THE STATE OF AGING AND HEALTH
IN PITTSBURGH AND ALLEGHENY COUNTY

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and

Center for Minority Health
Department of Psychiatry
University of Pittsburgh Institute on Aging
University of Pittsburgh Medical Center
Overview

• Census and REMI Projections for Region
• Donald Musa: General Health Status, Health Insurance Coverage, Access, Healthy and Unhealthy Behaviors, Need for Senior Services
• Scott Beach: Disability, Caregiving, Service Use
• Richard Schulz: Trust and Complementary and Alternative Medicine (CAM) Use
Overview

• 2000 Census Results and REMI-based Future Projections

• 2002 Survey of the Elderly in Allegheny County
Age Distribution of Population
Allegheny County and US - 2000

Source: Census 2000
<table>
<thead>
<tr>
<th>Years-old</th>
<th>United States</th>
<th>Pittsburgh</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-4</td>
<td>0.2</td>
<td>0.25</td>
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<tr>
<td>5-9</td>
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<td>10-14</td>
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<tr>
<td>25-29</td>
<td>0.2</td>
<td>0.22</td>
</tr>
<tr>
<td>30-34</td>
<td>0.2</td>
<td>0.21</td>
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<td>35-39</td>
<td>0.2</td>
<td>0.2</td>
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<td>40-44</td>
<td>0.2</td>
<td>0.19</td>
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<tr>
<td>45-49</td>
<td>0.2</td>
<td>0.18</td>
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<tr>
<td>50-54</td>
<td>0.2</td>
<td>0.17</td>
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<tr>
<td>55-59</td>
<td>0.2</td>
<td>0.16</td>
</tr>
<tr>
<td>60-64</td>
<td>0.2</td>
<td>0.15</td>
</tr>
<tr>
<td>65-69</td>
<td>0.2</td>
<td>0.14</td>
</tr>
<tr>
<td>70-74</td>
<td>0.2</td>
<td>0.13</td>
</tr>
<tr>
<td>75-79</td>
<td>0.2</td>
<td>0.12</td>
</tr>
<tr>
<td>80-84</td>
<td>0.2</td>
<td>0.11</td>
</tr>
<tr>
<td>85+</td>
<td>0.2</td>
<td>0.1</td>
</tr>
</tbody>
</table>

Source: U.S. Bureau of Census, STF3.
Projected Allegheny County Elderly (65+) Population: 1990-2035

Source: Pittsburgh REMI Model, University Center for Social and Urban Research
Elderly Population Forecast by Age Group
2000-2035 Allegheny County

Decline by 26,000

Increase by 3600
Percentage of Population Age 85 and Over by Municipality - 2000

Source: Census 2000, University Center for Social and Urban Research
Ratio of Females to Males by Age
United States, Pennsylvania, Allegheny County and City of Pittsburgh: 2000

Source: U.S. Bureau of Census, STF3.
Marital Status of Persons Age 65 and Over by Sex
United States, Pennsylvania, Allegheny County and City of Pittsburgh: 2000

Source: U.S. Bureau of Census, STF3.
Elderly (65+) Population By Household Type
Allegheny County - 2000

- In Family Household: 58%
- Living Alone: 31%
- Other Non-Family Households: 4%
- Institutionalized: 5%
- Non-Institutionalized Group Quarters: 2%

Source: Census 2000
Economic Status of Elderly
Poverty Rates by Age Group
United States, Pennsylvania, Allegheny County and City of Pittsburgh: 2000

Source: U.S. Bureau of Census, STF3.
Poverty Rates for Persons 65 and Over by Race and Sex
United States, Pennsylvania, Allegheny County and City of Pittsburgh: 2000

Percent
30
25
20
15
10
5
0
white male
black male
white female
black female
United States Pennsylvania Allegheny Pittsburgh

Source: U.S. Bureau of Census, STF3.
Health and Disability (Census Data)
Persons with One or More Disabilities by Age Group
United States, Pennsylvania, Allegheny County and City of Pittsburgh: 2000

Source: U.S. Bureau of Census, STF3.
Distribution of Total Disabilities by Type for Persons Age 65 and Over in Allegheny County: 2000

