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

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Healthy Communities Forum
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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 ethically/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

<table>
<thead>
<tr>
<th>Type of Placement</th>
<th>Number of spaces currently available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Licensed skilled nursing facility</td>
<td>1,468</td>
</tr>
<tr>
<td>Intermediate care facility</td>
<td>0</td>
</tr>
<tr>
<td>Medically Enhanced Supp. Res. Care</td>
<td>8</td>
</tr>
<tr>
<td>Supplemented Res. Care Facility</td>
<td>55</td>
</tr>
<tr>
<td>Adult Residential Care Facility</td>
<td>5,700 beds</td>
</tr>
<tr>
<td>Affordable Assisted Living</td>
<td>24</td>
</tr>
<tr>
<td>Independent Housing</td>
<td>5,000</td>
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Source: Lisa Mancini, Director, Aging and Adult Services, Programs, Initiatives and Planning for the Aging Community in San Mateo County August 14, 2012
Transportation

- 53% of today’s seniors live within ¼ mile of a public transit stop
- 73% within ½ mile
- Least connected areas: Hillsborough, Eastern Menlo Park, large portions of Atherton, Woodside and Portola Valley
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.
**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
• Important issues to address:
  • Main causes of death and morbidity
  • Racial/ethnic disparities in mortality and morbidity
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/il/in_the_middle.pdf)
** [http://research.aarp.org/health/fs82_caregiving.html](http://research.aarp.org/health/fs82_caregiving.html)
*** [http://www.caregiving.org/content/reports/JugglingStudy.pdf](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