

The State of Aging and Health in America Report

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The State of Aging and Health in America report assesses the health status and health behaviors of U.S. adults aged 65 years and older and makes recommendations to improve the mental and physical health of all Americans in their later years. The report includes national- and state-based report cards that examine 15 key indicators of older adult health.

Physically Unhealthy Day

In 2004, among adults aged 65 or older, the average number of physically unhealthy days per month was 4.2 for Asians and Pacific Islanders; 5.5 for non-Hispanic whites; 6.6 for Hispanics; and 6.8 for non-Hispanic blacks. Native Americans and Alaska Natives had the highest level of physically unhealthy days at 7.4 per month.

United States residents over 65 average number of physically unhealthy days per month was 5.5

New York residents over 65 average number of physically unhealthy days per month was 5.4

Frequent Mental Distress

People who reported 14 or more days of poor mental health were defined as having frequent mental distress (FMD). Among Americans aged 65 or older, the prevalence of FMD was lower among non-Hispanic whites (5.9%) and Asians and Pacific Islanders (6.1%) compared with Native Americans and Alaska Natives (8.4%), non-Hispanic blacks (9.8%), and Hispanics (11.2%).

United States residents over 65 the prevalence of FMD was 6.3%

New York residents over 65 the prevalence of FMD was 6.7 %

Oral Health

Periodontal (gum) diseases are associated with diabetes and possibly with cardiovascular disease and stroke. These and other oral health problems among older adults can lead to needless pain and suffering; difficulty speaking, chewing, and swallowing; and loss of self-esteem.

United States tooth loss over 65: 21.3%

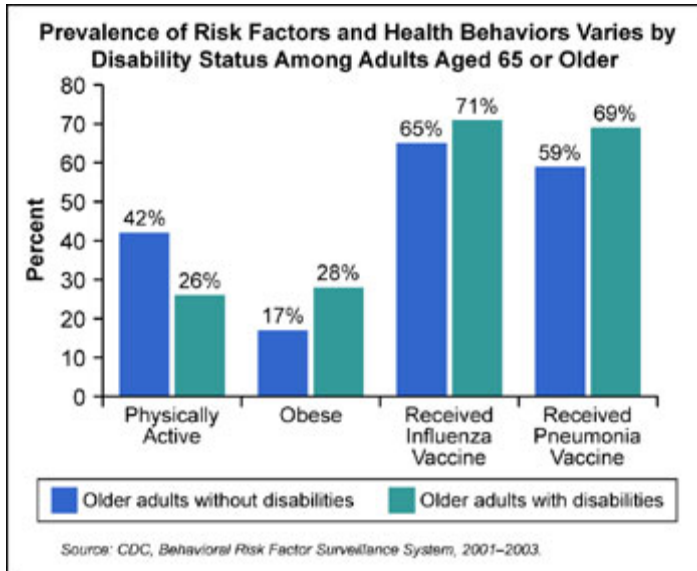
New York tooth loss over 65: 16.9%

Disability

Older adults with disabilities are less likely to be physically active and more likely to be obese. However, they are more likely than those without disabilities to have received an influenza or pneumococcal vaccine.

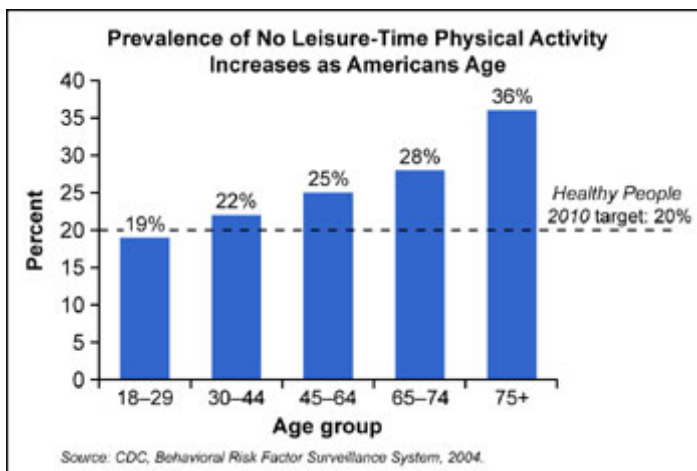
United States residents over 65 with a disability: 34.5%

New York residents over 65 with a disability: 34.6%



No Leisure-Time Physical Activity

Being physically active contributes substantially to healthy aging. Regular physical activity can help prevent or control many of the health problems (e.g., high blood pressure; depression; obesity; and diabetes) that often reduce the quality and length of life for older adults. Strength training is of particular importance to older adults, as it can provide relief from arthritis pain; improve balance and reduce the risk of falling; strengthen bones; and reduce blood glucose levels.



