

## Social Determinants of Health

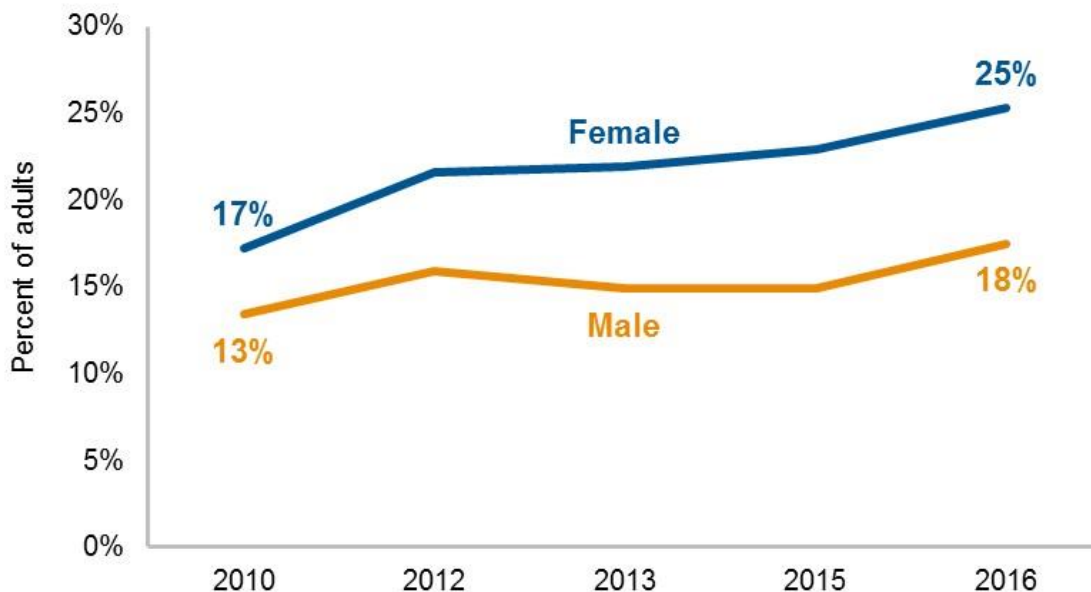
# Caregiver health

Unpaid caregivers for people who are ill, disabled or aged are becoming increasingly important components of the U.S. health care system as the population ages and more people need long-term care. The stresses of caregiving, coupled with work and other family responsibilities, can have substantial impacts on the caregiver’s own health and well-being.

In 2016, 22% of adults in Oregon were providing regular care or assistance to a friend or family member with a health problem or disability. While women are more likely to be caregivers than men (Figure 1), the percent of adults providing such care is rising for both. Over half (56%) of the people they care for are over the age of 64 while 6% of them are children. Almost 17% of caregivers provide 40 or more hours per week of care. Many caregivers (22% of female and 10% of male caregivers) have had to leave full-time employment to provide care.

