Aging Trends

National Snapshot of Older Adults

- One out of four 65 year olds will live past 90
- 85% of 100 year olds are women
- Almost half of women age 75 and older live alone
- Almost 10% of older adults live in poverty
- Around 2 million older adults live with a grandchild
- Americans over 85 is the fastest growing age group
- 2012: 117 million people (~ 50% of adults) had 1 or more chronic conditions

https://www.cdc.gov/chronicdisease/overview/index.htm
Aging Trends

National Life Expectancy¹
- Men: 84.3
- Women: 86.6

National 65+ Trends³
- 1900: 3.1 million
- 2010: 40.3 million
- 2050: ~80 million

Aging in Indiana
- Senior population will grow from 13% in 2010 to 20% in 2030¹⁰
- 70% increase in Hoosiers age 65+¹⁰
- Indiana 2050 population projection¹¹
  - Total population: 7,482,771
  - Age 65+: 1,533,913 (~20%)
Needs Assessment®
(Community Assessment Survey for Older Adults™)

6 Community Dimensions

- Overall community quality
- Community and belonging
- Community information
- Productive activities
- Health and wellness
- Community design and land use

64% of older adults have problems maintaining their physical health
60% of older adults have problems staying physically fit
82% of older adults rated overall mental health/emotional well-being as “excellent” or “good”
79% rated overall quality of life as “excellent” or “good”

INDIANA vs U.S.

HEALTH BEHAVIORS
Nutrition² – Percentage of adults eating 2 or more fruits daily

Nutrition² – Percentage of older adults eating 3 or more vegetables daily
Physical Activity² – Percentage of older adults with no leisure time physical activity in the past month

Obesity² – Percentage of older adults who are currently obese with a body mass index (BMI) >30
Smoking² – Percentage of older adults who have had ≥ 100 cigarettes in their lifetime and still smoke every day or some days

Alcohol² – Percentage of older adults who reported binge drinking within the past 30 days
2015

**Overall Health²** – Percentage of older adults who self-rated good to excellent health status

__Indiana 65+__

Percentage of older adults who self-reported that their health is "good", "very good", or "excellent".

View by Age Group

**U.S. 65+**

Percentage of older adults who self-reported that their health is "good", "very good", or "excellent".

View by Age Group

2015

**Overall Health²** – Percentage of older adults who self-rated fair to poor health status

__Indiana 65+__

Percentage of older adults who self-reported that their health is "fair" or "poor".

View by Age Group

**U.S. 65+**

Percentage of older adults who self-reported that their health is "fair" or "poor".

View by Age Group
How to Age Well

What can you do?¹

- Exercise
  - Remain active and independent
  - Positive mood
  - Strong and fit
- Healthy lifestyle
  - Make adjustments
    - Hearing, vision, strength changes over time
- Preventative health behaviors
  - Immunizations
How to Age Well

What can you do?¹

- Advocate
  - For yourself and family
  - Ask questions
  - Second opinions
- Seek assistance
  - Anxiety
  - Depression
  - Substance abuse

How to Age Well

What can you do?¹

- Be interested
  - Stay aware!
    - Arts, science, politics, culture
- Be interesting
  - Engage
  - Stay passionate
ROLE OF SPOUSES & PARTNERS
IN HEALTH BEHAVIORS

64% of older adults have problems maintaining their physical health
60% have problems staying physically fit

Senior population will grow to 20% of total population in 2030

8-14% of older adults experienced safety problems
47% had “minor” problems having interesting social events/activities to attend

Spouses/family partners help increase physical activity levels
Spouses/family partners can help older adults make healthy lifestyle adjustments and utilize preventive health practices.
Spouses/family partners can advocate for the older adult and help them seek assistance when needed
Walking for Our Health: A Randomized Couple-Focused Physical Activity Intervention

- Couple-focused physical activity interventions can be effective in eliciting increases in physical activity among married partners
- Couple-focused health behavior change interventions may operate through facilitating collaborative health promotion strategies
  - Goal-setting
  - Assistance
  - Support
  - Feedback

Walking for Our Health: A Randomized Couple-Focused Physical Activity Intervention

**Intervention³**

- 2 intervention groups received similar information and assessments
  - Primary distinction: approach to setting and monitoring goals
- Combined couple goal-setting group
  - Cumulative step goal
  - Contributed to by both members of couple
- Concurrent individual goal-setting group
  - His or her own daily step goal week period
- One 60 minute group session
- Weekly follow-up phone calls
- Each participant received pedometer
- Follow-up assessment

³Walking for Our Health: A Randomized Couple-Focused Physical Activity Intervention
Walking for Our Health: A Randomized Couple-Focused Physical Activity Intervention

**Participants**

- 31 couples
  - Concurrent individual goal-setting group
  - Combined couple goal-setting group

- Inclusion criteria
  - At least one partner 50 years or older
  - Partners living together
  - At least one partner received medical advice to increase PA in past year

**Results**

**Figure 1.** Change in weekly minutes of MVPA baseline to post-intervention

**Figure 2.** Change in body mass index (BMI) baseline to post-intervention

Figure 1. Change in weekly minutes of MVPA baseline to post-intervention

Figure 2. Change in body mass index (BMI) baseline to post-intervention
Conclusion

Towards Healthy Aging in Indiana

- Promote healthy Indiana behaviors
- 70% increase in Hoosiers age 65+
- Spouses & families can contribute to healthy aging

References

References Cont.


### Indiana Strengths
- 76% would recommend their community to others
- 88% plan to stay in the area through retirement
- 63% responded “excellent” or “good” feelings of safety
- 59% rated community recreation opportunities as “excellent” or “good”
- 82% rated overall mental health/emotional well-being as “excellent” or “good”
- 79% rated overall quality of life as “excellent” or “good”
- 55% reported being somewhat or very informed about services and activities available to older adults

### Indiana Weaknesses
- 8-14% experienced safety problems
- 49% rated sense of community “excellent” or “good”
- 31% reported problems finding meaningful volunteer work
- 60% had problems with not knowing what services were available and feeling as if their voice was not heard in the community
- 18% had used a senior center in their community
- 47% had “minor” problems having interesting social events/activities to attend
- 64% have problems maintaining their physical health
- 60% have problems staying physically fit