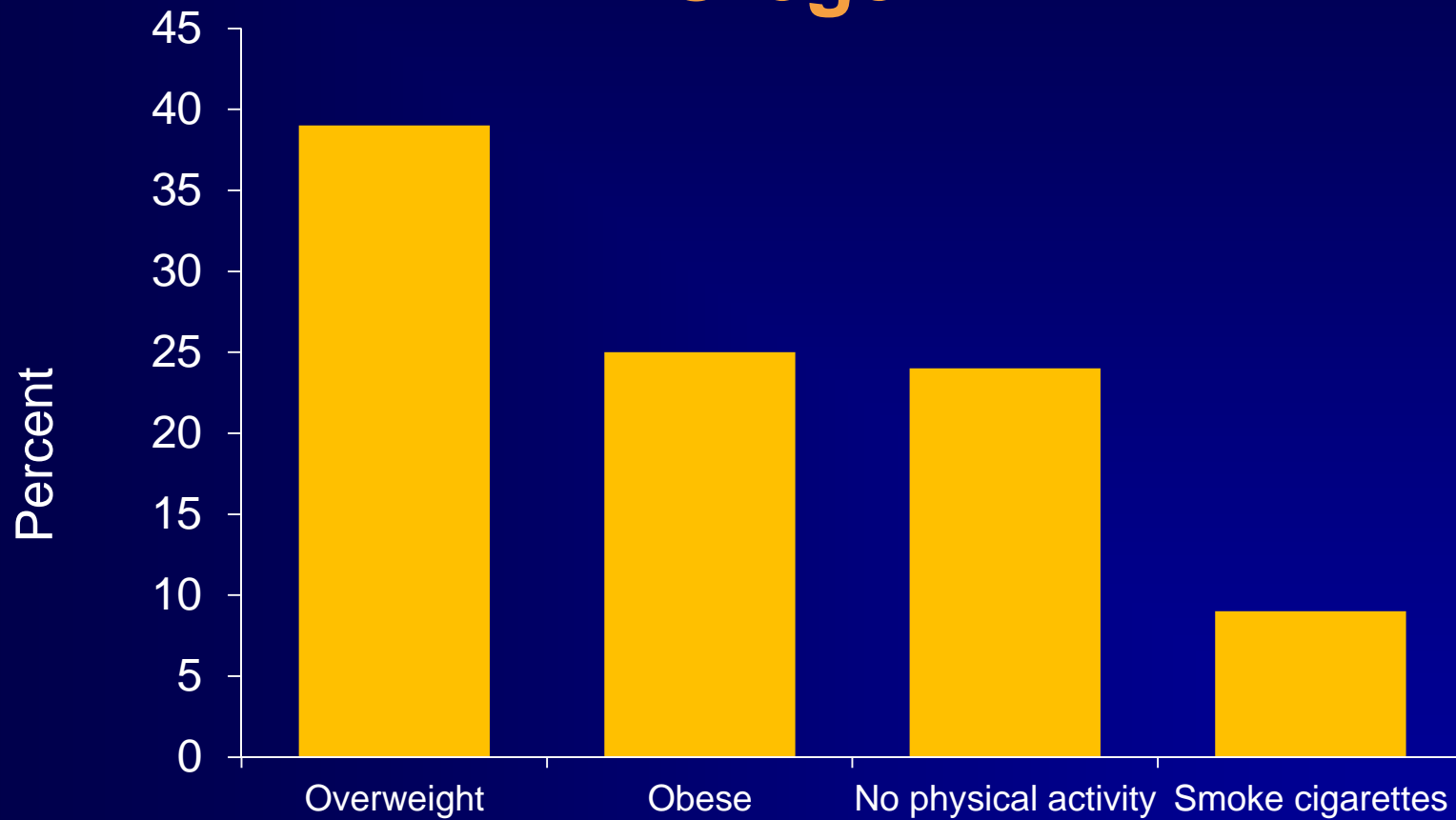
Binge Drinking by Age; Oregon, 2011



Alcohol-related deaths, by age group, Oregon, 2011

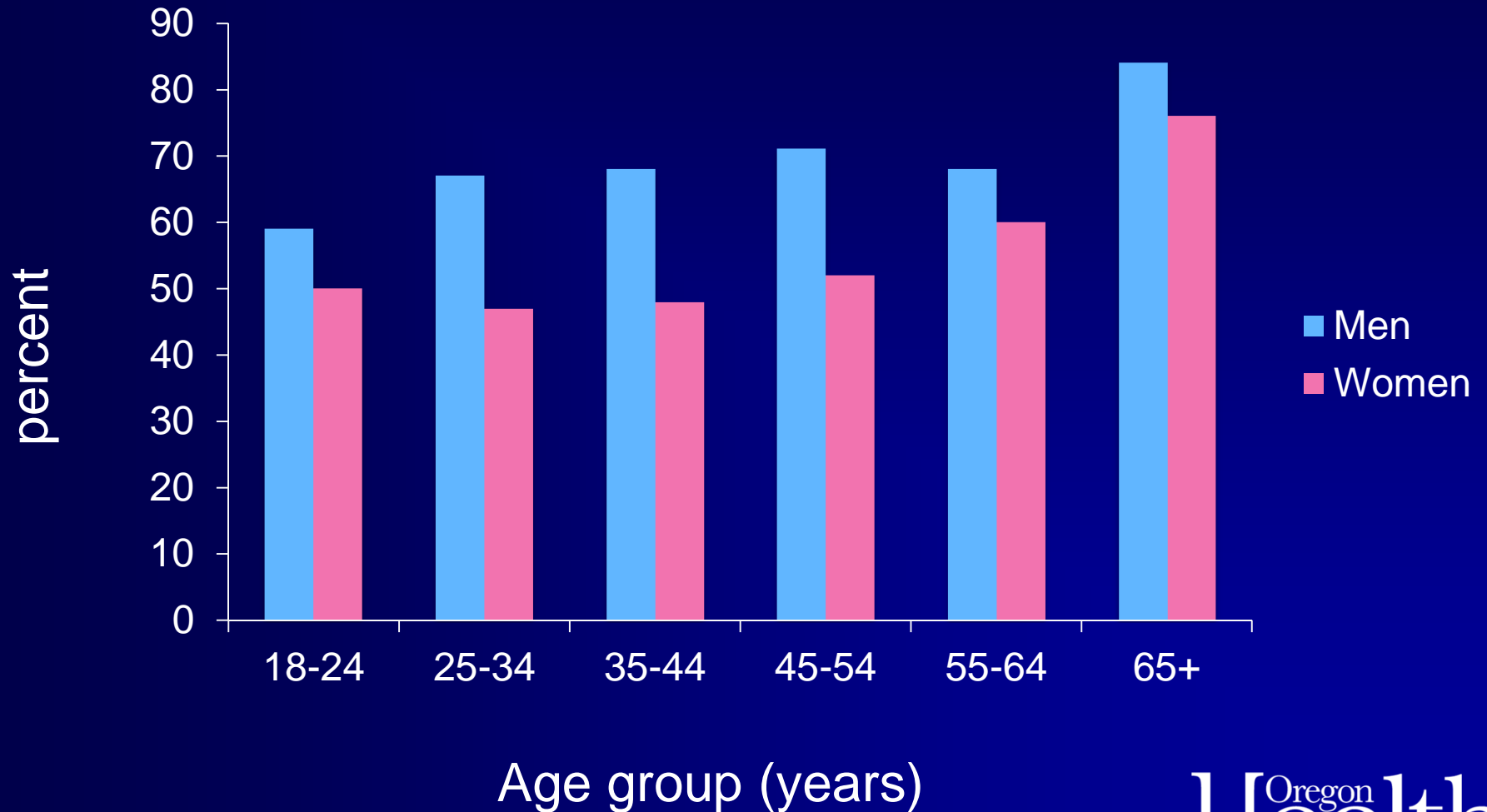


Modifiable Behaviors Adults 65+ yrs Oregon

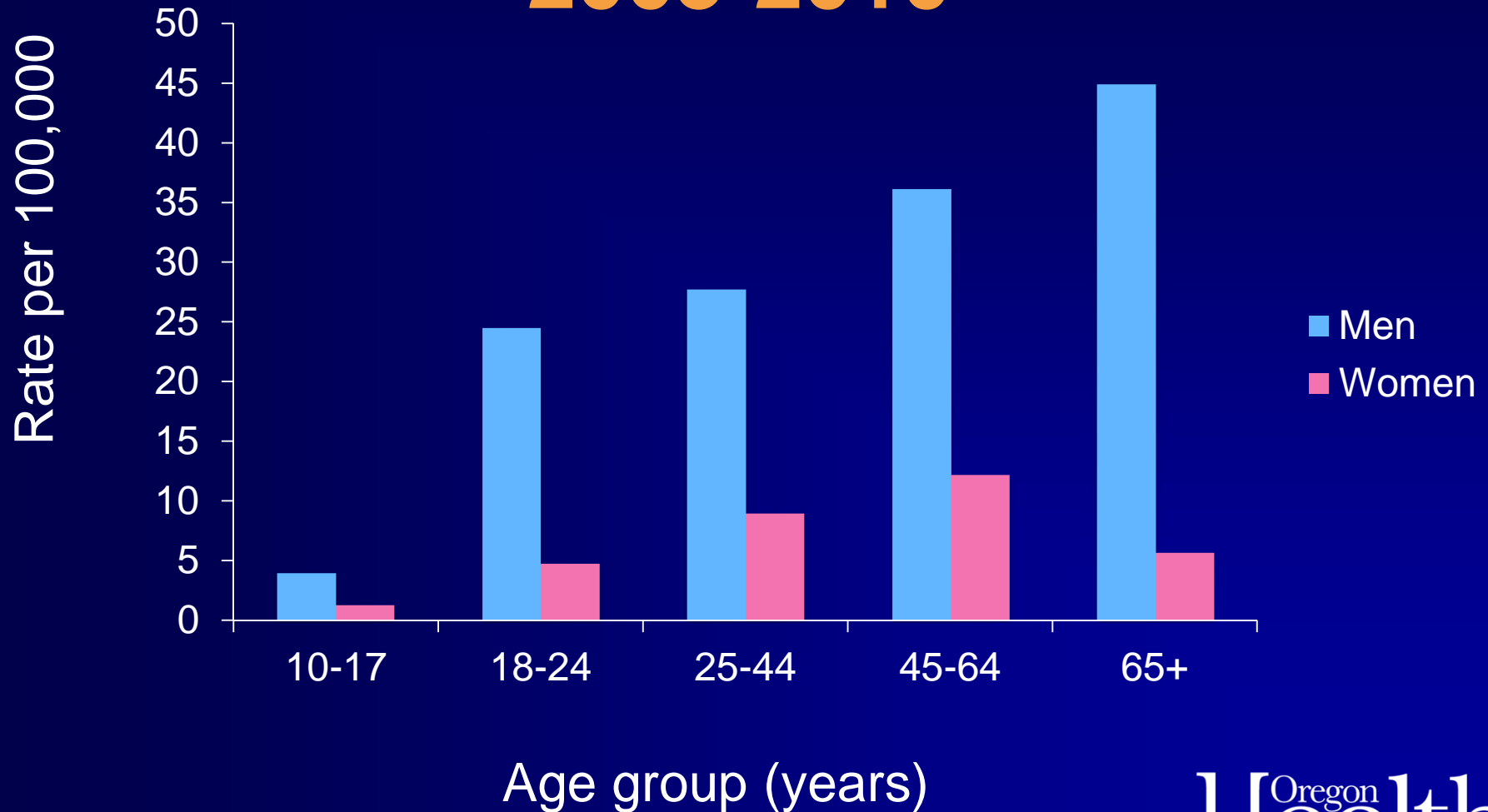


Psycho-social

