

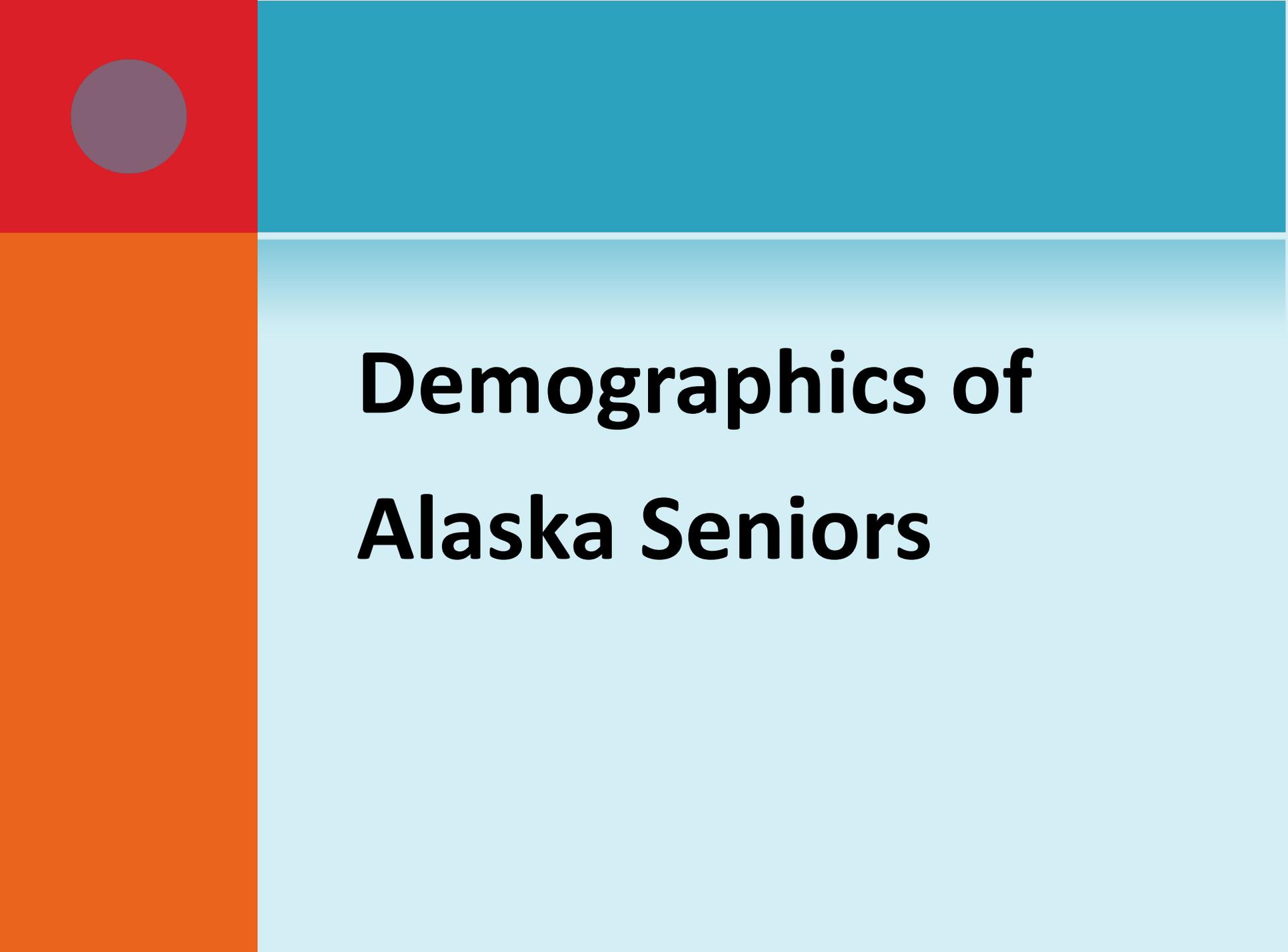


**ALASKA COMMISSION ON AGING
Data Presentation to the
Alaska Mental Health Trust Authority
May 11, 2010**



Presentation Overview

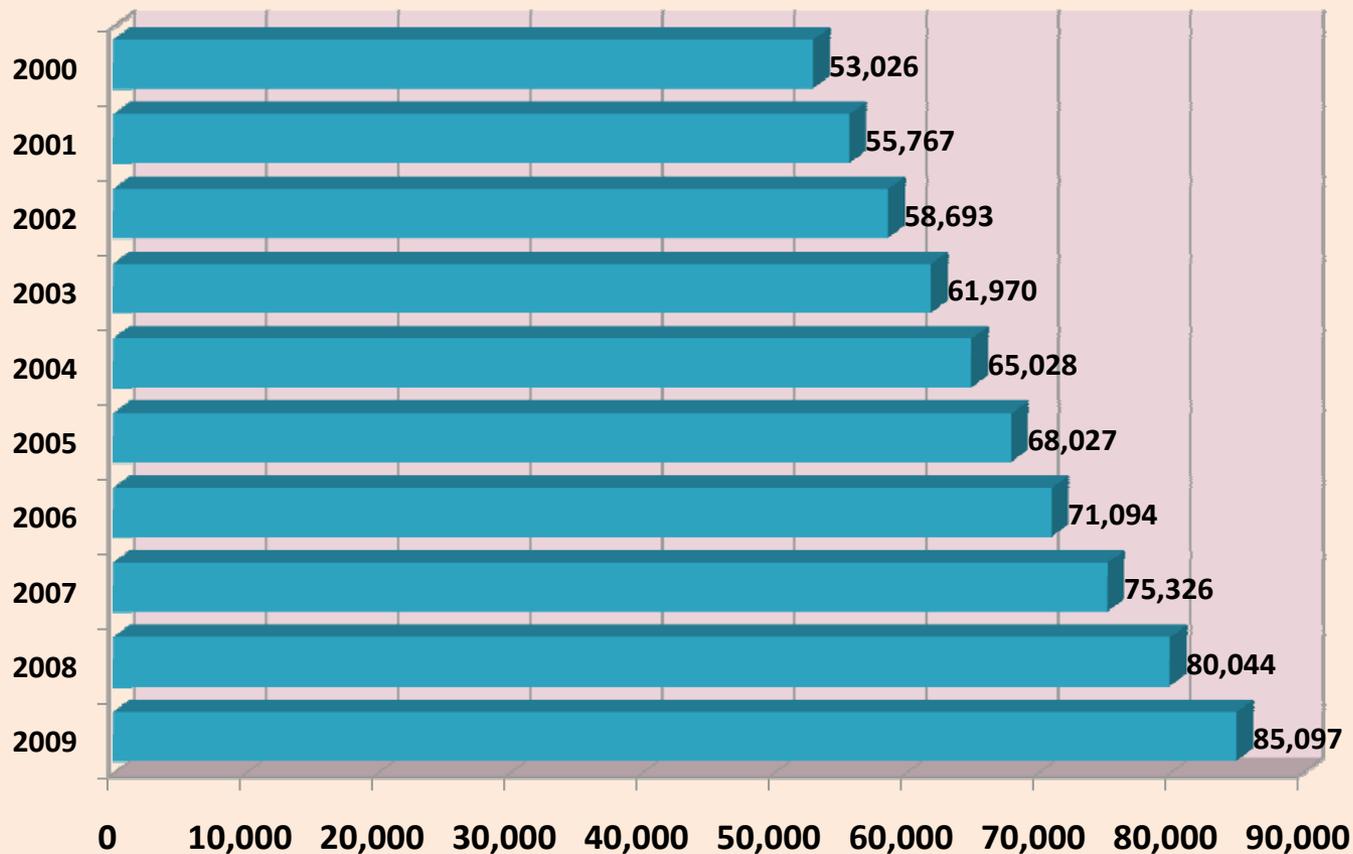
- ① **Demographics of Alaska Seniors**
- ② **Life Expectancy and Mortality Rates**
- ③ **Health and Services Indicators**
- ④ **In Search for a New Paradigm for Healthy Communities**



