

# **The Changing Face of Older Americans: Key Indicators of Well-Being**

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**Nutrition Across the Lifespan for Health Aging, NAS, Sept 13-14, 2016**

# The Federal Forum on Aging Related Statistics

## Mission

- To foster **collaboration** among Federal agencies that produce or use statistical data on the older population
- To **improve** aging-related data by encouraging **cooperation** and **information sharing** among agencies, furthering professional collaboration across disciplines, and **compiling** aging-related statistics in a centralized location

## Composition

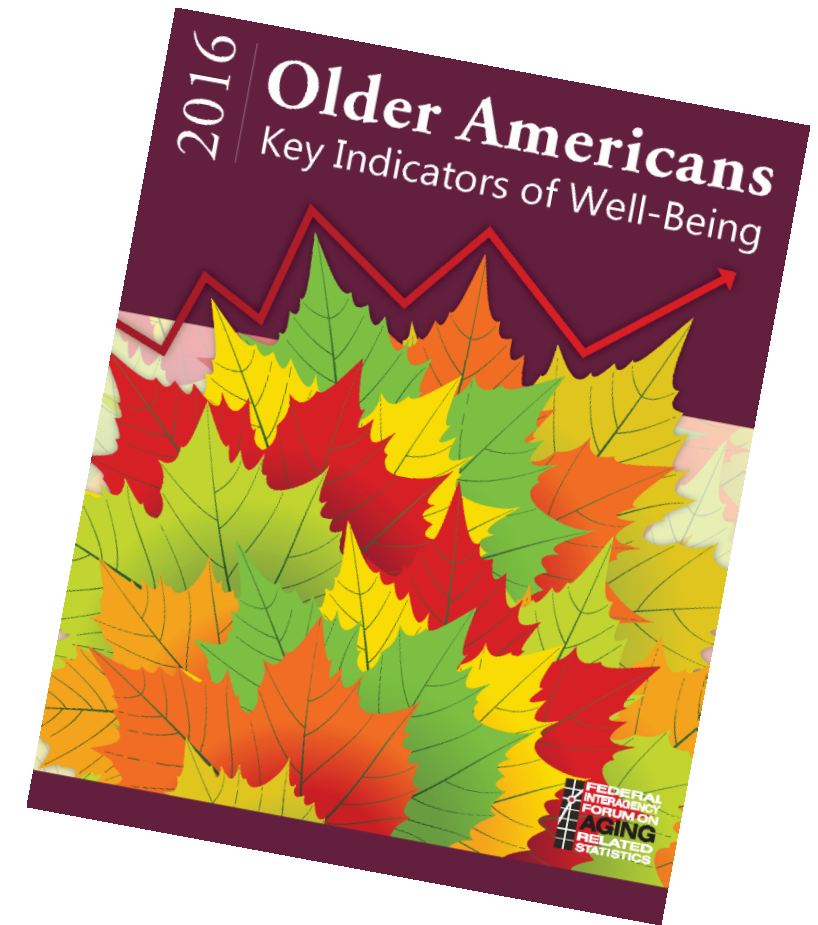
16 Federal agencies

Established in 1986 by the National Institute on Aging in cooperation with the National Center for Health Statistics and Census

# *Older Americans Key Indicators of Well-Being, 2016*

- 41 indicators across 6 domains
  - Population
  - Economics
  - Health Status
  - Health Risks and Behaviors
  - Health Care
  - Environment
- Special Feature
  - Informal Caregiving

*Publication released: August 2, 2016*

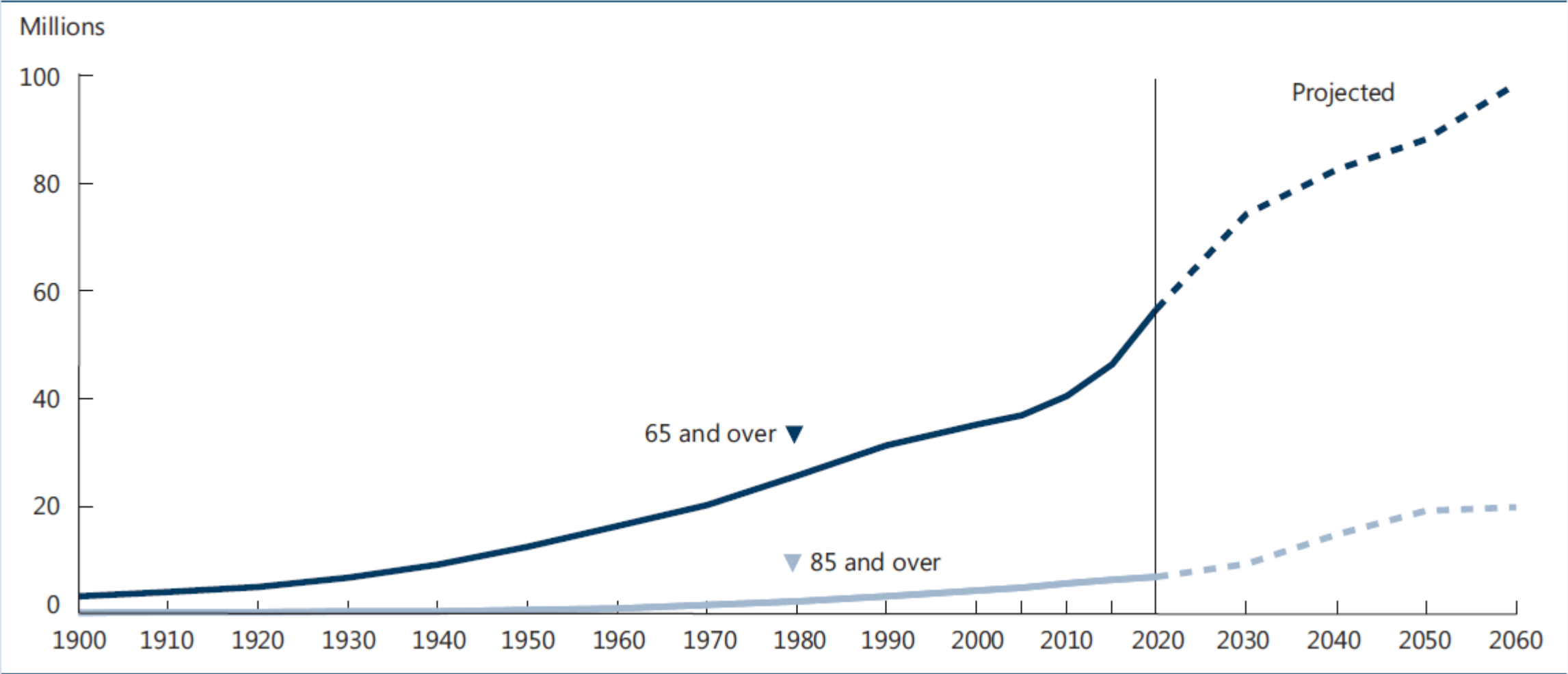




**Population**

# Number of Older Americans

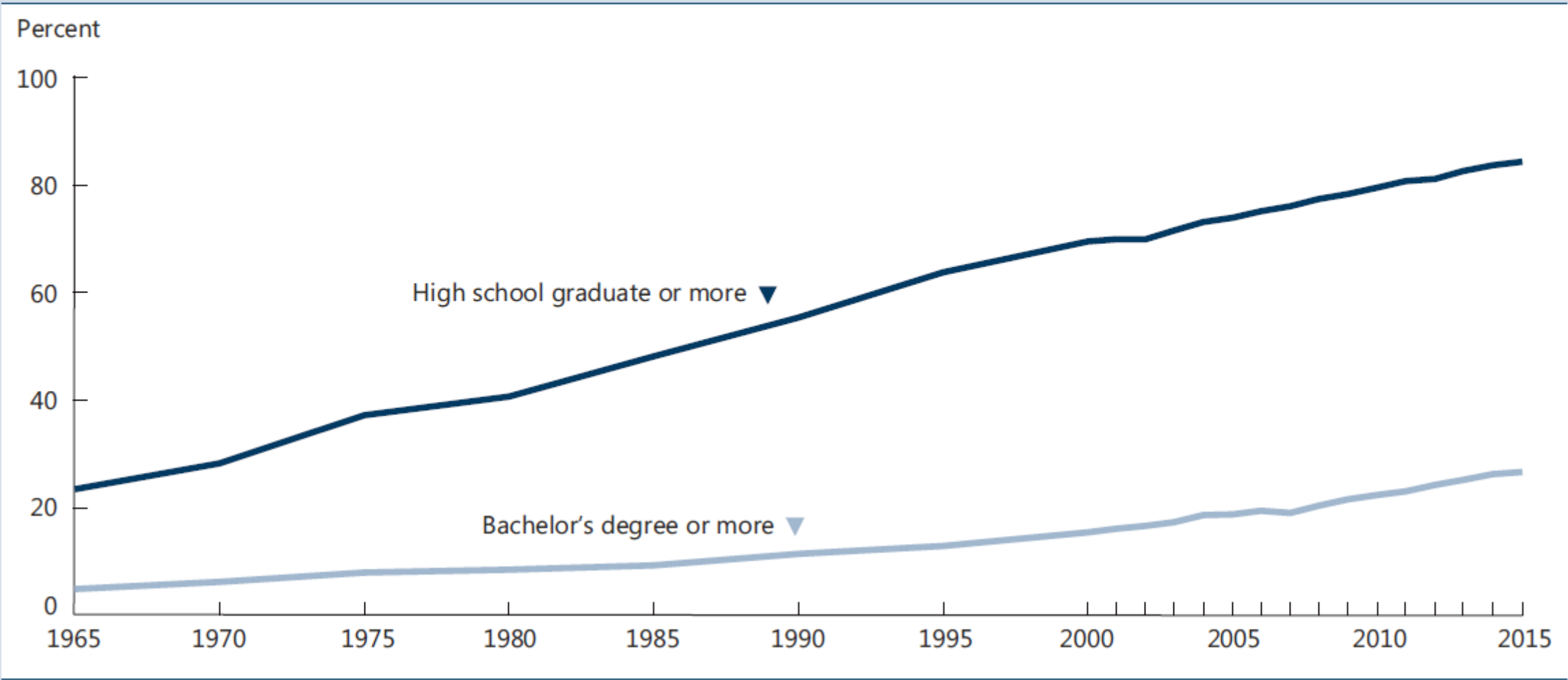
Population age 65 and over and age 85 and over, selected years, 1900–2014, and projected years, 2020–2060



SOURCE: U.S. Census Bureau, 1900 to 1940, 1970, and 1980, U.S. Census Bureau, 1983, Table 42; 1950, U.S. Census Bureau, 1953, Table 38; 1960, U.S. Census Bureau, 1964, Table 155; 1990, U.S. Census Bureau, 1991, 1990 Summary Table File; 2000, U.S. Census Bureau, 2001, Census 2000 Summary File 1; U.S. Census Bureau, Table 1: Intercensal Estimates of the Resident Population by Sex and Age for the U.S.: April 1, 2000, to July 1, 2010 (US-EST00INT-01); U.S. Census Bureau, 2011, 2010 Census Summary File 1; U.S. Census Bureau, Annual Estimates of the Resident Population for Selected Age Groups by Sex for the United States, States, Counties, and Puerto Rico Commonwealth and Municipios: April 1, 2010, to July 1, 2014 (PEPAGESEX); U.S. Census Bureau, Table 3: Projections of the Population by Sex and Selected Age Groups for the United States: 2015 to 2060 (NP2014-T3).