No days poor mental health

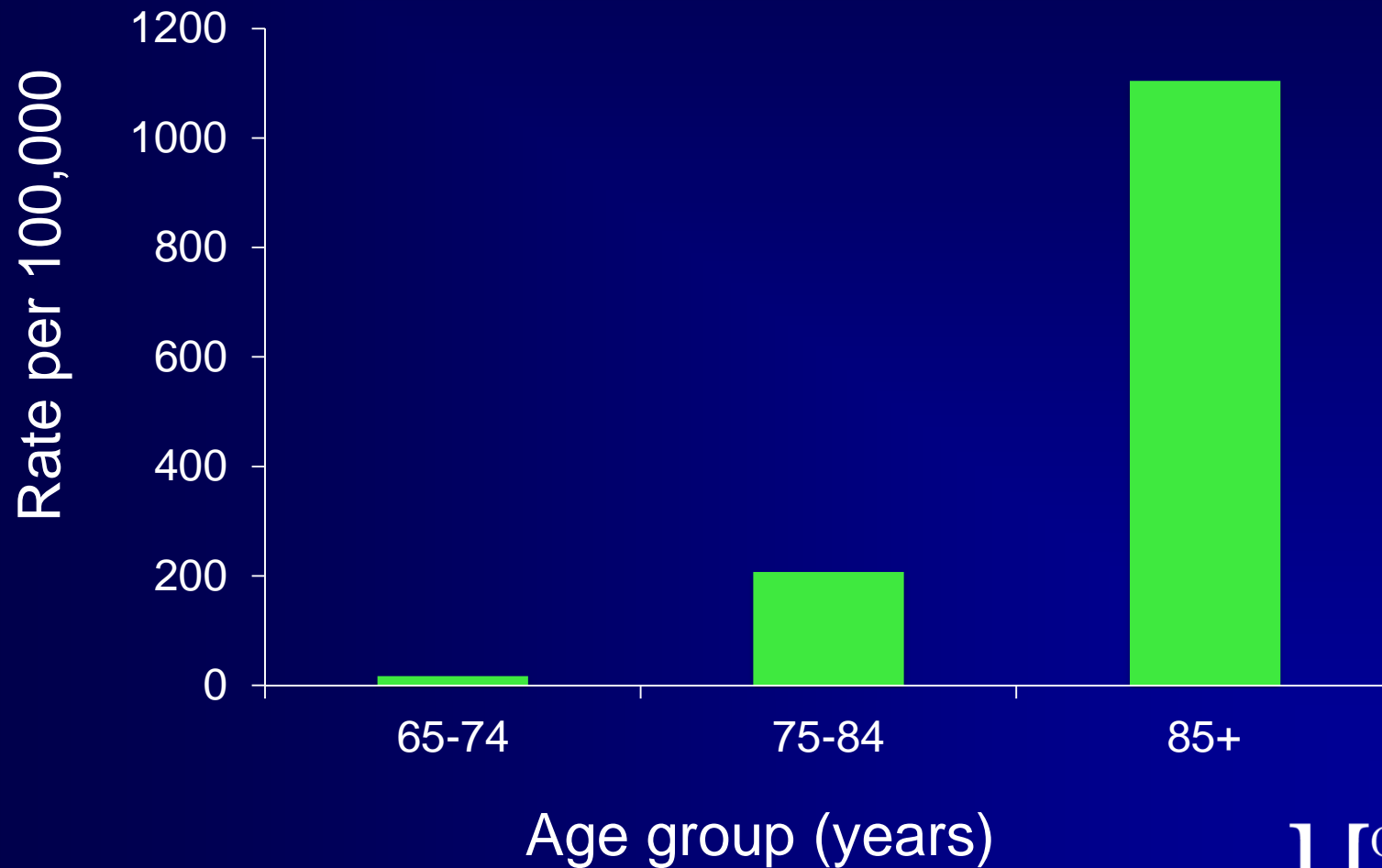


Suicide deaths, Oregon 2003-2010



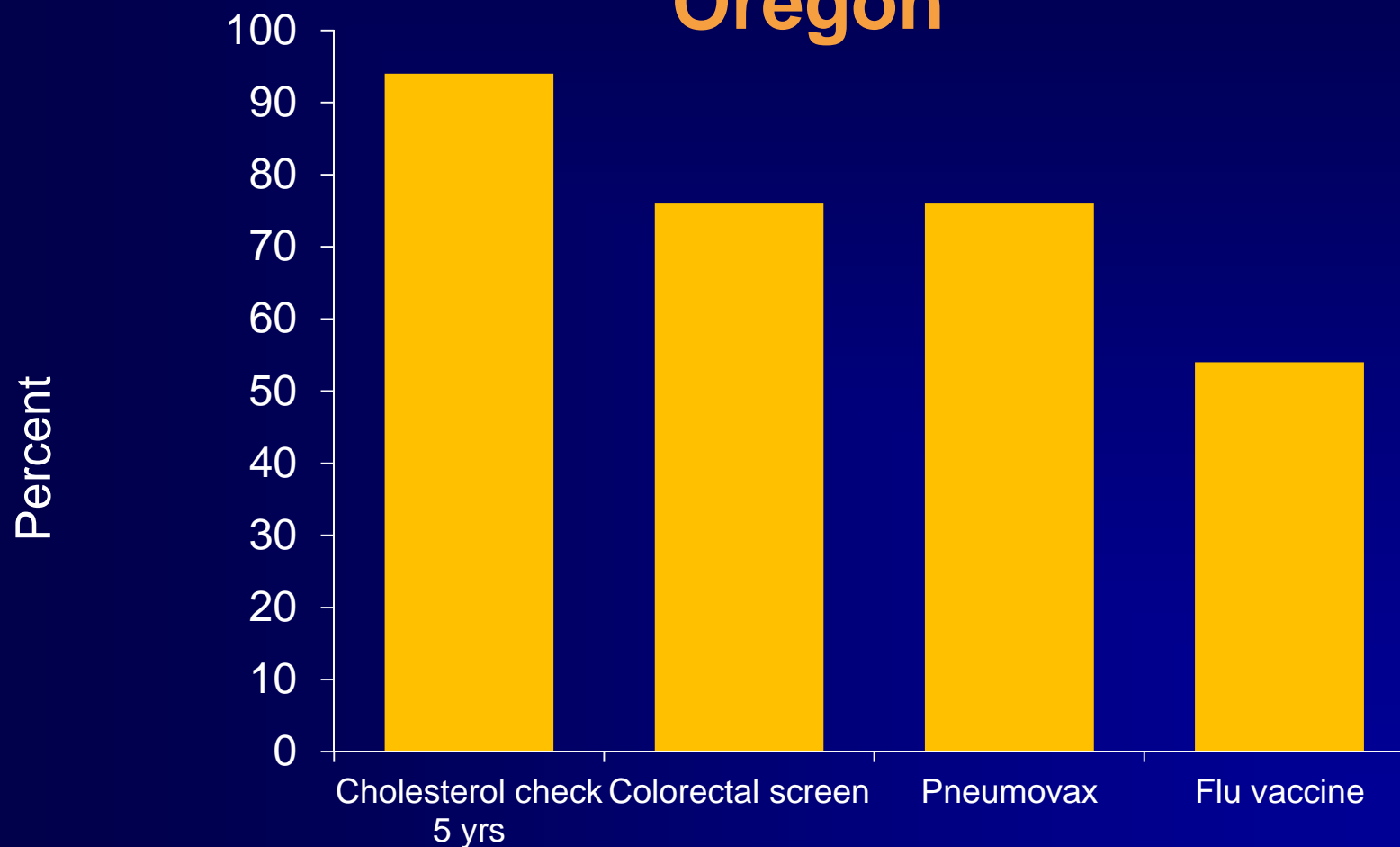
Cognition

Alzheimer's deaths

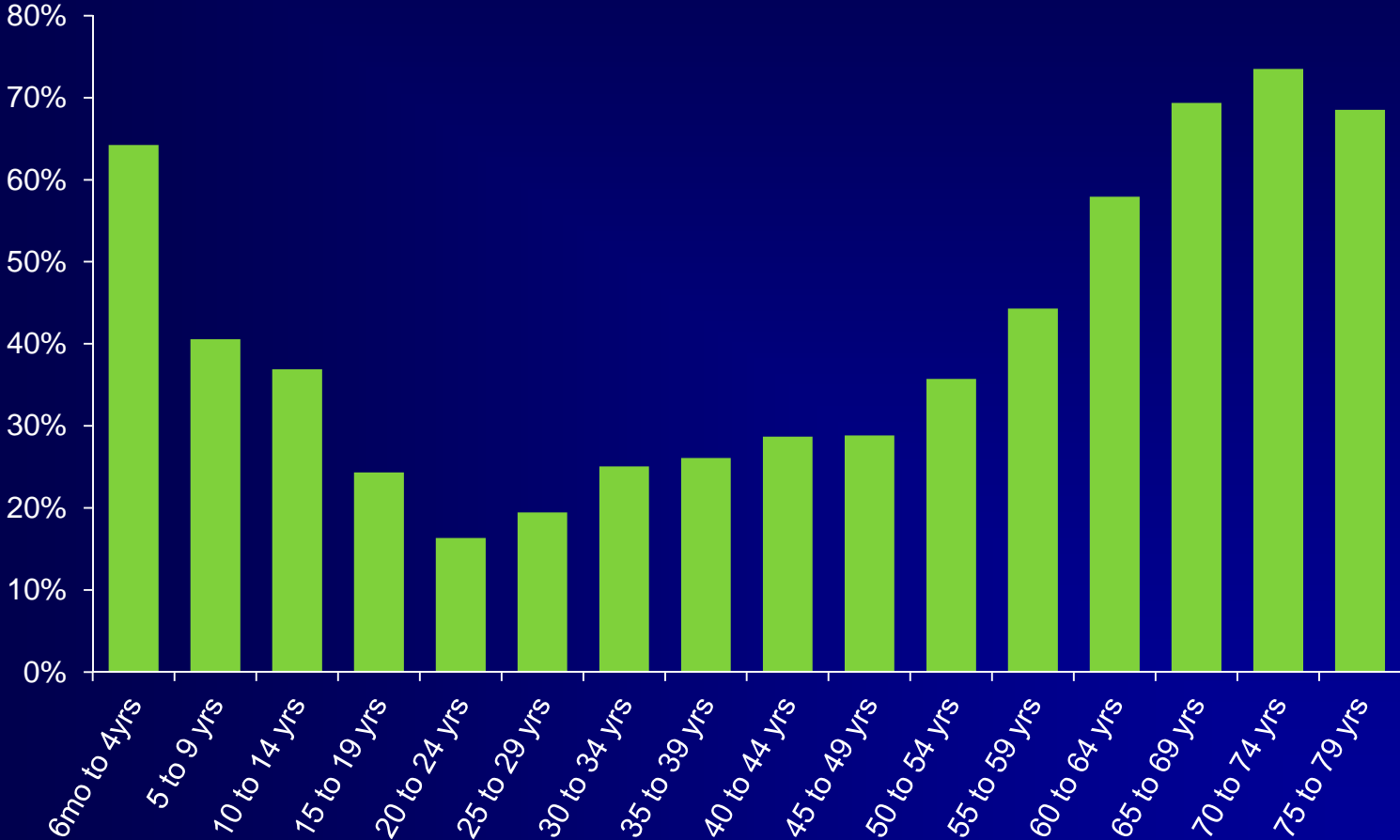


Preventive Services

Preventive Services in Adults 65+ yrs Oregon



