Bridging the Divide Between Health Care and Aging Services

Health Status Disparities among Older Adults Attending NYC Senior Centers

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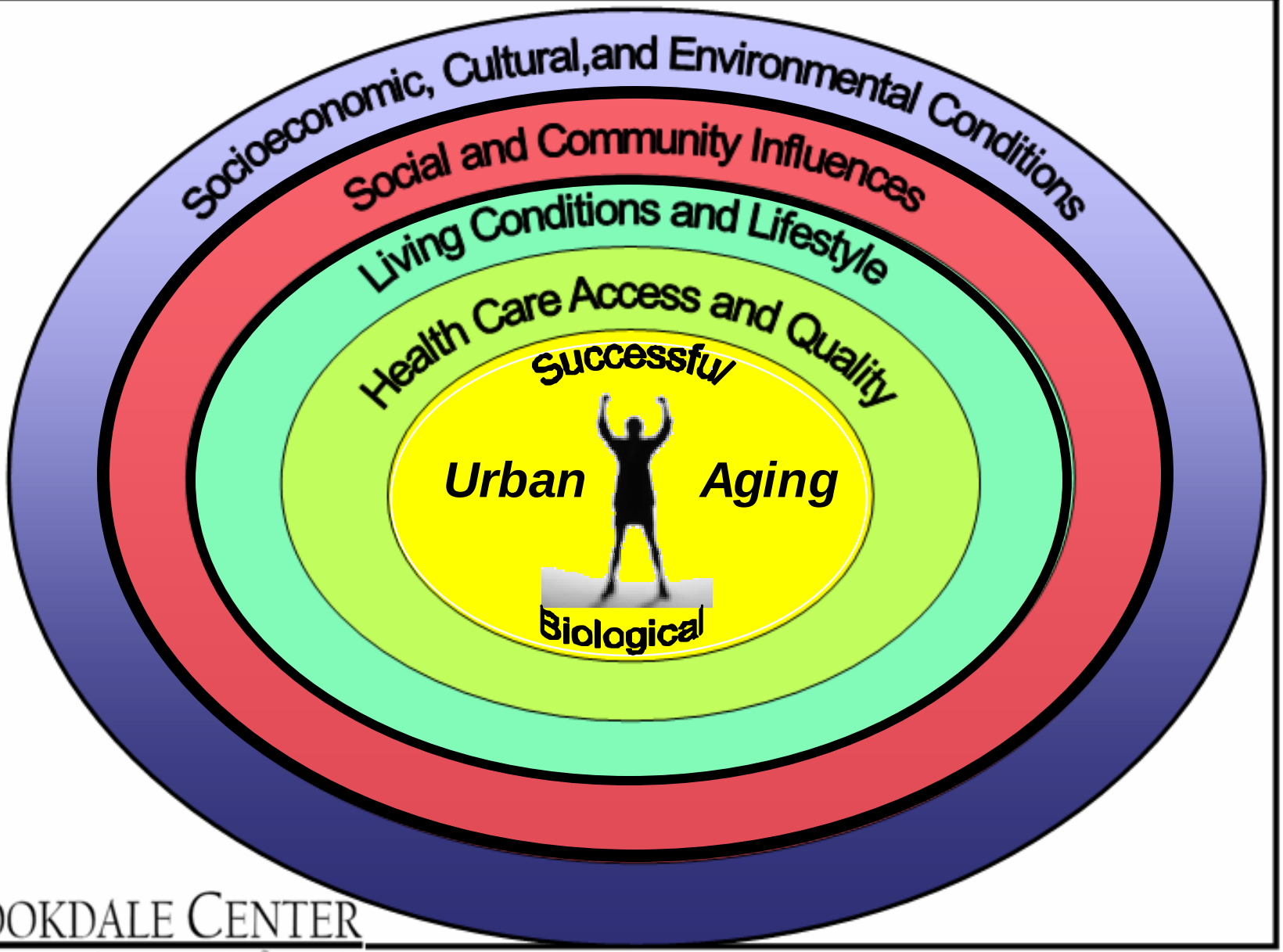
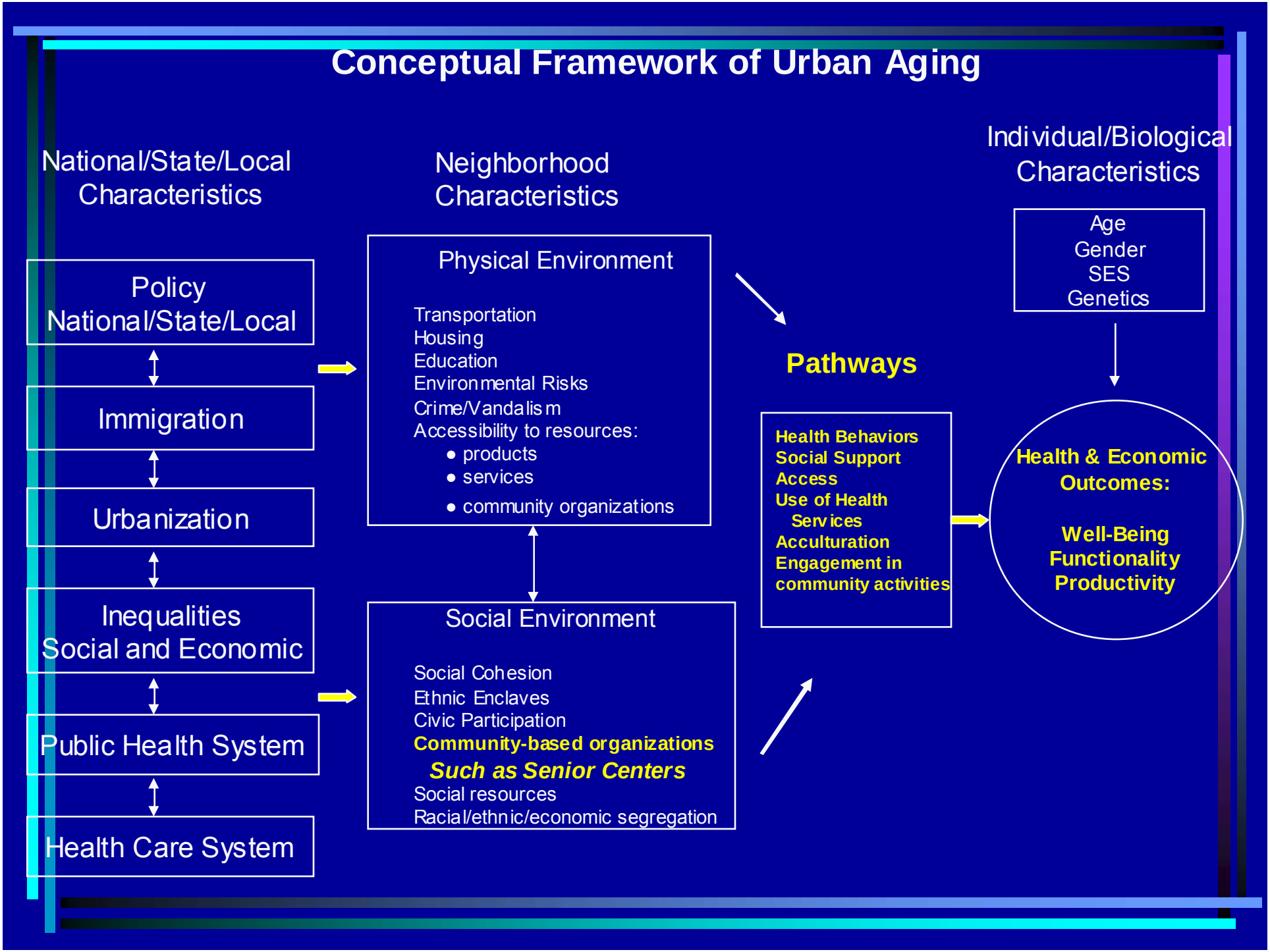
Conditions for Healthy Urban Aging



