



# SOUTHERN NEVADA HEALTHY AGING INITIATIVE

## ***HEALTHY AGING DEFINITION –***

According to the World Health Organization (WHO), healthy aging is *“the process of developing and maintaining the functional ability that enables well-being in older age,”* and according to the U.S. Department of Health & Human Services, *“adopting healthy habits and behaviors, staying involved in your community, using preventive services, managing health conditions, and understanding all your medications can contribute to a productive and meaningful life.”*

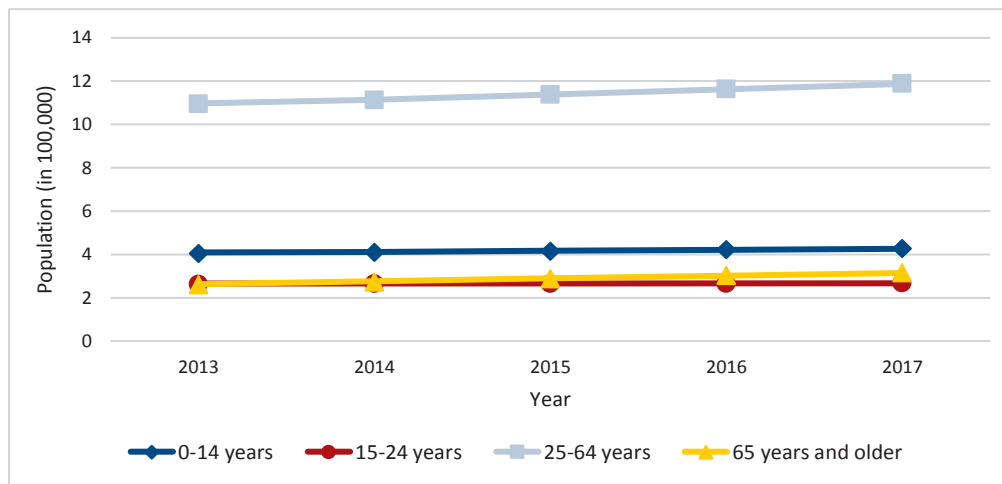


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## STATE OF HEALTHY AGING IN CLARK COUNTY –

The aging of baby boomers (those born between 1946 and 1964) and the increased longevity of older adults is influencing the demographic landscape of Clark County.

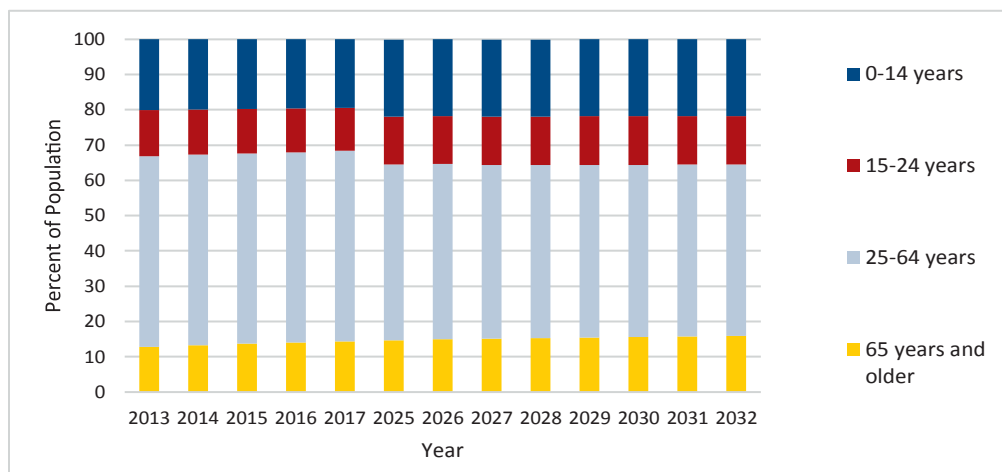
**Figure 1: Population Estimate, Clark County, NV 2013-2017**



Data source: National Center for Health Statistics (NCHS) bridged-race population estimates, 2017

From 2013 to 2017, the population of adults 65 years and older increased 23 percent, the largest increase among all age groups (Figure 1). This is also the only age group that has been and is projected to be increasing its proportion among the total population (Figure 2). Like any other aging community, Clark County will be confronted with challenges, as well as opportunities, to meet the unique and diverse needs of this age group.

