Chronic Illness and Older Adults in the Region

Karin Morris, AICP
Manager, Office of Smart Growth

DELAWARE VALLEY
dvrpc
REGIONAL
PLANNING COMMISSION

November 1, 2013

Overview

- What is DVRPC?
- Note on Data Sources
- Our Region's Older Adults
- Our Region's Older Adults and Chronic Illness
- Forecasts, Impacts, and the Built Environment
- DVRPC Initiatives

DELAWARE VALLEY REGIONAL PLANNING COMMISSION

- Designated MPO for the Greater Philadelphia Region
- 2 States, 9 Counties, 352 Municipalities
- Plan for the orderly growth and development of the region
- Advise on regional policy on transportation, land use, open space, economic development

Note on Data Sources

- For general description of older adults 60+ and their functional health:
  - 2011 American Community Survey (data from 2009-2011)
  - Integrated Public Use Microdata Series (IPUMS)
  - Sample and estimate

- For how the environment can play a significant role in the experience of chronic illness in older adults 60+:
  - 2012 Public Health Management Corporation (PHMC) Household Health Survey
  - Via phone; estimates from samples that are weighted; in Spanish and English; only PA data, not NJ; every 2 years; oversample older adults

- Our findings based on statistical analysis done by PCA

Our Region's Older Adults

- In 8-county region (data N/A for Gloucester Co., NJ):
  - 977,000 older (age 60+) adults living in community, or 19%
  - 75% live in Philadelphia, 25% live in other 7 counties

County	# of Older Adults	% of Older Adults in County
Burlington, NJ	86,709	20%
Camden, NJ	91,393	18%
Mercer, NJ	64,274	18%
Bucks, PA	129,289	21%
Chester, PA	87,859	18%
Delaware, PA	105,666	20%
Montgomery, PA	159,338	21%
Philadelphia, PA	251,991	17%

dvrpc
DELAWARE VALLEY
REGIONAL
PLANNING COMMISSION

Race/Ethnicity of Older Adults

- In Philadelphia, 45% of older adults are Minority non-Hispanic, while 6% are Hispanic

- In other 7 counties, 12% of older adults are Minority non-Hispanic, while 2% are Hispanic

	White non-Hispanic	Minority non-Hispanic	Hispanic
Burlington	81%	16%	3%
Camden	76%	19%	5%
Mercer	73%	22%	5%
Bucks	93%	6%	1%
Chester	91%	7%	2%
Delaware	85%	14%	1%
Montgomery	89%	10%	1%
Philadelphia	49%	45%	6%

Auto in Older Adult Households

- In Philadelphia, 32% of older adults had no auto in their household, compared to 8% in the other 7 counties

	No auto in household
Burlington	5%
Camden	11%
Mercer	11%
Bucks	5%
Chester	6%
Delaware	10%
Montgomery	7%
Philadelphia	32%

Poverty among Older Adults

- In Philadelphia, 18% of older adults have incomes less than 100% of the poverty level, compared to 5% in the other 7 counties
  - 100% Poverty Level: $11,490 for family of 1; $15,510 for 2; $19,530 for 3; $23,550 for 4

	Older Adults with Income LT 100% Poverty
Burlington	4%
Camden	7%
Mercer	6%
Bucks	4%
Chester	4%
Delaware	6%
Montgomery	5%
Philadelphia	18%

English Proficiency in Older Adults

- In Philadelphia, 8% of older adults speak English poorly or not at all, while in the other 7 counties, 3% speak English poorly or not at all

	Speak English Poorly or Not at All
Burlington	2%
Camden	5%
Mercer	5%
Bucks	3%
Chester	1%
Delaware	3%
Montgomery	2%
Philadelphia	8%

Education among Older Adults

- In Philadelphia, 26% of older adults have less than a high school education, compared to 12% of older adults in the other 7 counties

	Less Than a High School Education
Burlington	12%
Camden	18%
Mercer	16%
Bucks	10%
Chester	9%
Delaware	11%
Montgomery	10%
Philadelphia	26%

