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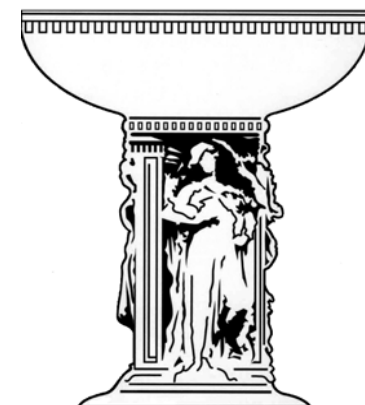
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Senior Health in San Mateo County — Current Status and Future Trends

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Ecologic Institute, San Mateo, CA

Healthy Communities Forum
Millbrae Community Center, January 31, 2013

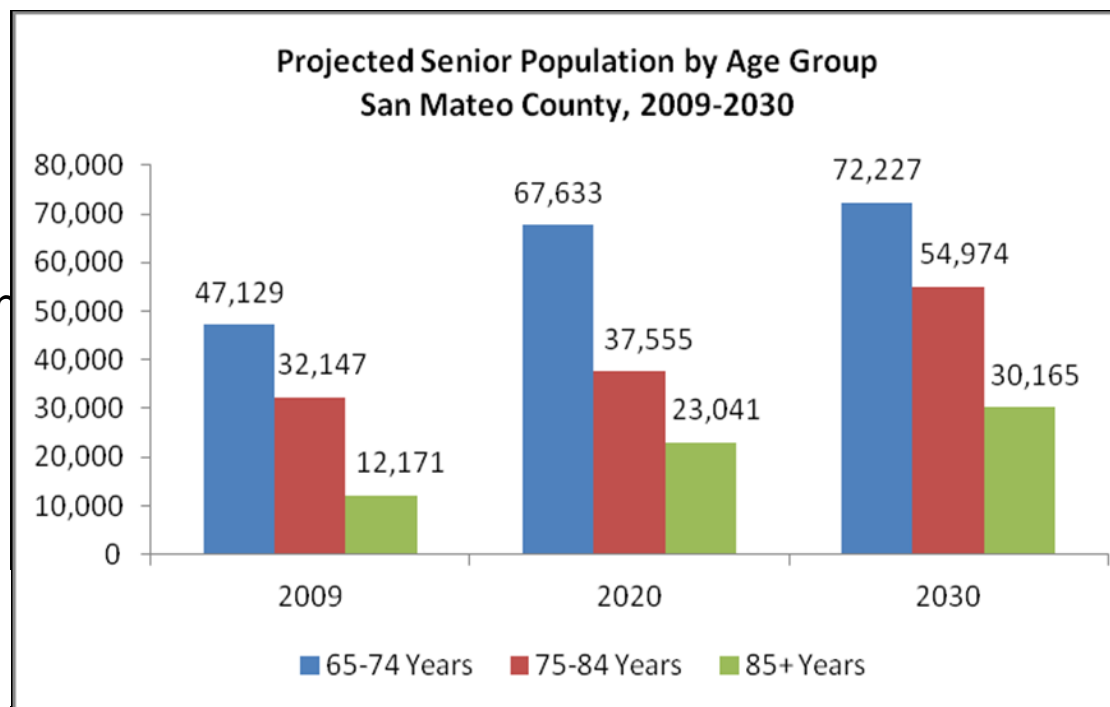




Quick Facts

- ▶ From 2000 to 2011
 - ▶ Total population grew 1.6%
 - ▶ Senior population grew 19%