Demographics of Alaska Seniors

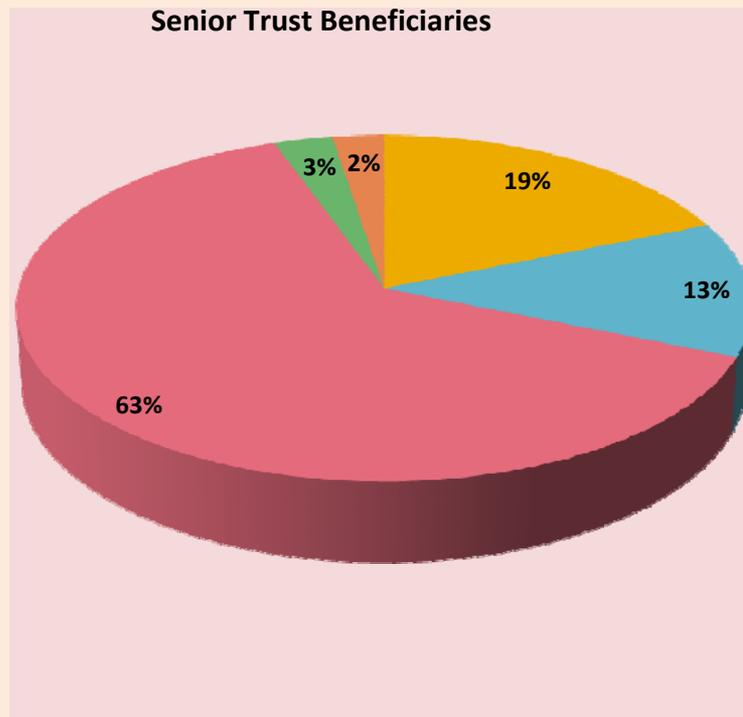
Alaska's senior population (60+) has grown by over 60% in the last nine years.

Alaskans Age 60+



Data Source: Alaska Department of Labor

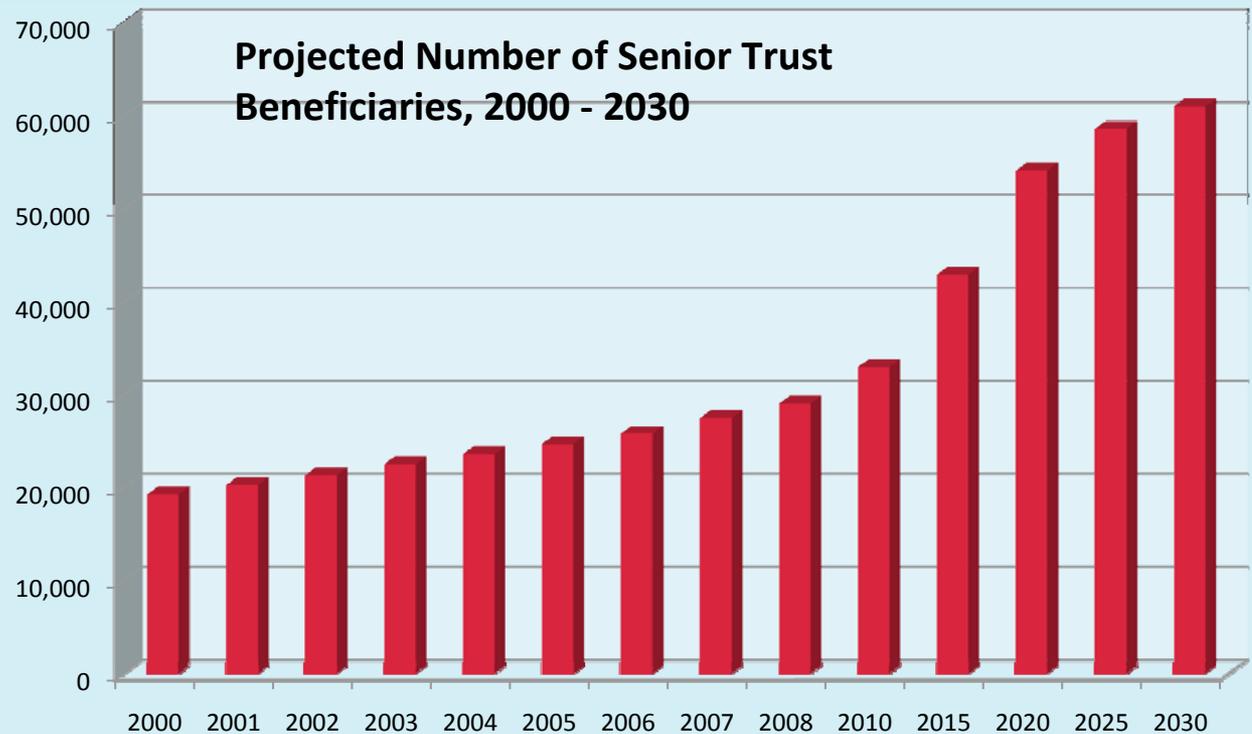
Over one-third of older Alaskans are estimated to be Trust Beneficiaries, including those with Alzheimer's Disease and related dementia, mental illness, chronic alcoholism, developmental disabilities, or traumatic brain injury.



- ADRD
- Alcoholism
- Mental Illness
- Developmental Disabilities
- Traumatic Brain Injury

Data Sources: Alzheimer's Disease Association 2008; Behavior Risk Factor Surveillance System 2008; Epidemiologic Catchment Area and the National Co-morbidity Survey; Alaska Trauma Registry 2006; Governor's Council on Disabilities & Special Education 2009

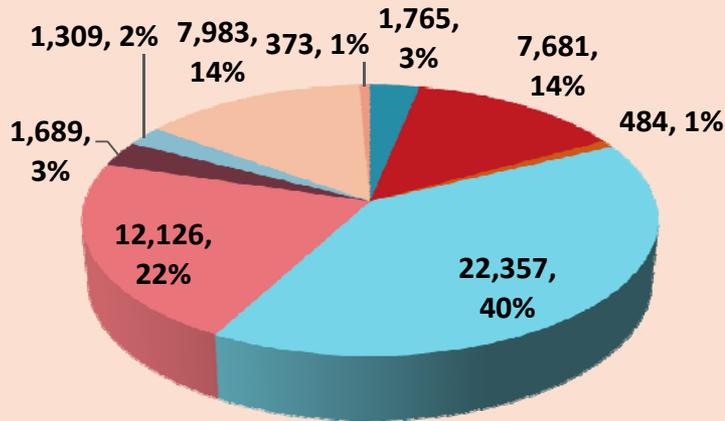
The total number of senior Trust beneficiaries is growing rapidly.



Data Source: ACoA Estimates based on National Prevalence Rates

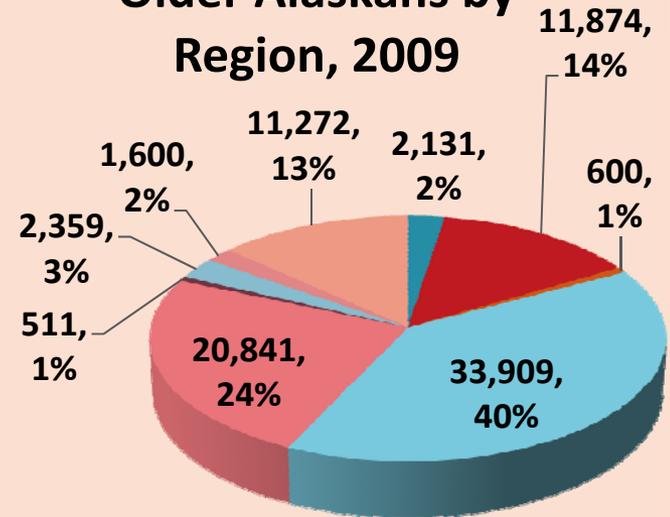
The Railbelt, including the Anchorage, Interior, and Southcentral regions, grew from 76% of the senior population in 2001 to 78% in 2009.