Disabilities among Older Adults

- In Philadelphia, 16% of older adults have one disability and 22% have 2-5 disabilities = 38%

- In the other 7 counties, 13% have one disability and 14% have 2-5 disabilities = 27%

- ACS disability scale (1-5 disabilities):
  - Deaf or blind
  - Difficulty concentrating, remembering or making decisions (mental health)
  - Difficulty walking or climbing stairs (physical disability)
  - Difficulty dressing or bathing (activities of daily life ADL)
  - Difficulty doing errands alone (instrumental ability IADL)

Disabilities among Older Adults

	One Disability	2-5 Disabilities	Total
Burlington	15%	14%	29%
Camden	14%	18%	32%
Mercer	13%	14%	27%
Bucks	13%	14%	27%
Chester	9%	10%	19%
Delaware	13%	16%	29%
Montgomery	12%	13%	25%
Philadelphia	16%	22%	38%

Findings from ACS

- Number of disabilities significantly correlates with age, lack of automobile, poverty, poor English, and less than high school education

- Number of disabilities significantly higher for minority non-Hispanic than for white non-Hispanic; and number of disabilities for Hispanic group even higher than other two groups

Chronic Illness in Older Adults

- PHMC 2012 Household Health Survey: for how the environment can play a significant role in the experience of chronic illness (only PA counties)

- Environment is related to the risk for developing and/or managing certain chronic illnesses
  - *Poverty*
  - *Neighborhood/Social Connections*
  - *Housing and Home Condition*
  - *Transportation*
  - *Food Access*

- Chronic disease likely underreported:
  - Don't want to mention
  - If treated/handled, then believe it is not chronic disease

Chronic Illness in Older Adults

Chronic Illness in Older Adults 60+	Philadelphia	Four Suburban PA Counties
Asthma	13%	12%
Diabetes	34%	21%
Arthritis	59%	51%
High Blood Pressure	69%	52%
1+ Chronic Illness	**89%**	**77%**

Chronic Illness, Aging & Poverty

- For all five PA counties, **95%** of those older adults with incomes less than 100% poverty have a chronic illness, and 80% of those older adults above the 100% poverty level have a chronic illness

Chronic Illness, Aging, & Race/Ethnicity

- Of the older adults in the five PA counties, 79% of White non-Hispanics, 88% of Minority non-Hispanic, and 95% of Hispanics have a chronic illness

