

Healthy Aging for Immigrant Older Adults in the United States

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Presentation Summary

- Social Demographic Characteristics
- Health Status and Healthcare Access
- Aging Well among Diverse Older Adults
- Policy and Research Recommendations

Social Demographic Characteristics in the U.S.

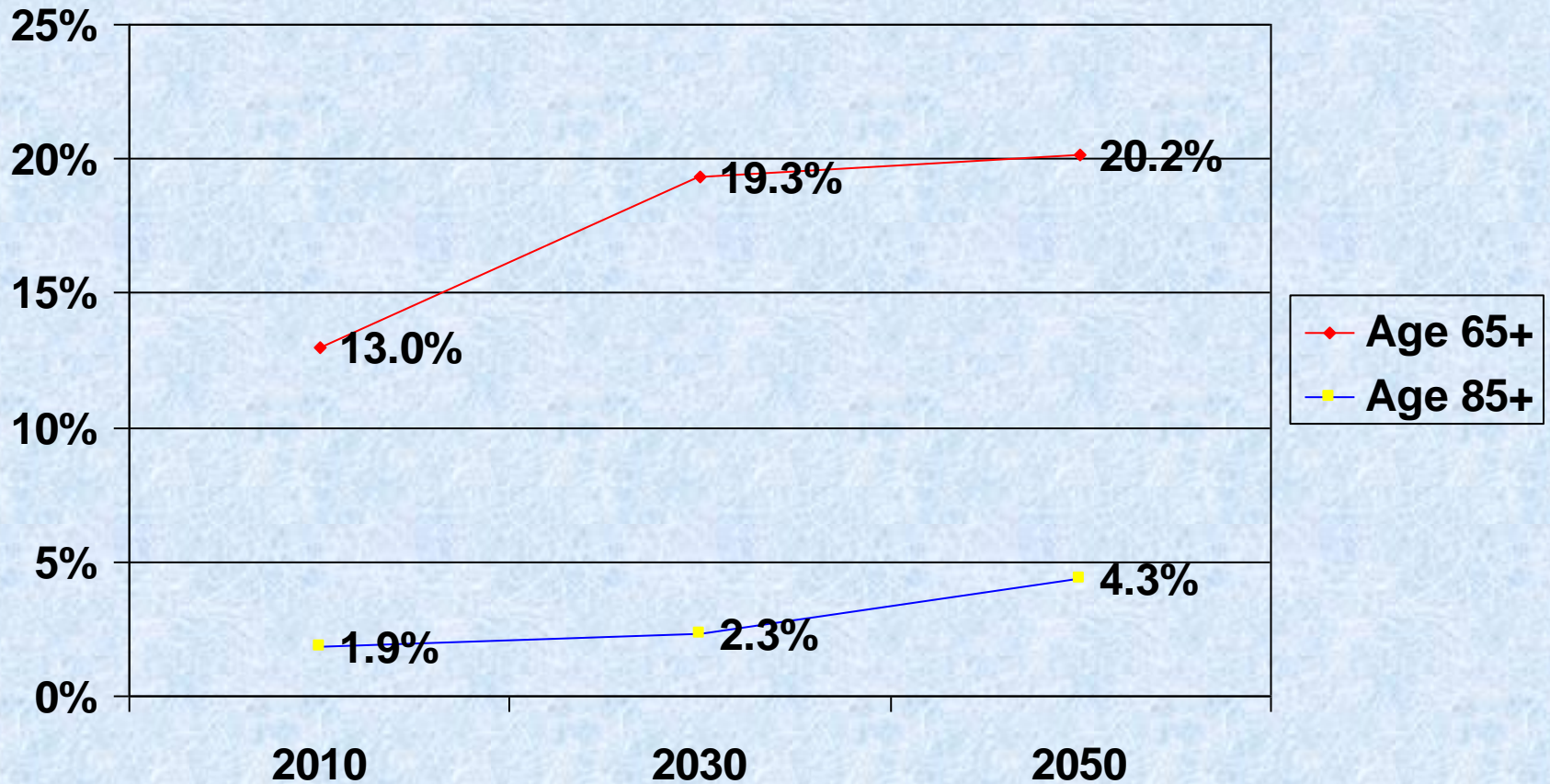


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Total Population Age 65 and Older

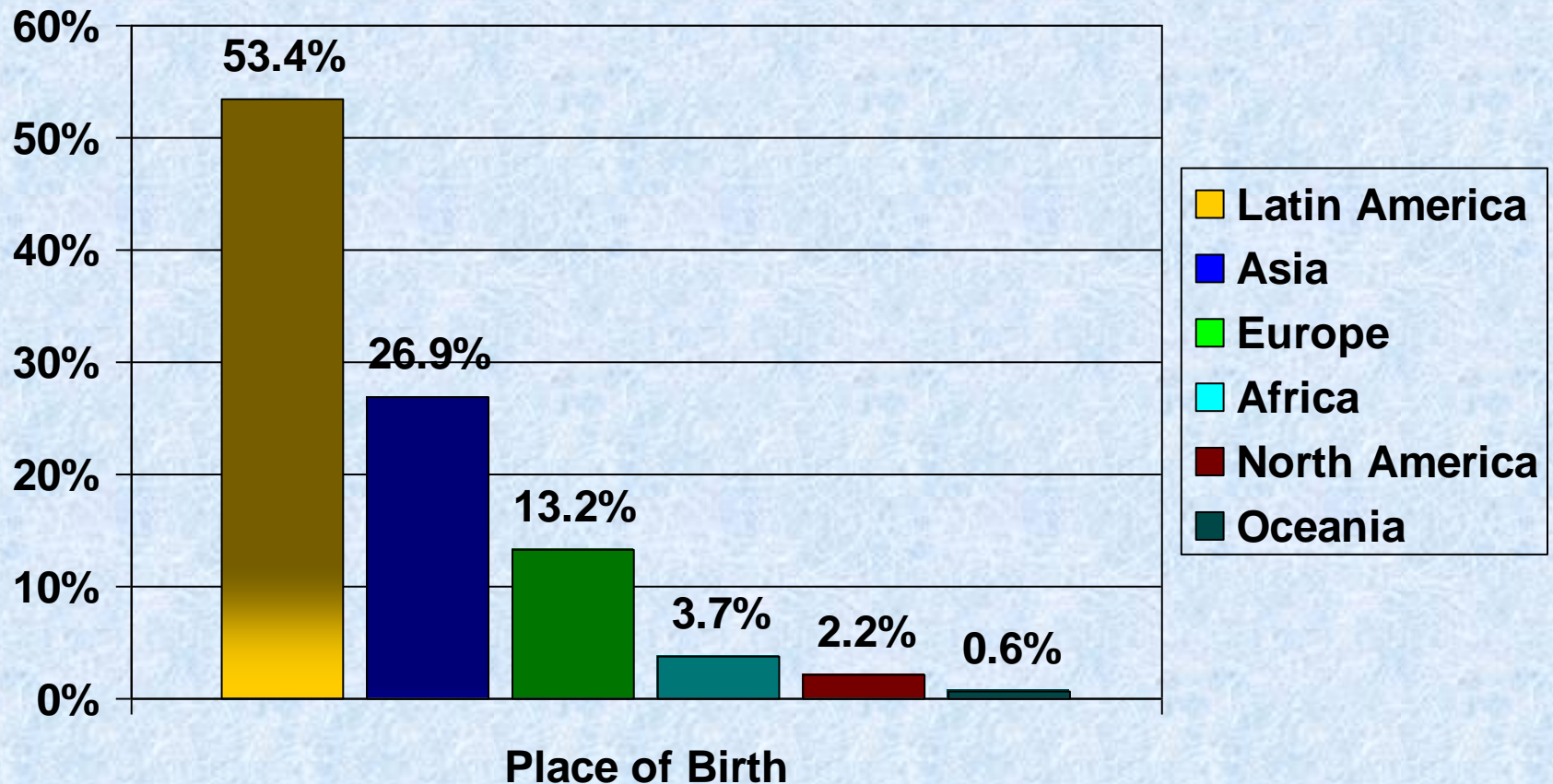
38 Million of US Population Age 65 and Over (ACS 2006-2008)