Source: U.S. Bureau of Census, STF3.
Allegheny County Survey
Methods

- Carried out June 2001-May 2002
- 5094 community-dwelling older adults age 65 and older living in Allegheny County
- Random sample drawn from Medicate Enrollment File for Allegheny County (contains 96% of older adults)—phone interview
- Stratified by race and gender to ensure adequate numbers of AA and men and women
- All respondents received core battery; 1/3 each received focused modules (caregiving and AAA services; trust in health care and medical research, and complementary and alternative medicine use)
Survey of the Elderly in Allegheny County, 2002: Sample Sizes by Age, Race and Gender

Ages 65-74: 2882
Ages 75-84: 1845
Ages 85+: 367
Black: 2114
White: 2942
Other: 38
Male: 2407
Female: 2687
Who do you trust?
Trust in Health Information Sources - 2 by Race and Gender
Allegheny County Aged 65 & over

Fig. 12.2b

Percent who would trust

Health information from their friends or family
- White male
- White female
- Black male
- Black female

Health information from their church or religious leaders
- White male
- White female
- Black male
- Black female
Trust in Physicians by Race and Gender
Allegheny County Aged 65 & over

Fig. 12.3a

Do you believe that you can freely ask your doctors any question you want?
Your doctor would not ask you to participate in medical research if he thought it would harm you.
If your doctor wanted you to participate in research, you trust he would fully explain it to you.
Sometimes doctors use medical terms without explaining what they mean.

You sometimes wonder if the doctor’s diagnosis is correct.
Participation in Medical Research by Race and Gender
Allegheny County Aged 65 & over

Fig. 12.4a

Have you ever participated in medical research? Have you ever been offered a chance to participate in medical research and decided not to?

Percent Yes

- White male
- White female
- Black male
- Black female

26
Attitudes Toward Medical Research by Race and Gender
Allegheny County Aged 65 & over

Fig. 12.4b

How important do you feel that medical research is? Do you feel favorable towards medical research involving people?
Attitudes About Who Benefits from Medical Research by Race and Gender
Allegheny County Aged 65 & over

Fig. 12.5

Scientists benefit
Your community benefits
Your family and friends benefit
You, yourself benefit

Percent saying a great deal or a moderate amount

Scientists benefit
White male
Black male
White female
Black female

Your community benefits
White male
Black male
White female
Black female

Your family and friends benefit
White male
Black male
White female
Black female

You, yourself benefit
White male
Black male
White female
Black female

50 55 60 65 70 75 80 85 90 95 100
Complementary and Alternative Therapies

• Complementary therapies= interventions used in conjunction with more traditional therapies
• Alternative therapies= interventions neither taught widely in medical schools nor generally available in US hospitals
• Widely used (30-64 % in US), infrequently reported to physicians
• Potential for harm (e.g., adverse drug-herbal interactions)
Use of complementary and alternative medical (CAM) treatments, Persons Age 65 and over in Allegheny County

<table>
<thead>
<tr>
<th>Type of CAM Treatment</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spiritual Healing</td>
<td>11.3</td>
</tr>
<tr>
<td>Herbal Medicine</td>
<td>9.8</td>
</tr>
<tr>
<td>Chiropractic</td>
<td>8.8</td>
</tr>
<tr>
<td>Relaxation Techniques</td>
<td>5.7</td>
</tr>
<tr>
<td>Massage</td>
<td>5.2</td>
</tr>
<tr>
<td>Self-Help Groups</td>
<td>2.3</td>
</tr>
<tr>
<td>Accupuncture/accupressure</td>
<td>1.3</td>
</tr>
<tr>
<td>Energy healing</td>
<td>.8</td>
</tr>
<tr>
<td>Holistic Health treatment</td>
<td>.2</td>
</tr>
<tr>
<td>Any CAM Treatment</td>
<td>31.8</td>
</tr>
<tr>
<td>Vitamins/Supplements</td>
<td>61.5</td>
</tr>
</tbody>
</table>
Predictors of Use of Body-Based CAM Therapies (acupuncture, chiropractic, herbal medicine, holistic health, massage)

