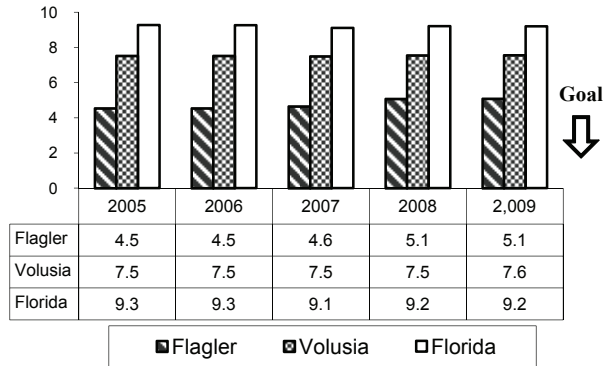


Aging and Elderly

Elderly and Poverty Percent of Persons Age 60+ Whose Financial Status is Below the Poverty Guideline



This Indicator Measures... the percent of adults age 60 years and over whose financial status is below the poverty guideline for their family size.

This is Important Because... Poverty can affect many aspects of a person's living condition including housing, health and nutrition.

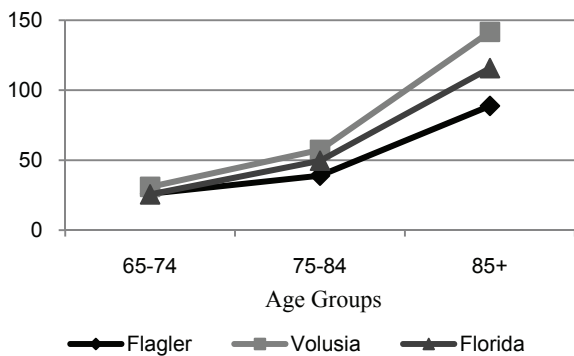
Source: Florida Department of Elder Affairs

Note: The percentage in Flagler has increased over the reporting period and the percentage in Volusia has remained steady.

Accidental Falls put Seniors at Risk

The Florida Office of Injury Prevention lists falls as the leading cause of fatal injuries, non-fatal injury hospitalizations and non-fatal injury emergency department visits for ages 65 and older. Approximately one out of five hip fracture patients dies within one year of their injury. On average – for every \$1,250 per person cost for a Falls Prevention (High Risk) Elderly Program, there is a \$10,800 per person cost benefit.

2008 Injury Rate per 1,000 (Deaths, Hosp., ED Visits)



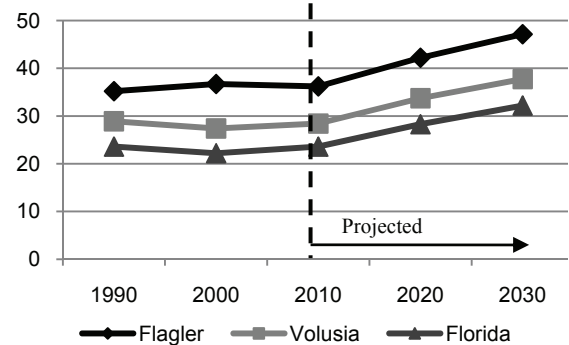
Source: Florida Department of Health, Office of Injury Prevention

Impact of an Aging Population

The Perfect Storm (published by the Community Service Council of Greater Tulsa, OK) identifies eight sources that could converge to create a complex, powerful and imminent phenomenon in our country. Three of the eight sources are related to our aging population.

The increase in persons over age 65 and over age 85 will shape future financial, political, economic and social dynamics in our society. Increased retirement of educated, trained baby boomers will lead to a growing workforce shortage. This smaller workforce will be challenged to assure healthy lifestyles and access to quality health care for an increasing number of people with health conditions.

Percentage of the Population Age 60 Years and Over



Source: US Census, 1990 and 2000

Florida Legislature, Office of Economic & Demographic Research, 2010, 2020 and 2030 projections

Independence for Elderly “Success Rate”

ElderSource is the Department of Elder Affairs (DOEA) Area Agency on Aging for Flagler and Volusia Counties as well as 5 other counties in Northeast Florida. This non-profit organization contracts with local providers to meet the needs of elders age 60 years and over. Locally, Flagler County Social Services and the Council on Aging of Volusia County strive to keep seniors as independent as possible through their community supportive services.

Some of the people who seek assistance through these local providers are considered to be at high risk of entering a nursing home without community supportive services. The table below shows the rate of success for maintaining independence for seniors receiving supportive services who remain living at home rather than entering a nursing home.