Source: US Census 2008

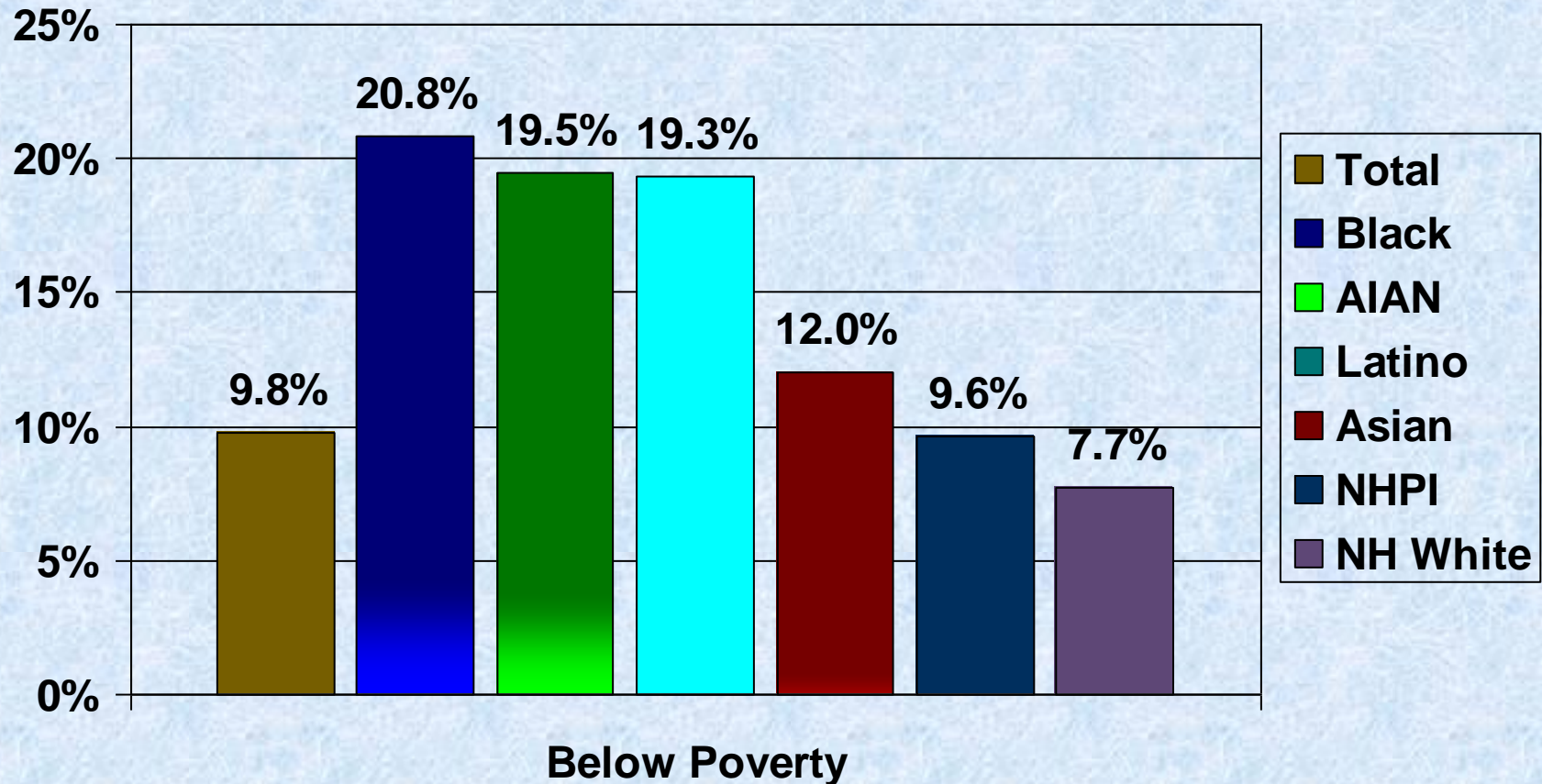
Foreign Born by Place of Birth

38 Million of US Population are Foreign Born



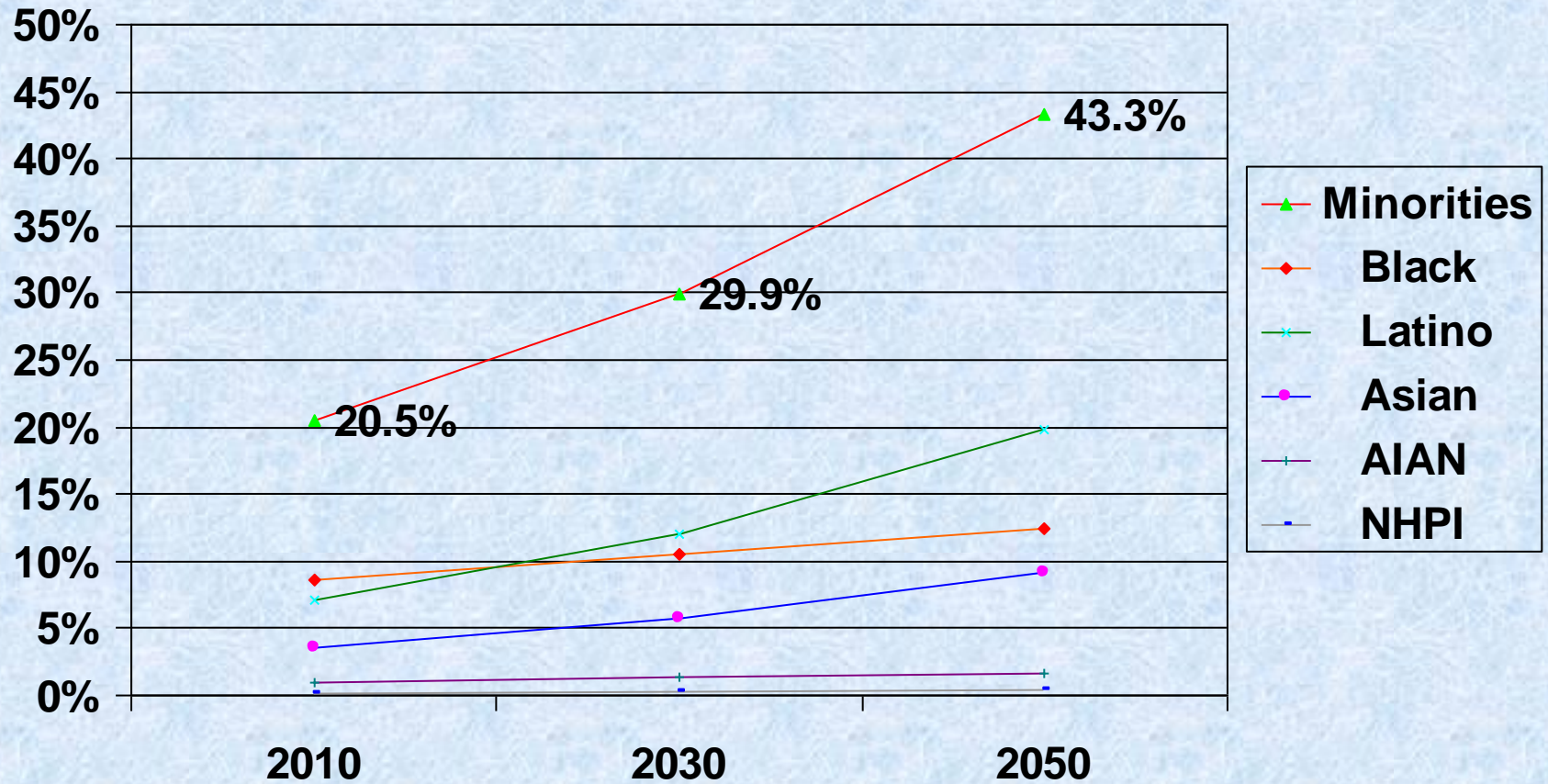
Source: American Community Survey 2006-2008