Older Alaskans by Region, 2001



- Bethel/Wade Hampton
- Interior
- North Slope Borough
- Anchorage
- SouthCentral
- Aleutians
- SouthWest
- NorthWest
- SouthEast

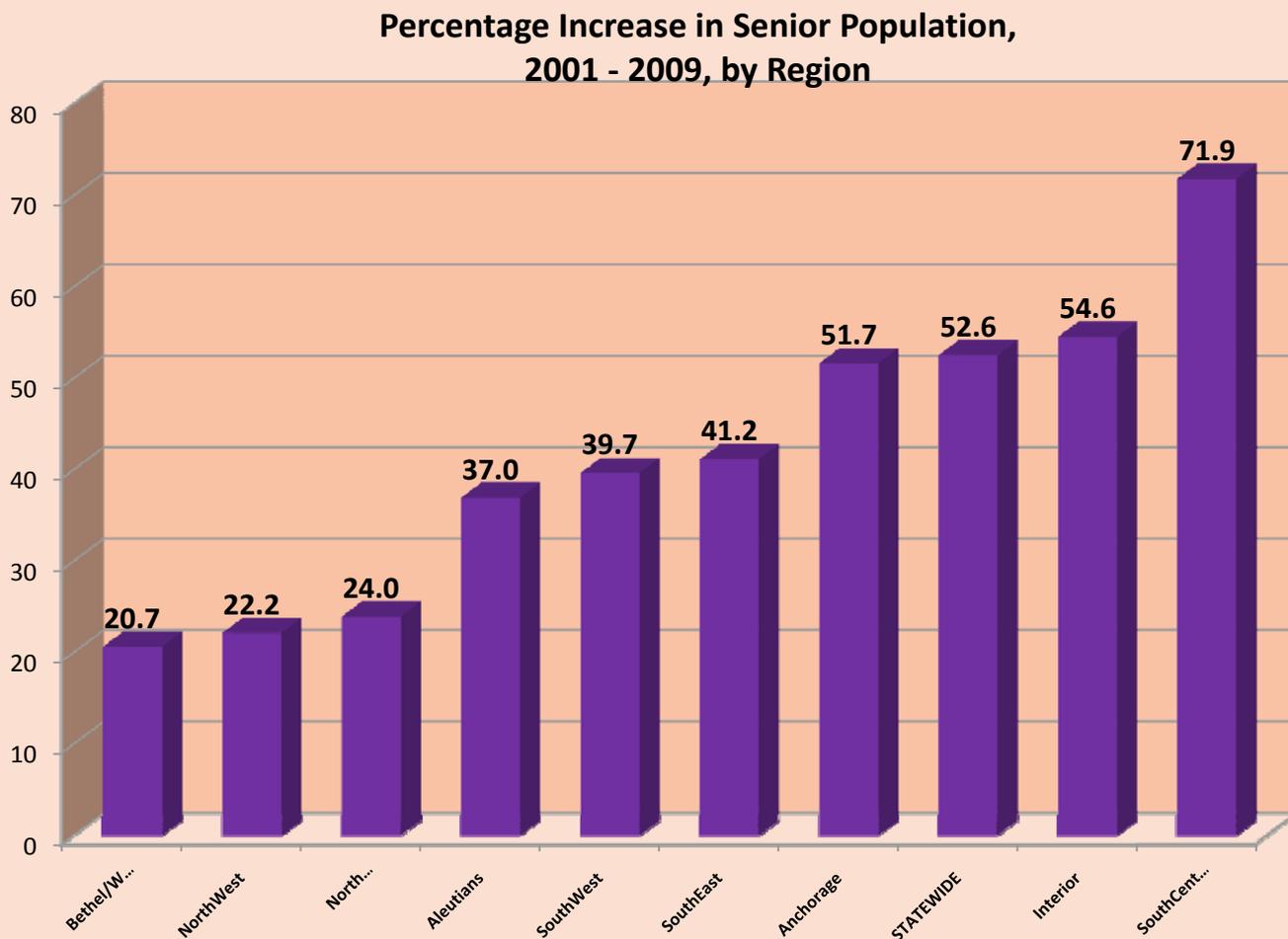
Older Alaskans by Region, 2009



- Bethel/Wade Hampton
- Interior
- North Slope Borough
- Anchorage
- SouthCentral
- Aleutians
- SouthWest
- NorthWest
- SouthEast

Data Source: Alaska Department of Labor

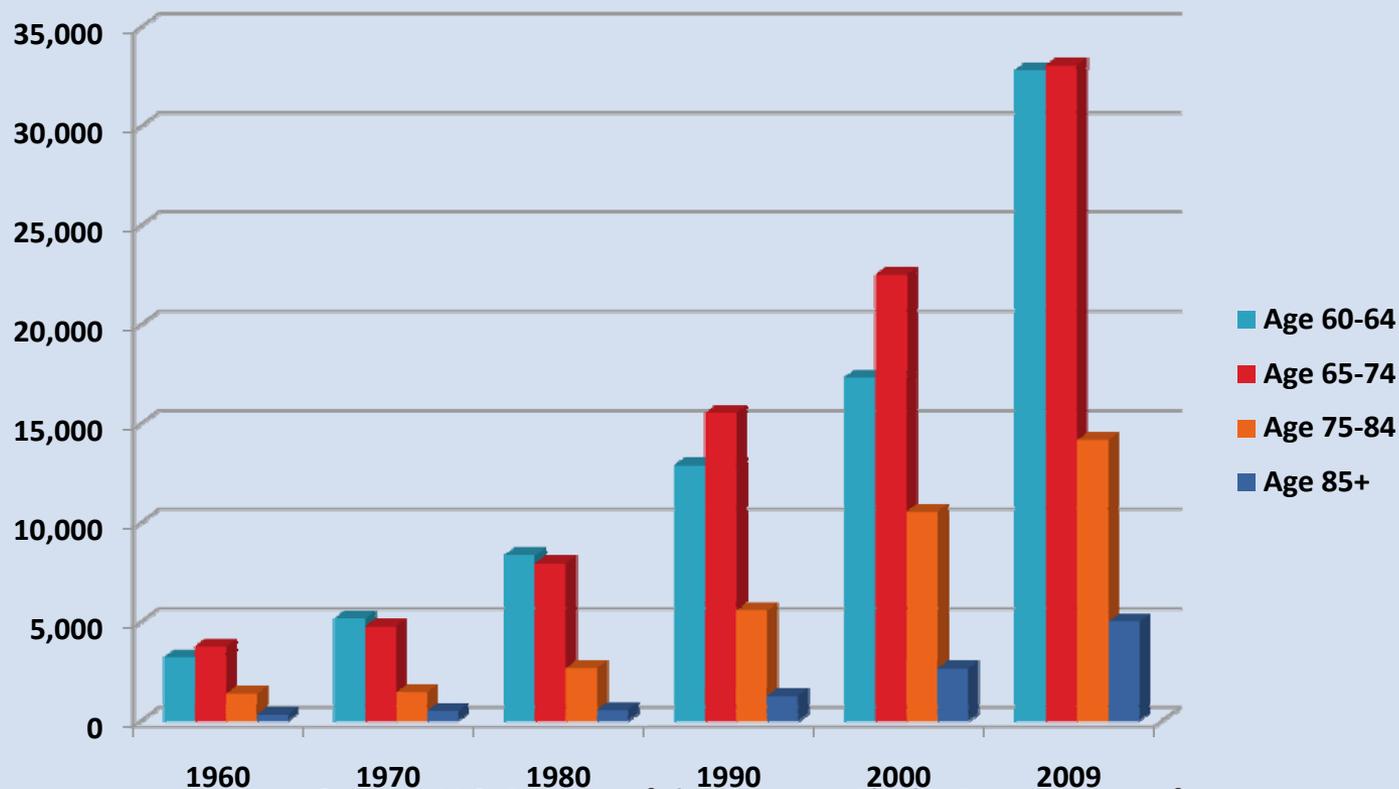
Rates of senior growth have increased greatly by region with all regions experiencing double-digit growth in the last eight years.