**Figure 2: Percent of Population by Age Group, Clark County, NV 2013-2032**



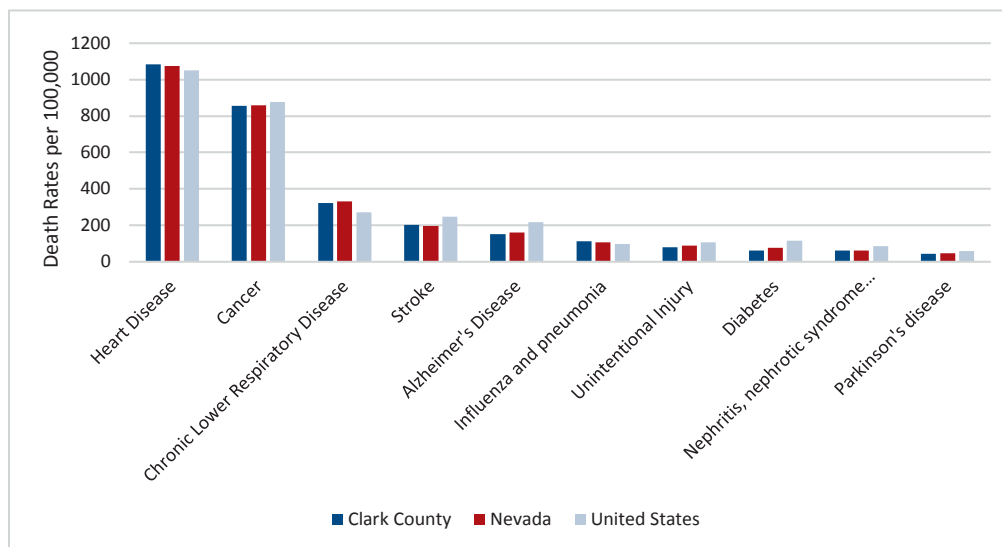
Data source: National Center for Health Statistics (NCHS) bridged-race population estimates, 2017; Nevada State Demographer population projection, vintage 2015

# SOUTHERN NEVADA HEALTH AGING INITIATIVE

## Leading Causes of Mortality for Aging Population

From 2013 to 2017, the 10 leading causes of death among Clark County residents 65 years and older were: heart disease; cancer; chronic lower respiratory disease; stroke; Alzheimer’s disease; influenza and pneumonia; unintentional injury; diabetes; nephritis, nephrotic syndrome and nephrosis; and Parkinson’s disease. Comparing death rates with the state of Nevada and the United States, Clark County has similar death rates to Nevada but is higher than the national death rate for heart disease, chronic lower respiratory disease, and influenza and pneumonia (Figure 3).

**Figure 3: Leading Causes of Deaths among Adults 65 Years and Older, Clark County, Nevada, and the United States, 2013-2017**



Data source: CDC WONDER Online Database, Underlying Cause of Death

## Health Status, Health Behavior, and Access to Care

For many of the health indicators found in Table 1, Clark County adults 65 years and older lagged behind their national peers, although the differences were not statistically significant. The only indicators that were statistically significant were the percentage of adults 65 years and older who were current smokers, and the percentage of those who ever had the Shingles vaccine.

**Table 1: Health Status, Health Behavior, and Access to Care Indicators among Adults 65 Years and Older, Clark County, Nevada, and the United States**

	Clark County % (95% CI)	Nevada % (95% CI)	United States % (95% CI)
<b>Health Status</b>			
Self-reported general health fair or poor	27.24 (21.99, 32.50)	25.74 (21.96, 29.51)	25.72 (25.19, 26.25)
Self-reported mental health not good in 14 or more days during the past 30 days	8.77 (5.06, 12.48)	8.77 (6.11, 11.44)	7.90 (7.56, 8.24)
Ever had a depressive disorder	14.67 (10.36, 18.99)	14.86 (11.76, 17.96)	16.05 (15.57, 16.53)