<table>
<thead>
<tr>
<th>Predictors</th>
<th>Odds Ratio</th>
<th>95 % CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Health Status</td>
<td>.98</td>
<td>.966-.993</td>
</tr>
<tr>
<td>Education/ some college</td>
<td>1.39</td>
<td>1.02-1.88</td>
</tr>
<tr>
<td>Education/college</td>
<td>1.88</td>
<td>1.37-2.58</td>
</tr>
<tr>
<td>Arthritis</td>
<td>1.44</td>
<td>1.10-1.88</td>
</tr>
</tbody>
</table>

Not significant: age, ethnicity, gender, marital status, mental health status, hypertension, stroke, diabetes, resp. illness, kidney disease, cancer, suppl. health ins., having primary care physician, difficulties with medical care, dissatisfaction with medical care.
Predictors of Use of Psychology-Based Cam Therapies (energy healing, guided imagery, relaxation, self-help groups, spiritual healing)

<table>
<thead>
<tr>
<th>Predictors</th>
<th>Odds Ratio</th>
<th>95 % CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender (female)</td>
<td>1.67</td>
<td>1.26-2.21</td>
</tr>
<tr>
<td>Ethnicity (AA)</td>
<td>1.30</td>
<td>1.01-1.70</td>
</tr>
<tr>
<td>Education (some college)</td>
<td>1.54</td>
<td>1.13-2.07</td>
</tr>
<tr>
<td>Education (college)</td>
<td>1.70</td>
<td>1.11-2.15</td>
</tr>
<tr>
<td>Cancer</td>
<td>1.70</td>
<td>1.01-2.75</td>
</tr>
<tr>
<td>Dissatisfaction with medical care</td>
<td>1.93</td>
<td>1.09-3.44</td>
</tr>
</tbody>
</table>
Summary

• Middle of population shift
• Overall, health status of status of population slightly worse than national rates—due to higher proportion of old-old
• Blacks report worse health than whites, females worse than males, and black females report the worst health
• Healthy behaviors—room for improvement particularly among black males, the old-old and the less educated
Who Needs Help Most?

- Poor self-assessed health
- Poor mental/emotional health
- Four or more chronic health conditions
- Unable to do heavy housework
- No supplemental insurance
- Lives alone
- Low to moderate social support
- Poor or unsafe neighborhood
- Income below $15,000
Who Uses Senior Services?

• 13% had used senior services in past month.
• Groups most likely to report service use:
  – Females (particularly Black females)
  – Those with more service needs in general
  – Older
  – Physical disability
  – Low income
  – Low social support / Live alone
  – Poor mental health
• Generally high levels of satisfaction with services
• Approximately half reporting service use said it would be difficult remaining independent without them.
Unmet Needs for Services

• Approximately 7% reported unmet needs for senior services.

• Groups most likely to report unmet needs:
  – Females (particularly Black females)
  – Those with more service needs in general
  – Poor physical health
  – Physical disability
  – Living in poor neighborhood / housing
  – Poor mental health

• Most needed services – Household / chore / shopping; medical; transportation; financial / legal
Physical Disability, Caregiving, and Service Use
Percent Receiving or Providing Help with Personal and Routine Care

- Receives help with personal care needs: 3.2%
- Receives help with routine needs: 20.2%
- Provides help with personal care needs: 12.0%
- Provides help with routine needs: 15.0%
Who helps? Who do they help?

- Receive help from:
  1. Spouse
  2. Daughters/sons
  3. Other family
  4. Professionals

- Provide help to:
  1. Spouse
  2. Elderly parents
  3. Other family
  4. Friends/neighbors
Physical Disability:
Receiving Help
Receives Help with Personal Care Needs by Race and Gender

- **All Persons**: 3.2%
- **Black Male**: 3.6%
- **Black Female**: 6.0%
- **White Male**: 1.8%
- **White Female**: 3.9%
Receives Help with Personal Care Needs by Age and Living Arrangement

- **All Persons**: 3.2%
- **Age 65 - 74**: 1.0%
- **Age 75 - 84**: 3.0%
- **Age 85+**: 12.1%
- **Lives with Others**: 3.9%
- **Lives Alone**: 2.0%
Receives Help with Personal Care Needs by Marital Status and Education

- **All Persons**: 3.2%
- **Married**: 2.9%
- **Widowed**: 4.1%
- **Divorced / Separated / Single**: 1.2%
- **Less than High School**: 5.9%
- **High School Grad**: 2.2%
- **Some College**: 2.3%
Receives Help with Routine Needs by Race and Gender