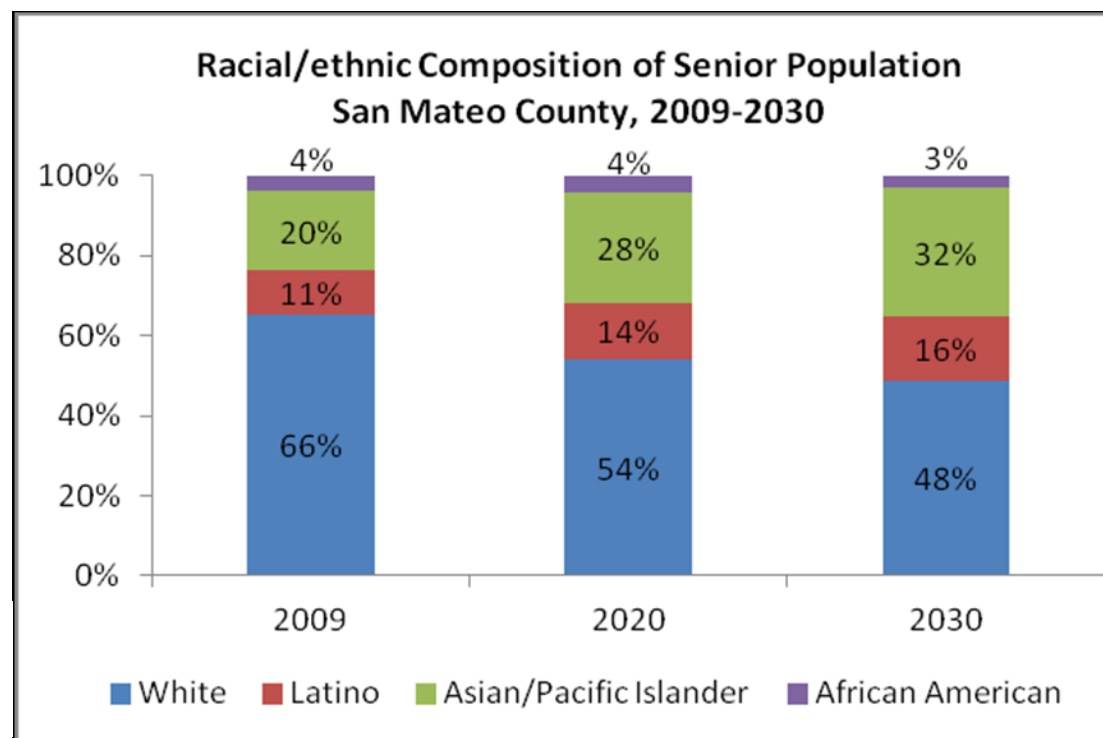
- ▶ From 2000 to 2030
 - ▶ 89% growth in 65+ yr olds
 - ▶ Fastest growing population segment





Quick Facts

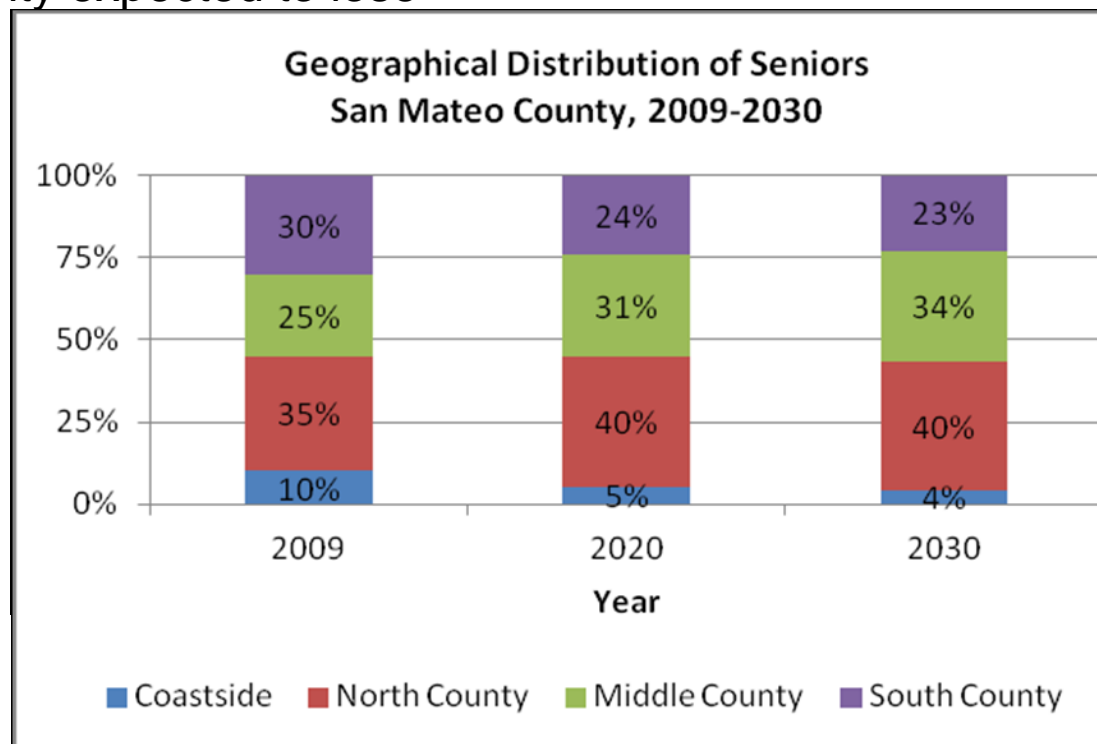
- ▶ Senior population is becoming more ethnically/racially diverse
 - ▶ Whites decline from 66% to 48% of seniors
 - ▶ Asians grow from 20% to 32%
 - ▶ Latinos/Hispanics grow from 11% to 16%





