

Profile of Older Adults in Southeastern Pennsylvania

**Presented at the Bucks County Summit on Aging
May 25, 2005**

**Philadelphia Health Management Corporation
Community Health Data Base**



About PHMC

Philadelphia Health Management Corporation (PHMC) is a non-profit public health agency offering a diverse mix of programs and services. (www.phmc.org)

- Research and Evaluation
- Information Systems
- Fiscal and Organization Management
- Behavioral Health
- Individual and Family Support Systems
- Health Promotion and Service Systems
- Specialized Health Services
- Clinical Services and Quality Management



PHMC's Research & Evaluation – What We Do

- Study design and program implementation
- Qualitative and quantitative data collection
 - Focus groups
 - Telephone, mail and in-person surveys
 - Key informant interviews
 - Existing records and statistics
 - Observational studies
- Quantitative, statistical, and qualitative data analysis
- Database development
- Mapping / GIS
- Outcomes measurement training
- Needs Assessments
- Proposal development and writing
- Technical and policy reports



R&E – Topics and Populations Studied

Topic Areas

- Health Status
- Access and Barriers to Health Care Services
- Service Utilization
- Health Behaviors & Disease Prevention
- Homelessness
- Housing
- Maternal and Child Health
- Gerontology
- Family and Youth Violence
- Adolescent Health / Sexuality
- Substance Abuse

- Mental Health
- HIV / AIDS Prevention
- Insurance / Medicaid

Populations Studied

- Children and Adolescents
- Older Adults
- Low Income
- Racial / Cultural Minorities
- Women
- Homeless persons and families
- Substance Users
- Neighborhoods & Communities



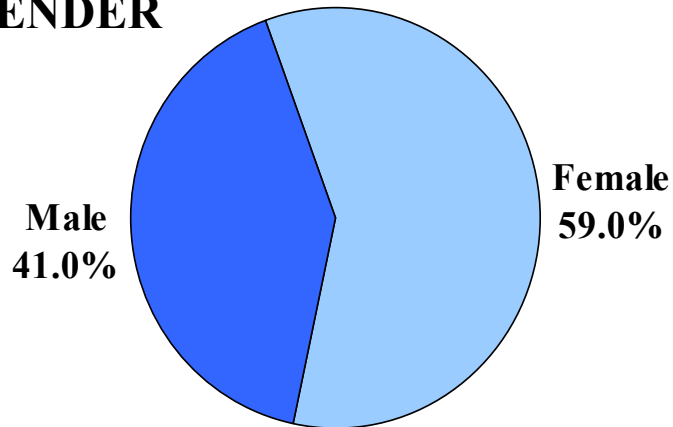
PHMC's Southeastern Pennsylvania Household Health Survey

- ✓ Most recent survey conducted in 2004. In the past decade, the survey has been fielded every other year.
- ✓ Regional focus – Bucks, Chester, Delaware, Montgomery and Philadelphia counties.
- ✓ Interviews are conducted by telephone using random-digit dial. Adult & child respondents selected using last birthday method.
- ✓ Interviews about selected child are conducted with child proxy.
- ✓ Oversample of persons 60+ and 75+ and oversample of Asian population.
- ✓ Interviews in English & Spanish, if needed.

A trusted and comprehensive source of community health data for the region

Figure 1: Older Adults (65+) in Southeastern Pennsylvania by Age and Gender, 2004.

GENDER



AGE

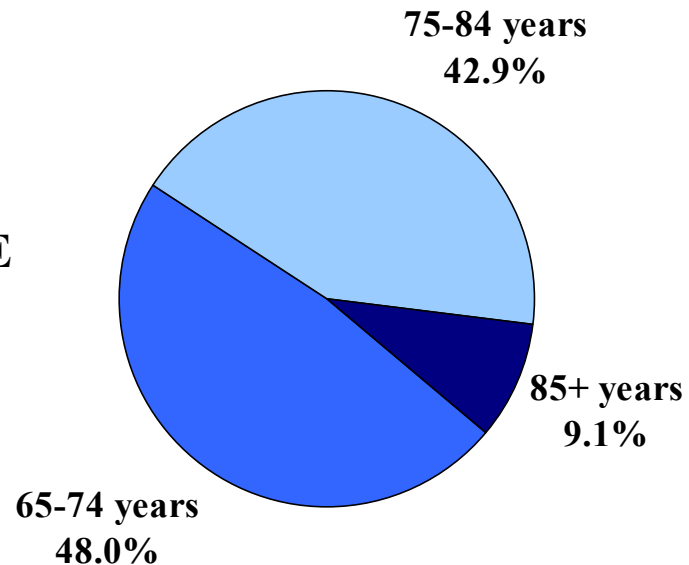
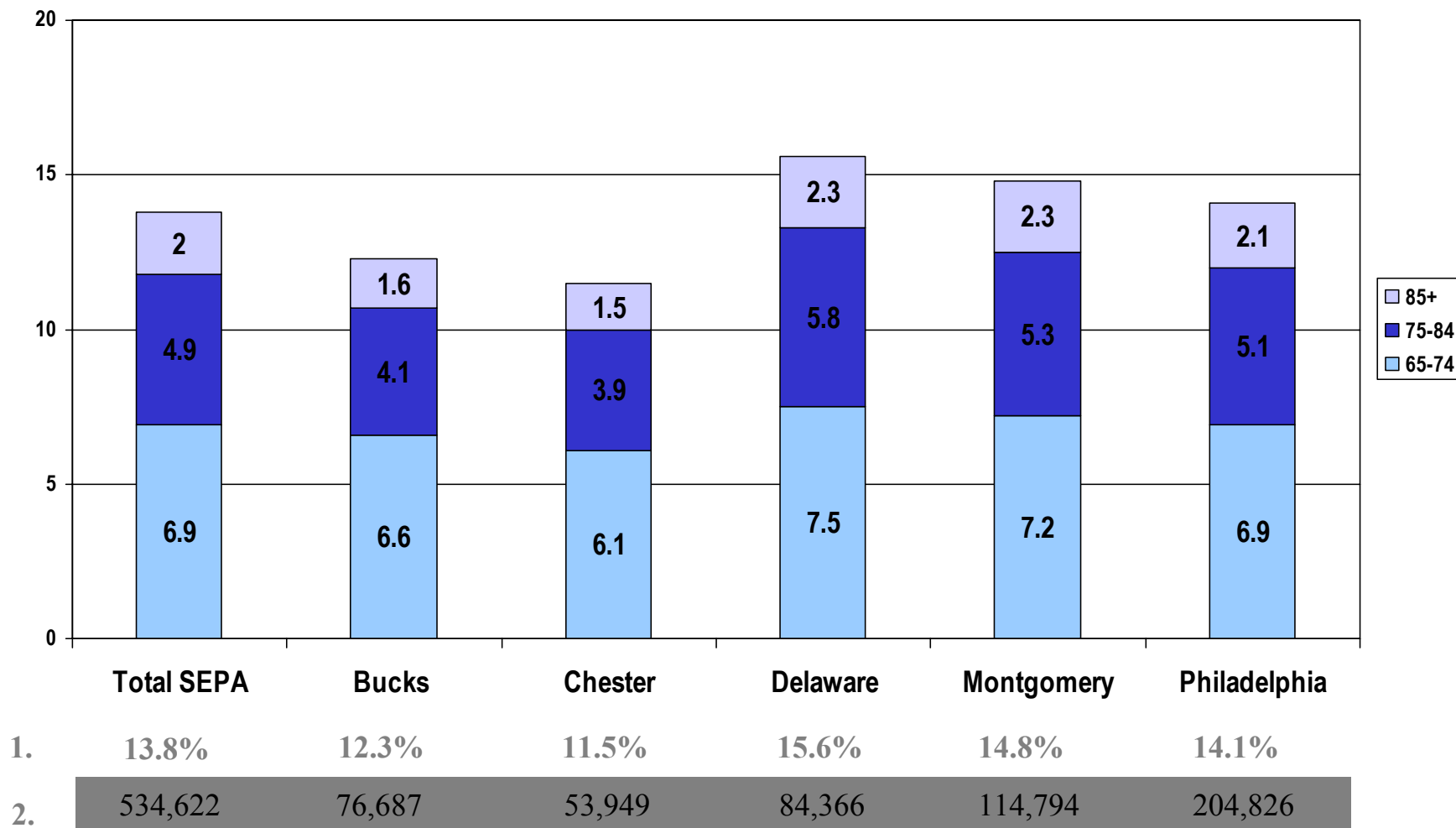


Figure 2: Projected Percentage of Older Adults (65+) by Age and County, 2007.



1. Percent of population 65+. 2. Number of persons 65+.

Source: U.S. Census Bureau and Claritas, Inc. provided by PHMC Profiler.

Figure 3: Older Adults (65+) in Southeastern Pennsylvania by Race, 2004.

