

Health Status of Older Adults in New Mexico

Michael Landen

New Mexico Department of Health

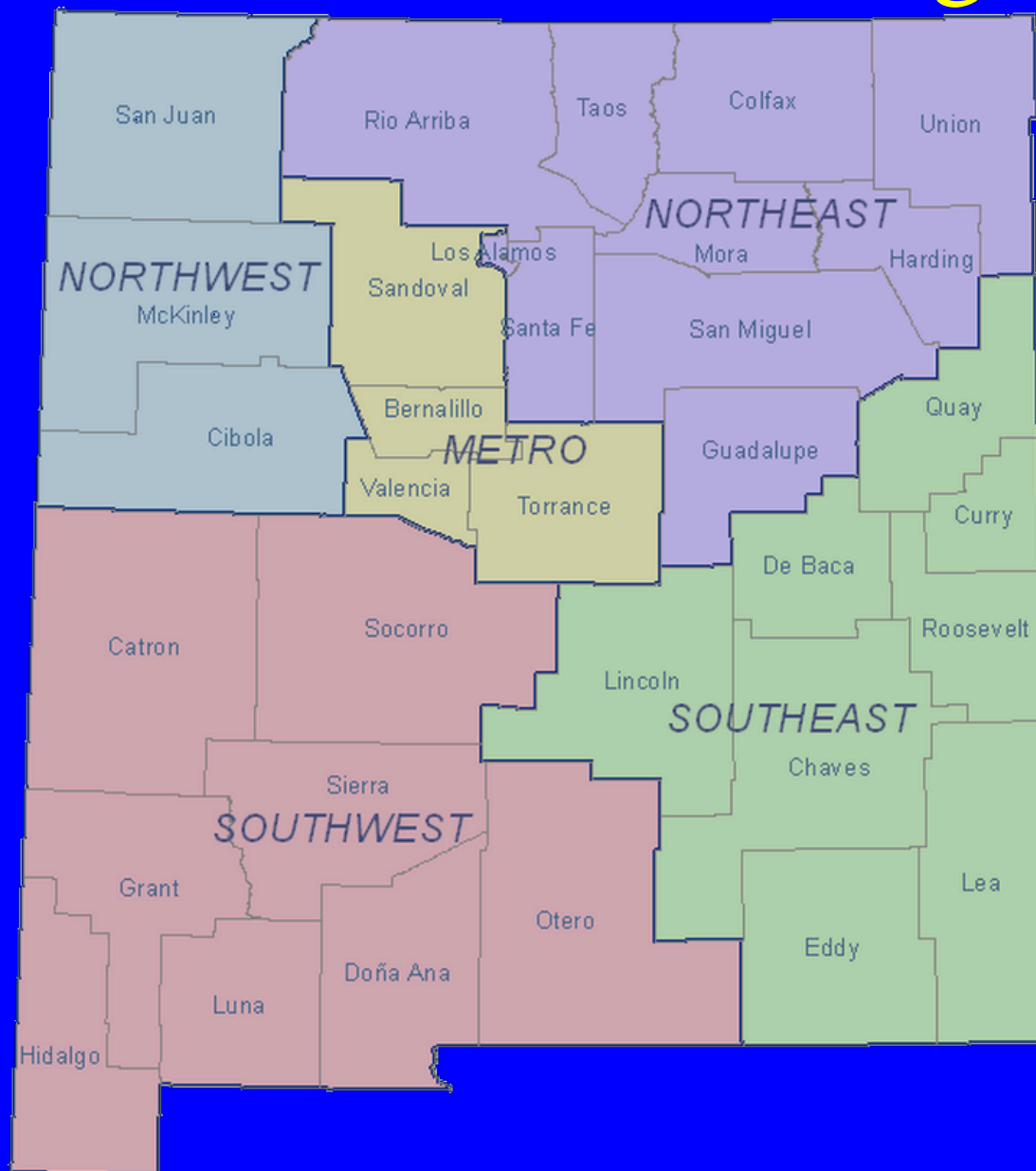
September 2015

Purpose

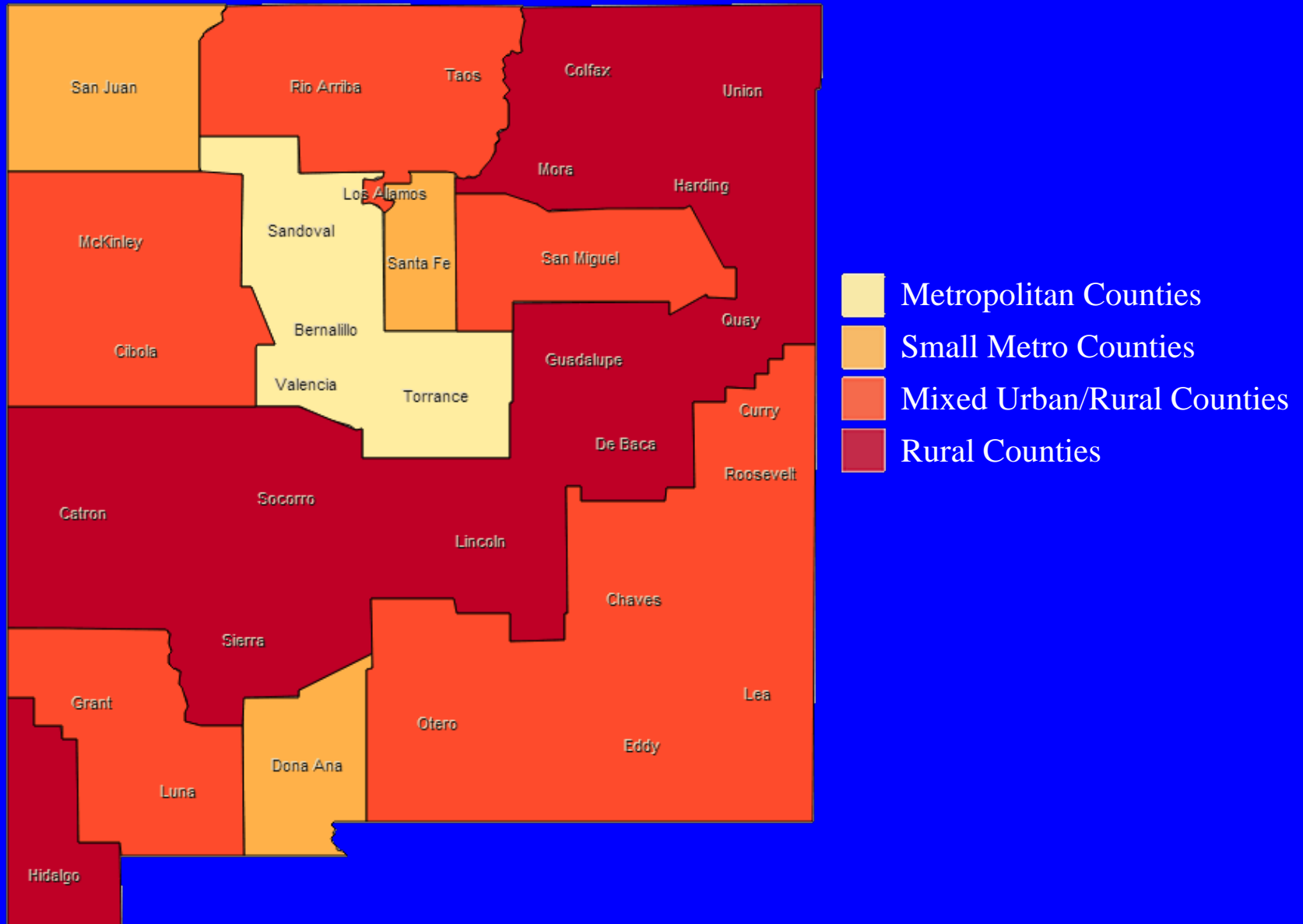
- Review highlights of the health status of older adults in New Mexico with a focus on behavioral health
 - Demographics
 - Risk Behaviors
 - Morbidity
 - Death

 - Trends
 - Disparities

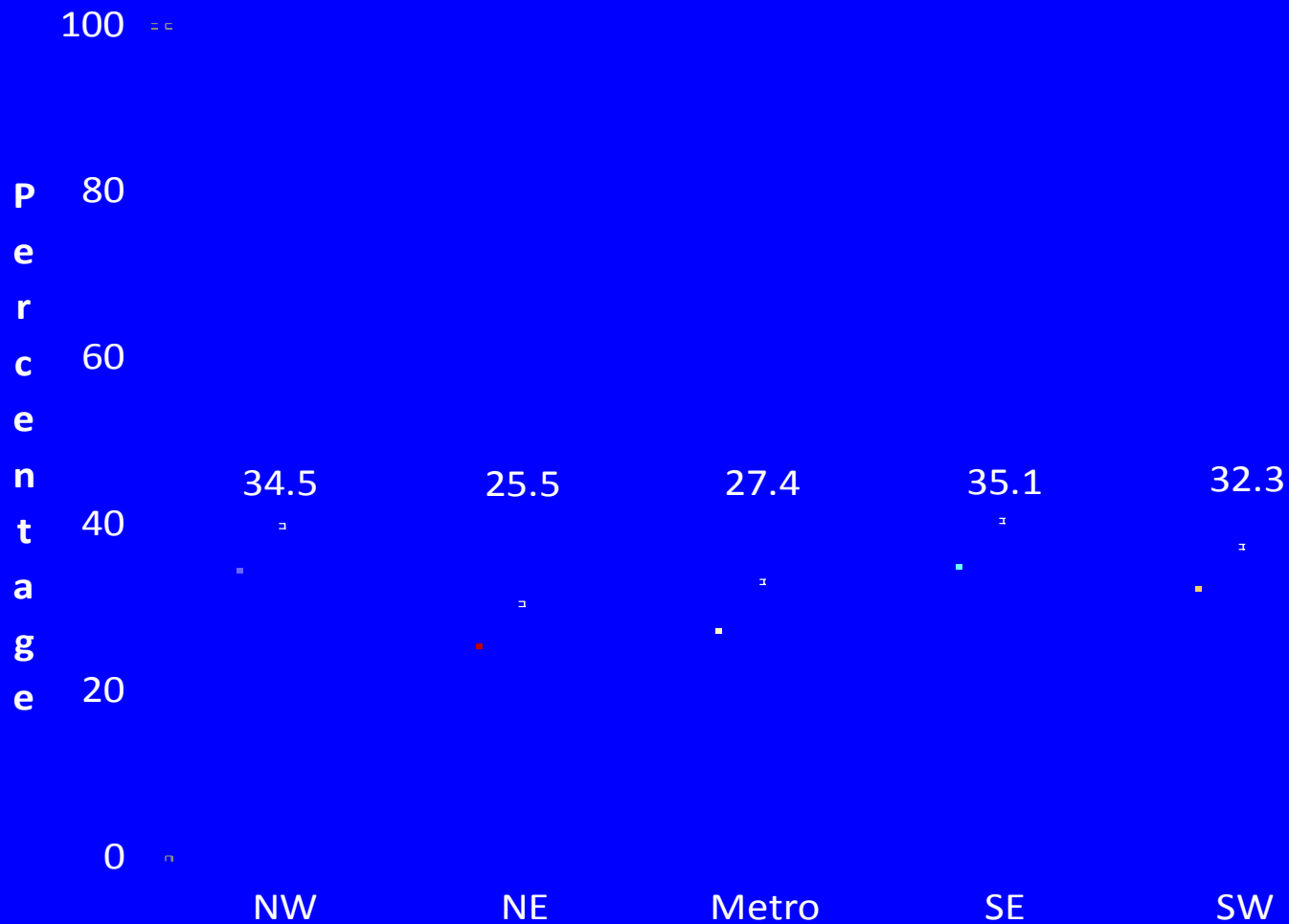
New Mexico Health Regions



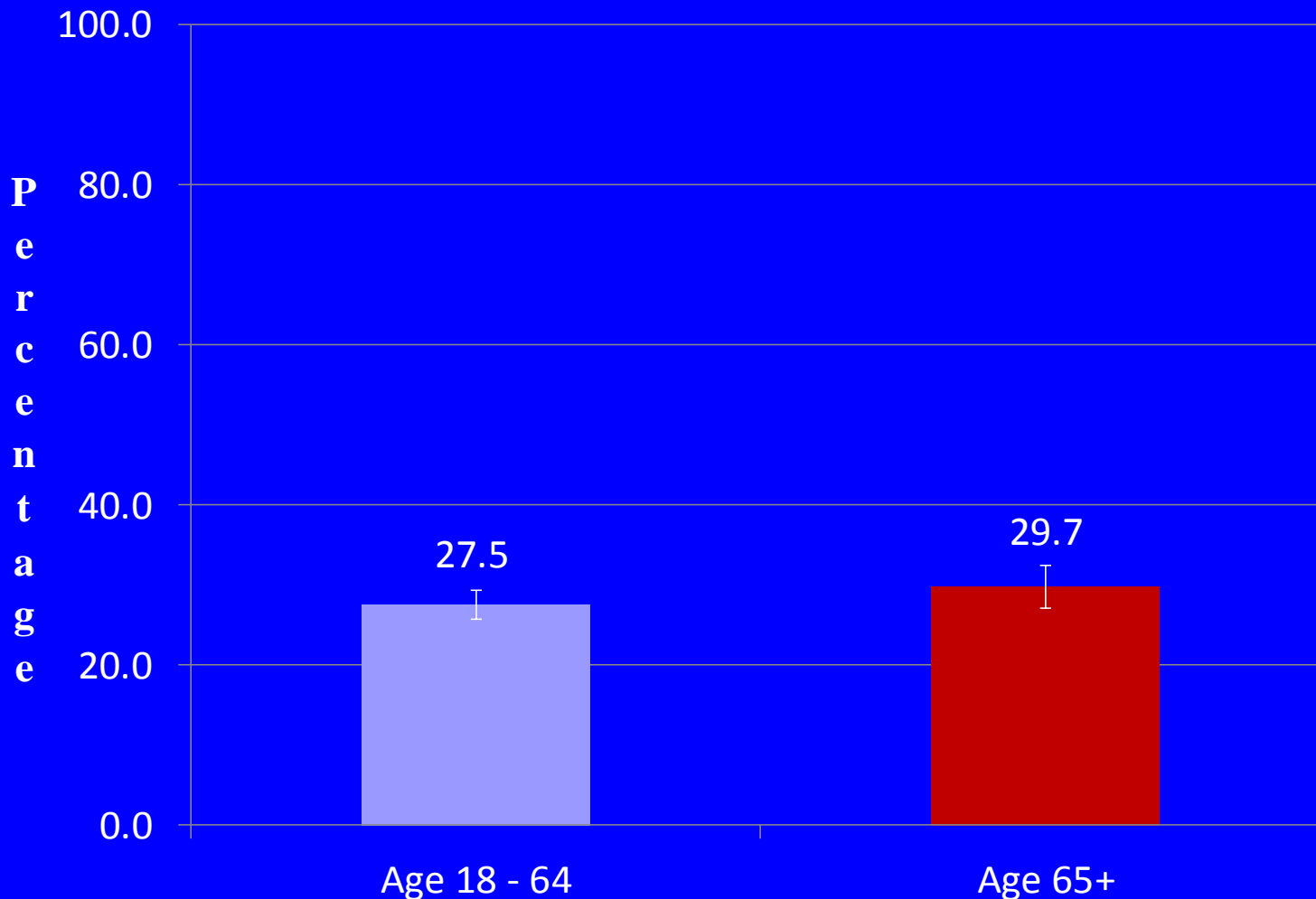
NM Urban-Rural County Classification



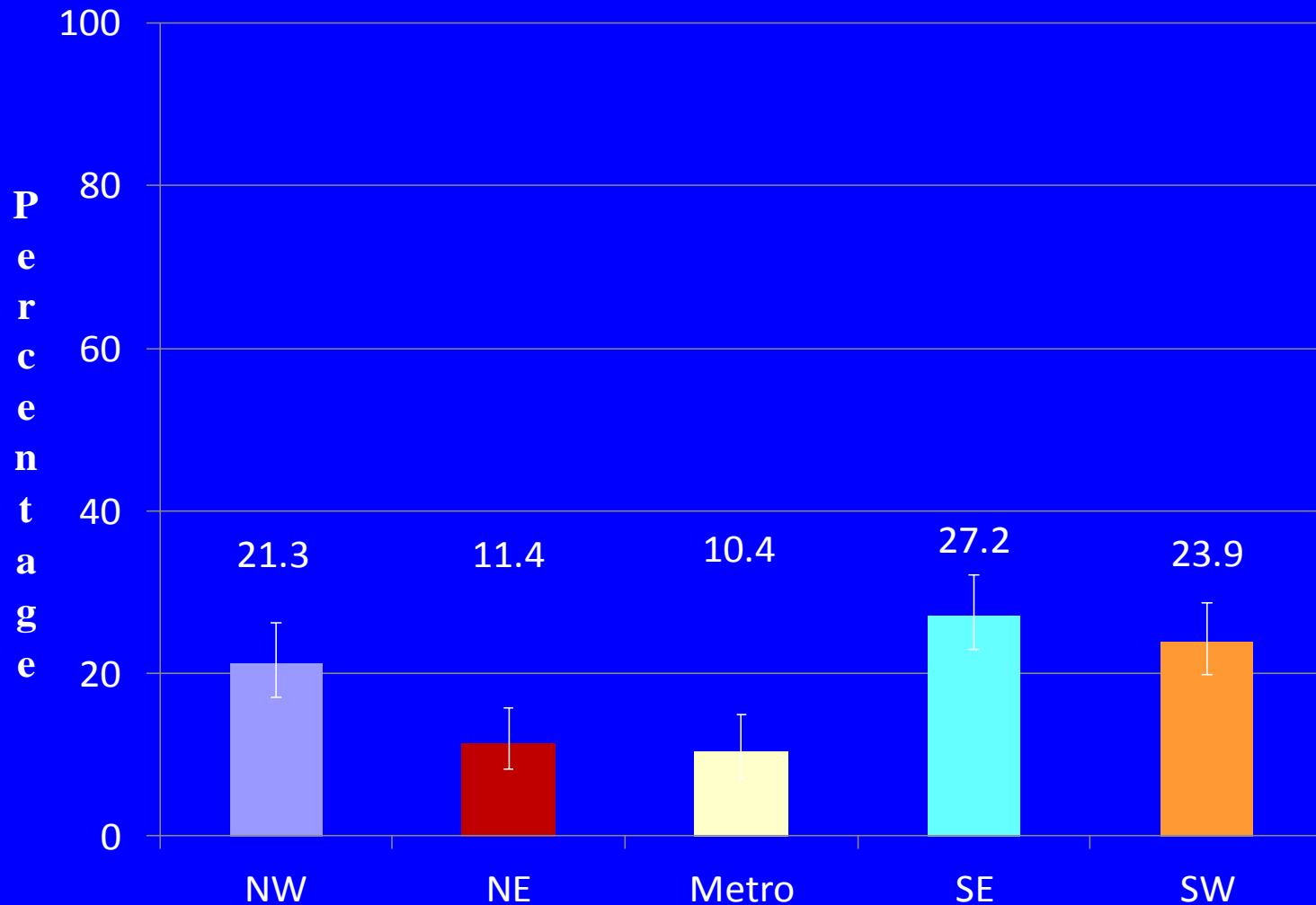
Percentage of NM Adults Age 65+ Living in Households with Annual Income of Less Than \$20,000 by Region, 2014



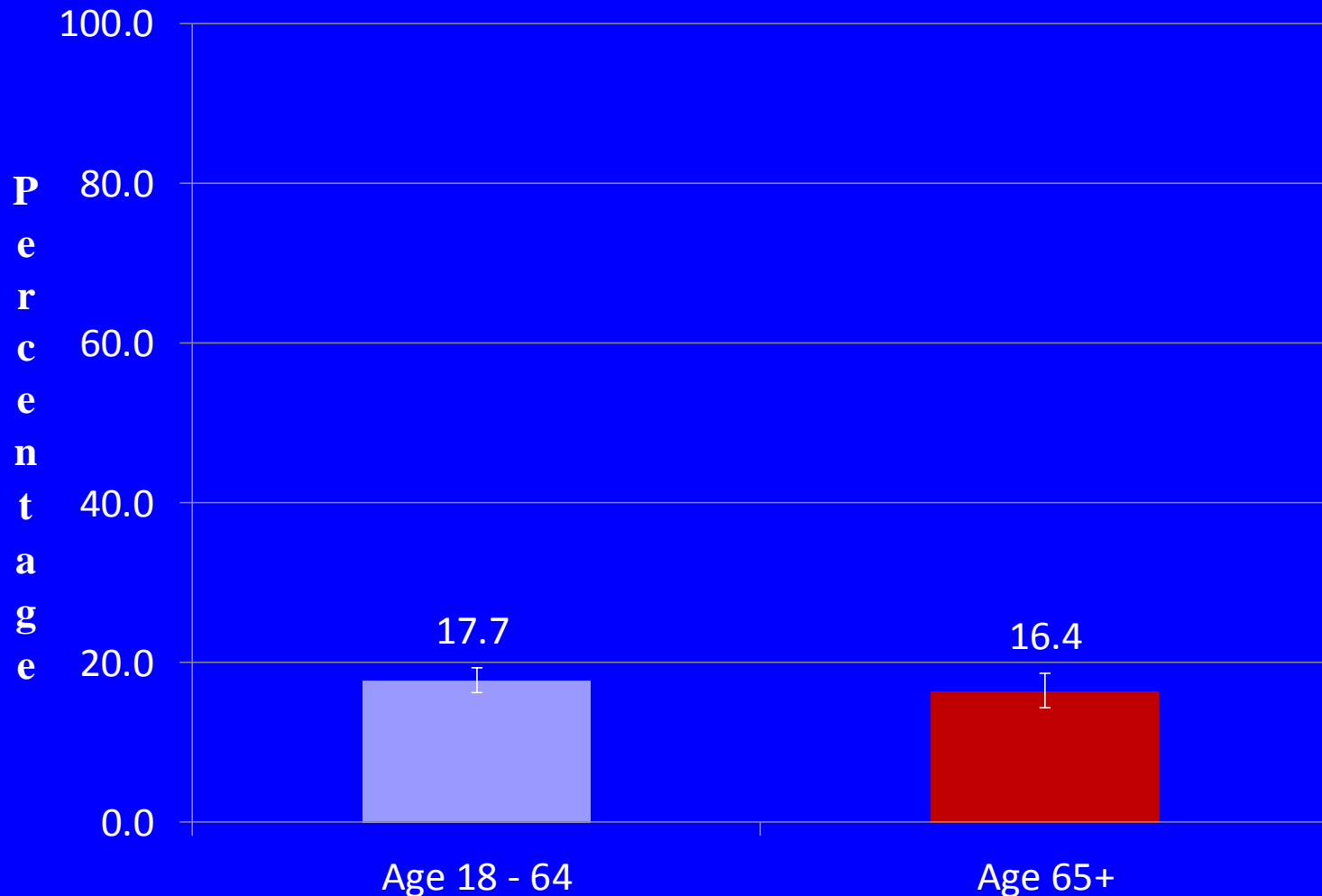
Percentage of NM Adults Living in Households with Annual Income of Less Than \$20,000 by Age Group, 2014