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	Clark County % (95% CI)	Nevada % (95% CI)	United States % (95% CI)
Ever had a heart attack	12.16 (8.45, 15.87)	12.23 (9.53, 14.93)	10.96 (10.60, 11.32)
Have coronary heart disease	12.45 (8.55, 16.35)	11.73 (8.93, 14.53)	11.28 (10.92, 11.65)
Ever had a stroke	8.06 (4.92, 11.21)	8.07 (5.79, 10.35)	7.58 (7.27, 7.88)
Have high blood pressure	61.84 (56.34, 67.34)	60.75 (56.77, 64.72)	60.82 (60.23, 61.40)
Have chronic obstructive pulmonary disease	14.56 (10.46, 18.67)	14.59 (11.64, 17.53)	12.67 (12.30, 13.05)
Have arthritis	42.53 (36.84, 48.21)	44.31 (40.20, 48.41)	50.29 (49.69, 50.89)
Have diabetes	24.76 (19.84, 29.69)	21.92 (18.40, 25.44)	22.87 (22.36, 23.39)
Ever had cancer (excluding skin cancer)	18.13 (13.77, 22.50)	18.14 (14.99, 21.30)	17.89 (17.45, 18.33)
Have kidney disease (excluding kidney stones, bladder infection, or incontinence)	10.59 (6.97, 14.22)	9.15 (6.59, 11.71)	6.79 (6.46, 7.11)
Obese	24.82 (19.77, 29.88)	25.08 (21.43, 28.72)	28.53 (27.98, 29.08)
Overweight	40.93 (35.08, 46.77)	40.20 (36.00, 44.40)	38.73 (38.14, 39.32)
Cognitive decline within past 12 months	17.04 (10.37, 23.72)	16.66 (12.23, 21.10)	11.60 (11.15, 12.05)
<b>Health Behavior</b>			
No physical activity within past 30 days	35.43 (29.75, 41.12)	33.62 (29.56, 37.69)	32.46 (31.88, 33.03)
Current smoker	16.49 (11.88, 21.09)	15.26 (11.99, 18.54)	8.87 (8.55, 9.19)
Current e-cigarette user	2.83 (0.98, 4.67)	2.77 (1.43, 4.10)	0.96 (0.86, 1.05)
Binge drinker	6.56 (3.64, 9.49)	6.48 (4.38, 8.59)	5.12 (4.85, 5.38)
Heavy drinker	2.75 (1.10, 4.39)	4.11 (2.80, 5.41)	4.29 (4.05, 4.53)
Do not always wear seat belt	4.69 (2.10, 7.29)	6.09 (4.16, 8.02)	8.43 (8.10, 8.76)
<b>Preventive Care</b>			
Had flu vaccine within past 12 months	57.94 (52.09, 63.78)	57.59 (53.38, 61.79)	60.18 (59.57, 60.79)
Ever had a pneumonia shot	68.24 (62.65, 73.83)	70.73 (66.73, 74.73)	74.21 (73.66, 74.76)
Ever had the shingles vaccine	37.61 (31.90, 43.32)	39.95 (35.81, 44.09)	44.05 (43.44, 44.66)
Had a routine checkup within the past year	88.29 (84.78, 91.80)	86.53 (83.94, 89.13)	88.24 (87.83, 88.65)
Visited a dentist, dental hygienist or dental clinic within the past year	63.49 (58.03, 68.96)	63.69 (59.73, 67.65)	66.72 (66.22, 67.23)
<b>Access to Healthcare</b>			
Needed to see a doctor but could not because of cost during the past 12 months	6.36 (3.47, 9.25)	6.18 (4.11, 8.25)	5.14 (4.86, 5.42)

Data source: BRFSS 2015-2017 (most recent year of data available)

# SOUTHERN NEVADA HEALTH AGING INITIATIVE

## Social Determinants of Health and Aging

As the population of adults 65 years and over continues to increase, social determinants of health must be considered in strategies to address healthy aging. The Centers for Disease Control and Prevention (CDC) defines social determinants of health as *“the circumstances in which people are born, grow up, live, work, and age. This also includes the systems in place to offer health care and services to a community. These circumstances are, in turn, shaped by a wider set of forces: economics, social policies, and politics.”* The following frameworks incorporate the social determinants of health when considering educational initiatives and policies and practices.