Success Rate: High Risk Seniors Who Remain Living at Home Due to Receiving Community Supportive Services

	2007	2008	2009
Flagler	97.0%	97.8%	98.3%
Volusia	93.4%	93.8%	95.0%

Depression among Older Adults

Depression in the elderly is a widespread problem that is often not diagnosed and frequently undertreated. Late-life depression affects about 6 million Americans age 65 and older – but only 10% receive treatment. The risk of depression increases with other illnesses and when ability to function becomes limited. Depressive disorder is not a normal part of aging. In other words, elderly depression is more closely linked to health than it is to age.

Depression tends to last longer in elderly adults. It doubles the risk of cardiac diseases and increases the risk of death from illness. Depression also reduces the ability to rehabilitate. The National Institute of Mental Health considers depression in people age 65 and older to be a major public health problem.

Some ways to combat and prevent depression include:

- Getting out into the world
- Connecting to others
- Participating in enjoyable activities
- Volunteering
- Taking care of a pet
- Learning a new skill
- Enjoying jokes and stories
- Maintaining a healthy diet
- Exercising

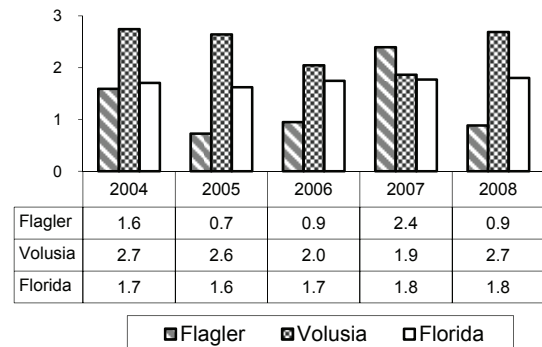
County BRFSS Data Report

The 2007 Florida Behavioral Risk Factor Surveillance System Data Report contains responses from randomly selected participants on health-related questions. Selected BRFSS responses for experiences among adults aged 65 and older are shown below as percents.

2007 – 65 & older	Flagler	Volusia	Florida
Diagnosed with arthritis	45.9 %	43.3 %	47.6 %
Some form of heart disease	20.2	16.3	23.9
Ever had a stroke	5.0	4.9	7.9
Diagnosed high cholesterol	56.8	52.4	49.8
Diagnosed diabetes	14.5	16.1	18.5
Good/Excellent Overall Health	85.9	77.1	75.2
Satisfied with their life	92.7	95.7	95.8
Receive social/emotional support	84.5	74.4	77.4
Good physical health	90.2	87.1	84.3
Good mental health	94.4	94.5	94.5
Diagnosed High Blood Pressure	54.3	56.4	53.5
Received a flu shot last year	69.4	69.9	64.6
Received pneumonia vaccination	69.4	63.4	63.0
Overweight or obese	60.8	60.0	61.2
Eat five fruits/vegetables per day	33.5	31.1	28.3
Do moderate physical activity	36.5	30.2	32.5
Former smokers	49.9	48.8	46.5

Elder Suicide

Rate of Suicide, Ages 60+, Per 10,000 Population



This Indicator Measures...the rate of suicide for ages 60 older, per 10,000 population in Flagler and Volusia Counties.

This is Important Because...according to the National Strategy for Suicide Prevention, suicide disproportionately impacts the elderly.

Source: Florida CHARTS

Note: The fluctuations in the Flagler rate are likely due to the relatively small incidence of suicide; however, there was a sharp rise in 2007. After four years of decreasing rates, the Volusia rate increased in 2008 to return to the 2004 level.

Substance Abuse among Older Adults

According to a new report, need for substance abuse treatment among Americans over age 50 is projected to double by 2020. The Substance Abuse and Mental Health Services Administration (SAMHSA) reports that the aging of the baby boom generation is resulting in a dramatic increase in illicit drug use among adults 50 and over.

- There is a need for prevention at all ages
- Age-related physiological and social changes make older adults more vulnerable to the harmful effects of illicit drugs
- Data shows that 4.7% used an illicit drug in the past year
- Marijuana use was more common than nonmedical use of prescription drugs for adults age 50 to 59
- Nonmedical use of prescription drugs was more common than marijuana for adults aged 65 and older.

Source: The NSDUH Report published by the Office of Applied Studies, Substance Abuse and Mental Health Services Administration (SAMHSA)