United States residents over 65 prevalence of no leisure-time physical activity: 31.9%

New York residents over 65 prevalence of no leisure-time physical activity: 35.6%

Eating \geq 5 Fruits and Vegetables Daily

Diets rich in fruits and vegetables may reduce the risk for some cancers and chronic diseases such as diabetes and cardiovascular disease. Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that are important for good health.

Compared with other age groups, a greater proportion of adults aged 65 or older eat five or more fruits and vegetables daily. However, only about 30% of the overall population in this age group meets the five-a-day recommendation.

Percentage of older Americans who eat five or more fruits and vegetables varies by race and ethnicity. About 40% of Asian/Pacific Islander older adults meet the five-a-day recommendation, compared with only 31% of non-Hispanic whites; 26% of Hispanics; 25% of non-Hispanic blacks; and 24% of Native Americans.

United States residents over 65 eating five or more fruits and vegetables daily: 29.8%

New York residents over 65 eating five or more fruits and vegetables daily: 33.8%

Obesity

Obesity is defined as having a body mass index (BMI) of 30 or greater. BMI is calculated by dividing a person's weight in kilograms by his or her height in meters squared (kg/m²). Older adults can benefit from maintaining a healthy body weight. Obesity is a risk factor for many chronic conditions, including four of the 10 leading causes of death in the United States — coronary heart disease, type 2 diabetes, stroke, and several forms of cancer. Obesity also can worsen conditions such as arthritis, and it is associated with activity limitations and feelings of sadness and hopelessness.

United States residents over 65 who are obese: 21.2%

New York residents over 65 who are obese: 18.7%

Current Smoking

Although most older adults who were once regular smokers have quit, about 9% of adults aged 65 or older were still smoking cigarettes in 2004.

Postmenopausal women who smoke have lower bone density and an increased risk for hip fracture than women who never smoked.(1)

Even adults who have smoked for a lifetime can gain significant health benefits from quitting. For example, the risk for heart attack declines and overall lung function improves within just two weeks to three months of quitting

United States residents over 65 who currently smoke: 9.3%

New York residents over 65 who currently smoke:10.9 %

Flu Vaccine in Past Year

Influenza and pneumonia kill thousands of older adults annually even though both diseases are largely preventable through vaccination. An average of 36,000 people, the majority of whom are aged 65 years or older, die annually from influenza and its complications, and about half of the 5,000 annual deaths from invasive pneumococcal disease occur in this age group.

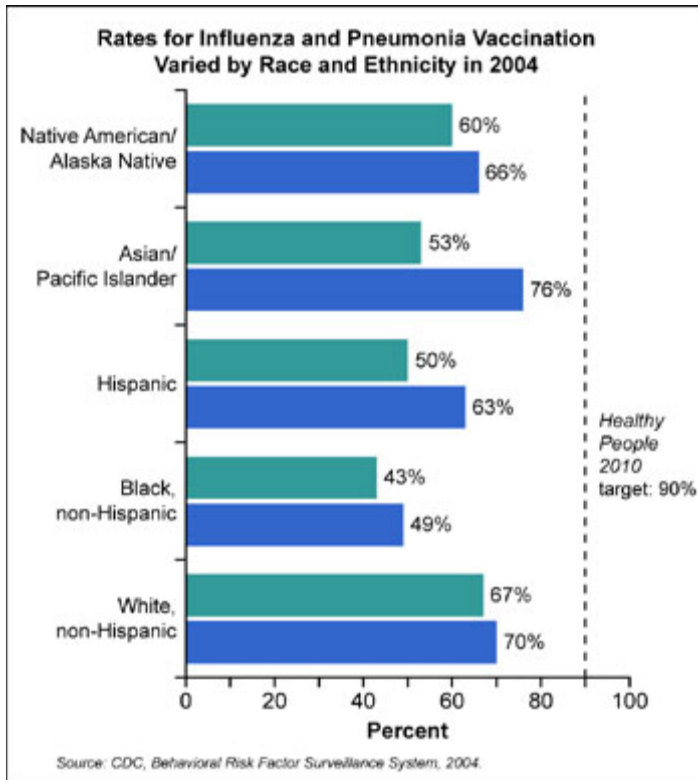
United States residents over 65 who received flu vaccine: 21.2%