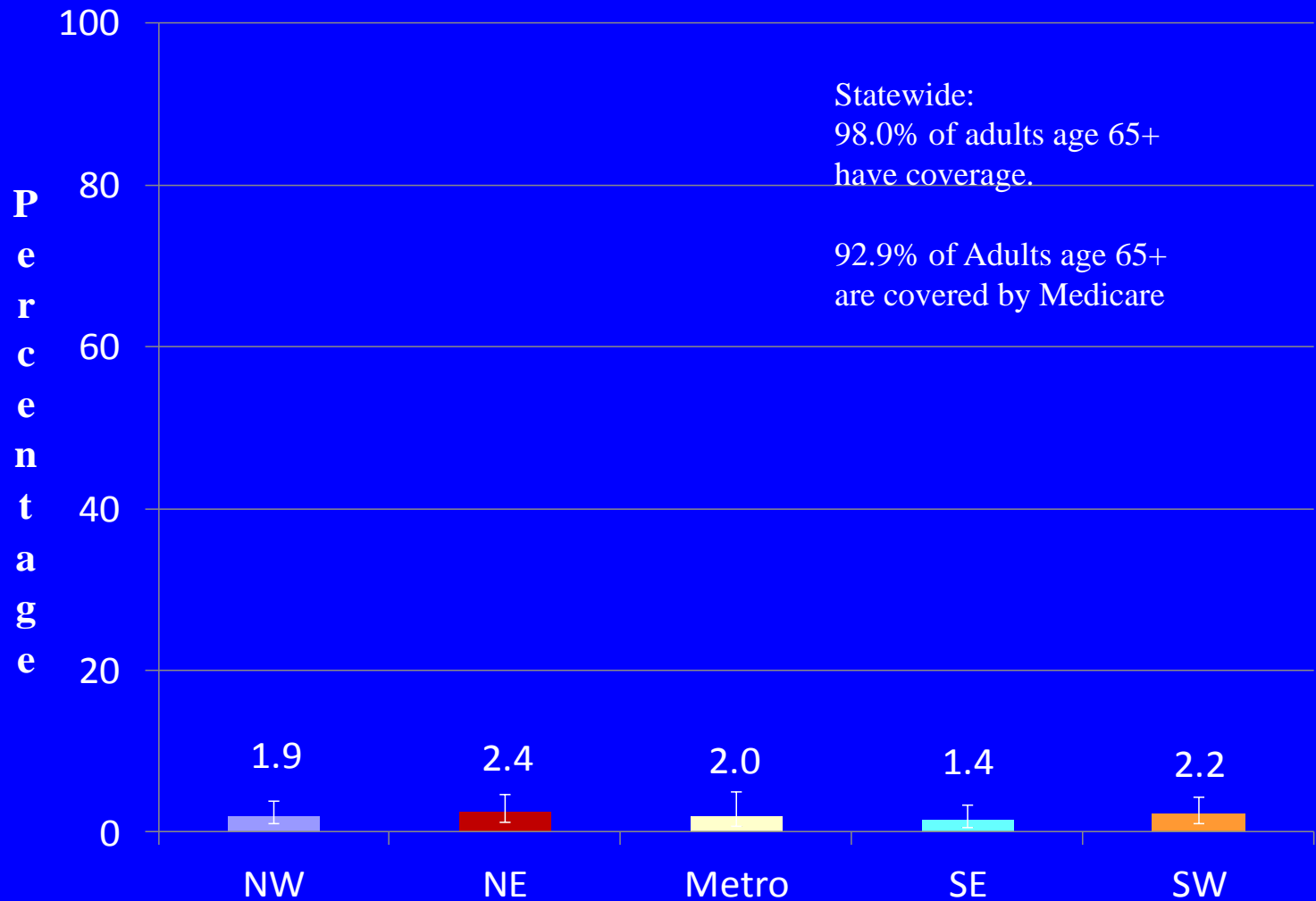
Percentage of NM Adults Age 65+ With Less Than High School Education by Region, 2014



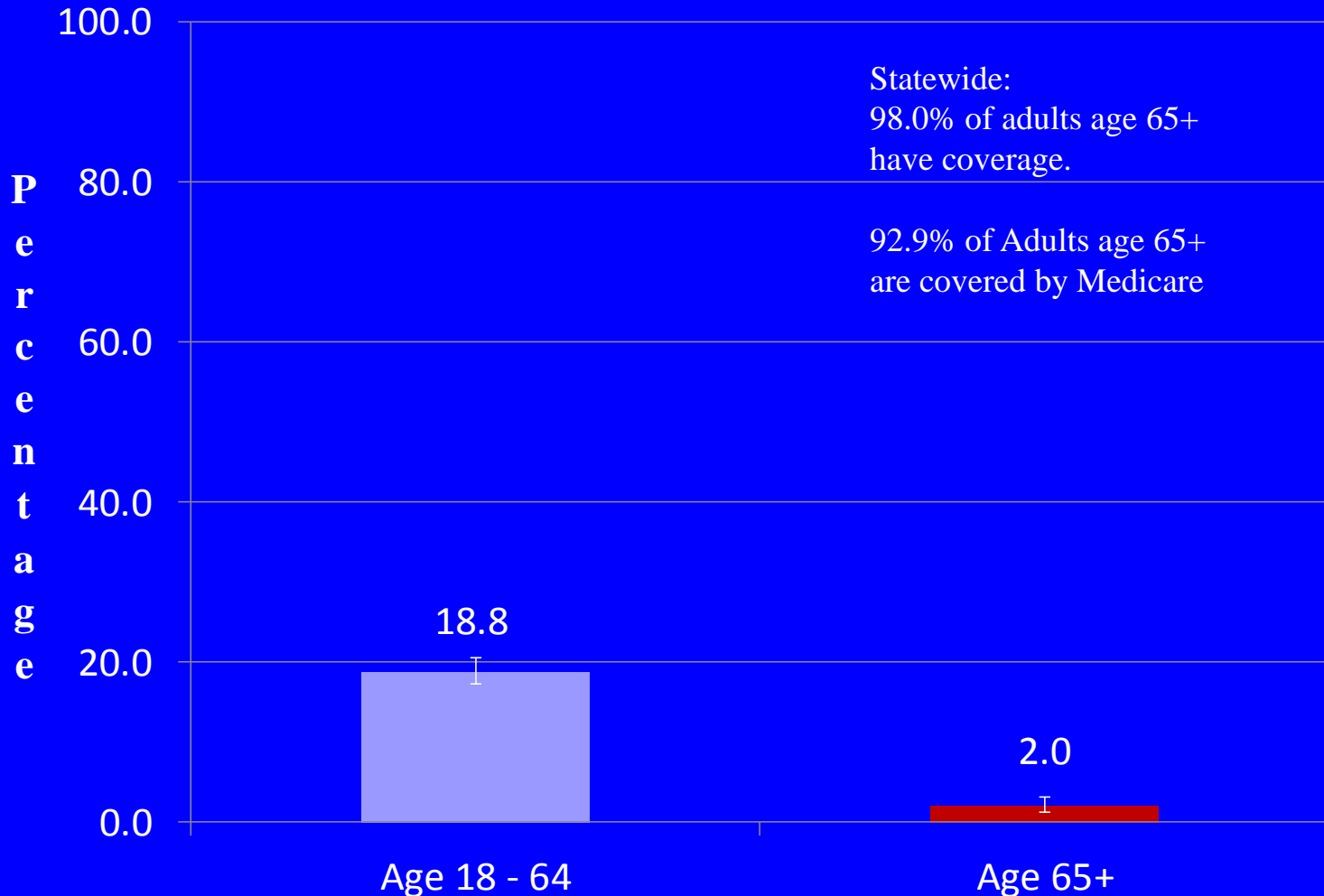
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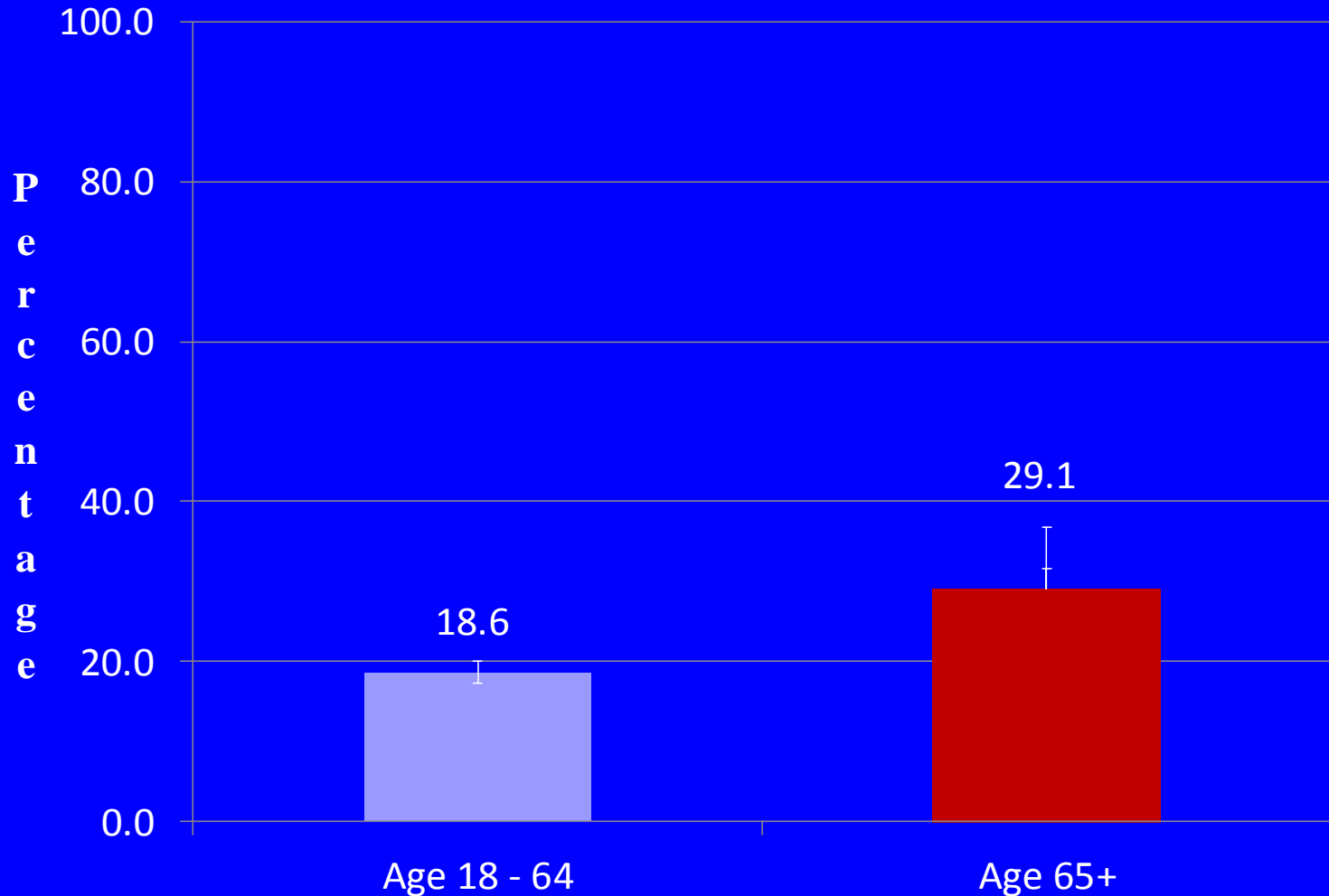
Percentage of NM Adults Age 65+ Without Health Care Coverage by Region, 2014



Percentage of NM Adults Without Health Care Coverage by Age Group, 2014

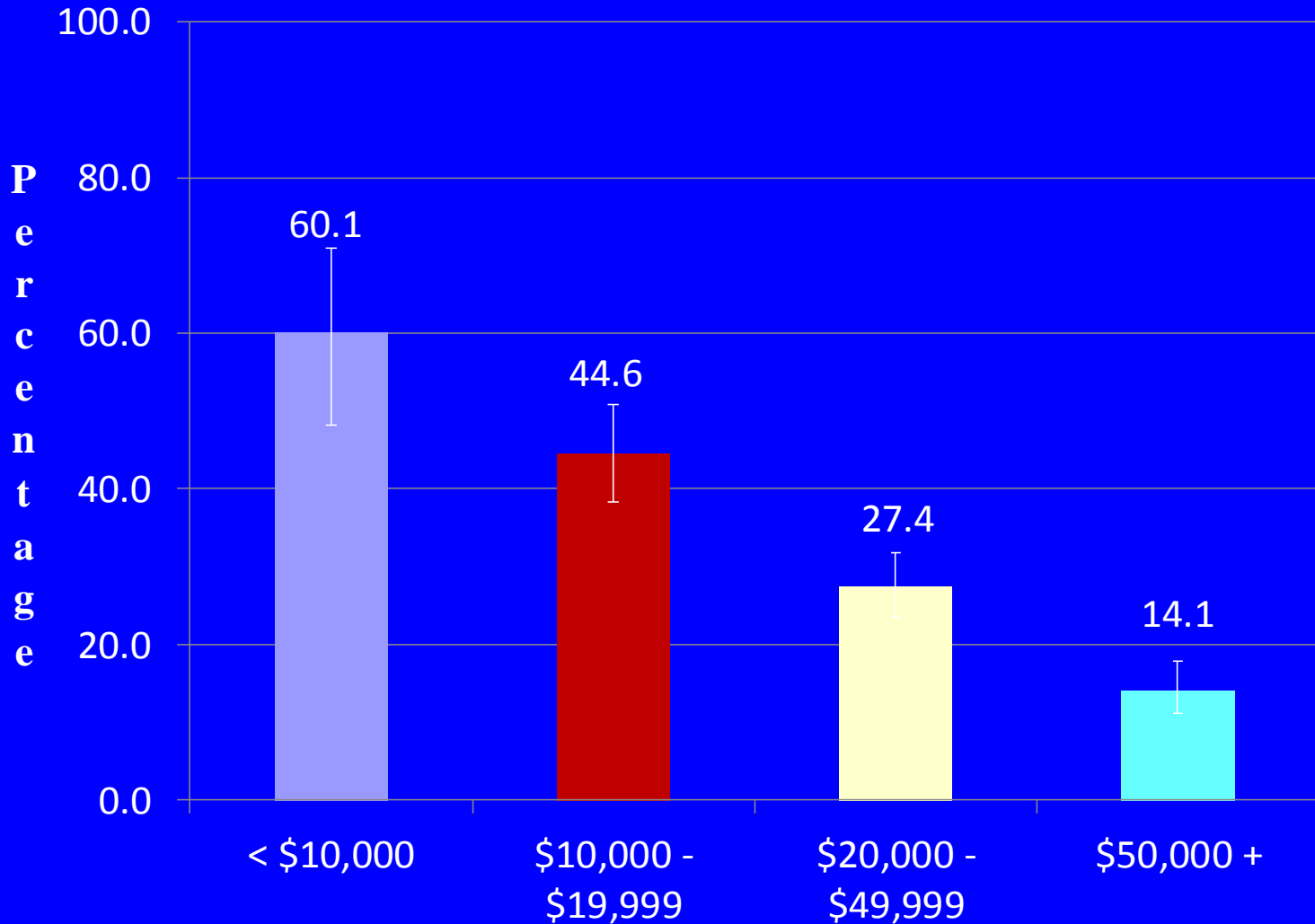


General Health Status Reported As Fair or Poor Among New Mexico Adults by Age Group, 2014



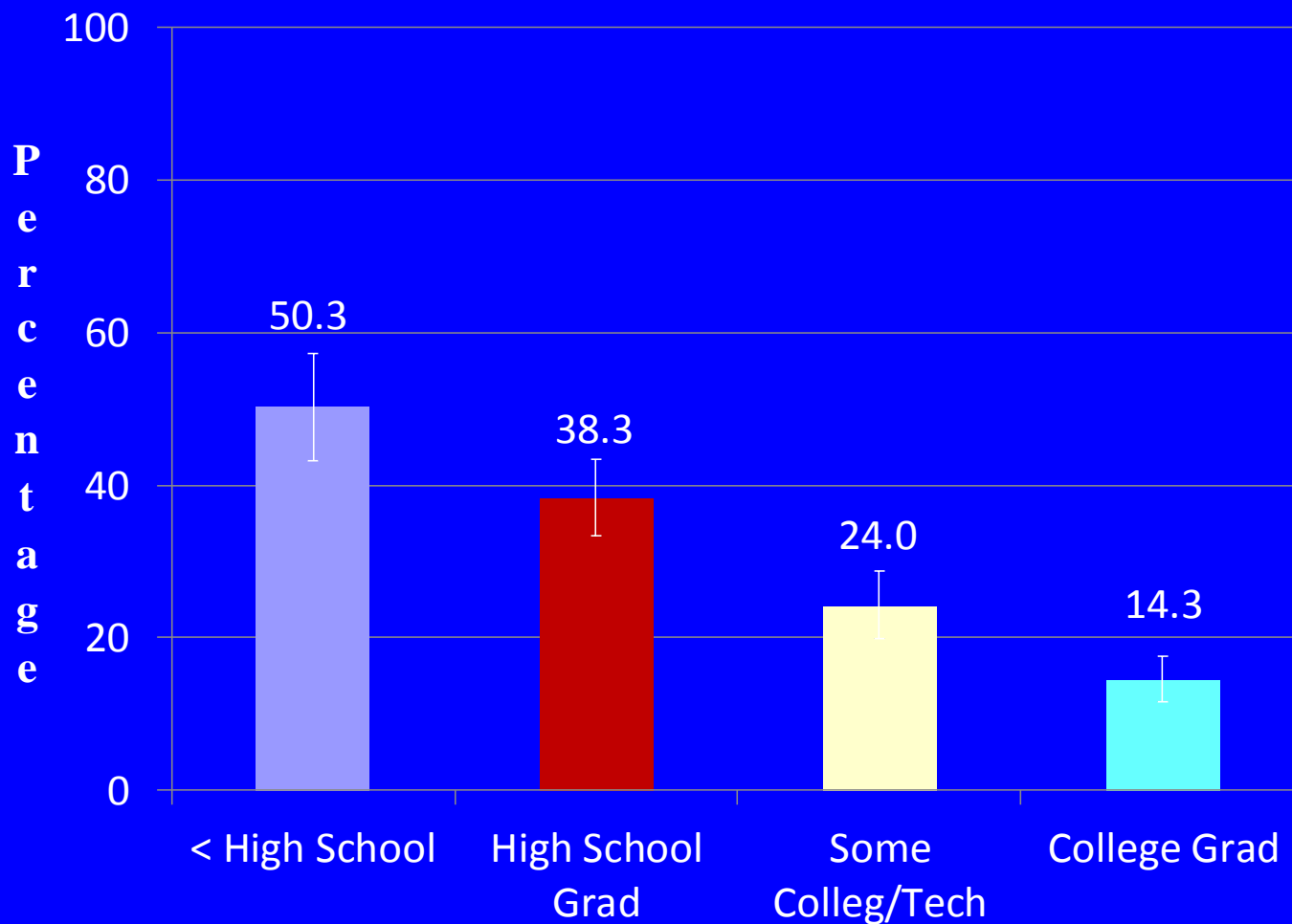
General Health Status Reported As Fair or Poor