Quick Facts

- ▶ Geographical distribution is also changing
 - ▶ North and Middle County are projected to gain
 - ▶ Coastside and South County expected to lose





Associated Challenges

▶ For seniors:

- ▶ Affordable, suitable **housing**
- ▶ Access to **transportation**
- ▶ Access and affordability of **health care**, including **mental health**
- ▶ Access to **healthy foods** and other necessities
- ▶ **Poverty** and risk of social exclusion
- ▶ Cultural isolation, especially for foreign-born seniors

▶ For families:

- ▶ **Financial, time** and shelter requirements to care for an elderly person
- ▶ Legal, bureaucratic and other systemic hurdles



Housing

- ▶ Aging in place has multiple benefits but requires adjustments to homes
- ▶ Growth in older adult population increases demand for different types of housing from independent housing to skilled nursing facilities

Type of Placement	Number of spaces currently available
Licensed skilled nursing facility	1,468
Intermediate care facility	0
Medically Enhanced Supp. Res. Care	8
Supplemented Res. Care Facility	55
Adult Residential Care Facility	5,700 beds
Affordable Assisted Living	24
Independent Housing	5,000

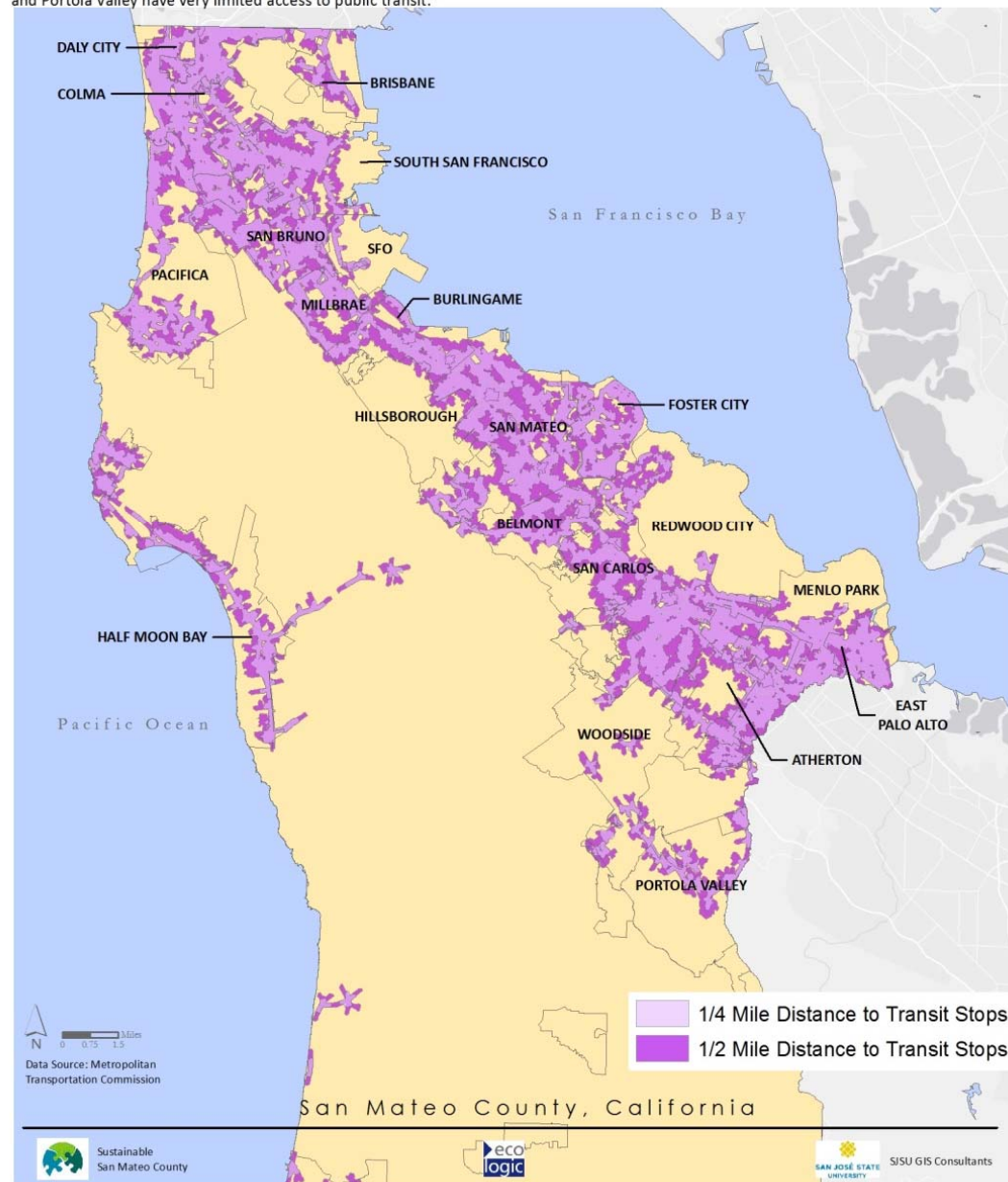


Transportation

- ▶ 53% of today's seniors live within $\frac{1}{4}$ mile of a public transit stop
- ▶ 73% within $\frac{1}{2}$ mile
- ▶ Least connected areas: Hillsborough, Eastern Menlo Park, large portions of Atherton, Woodside and Portola Valley

Senior Population and Transit Access

This map displays the quarter-mile and half-mile walking distance to public transit stops in San Mateo County. It was found that 53% (51,000) of the total population over the age of 65 live within a quarter-mile of a public transit stop. It was also found that 72.6% (69,900) of the total population over the age of 65 live within a half-mile of a public transit stop. Transit access is most widely available in the northern part of the county and the central part along the El Camino Real corridor. Hillsborough, eastern Menlo Park, and large portions of Atherton, Woodside and Portola Valley have very limited access to public transit.