BROOKDALE CENTER
for Healthy Aging & Longevity

Fahs, MC; 2006.

Conceptual Framework of Urban Aging



Economic Myths of Aging

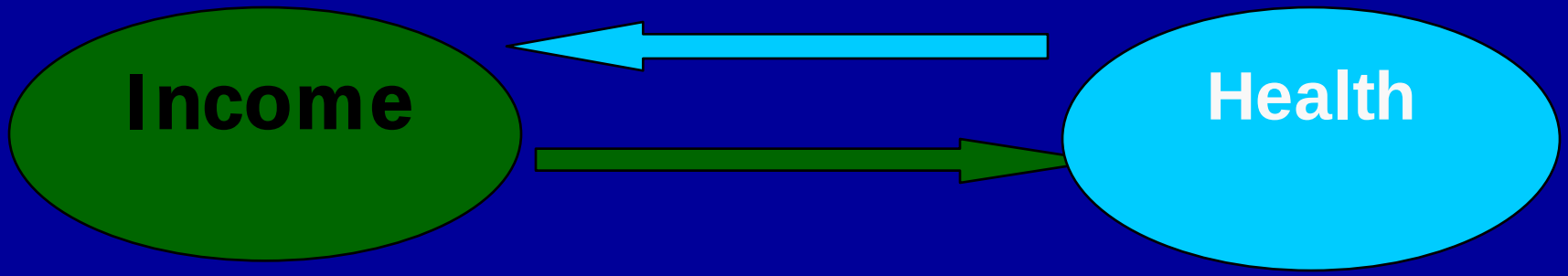
- **Myth #1: Preventive medicine is not cost effective after age 65**
- **Myth #2: The elderly are a drain on the health care system**
- **Myth #3: The elderly are a drain on the economy**
- **Myth #4: Increased longevity will cause increased social costs associated with degenerative disease and disability**

What can Economics tell us?

A 10 year gain in life expectancy translates into nearly 1 additional percentage point of annual income growth

Bloom DL and Canning D. The Health and Wealth of Nations. Science 287. pp.1207-1209. 2000.

Health to income – lots of oomph!!!