Among New Mexico Adults Age 65+ by Annual Household Income, 2014



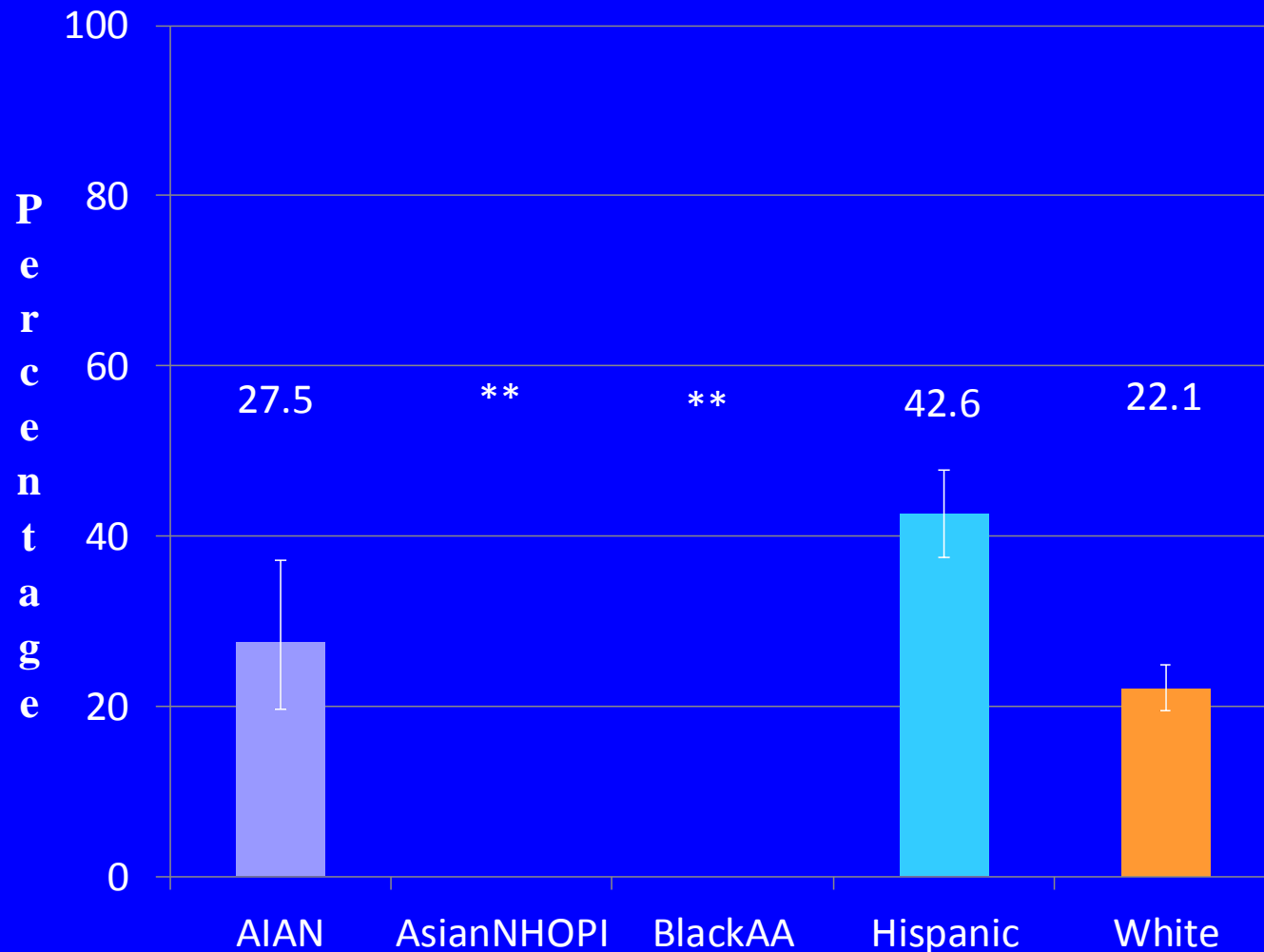
Source: Behavioral Risk Factor Surveillance System

General Health Status Reported As Fair or Poor Among New Mexico Adults Age 65+ by Education, 2014



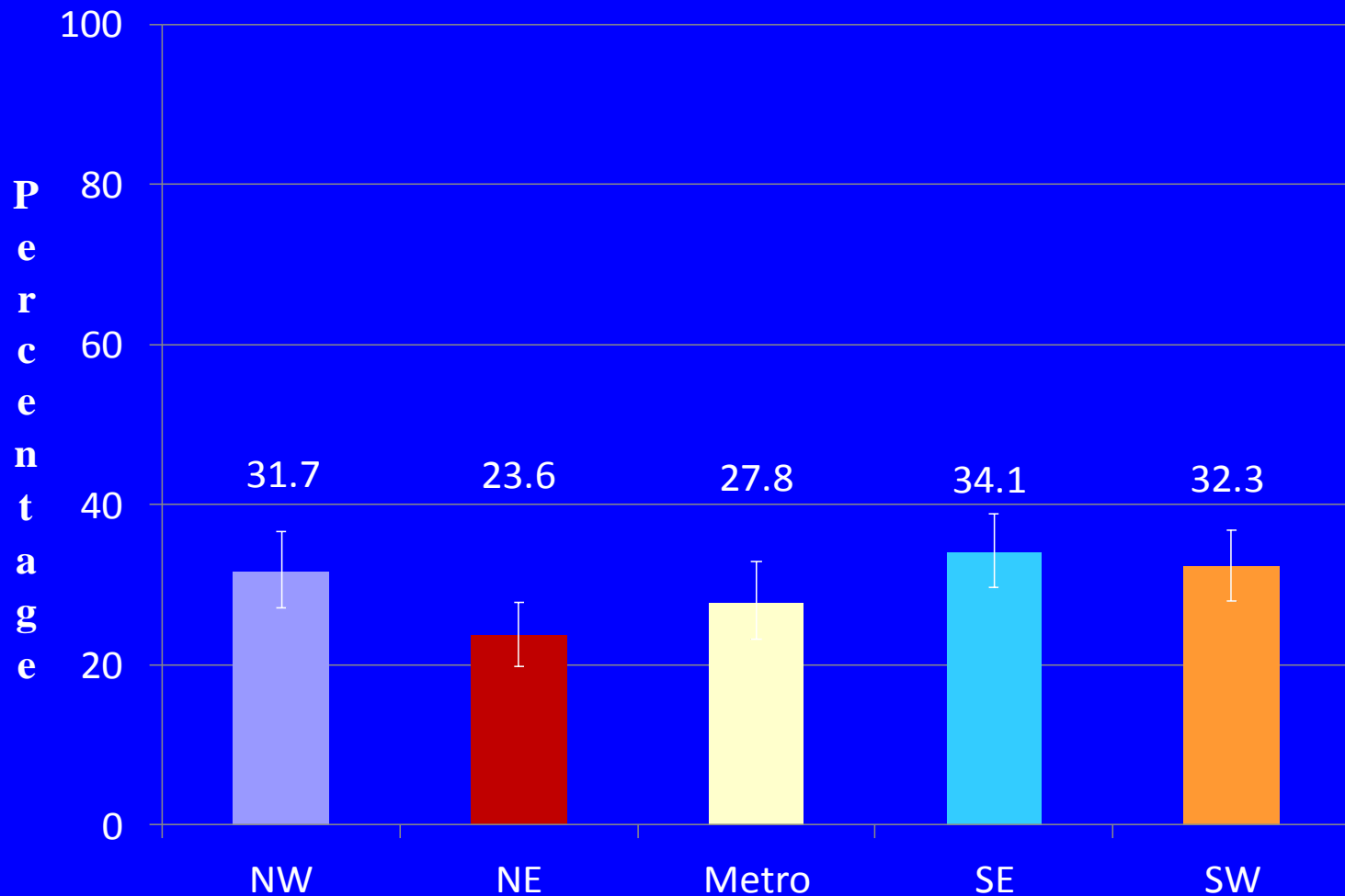
SOURCE: Behavioral Risk Factor Surveillance System

General Health Status Reported As Fair or Poor Among New Mexico Adults Age 65+ by Race/Ethnicity, 2014



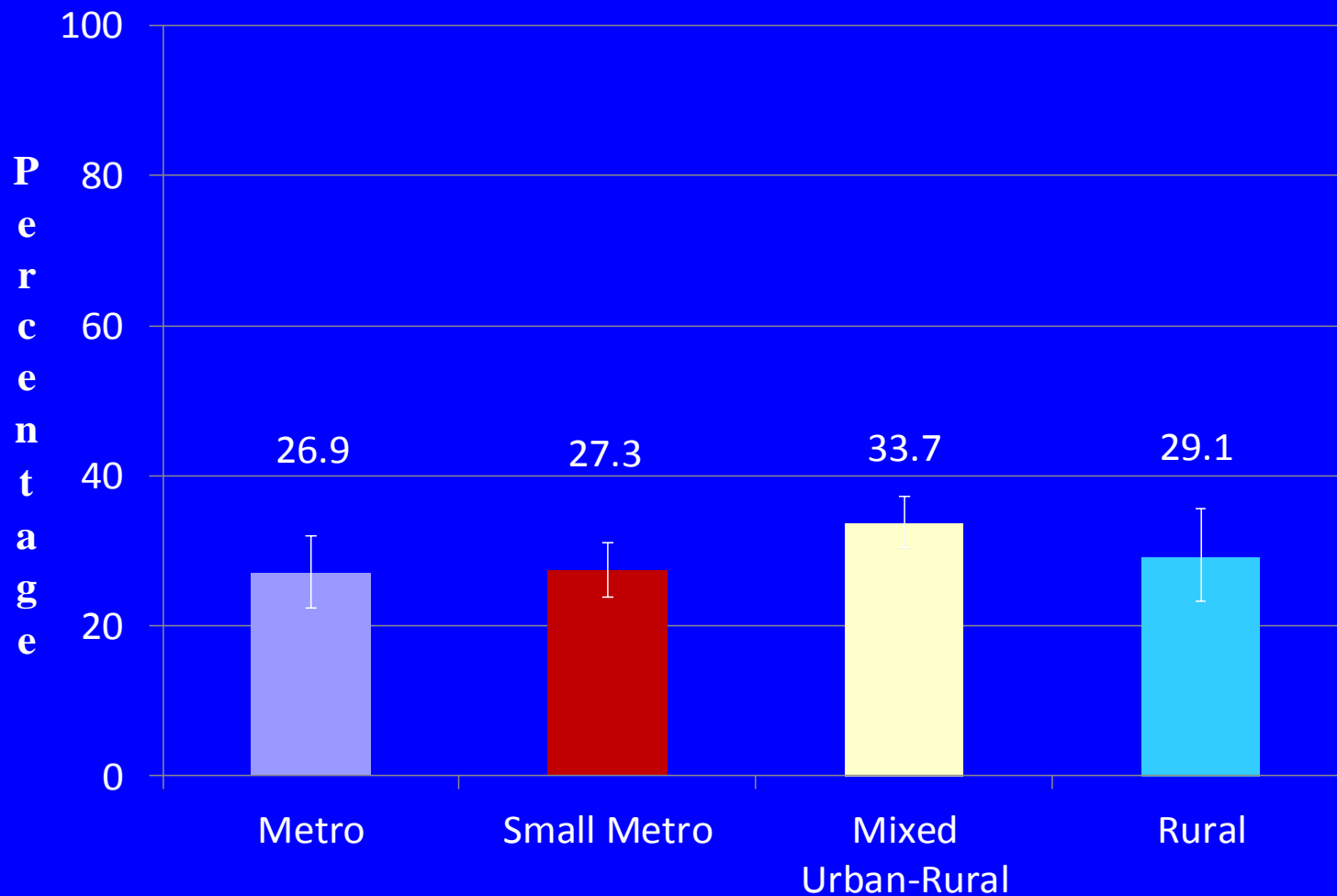
SOURCE: Behavioral Risk Factor Surveillance System

General Health Status Reported As Fair or Poor Among New Mexico Adults Age 65+ by Region, 2014



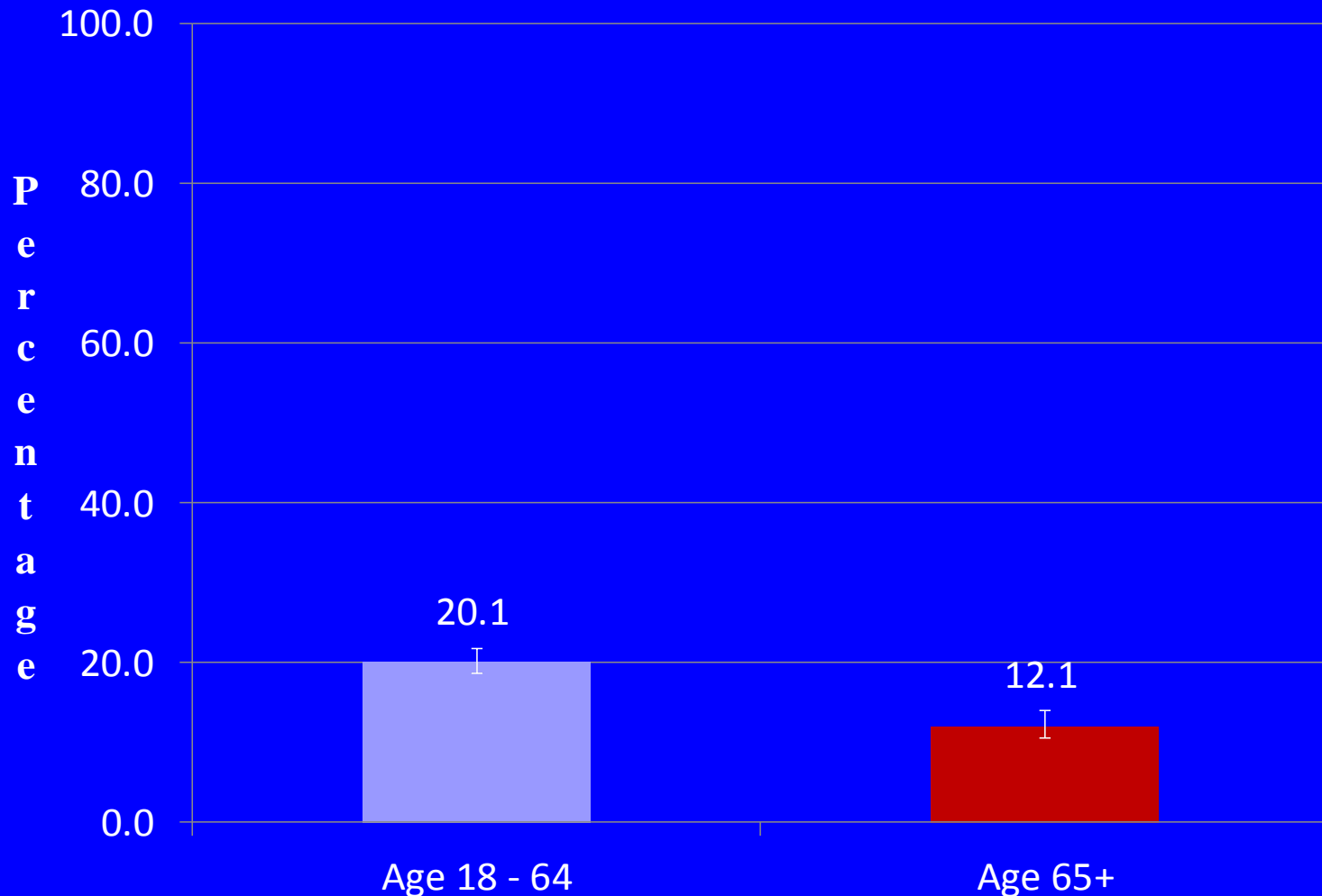
SOURCE: Behavioral Risk Factor Surveillance System

General Health Status Reported As Fair or Poor Among New Mexico Adults Age 65+ by Urban/Rural, 2014



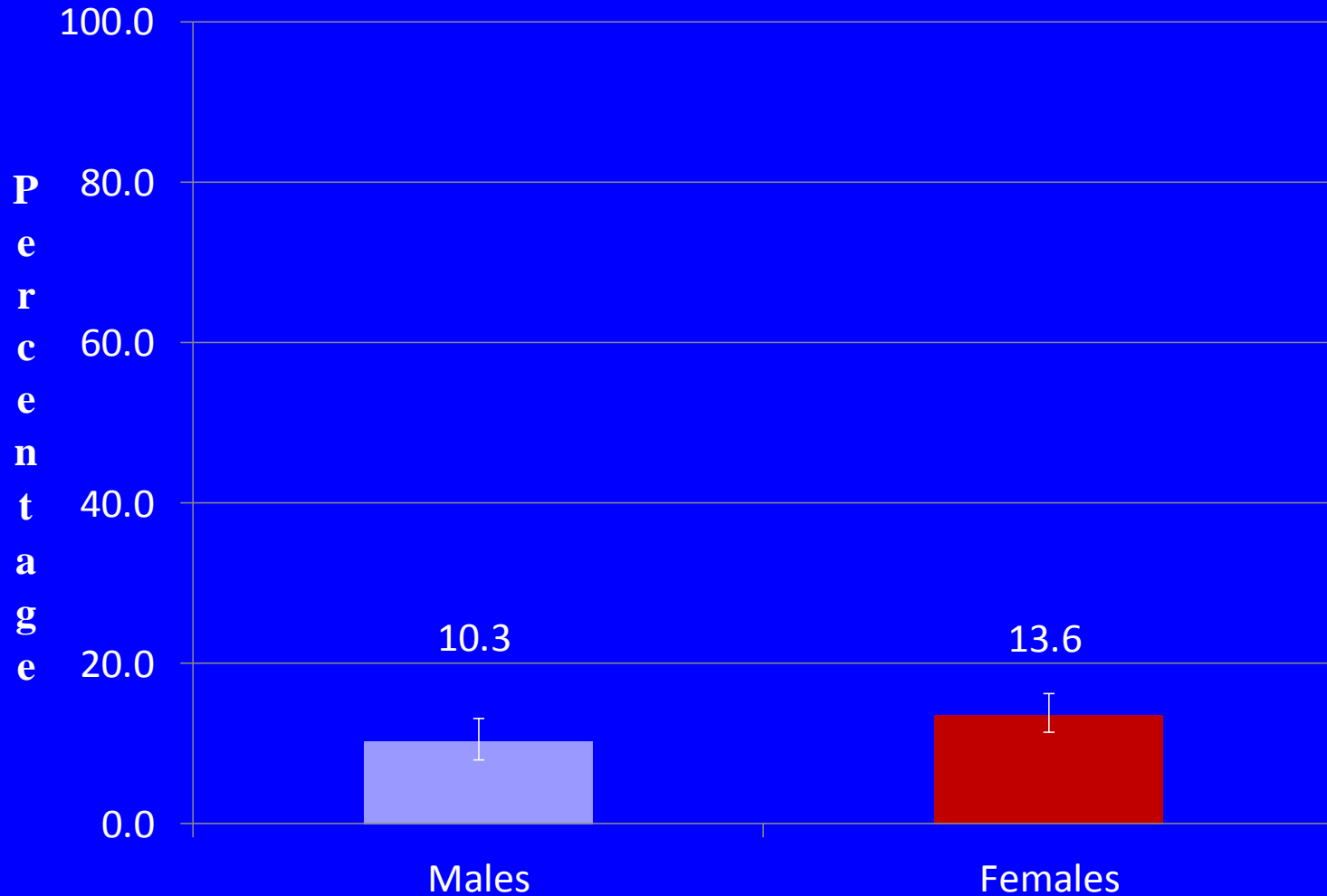
SOURCE: Behavioral Risk Factor Surveillance System

6+ of Past 30 Days Mental Health was Not Good Among New Mexico Adults by Age Group, 2014



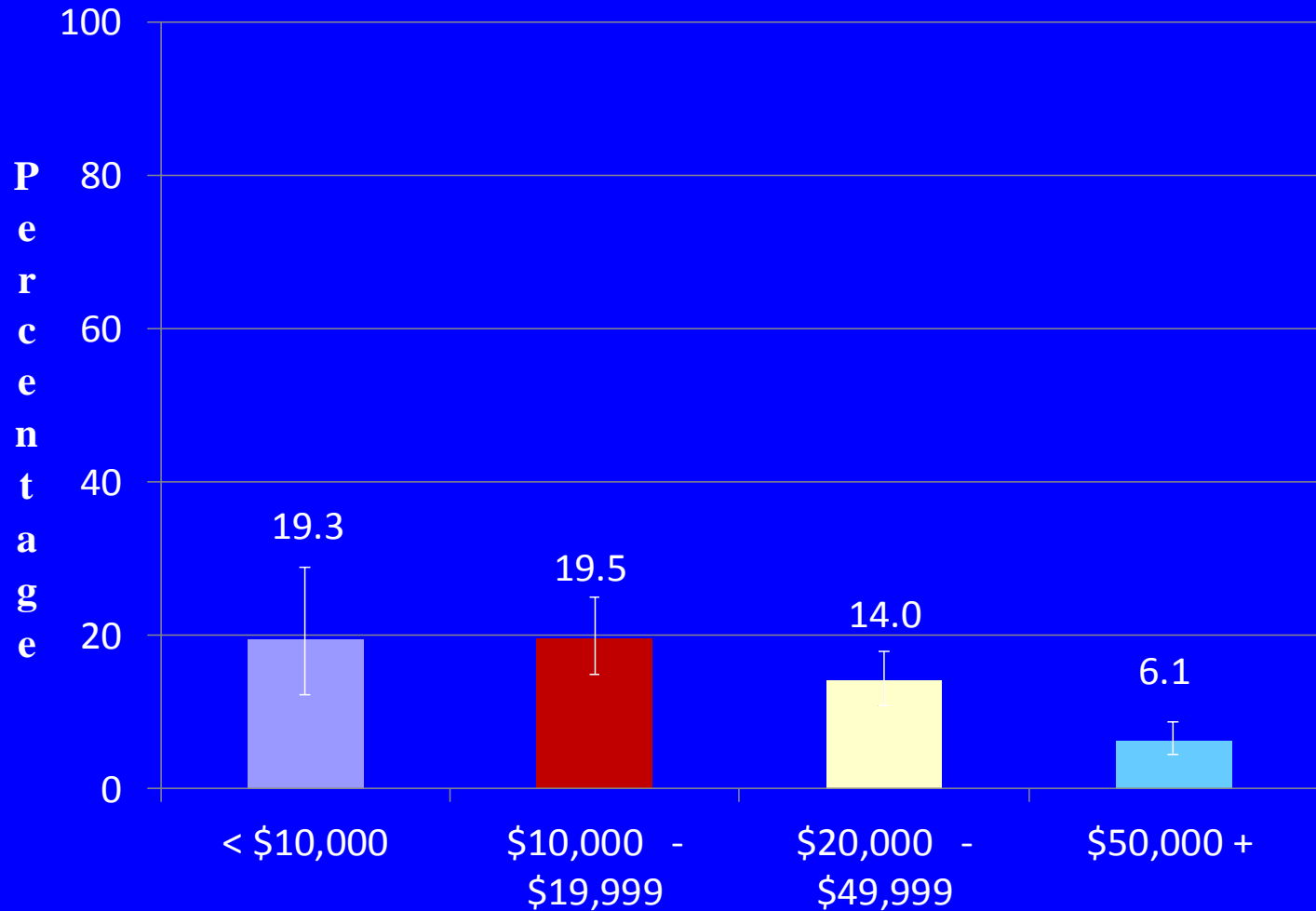
Source: Behavioral Risk Factor Surveillance System