- **All Persons**: 20.2%
- **Black Male**: 12.5%
- **Black Female**: 33.3%
- **White Male**: 10.8%
- **White Female**: 25.0%
Receives Help with Routine Needs by Age and Living Arrangement

- **All Persons**: 20.2%
- **Age 65 - 74**: 12.8%
- **Age 75 - 84**: 17.2%
- **Age 85+**: 53.6%
- **Lives with Others**: 17.5%
- **Lives Alone**: 25.3%
Receives help with Routine Needs by Marital Status and Education

- All Persons: 20.2%
- Married: 10.6%
- Widowed: 34.3%
- Divorced / Separated / Single: 14.5%
- Less than High School: 32.4%
- High School Grad: 16.6%
- Some College: 14.2%
Receipt of Personal or Routine Care – Other Factors

• Poor self-rated health
• Multiple chronic conditions
• Low income
• Low social support
• Poor mental health
• Living in poor / unsafe neighborhood or unsatisfactory housing
Adequacy of Care Received

<table>
<thead>
<tr>
<th>Description</th>
<th>Personal Care</th>
<th>Routine Needs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Usually adequate</td>
<td>60.4%</td>
<td>84.0%</td>
</tr>
<tr>
<td>Sometimes adequate</td>
<td>23.6%</td>
<td>13.6%</td>
</tr>
<tr>
<td>Rarely adequate</td>
<td>16.0%</td>
<td>2.3%</td>
</tr>
</tbody>
</table>

- **Adequacy of Care**
  - **Personal Care**
    - Usually adequate: 60.4%
    - Sometimes adequate: 23.6%
    - Rarely adequate: 16.0%
  - **Routine Needs**
    - Usually adequate: 84.0%
    - Sometimes adequate: 13.6%
    - Rarely adequate: 2.3%
Physical Disability: Summary

• Low overall levels of personal care needs (3%).
• One in five report needing help with routine needs.
• Groups most at risk for disability:
  – African American females
  – Oldest old
  – Widowed
  – Less educated / Low income
  – Poor physical health
  – Low social support
  – Poor mental health
  – Poor neighborhood / housing

• Help received generally adequate (less for personal care)
Caregiving: Providing Help
Provides Personal Care Help by Race and Gender

- All Persons: 12.0%
- Black Male: 10.7%
- Black Female: 9.5%
- White Male: 13.7%
- White Female: 11.4%
Provides Personal Care Help by Age and Living Arrangements

10.0%

13.2%

5.9%

11.8%

12.0%

0% 2% 4% 6% 8% 10% 12% 14% 16%

Lives Alone

Lives with Others

Age 85+

Age 75 - 84

Age 65 - 74

All Persons

13.2%

13.9%

11.8%

5.9%

10.0%
Provides Personal Care Help by Marital Status

- All Persons: 12.0%
- Married: 15.1%
- Widowed: 9.5%
- Divorced / Separated / Single: 5.5%
Provides Routine Help by Race and Gender

- All Persons: 15.0%
- Black Male: 18.2%
- Black Female: 11.9%
- White Male: 20.8%
- White Female: 11.8%
Provides Routine Help by Age and Living Arrangements

- **All Persons**: 15.0%
- **Age 65 - 74**: 18.4%
- **Age 75 - 84**: 14.1%
- **Age 85+**: 5.8%
- **Lives with Others**: 18.2%
- **Lives Alone**: 9.3%
Provides Routine Help by Marital Status

- All Persons: 15.0%
- Married: 20.2%
- Widowed: 9.2%
- Divorced / Separated / Single: 10.9%
Caregiving: Summary

• Providing personal care help was four times as prevalent (12%) as receiving personal care help (3%).
• Providing routine care (15%) was slightly less prevalent than receiving routine help (20%).
• Groups most likely to be providing care:
  – Males
  – Younger
  – Lives with others
  – Married
• Care provision generally unrelated to other health indicators.
Knowledge and Use of Area Agency on Aging Senior Services
Awareness of AAA and Services
Heard of Area Agency on Aging by Race and Gender

- All Persons: 68.9%
- Black Male: 58.2%
- Black Female: 75.9%
- White Male: 61.0%
- White Female: 73.6%
Heard of Area Agency on Aging by Number of “Service Needs”