Data Source: Alaska Department of Labor

Compared to 50 years ago, Alaska now has nine times as many younger seniors (age 60-64) and fifteen times as many of the oldest seniors (age 85+).

Older Alaskans by Age Group,
1960 - 2009

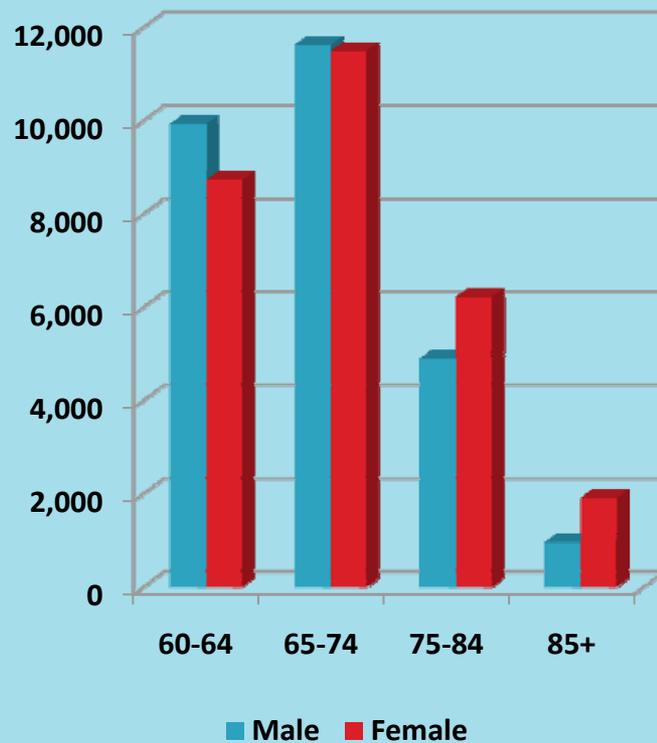


Data Source: U.S. Bureau of the Census; Alaska Department of Labor

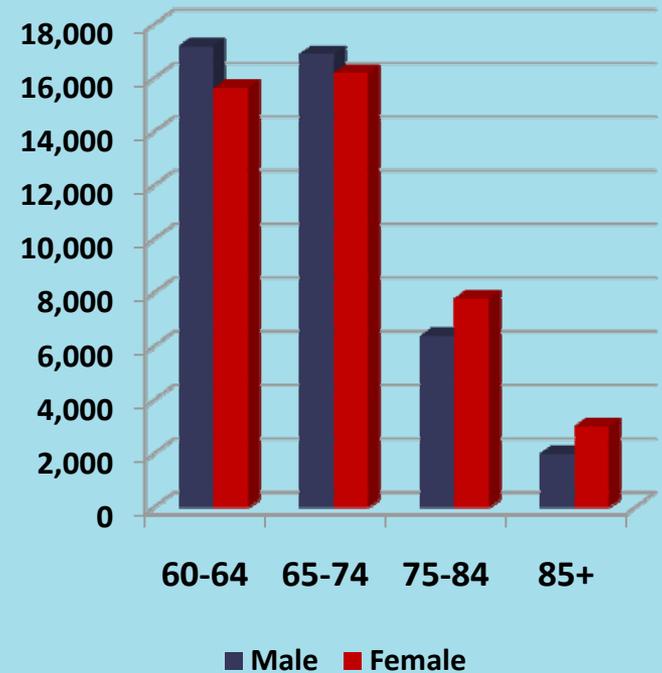
Men outnumber women in the two young age groups, with women predominating in the two older age groups.

Data Source: Alaska Department of Labor

Older Alaskans by Age Group and Gender, 2001



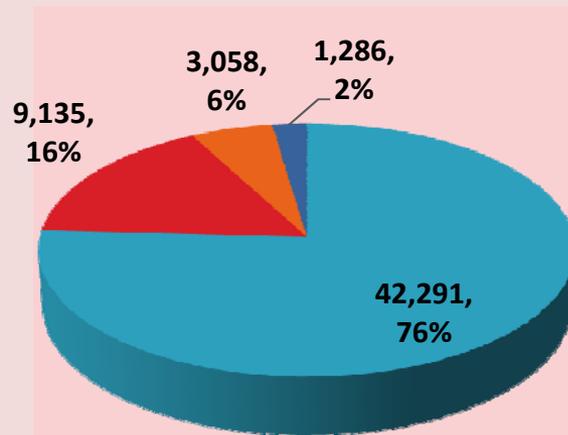
Older Alaskans by Age Group and Gender, 2009



The proportion of Alaska seniors who are Alaska Native is decreasing, while the proportion who are white is increasing.

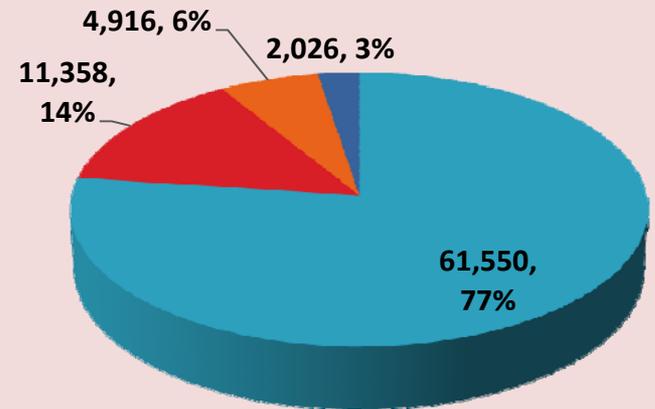
Data Source: Alaska Dept. of Labor "Bridge" Analysis

Alaska Seniors by Race, 2001



■ White ■ Native/Amer. Indian
■ Asian/ Pac. Islander ■ African-American

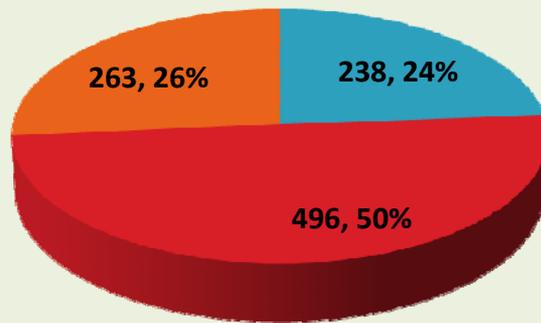
Alaska Seniors by Race, 2008



■ White ■ Native/Amer. Indian
■ Asian/ Pac. Islander ■ African-American

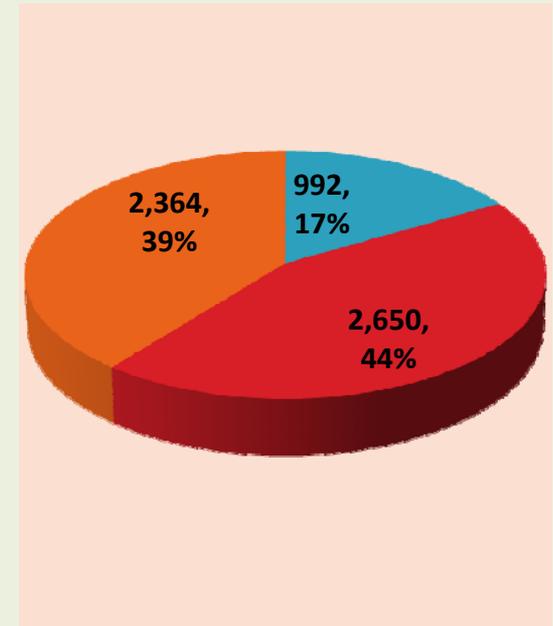
ACoA estimates there are about 6,000 older Alaskans with Alzheimer's disease and related dementia, six times as many as in 1980. The largest number of them is within the 75-to-84 year old age group.