6+ of Past 30 Days Mental Health was Not Good Among New Mexico Adults Age 65+ by Gender, 2014



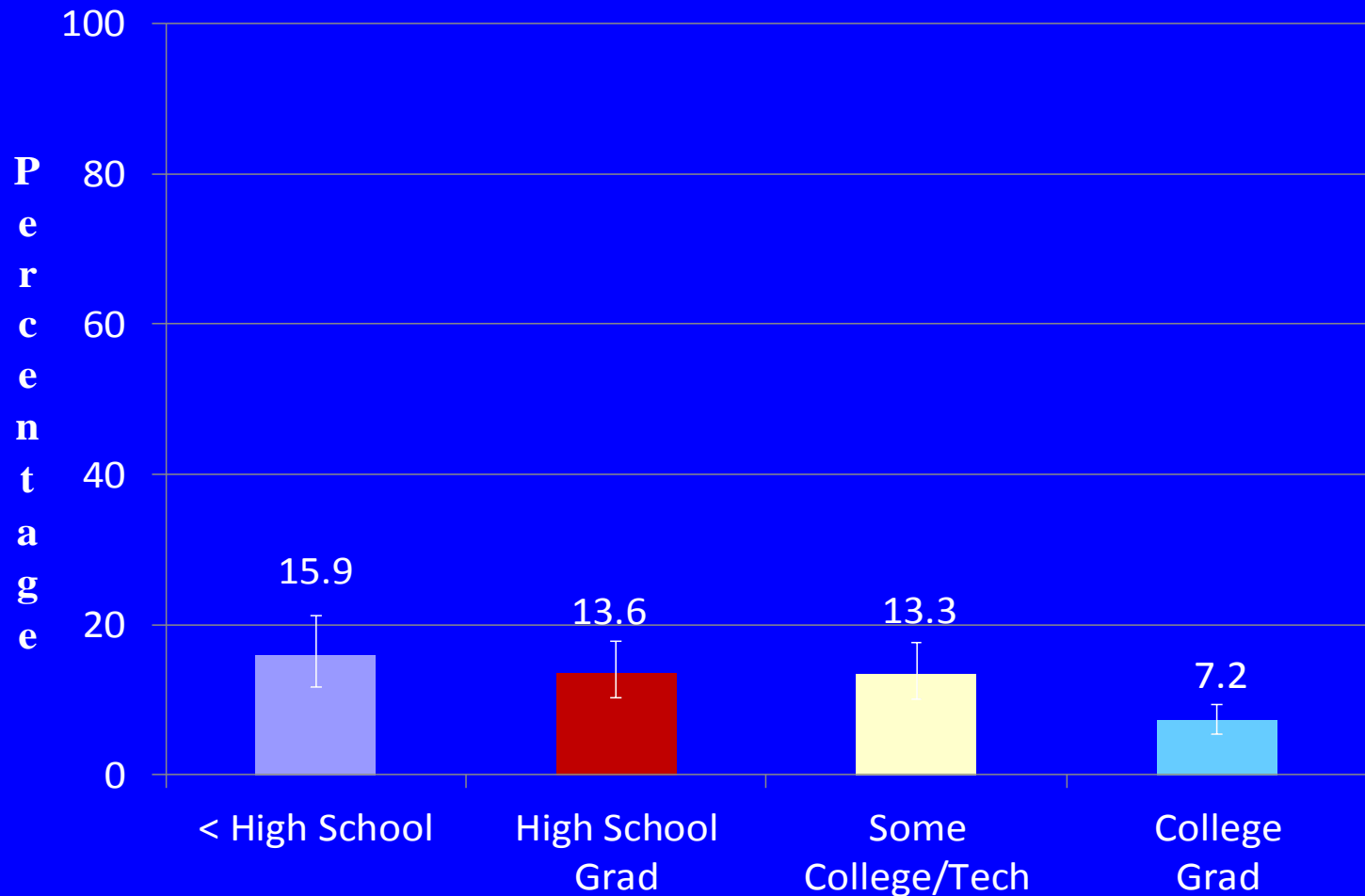
Source: Behavioral Risk Factor Surveillance System

6+ of Past 30 Days Mental Health was Not Good Among New Mexico Adults Age 65+ by Annual Household Income, 2013



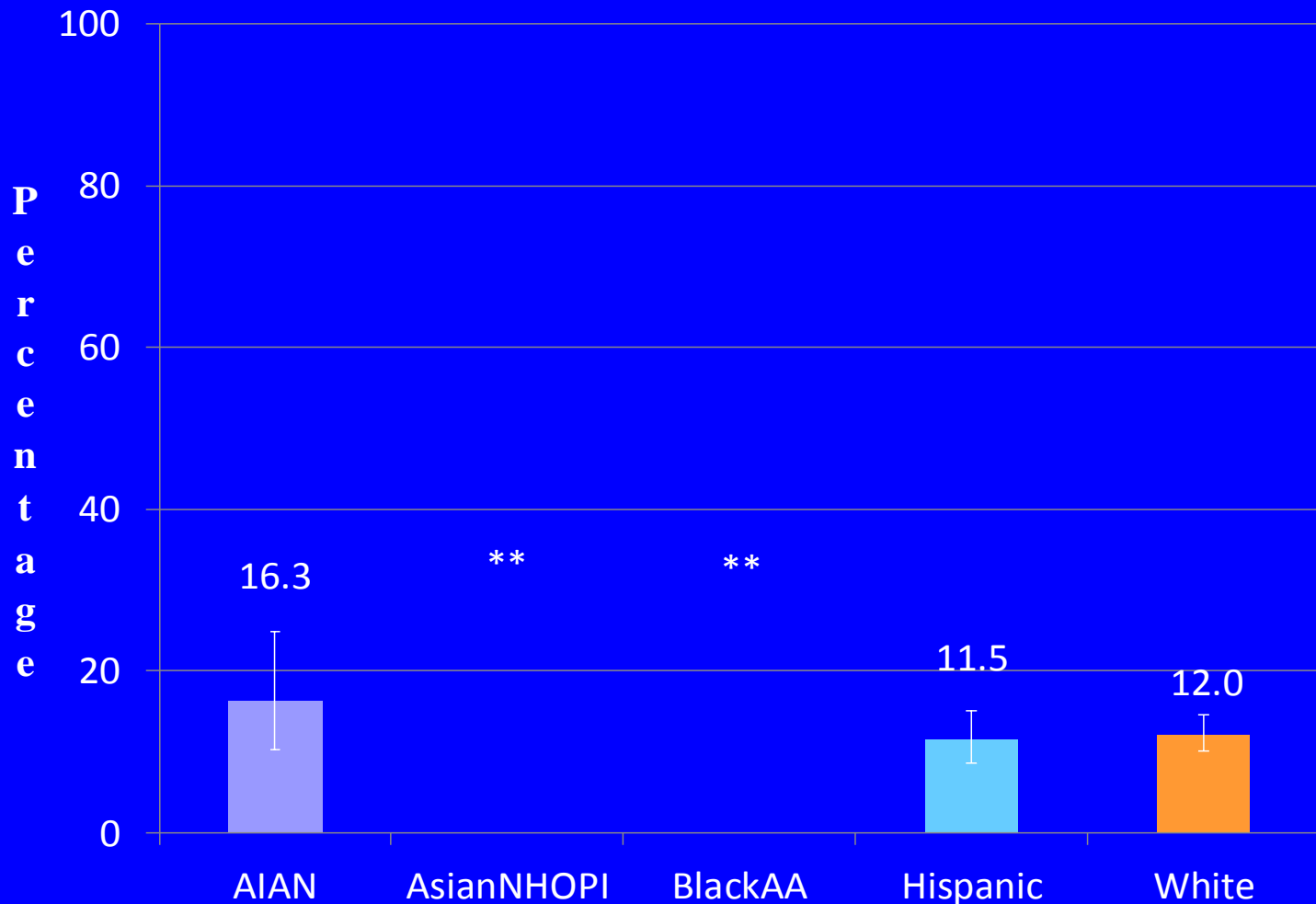
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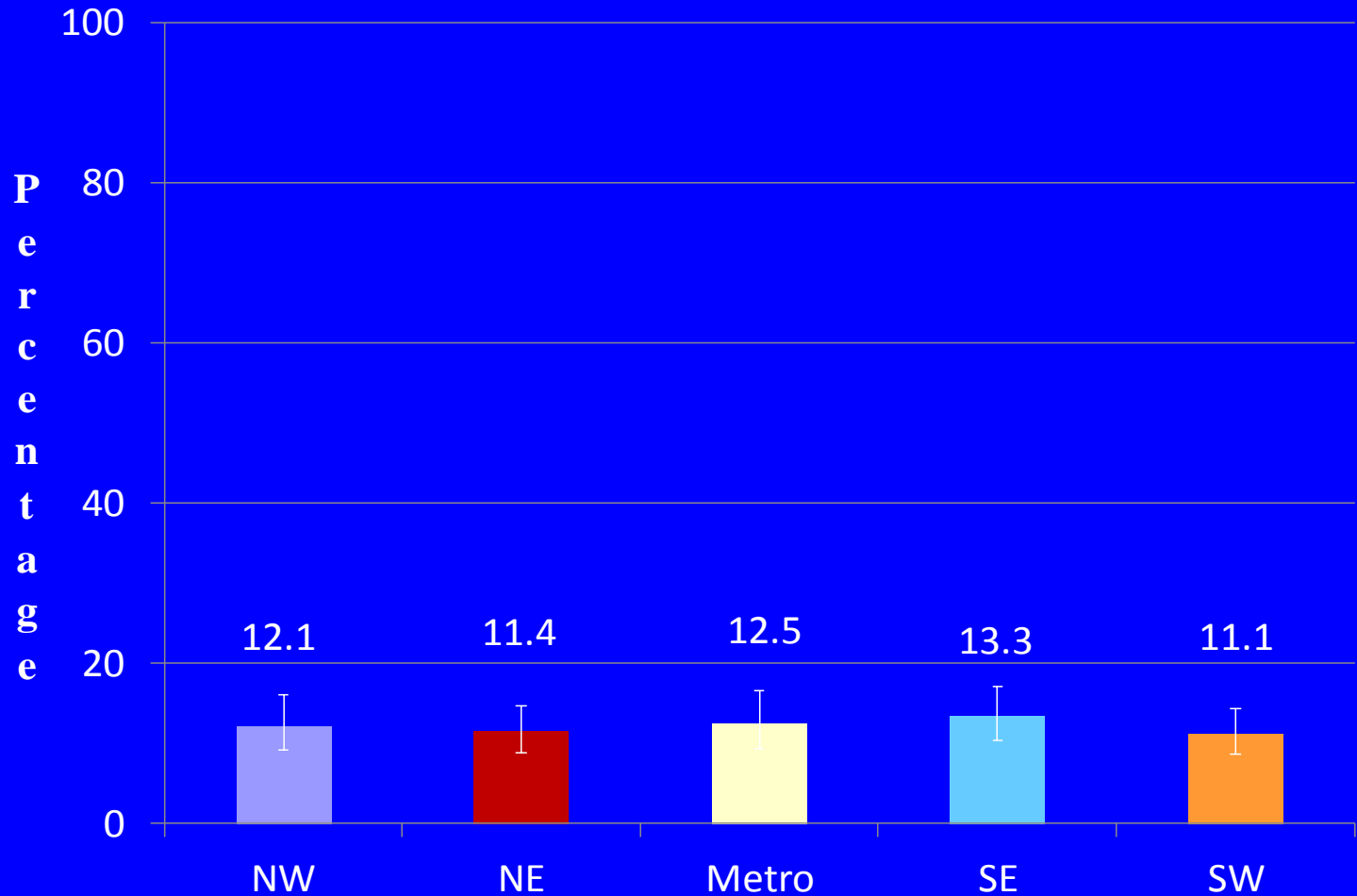
6+ of Past 30 Days Mental Health was Not Good Among New Mexico Adults Age 65+ by Race/Ethnicity, 2013



** Inadequate Sample Size

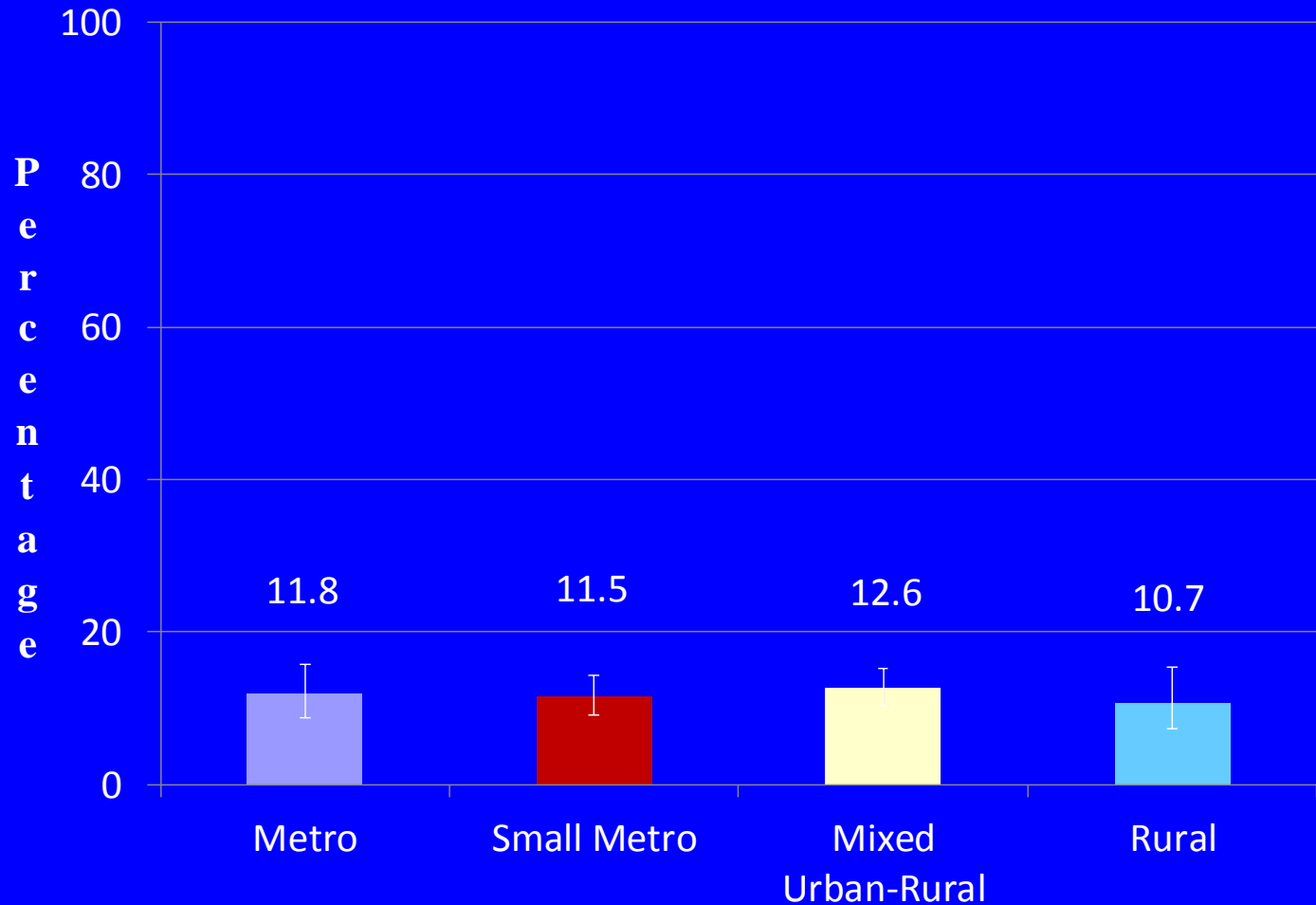
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6+ of Past 30 Days Mental Health was Not Good Among New Mexico Adults Age 65+ by Region, 2013



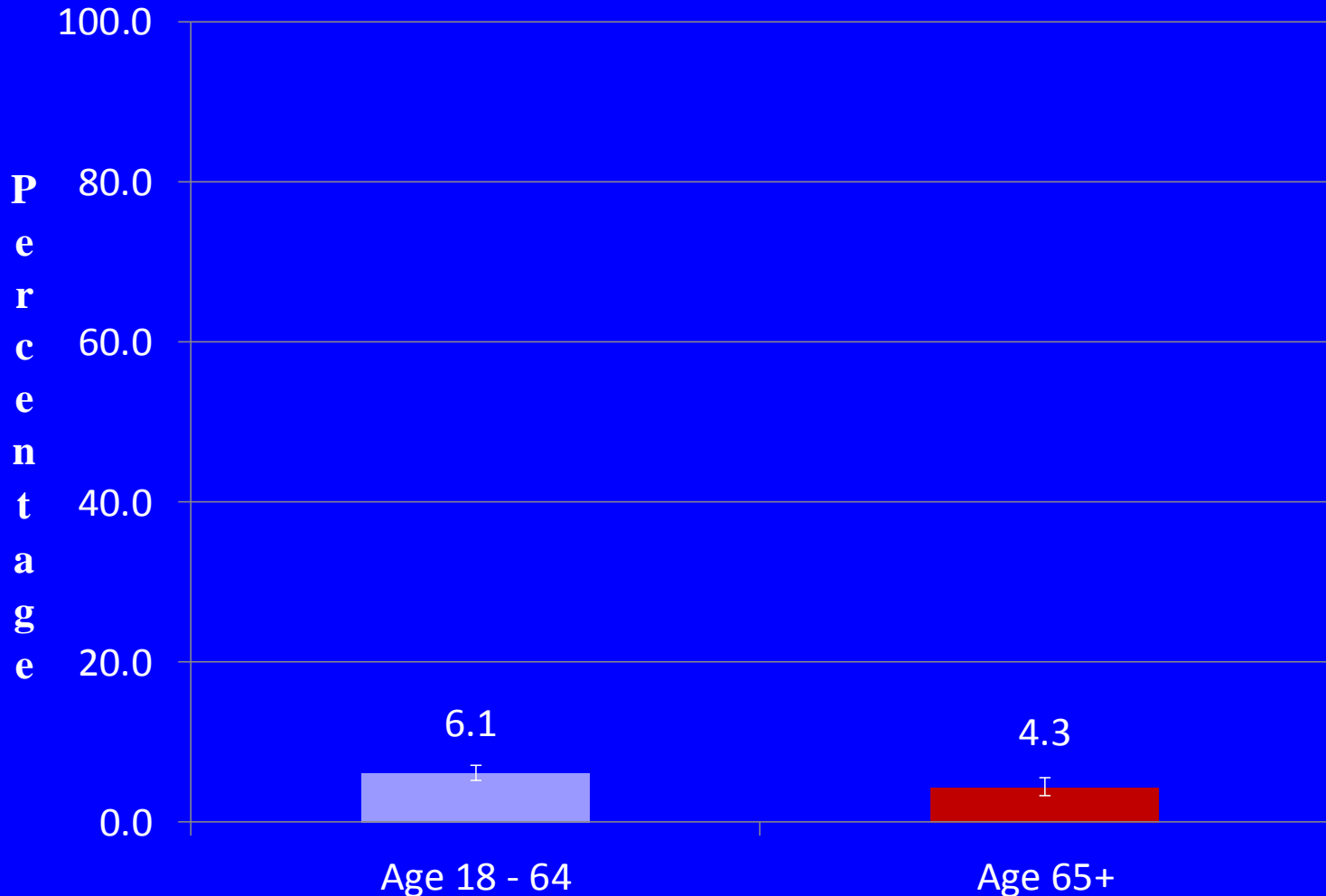
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6+ of Past 30 Days Mental Health was Not Good Among New Mexico Adults Age 65+ by Urban/Rural, 2013



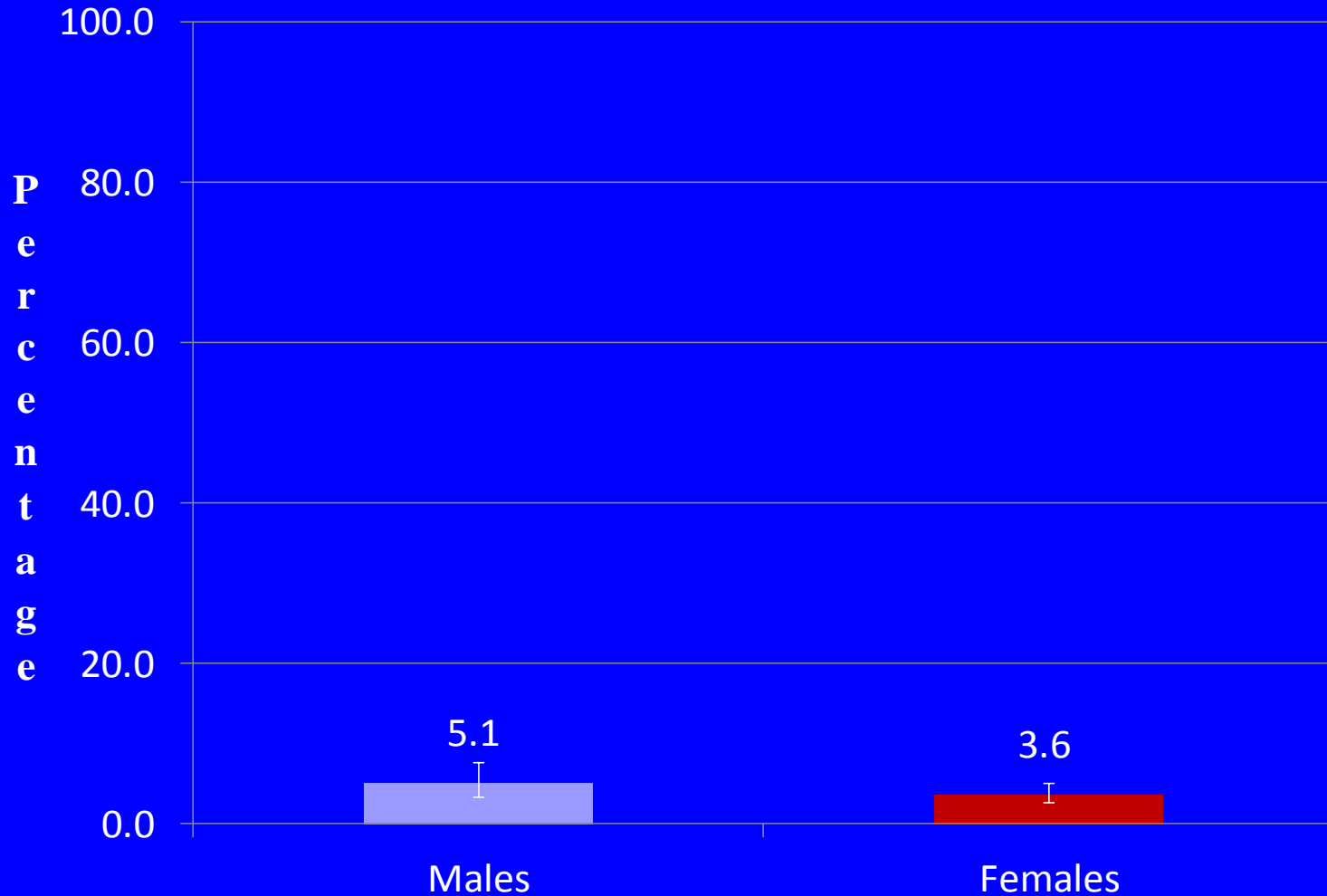
SOURCE: Behavioral Risk Factor Surveillance System

Percentage of NM Adults Who Were Heavy Drinkers by Age Group, 2014



Heavy Drinking:
Among Males, 3+ Drinks Per Day.
Among Females, 2+ Drinks Per Day.

