

MY HEALTH, MY RESPONSIBILITY, OUR COMMUNITY

State of Community Health Report

on

Aging and Health

This is the seventh in a series of monthly reports from the

Chattanooga-Hamilton County Regional Health Council

Viston Taylor, Chairman

William Hicks, Vice Chairman

September 2000

The Regional Health Council is a community-based organization designated by the Tennessee Department of Health to be responsible for community health assessment, regional health planning, and providing input on funding decisions for health and health-related initiatives. Council members are appointed by the County Executive and the Hamilton County Commission.

The Council identified and prioritized the key health issues facing the community and is developing targeted strategies to address each issue. The five key preventable health issues are: obesity, poor diet and lack of exercise; tobacco use; risky sexual behavior; alcohol and drug use; and lack of involvement in health screenings and other preventive measures.

Data in the report comes from the Hamilton County Behavioral Risk Factor Surveillance Survey (BRFSS), the Alexian Brothers/Memorial Hospital senior needs assessment, and other sources. The data were compiled and analyzed by the Community Research Council, Inc.

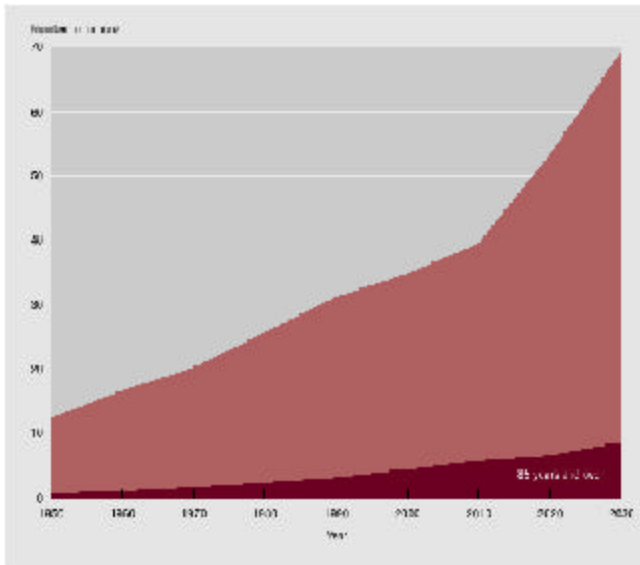
For More Information:

Viston Taylor, Alexian Brothers Community Services, 698-0802
William Hicks, Chattanooga / Hamilton County Medical Society, 622-2872
Bill Ulmer, Hamilton County Health Department, 209-8088
Ione Farrar, Community Research Council, 267-7766

Media Contacts:

Judy Frank, Chattanooga / Hamilton County Health Department, 209-8238
Rae Young Bond, First Things First, 267-5383

Projected Growth of Persons Age 65 and over 1950-2030



- In 1997, 13 percent of the U.S. **population** was 65 years of age and over. It is estimated that in 2030, 20 percent of Americans will be 65 years of age and over.
- In 1997 older persons made up a larger proportion of the non-Hispanic white population compared with other racial and ethnic groups. However, the older non-Hispanic white population is growing more slowly compared with other groups. (CDC)

NOTES: Figures for 1950–90 are based on decennial censuses. Figures for 2000–30 are middle series population projections of the U.S. Bureau of the Census. SOURCES: See *Health, United States, 1999*, table 1 for data years 1950–90. For data years 2000–30, see U.S. Bureau of the Census. Day JC. Population projections of the United States by age, sex, race, and Hispanic origin: 1995 to 2050. Current population reports; P25–1130. Washington: U.S. Department of Commerce. 1996.

Hamilton County Senior Citizens Needs and Activities

Social Activities

Doing about enough	71%
Doing too much	12%
Would like to do more	17%

Have missed taking prescription medicines for the following reasons:

Can't afford medication	17%
Sometimes forget to take	14%
Side effects of medication	13%
Don't think they need	2%

Day to Day Activities (% needing assistance)

Housework	20%
Medicine	13%
Walking	6%
Preparing Meals	6%
Getting in and out of bed	5%
Dressing	5%

Senior Services (% receiving)

Planned recreation	34%
Information and referral	7%
Homemaker services	4%
Transportation	4%
Meal program (at central location)	3%
Meals on Wheels (home delivery)	2%

Main person providing assistance

Family Member lives elsewhere	56%	} 91%
Household member	35%	
Paid help	6%	
Neighbor or friend	3%	

Source: Alexian Brothers and Memorial Health Systems Senior Citizens Needs Assessment, 2000

This report represents subsets of data from two surveys. The first survey, sponsored by Alexian Brothers and Memorial Hospital, was conducted in year 2000 as part of a needs assessment for senior citizens in a 13 county region. Responses of the 480 Hamilton County seniors are included in this report. The second survey was the 1999 Behavioral Risk Factor Surveillance Survey (BRFSS) of 1,037 adults, including 189 persons age 65 and older. The questionnaire and methodology used were similar to the Centers for Disease Control's BRFSS survey, which is conducted annually nationwide. While every effort was made to design questionnaires that would not be leading or tend to encourage particular responses, and the methodologies were designed to collect data in as impersonal a manner as possible, it should be remembered that all activities and personal information were self-reported. Due to the personal nature of this study and human nature, certain health-related behaviors may have been over- or under-reported.