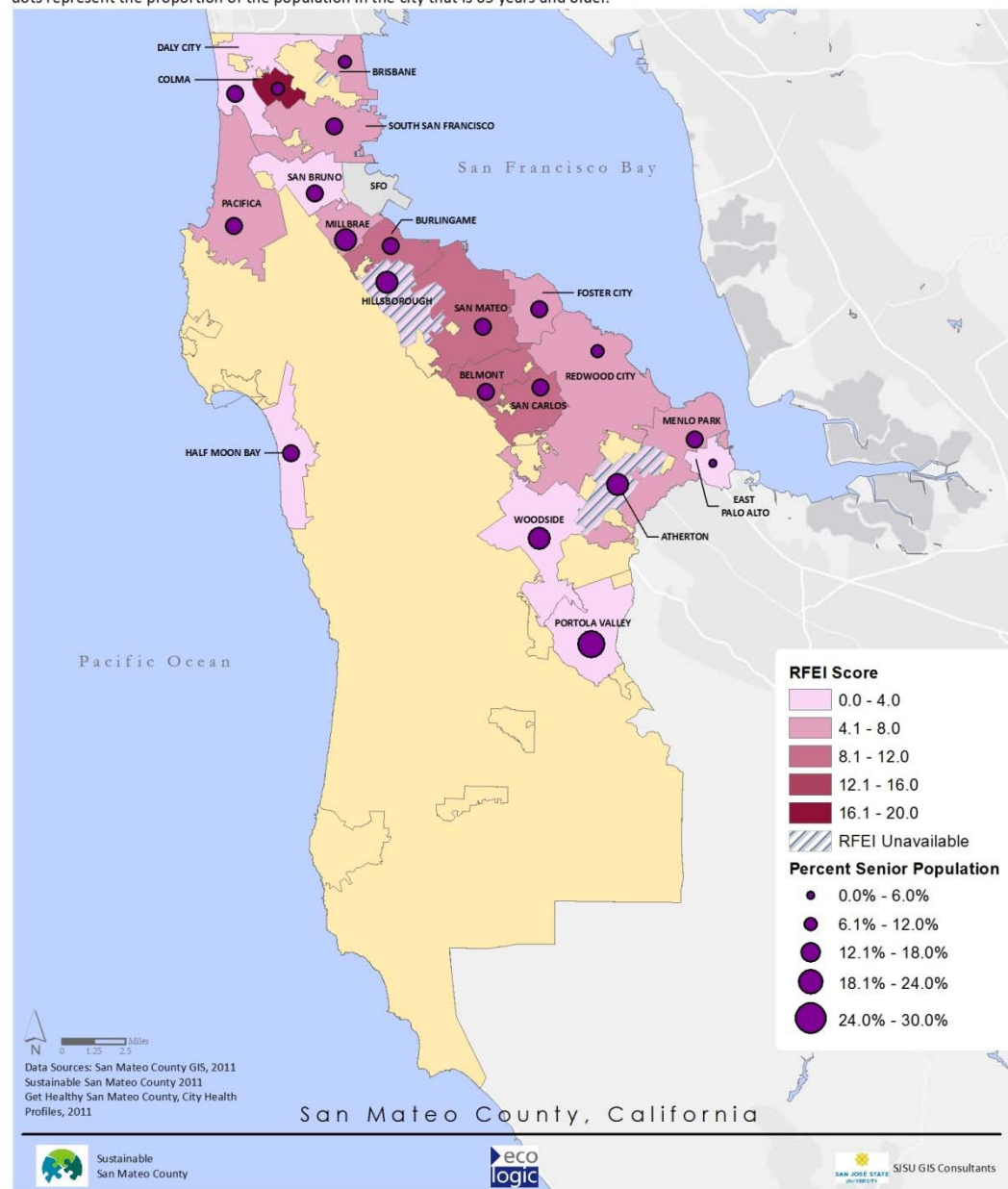


Healthy Food

- RFEI measures ratio of food outlets with mainly unhealthy choices to healthy food vendors
- Many seniors live in areas with a predominance of unhealthy food choices, especially in Burlingame, San Mateo, San Carlos and Belmont.

Retail Food Environment Index Score (RFEI) by City

The Retail Food Environment Index (RFEI) is a measure for the relative abundance of healthy food options in a geographical area. It is calculated by dividing the total number of fast-food restaurants and convenience stores by the total number of supermarkets and produce vendors. In this map, the