Percentage of NM Adults Who Were Heavy Drinkers Among New Mexico Adults Age 65+ by Gender, 2014



Heavy Drinking:
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Source: Behavioral Risk Factor Surveillance System

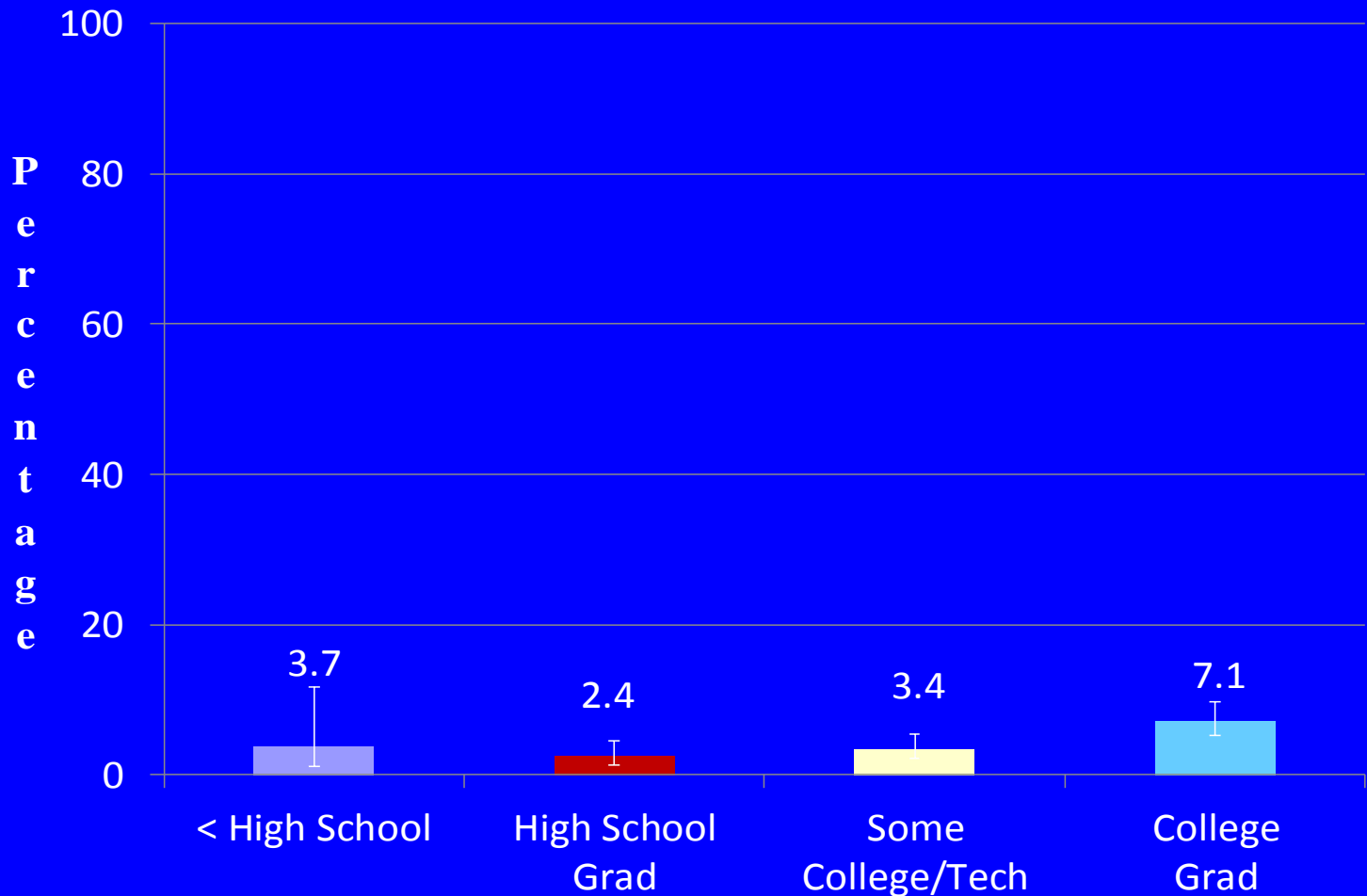
Percentage of NM Adults Who Were Heavy Drinkers Among New Mexico Adults Age 65+ by Annual Household Income, 2013



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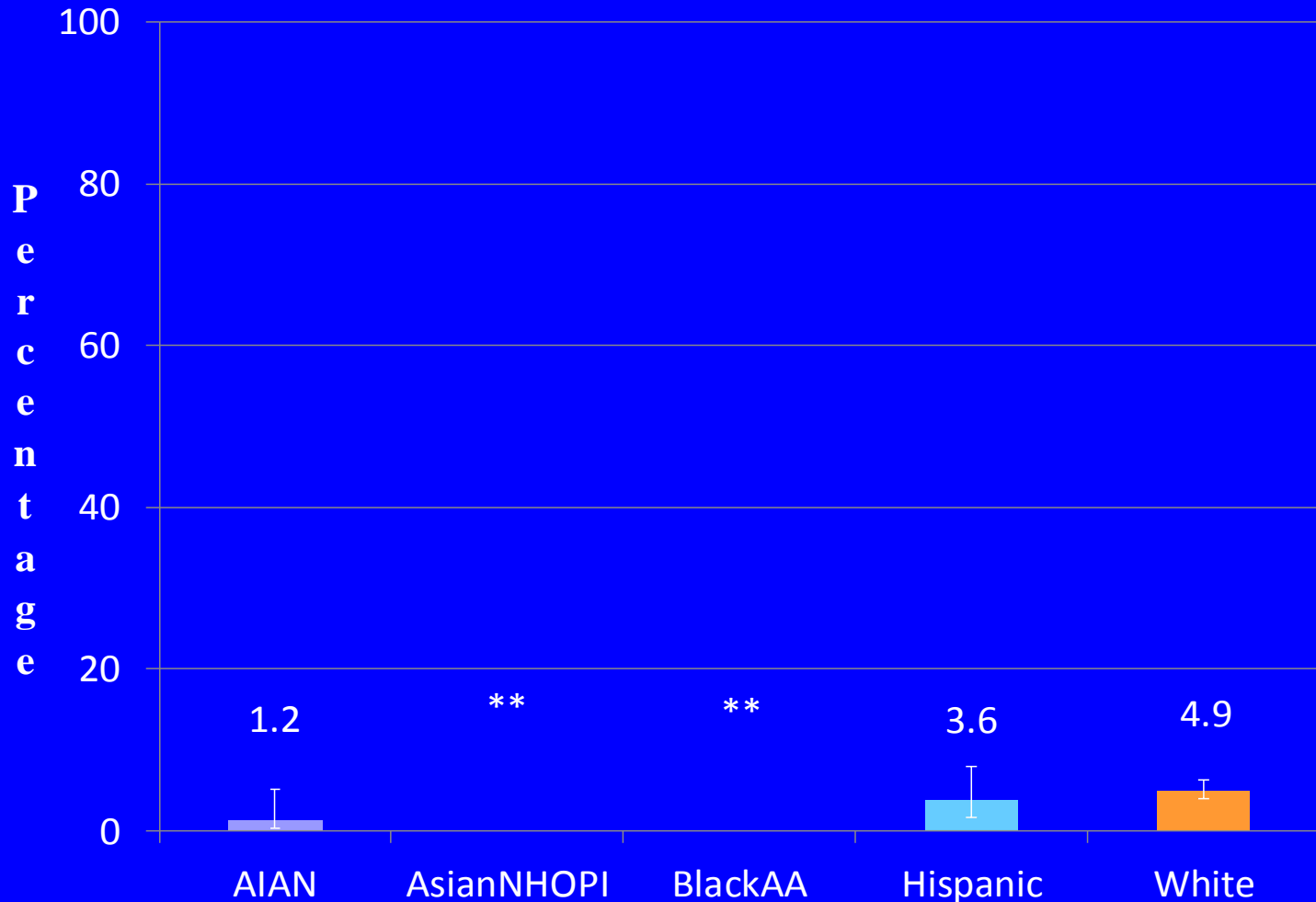
Percentage of NM Adults Who Were Heavy Drinkers Among New Mexico Adults Age 65+ by Education, 2013



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Percentage of NM Adults Who Were Heavy Drinkers Among New Mexico Adults Age 65+ by Race/Ethnicity, 2013

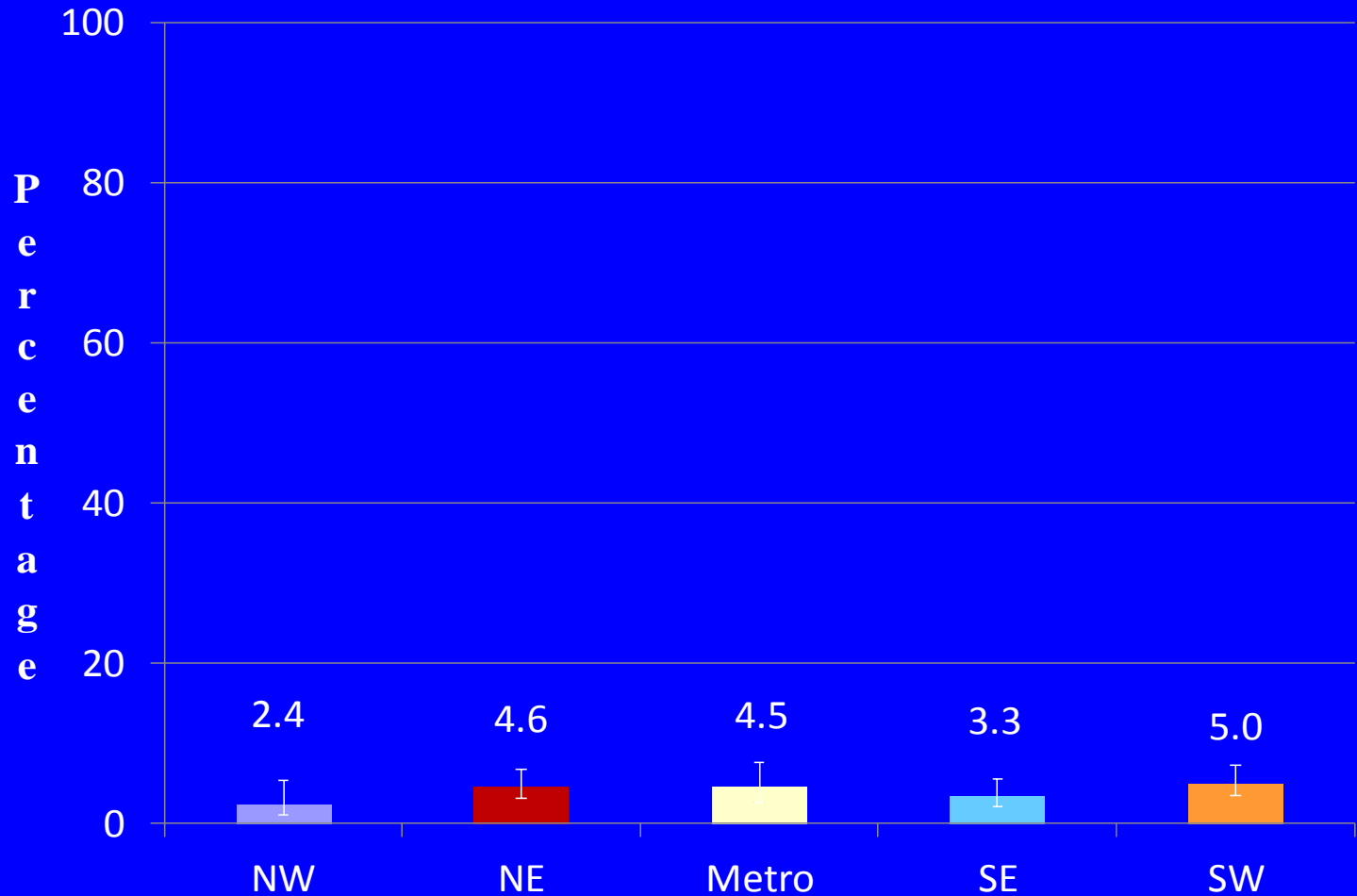


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SOURCE: Behavioral Risk Factor Surveillance System

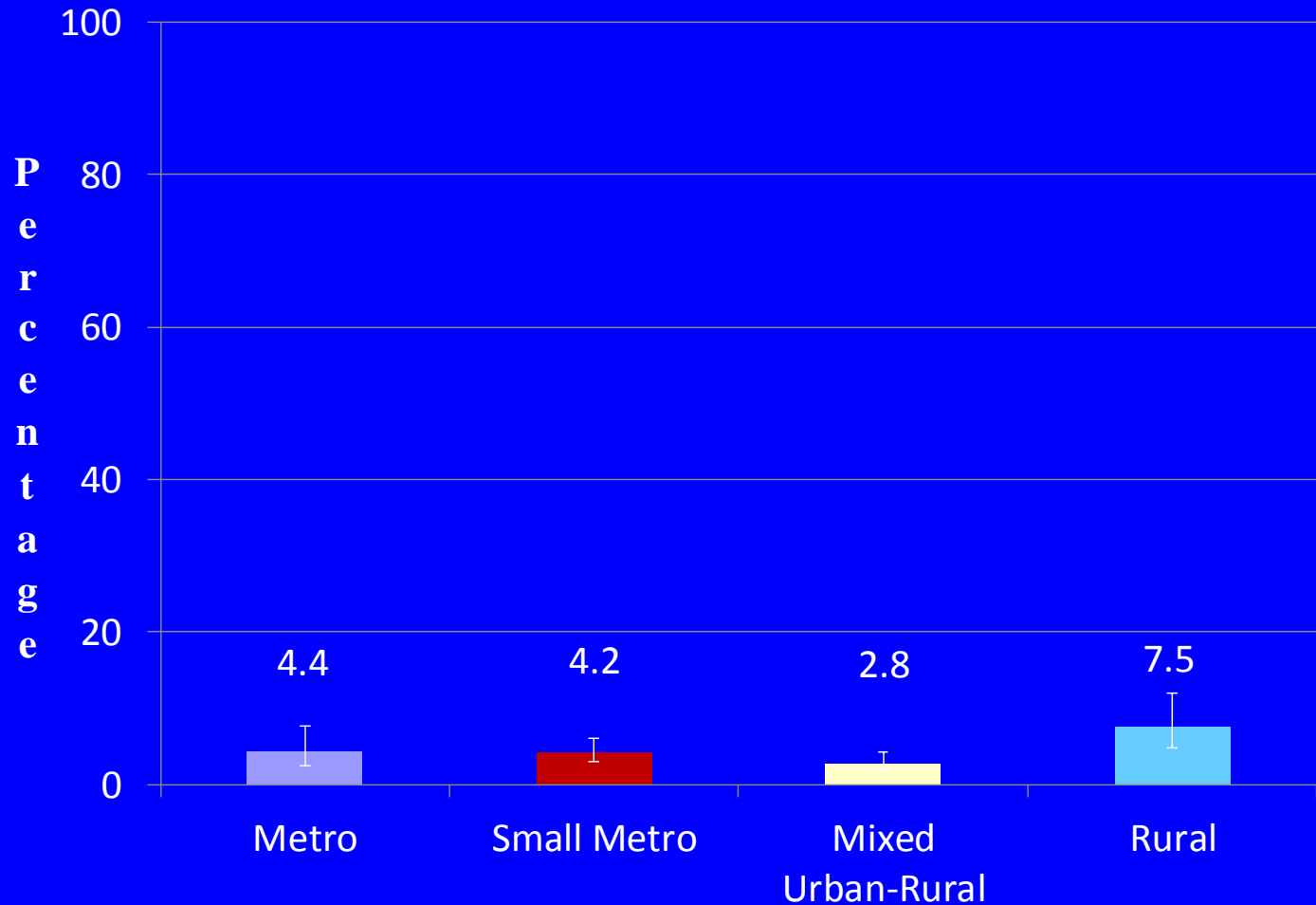
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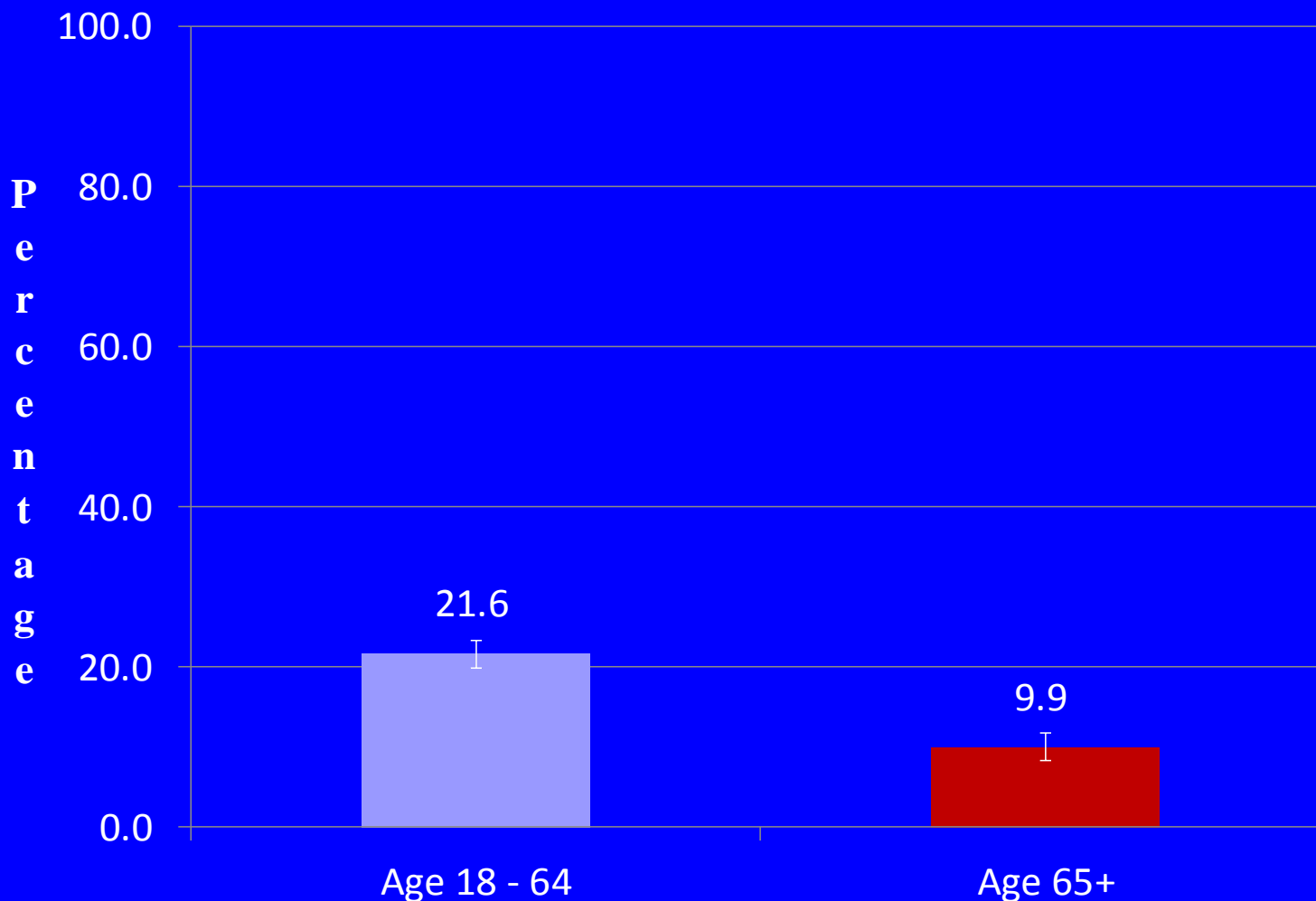
Percentage of NM Adults Who Were Heavy Drinkers Among New Mexico Adults Age 65+ by Urban/Rural, 2013