# Educational Attainment

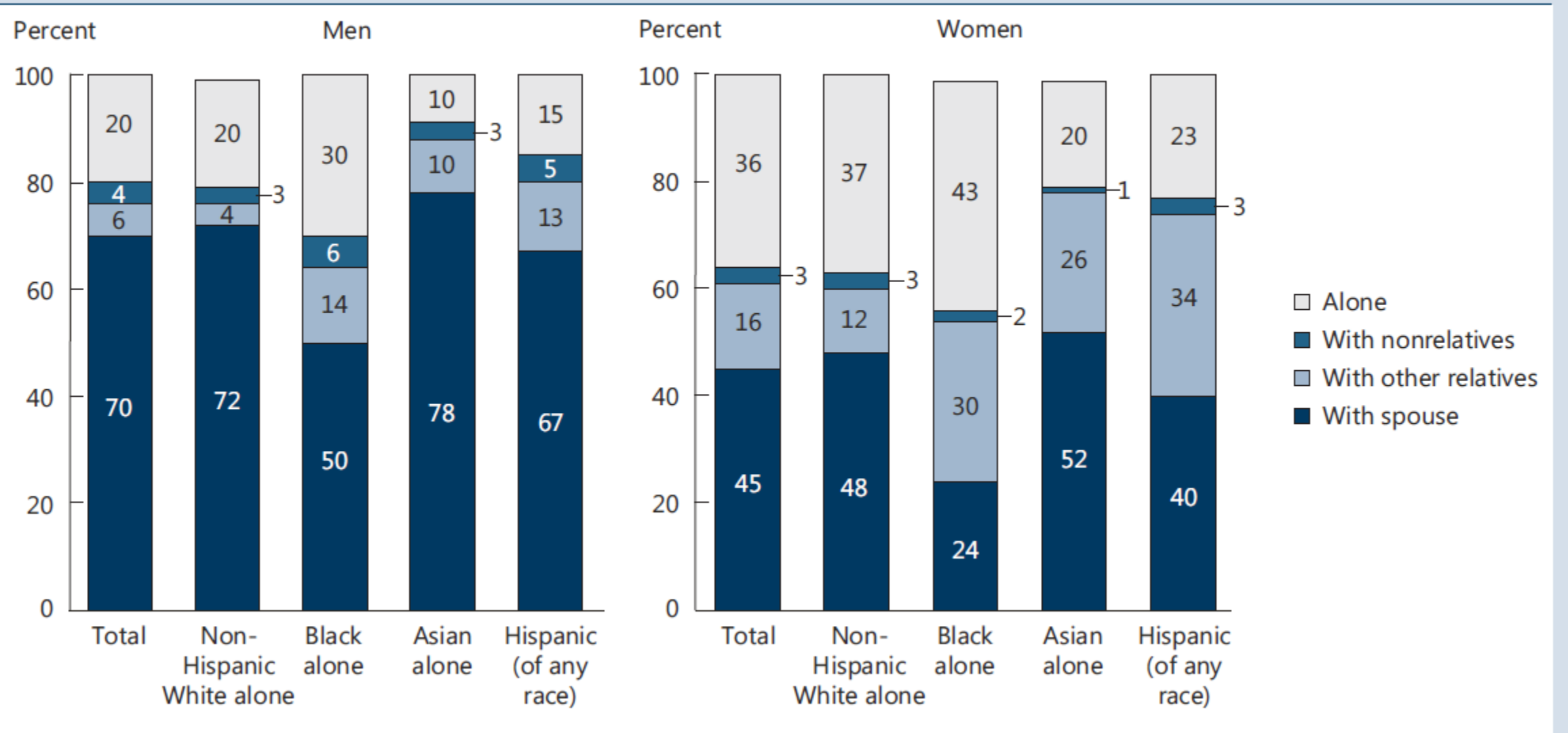
Educational attainment of the population age 65 and over, selected years, 1965–2015



SOURCE: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement.

# Living Arrangements

Living arrangements of the population age 65 and over, by sex and race and Hispanic origin, 2015



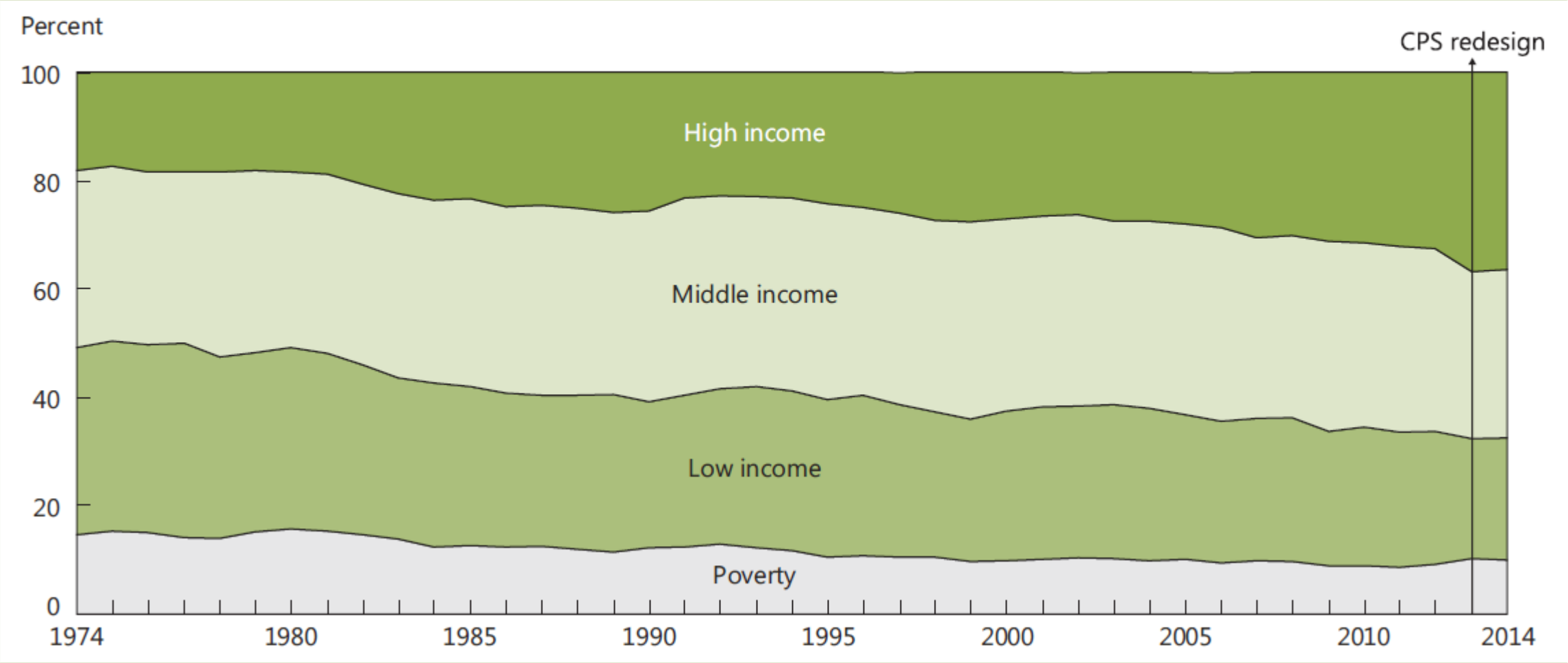
SOURCE: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement.