Influenza Immunization Rates, Oregon 2013-2014



Source: Oregon Immunization Program, Oregon Health Authority

End-of-Life Care



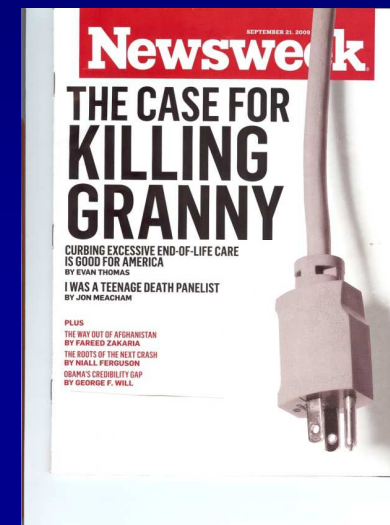
LETTING GO

What should medicine do when it can't save your life?

-- Atul Gawande, Aug 6, 2010

“ ... Americans are afraid not just of dying, but of talking and thinking about death.”

--Evan Thomas, Newsweek Editor-at-large, Sept 21, 2009



Cost of Dying

“One out of every four Medicare dollars, more than \$125 billion, is spent on services for the 5% of beneficiaries in their last year of life”

-- CNN Money
December 12, 2012



Next Steps

Secrets to Aging Well: Harvard Health Study

- Avoiding cigarettes
 - Keeping a healthy weight
 - Exercising regularly
-
- Good adjustment or coping skills
 - Maintaining strong social relationships
 - Pursuing education

90+ Study UC Irvine

Protective factors

- Moderate alcohol/ coffee
 - Being slightly over-weight
 - Slight hypertension
 - Physical activity
-

- Social engagement



Public Health Division

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