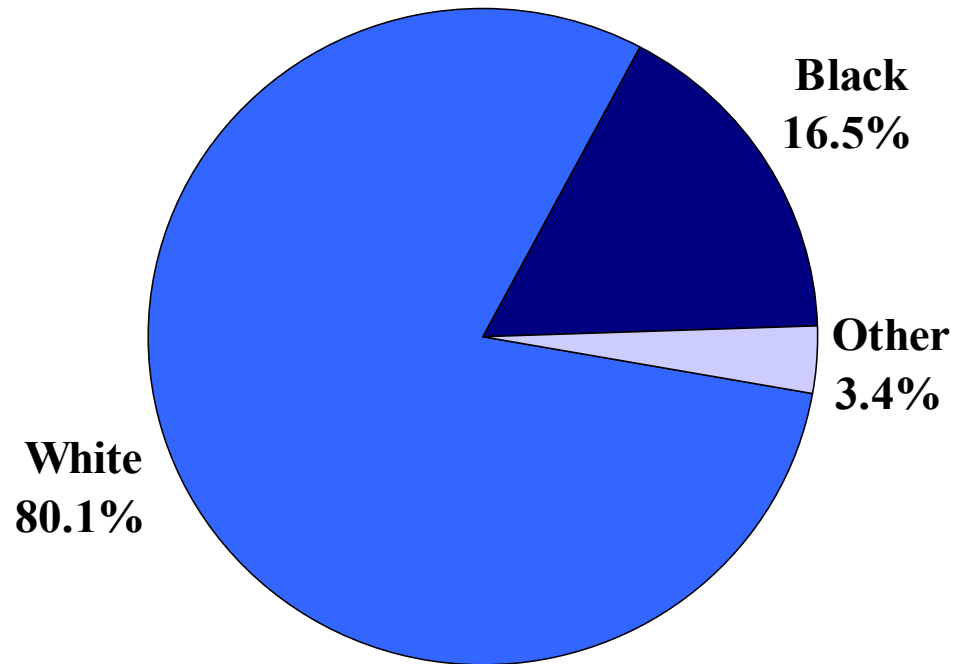
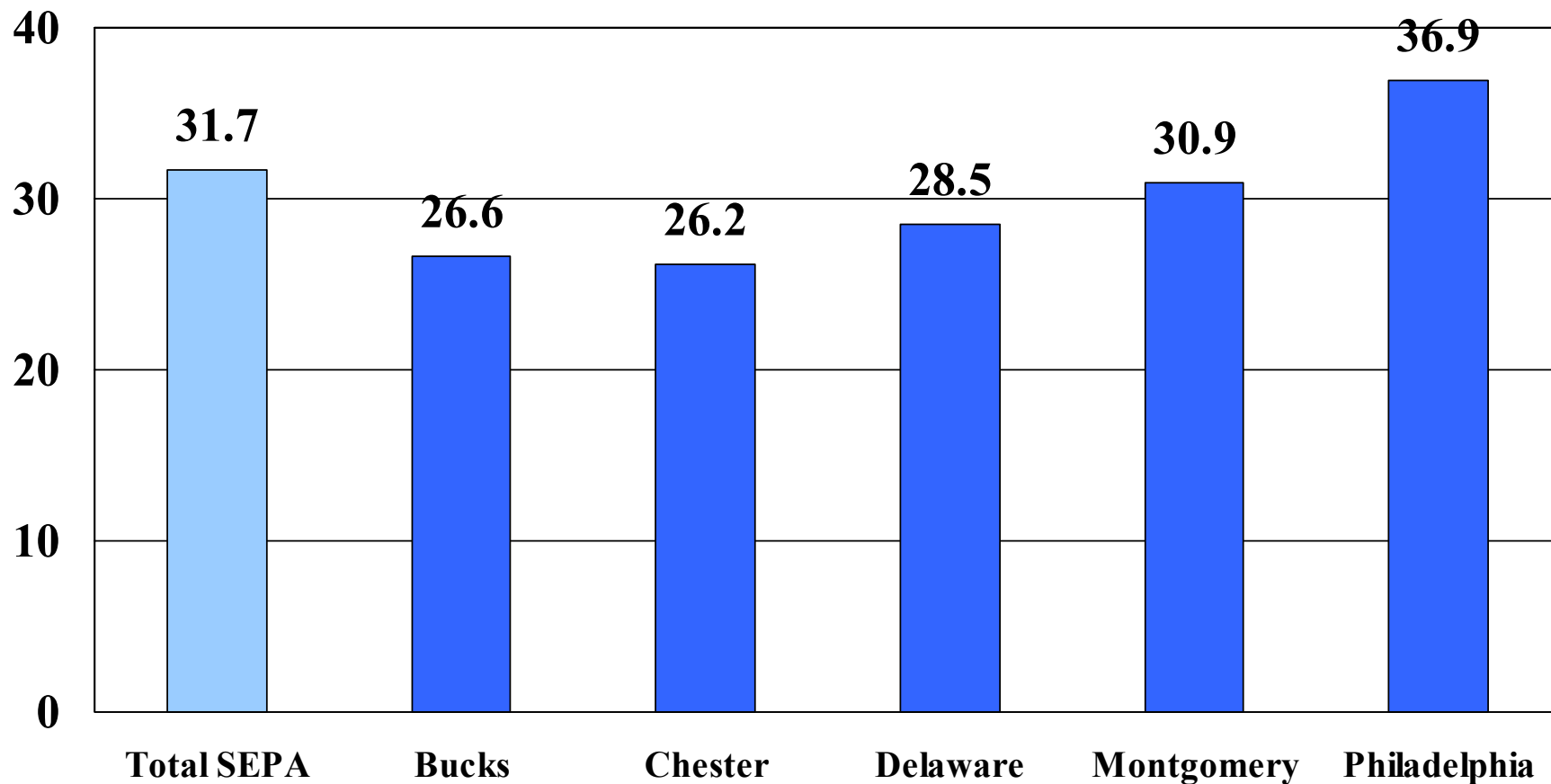
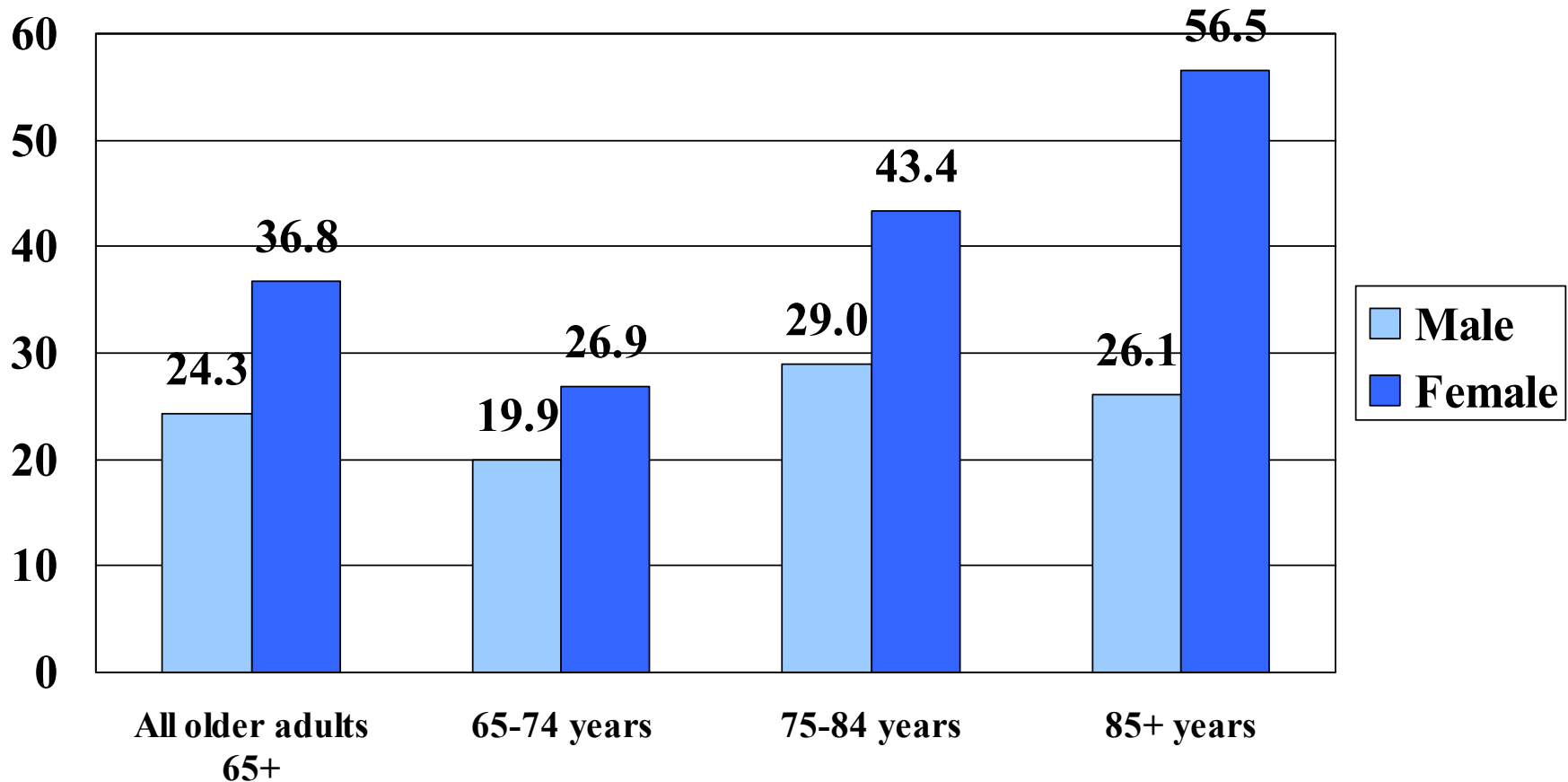


Figure 4: Southeastern Pennsylvania Older Adults (65+) Who Live Alone by County, 2004.



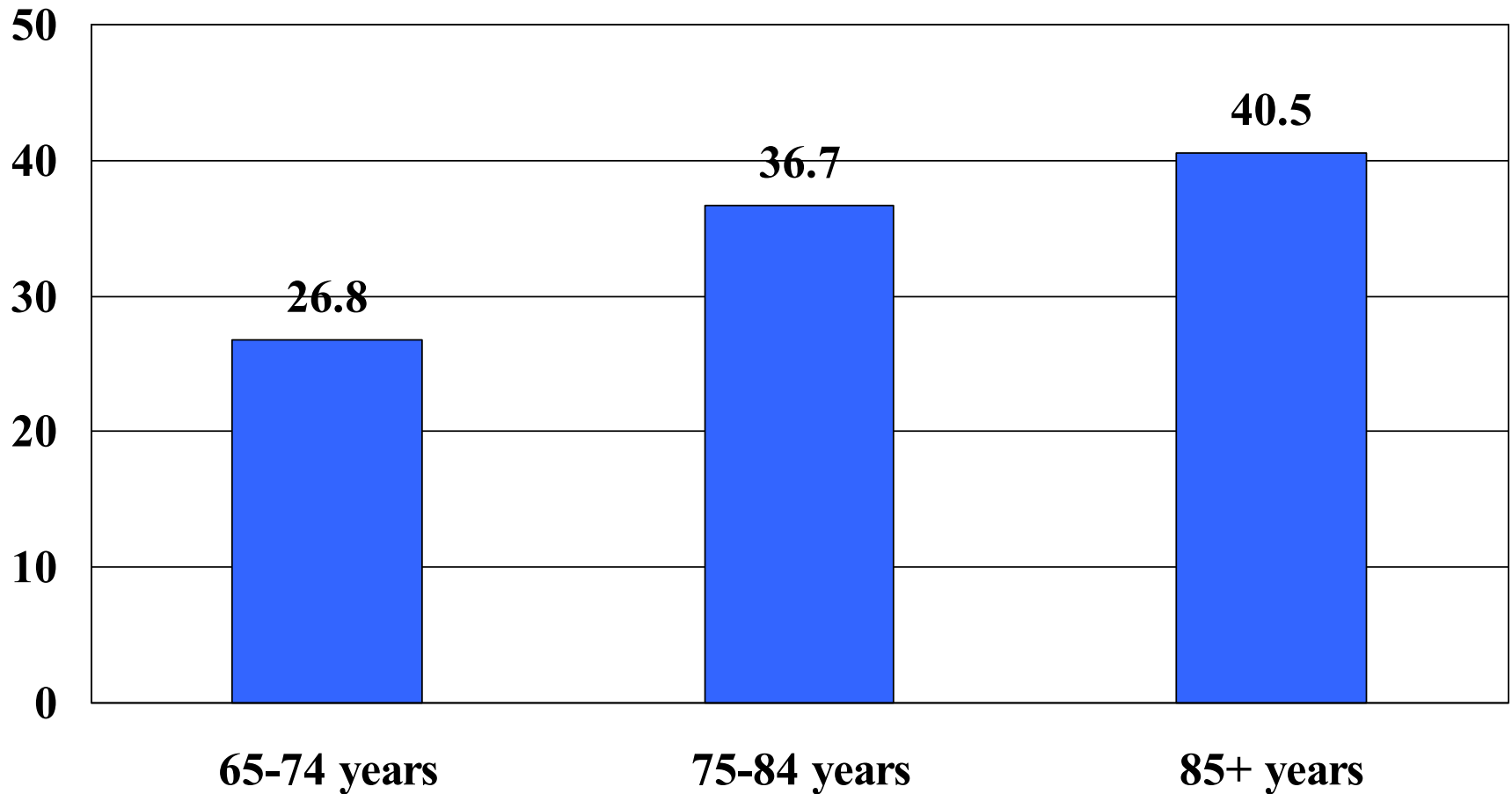
Source: PHMC's Community Health Data Base, 2004 Southeastern Pennsylvania Household Health Survey

Figure 5: Southeastern Pennsylvania Older Adults (65+) Who Live Alone by Age and Gender, 2004.