**Economics**

# Income

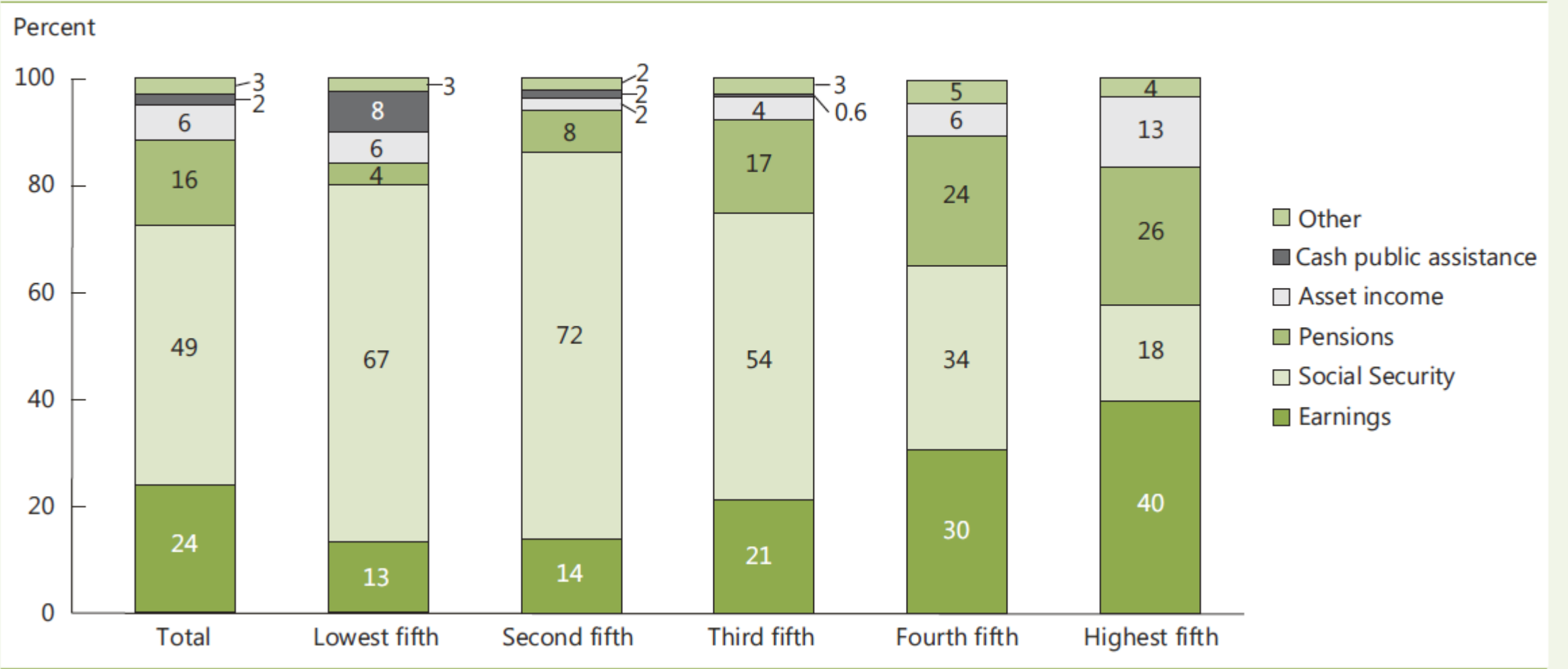
Income distribution of the population age 65 and over, 1974–2014



SOURCE: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement.

# Sources of Income

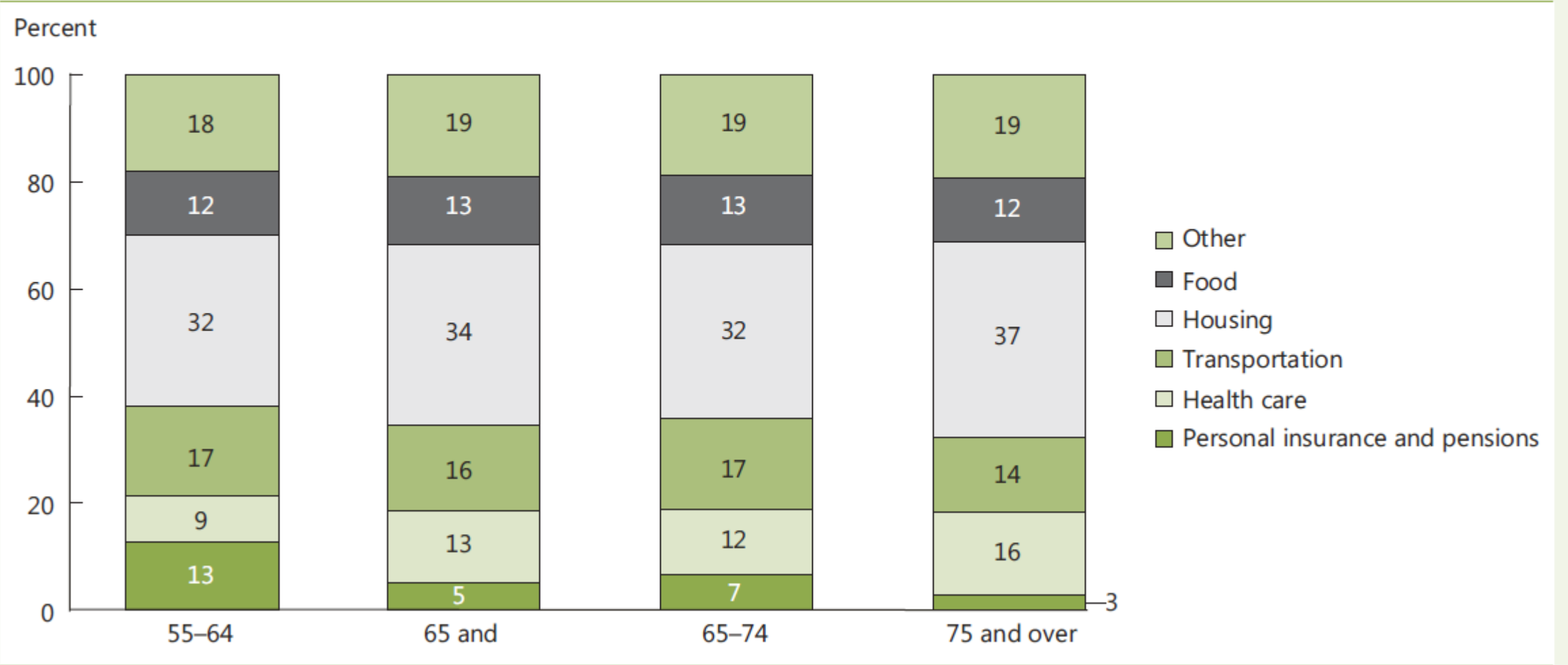
Percentage distribution of per capita family income for persons age 65 and over, by income quintile and source of income, 2014



SOURCE: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement.

# Total Expenditures

Percentage distribution of total household annual expenditures, by expenditure category and age group of reference person, 2014



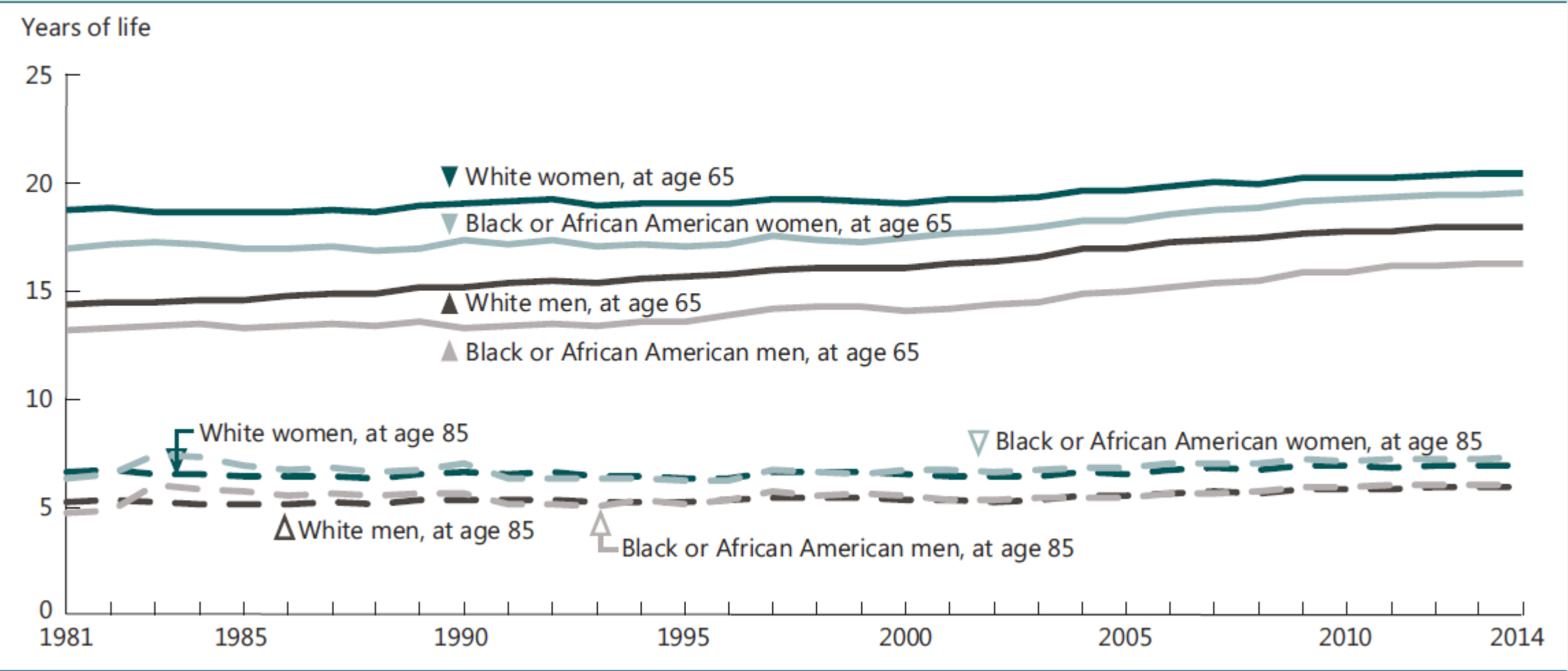
SOURCE: Bureau of Labor Statistics, Consumer Expenditure Survey.



