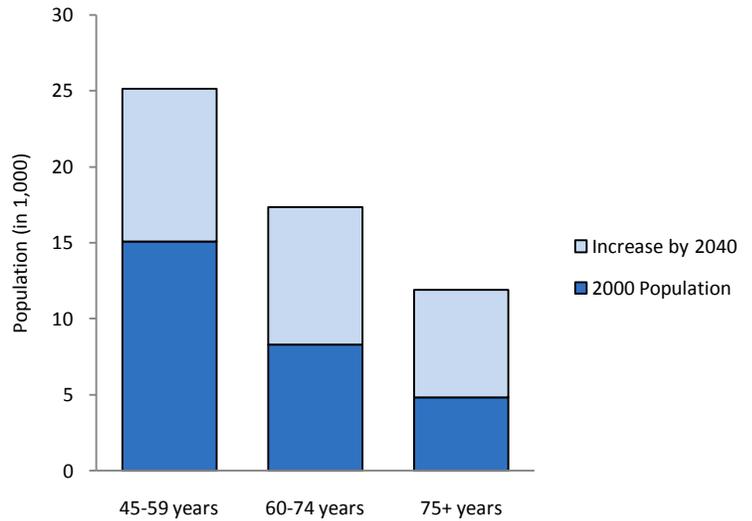


Why Focus on Healthy Aging?

Oregon is beginning to see the first baby boomers join the age group of older adults, and in the coming years our population will include an increasing percentage of older adults. Between 2000 and 2040, the highest growth will be seen in the age group of adults 75 years and older. This fact sheet provides a brief summary of some of the key health issues for older adults with data specific to Morrow and Umatilla counties. By using effective community-wide approaches and programs, communities across Oregon can help ensure the health and independence of our aging population.

Projected Population Growth, 2000 to 2040



Chronic Conditions, BRFSS, 2004-2007

	45-59 years	60-74 years	75+ years
Arthritis	43%	56%	54%
Coronary Heart Disease	5%	10%	15%
Diabetes	12%	20%	11%
High Blood Pressure	38%	61%	64%
High Cholesterol	46%	61%	47%
Major Depression	12%	4%	2%†
Stroke	3%	6%	4%

† Percentages based on less than 50 respondents may not accurately represent the county behaviors and should be interpreted with caution.

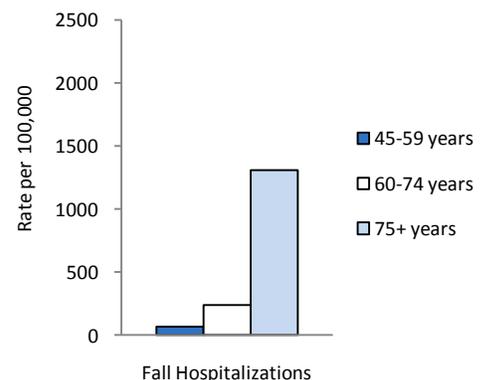
Chronic Conditions

The prevalence of high blood pressure and high blood cholesterol increases as adults age. High blood pressure and cholesterol have been independently linked to chronic conditions, such as coronary heart disease and stroke.

Falls

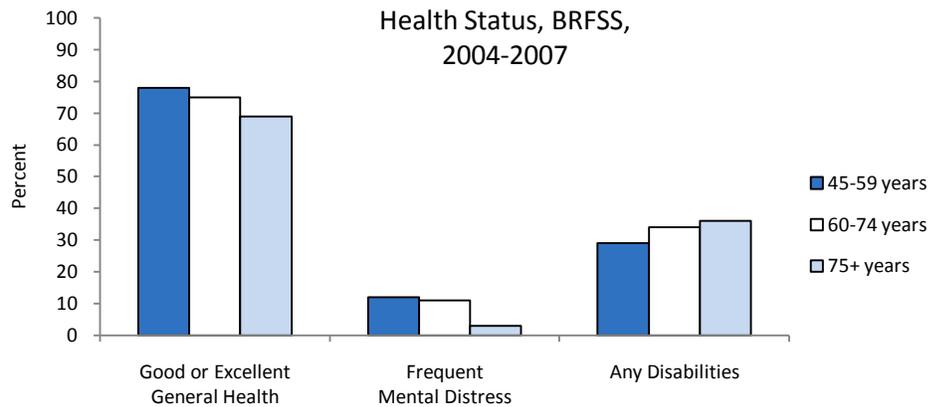
Fall hospitalization rates increase drastically as adults age; the rate of fall hospitalizations for adults 75 years and older was over 5 times the rate for adults 60-74 years. Older adults hospitalized for falls are nearly 6 times more likely to be discharged into long term care compared to older adults hospitalized for other conditions. Between 2002 and 2006, the average cost for fall injury hospitalization among adults 65 years and older in Oregon was \$101 million per year.