## FRAMEWORK —

A review of multiple modes and frameworks from across the country was conducted to select the most comprehensive approach to healthy aging. This included resources from the National Association of City-County Health Officials (NACCHO), Big Cities Health Coalition, CDC, and multiple local health departments. While many areas are addressing healthy aging to some extent, few agencies comprehensively look at multiple indicators to promote health in older adults. The Health District has an opportunity to pioneer a comprehensive framework, and to pave the way for other healthy aging initiatives to expand their purview.

The chosen framework was developed by the National Prevention, Health Promotion, and Public Health Council's National Prevention Strategy, which provides coordination and leadership at the federal level regarding prevention, wellness, and health promotion practices. This comprehensive framework was adapted to meet the unique local conditions of Southern Nevada.

## GOALS AND PRIORITIES —

### Goal 1: Reduce health disparities for older adults in Clark County

- Educate professionals to identify and address disparities
- Collect community-wide data to identify health care disparities
- Distribute information and implement programs that address age-related health issues

### Goal 2: Empower Clark County older adults to engage in health-related education and activities

- Provide information about healthy options
- Increase access to and use of technology to support health and other needs
- Create opportunities for employment and health education activities

### Goal 3: Provide clinical and community-based preventive services for older adults in Clark County

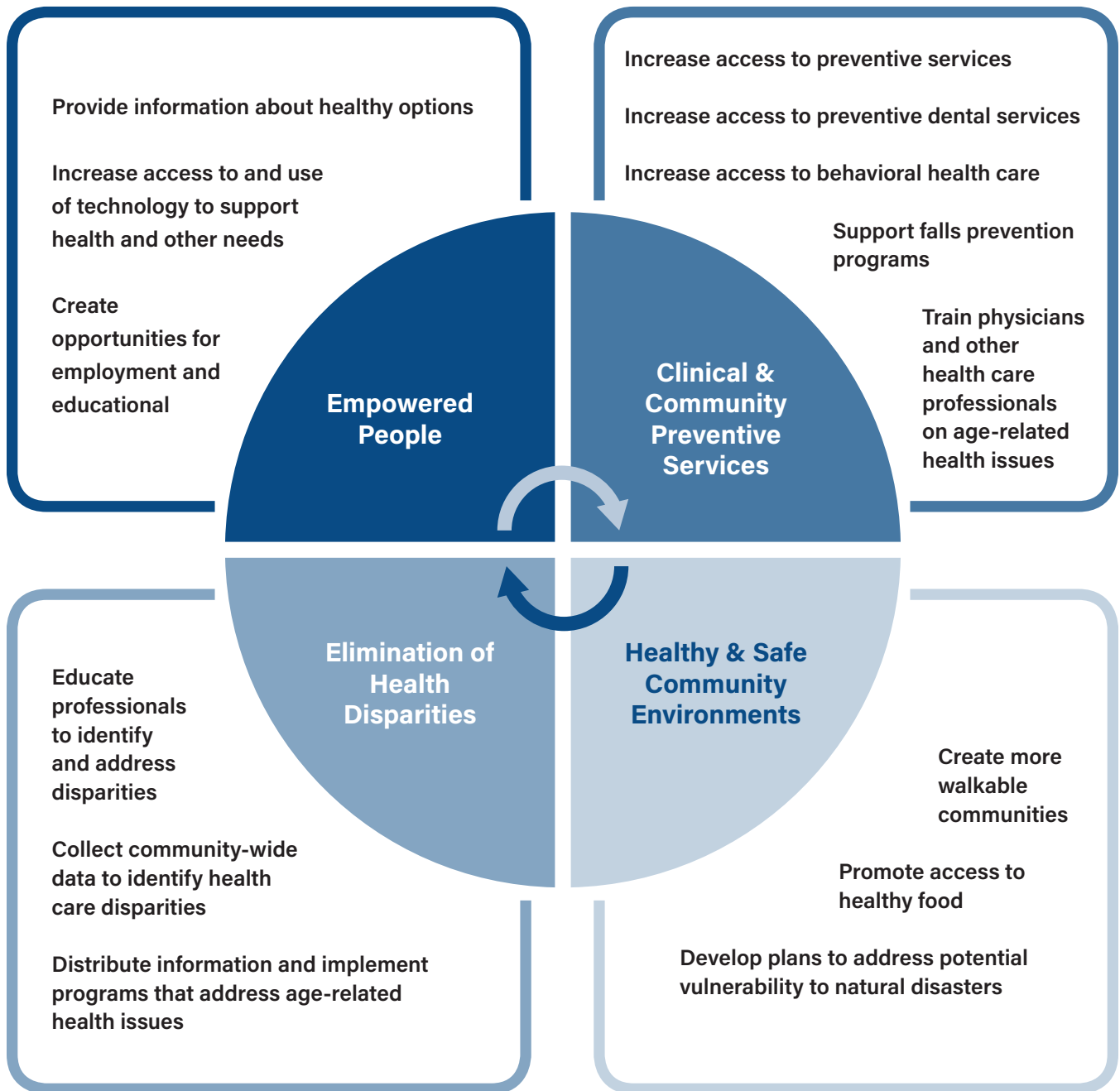
- Increase access to preventive services
- Increase access to preventive dental services
- Increase access to behavioral health care
- Support community-based falls prevention programs
- Train physicians and other health care professionals about age-related health issues