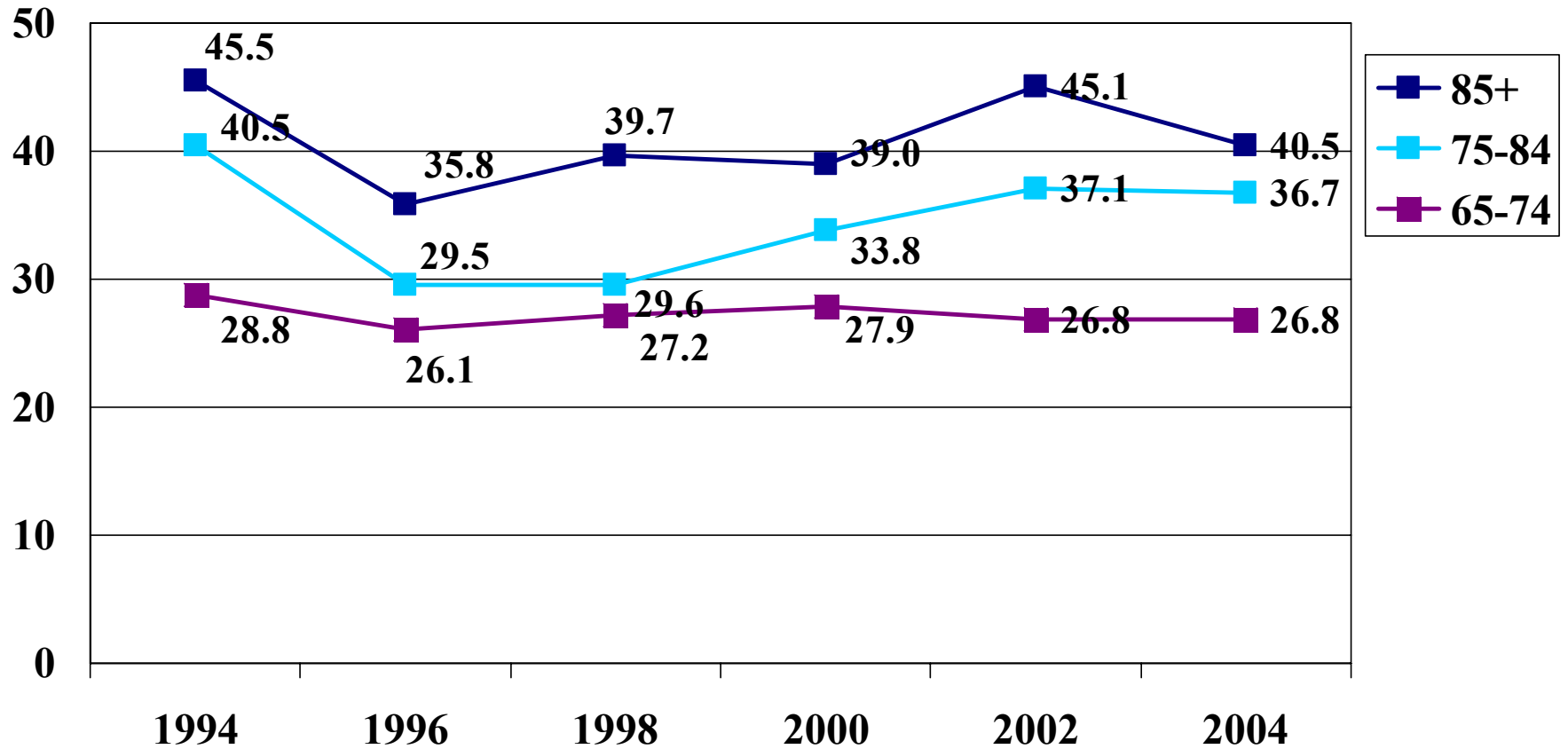
Source: PHMC's Community Health Data Base, 2004 Southeastern Pennsylvania Household Health Survey

Figure 6: Southeastern Pennsylvania Older Adults (65+) in Fair or Poor Health by Age, 2004.



Source: PHMC's Community Health Data Base, 2004 Southeastern Pennsylvania Household Health Survey

Figure 7: Southeastern PA Older Adults (65+) in Fair or Poor Health by Age, 1994-2004.



Source: PHMC's Community Health Data Base, 2004 Southeastern Pennsylvania Household Health Survey

Figure 8: Southeastern Pennsylvania Older Adults (65+) with Selected Conditions, 2004.