Older Alaskans with ADRD
by Age Group, 1980



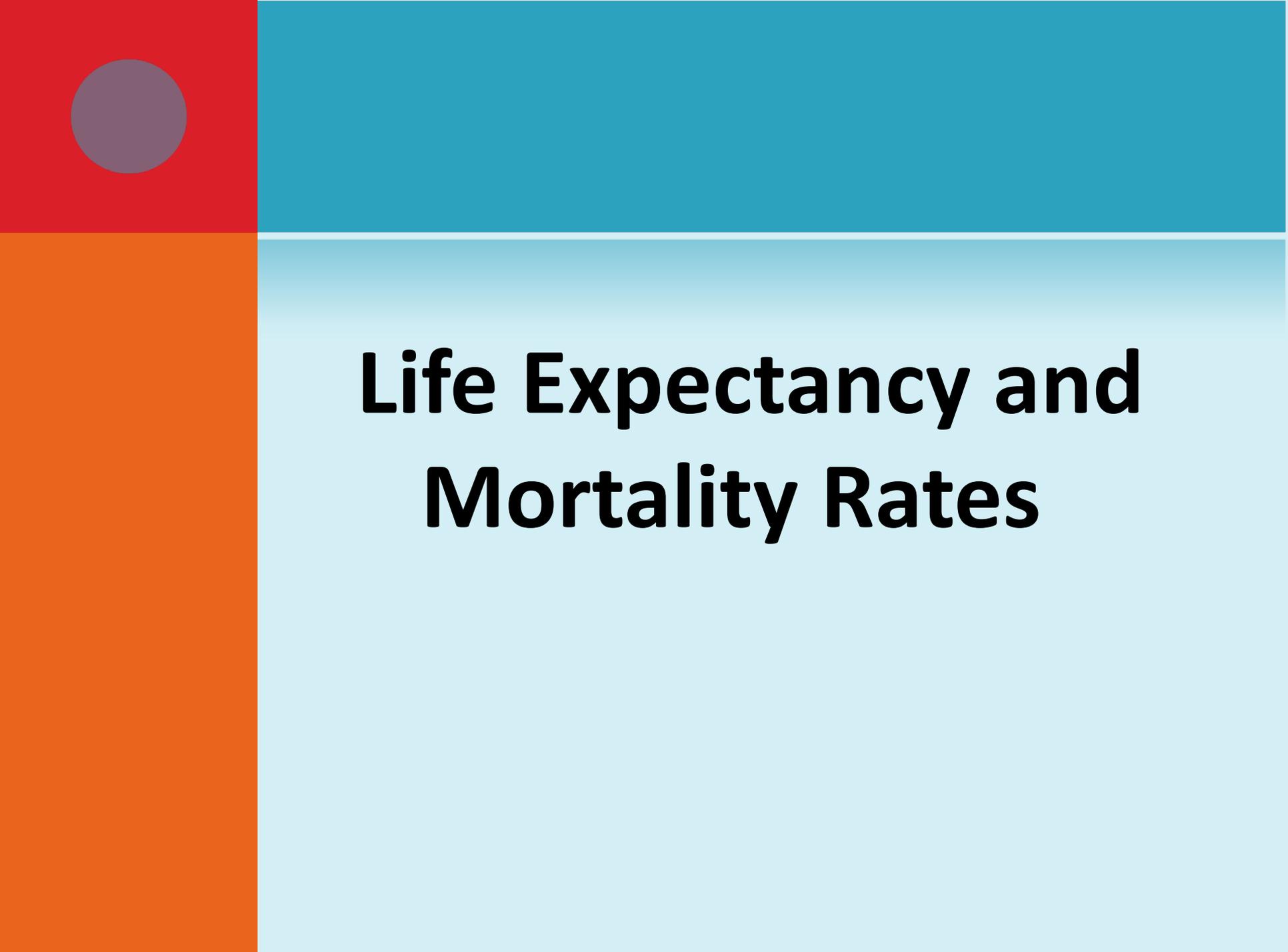
■ Age 65 - 74 ■ Age 75 - 84 ■ Age 85+

Older Alaskans with ADRD
by Age Group, 2009



■ Age 65 - 74 ■ Age 75 - 84 ■ Age 85+

Data Source: ACoA estimates based on national prevalence rates by age, per Dr. Denis Evans.



Life Expectancy and Mortality Rates

The life expectancy of Alaskans has been steadily increasing, both actually and relative to other states.

Data Sources: National Center for Health Statistics; American Human Development Report

🕒 Life Expectancy at Birth, 1989-1991:

1. Hawaii	75.12 yrs
2. Utah	75.00 yrs
3. Minnesota	74.78 yrs
4. North Dakota	74.74 yrs
5. South Dakota	74.30 yrs
29. Alaska	72.82 yrs
47. Louisiana	71.15 yrs
48. Alabama	71.12 yrs
49. Kentucky	71.01 yrs
50. Mississippi	70.74 yrs
51. West Virginia	70.66 yrs

🕒 Life Expectancy at Birth, 2005:

1. Hawaii	81.7 years
2. Minnesota	80.5 years
3. Connecticut	80.1 years
4. North Dakota	79.8 years
5. Massachusetts	79.8 years
21. Alaska	78.5 years
47. Oklahoma	75.1 years
48. Alabama	74.6 years
49. Louisiana	74.0 years
50. Mississippi	73.9 years
51. District of Columbia	73.8 years

The life expectancy of U.S. residents is falling relative to other countries.

Data Sources: World Development Indicators, CIA World Factbook 2009

Life Expectancy at Birth, 1990:

1. Japan	78.84 yrs
2. Sweden	77.54 yrs
3. Canada	77.38 yrs
4. Hong Kong	77.38 yrs
5. Switzerland	77.24 yrs
24. United States	75.21 yrs
188. Somalia	41.6 yrs
189. Niger	40.09 yrs
190. Angola	39.84 yrs
191. Sierra Leone	38.8 yrs
192. Rwanda	31.17 yrs

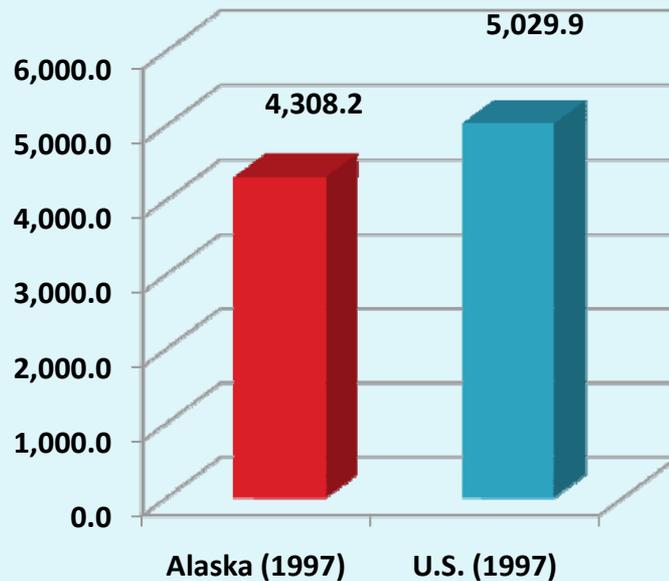
Life Expectancy at Birth, 2005-2010:

1. Japan	82.6 yrs
2. Hong Kong	82.2 yrs
3. Iceland	81.8 yrs
4. Switzerland	81.7 yrs
5. Australia	81.2 yrs
38. United States	78.2 yrs
180. Malawi	48.3 yrs
181. Somalia	48.2 yrs
182. Nigeria	46.9 yrs
183. Democratic Republic of the Congo	46.9 yrs
184. Guinea-Bissau	46.4 yrs

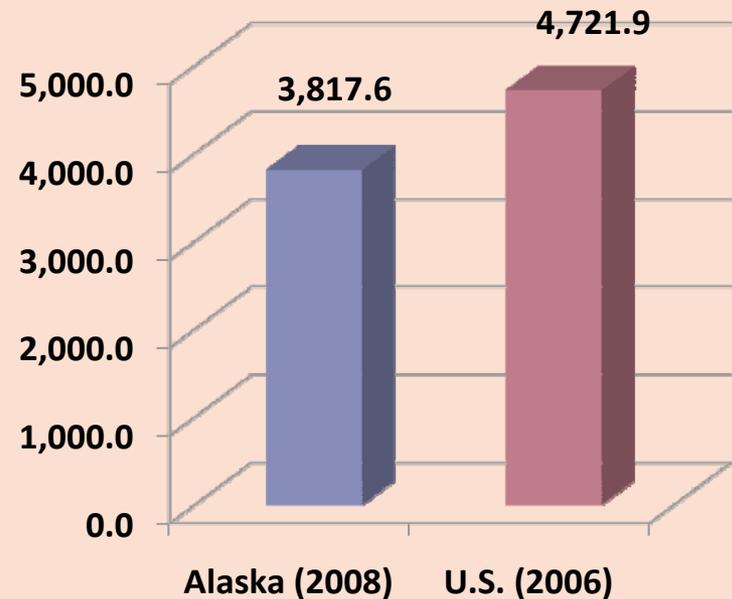
Alaskan senior age-adjusted death rates are significantly (currently about 19%) lower than the national rates.

Data Source: Alaska Bureau of Vital Statistics

Age-Adjusted Death Rates (Deaths per 100,000)



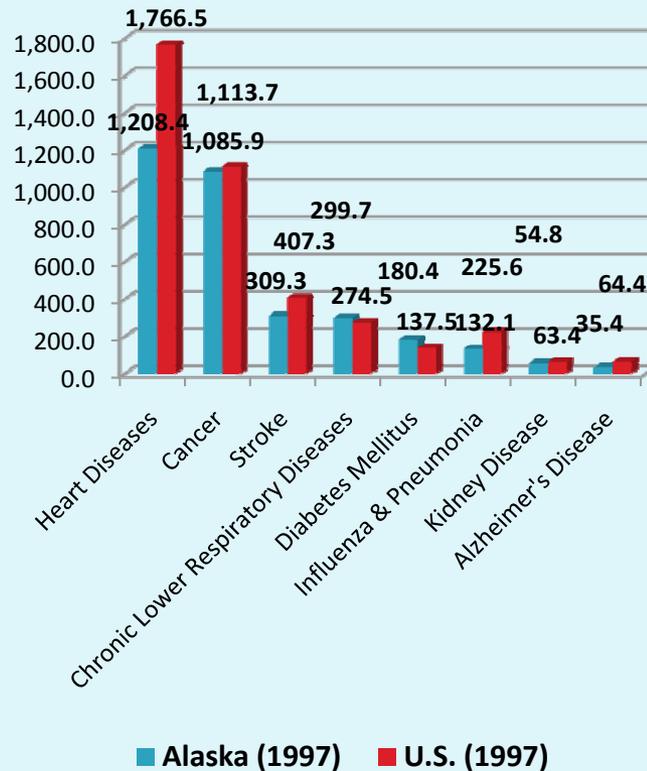
Age-Adjusted Death Rates, Age 65+ (Deaths per 100,000)



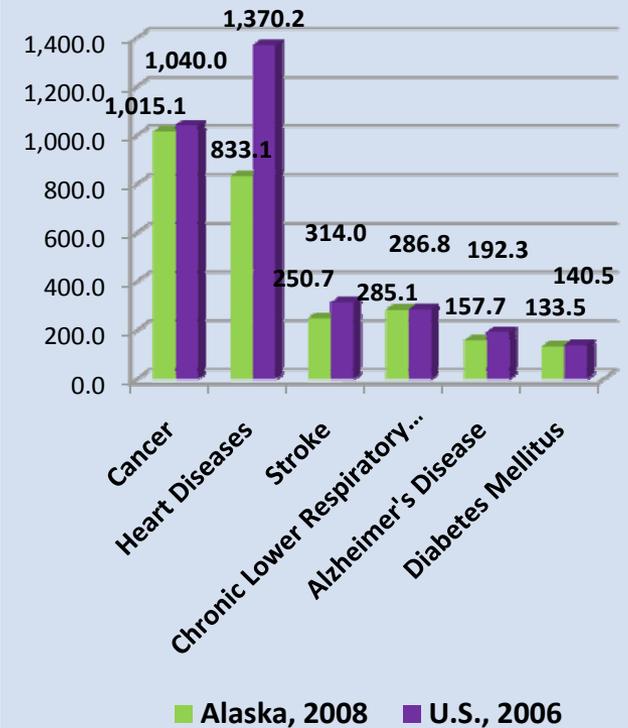
Alaskan seniors have lower death rates from the leading causes of death than American seniors as a whole.

Data Source: Alaska Bureau of Vital Statistics

Death Rates for Leading Causes, Alaska and U.S.



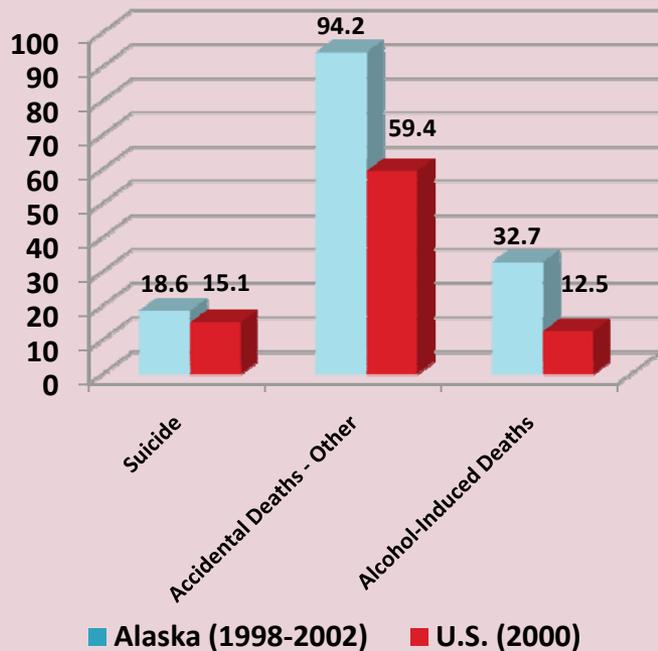
Death Rates for Leading Causes, Alaska and U.S.