smaller the RFEI, the more healthy food options exist in a city relative to less healthy food choices. The purple dots represent the proportion of the population in the city that is 65 years and older.

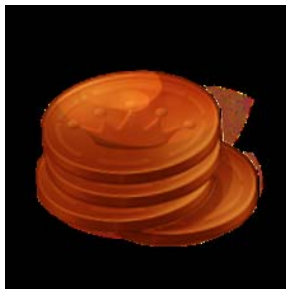




Poverty

- ▶ Currently 36% of seniors (ca. 31,000) struggle to cover basic expenses
- ▶ Risk of poverty correlates strongly with education (13.9% poverty among persons with less than high school, 3.3% among college+ graduates)

2012 FPL for single person was **\$11,170**



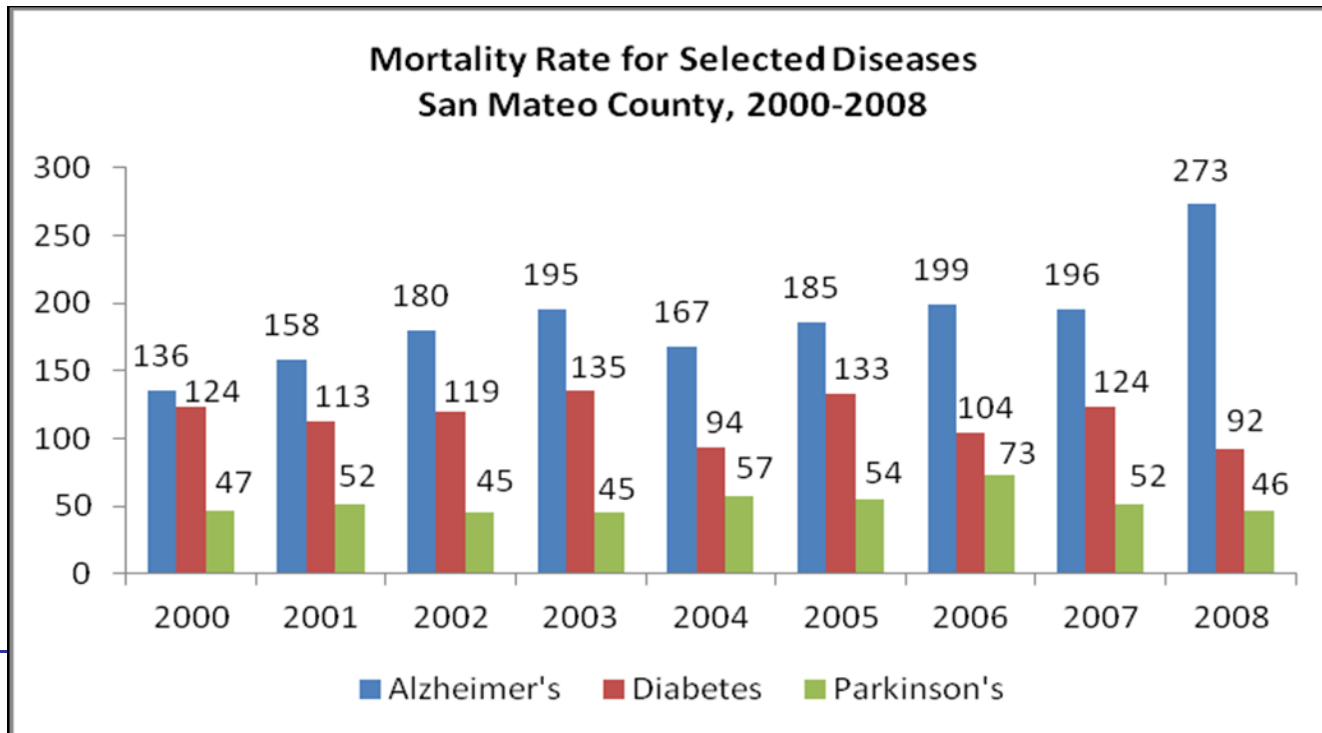
2008 basic cost of living for older adult in good health: **\$27,550**