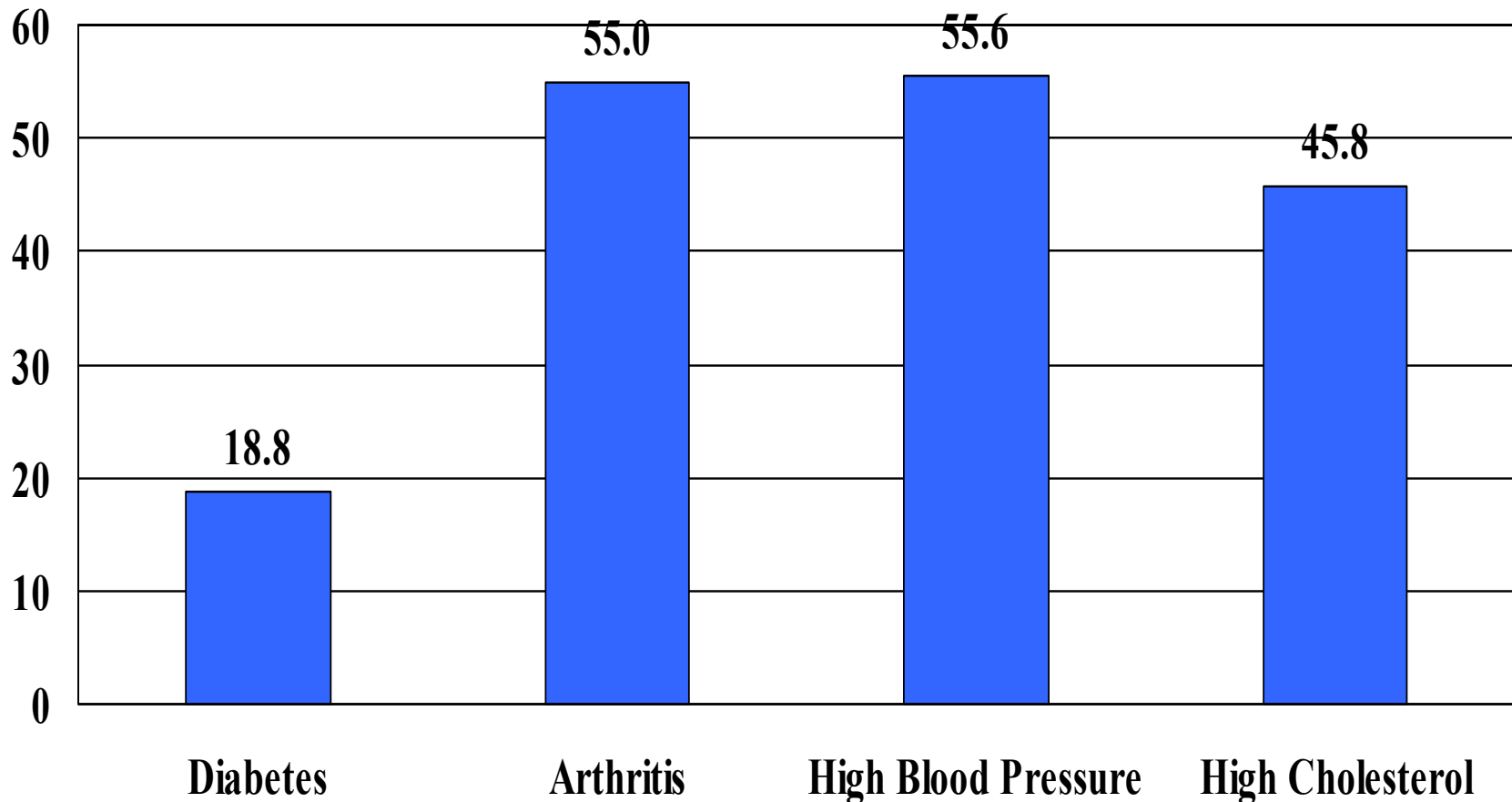
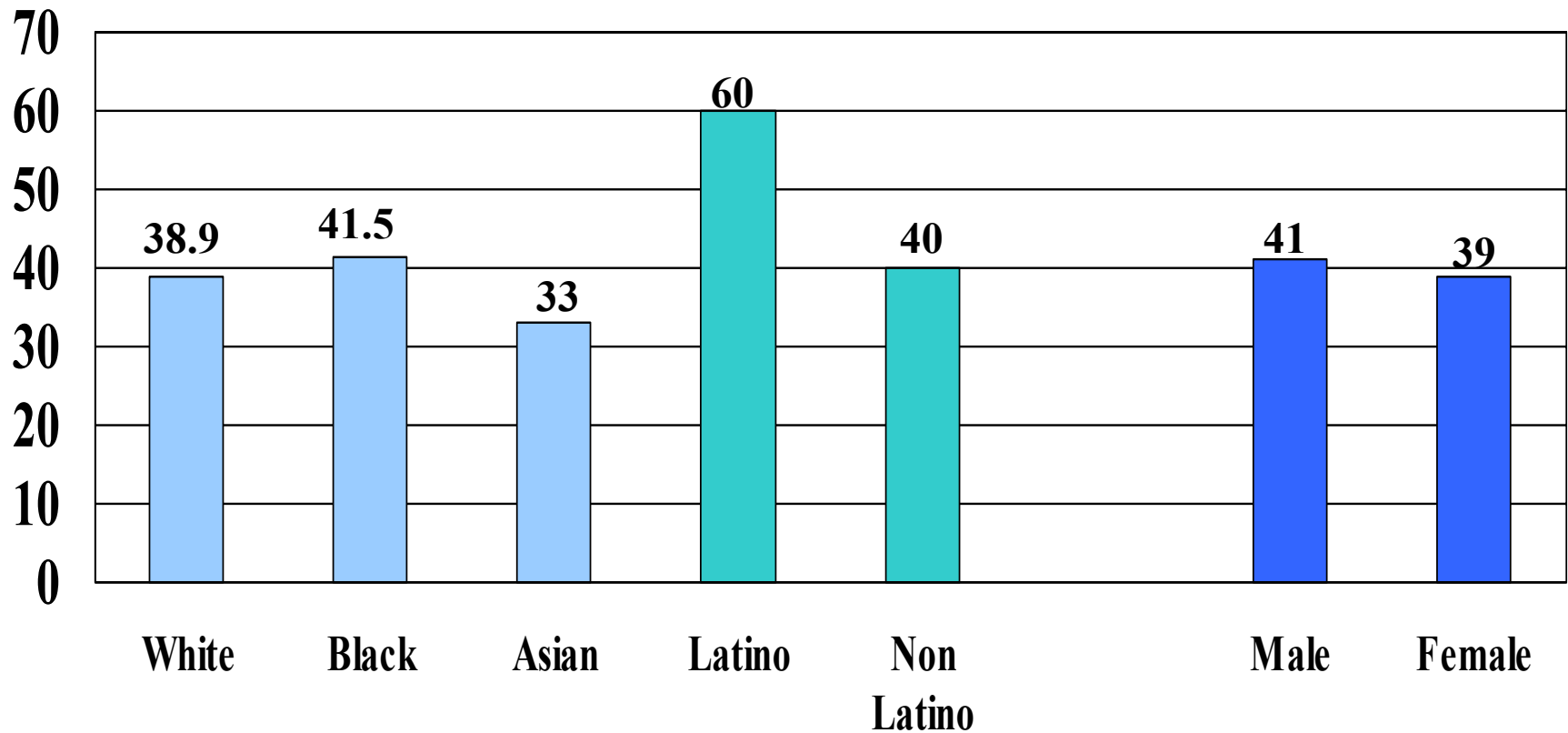
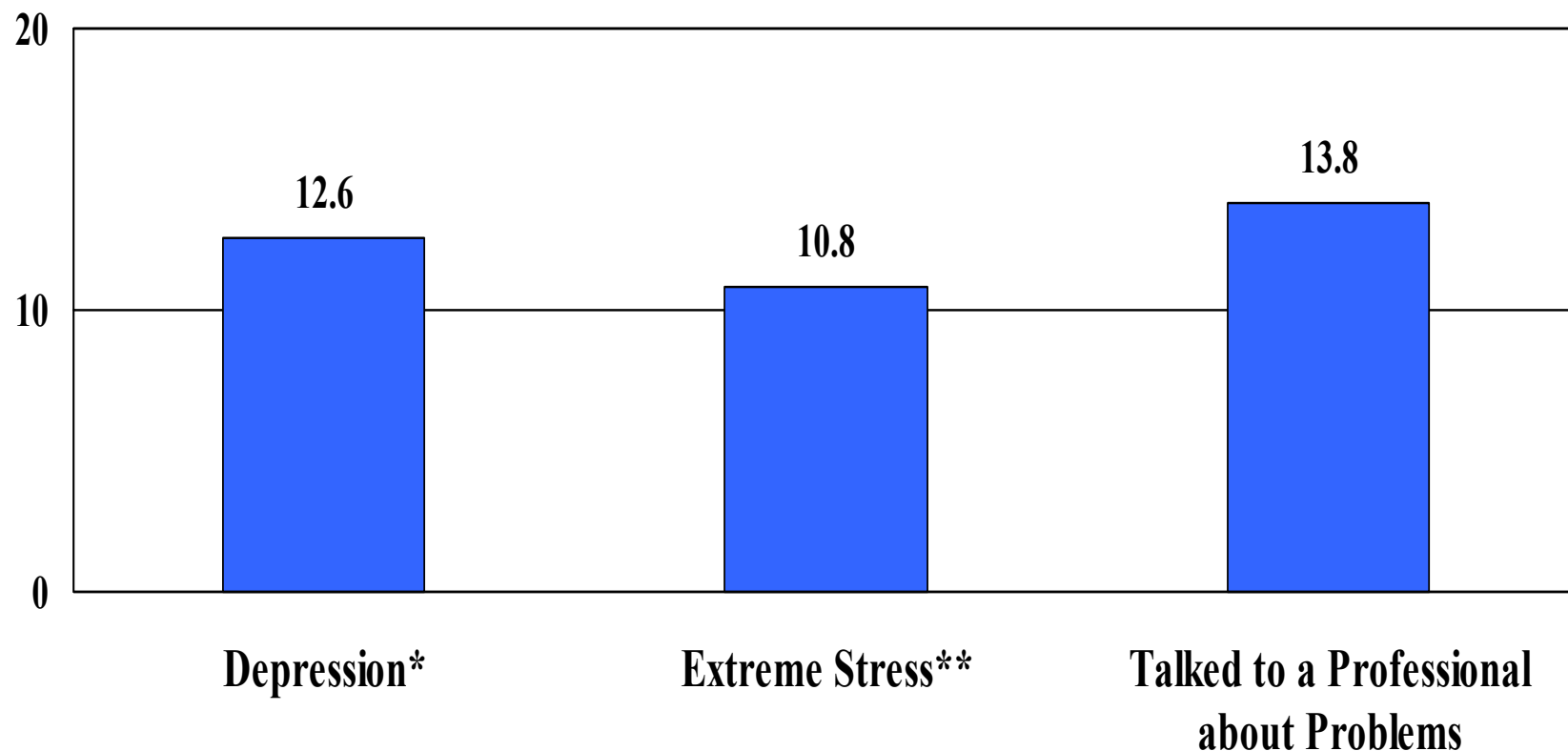


Figure 9: Southeastern Pennsylvania Older Adults (65+) with a Chronic Health Condition, by Race/Ethnicity, and Gender, 2004.



Source: PHMC's Community Health Data Base, 2004 Southeastern Pennsylvania Household Health Survey

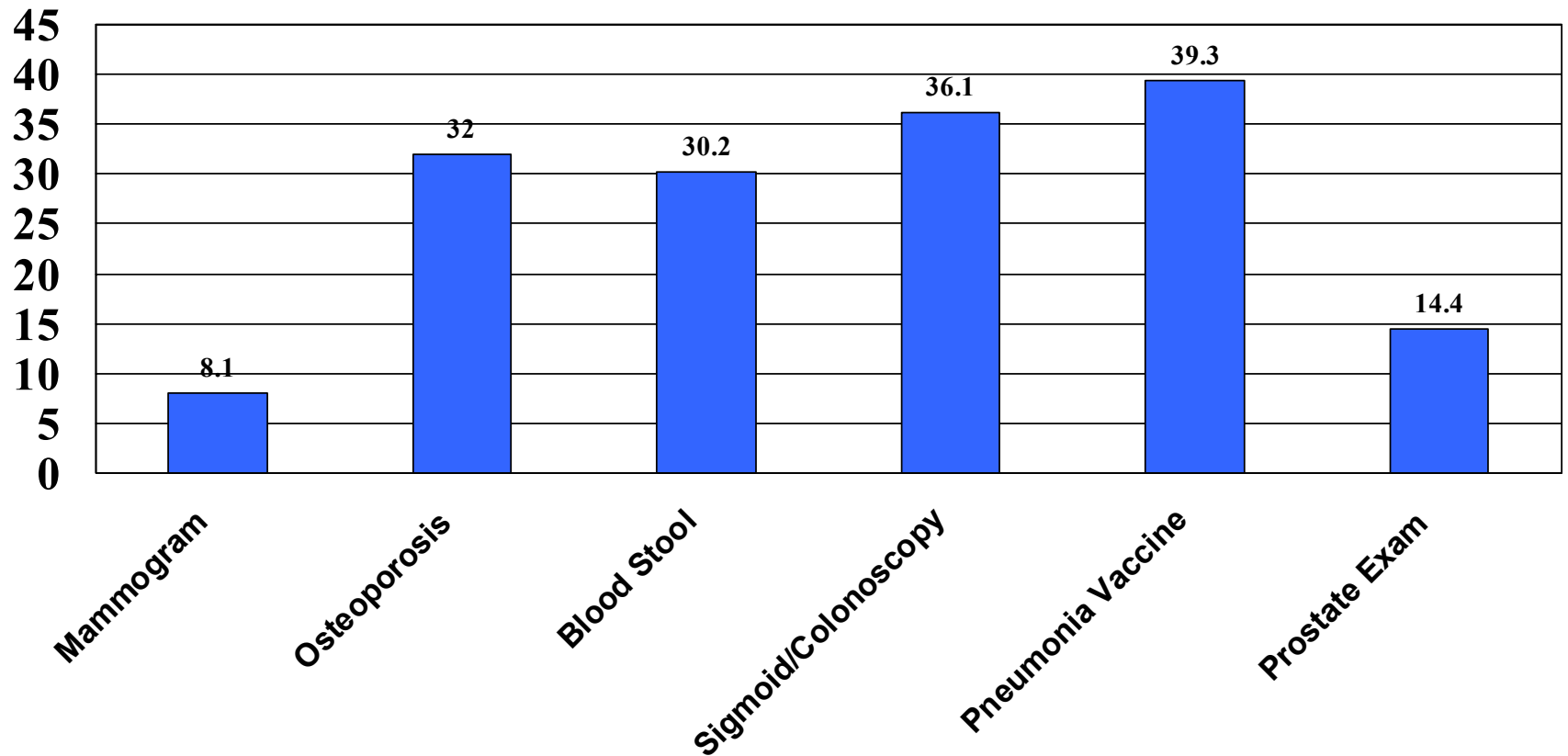
Figure 10: Selected Mental Health Indicators for Southeastern Pennsylvania Older Adults (65+), 2004.



Notes: *Using the DES 10 item scale for non-institutionalized elderly, respondents were asked about feelings of sadness, loss of interest in leisure activities, changes in appetite, feelings of guilt, inability to concentrate, loss of energy, restlessness or thoughts of suicide. A score of four or more indicates major depression.