Findings from PHMC

- Some of the most challenging built environment factors for older adults who are chronically ill are:
  - *38% said housing costs difficult or somewhat difficult*
  - *31% said park/outdoor space not comfortable for visiting*
  - *11% said the quality of groceries is fair or poor*
  - *8% didn't go to doctor appt. b/c of lack of transportation*
  - *6% didn't go somewhere during the day b/c they felt unsafe*
  - *6% said they need transportation services*
  - *6% said difficult or very difficult to find fruit*
- Other challenges include obesity, computer access, home repair and feeling of belonging in the neighborhood.
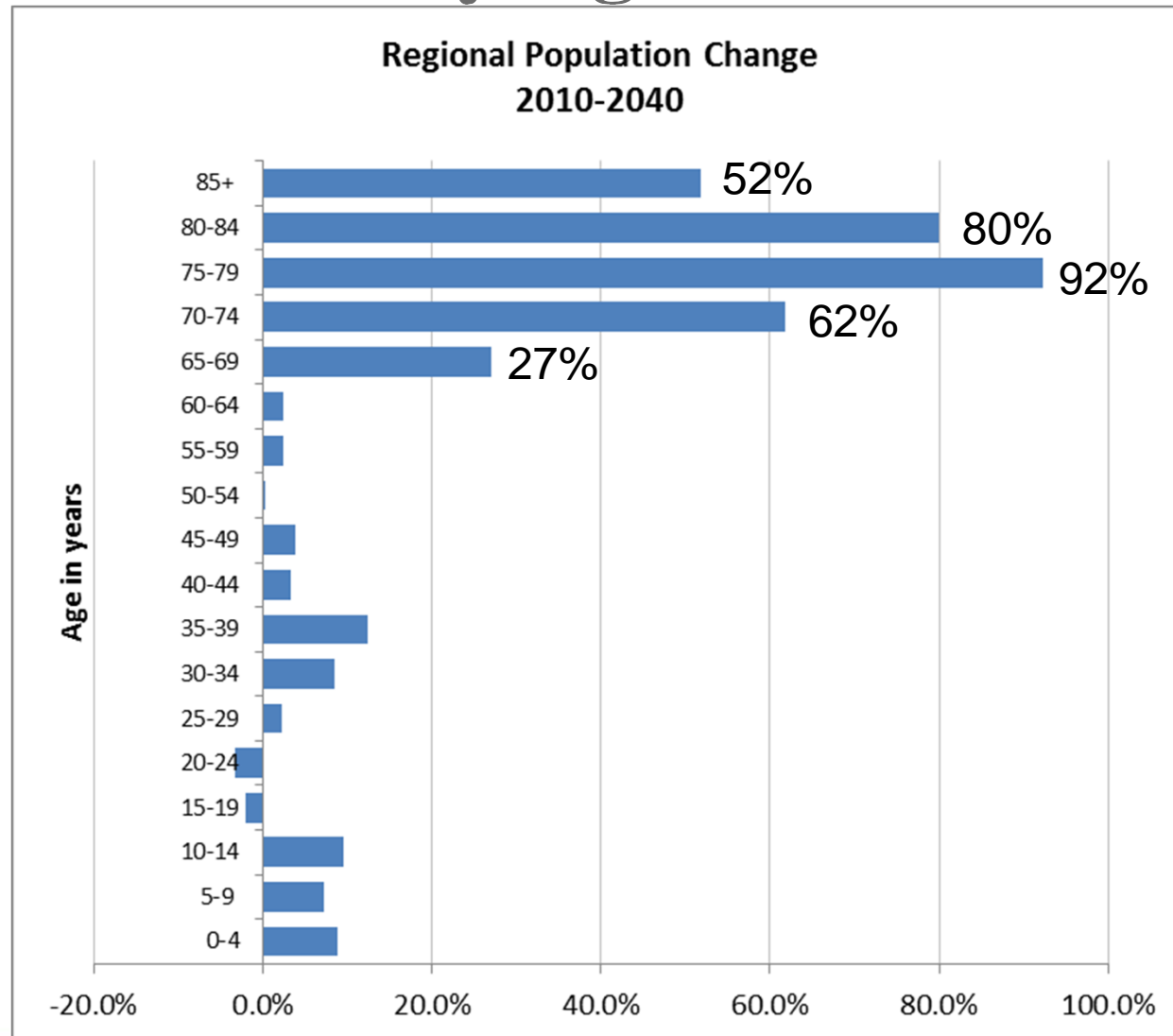
Findings from PHMC

- Older adults with chronic illness face many challenges, even more so if they are also poor
- Chronic illness is significantly correlated with ACS measures of lack of auto, poverty, disabilities, poor English, lack of education

Older Adults & Growth Trends

- DVRPC Census data for 9-county region
- Elderly (65+) grew by 51% between 1970-2010 while overall population only grew by 10%
  - *109% growth in suburban counties (overall popn grew 29%), especially Bucks, Chester, Burlington, Gloucester counties*
  - *Age 65+ fastest growing cohort in region*
  - *Baby Boomers began to turn 65 in 2011*

Forecast of Regional Population Change to 2040 by Age Cohort

Impacts of an Aging Population

- *Housing Seniors in the Delaware Valley* study
- Have lower incomes, more likely to live in poverty than younger households
  - *More likely to live alone, impacting available income and QOL*
  - *Women generally outlive men, leaving many elderly women to live alone on a single income*
- More likely to have at least one disability
  - *Need for extra services to carry on with daily life*
- Senior renters & owners pay more of their income towards housing
  - *Struggle to keep up with property taxes & energy costs*
  - *Upkeep difficult—physically, monetarily, and trust-wise*