**Health Status**

# Life Expectancy

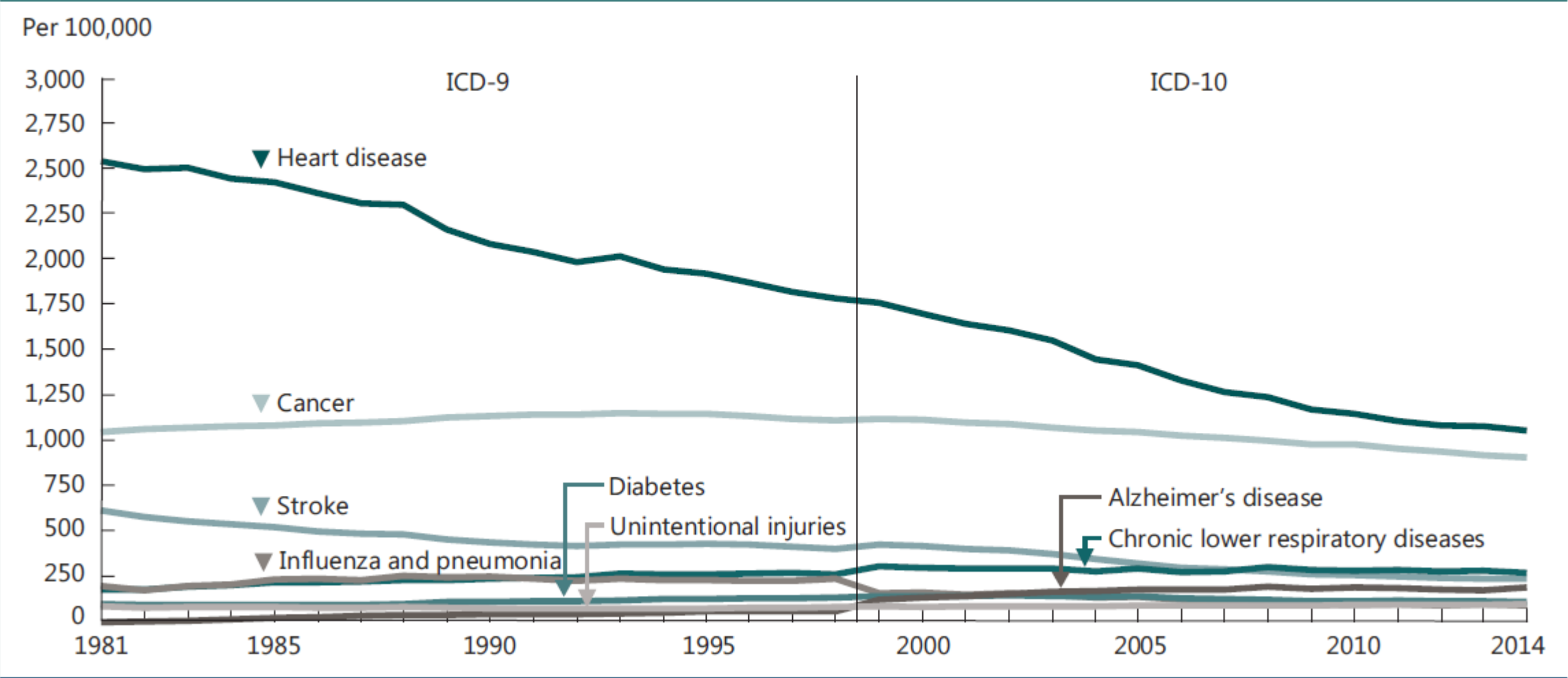
Life expectancy at ages 65 and 85, by race and sex 1981–2014



SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System.

# Mortality

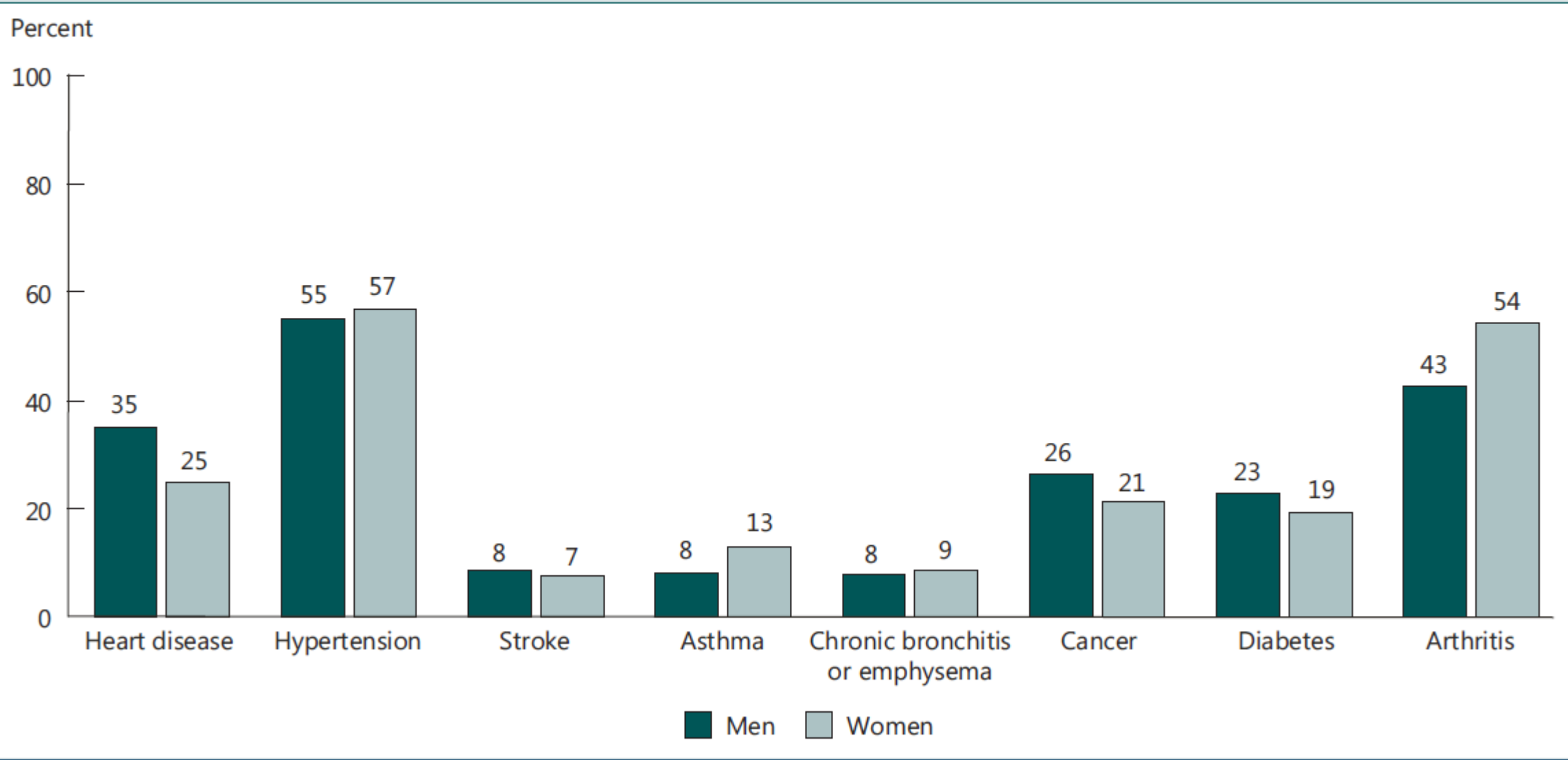
Death rates among people age 65 and over, by selected leading causes of death, 1981–2014



SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System.

# Chronic Health Conditions

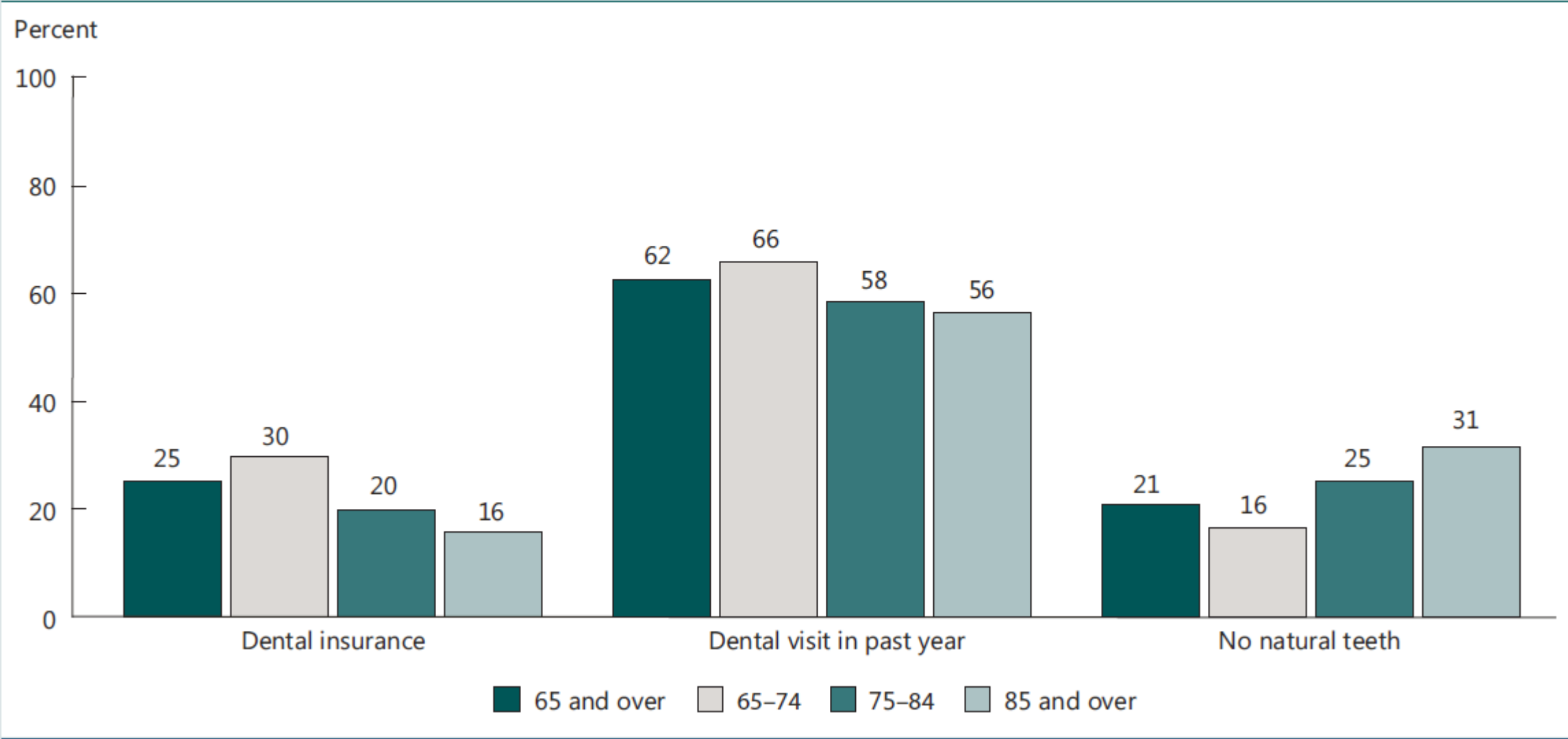
Percentage of people age 65 and over who reported having selected chronic health conditions, by sex, 2013–2014



SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.