- All Persons: 68.9%
- None: 70.6%
- One or Two: 71.7%
- Three or Four: 63.3%
- Five or more: 65.0%
Heard of AAA? - Other Factors

- More educated
- Have additional medical insurance
- High social support
- Live alone
Aware of Services Agency Provides by Race and Gender

- **All Persons**: 29.1%
- **Black Male**: 27.2%
- **Black Female**: 39.2%
- **White Male**: 18.9%
- **White Female**: 34.4%
Aware of Services Agency Provides by Number of “Service Needs”

- All Persons: 29.1%
- None: 28.2%
- One or Two: 30.6%
- Three or Four: 25.1%
- Five or more: 36.7%
Aware of AAA Services? - Other Factors

• More educated

• Younger

• Fewer chronic conditions

• Live with others
Awareness of AAA Services: Summary

• Almost 70% had heard of AAA.

• Less than 30% were aware of the services AAA provides.

• Groups more aware of AAA:
  – Females
  – More educated
Use of Senior Services
Used Senior Services in Last Month by Race and Gender

- All Persons: 13.0%
- Black Male: 12.5%
- Black Female: 25.0%
- White Male: 6.0%
- White Female: 16.3%
Used Senior Services in Last Month by Number of “Service Needs”

- **All Persons**: 13.0%
- **None**: 4.0%
- **One or Two**: 11.4%
- **Three or Four**: 19.5%
- **Five or more**: 32.2%
Used Senior Services in Past Month - Other Factors

- Older
- Unable to do housework
- Low income
- Low social support
- Live alone
- Poor mental health
- Routine care needs
Overall Satisfaction with Services

- Very Satisfied: 77.9%
- Somewhat Satisfied: 19.0%
- Not at All Satisfied: 3.1%
Difficulty Remaining Independent
If Services Unavailable

- Very Difficult: 23.2%
- Somewhat Difficult: 22.8%
- Not at All Difficult: 54.0%
Use of Senior Services: Summary

• 13% had used senior services in past month.
• Groups most likely to report service use:
  – Females (particularly Black females)
  – Those with more service needs in general
  – Older
  – Physical disability
  – Low income
  – Low social support / Live alone
  – Poor mental health
• Generally high levels of satisfaction with services
• Approximately half reporting service use said it would be difficult remaining independent without them.
Unmet Needs for Senior Services
Not Receiving Needed Services by Race and Gender

- All Persons: 6.6%
- Black Male: 9.3%
- Black Female: 15.0%
- White Male: 3.6%
- White Female: 7.5%
Not Receiving Needed Services by Number of “Service Needs”

- All Persons: 6.6%
- None: 1.0%
- One or Two: 3.1%
- Three or Four: 13.9%
- Five or more: 23.3%
Unmet Needs for Services – Other Factors

• Poor self-rated health
• Four or more reported chronic conditions
• Low social support
• Living in a poor / unsafe neighborhood or unsatisfactory housing
• Poor mental health
• Personal care needs
• Routine care needs
Service Needs Among Those Reporting Service Needs (5.6%)

- Medical or Personal Services: 18%
- Transportation/ACCESS: 18%
- Food/Meals on Wheels: 6%
- Social Activities/Companionship: 6%
- Other/Misc.: 3%
- Financial/Legal Insurance Services: 15%
- Homemaker/Chore Shopping Services: 34%
- Transportation/ACCESS: 18%
- Social Activities/Companionship: 6%
- Food/Meals on Wheels: 6%
- Medical or Personal Services: 18%
- Financial/Legal Insurance Services: 15%
- Homemaker/Chore Shopping Services: 34%
Unmet Needs for Services: Summary

- Approximately 7% reported unmet needs for senior services.