Economic Gains from Longevity

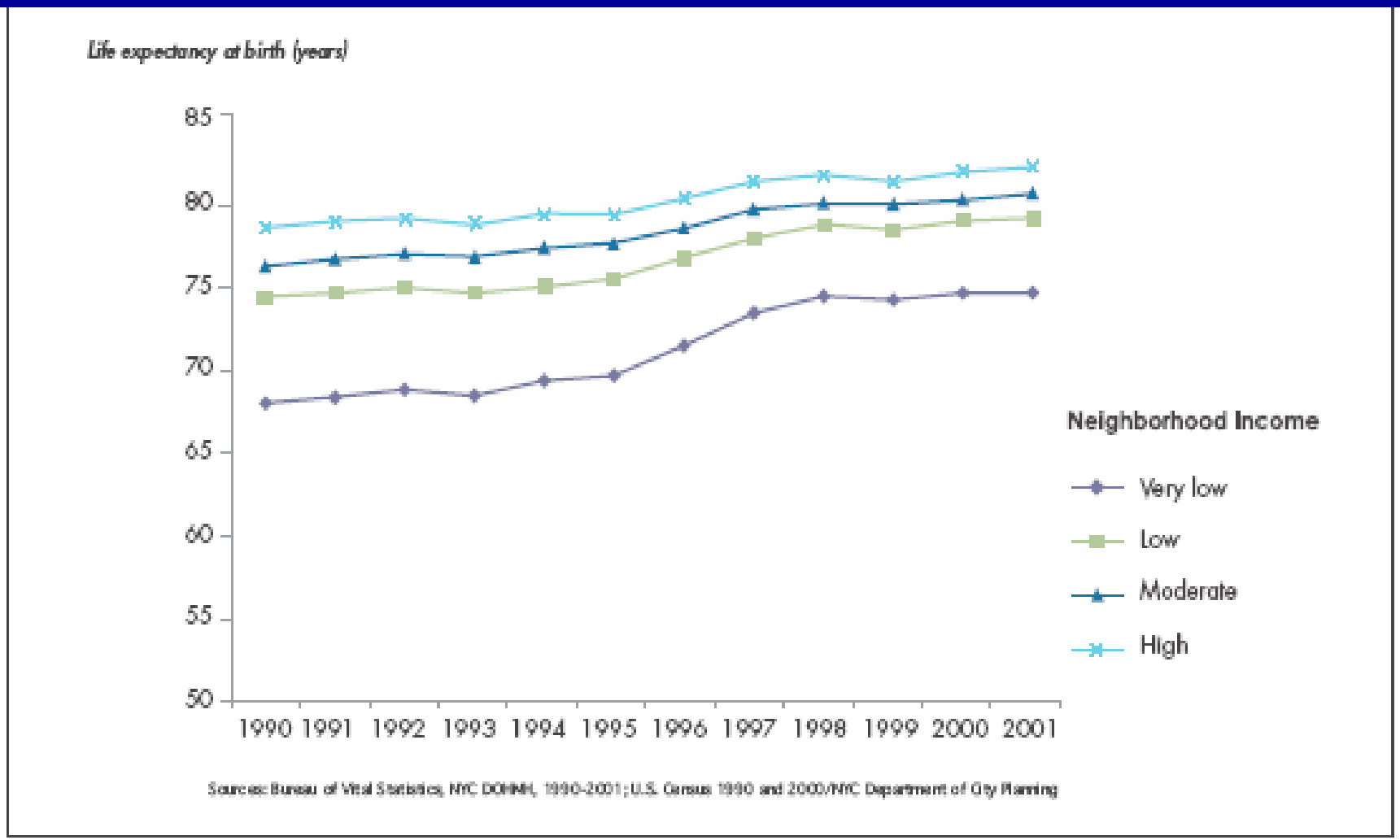
Gains in life expectancy from 1970-2000

=

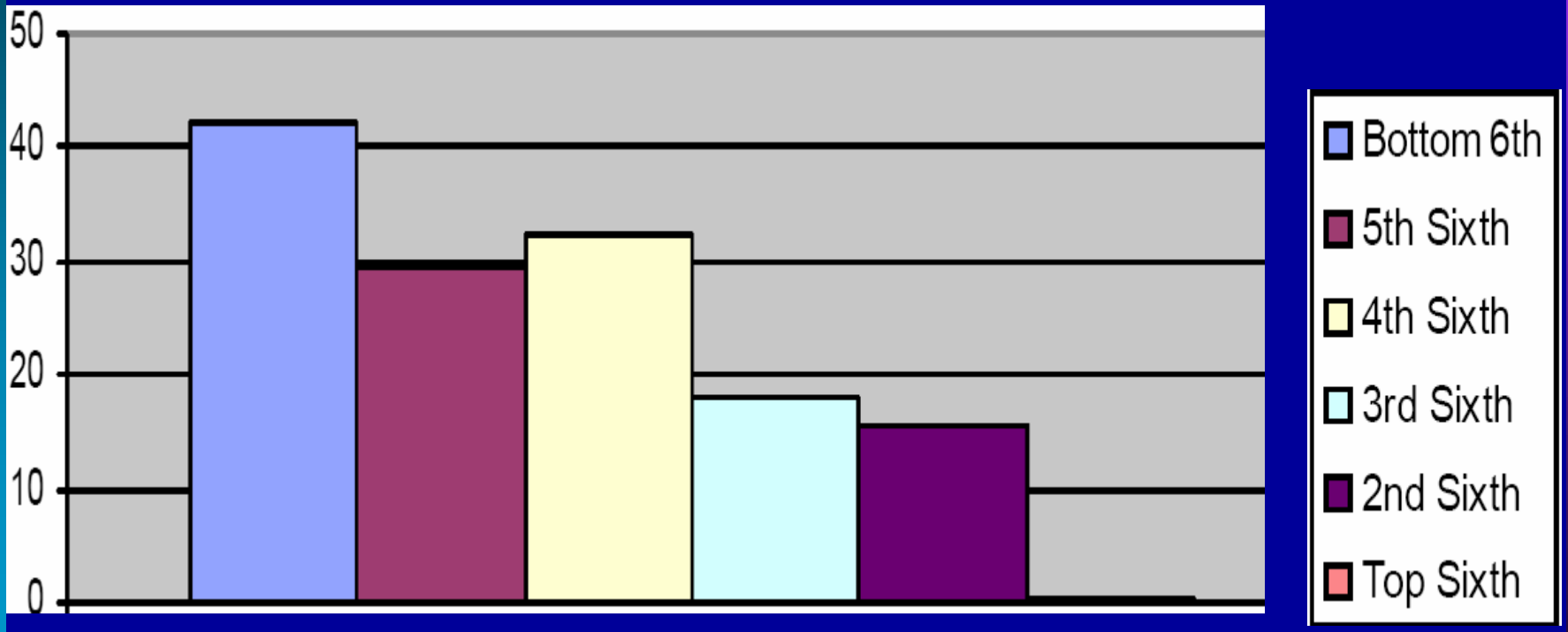
+ $3.2 trillion per year to National Wealth!

Murphy and Topel, NBER Working Paper No. w11405, June 2005.

Life Expectancy Varies By Neighborhood Income Level



Percentage increase in NYC diabetes hospitalization rates by neighborhood income, 1995 to 2005.



Source: Assessing and Addressing Income Disparities in the Health of New Yorkers. Office of the New York City Comptroller. September 2007

STRIKING DISPARITIES

Number of hospitalizations per 100,000

- Bottom sixth = 204.2
- 5th sixth = 78.0
- 4th sixth = 66.5
- 3rd sixth = 36.2
- 2nd sixth = 24.0
- Top sixth = 0.6

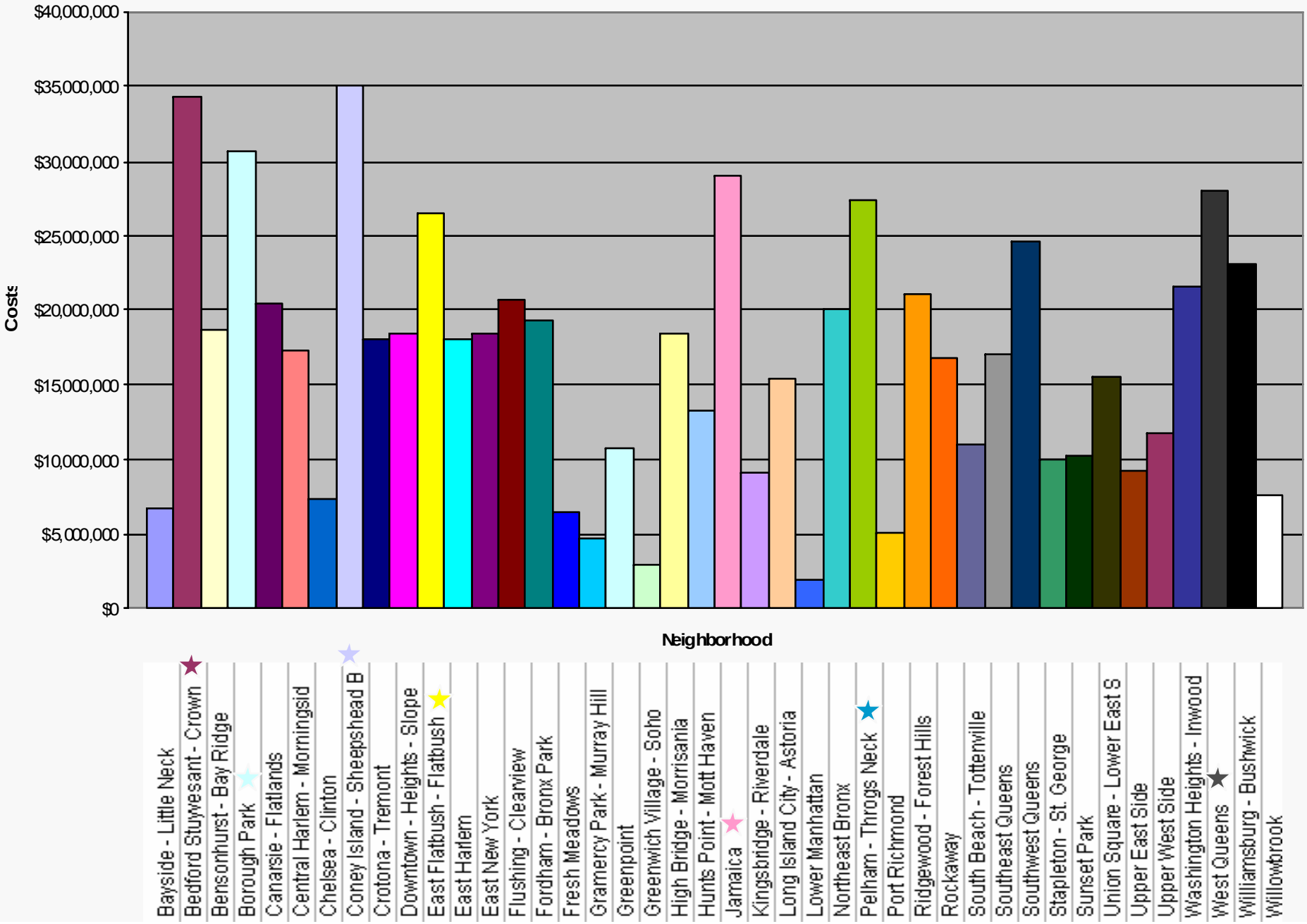
Hospital Charges in New York City
For Diabetes and Related Complications