** Extreme stress is a self-reported score of 8, 9 or 10 on a scale of 1-10.

Figure 11: Percentage of Bucks County Older Adults (65+) Who Have NEVER Had the Following Screenings, 2004



Source: PHMC's Community Health Data Base, 2004 Southeastern Pennsylvania Household Health Survey

Figure 12. Reasons Why Women (65+) Did NOT Receive a Mammogram In the Recommended Time, Southeastern Pennsylvania, 2002.

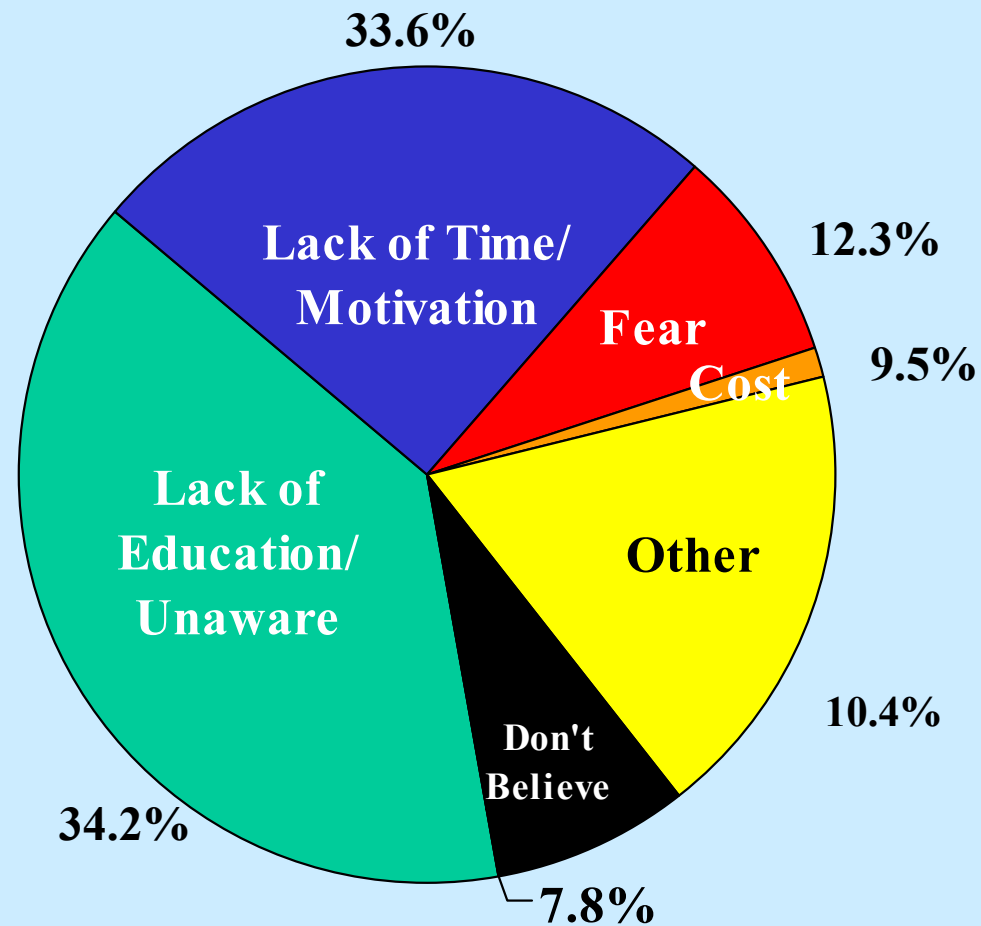
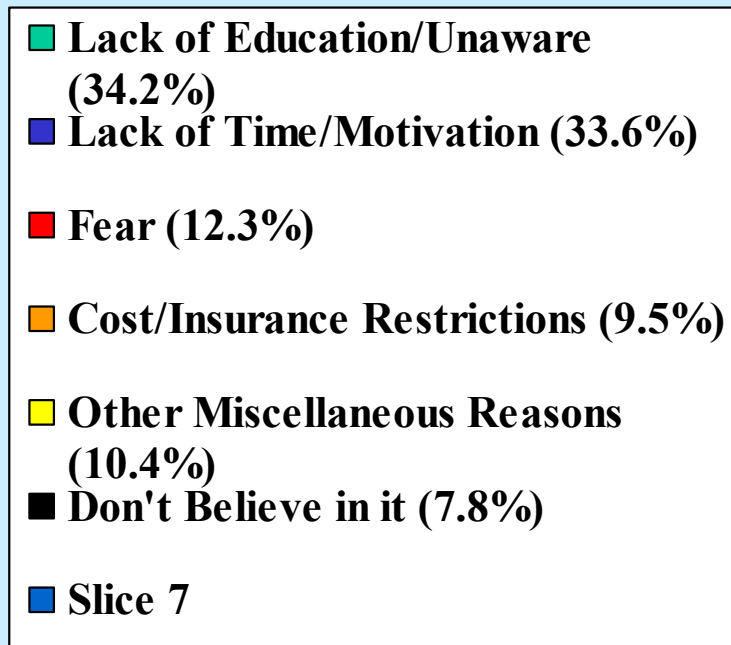
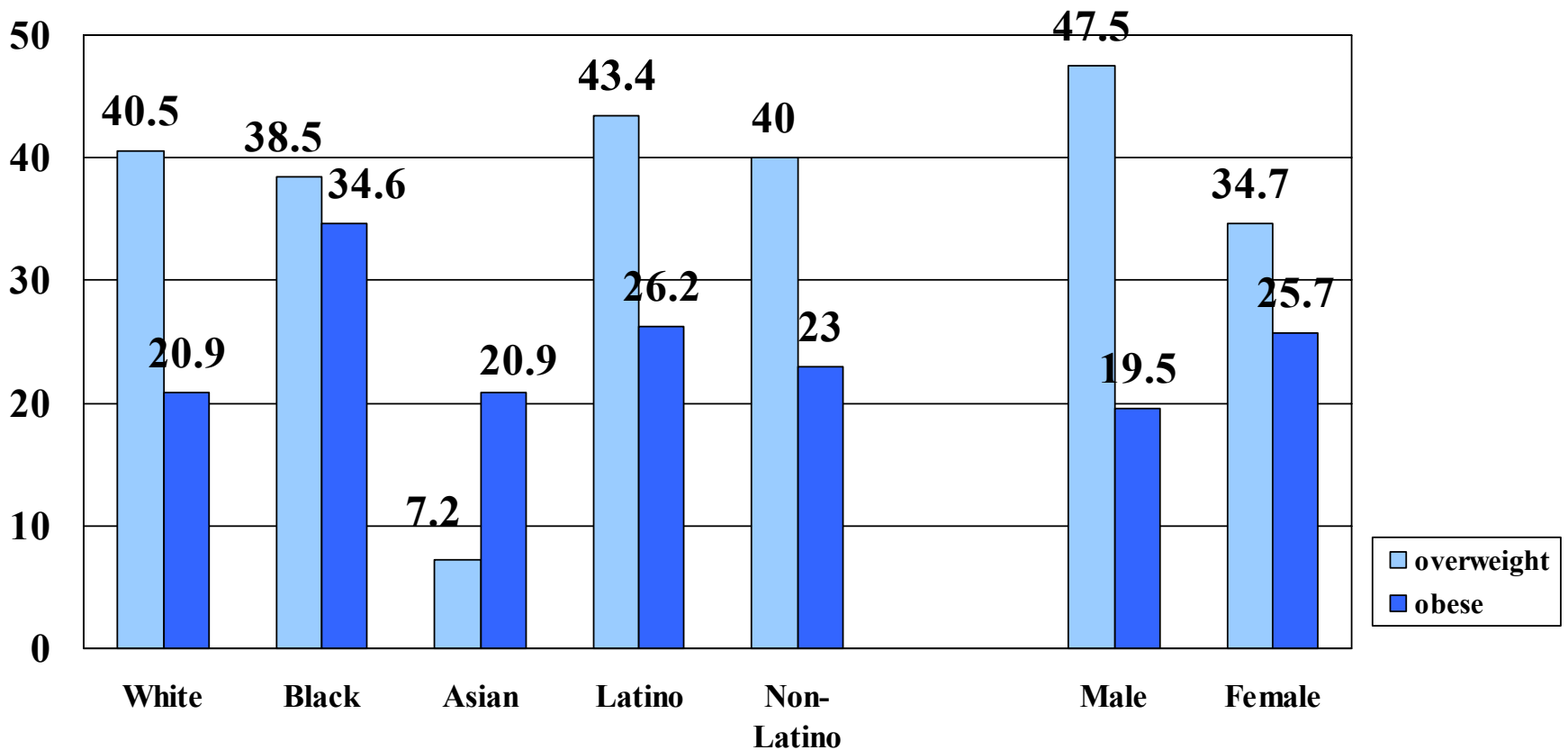
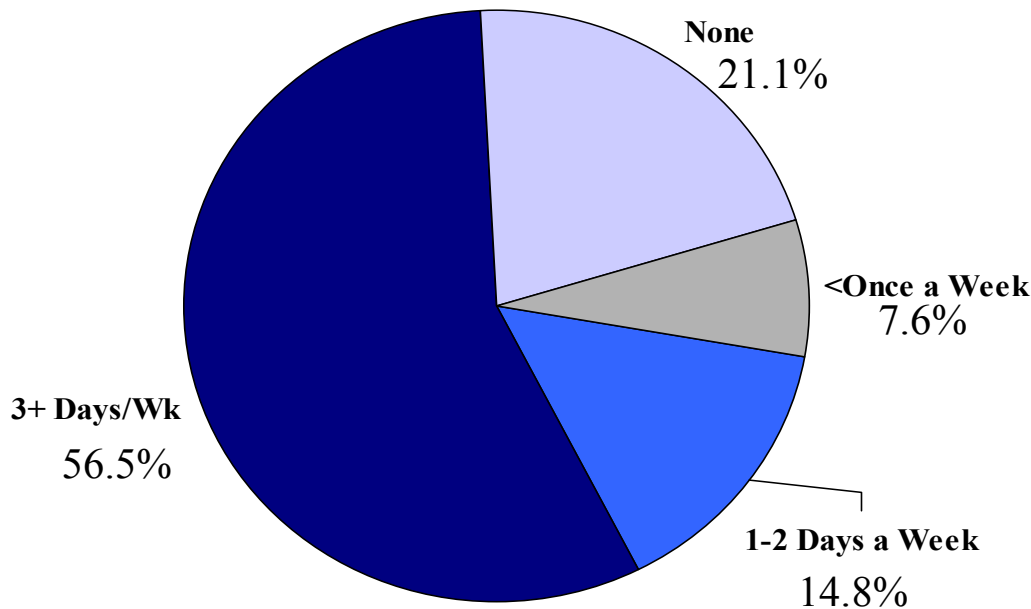


Figure 13: Older Adults (65+) in Southeastern PA Who are Overweight or Obese by Race/Ethnicity and Gender, 2004.