- Groups most likely to report unmet needs:
  - Females (particularly Black females)
  - Those with more service needs in general
  - Poor physical health
  - Physical disability
  - Living in poor neighborhood / housing
  - Poor mental health

- Most needed services – Household / chore / shopping; medical; transportation; financial / legal
Allegheny County Survey Results

- General Health Status
- Health Insurance Coverage and Health Care
- Healthy and Unhealthy Behaviors
- Need for Senior Services
General Health Status
Self-Assessed Health Status by Race and Gender
Allegheny County Aged 65 & over

- All Persons - US
- All Persons - Allegheny County
- White male
- White female
- Black male
- Black female

Legend:
- Fair/Poor/Very Poor
- Excellent/Very Good
Self-Assessed Health by Age and Living Arrangements
Allegheny County Aged 65 & over

Percent

Fair/Poor/Very Poor  Excellent/Very Good

All Persons - US
All Persons - Allegheny County
Ages 65-74
Ages 75-84
Ages 85+
Lives With Others
Lives Alone
Self-Assessed Health By Education
Allegheny County Aged 65 & over

<table>
<thead>
<tr>
<th>Education Level</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Persons - US</td>
<td></td>
</tr>
<tr>
<td>All Persons - Allegheny County</td>
<td></td>
</tr>
<tr>
<td>Less than High School</td>
<td></td>
</tr>
<tr>
<td>High School Graduate</td>
<td></td>
</tr>
<tr>
<td>Some College</td>
<td></td>
</tr>
<tr>
<td>College Graduate</td>
<td></td>
</tr>
</tbody>
</table>

- **Fair/Poor/Very Poor**
- **Excellent/Very Good**
SF-8 Summary Physical Health Scores by Race and Gender
Allegheny County Aged 65 & over
SF-8 Physical Health Scores by Age and Living Arrangement
Allegheny County Aged 65 & over

Ages 65-74
Lives Alone

Mean Score

All Persons - Allegheny County

Ages 75-84

Ages 85+

Lives With Others

Lives Alone

Physical Health Scale
SF-8 Summary Mental Health Scores by Race and Gender
Allegheny County Aged 65 & over

Mental Health Scale

Mean Score

All Persons - Allegheny County

White male

White female

Black male

Black female
SF-8 Mental Health Scores by Age and Living Arrangement
Allegheny County Aged 65 & over

Mental Health Scale

Mean Score

52.5
52
51.5
51
50.5
50
49.5

Ages 65-74

Ages 75-84

Ages 85+

Lives With Others

Lives Alone

All Persons - Allegheny County
Number of Chronic Health Conditions by Race and Gender, and Living Arrangements

- **All Persons**
  - 4 or more Conditions: 30%
  - 2 or 3 Conditions: 70%

- **White male**
  - 4 or more Conditions: 35%
  - 2 or 3 Conditions: 65%

- **White female**
  - 4 or more Conditions: 30%
  - 2 or 3 Conditions: 70%

- **Black male**
  - 4 or more Conditions: 35%
  - 2 or 3 Conditions: 65%

- **Black female**
  - 4 or more Conditions: 40%
  - 2 or 3 Conditions: 60%

- **Lives With Others**
  - 4 or more Conditions: 35%
  - 2 or 3 Conditions: 65%

- **Lives Alone**
  - 4 or more Conditions: 30%
  - 2 or 3 Conditions: 70%
Number of Chronic Health Conditions by Age and Education

- All Persons
- Age 65-74
- Age 75-84
- Age 85+
- < High Schl
- High Schl
- Some College or more

Legend:
- 4 or more Conditions
- 2 or 3 Conditions
Unable to Do Heavy Housework by Race and Gender, and Living Arrangements

- All Persons
- White male
- White female
- Black male
- Black female
- Lives With Others
- Lives Alone

Percent
Unable to Do Heavy Housework by Age and Education

- All Persons
- Age 65-74
- Age 75-84
- Age 85+
- < High Schl
- High Schl
- Some College or more

Percent: 0 5 10 15 20 25 30 35 40 45 50

Unable to do heavy housework
General Health Status: Summary

• Self-assessed health of elderly in Allegheny County is slightly worse than for persons age 65 and over nationally primarily due to the greater percentage of oldest old (85+) in the County.

• Blacks reported worse self-assessed health than whites, and females reported worse health than males, with black females reporting the worst health.

• Poor self-assessed health was also related to:
  – Older age
  – Lower levels of education
  – Living alone

• Similar patterns were seen for the SF-8 summary scales, for the number of chronic health conditions reported, and for the inability to regularly do heavy housework.