- **$ 2,000,000,000**

per year!

(in 2004 dollars)

Total Hospital Costs for Diabetes and Related Chronic Conditions By NYC Neighborhood, 2004

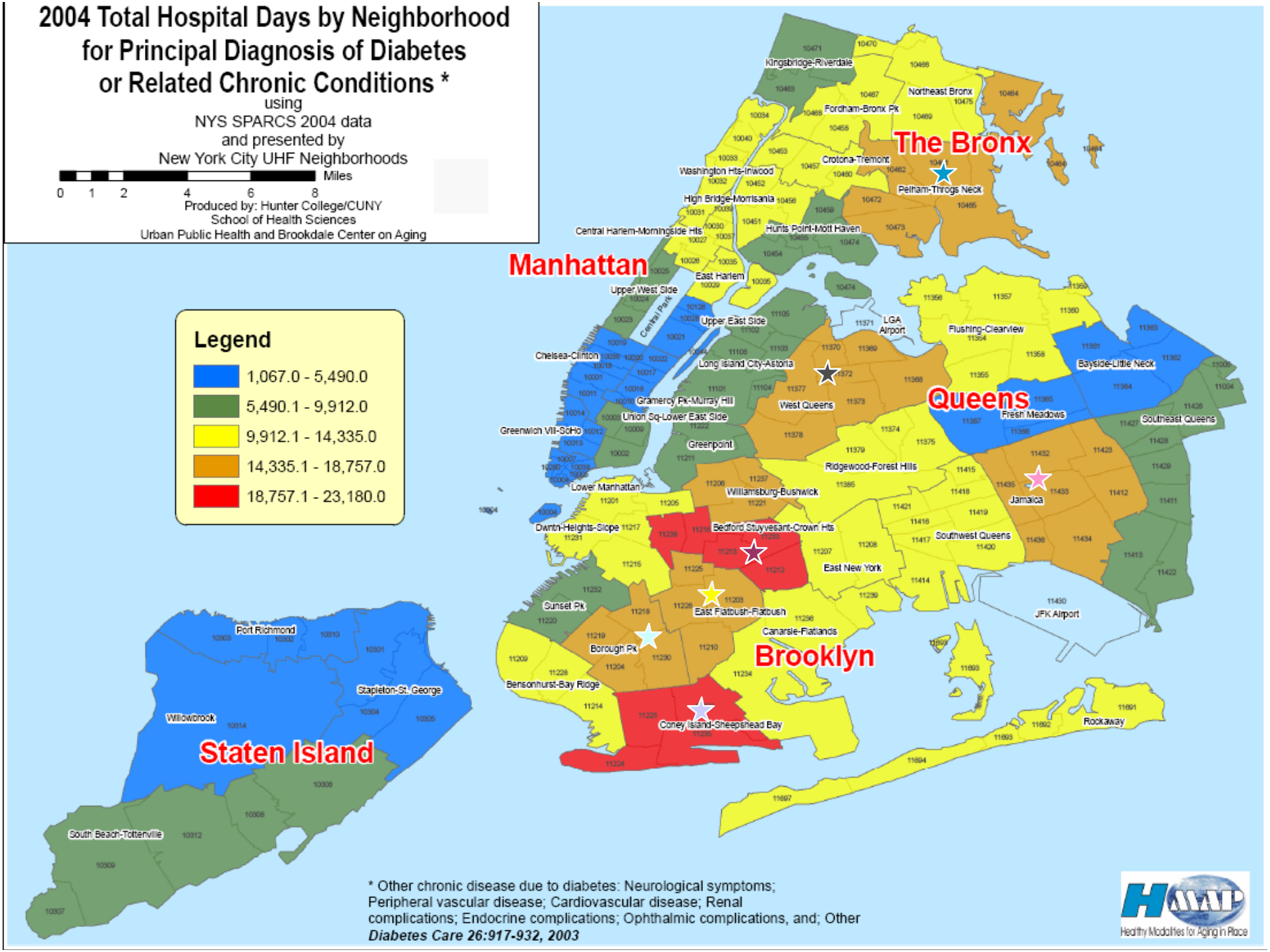


2004 Total Hospital Days by Neighborhood for Principal Diagnosis of Diabetes or Related Chronic Conditions *

using
NYS SPARCS 2004 data
and presented by
New York City UHF Neighborhoods

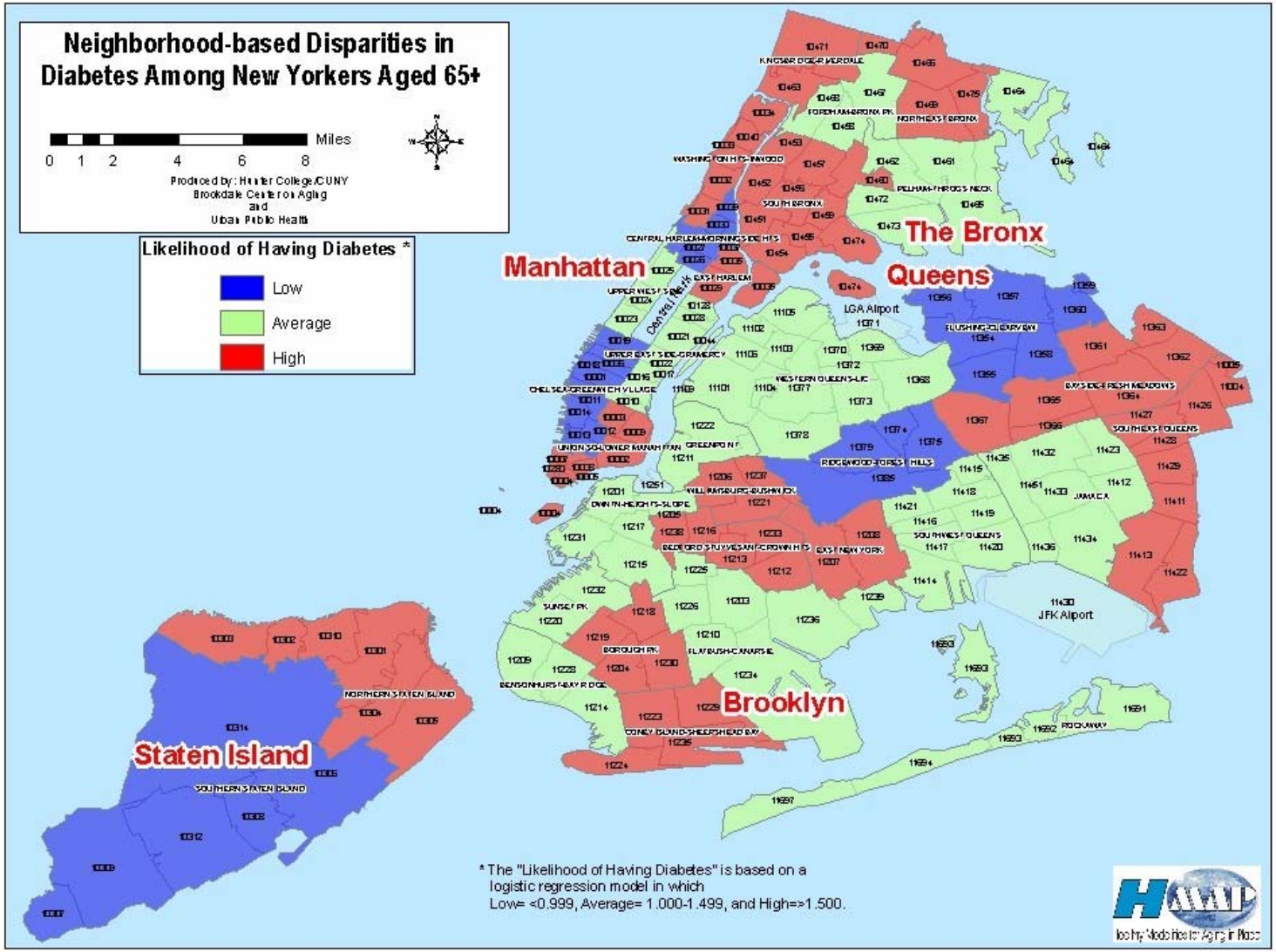
Miles
0 1 2 4 6 8

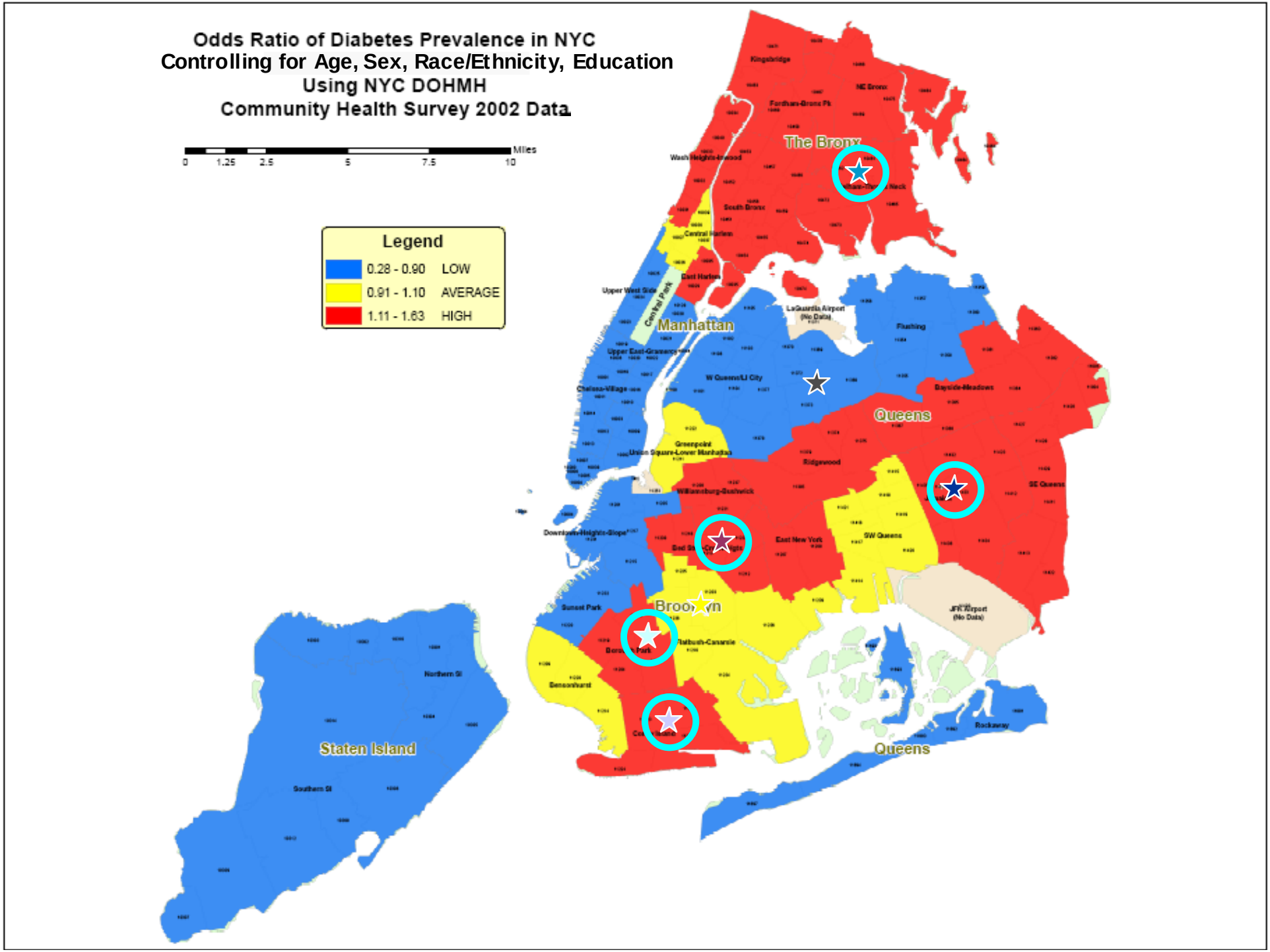
Produced by: Hunter College/CUNY
School of Health Sciences
Urban Public Health and Brookdale Center on Aging



* Other chronic disease due to diabetes: Neurological symptoms; Peripheral vascular disease; Cardiovascular disease; Renal complications; Endocrine complications; Ophthalmic complications, and; Other
Diabetes Care 26:917-932, 2003

HMAP
Healthy Modalities for Aging in Place





Re-inventing Senior Centers?

A community focal point on aging where older persons as in individuals or in groups come together for services and activities that enhance their dignity, support their independence and encourage their involvement in and with the community.