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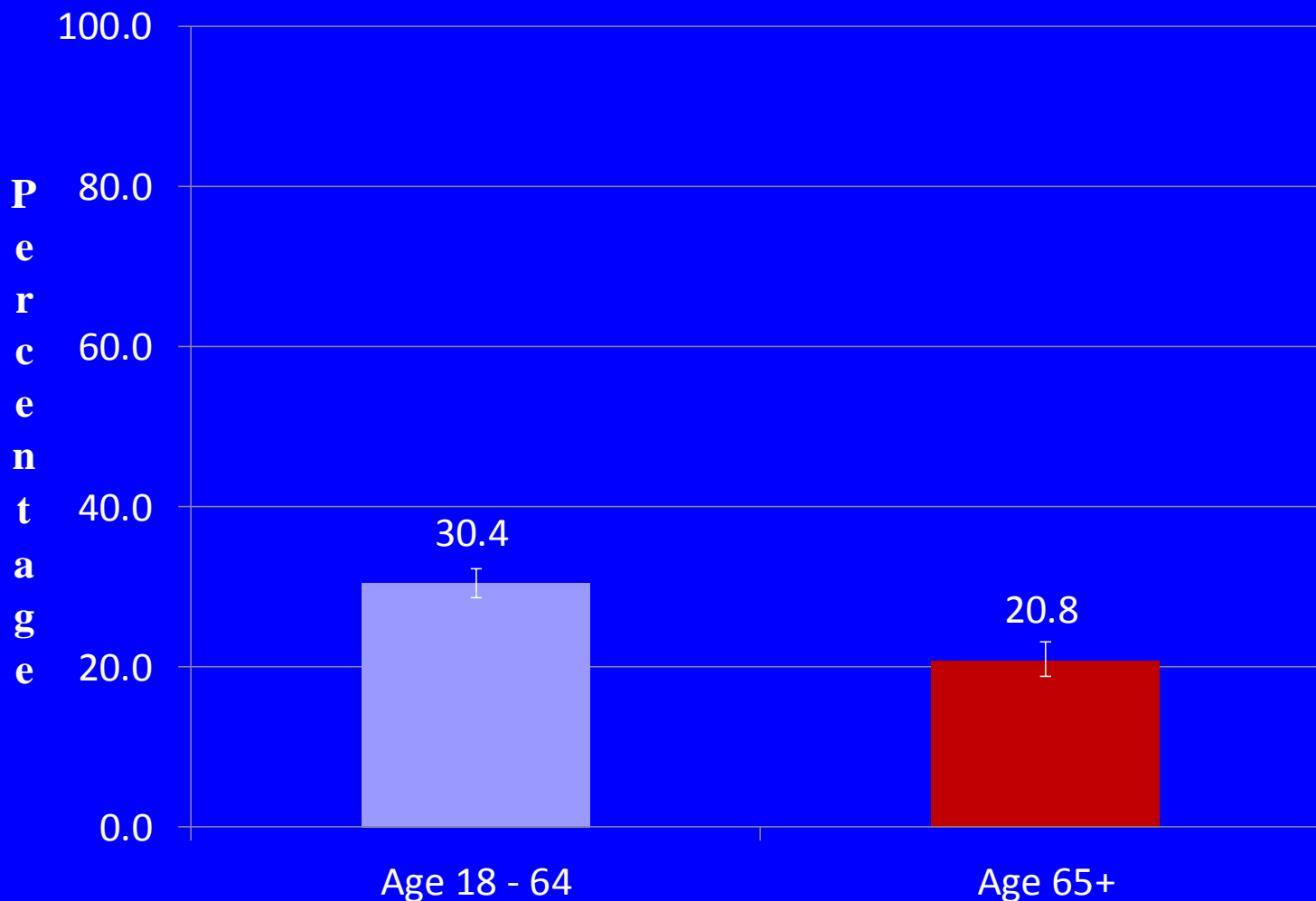
SOURCE: Behavioral Risk Factor Surveillance System

Current Smoking Among New Mexico Adults by Age Group, 2014

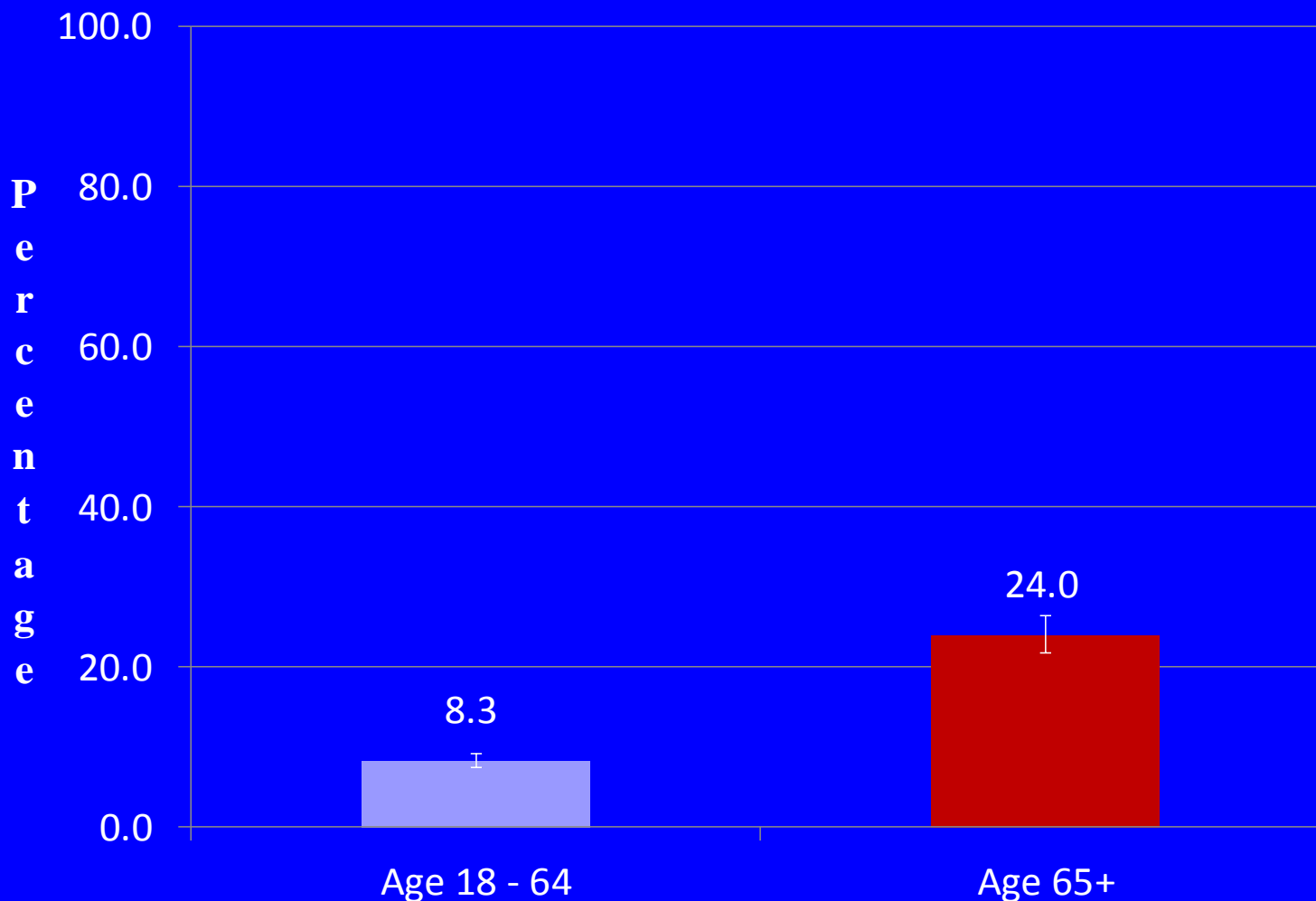


Source: Behavioral Risk Factor Surveillance System

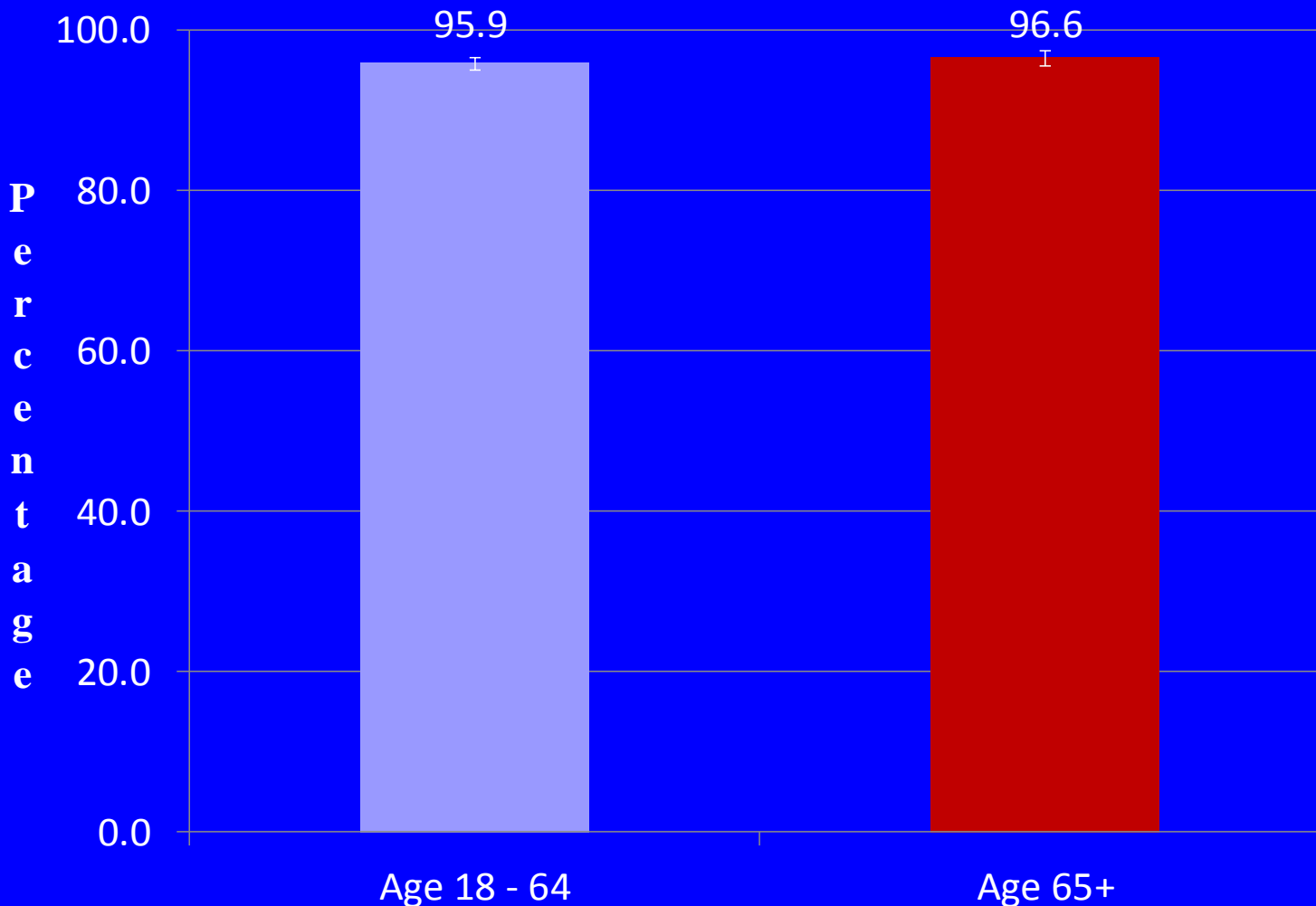
Obesity – BMI \geq 30 Among New Mexico Adults by Age Group, 2014



Diagnosed Diabetes Among New Mexico Adults by Age Group, 2014

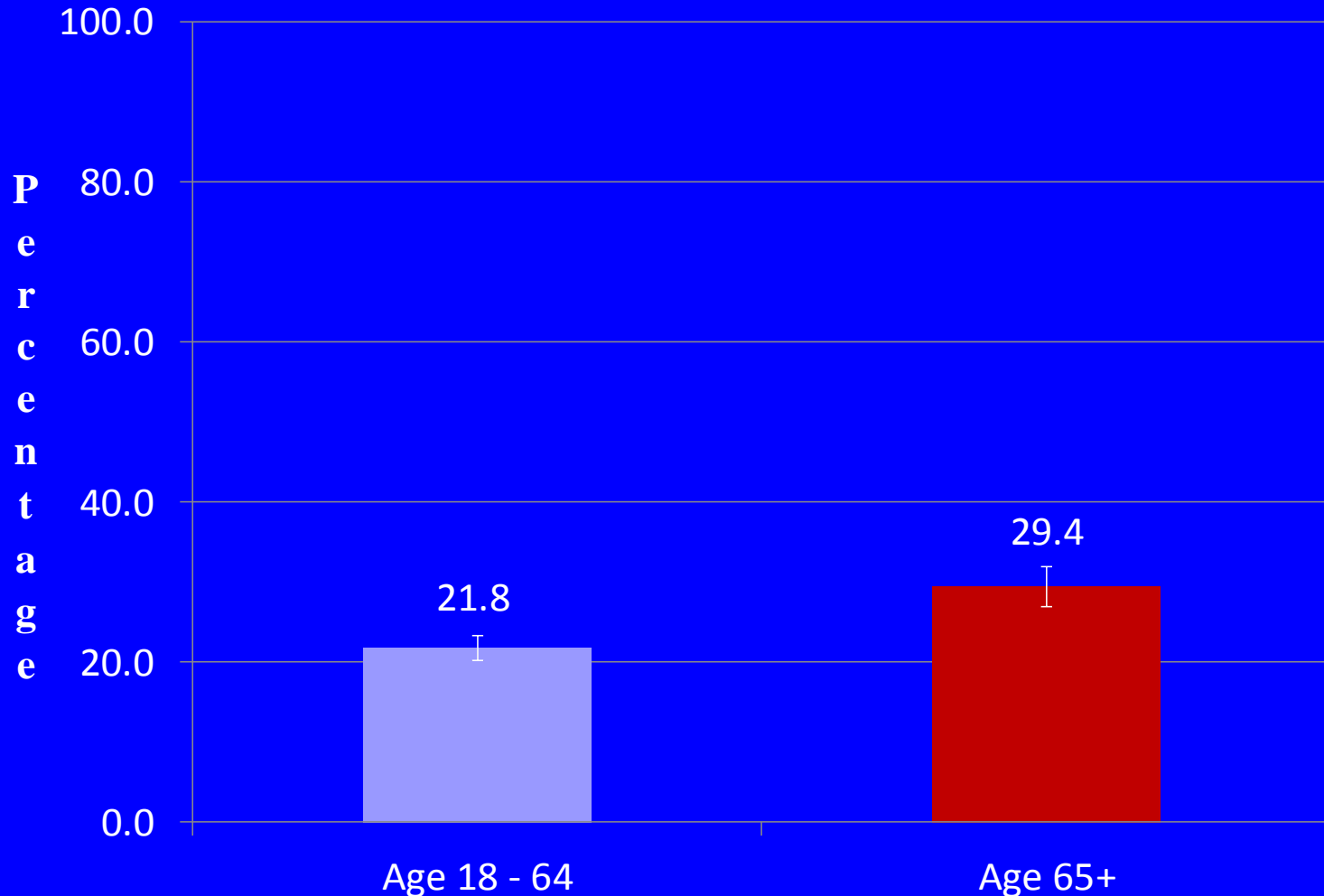


Percentage of NM Adults Who Always Wear Seatbelt by Age Group, 2014

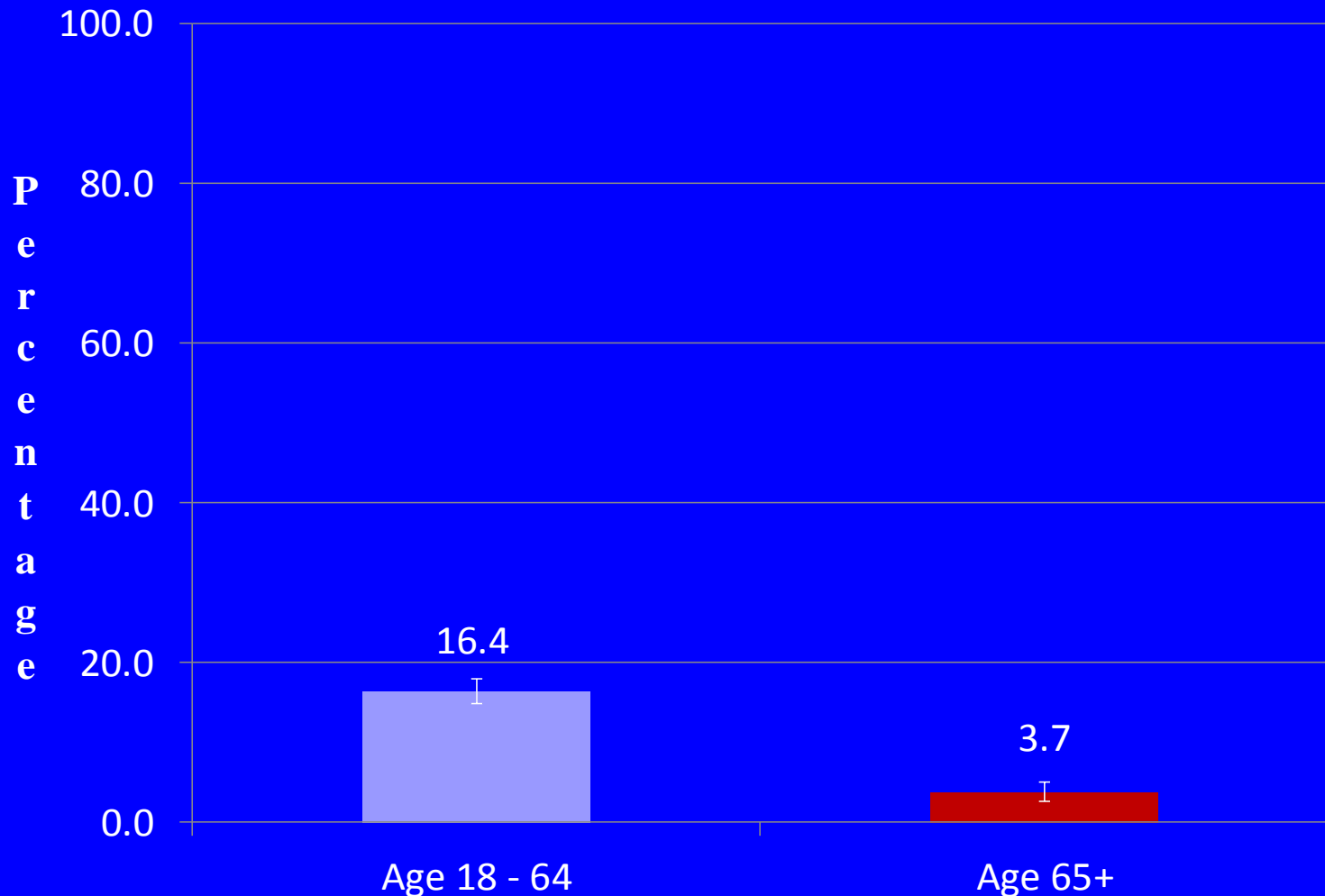


Heavy Drinking:
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Percentage of NM Adults Who Do Not Engage in Any Leisure-time Physical Activity by Age Group, 2014



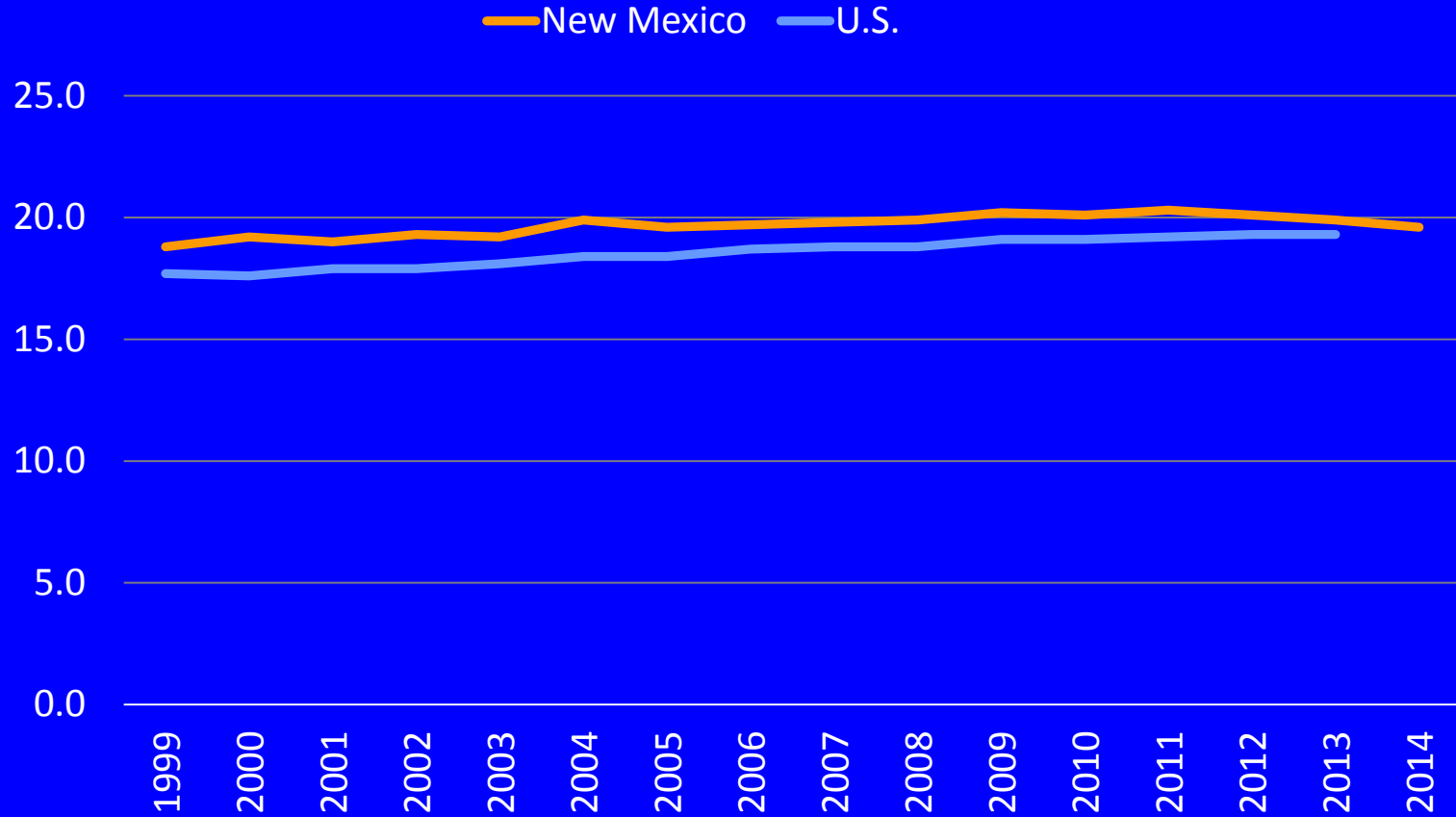
Percentage of NM Adults Who Engaged in Binge Drinking at Least Once in the Past 30 Days by Age Group, 2014