Poverty Status of Age 65 and Over by Race



Source: American Community Survey 2006-2008

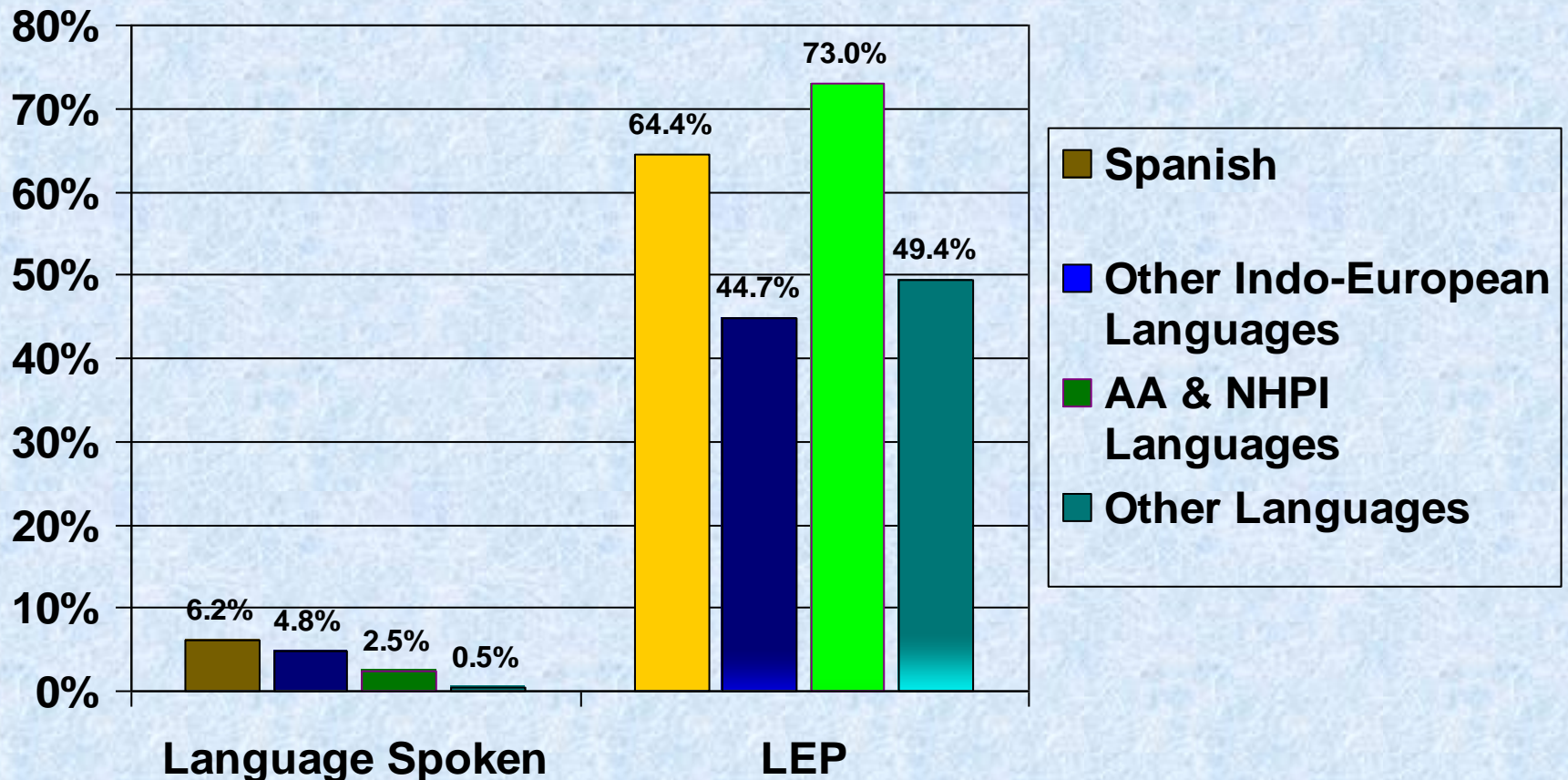
Total Population Age 65 and Over by Race



Source: US Census 2008

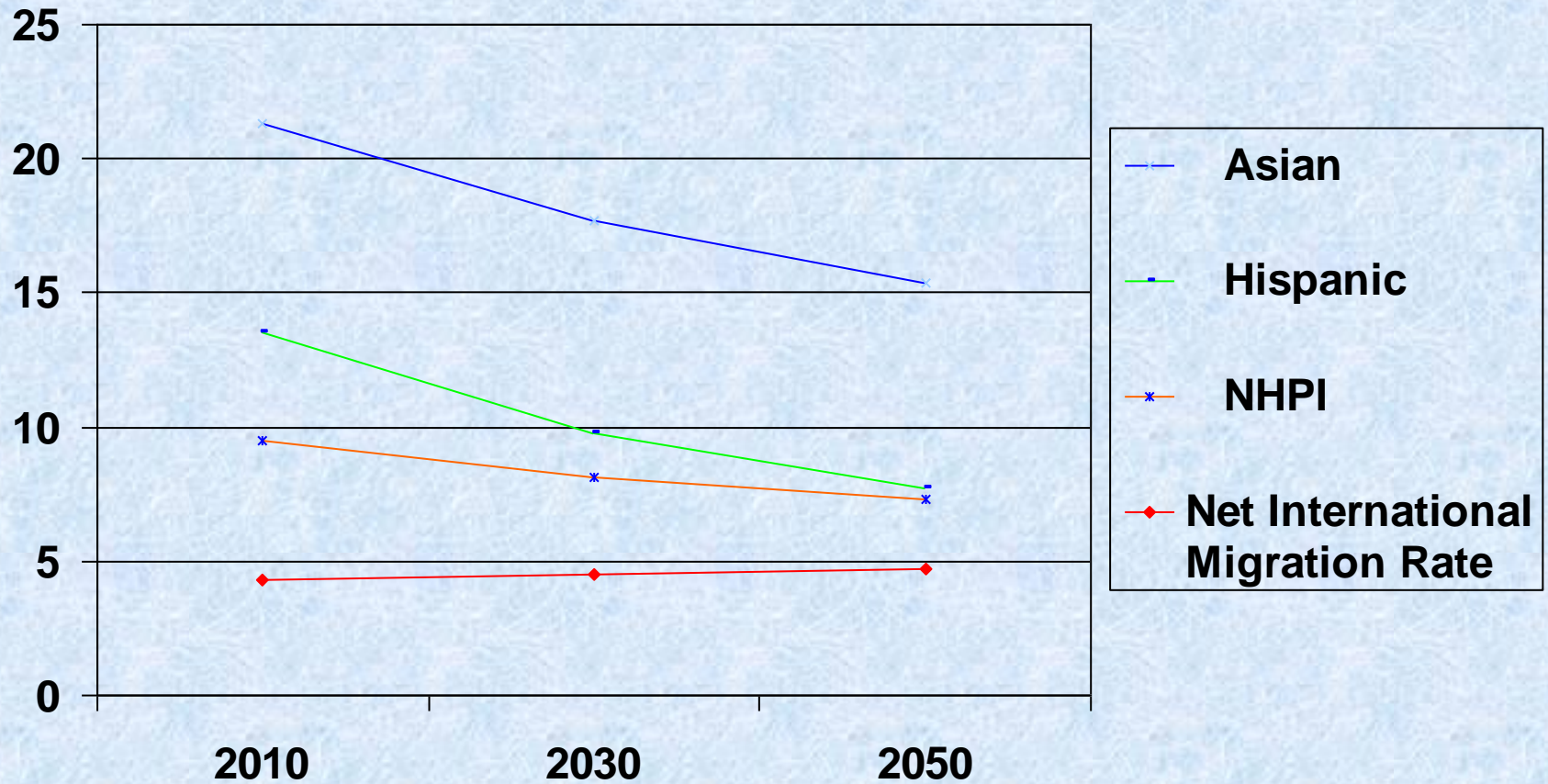
Language Spoken at Home and Limited English Proficiency among Age 65 and Over