-The National Council on Aging (1979)

What's missing?

- Health!

How Many?

- No Formal Census
- US AOA estimate (2004):

10,000-16,000

- Research to date is limited for policy and practice

"To have evidence-based practice you need practice-based evidence." *[2]*

- [2] Green LW. Public Health Asks of Systems Science: To Advance Our Evidence-based Practice, Can You Help Us Get More Practice-Based Evidence? *American Journal of Public Health* 96:3. 2006. 406-409.

Senior Center Health Indicators Demonstration Project

- Representative sample of centers and participants
- Year 1 = Baseline Health Indicators Assessment
- Year 2 = Evidence-based interventions in collaboration with Senior Centers
- Year 3 = Follow up Health Indicators Assessment

The structured survey instrument

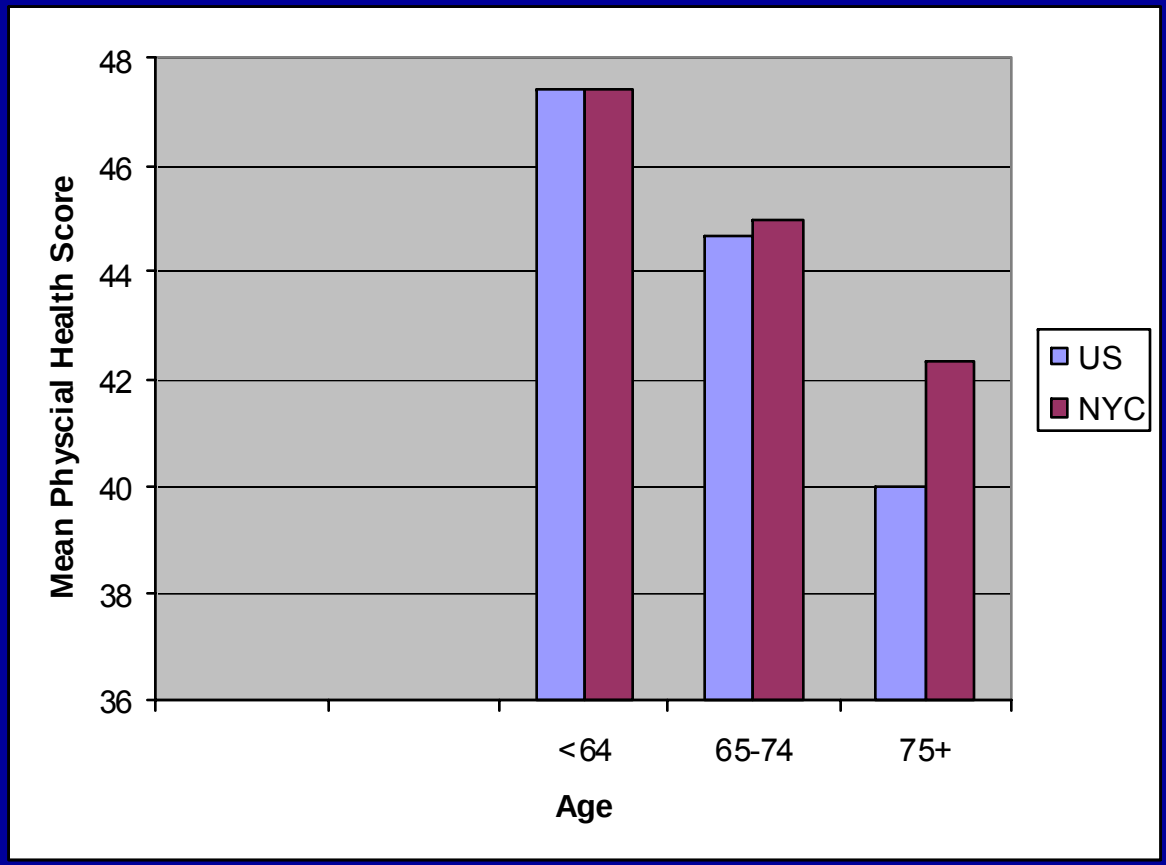
Standardized questionnaire items from validated national and local surveys

- functional status
- mental and physical health status
- social networks
- health literacy
- access to health care
- cancer screenings
- demographic and socioeconomic characteristics

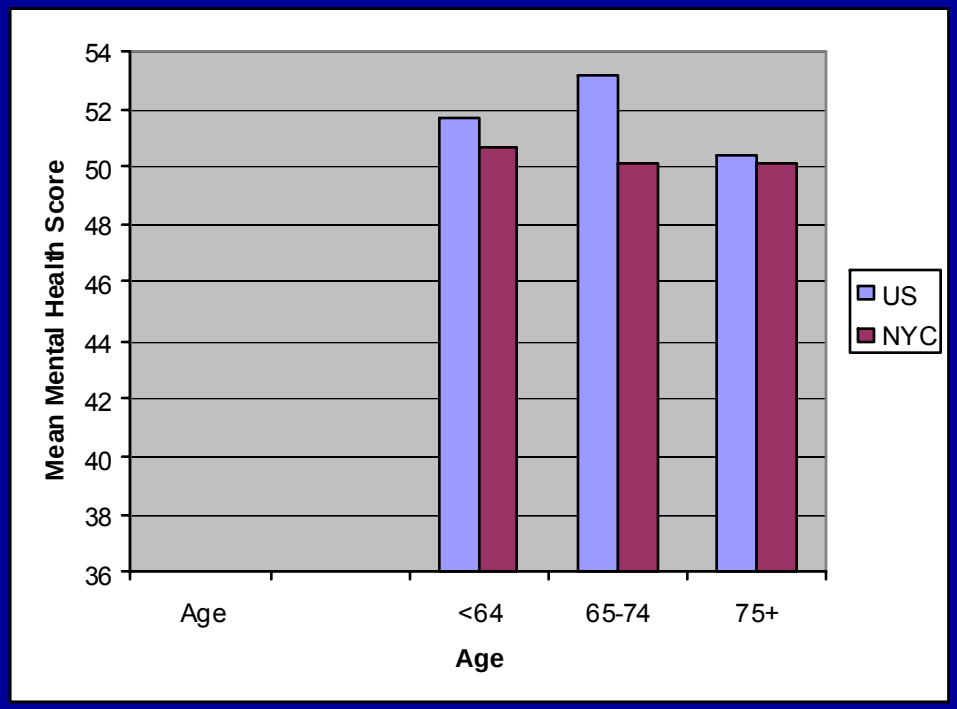
PILOT = TEN SENIOR CENTERS
stratified by Borough and Race/Ethnicity

Borough	Site	Race/Ethnicity
Brooklyn	Ft Greene	Black
	United	Latino
Bronx	Dora and Harry Simon	White
	James Monroe	Black
Queens	Korean American	Korean
	United Hindu	Guyanese
Staten Island	Cassidy Coles	White
	West Brighton	Black, Latino, and White
Manhattan	Beatrice Lewis	Black
	City Hall	Chinese