• In general, the health status of the elderly in Allegheny County is comparable to national figures.
Health Insurance Coverage and Health Care
Health Insurance, Prescription Medications, Persons in Allegheny County Aged 65 & over

- Has Health Insurance in Addition to Medicare: 88.1%
- Has Prescription Medication Insurance: 72.4%
- Takes Prescription Medications: 85.7%
- No Difficulty Getting Prescription Medications: 94.5%
Health & Prescription Medication Insurance
Allegheny County Aged 65 & over

- White male: 90%
- White female: 90%
- Black male: 70%
- Black female: 70%
- White male: 60%
- White female: 60%
- Black male: 40%
- Black female: 40%

Has Health Insurance in Addition to Medicare
Has Prescription Medication Insurance
Has Health Insurance in Addition to Medicare by Age and Living Arrangements

Health Insurance in Addition to Medicare

- Ages 65-74
- Ages 75-84
- Ages 85+

Living Arrangements
- Lives With Others
- Lives Alone

Percentage

- All Persons - Allegheny County
- Ages 65-74
- Ages 75-84
- Ages 85+

- Lives With Others
- Lives Alone
Prescription Medication Use and Availability
Allegheny County Aged 65 & over

Takes Prescription Medications
- White male
- White female
- Black male
- Black female

No Difficulty Getting Prescription Medications
- White male
- White female
- Black male
- Black female
Seen MD in Last Year & Has Personal MD by Race and Gender
Allegheny County Aged 65 & over
Has Personal MD by Age and Living Arrangements

- All Persons - Allegheny County
- Ages 65-74
- Ages 75-84
- Ages 85+
- Lives With Others
- Lives Alone

Has Personal MD

Percent

97
95
93
91
89
87
85
Routine Checkup and Evaluation of Medical Care by Race and Gender
Allegheny County Aged 65 & over

- Routine Checkup in Last Year
- No Difficulty Getting Medical Care
- Satisfied with Medical Care
Health Insurance Coverage & Health Care: Summary

• Health Insurance:
  – 88% reported health insurance coverage in addition to Medicare, higher than national rates; 72% reported some form of prescription medication insurance.
  – Most take prescription medications and report no difficulty getting them.
  – Blacks, older age groups, persons with less education (not shown), and those who live alone have lower levels of additional health insurance and of medication coverage.

• Health Care:
  – Elderly in Allegheny County have high rates of physician utilization and of satisfaction with care.
  – Over 94% reported having a personal physician, 93% saw a physician in the previous year, 89% had a routine checkup in the previous year, and 96% were satisfied with the medical care they received.
Healthy and Unhealthy Behaviors
Physical Activity and Diet by Race and Gender
Allegheny County Aged 65 & over

Participates in physical activity or exercise

Watches diet and eats healthy foods

Percent

White male
White female
Black male
Black female
Preventive Health Behaviors by Race and Gender
Allegheny County Aged 65 & over

Flu Shot in the Last Year

Mammogram in the Last Year (Women)

PSA Test in the Last Year (Men)
Preventive Health Behaviors By Age
Allegheny County Aged 65 & over

Flu Shot in the Last Year

Ages 65-74
Ages 75-84
Ages 85+

Mammogram in the Last Year (Women)

Ages 65-74
Ages 75-84
Ages 85+

PSA Test in the Last Year (Men)

Ages 65-74
Ages 75-84
Ages 85+
Current Smoking and Drinking by Race and Gender
Allegheny County Aged 65 & over
Index of Healthy Behaviors

Count of indicators (0 to 6):

1. Exercise and physical activity
2. Watch diet and eat healthy foods
3. Flu shot in last year
4. Prostate Specific Antigen (PSA) Test in last year (men) or Mammogram in last two years (women)
5. Doesn’t smoke currently
6. Doesn’t drink “heavily” (average of 2+ drinks per day or 6+ drinks when drinking)
Mean Score on the Index of Healthy Behaviors by Race and Gender, Age, and Education

- Black males
- Black females
- White males
- White females
- Age 65-74
- Age 75-84
- Age 85+
- < High Schl
- High Schl
- Some College or more
Health Status of Persons with High, Medium and Low Numbers of Healthy Behaviors

- Four or more chronic health conditions
- Very poor, poor or fair self-assessed health
- Excellent or very good self-assessed health

![Bar chart showing health status by self-assessment and number of healthy behaviors](chart.png)
Healthy and Unhealthy Behaviors: Summary

- High percentages of the elderly reported that they watch their diet (85%) and participate in physical activity (63%).