Health Status of New Mexico Life Expectancy from Age 65

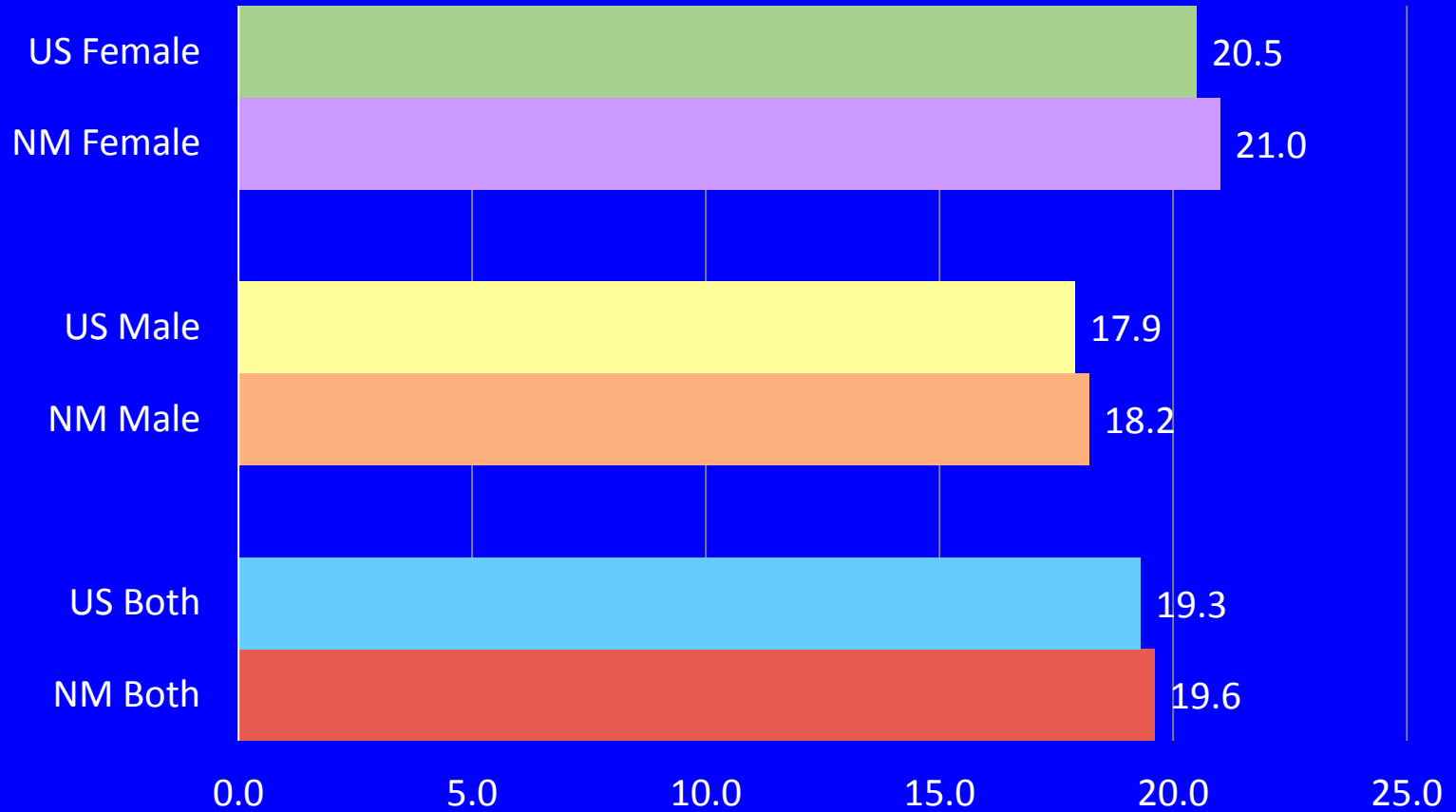
Life Expectancy from Age 65

New Mexico and United States, 1999 - 2014



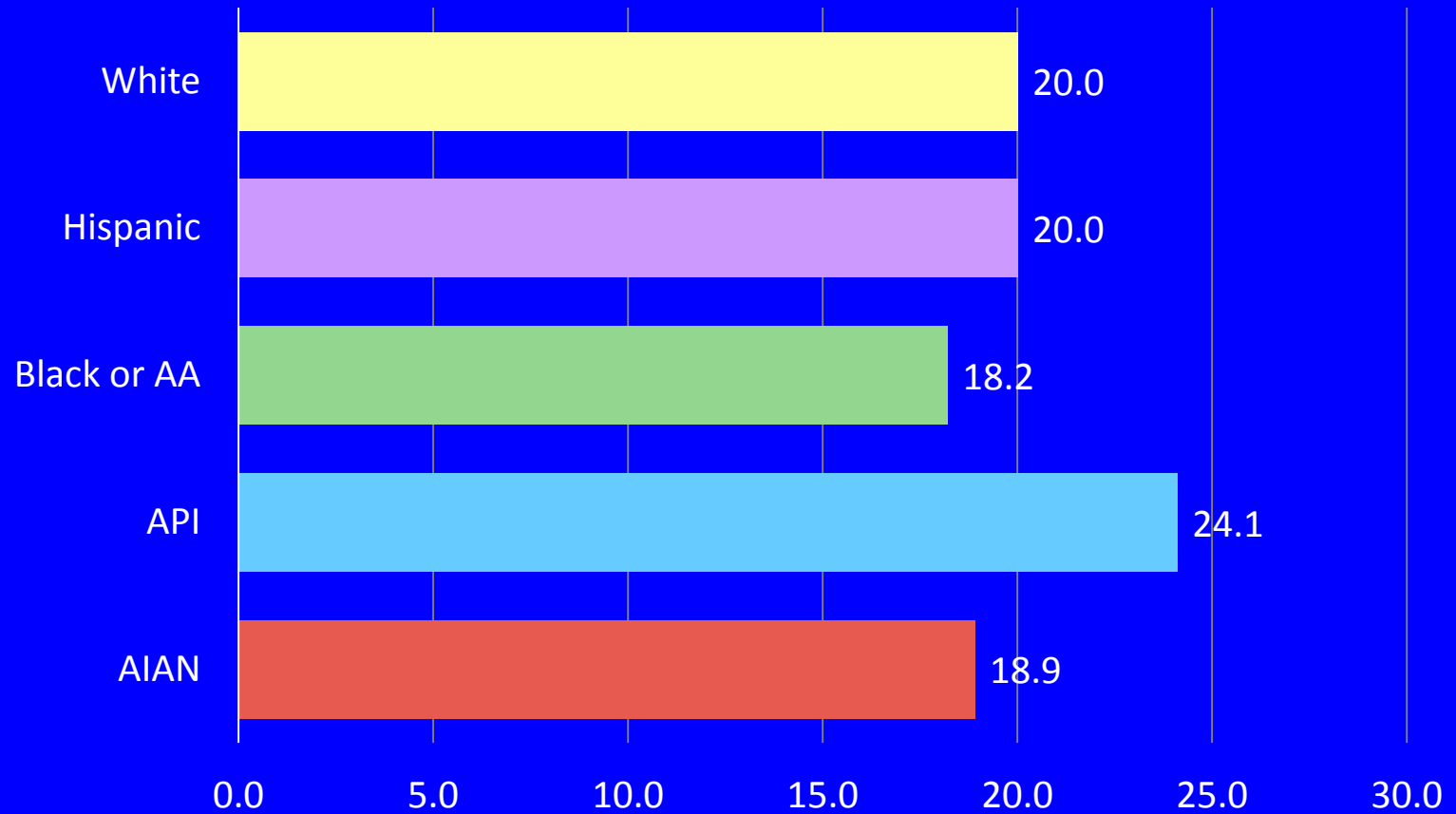
Life Expectancy from Age 65 by Sex

New Mexico and United States, 2014



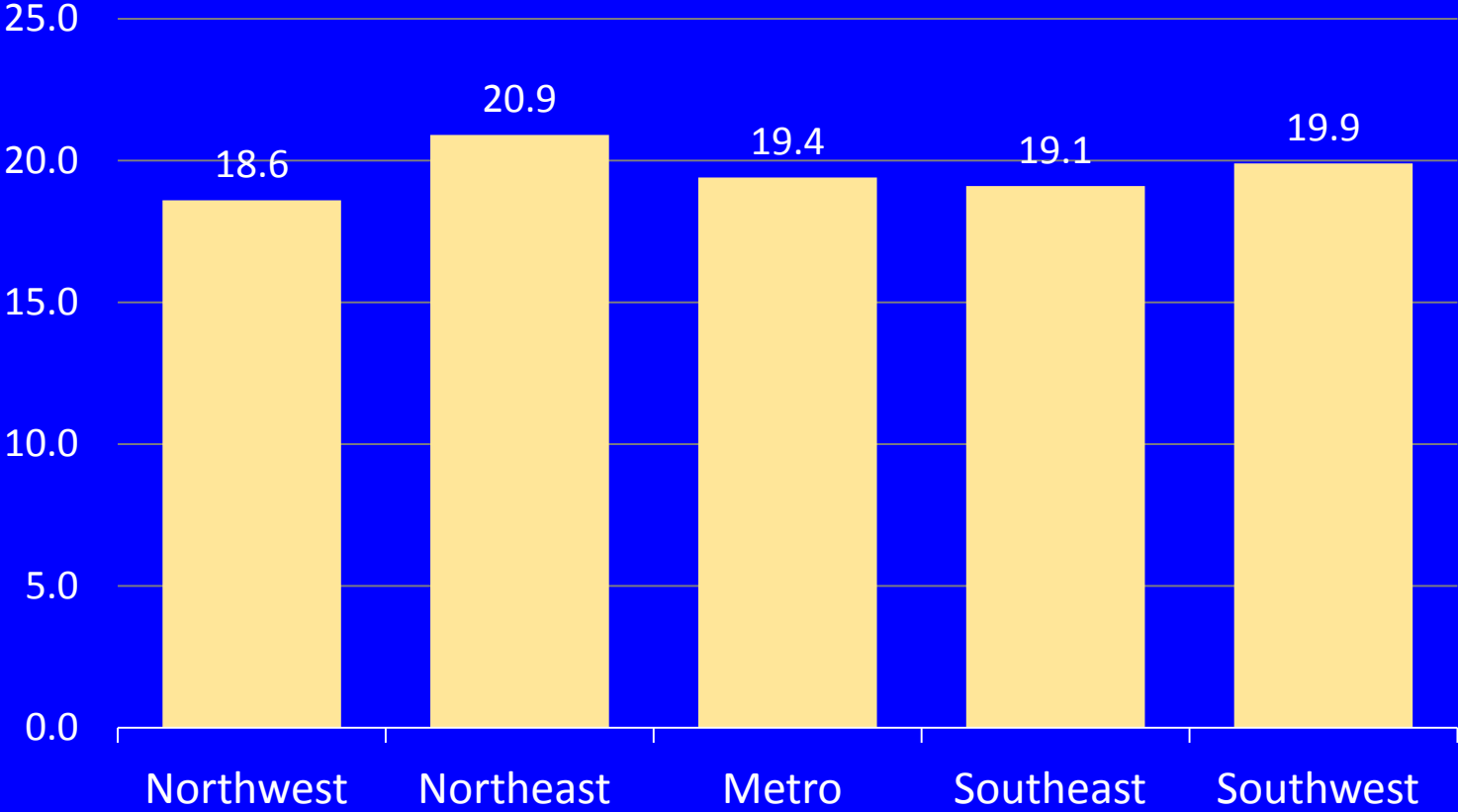
Life Expectancy from Age 65 by Race/Ethnicity

New Mexico, 2013



Life Expectancy from Age 65 by Health Region

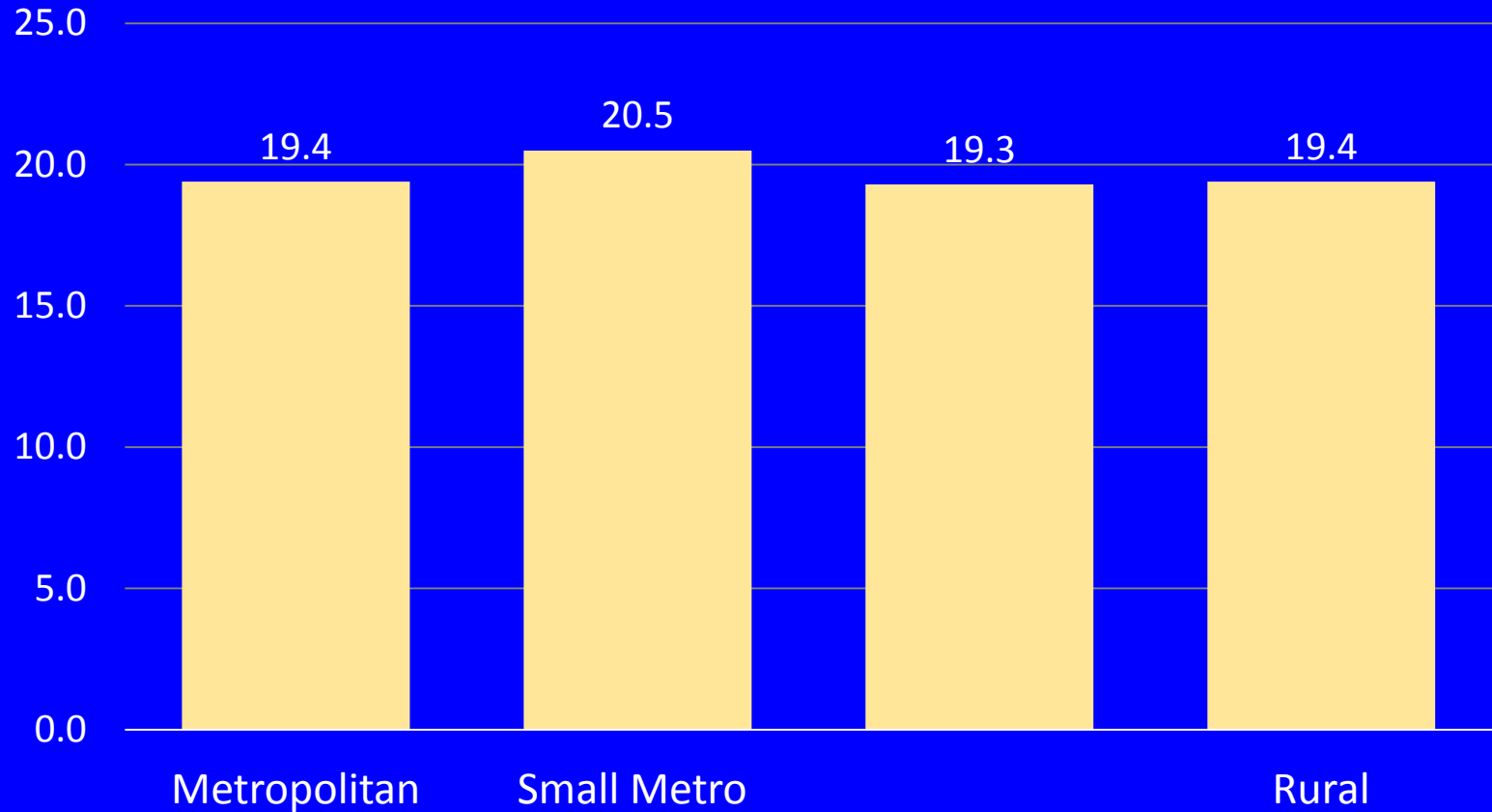
New Mexico, 2014



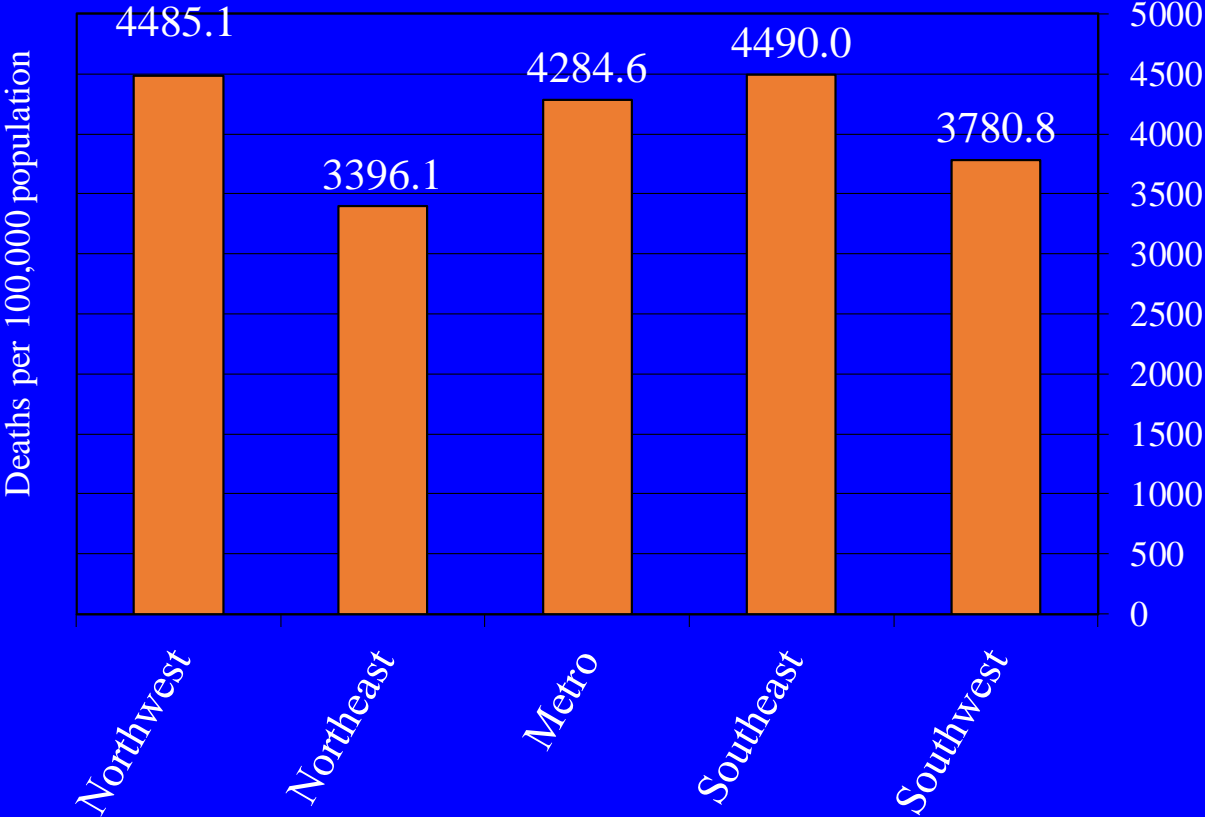
Source: NM IBIS

Life Expectancy from Age 65 by Rural/Urban Categories

New Mexico, 2014

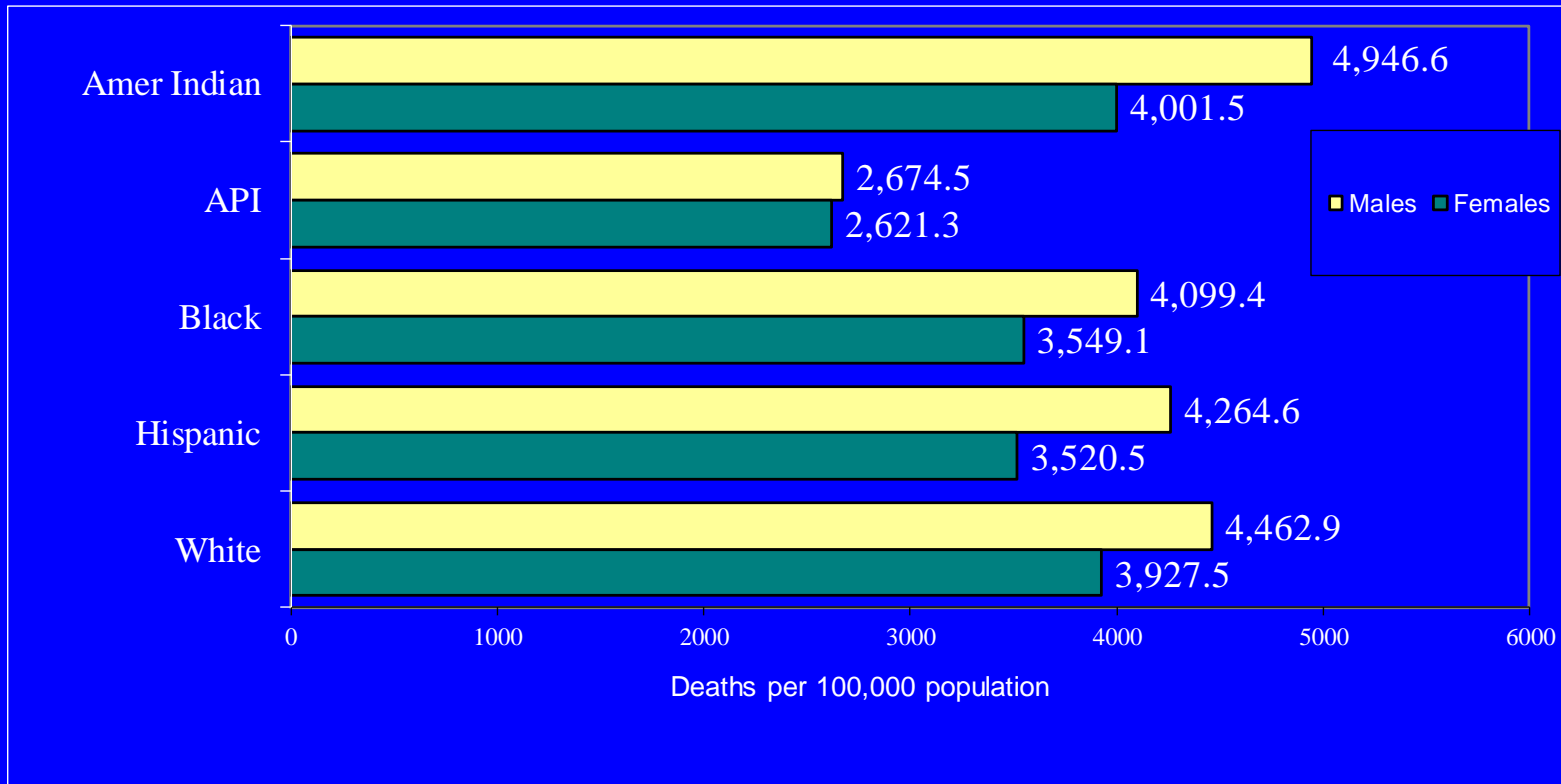


Total Death Rates Ages 65+ by Region New Mexico, 2014



Source: NM Bureau of Vital Records and Health Statistics

Total Death Rates by Ages 65+ by Race/Ethnicity and Sex New Mexico, 2014



Top 8 Leading Causes of Death For Ages 65 - 74, New Mexico, 2014 and U.S., 2013

New Mexico	Rank	United States
Cancer	1	Cancer
Heart Disease	2	Heart Disease
Chronic lower respiratory diseases	3	Chronic lower respiratory diseases
Diabetes mellitus	4	Cerebrovascular diseases
Cerebrovascular diseases	5	Diabetes mellitus
Accidents (unintentional injuries)	6	Accidents (unintentional injuries)
Chronic liver disease and cirrhosis	7	Nephritis, nephrotic syndrome & nephrosis
Influenza and pneumonia	8	Septicemia