Source: PHMC's Community Health Data Base, 2004 Southeastern Pennsylvania Household Health Survey

Figure 14: Frequency of Exercise Among Older Adults (65+) in Bucks County, 2004

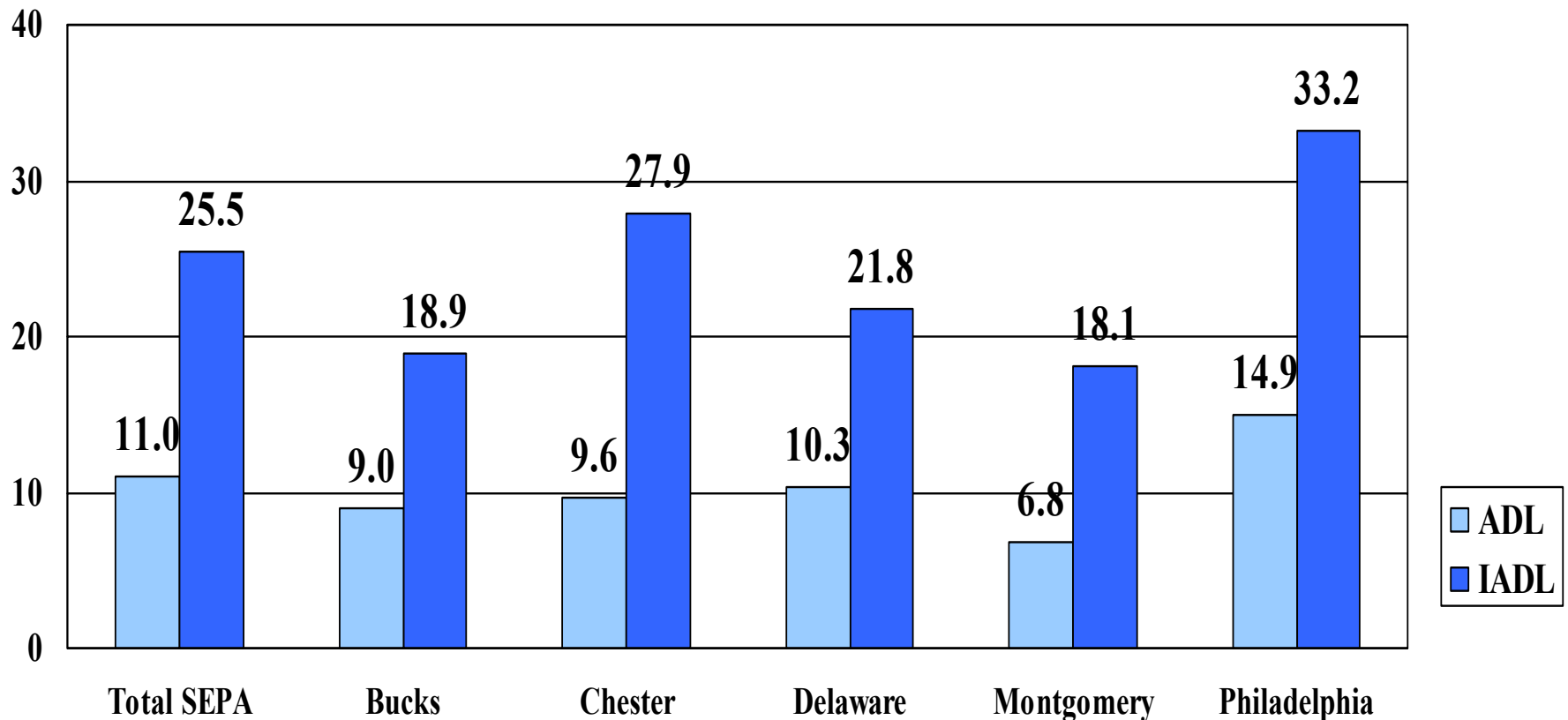


- One in five Bucks County adults, 65 years of age and older, are obese and another 42.2% are overweight (BMI scale).

- One in five older adults in Bucks County were advised by their health care provider to lose weight in the past year (22.1%).

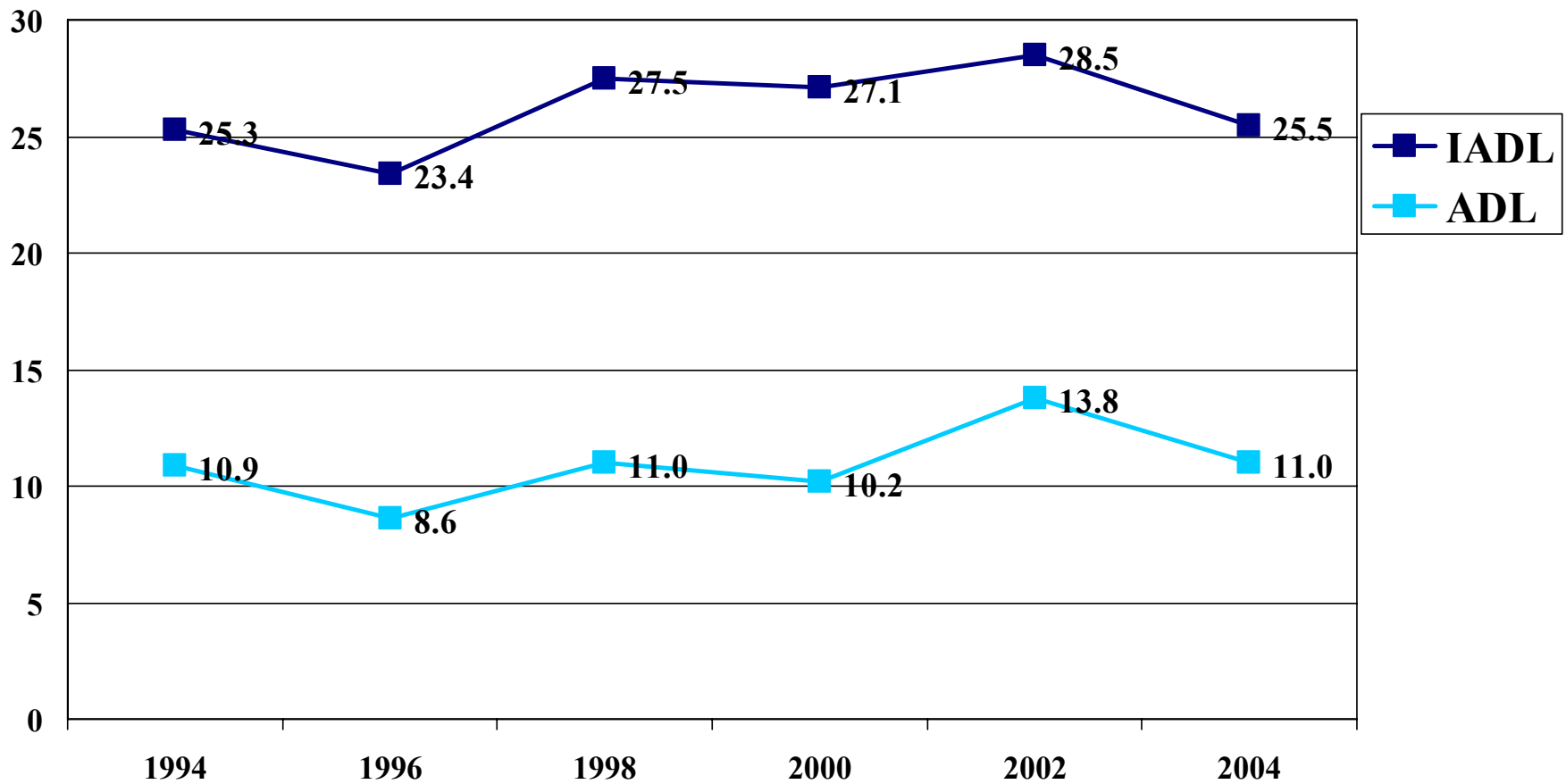
- Nearly half of all older adults in Bucks county have talked to their doctor about exercise in the past year (47.3%).

Figure 15: Southeastern PA Older Adults (65+) with ADL and IADL Limitations* by County, 2004.



Notes: *Activities of Daily Living (ADL) limitations include needing help with eating, dressing, grooming, walking, getting in and out of bed, bathing, going to the bathroom. Instrumental Activities of Daily Living (IADL) limitations include needing help using the phone, getting places out of walking distance, shopping, preparing meals, cleaning the home, taking medicine and handling money.

Figure 16: Southeastern PA Older Adults (65+) with ADL and IADL Limitations, 1994-2004.



Source: PHMC's Community Health Data Base, 2004 Southeastern Pennsylvania Household Health Survey

Figure 17: Southeastern PA Older Adults (65+) with ADL Limitations by Age, 1994-2004.