Physical Health Score (SF 36)



Mental Health Score (SF 36)



SF 36 By Race/Ethnicity

	Asian (n = 173)	Black (n=126)	Latino (n=95)	White (n=78)	Total (n=483)
PCS - NS (mean)	45.3	43.8	43.2	43.3	44.3
MCS *** (mean)	48.8	52.5	46.9	52.9	50.2

Note: * $p \leq 0.05$; ** $p \leq 0.01$; *** $p \leq 0.001$ NS=Not Significant

PHQ-2 by Race/Ethnicity

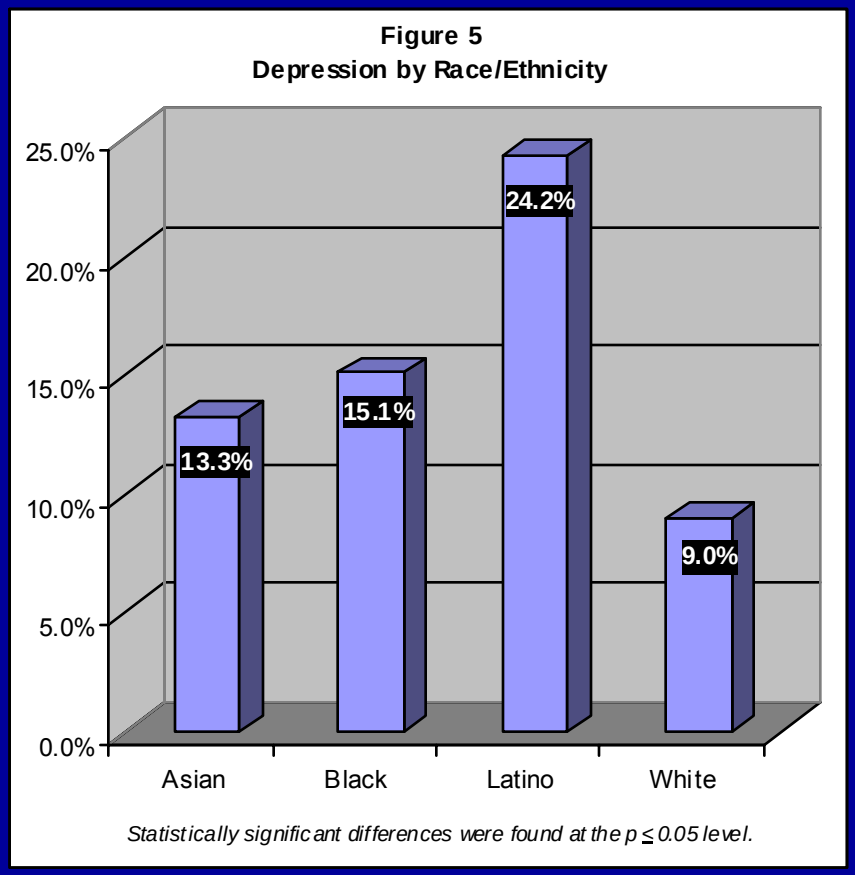
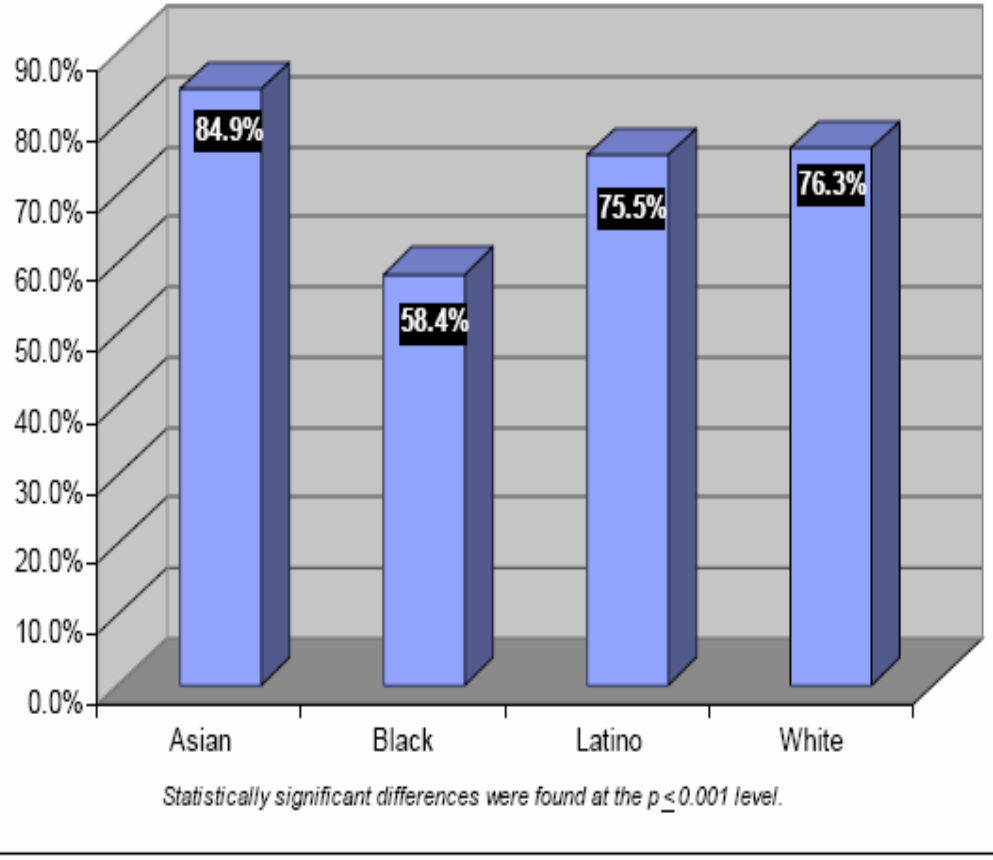


Table 14: Prevalence of Health Problems by Race/Ethnicity

	Asian (n = 173) %	Black (n=126) %	Latino (n=95) %	White (n=78) %
Hypertension*	59.1	66.4	73.7	56.4
High Cholesterol	57.9	51.3	61.1	43.9
Arthritis	43.5	54.8	57.9	53.8
Heart disease	26.0	32.8	29.8	32.0
Diabetes	24.7	23.8	37.2	20.5
Osteoporosis	24.8	17.6	26.6	31.2
Asthma*	8.9	16.7	21.0	14.1
Chronic Bronchitis or Emphysema	12.4	13.5	23.2	10.3
Ulcer	13.8	11.2	8.5	7.7
Fracture of spine, hip, or wrist	13.5	7.2	5.3	11.5
Cancer***	2.9	8.2	12.6	14.3
Stroke	7.6	8.8	6.3	5.1
Broken hip	.6	1.6	4.2	3.9
Tuberculosis*	1.8	5.6	1.0	0.0