# Oral Health

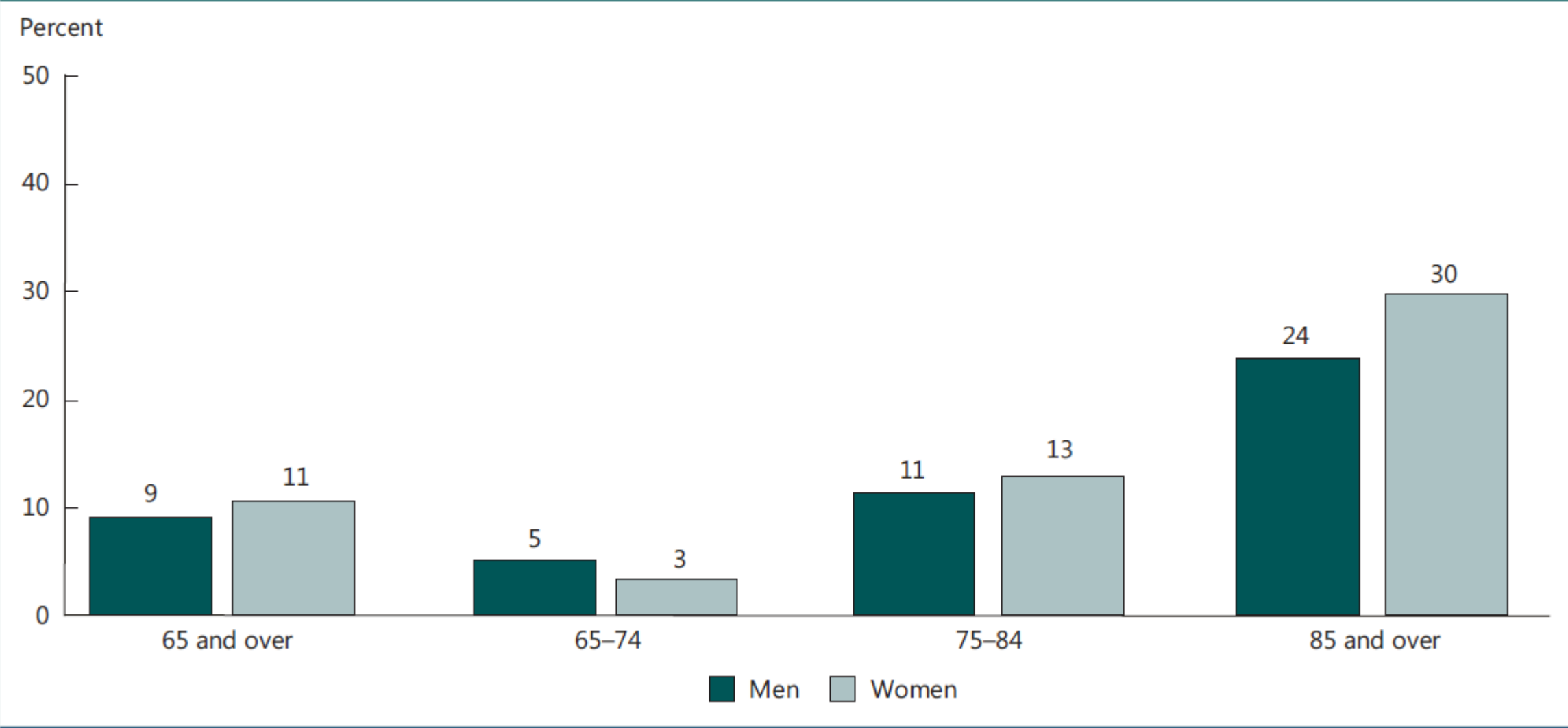
Percentage of people age 65 and over who had dental insurance, had a dental visit in the past year, and had no natural teeth, by age group, 2014



SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.

# Dementia

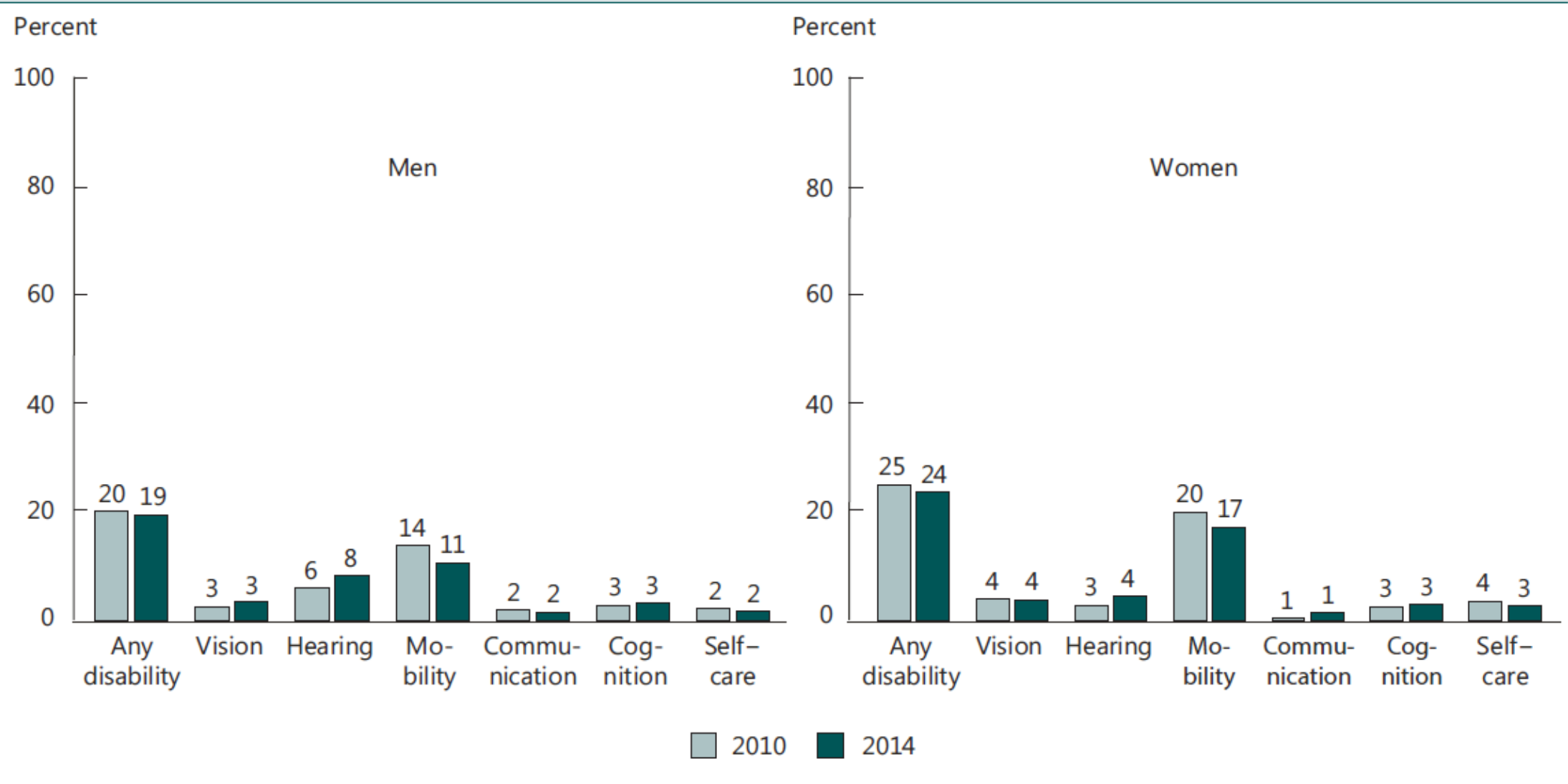
Percentage of the non-nursing home population age 65 and over with dementia, by age group and sex, 2011



SOURCE: National Health and Aging Trends Study.

# Functional Limitations

Percentage of people age 65 and over with a disability, by sex and functional domain, 2010 and 2014