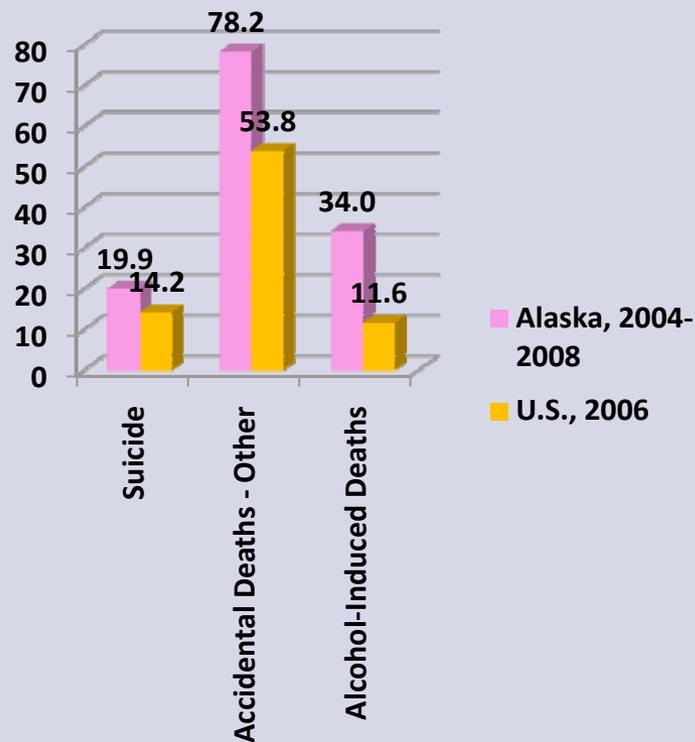
However, Alaskan seniors die at higher rates from several preventable causes related to behavioral health issues.

Data Source: Alaska Bureau of Vital Statistics

Rates of Death by Selected Other Causes, Alaska and U.S.



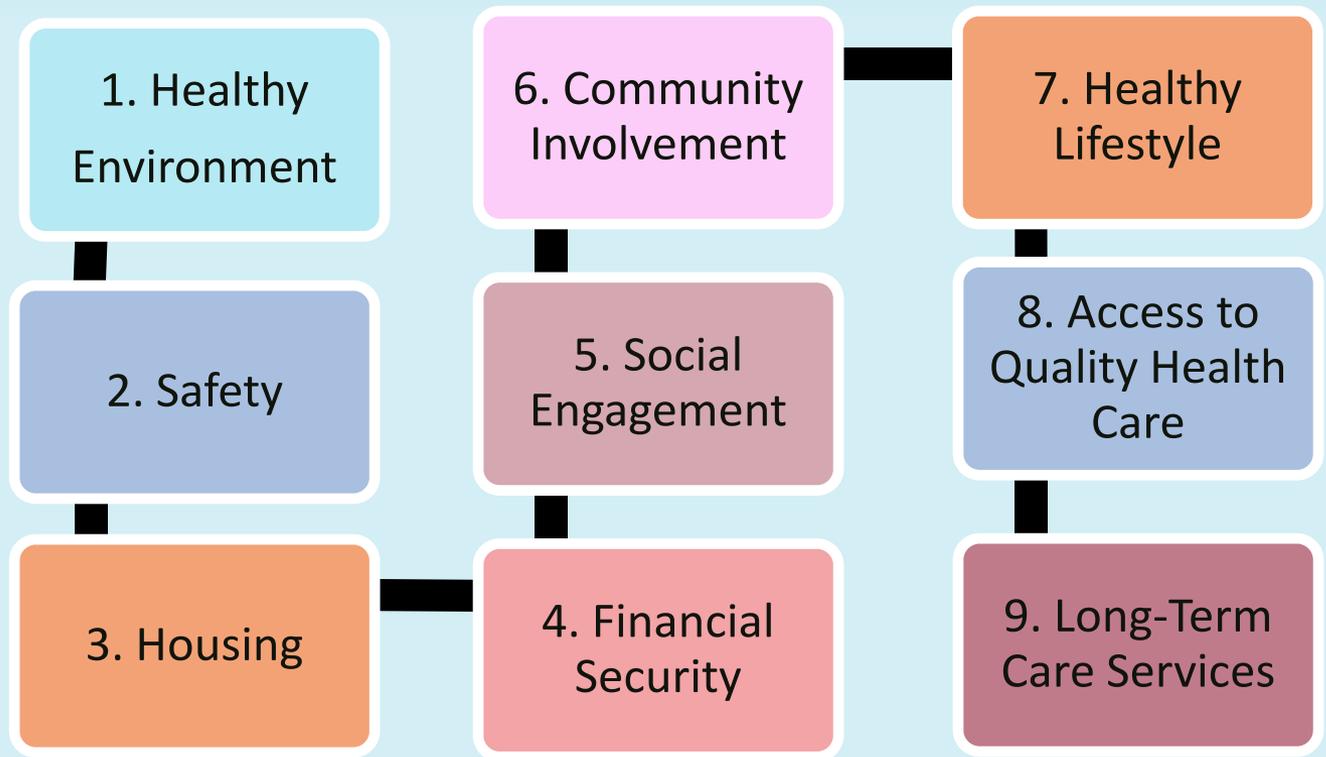
Rates of Death by Selected Other Causes, Alaska and U.S.





Health and Services Indicators

A supportive community for seniors requires that some basic needs be met for all.



1. Healthy Environment

2. Safety

Data Sources: Dept. of Environmental Conservation (2010), Adult Protective Services (2010), Long-term Care Ombudsman (2010)

Dept. of Environmental Conservation	Number of communities where at least half of the homes have no indoor plumbing	2009: 51 communities
Adult Protective Services	Requests for Investigation	FY 2000: 651 FY 2009: 2,748
	Number of Investigators	2001: 4.5 statewide 2009: 10 statewide
Long-Term Care Ombudsman's Office	Complaints	FY 2000: 663 FY 2009: 337

3. Housing

4. Financial Security

Sources: Alaska State Plan for Senior Services, FY 2001-2003; Dept of Labor MASST (2010); Division of Public Assistance (2010); AHFC (2010)

Longevity Bonus Program	Recipients @ \$250	FY 2000: 21,467 (60% of age 65+)
Senior Benefits Program	Recipients @ \$125 - \$250	FY 2010 (11/1/09): 9,987 (19% of age 65+)
Senior Employment /Mature Alaskans Seeking Skills Training (MASST) Program	Recipients	FY 2000: 304 FY 2009: 525
	Program Funding	FY 2000: \$1,766,692 FY 2009: \$2,481,675
Adult Public Assistance to Clients Age 65+	Unduplicated Clients Served	FY 2000: 5,657 FY 2009: 6,618
	Program Funding	FY 2000: \$20,186,568 FY 2009: \$17,759,810
Alaska Housing Finance Corporation	Percent Homeless Age 55+	Jan. 2008: 17%
	Wait List for Senior/Disabled Housing	Jan. 2003: 440 Jan. 2009: 754



5. Social Engagement

6. Community Involvement

Social engagement can include spending time with family and friends, participating in classes and other structured activities, and paid or volunteer work involving interaction with others.

Community involvement, whether paid or unpaid, highlights the senior's role as an experienced, knowledgeable advisor, mentor, or elder within the larger community, entailing a level of respect from others.

Transportation difficulties are sometimes cited as a barrier to community participation. Seniors also need to know how to find out what opportunities are available in their community.

Social isolation has been identified as a cause of depression and physical illness.