14% Spoke a Language Other than English at Home



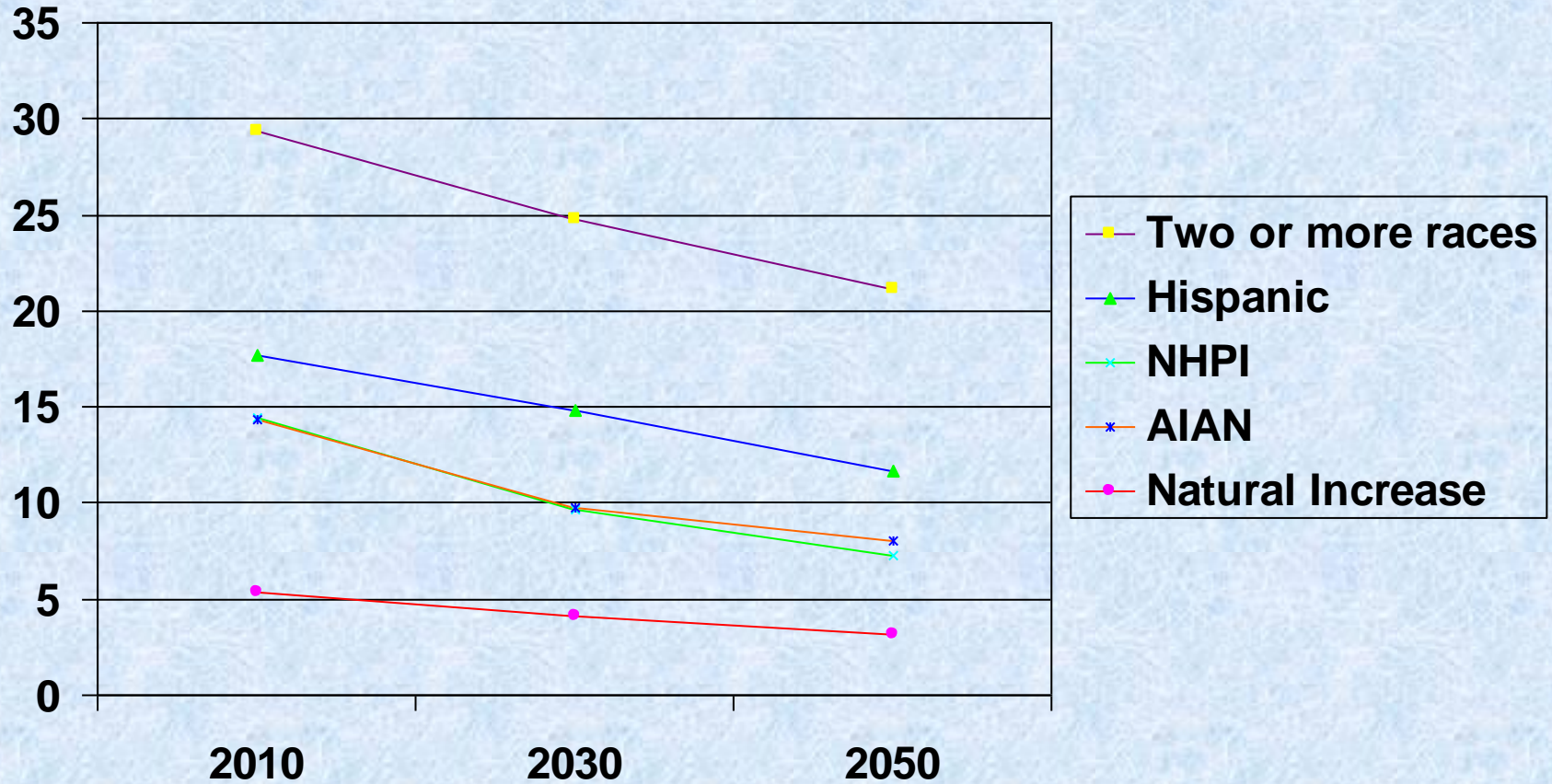
Source: American Community Survey 2006-2008

Projected Rates of Population Growth from Immigration



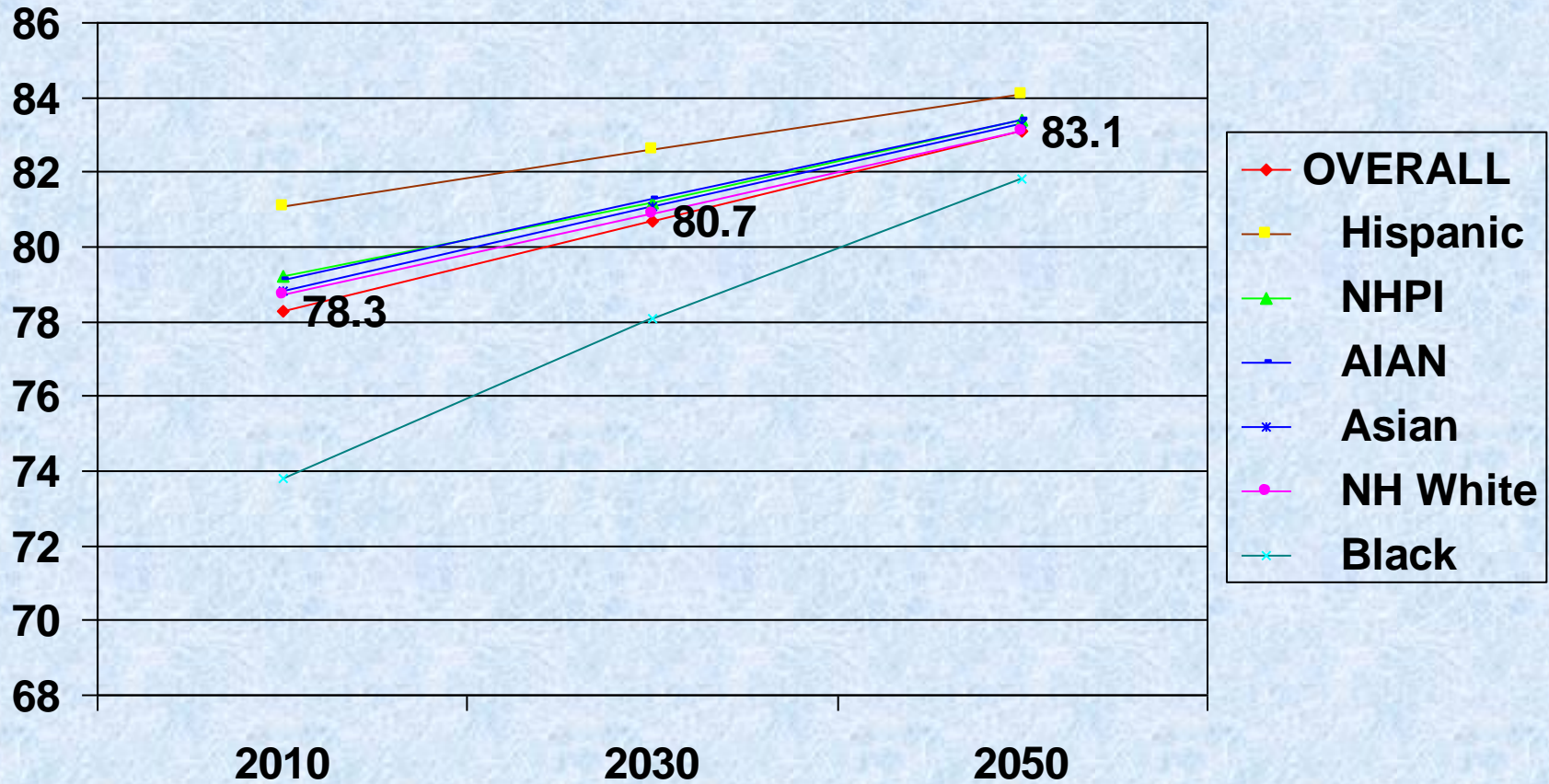
Source: US Census 2008; Rates per 1,000

Projected Rates of Natural Increase due to Births/Deaths



Source: US Census 2008; Rates per 1,000

U.S. Life Expectancy by Race



Source: US Census 2008

Summary of Social Demographics

- Persons age 65 or older is projected to increase from 13% of the total population in 2010 to 20% in 2035 and then leveling off through 2050.
- Persons of color age 65 and over projected to increase from 20% of the total population age 65+ in 2010 to 43% in 2050.
- Language access is a major issue among older adults who's primary language is not English, particularly among LEP older adults who's language spoken at home is an AA/NHPI language (73%) or Spanish (64%).