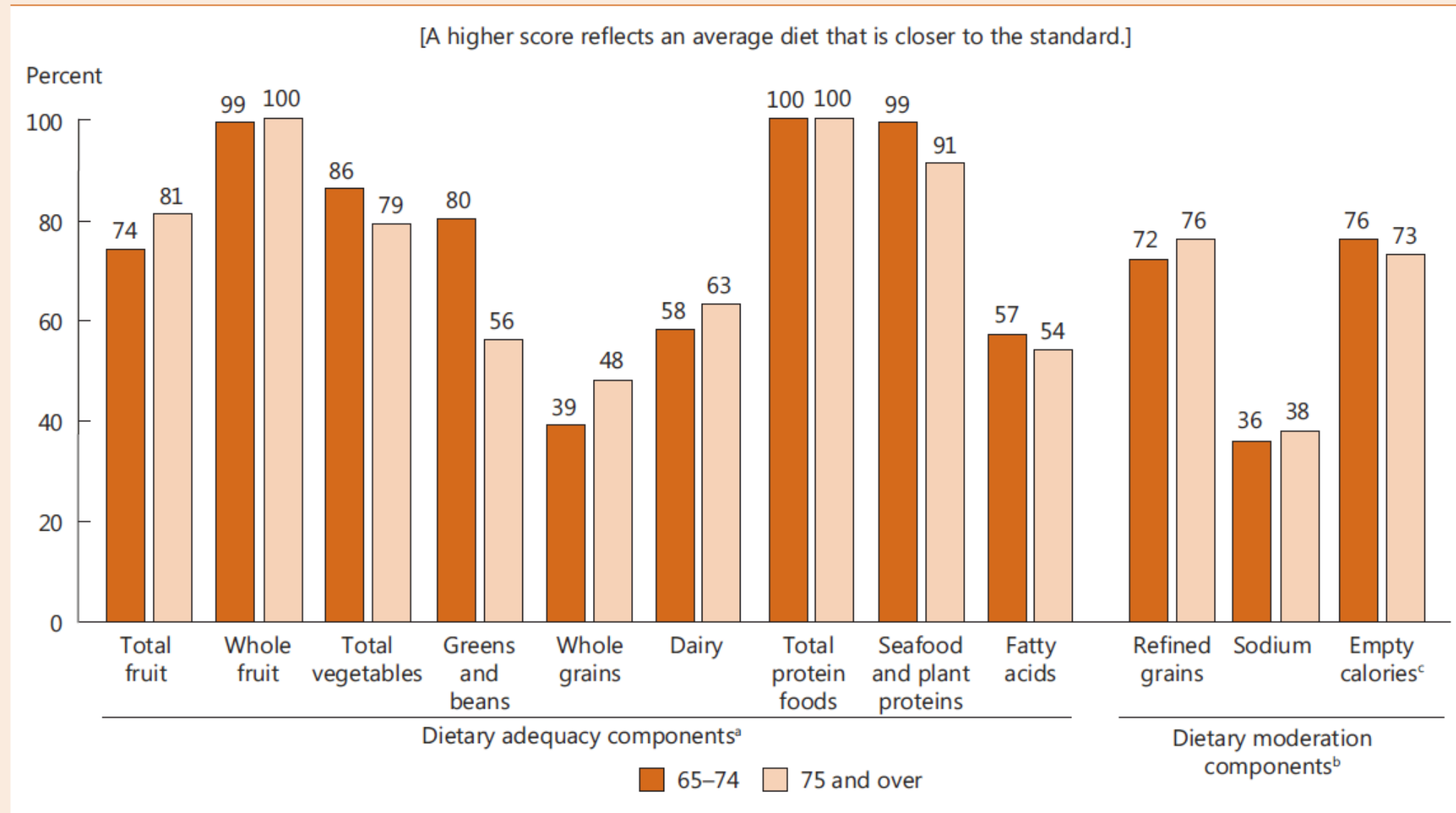
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.



# Health Risks and Behaviors

# Diet Quality

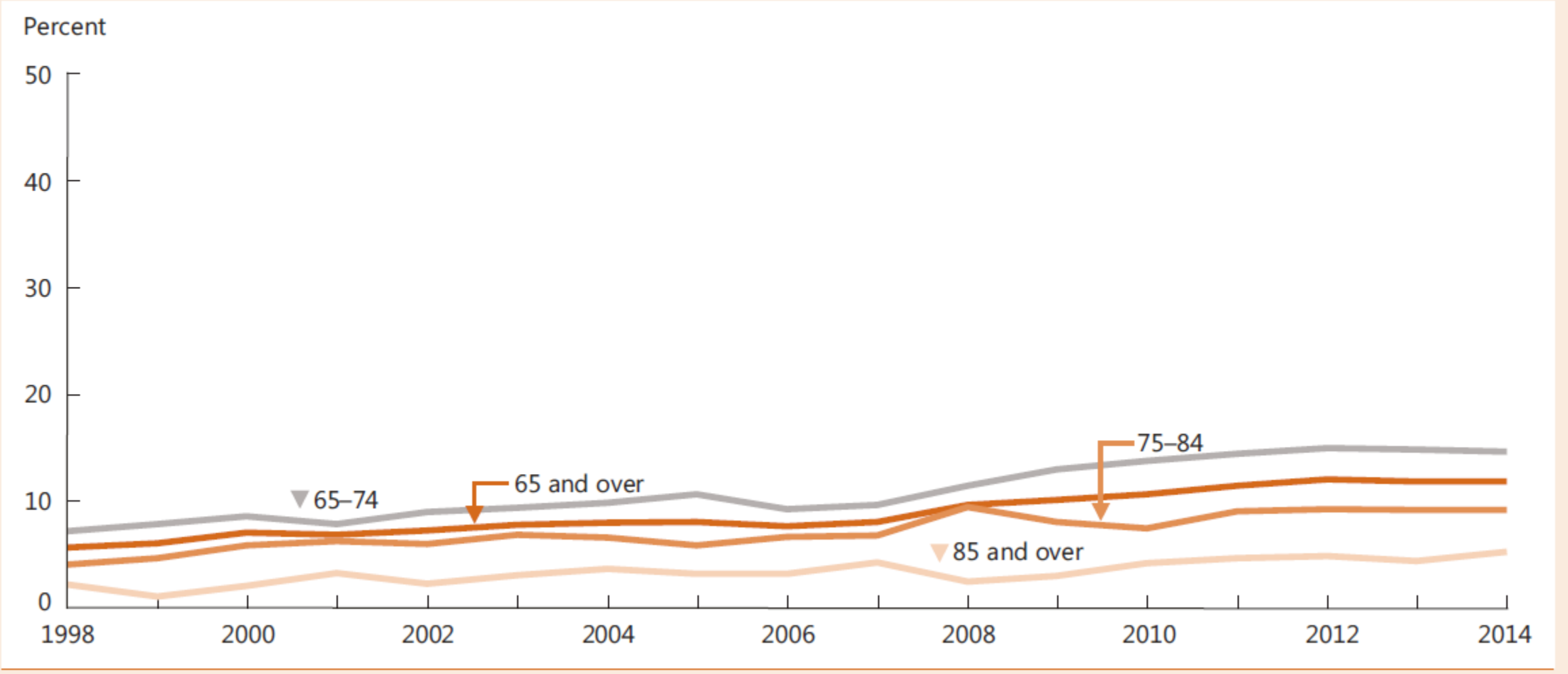
## Healthy Eating Index-2010 average component scores expressed as a percentage of the HEI maximum score for the population age 65 and over, by age group, 2011–2012



SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey, and U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, and National Cancer Institute Healthy Eating Index-2010.

# Physical Activity

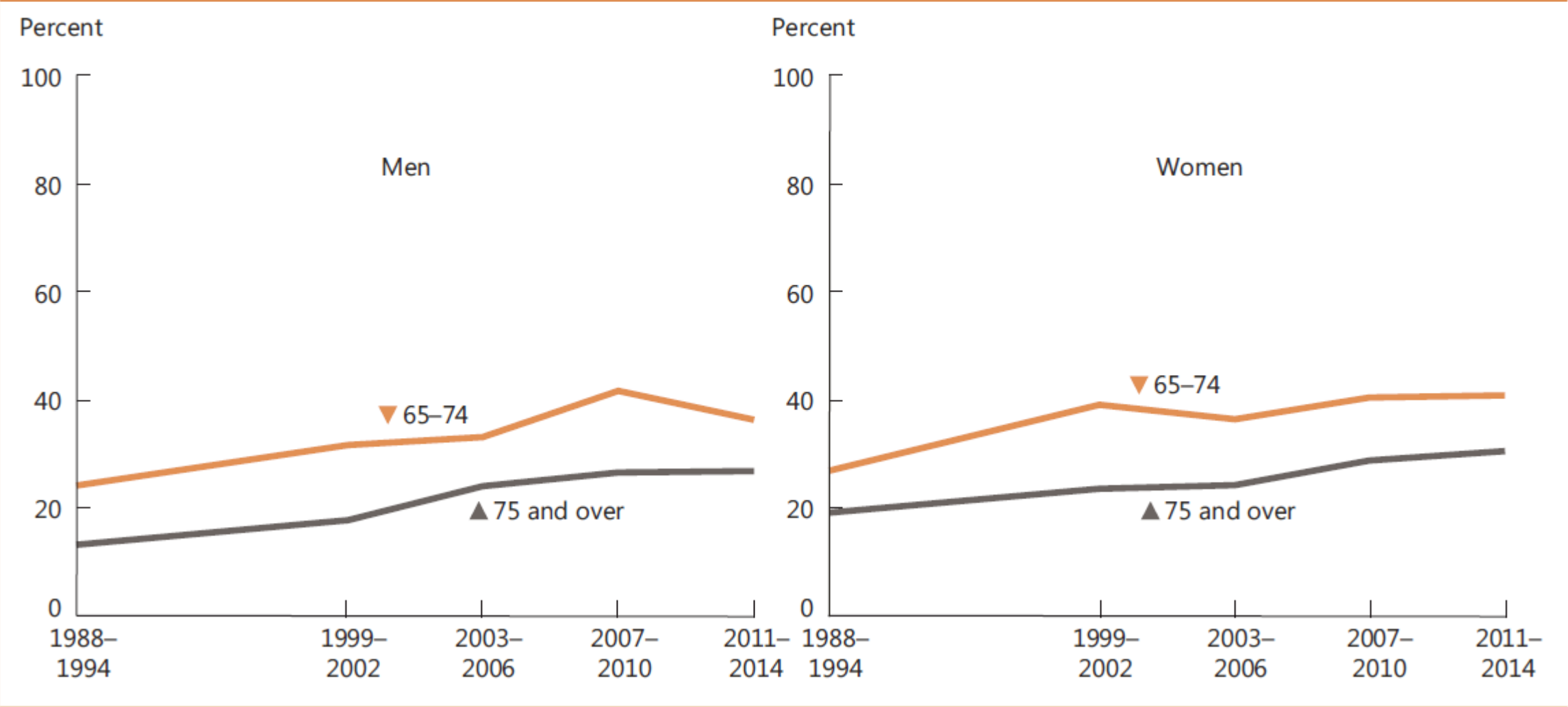
Percentage of people age 65 and over who reported participating in leisure-time aerobic and muscle-strengthening activities that meet the 2008 Federal physical activity guidelines, by age group, 1998–2014



SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.