7. Healthy Lifestyle

8. Access to Quality Health Care

Source: Behavioral Risk Factor Surveillance System Survey (2008)

Behavioral Risk Factor Surveillance System (BRFSS) Survey	Seniors limited in their activities due to disabilities	Alaska 2008: 39.4% U.S. 2008: 32.7%
	Obese seniors	Alaska 2008: 31.6% U.S. 2008: 22.9%
	Seniors with “frequent mental distress”	Alaska 2008: 8.7% U.S. 2006: 17.9%
	Senior binge drinkers	Alaska 2008: 2.7% U.S. 2008: 3.2%
	Senior heavy drinkers	Alaska 2008: 3.4% U.S. 2008: 3.0%
	Senior smokers	Alaska 2008: 9.7% U.S. 2008: 8.2%

9. Long-Term Care Support Services

Pioneer Homes	Licensed Facilities	FY 2000: 6 FY 2009: 6
	Total Beds	FY 2000: 604 FY 2009 (6/30/09): 508
	ADRD/Level III	FY 2000: 116 (19%) FY 2009 (6/30/09): 289 (57%)
Assisted Living Licensing	Licensed (Senior) Homes	FY 2000: 125 FY 2009: 289
	(Senior) Beds	FY 2000: 1,353 FY 2009: 2,344
Senior & Disabilities Services (SDS)	Congregate Meals Served	FY 2000: 273,771 FY 2009: 270,579
	Seniors Receiving Congregate Meals	FY 2000: 9,497 (18%) FY 2009: 7,970 (9%)
	Home Delivered Meals Served	FY 2000: 338,611 FY 2009: 305,179
	Seniors Receiving Home Delivered Meals	FY 2000: 3,529 (7%) FY 2009: 2,638 (3%)
	Information & Referral Contacts	FY 2000: 53,145 FY 2009: 84,293
	Care Coordination Clients	FY 2000: 1,229 FY 2009: 1,028
	Adult Day Hours	FY 2000: 238,923 FY 2009: 209,748
	Adult Day Clients	FY 2000: 466 FY 2009: 476
	Adult Waiver Clients (OA, APD)	FY 2010 (2/2/10): 1,188
	Adult Waiver Clients with ADRD (OA, APD)	FY 2010 (2/2/10): 477
	Non-Waiver PCA Clients	FY 2010 (2/2/10): 2,271
	Non-Waiver PCA Clients with ADRD	FY 2010 (2/2/10): 172

Sources: Division of Pioneer Homes (2010); Division of Assisted Living Licensing (2010; Senior & Disabilities Services (2010)



In Search of a New Paradigm for Healthy Communities



Research on Potential Social Determinants of Health Outcomes

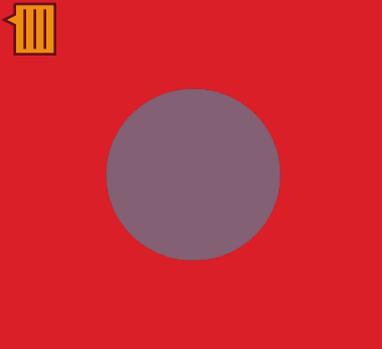
- ⊙ Social & Physical Determinants of Alaskan Health: A Meta-Analysis. Institute for Circumpolar Health Studies. Dr. David Driscoll, December 2009
- ⊙ Adverse Childhood Events (ACE) Study: 1995-1997
- ⊙ Effects of Inequality on Public Health
Dr. Stephen Bezruchka, University of Washington
(2000 & 2001)
- ⊙ “The Spirit Level:” The Epidemiology of Social Disparity. Richard Wilkinson & Kate Pickett, 2009



A recent meta-analysis by University of Alaska Anchorage researcher Dr. David Driscoll finds that:

- ⊙ Addictions/substance abuse are implicated in nine of Alaska's top ten causes of death
- ⊙ Other top causes of poor health in the circumpolar region include:
 - ⊙ Social isolation
 - ⊙ Environmental pollution
 - ⊙ Poor diet/nutrition
 - ⊙ Global climate change
 - ⊙ Lack of access to clean water
 - ⊙ Lack of access to quality health care

Source: Dr. David Driscoll: "Social & Physical Determinants of Alaskan Health: a meta-analysis" Paper presented at the Annual Alaska Health Summit: December 2009



Findings from the Adverse Childhood Experiences (ACE) Study (1995-1997) showed that early traumatic experiences may affect health for a lifetime.

- ⦿ Early experiences have profound long-term effects on the biological systems that govern response to stress
- ⦿ Stress is known to be associated with a broad range of effects on physical and mental health
- ⦿ Trauma experienced during youth may create the conditions for childhood and adult disease, depression, anxiety, and lead to addictions in later life
- ⦿ The ACE Study is significant because it enhances our understanding of co-morbid health problems

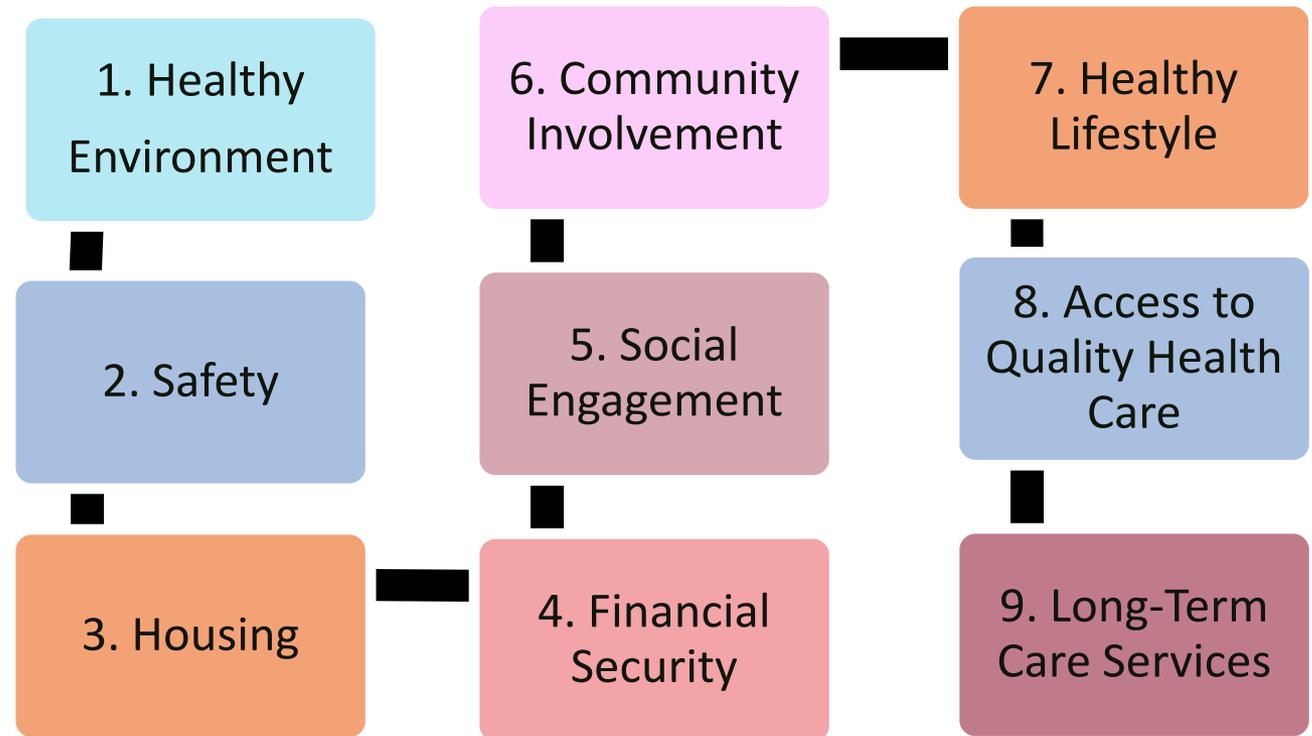


Other studies in the field of public health are exploring the correlation of social and resource disparities with health outcomes.

- ◉ The health of populations may be determined not by the health care system, but by the size of the resource gap between community members.
- ◉ Communities without large resource stratification are more resilient with lower rates of addiction, obesity, and violent crimes.
- ◉ Access to emergency and primary health care are favored in communities with equitable resource distribution over specialty services.
- ◉ The amount of resource hierarchy in a society may be a larger contributing factor to population health than individual behaviors.

Sources: Dr. Stephen Bezruchka, 2000 & 2001; Richard Wilkinson & Kate Pickett, 2009

The Building Blocks of a Healthy Community



Thank You