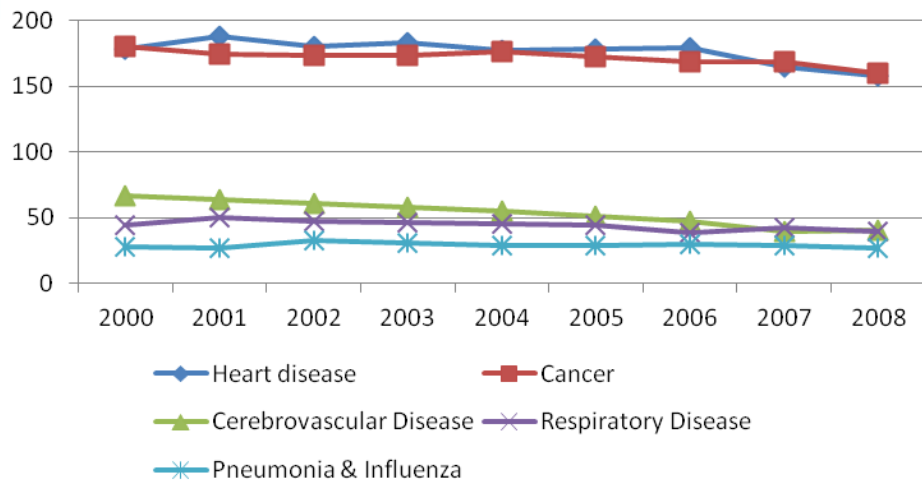


Health care:

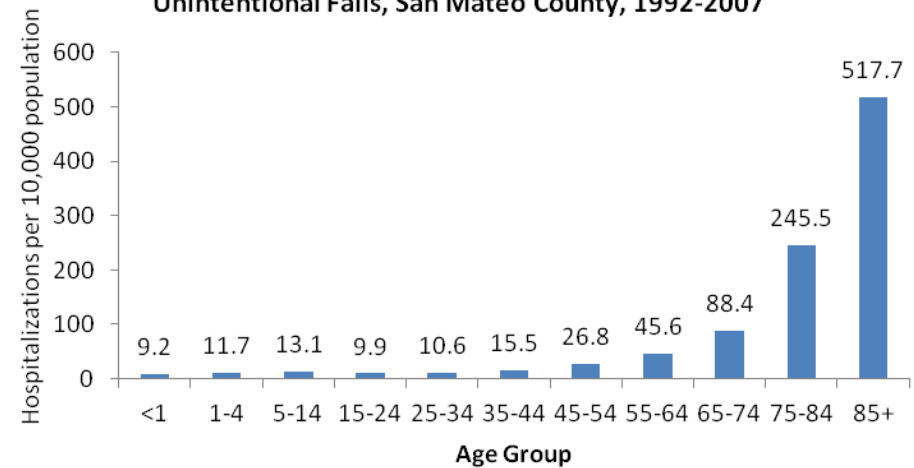
- ▶ Average age of death increased from 71.2 yrs in 1990 to 75.3 years in 2008 but masks regional variations from 61.8 yrs in EPA to 80.6 yrs in Atherton (unadjusted)
- ▶ Main causes of death are cancer, heart disease, stroke but chronic diseases are on the rise