# Obesity

Percentage of people age 65 and over with obesity, by sex and age group, selected years, 1988–2014



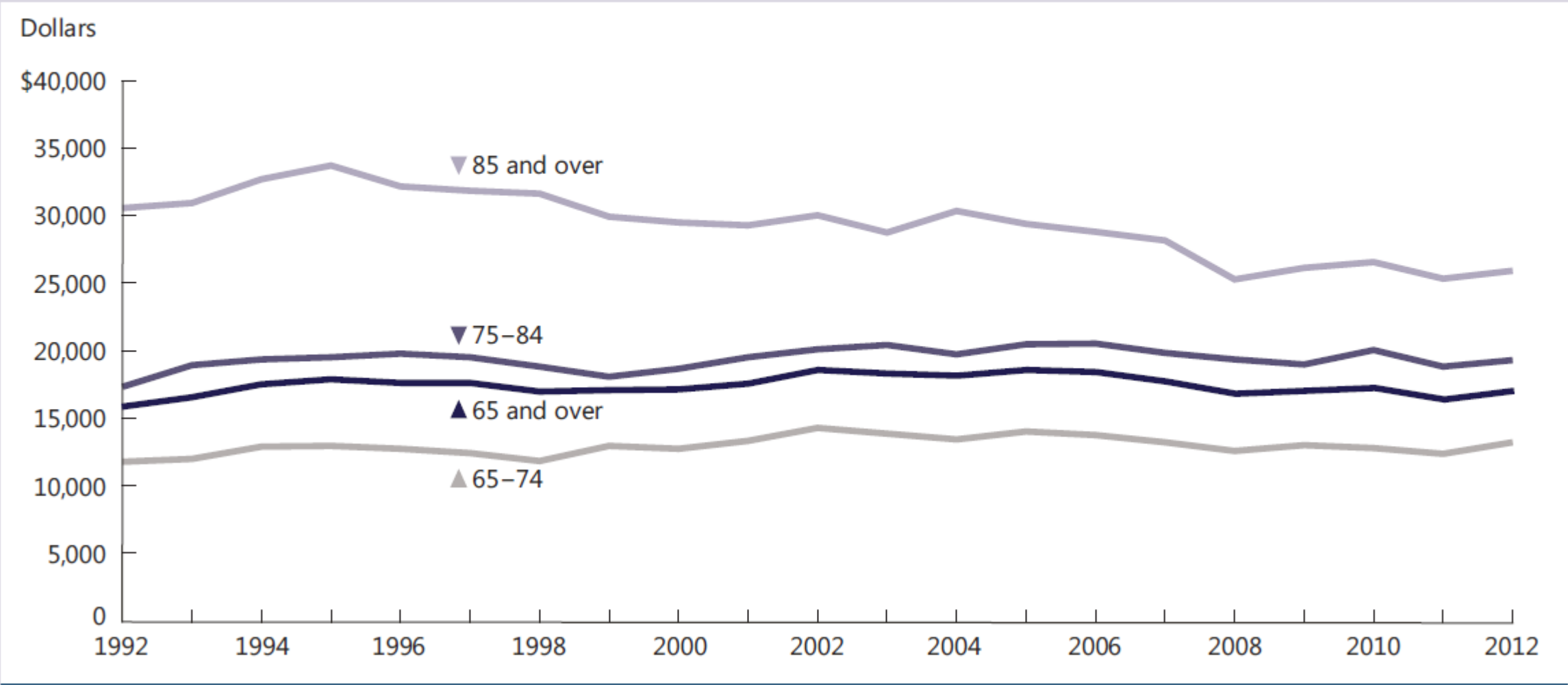
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey.



**Health Care**

# Health Care Expenditures

Average annual health care costs, in 2012 dollars, for Medicare beneficiaries age 65 and over by age group, 1992–2012



SOURCE: Centers for Medicare & Medicaid Services, Medicare Current Beneficiary Survey, Cost and Use.

# Health Care Expenditures (continued)

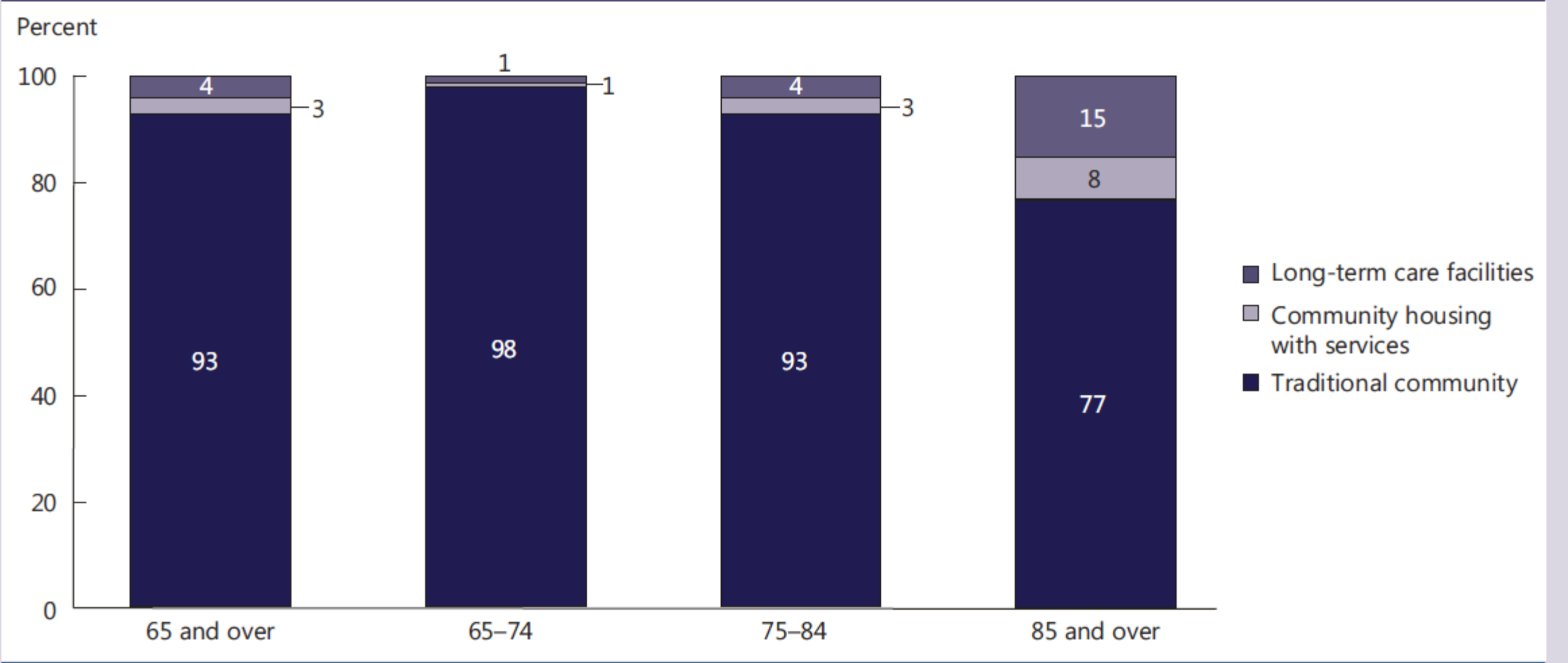
Percentage distribution of annual health care costs among Medicare beneficiaries age 65 and over, by major cost component, 2008 and 2012



SOURCE: Centers for Medicare & Medicaid Services, Medicare Current Beneficiary Survey, Cost and Use.

# Residential Services

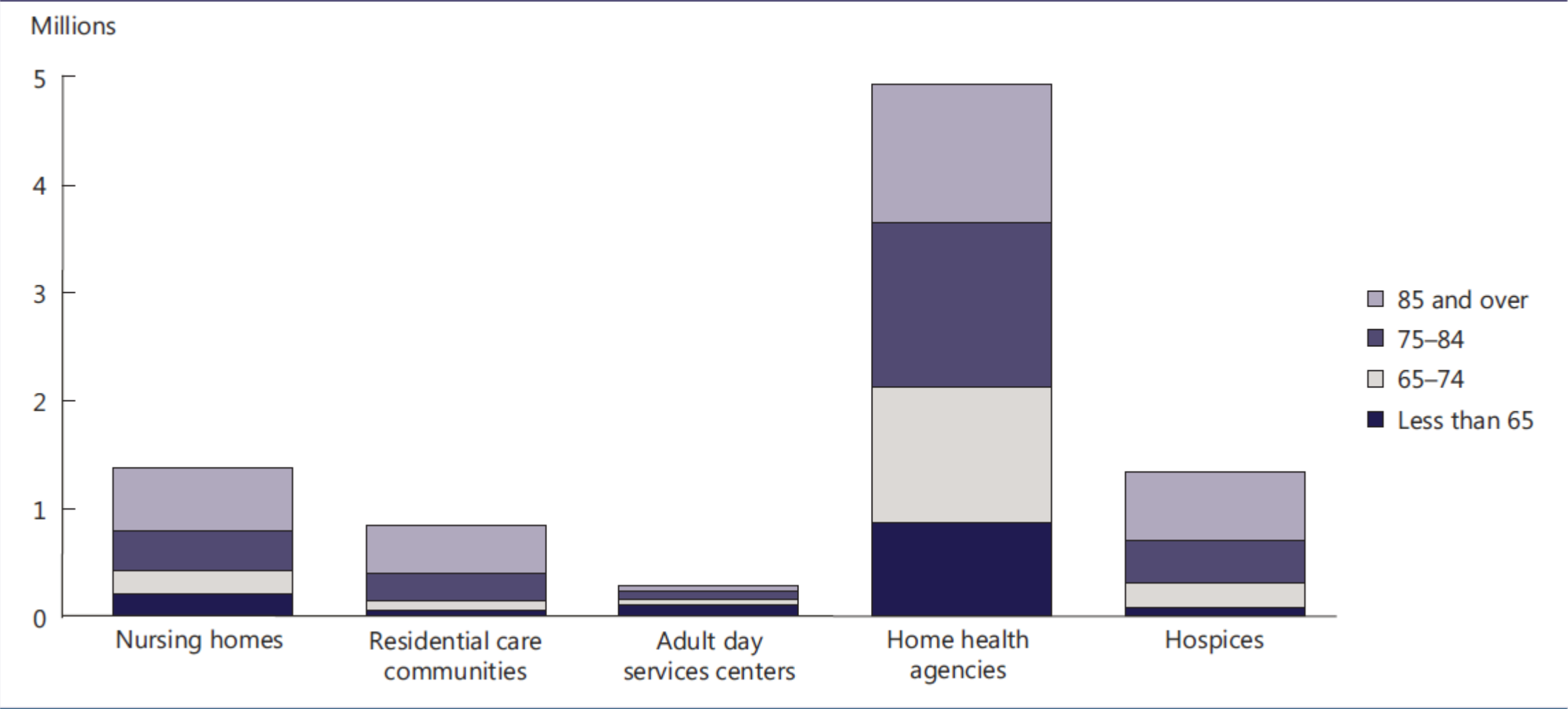
Percentage distribution of Medicare beneficiaries age 65 and over residing in selected residential settings, by age group, 2013



SOURCE: Centers for Medicare & Medicaid Services, Medicare Current Beneficiary Survey, Access to Care.