Health Status and Healthcare Access in California

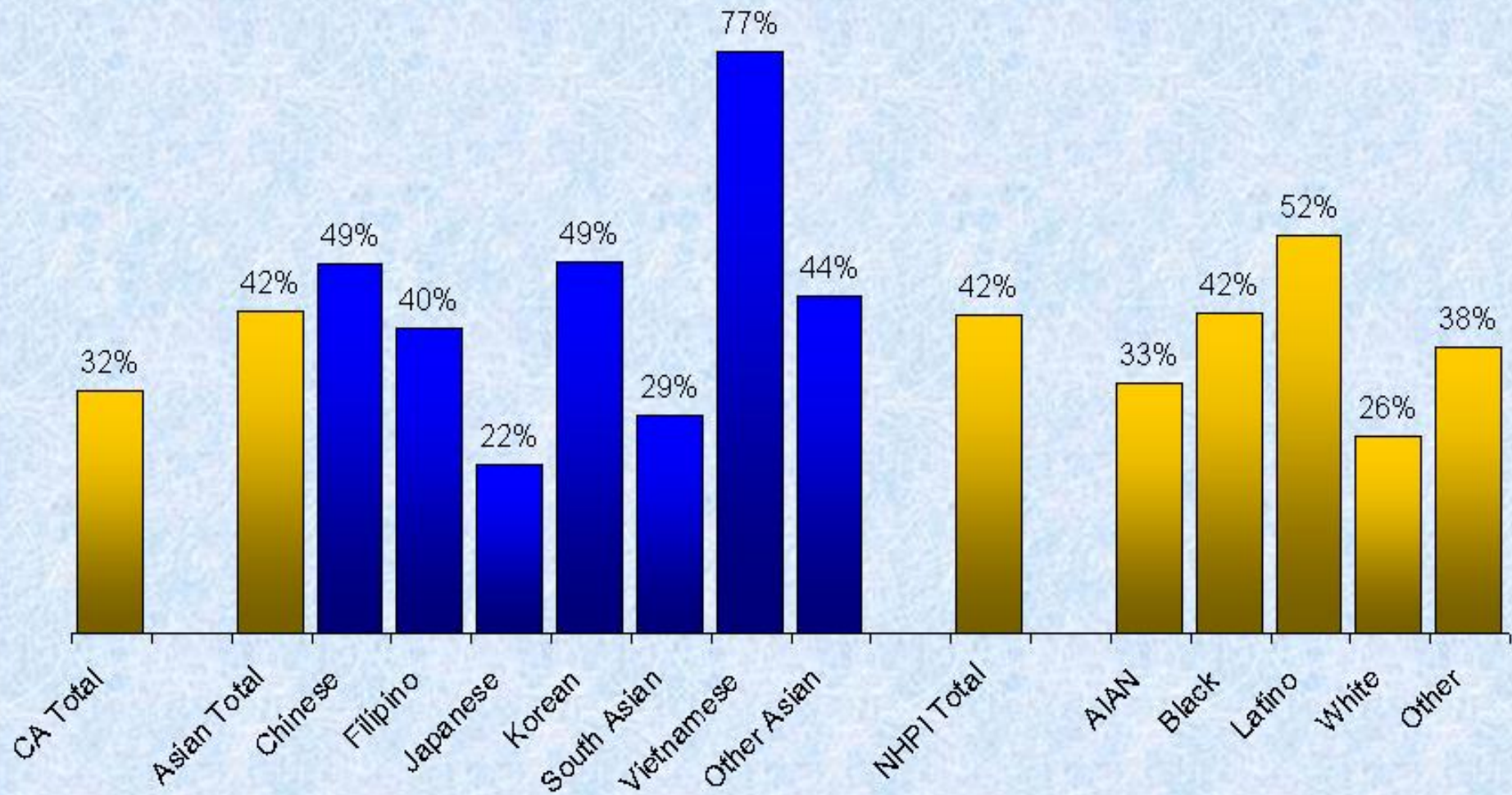


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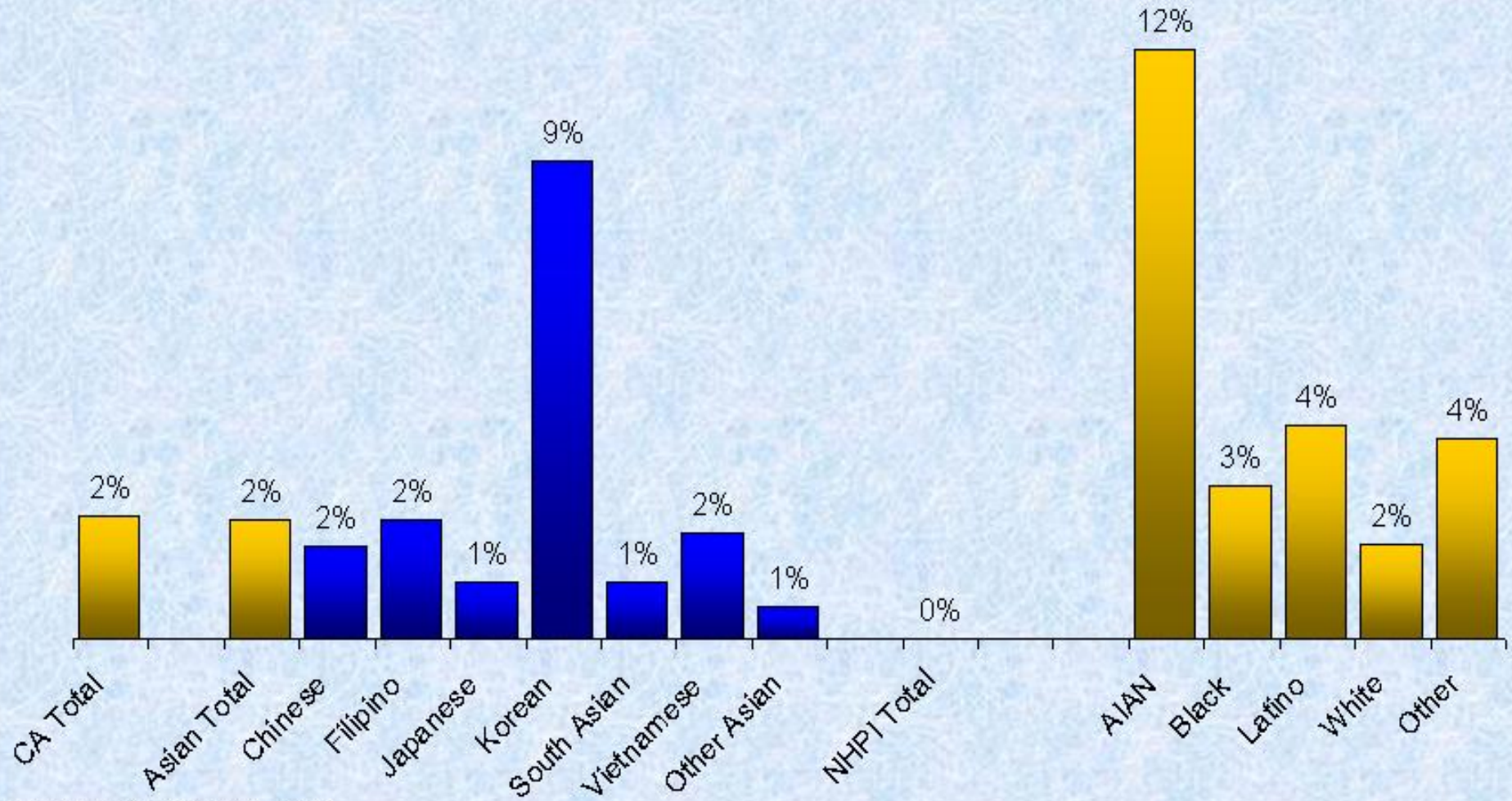
General Health Status