Mortality Rate by Cause, San Mateo County, 2000-2008

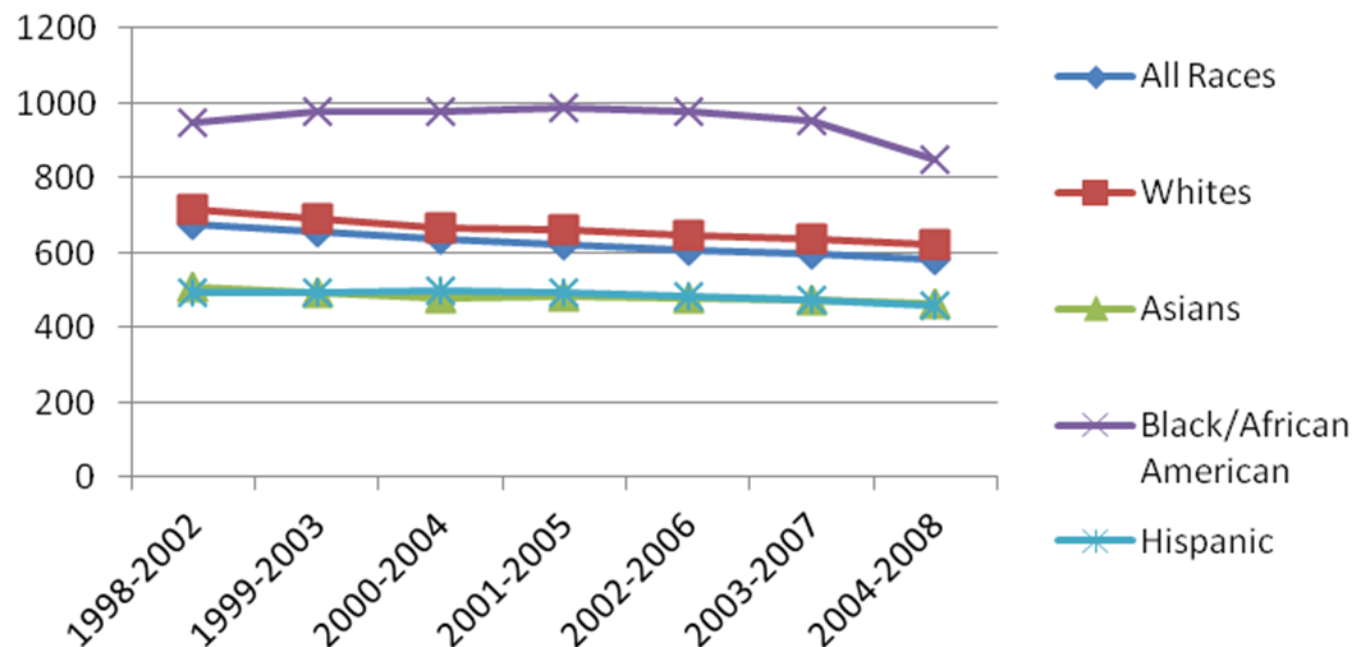


Average Annual Rate of Hospitalization due to Injury from Unintentional Falls, San Mateo County, 1992-2007



- Important issues to address:
 - Main causes of death and morbidity
 - Racial/ethnic disparities in mortality and morbidity