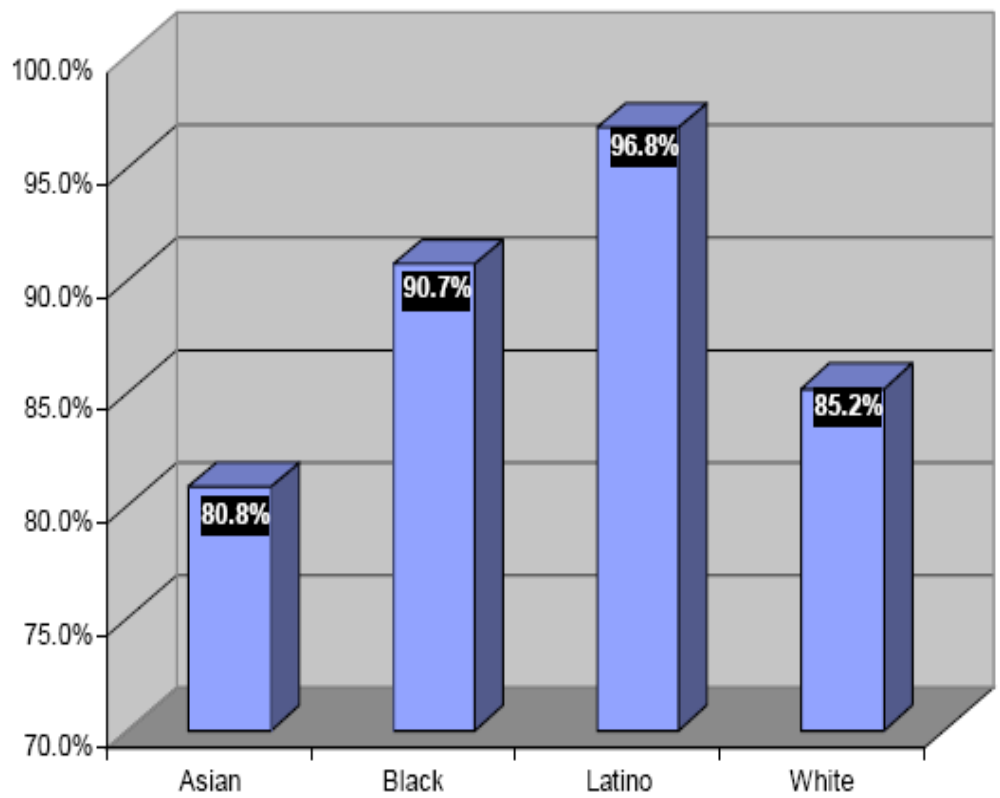
Note: * $p \leq 0.05$; ** $p \leq 0.01$; *** $p \leq 0.001$ NS=Not Significant

Figure 30
Flu Shot Within Past 12 Months by Race/Ethnicity



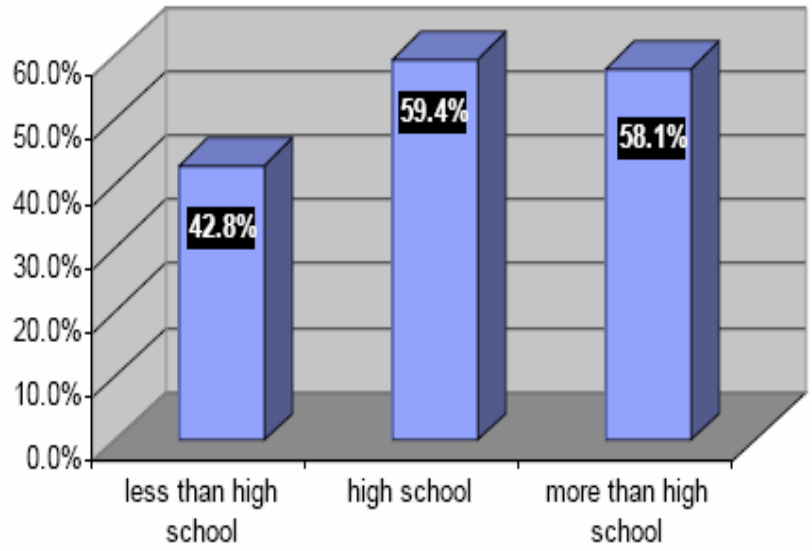
Statistically significant differences were found at the $p \leq 0.001$ level.

Figure 33
Ever Had Mammogram by Race/Ethnicity



Statistically significant differences were found at the $p \leq 0.05$ level.

Figure 36
Sigmoidoscopy or Colonoscopy by Education



Statistically significant differences were found at the $p \leq 0.01$ level.

The Brookdale Center Toolkit

of Evidence-Based Policy Recommendations for Senior Centers in New York City

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Health Concern	Recommendations	Exemplary Programs*
Cognitive health	• Mind-stimulating activities [1-3] • Vitamin use • Exercise programs	• Advanced Cognitive Training for Independent and Vital Elderly (ACTIVE)[1-3]
Depression	• Depression screening [4-6] • Individual/Group counseling sessions • Exercise programs, Qi Chong • Cultural competency / Community partnerships	• Healthy PEARLS Program (Program to Encourage Active Rewarding Lives for Seniors)[4] • Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) for a Better Life Project[4-6]
Hypertension	• Hypertension screening / Annual physicals [7,8] • Diet modification [9-13] • Chronic disease self-management [4,14] • Stress management programs [15] • Cultural competency / Community partnerships [15]	• Heart, Body, and Soul Program [7,8] • DASH Diet (Dietary Approaches to Stop Hypertension)[9-13] • Baltimore Church High Blood Pressure Program [4,14] • Chronic Disease Self-Management Program[15] • Transcendental Meditation Program[16]
Asthma	• Chronic disease self-management [14] • Cultural competency / Community partnerships • Risk factor assessment	• Plan, Do, Check, Act Program [4,16] • Chronic Disease Self-Management Program[14]
Heart disease	• Diet modification [4,18] • Exercise programs [19] • Chronic disease self-management [14] • Cultural competency / Community partnerships [4,21]	• Compañeros en la Salud (Partners in Health) Project [4,18] • Aging 2000 Program (Take Charge of Your Health)[19] • Women Take PRIDE in Managing Heart Disease Program[20] • Chronic Disease Self-Management Program[14] • Hearts to G-d Program [4,21]
Tuberculosis	• Cultural competency / Community partnerships [4,16]	• Plan, Do, Check, Act Program [4,16]

"The aging of the U.S. population is one of the major public health challenges we face in the 21st century." [1]

[1] Julia Louis Gerberding, MD, MPH, Director, Center for Disease Control and Prevention, U. S. Department of Health and Human Services, quoted in *The State of Aging and Health in America 2007.* Centers for Disease Control and Prevention, and the Merck Company Foundation.

- Thank you!