Older Adults & Built Environment

- Most of the region's elderly are and will continue to be homeowners, living in suburban single-family homes
  - *Limited number of suburban housing choices, mostly large-lot, single-family, not designed for older couples and empty-nesters*
- Dispersion across suburbs will make accessing services difficult
  - *Not well-served by public transit*
  - *Limited mobility as lose ability to drive*

DVRPC Initiatives
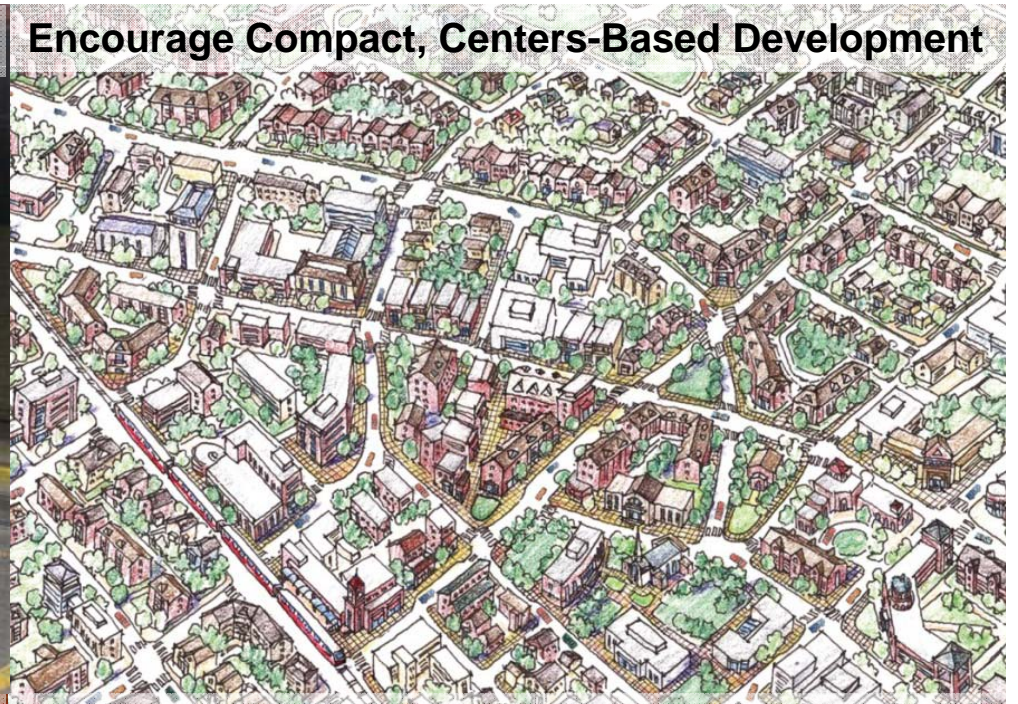

CONNECTIONS 2040

PLAN FOR GREATER PHILADELPHIA

fostering sustainability, equity and innovation

Provide for Alternative Modes

Encourage Compact, Centers-Based Development
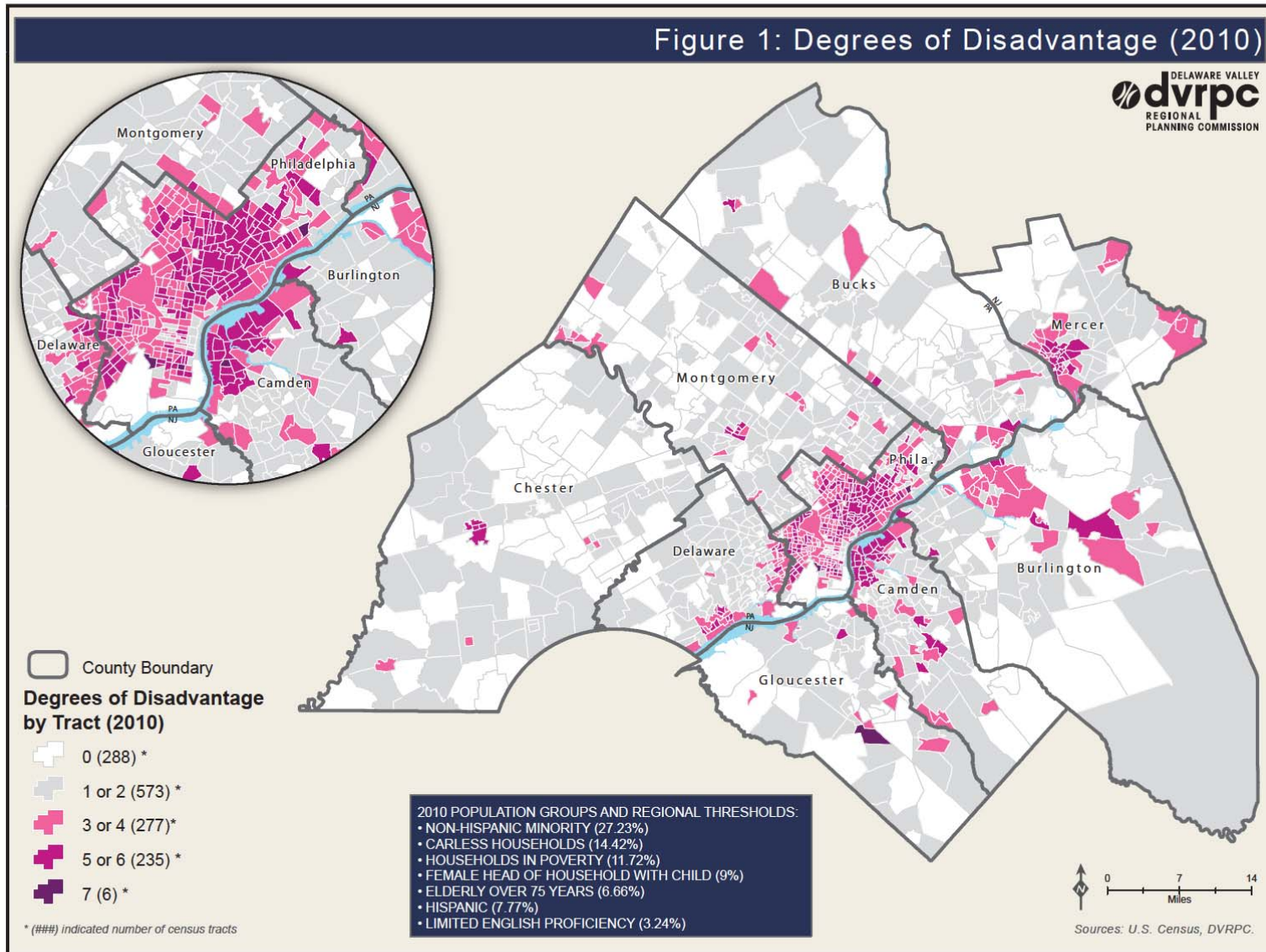
Increase Access to Healthy Food

Incorporate Context-Sensitive Design

DVRPC Initiatives

Figure 1: Degrees of Disadvantage (2010)

DVRPC Smart Growth & Aging

- Enhance and expand affordable housing for elderly and near-elderly near public transit and services
  - *Lack of supply leads to premature institutionalization*
- Encourage TOD and New Urbanist Communities (range of housing types, smaller units, shared open space)
- Enact inclusionary zoning to allow affordable units
- Permit shared housing and accessory dwelling units
- Improve lighting, crosswalks, traffic signal timing
- *Future: Health in All Policies*

Thank You!

For more information, please contact:
Karin Morris, AICP
Manager, Office of Smart Growth
DVRPC
215.238.2858 | kmorris@dvrpc.org
www.dvrpc.org/smartgrowth

DELAWARE VALLEY
dvrpc
REGIONAL
PLANNING COMMISSION