Mortality Rates by Race/Ethnicity San Mateo County, 1998-2008





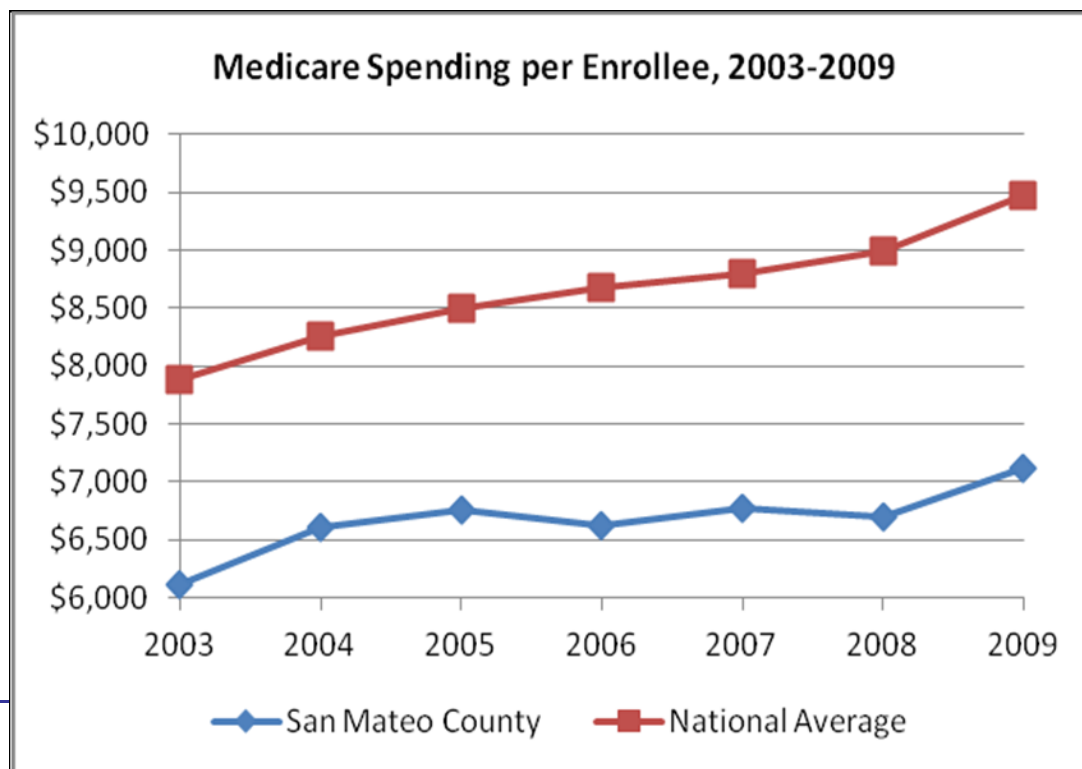
Mental Health

- ▶ Older persons are at higher risk of certain mental disorders than younger people (depression, dementia)
- ▶ 2008 Community Assessment found that 3.4% of seniors have a history of mental illness, 20.2% have experienced periods of depression lasting >2 yrs, 19.6% sought help for a mental or emotional problem.
- ▶ But use of mental health services is low among the older population
- ▶ 18 primary care and mental care HPSAs (including 15 low-income census tracts in EPA, the SMC Health Services Agency and the South County Community Health Center)
- ▶ 6 MUAs in San Mateo County



Health Care Costs and Spending

- ▶ Medicare spending per enrollee is rising in SMC but less than the national average
- ▶ 20,000 uninsured Baby Boomers in the age group of 45-64 year olds (10 percent of all 45-64 year olds)
- ▶ 73% of seniors in SMC have 2 or more types of health insurance, 26% have one





Caring for older persons

- ▶ Despite Social Security, Medicare and Medicaid, many children and spouses shoulder significant financial and non-financial commitments caring for older family members:
 - ▶ 19% Whites, 28% African-Americans, 34% Hispanics, 42% Asians*
 - ▶ 73% of caregivers are women*
 - ▶ typical caregiver is mid-40, works full-time, and provides an average of 18 hrs of caregiving each week**
 - ▶ MetLife estimates that over a lifetime, caregivers lose an average of \$659,139 in lost wages, Social Security, and pension benefits***

* http://research.aarp.org/il/in_the_middle.pdf

** http://research.aarp.org/health/fs82_caregiving.html

*** <http://www.caregiving.org/content/reports/JugglingStudy.pdf>



Looking forward

- ▶ Numerous departments, agencies, non-profit and advocacy groups in San Mateo County and in the San Francisco Peninsula region are already working together to serve seniors today and tomorrow.
- ▶ AAS serves as the local Area Agency on Aging and prepares the multi-year area plans in collaboration with organizations throughout the county that includes forward-looking needs assessment and planning strategies
- ▶ ACA will bring important changes in access and affordability of health care to seniors
- ▶ Increasing focus will be on external factors to health: housing, transportation, diet and nutrition, outdoor spaces and exercise, social interaction → requires more horizontal cooperation of departments and agencies



Looking forward

- ▶ The Health System in San Mateo County works to address the impacts stemming from a growing number of older adults with
 - ▶ Chronic illness
 - ▶ Need for link to primary care
 - ▶ Need for link to medication management, care coordination
 - ▶ Cultural awareness across the health care setting
 - ▶ Need for greater housing options for low income older adults
- ▶ To achieve these goals it has initiated work to
 - ▶ build residential alternatives for low low-income, medically fragile older adults
 - ▶ Enhance collaboration with HPSM to link older adults to primary care
 - ▶ Seek evidence-based “best practices” for care coordination, evaluation methods, and expansion of coverage
 - ▶ Engage community partners in the preparations for the aging population.



Thank you.

Open Discussion

▶ Question 1:

What surprised you the most about the presentation? What did not surprise you?

▶ Question 2:

What factors do you think most affect senior health in San Mateo County?

▶ Question 3:

How can we best address them given the resources and knowledge that we have?



Notes from our discussion

- ▶ Most surprising things in presentation:
 - ▶ Money available / FPL
 - ▶ Nothing about fitness
 - ▶ Burden on caregivers
 - ▶ Increased Alzheimer's diagnosis
 - ▶ Primary Healthcare Availability
 - ▶ % of new physicians going to Kaiser



Notes from our discussion

- ▶ Most important factors affecting senior health in San Mateo County.
 - ▶ All of them!
 - ▶ Cultural issues especially with mental health
 - ▶ Poverty and economic security
 - ▶ Land use / Zoning and difficulty to build
 - ▶ Negative attitudes and resistance to change
 - ▶ Baby boom and baby bust
 - ▶ Suggestion: forum on poverty



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