# Long-Term Care Providers

Number of users of long-term care services, by sector and age group, 2013 and 2014



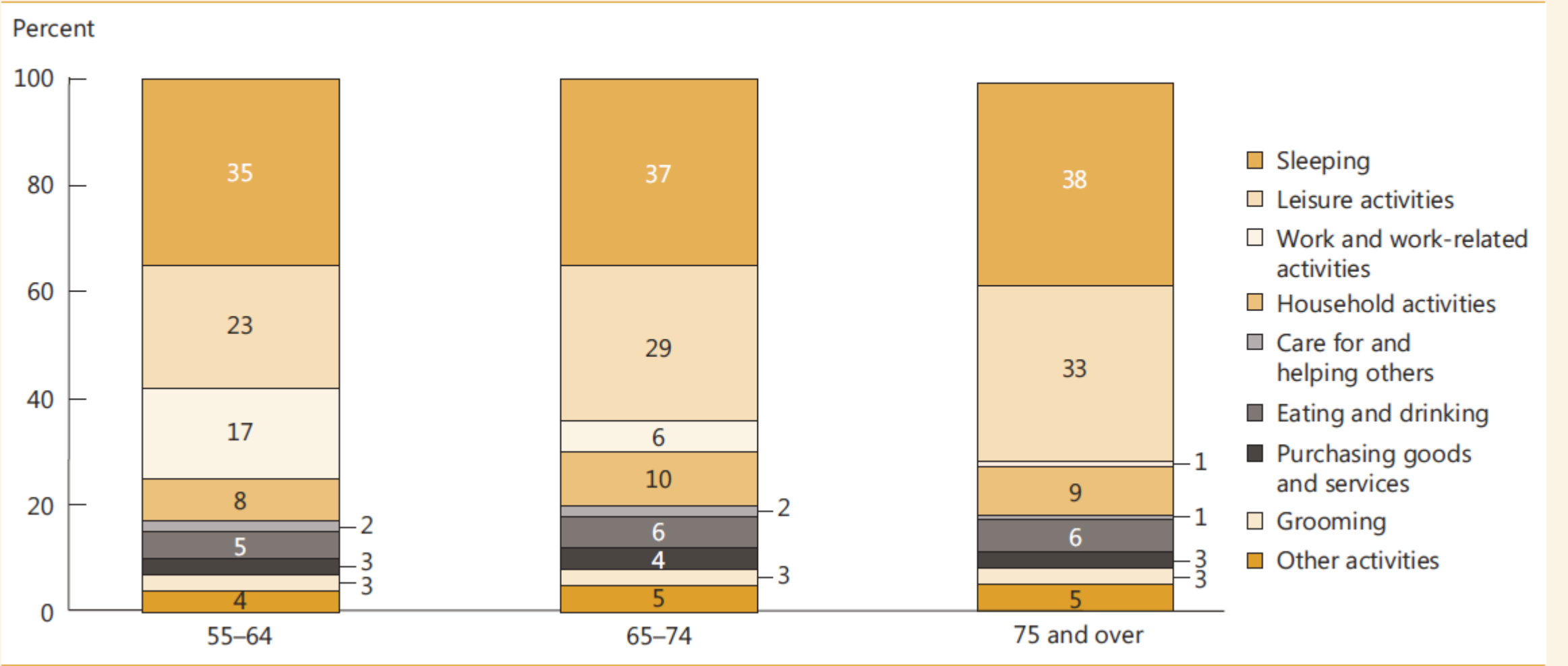
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Study of Long-Term Care Providers.

The background of the slide features a warm, golden-yellow color scheme. It is decorated with a pattern of overlapping, semi-transparent autumn leaves, likely maple leaves, which are scattered across the entire surface. Overlaid on this background is a dark brown line graph. The graph starts on the left side, moves up and down in a jagged fashion, and then trends upwards towards the right, ending with an arrowhead pointing towards the top right corner. The overall aesthetic is clean and modern, with a focus on natural and growth-related imagery.

# Environment

# Use of Time

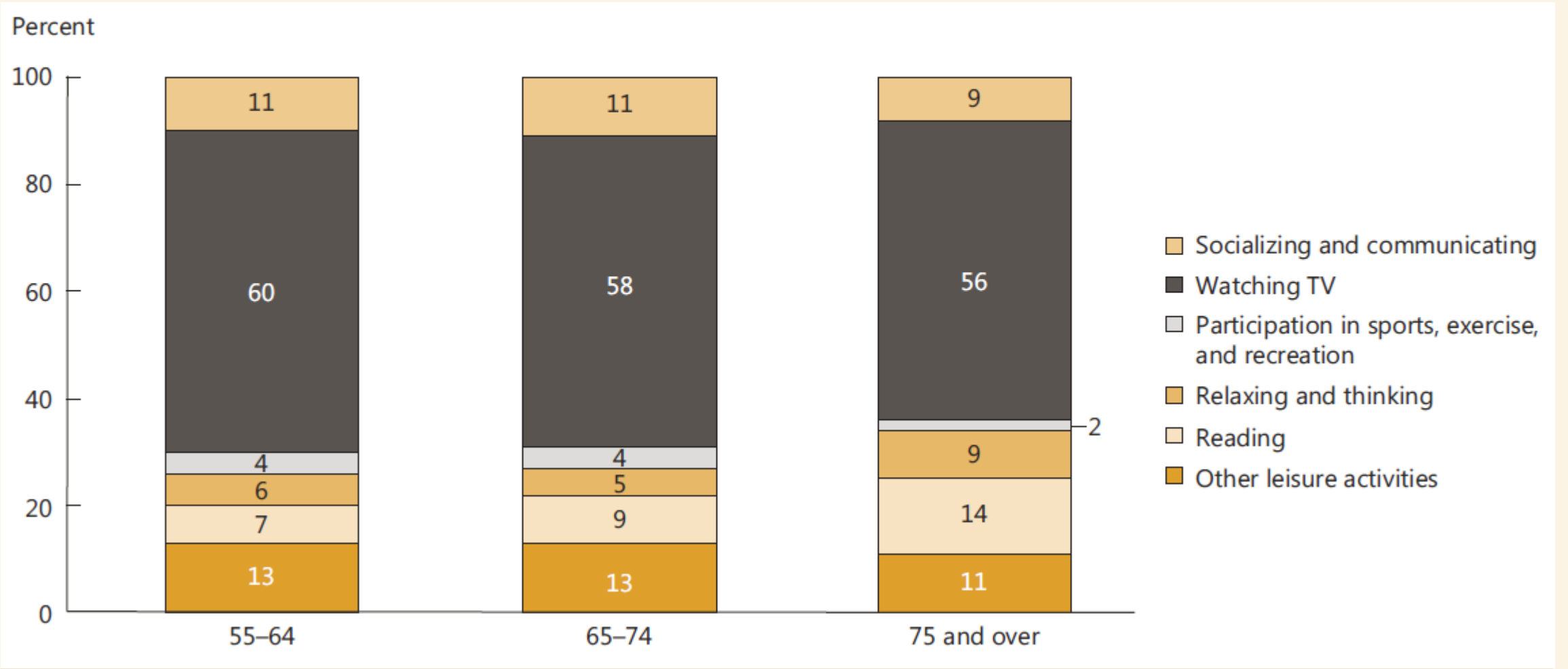
Percentage of day that people age 55 and over spent doing selected activities on an average day, by age group, 2014



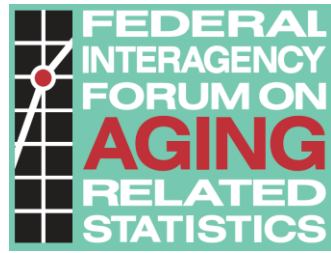
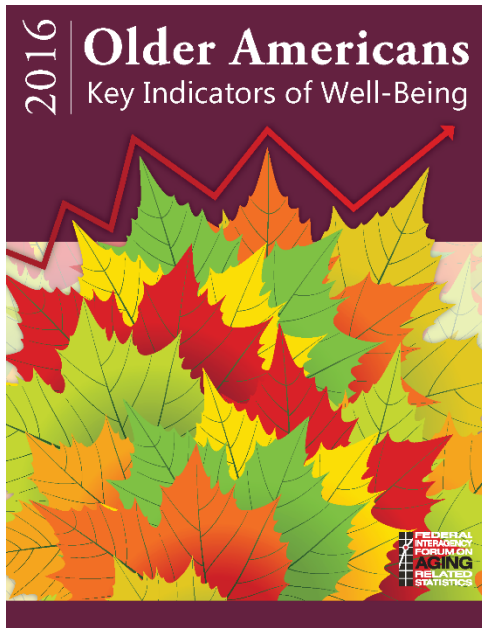
SOURCE: Bureau of Labor Statistics, American Time Use Survey.

# Use of Time (continued)

Percentage of total leisure time that people age 55 and over spent doing selected leisure activities on an average day, by age group, 2014



SOURCE: Bureau of Labor Statistics, American Time Use Survey.



<http://www.agingstats.gov/>



<http://www.childstats.gov/>