### Goal 4: Create healthy and safe community environments for older adults in Clark County

- Create and support more walkable communities
- Promote access to healthy food
- Develop plans to address vulnerability to natural disasters and emergencies

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## SOUTHERN NEVADA HEALTH AGING FRAMEWORK —



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## **DASHBOARD —**

The Health District is developing a healthy aging dashboard to facilitate community organization engagement. It will be listed on the Healthy Southern Nevada website.

## **RESOURCES —**

**Big Cities Health Coalition.** *Policies and Practices*. Retrieved from: <http://www.bigcitieshealth.org/policiesandpractices>

**Blue Zone.** *Blue Zones Principles*. Retrieved from: <https://www.bluezones.com/blue-zones-project-results/#principles>

**Centers for Disease Control and Prevention.** *National Association of Chronic Disease Directors – Caregiving for Family and Friends – A Public Health Issue*. February 2019. Retrieved from: <https://www.cdc.gov/aging/caregiving/caregiver-brief.html>

**Dignity Health – St. Rose Dominican Hospitals and Southern Nevada Health District.** *2019 Southern Nevada Community Health Needs Assessment*. May 2019.

**National Association of County and City Health Officials (NACCHO) and the Association of State and Territorial Health Officials (ASTHO).** Capacity Building Toolkit for including Aging and Disability Networks in Emergency Planning. Retrieved from: <https://www.naccho.org/uploads/downloadable-resources/Capacity-Building-Toolkit-for-Aging-and-Disability-Networks-2-5-19.pdf>

**National Prevention Council.** *Healthy Aging in Action*. Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General; 2016. Retrieved from: <https://www.cdc.gov/aging/pdf/healthy-aging-in-action508.pdf>

**Saint Paul-Ramsey County Public Health.** *Healthy Aging: A Public Health Framework*. August 2017. Retrieved from: [https://www.ramseycounty.us/sites/default/files/Departments/Public%20Health/Healthy\\_Aging\\_A\\_Public\\_Health\\_Framework\\_SPRCPH.pdf](https://www.ramseycounty.us/sites/default/files/Departments/Public%20Health/Healthy_Aging_A_Public_Health_Framework_SPRCPH.pdf)

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**World Health Organization.** Ageing and life course. *What is healthy ageing? 2019*. Retrieved from: <https://www.who.int/ageing/healthy-ageing/en/>

**Yolo County, California.** *Healthy Aging Yolo County Work Group*. Retrieved from: <https://www.yolocounty.org/home>

**Yolo County, California.** *Yolo Healthy Aging Alliance*. 2019. Retrieved from: <https://yolohealthyaging.org/>