New York residents over 65 who received flu vaccine: 21.2%

Ever had pneumonia vaccine

United States residents over 65 who ever had pneumonia vaccine: 64.7%

New York residents over 65 who ever had pneumonia vaccine: 64.7%



Mammogram

The chance of getting breast cancer increases as a woman gets older. Nearly eight of 10 cases of breast cancers are found in women over age 50.

Early detection of breast cancer saves lives, and mammography is the best available method to detect breast cancer in its earliest, most treatable stage, several years before a lump can be felt. Timely mammography screening among women aged 40 or older could reduce breast cancer mortality by approximately 16% compared with women who are not screened.

Mammograms for women aged 65 or older are covered by Medicare, but many women are still not taking advantage of this opportunity

United States women over 65 who have had a mammogram in past two years: 75.1%

New York women over 65 who have had a mammogram in past two years: 75.1%

Colorectal Screening

Colorectal cancer is the third most common type of cancer for both men and women and the second leading cause of cancer death in the United States. More than 90% of cases are diagnosed in people aged 50 or older. In 2002, a total of 70,651 men and 68,883 women received diagnosis of colorectal cancer, and 28,471 men and 28,132 women died. The Healthy People 2010 target for colorectal cancer screening is to increase the proportion of people aged 50 or older who have ever received a sigmoidoscopy to 50%

United States residents over 65 colorectal screening in past two years: 63.1%
New York residents over 65 colorectal screening in past two years: 63.1%

Up-to-date on Select Preventive Services (Male)

The "up-to-date" indicator presents a composite picture of the preventive care and screening behaviors of older adults. The combined indicators (flu vaccine-past year, pneumonia vaccine-ever, colorectal screening-last two years) measure the use of selected clinical preventive services that are covered by Medicare and recommended for men aged 65 or older. Although each indicator is essential independently, older adults need to obtain all of these services to protect their health.

This comprehensive approach aims to provide a more meaningful and practical measure of the delivery of clinical preventive services. This approach also could enhance the ability of health departments and community groups to assess disparities in the delivery of preventive services; to better gauge progress toward measurable objectives; and to identify best practices for achieving prevention goals.

United States males over 65 up-to-date on Select Preventive Services: 38.4%
New York males over 65 up-to-date on Select Preventive Services: 38.4%

Up-to-date on Select Preventive Services (Female)

The "up-to-date" indicator presents a composite picture of the preventive care and screening behaviors of older adults. The combined indicators (flu vaccine-past year, pneumonia vaccine-ever, mammogram-last two years, colorectal screening-last two years) measure the use of selected clinical preventive services that are covered by Medicare and recommended for women aged 65 or older. Although each indicator is essential independently, older adults need to obtain all of these services to protect their health.

United States females over 65 up-to-date on Select Preventive Services: 31.6%
New York females over 65 up-to-date on Select Preventive Services: 31.6%

Cholesterol Checked in Past 5 Years

High serum cholesterol is a major risk factor for coronary heart disease, a leading cause of illness and death among older adults. Periodic cholesterol screening is an essential component of preventive health care. Fasting cholesterol levels should be measured every five years for all adults.(1)

Among the major U.S. racial and ethnic groups, Hispanics were the least likely and non-Hispanic blacks the most likely to have had their cholesterol measured within the past five years (2003 data).

United States residents over 65 cholesterol checked in last 5 years: 90.4%
New York residents over 65 cholesterol checked in last 5 years: 90.4%