Fall Hospitalizations, Hospital Discharge Database, 2002-2006



Health Status

While a large portion of the population of adults 45 years and older reports good general health, 3-12% report frequent mental distress (14 or more days of poor mental health per month). Additionally, more than a quarter of adults 45 years and older report disabilities.



Health Behaviors, BRFSS, 2004-2007

	45-59 years	60-74 years	75+ years
Met Physical Activity Recommendation ¹	47%	61%	50%
≥5 servings of Fruits & Vegetables per Day	29%	16%	31%
Healthy Weight ²	23%	26%	49%
Current Smoker	21%	16%	11%

¹ The physical activity recommendation is for 30 minutes or more of moderate activity 5 days per week or 20 minutes or more of vigorous activity 3 days per week.

² A healthy weight is a body mass index at or above 18.5 and less than 25.0 kg/m².

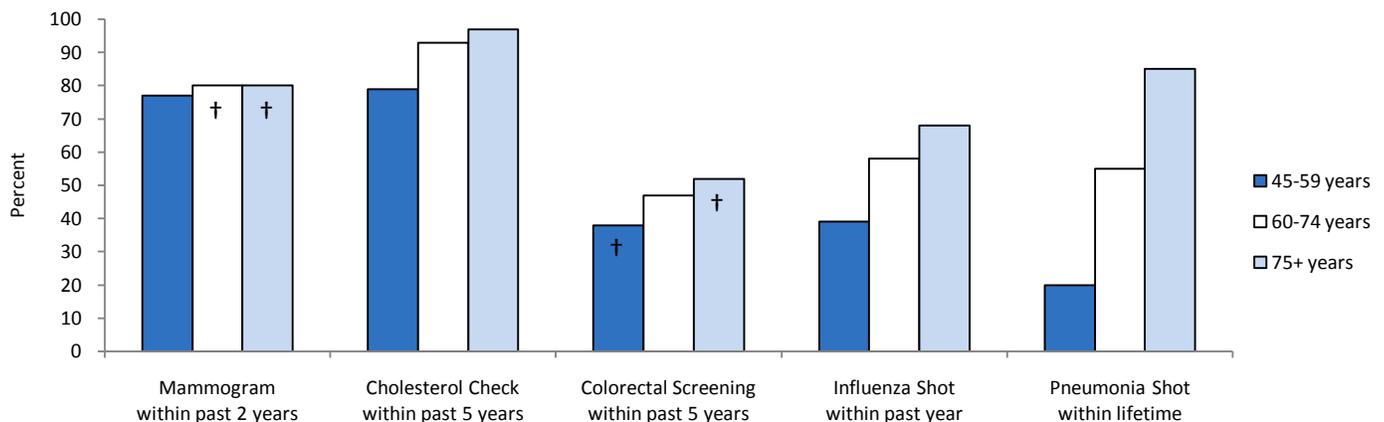
Health Behaviors

Little more than half of adults 45 years and older are getting enough physical activity. Less than half of adults 75 years and older are at a healthy weight and the proportion is smaller among adults in the younger age groups. Fruit and vegetable intake is also fairly low. Approximately 1 in 5 adults 45-59 years of age currently smoke.

Preventive Clinical Services

Vaccinations for annual influenza and lifetime pneumonia increase with age. Mammograms and cholesterol checks are fairly high for all age groups, but among adults 60-74 years, only half report colorectal screening.

Preventive Clinical Services, BRFSS, 2004-2007



† Percentages based on less than 50 respondents may not accurately represent the county behaviors and should be interpreted with caution.

For detailed state and county data on older adult health conditions and related costs in Oregon and for information on recommended community approaches and evidence-based programs, go to www.healthoregon.org/hpcdp.