Fair or Poor Self-Reported General Health, Age 65 and Older



Mental Health

Serious Psychological Distress, Age 65 and Older

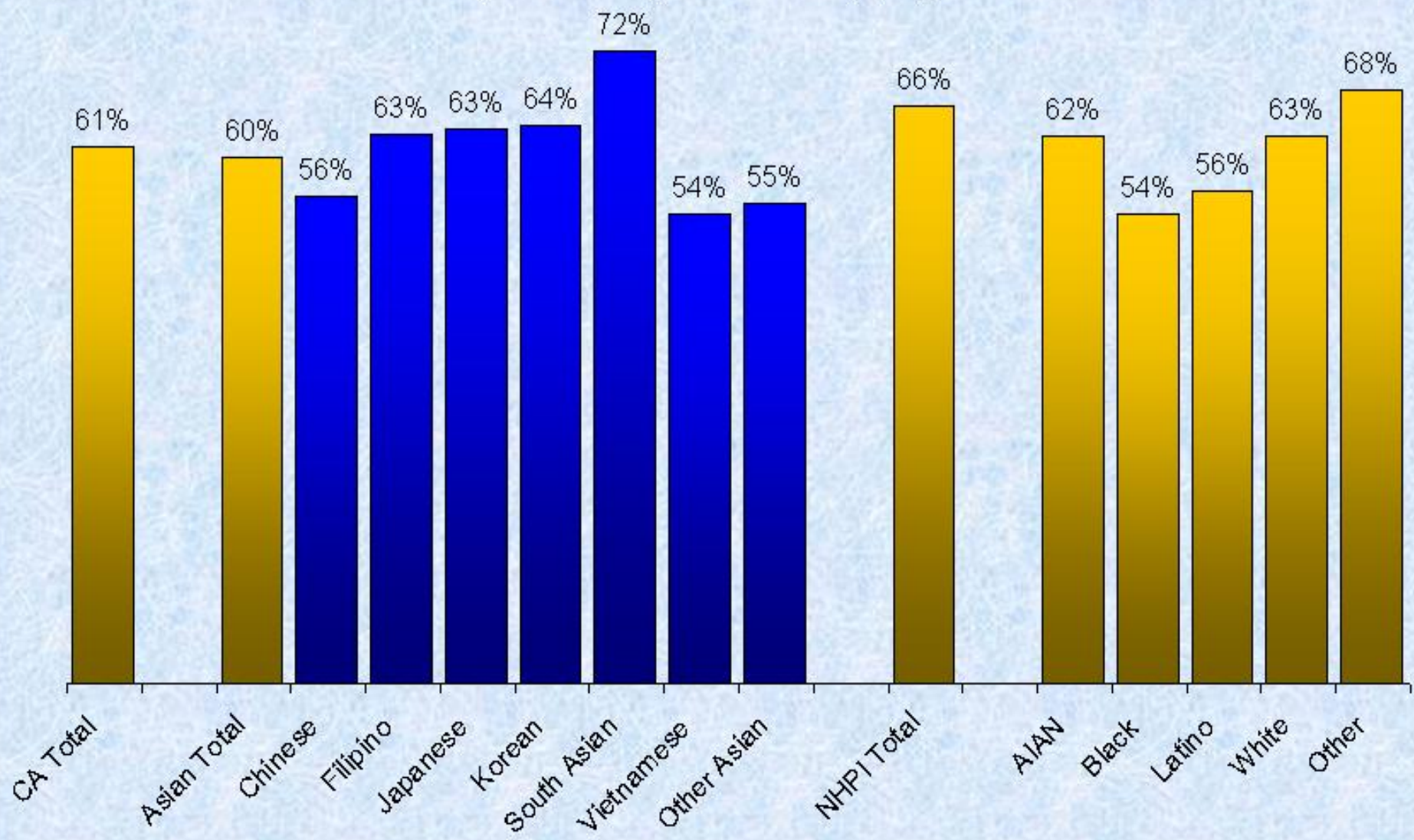


Source: Adult CHIS 2005, 2007

Based score of 13 or higher on the Kessler-6 Scale

Moderate Physical Activity

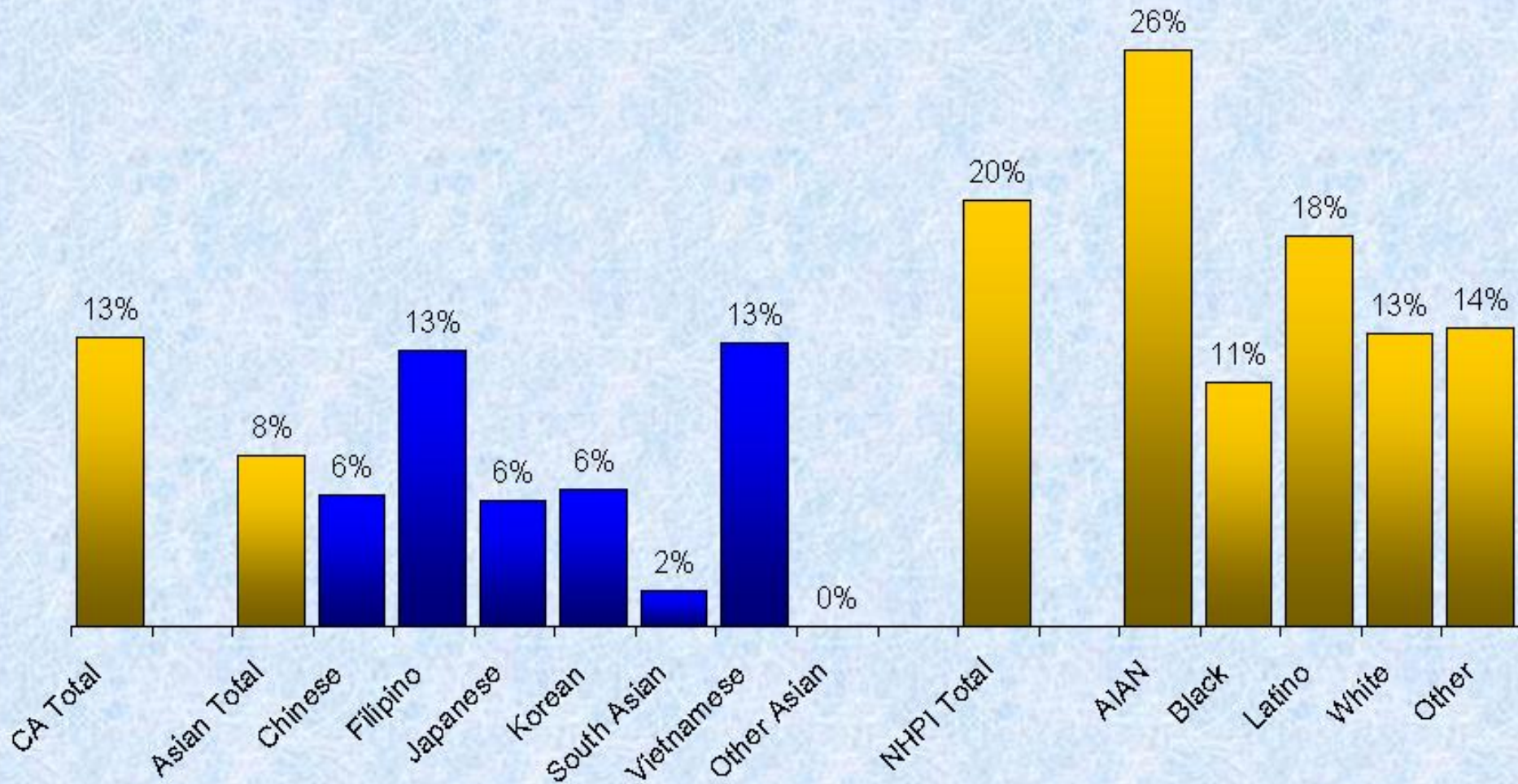
Moderate Physical Activity in Past 7 Days, Age 65 and Older