HEALTH INDICATORS, 1999 Hamilton County

	AGE 65+	AVERAGE PERSON
GENERAL HEALTH		
Health excellent/ very good	39%	56%
Health fair/poor	34%	16%
Poor health restricted activities 5+ days last month	24%	12%
HEALTH RISK FACTORS		
High blood pressure	44%	20%
Ever told cholesterol high	42%	23%
Ever told diabetic	16%	7%
Overweight	30%	23%
BEHAVIORAL RISK FACTORS		
Current Smoker	14%	27%
Current Drinker	20%	43%
Always wear seat belt	84%	66%
Checked smoke detectors past 6 months	66%	70%
ACCESS/SCREENINGS		
Could not see a doctor last year due to cost	4%	12%
Checkup past year	87%	7%
Colorectal Cancer Screening		
Ever had stool blood test	47%	34%
Blood stool test past 2 years	30%	13%
Ever had sigmoidoscopy or colonoscopy	48%	34%
Women's Health		
Mammogram within past 2 years	65%	56%
No pap smear past 3 years	36%	22%
IMMUNIZATIONS		
Flu shot past year	64%	31%
Ever had pneumonia vaccine	56%	19%
PHYSICAL ACTIVITY		
Aerobic activity 3+ times / week	28%	28%
Strength Training 2+ times / week	21%	42%
Stretching exercises 3+ times / week	34%	40%
DIET		
5+ daily servings fruits and vegetables	12%	11%
1+ daily servings of fruit	63%	41%
1+ daily servings of vegetables	82%	71%
1+ daily servings whole grains	70%	57%

Source: 1999 Hamilton County BRFSS Survey

KEY FINDINGS

- Most elderly (91%) are cared for by family members living both in and out of the household.

- Despite Medicare coverage for illness and routine medical care, many are not getting preventative care, particularly screenings for colorectal cancer and for breast cancer.

General Health / Risk Factors

- Senior citizens report poorer health than the general population. Prevalence rates for high blood pressure, high cholesterol, diabetes and overweight are all significantly higher among seniors than the average person.

- Despite poorer health, seniors generally take better care of their health than the average person. Smoking and drinking rates are lower and seat belt use is higher among seniors than the general population. A notable proportion of seniors engage in regular physical activity, and while fruit and vegetable consumption is not optimal, seniors are more likely to eat at least some healthful foods each day than the average person.

Access /Screenings

- With Medicare, seniors are able to see a doctor for both illness and routine medical care, but many seniors are not obtaining some types of preventative care.

- Only about half have had screenings for colorectal cancer, the second leading cancer killer. This cancer is almost entirely preventable through screenings. While Medicare covers a stool blood test, and a flexible sigmoidoscopy, colonoscopies are covered only in high risk cases.

- While most women have had a mammogram, only 65% have had one within the past two years. Medicare has paid for annual mammograms since 1998.

Hamilton County Demographics Age 65 +

Total Population 42,217

Race

White	85%
Black	15%
Other	<1%

Gender

Male	38%
Female	62%

Household Income

< \$15,000	31%
\$15,000-<\$50,000	35%
\$25,000-<\$50,000	19%
\$50,000-<\$100,000	11%
\$100,000 +	4%

Median Household Income \$37,801

Households Below Poverty 4%

Pay 30% + on Mortgage 19%

Pay 30% + on Rent 53%

Age

Under 65	86%
65-74	7%
75-84	5%
85+	2%

Living Arrangements

Family Households	63%
Living Alone	31%
Institutions	5%
Non-Family	1%

Disabilities and Limitations

	Age 65-74	Age 75
No Limitations	63%	48%
Mobility or Self Care	19%	26%
Mobility and Self Care	7%	11%
Mobility	8%	11%
Self Care	4%	4%

Source: 1999 Claritas Senior Life Report

Hamilton County Senior Services 2000

Total Senior Population 42,217

Senior Housing	# Sites	Capacity
----------------	---------	----------

Independent Living	14	1,232+ units
Assisted Living	13	1,519 beds
Skilled Care	10	1,580 beds
Intermediate Care	8	1,537 beds
Licensed Homes	26	609+ beds

Meals

Home delivered meals

- 289 clients
- 181 meals delivered daily (5 days a week)

Congregate meals served at five sites

- 479 clients
- 135 meals served daily (5 days a week)

Respite Services

- Ten agencies offer in-home respite service.
- Three agencies offer respite care in an institutional setting for about 70 individuals at a time.

Senior Centers

Nine senior centers served 1,437 Hamilton County seniors last year.

Homemaker Services

Eleven agencies provided homemaker services to 230 clients last year.

Transportation Services

Thirteen agencies provide transportation services.

Adult Day Care

Eight agencies provide adult day care.

Source: Southeast Tennessee Area Office on Aging,
Fiscal Year ending 6/30/2000,
Community Research Council