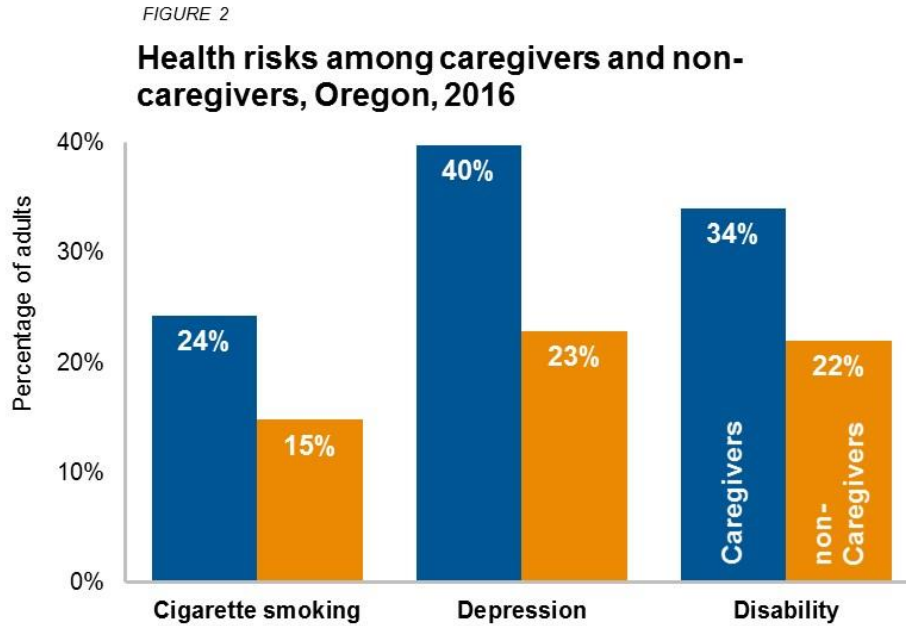
FIGURE 1

**Adults who provide regular care for a friend or family member by sex of caregiver, Oregon**



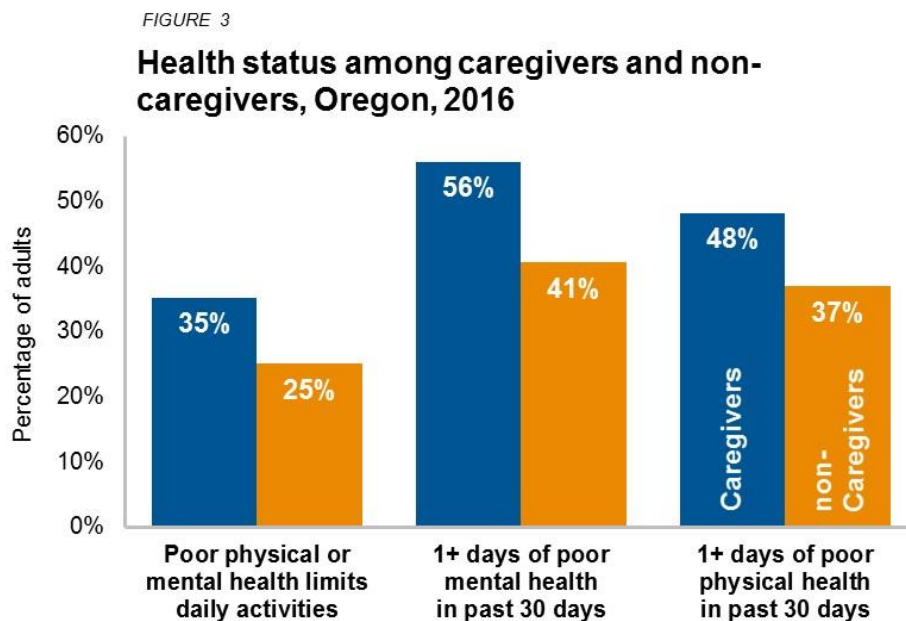
Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

In Oregon in 2016, caregivers were more likely than non-caregivers to smoke cigarettes (24% vs. 15%), have been diagnosed with depression (40% vs. 23%), and have a disability of their own (34% vs. 22%; Figure 2).



Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

Caregivers in Oregon also report more days of poor physical and mental health than non-caregivers, and are more likely to experience limitations in their daily activities due to poor health (Figure 3).



Source: Oregon Behavioral Risk Factor Surveillance System (BRFSS)

**Additional Resources:** [Oregon DHS Seniors & People with Disabilities](#)

**About the Data:** Data source is the Oregon Behavioral Risk Factor Surveillance Systems (BRFSS). BRFSS is a telephone survey conducted annually among non-institutionalized adults age 18+. Since 2010, the Oregon BRFSS data have included cell phone respondents as well as those reached by landline.

For adults, data include respondents age 18+ who report providing regular care or assistance to a friend or family member of any age who has a health problem or disability during the past 30 days.

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[Oregon State Health Profile](#)

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