Source: Adult CHIS 2001, 2005, 2007

Elder Falls

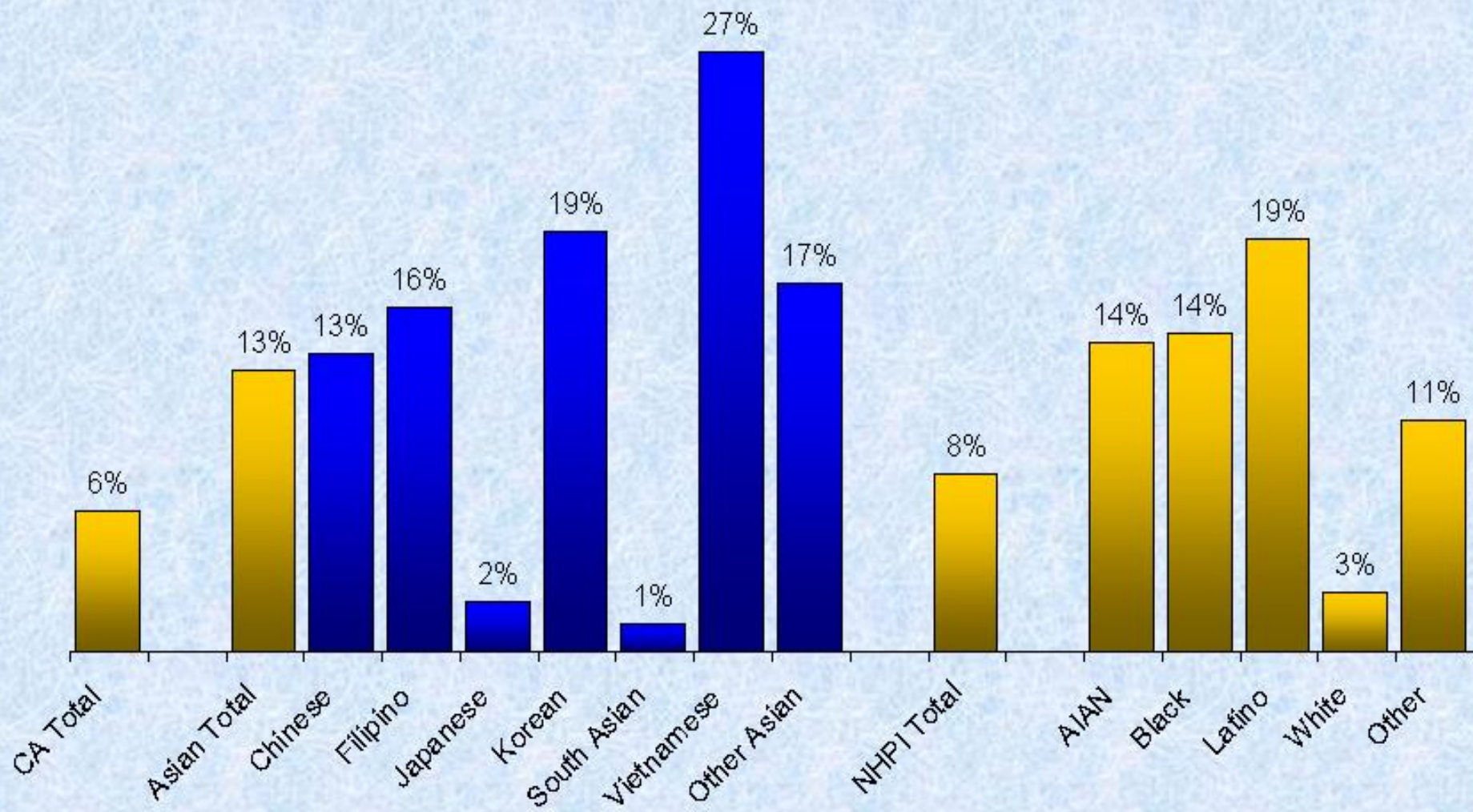
Fallen to the Ground in the Past 12 Months, Age 65 and Older



Source: Adult CHIS 2003, 2007
Among adults 65 years and older

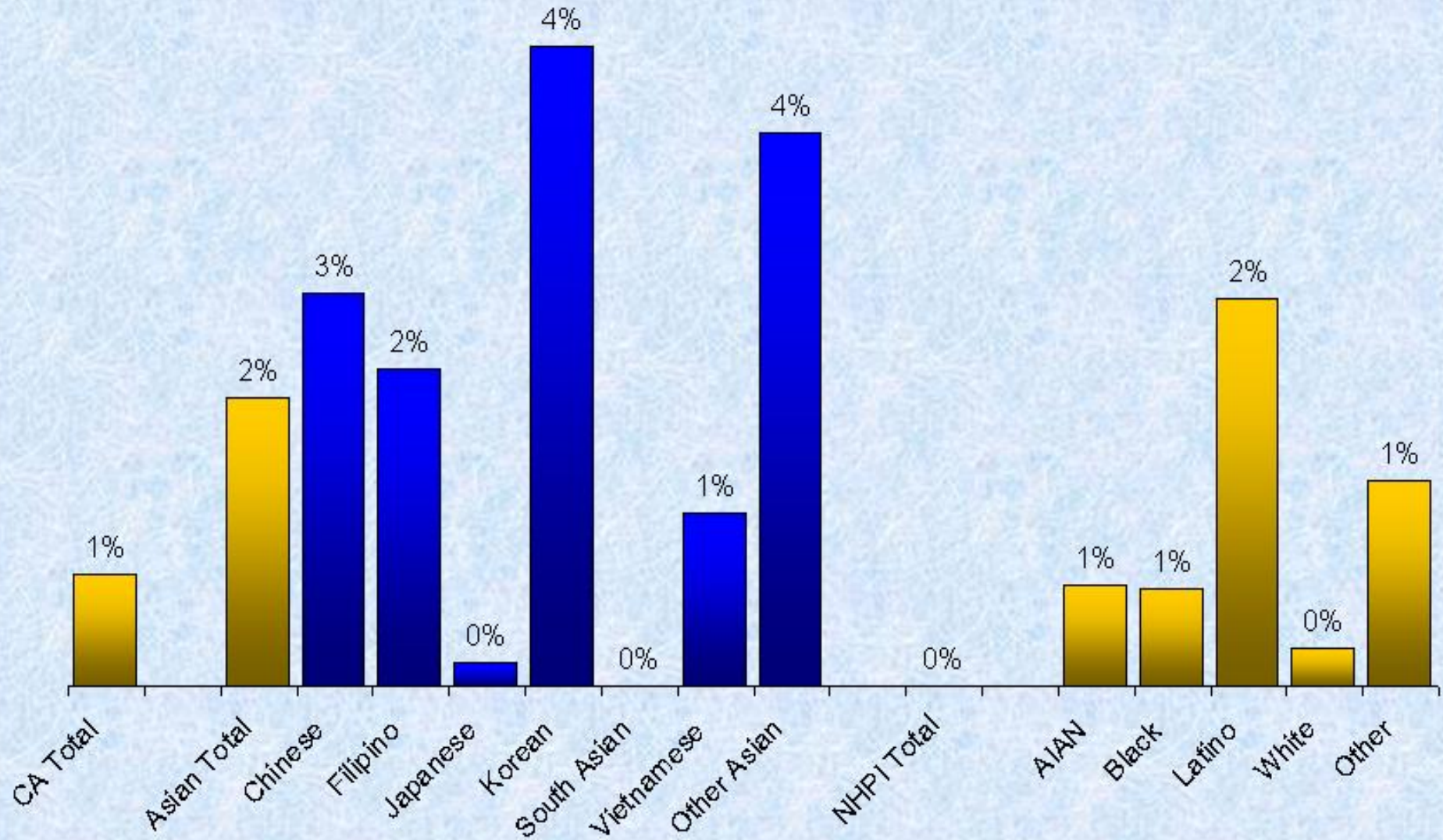
Food Insecurity

Money to Purchase Food, Eating Less Healthy Meals to Stretch Money, Frequency of Going Hungry, Age 65 and Older