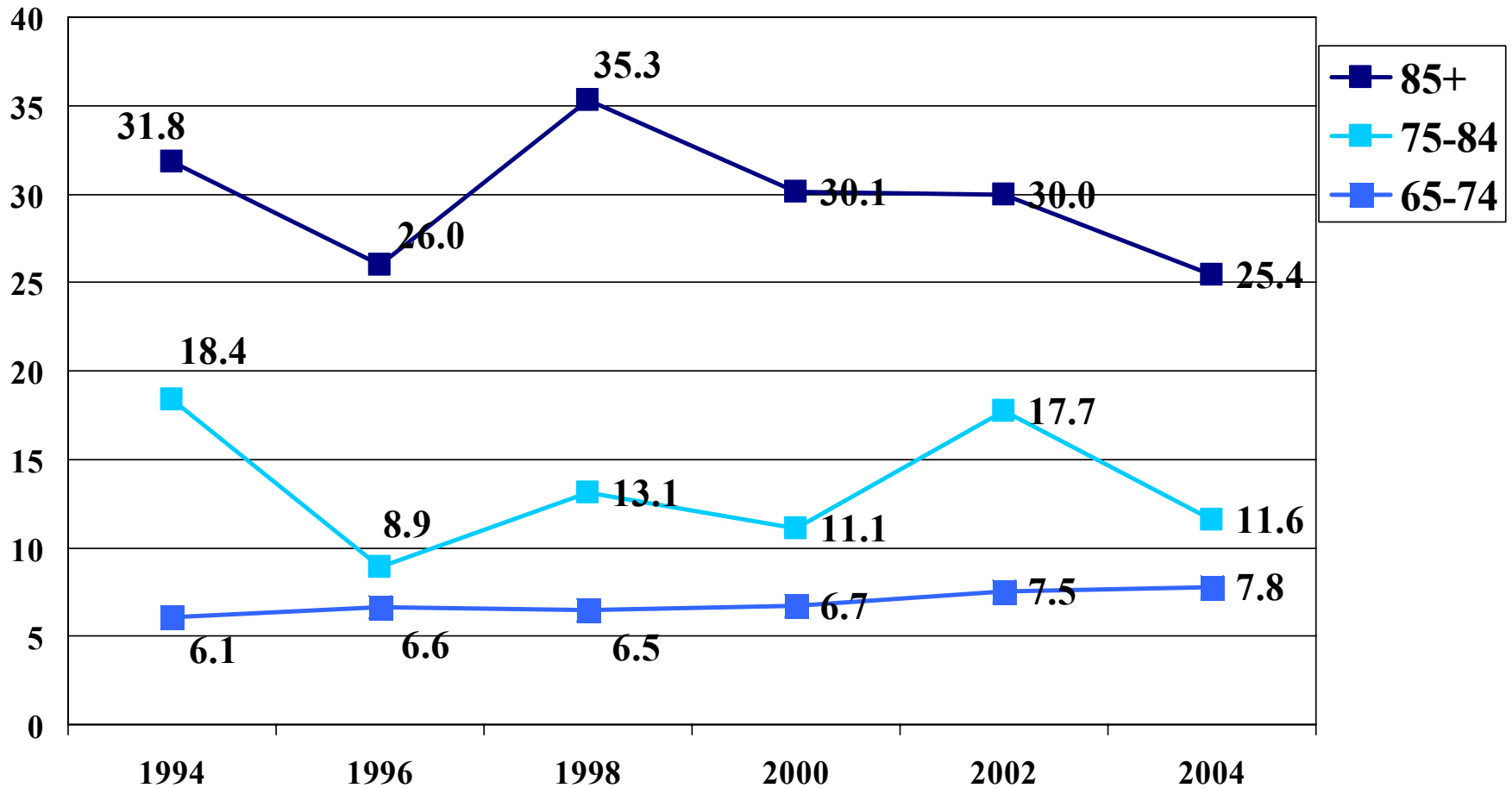
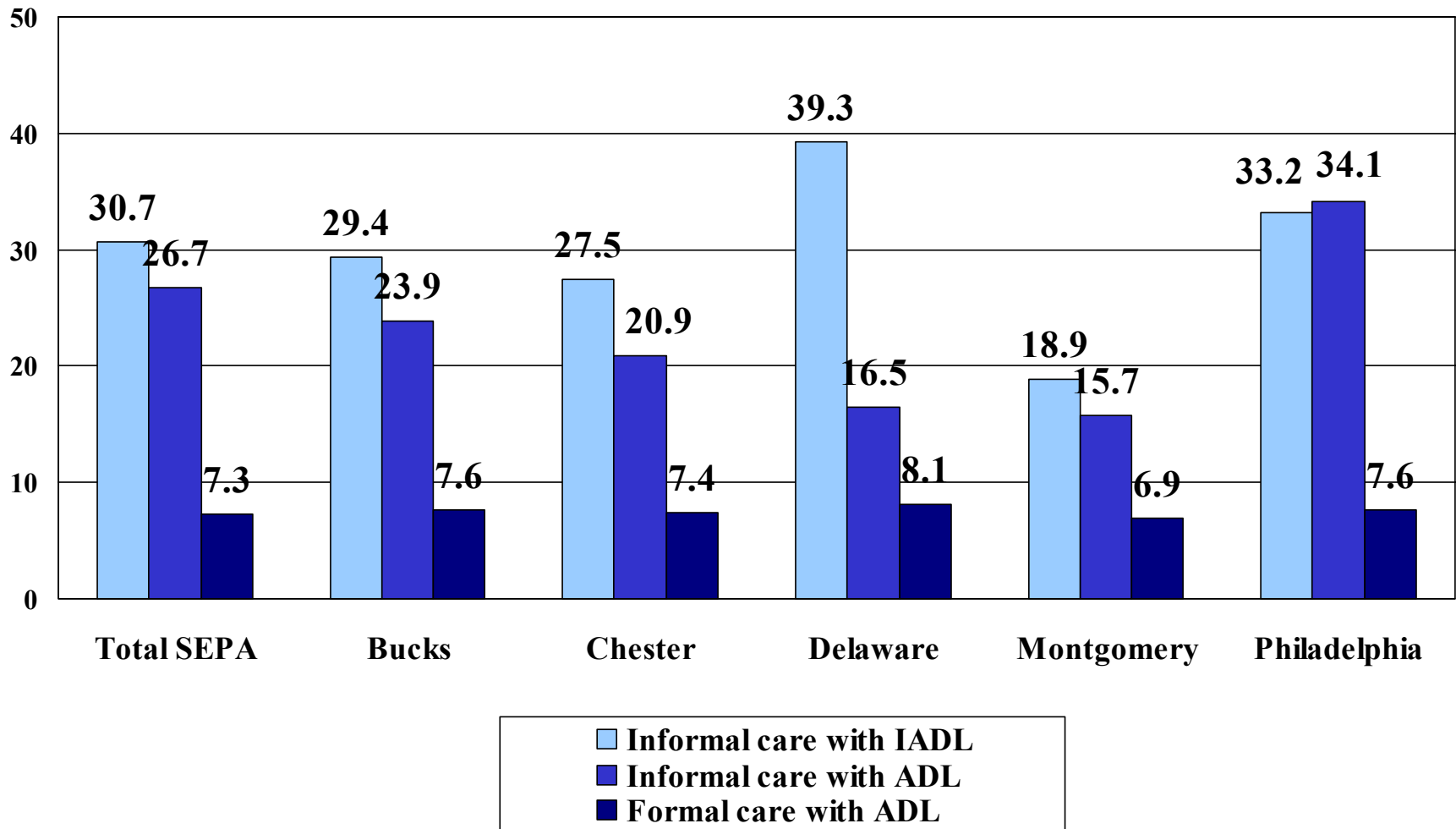


Figure 18: Older Adults (65+) Who Receive Informal and Formal Home Care Services by County, 2004.



Source: PHMC's Community Health Data Base, 2004 Southeastern Pennsylvania Household Health Survey

Figure 19: Southeastern Pennsylvania Older Adults (65+) Without Prescription Coverage and Those Not Filling a Prescription Due to Cost by County, 2004.

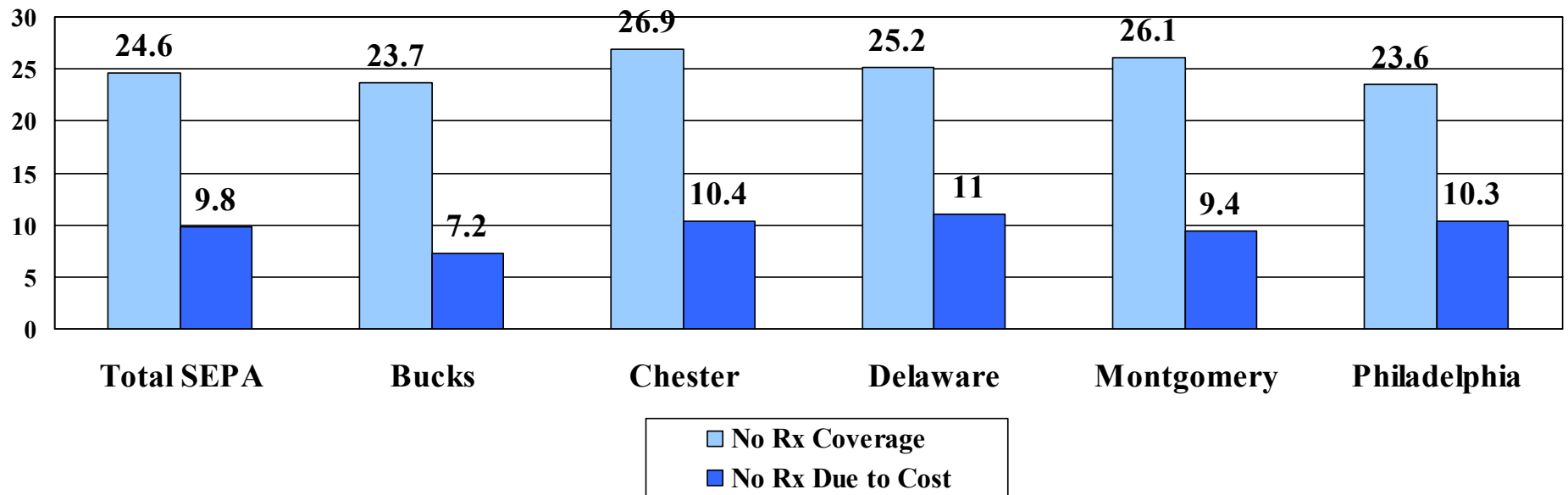


Figure 20: Older Adults (65+) Who Cancelled a Doctor's Appointment Because of Transportation Problems by Living Arrangement, 2004.