- Among prevention behaviors, more County elders reported a flu shot in the previous year than nationally (70% versus 65%), and rates of PSA tests and Mammograms were fairly high.

- Current smoking (9%) and drinking (43%) rates were also comparable to national rates.

- Analysis of the index of healthy behaviors indicated that overall levels of healthy behaviors are good, but improvement is still needed. Blacks engaged in fewer healthy behaviors than whites, with white males reporting the most and black males the least. Additionally, the oldest old and those with less education reported fewer healthy behaviors.

- Poor health seems to result in engaging in more healthy behaviors, while excellent or good health does not result in more healthy behaviors.
Need for Senior Services
Components of Need for Service

- Physical and Mental Health Status
- Availability of Health Insurance and Access to Care
- Living alone or only low/moderate social support
- Neighborhood and housing characteristics
- Low Income
Marital Status and Living Arrangements by Race and Gender
Allegheny County Aged 65 & over

- Not Married
  - White male
  - Black male
  - White female
  - Black female

- Lives Alone
  - White male
  - Black male
  - White female
  - Black female
Social Support by Race and Gender
Allegheny County Aged 65 & over

Percent

Low Social Support
- White male
- White female
- Black male
- Black female

Moderate Social Support
- White male
- White female
- Black male
- Black female

Dissatisfaction With Social Support
- White male
- White female
- Black male
- Black female
Low or Moderate Social Support by Race and Gender, Education and Age

- All Persons
- Black males
- Black females
- White males
- White females
- < High Schl
- High Schl
- Some College or more
- Age 65-74
- Age 75-84
- Age 85+

Percent

0  5  10  15  20  25
Neighborhood Satisfaction by Race and Gender
Allegheny County Aged 65 & over

Neighborhood a good or average place to live

- White male
- White female
- Black male
- Black female

Percent Agree

Neighborhood a safe place to live

- White male
- White female
- Black male
- Black female
Low Income (< $15,000 annually) by Race and Gender, Education and Age

- All Persons
- Black males
- Black females
- White males
- White females
- < High Schl
- High Schl
- Some College or more
- Age 65-74
- Age 75-84
- Age 85+

Percent
Index of Service Need

Count of indicators (0 to 9):

- Very poor, poor or fair self-assessed health
- Poor mental/emotional health (SF-8 - Lowest 10%)
- Four or more chronic health conditions
- Unable to do heavy housework
- No insurance besides Medicare
- Lives alone
- Only low or moderate social support (< 3 close relatives and friends)
- Poor or unsafe neighborhood or unsatisfactory housing
- Income below $15,000
Mean Score on the Service Need Index by Race and Gender, Age, and Education

Black males
Black females
White males
White females
Age 65-74
Age 75-84
Age 85+
< High Schl
High Schl
Some College
Percent with High (5+), or Medium (3 - 4) Service Need by Race and Gender, Age, and Education

- All Persons
- Black males
- Black females
- White males
- White females
- Age 65-74
- Age 75-84
- Age 85+
- < High Schl
- High Schl
- Some College

[Graph showing data]
Need for Senior Services: Summary

- Blacks, women, those with the least education, and the oldest-old reported less social support and living alone more.

- While overall levels of neighborhood and housing satisfaction were high, larger numbers of blacks reported that their neighborhood was a poor or unsafe place to live, or were dissatisfied with their housing. Also, fewer blacks reported owning their home.

- Blacks and females (and particularly black females), the oldest old, and those with less education were more likely to have incomes below $15,000.

- Analysis of the index of need for senior services, reflecting the largely consistent pattern of each indicator, indicated that there is significant need for services, and that blacks, women, (particularly black women), the oldest-old, and those with the least education had the greatest number of service needs.
Summary

- The health status of the elderly in Allegheny County is largely comparable to that of elderly nationally, but perhaps slightly worse due to the larger proportion of oldest old.

- Health insurance coverage, health (physician) care, and the use of healthy behaviors are high in the County, but there is clearly still room for improvement.

- The need for senior services in the County is significant.

- The general pattern for most of these indicators is that blacks, women, the oldest old, those with least education and those who live alone or have low social support are the worst off.