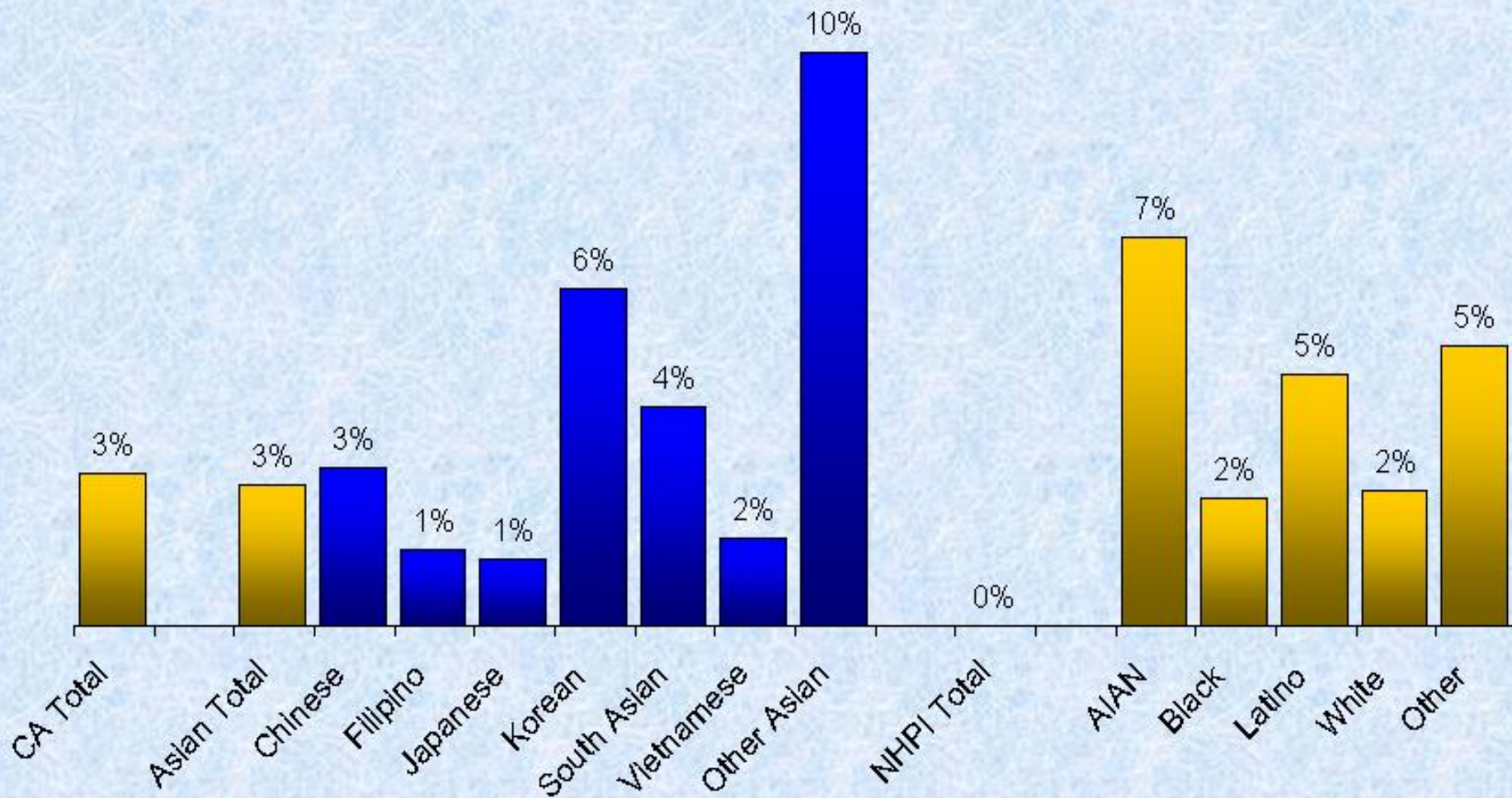
Health Insurance

Currently *Not* Covered by Health Insurance, Age 65 and Older



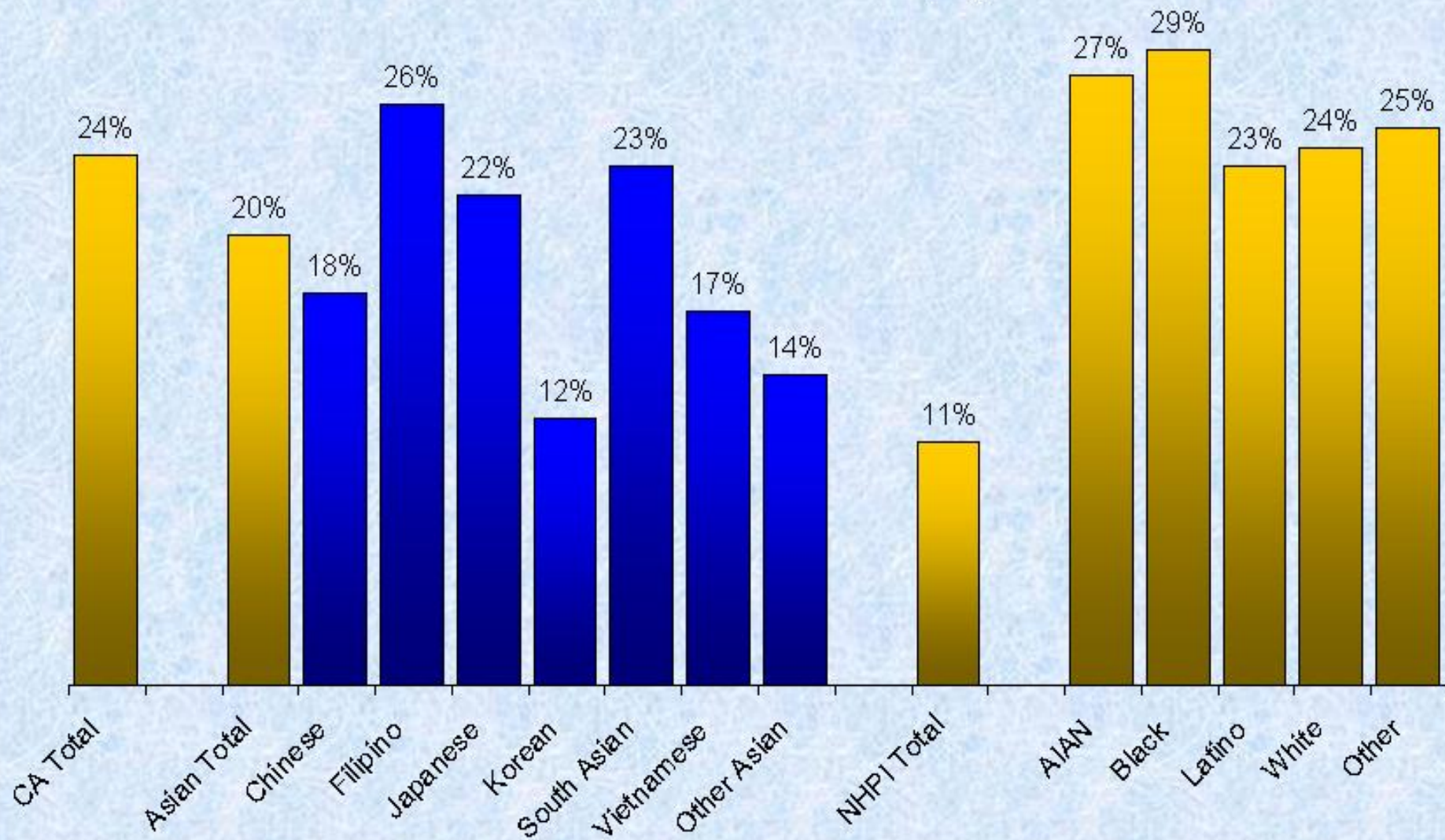
Healthcare Access

No Usual Place to Go When Sick or Need Health Advice, Age 65 and Older



Emergency Room Visits

Visited ER for Own Health in Past 12 Months, Age 65 and Older



Summary of Health Status and Healthcare Access

- Vietnamese (77%) and Latinos (52%) reported the highest rates of fair or poor health.
- AIANs (12%) and Koreans (9%) reported the highest rates of serious psychological distress.
- AIANs (26%) and NHPIs (20%) reported the highest rates of falls.
- Vietnamese (27%), Koreans (19%) and Latinos (19%) reported the highest rates of food insecurity.

CDC HAN Healthy Brain Project: Aging Well among Diverse Older Adults in the U.S.



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Significance and Study Goals

- Cultural variations in views about successful aging have rarely been examined.
- This study examines views about “aging well” among diverse group of older adults, using focus group data.

Methods and Analysis

- 42 focus groups (396 older adult participants age 50 and older) implemented from 2005-2007
 - 19 NH White FGs
 - 10 African American FGs
 - 4 American Indian FGs
 - 4 Chinese FGs
 - 3 Vietnamese FGs
 - 2 Latino FGs
- Content Analysis (Atlas.TI)

Attitudes about Aging Well

- Living to an advanced age
- Social involvement
- Positive mental attitude
- Good cognitive health
- Good physical health
- Spirituality

Attitudes about Aging Well (2)

- Chinese older adults were more likely to emphasize relationships between mental outlook and physical health.
- Vietnamese older adults were more likely to emphasize mobility and less about independent living and value family interdependence.
- Latino older adults were less likely to emphasize living to an advanced age and role of spiritual support and more likely positive mental outlook.
- American Indian, White, and African American older adults were more likely to emphasize social involvement.

Attitudes about Aging Well (3)

- “He is very content. He is happy with his life. So he is very healthy” (Chinese).
- “Very strong and healthy at the age of 92, she takes care of herself and she’s even told me: I exercise. I go to a place that’s for older people to interact with one another and I go there so I can play, draw, write, and exercise” (Vietnamese).
- “If you have a good mind and the brain is functioning properly, you could be confined to a wheelchair and still be joyous” (Latino).

Policy and Research Recommendations



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Recommendations

- Support policies that address diversifying the healthcare workforce to care for the growing diverse older adult populations, particularly to facilitate health literacy, cultural, and language access.
- Design healthy aging promotion strategies and messages relevant and understandable to the targeted racial/ethnic and immigrant older adult communities.
- More research is needed to examine the keys to successful aging across diverse cultural populations.

For more information

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