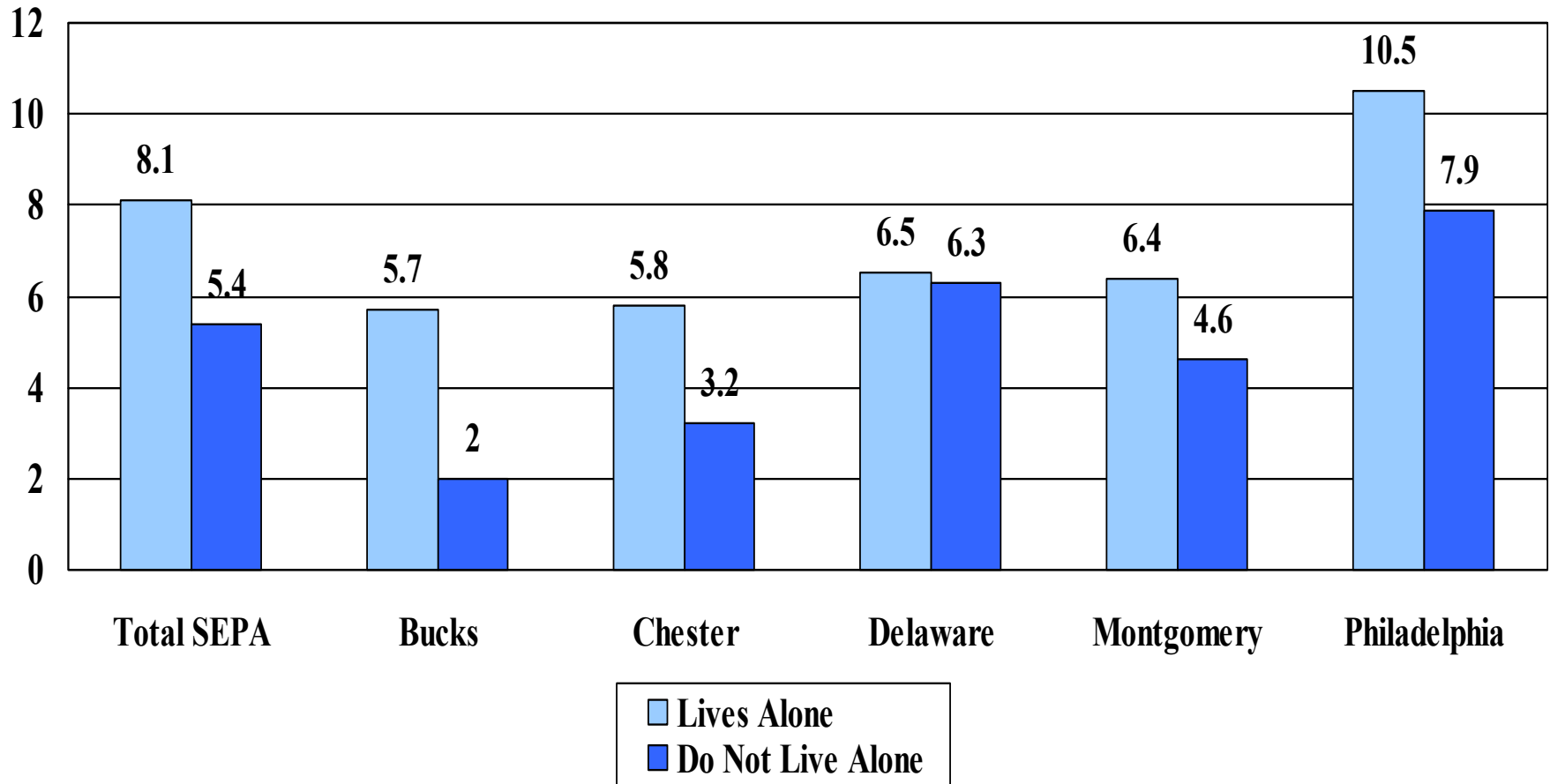
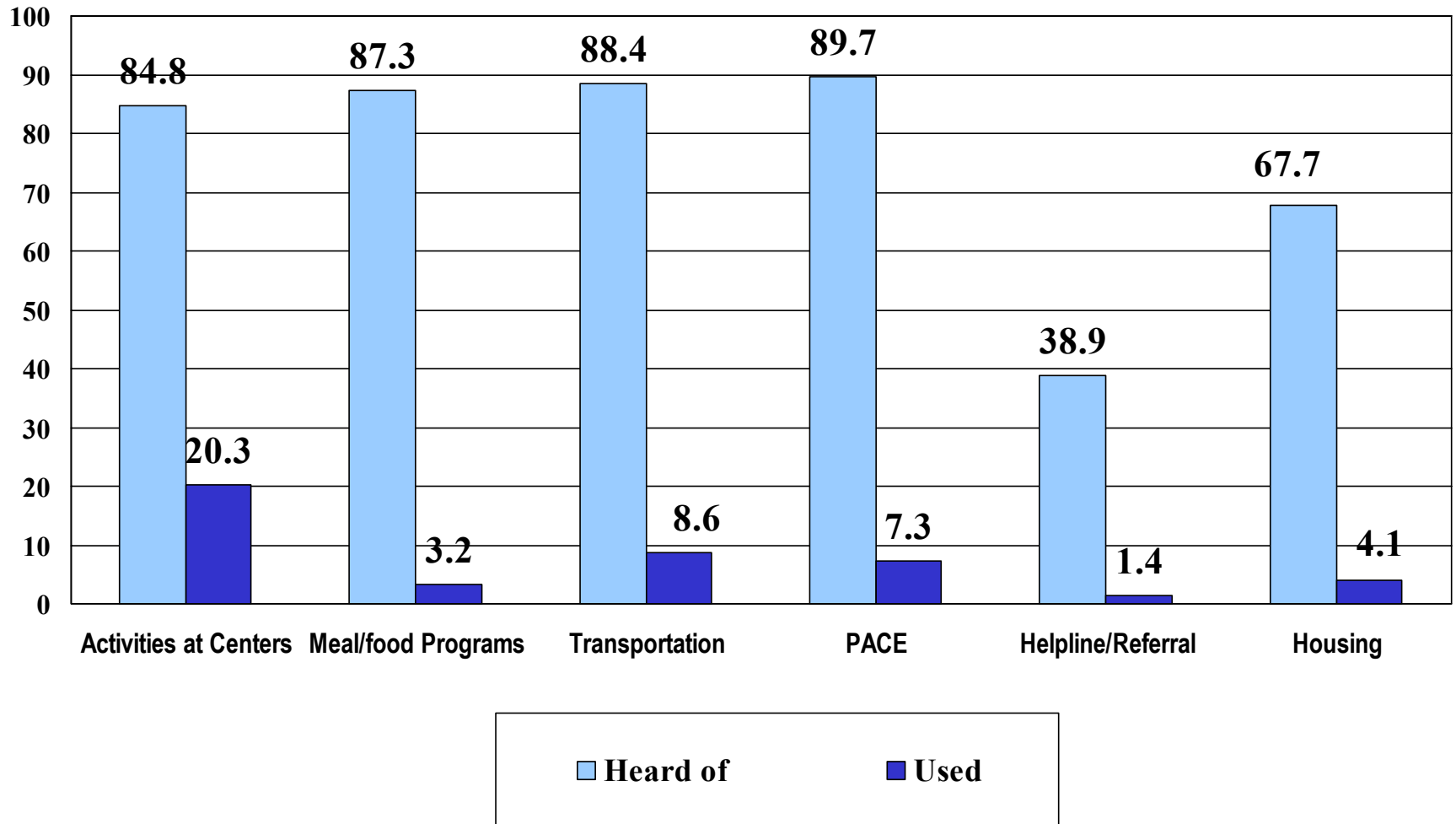
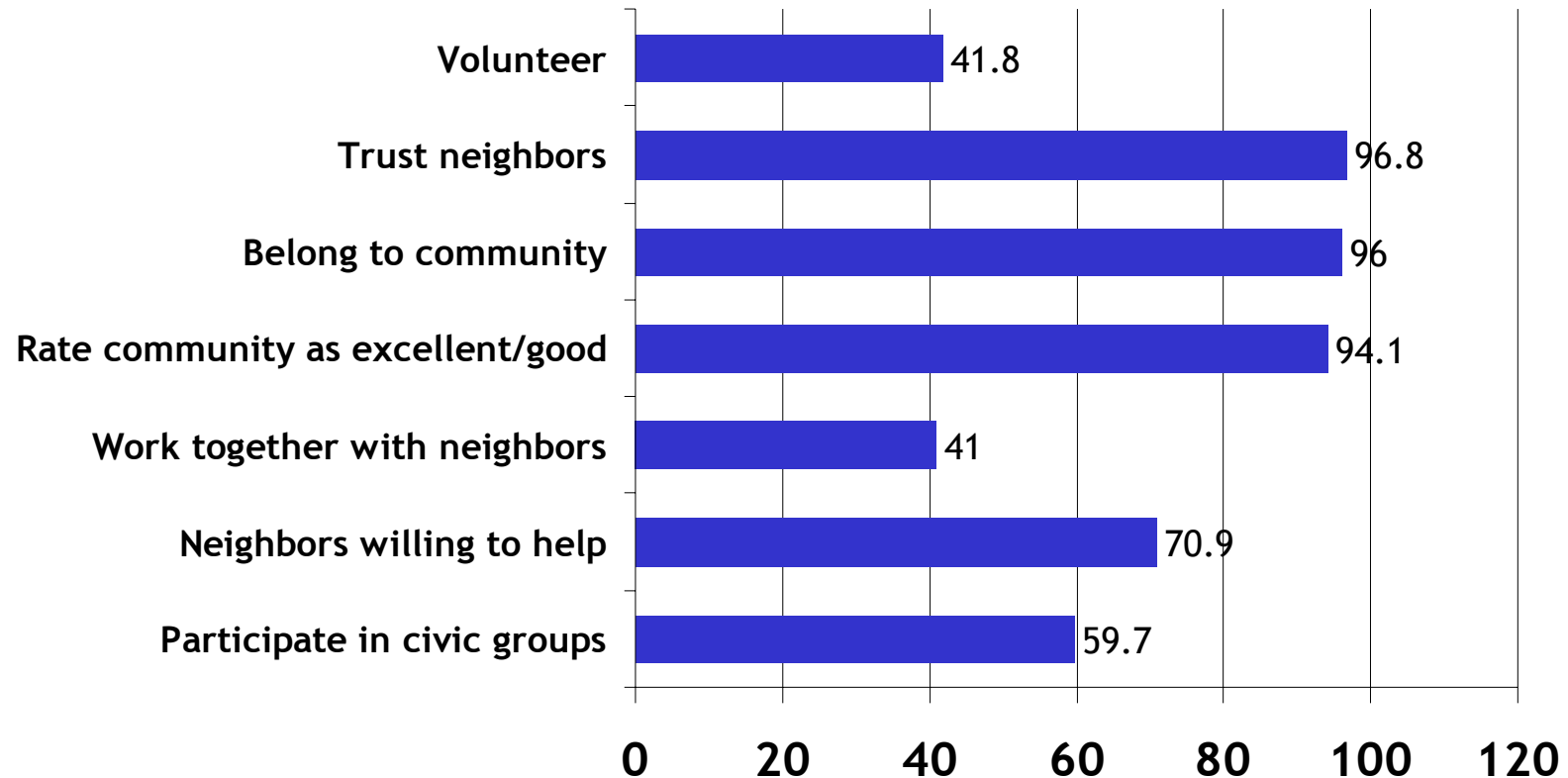


Figure 21: Bucks County Older Adults (65+) Awareness and Use of Services, 2004.



Source: PHMC's Community Health Data Base, 2004 Southeastern Pennsylvania Household Health Survey

Figure 22. Social Capital Indicators among Bucks County Older Adults (65+), 2004



Data Source: 2004 Southeastern Pennsylvania Household Health Survey. Philadelphia Health Management Corporation, Community Health Data Base, 2004.

In addition to the data in this presentation, the Household Health Survey also includes information for older adults about...

- * Disease Prevention and Health Promotion**
- * Doctor-Patient Relations**
- * Source of Care and Utilization of Services**
- * Satisfaction with Care**
- * Personal Health Behaviors**
- * Additional Demographic Characteristics**
- * Knowledge and Utilization of Social Supports and Services**
- * Hunger**
- * Safety and Violence**
- * Obstacles to Care**
- * Health Insurance**
- * Housing and Environment**
- * Social Capital**

**Today's presentation is available online at
www.phmc.org/chdb**