Source, New Mexico: Vital Records and Health Statistics

United States: National Center for Health Statistics

Top 8 Leading Causes of Death For Ages 75 - 84, New Mexico, 2014 and U.S., 2013

New Mexico	Rank	United States
Cancer	1	Cancer
Heart Disease	2	Heart Disease
Chronic lower respiratory diseases	3	Chronic lower respiratory diseases
Cerebrovascular diseases	4	Cerebrovascular diseases
Diabetes mellitus	5	Alzheimer's disease
Alzheimer's disease	6	Diabetes mellitus
Accidents (unintentional injuries)	7	Accidents (unintentional injuries)
Parkinson's disease	8	Influenza and pneumonia

Source, New Mexico: Vital Records and Health Statistics

United States: National Center for Health Statistics

Top 8 Leading Causes of Death For Ages 85+, New Mexico, 2014 and U.S., 2013

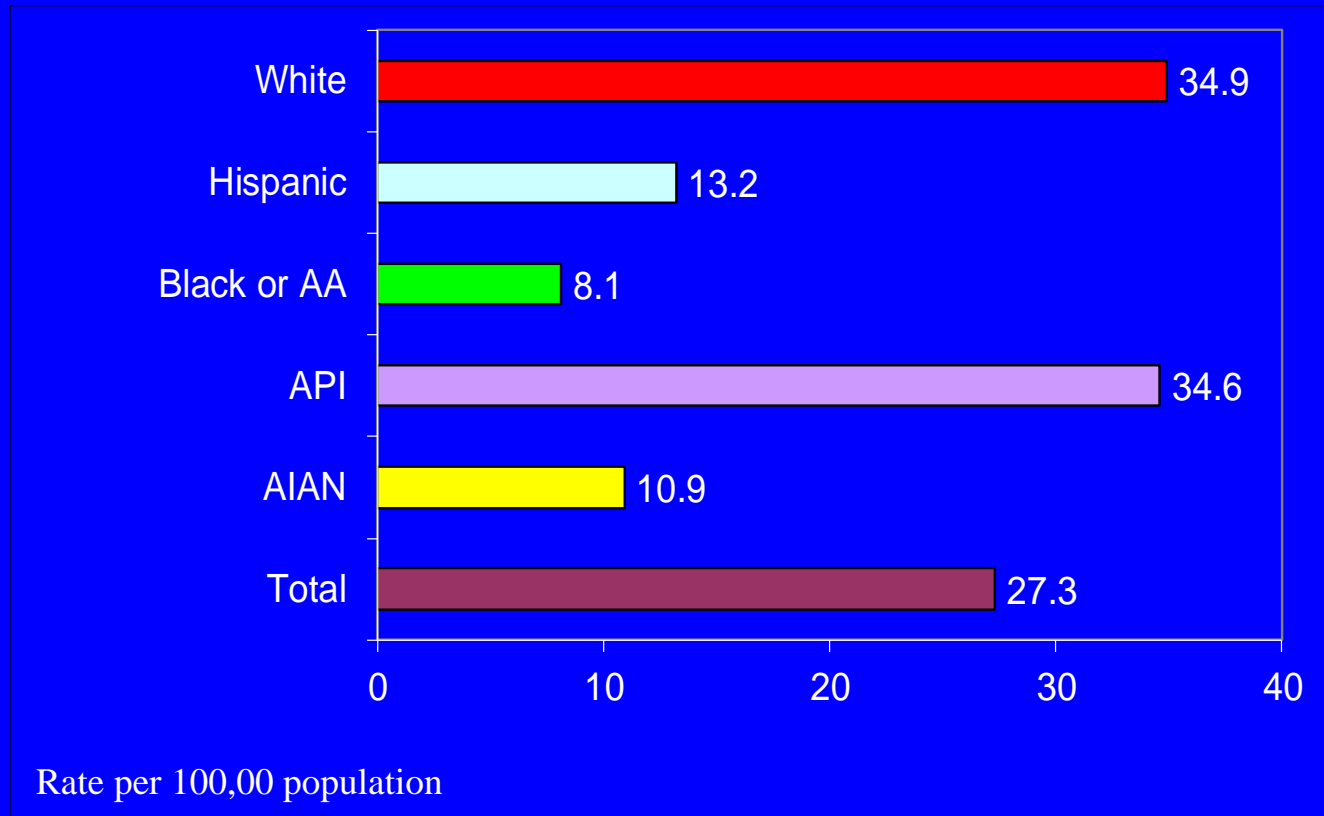
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Source, New Mexico: Vital Records and Health Statistics

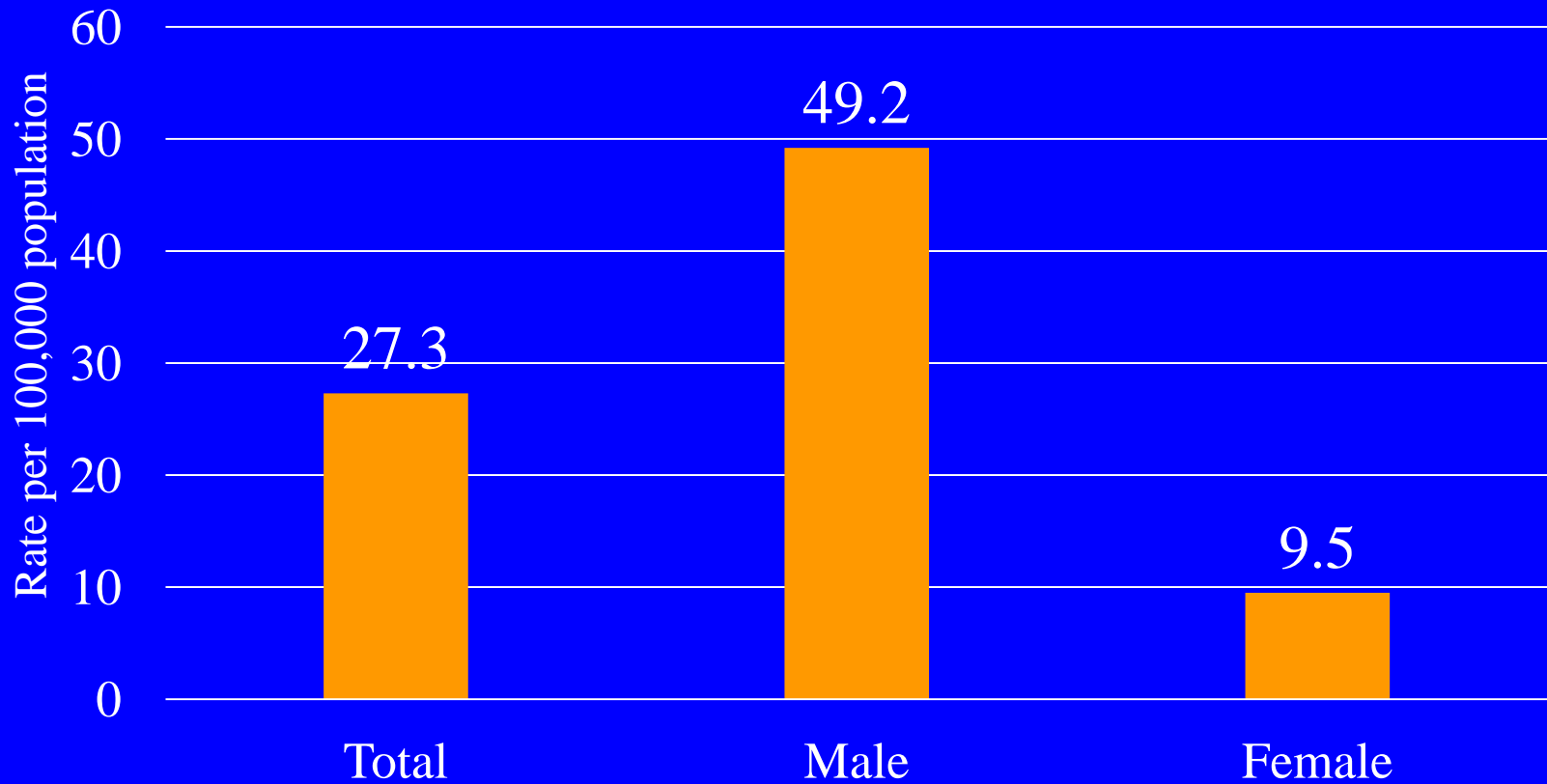
United States: National Center for Health Statistics

Suicide Death Rates Ages 65+ by Race/Ethnicity

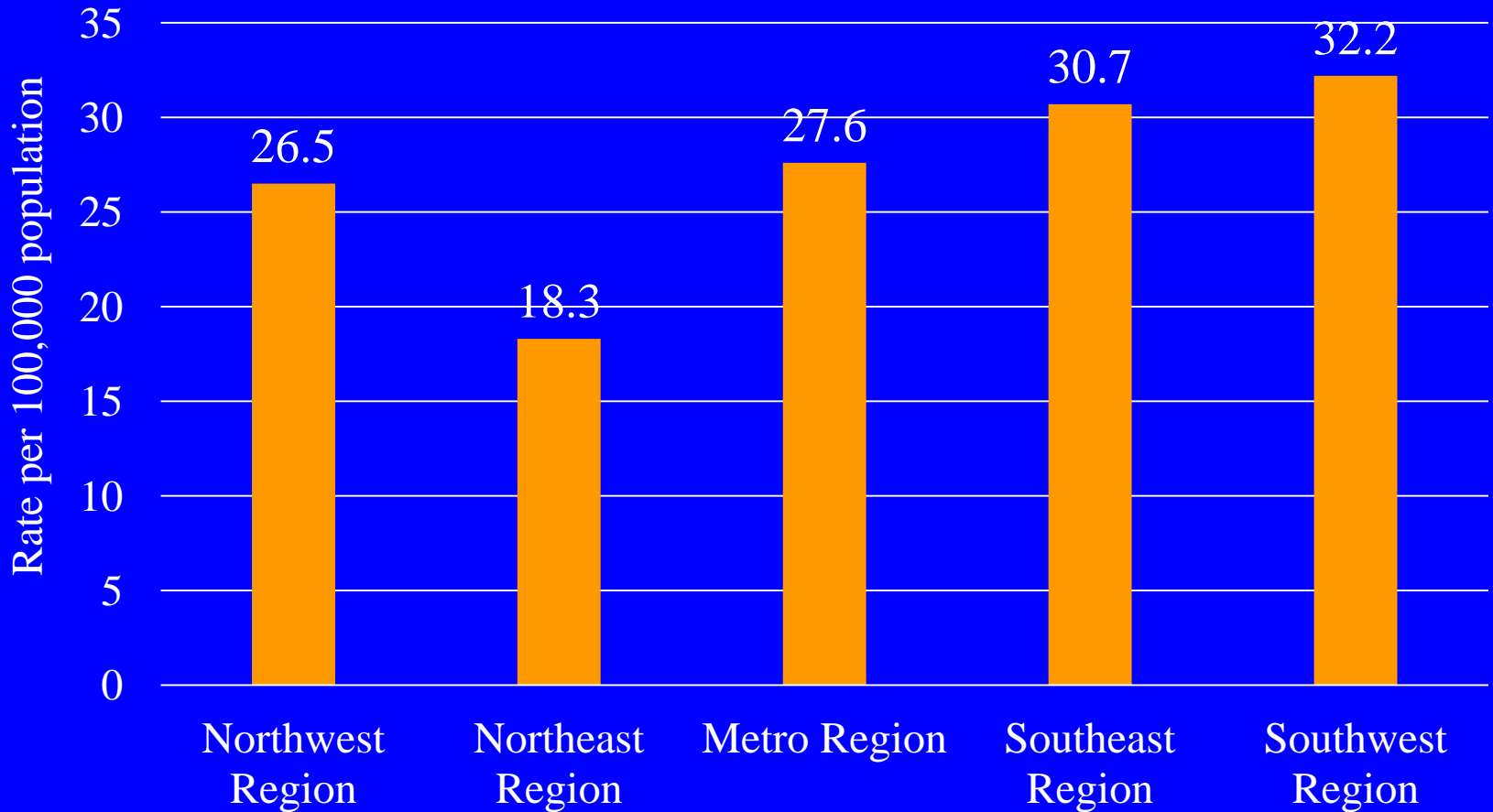
New Mexico, 2012-2014



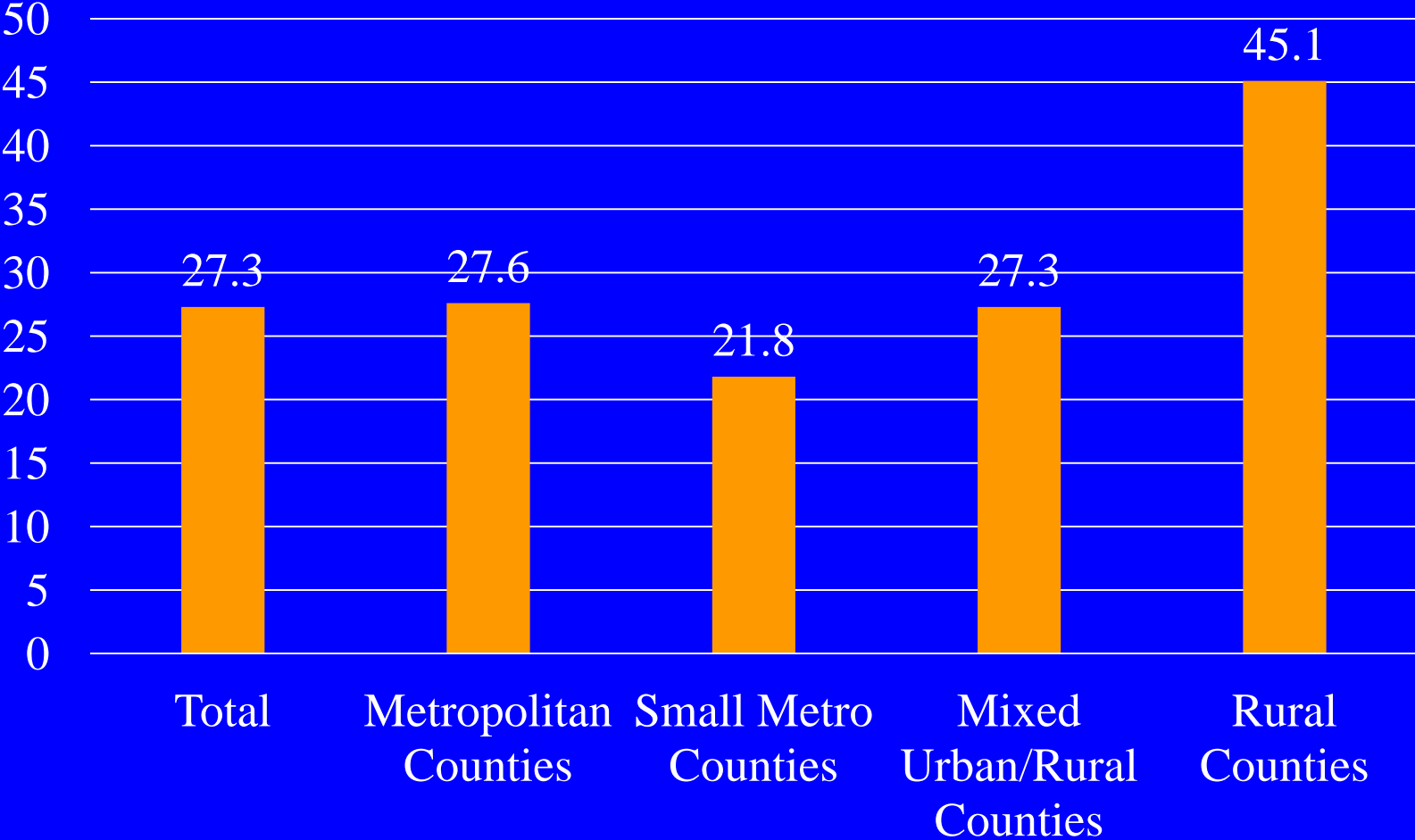
Suicide Death Rates Ages 65+ by Sex New Mexico, 2012-2014



Suicide Death Rates Ages 65+ by Health Regions New Mexico, 2012-2014

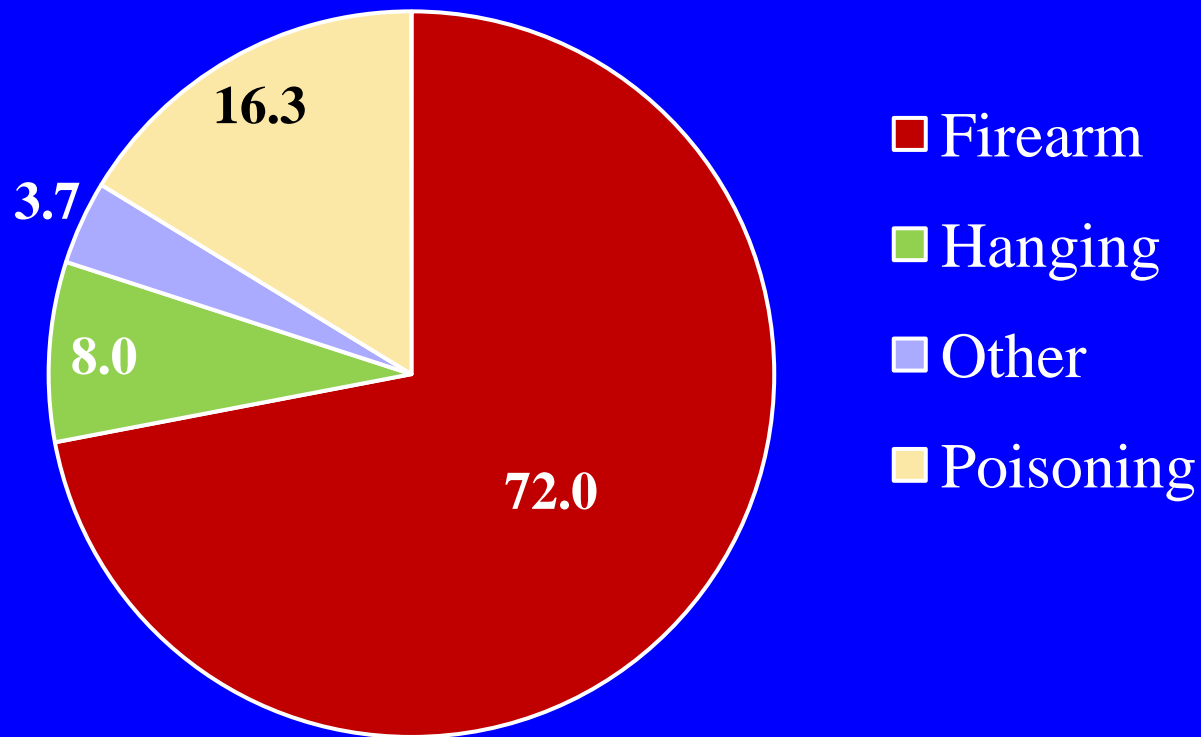


Suicide Death Rates Ages 65+ by Rural Urban Counties New Mexico, 2012-2014



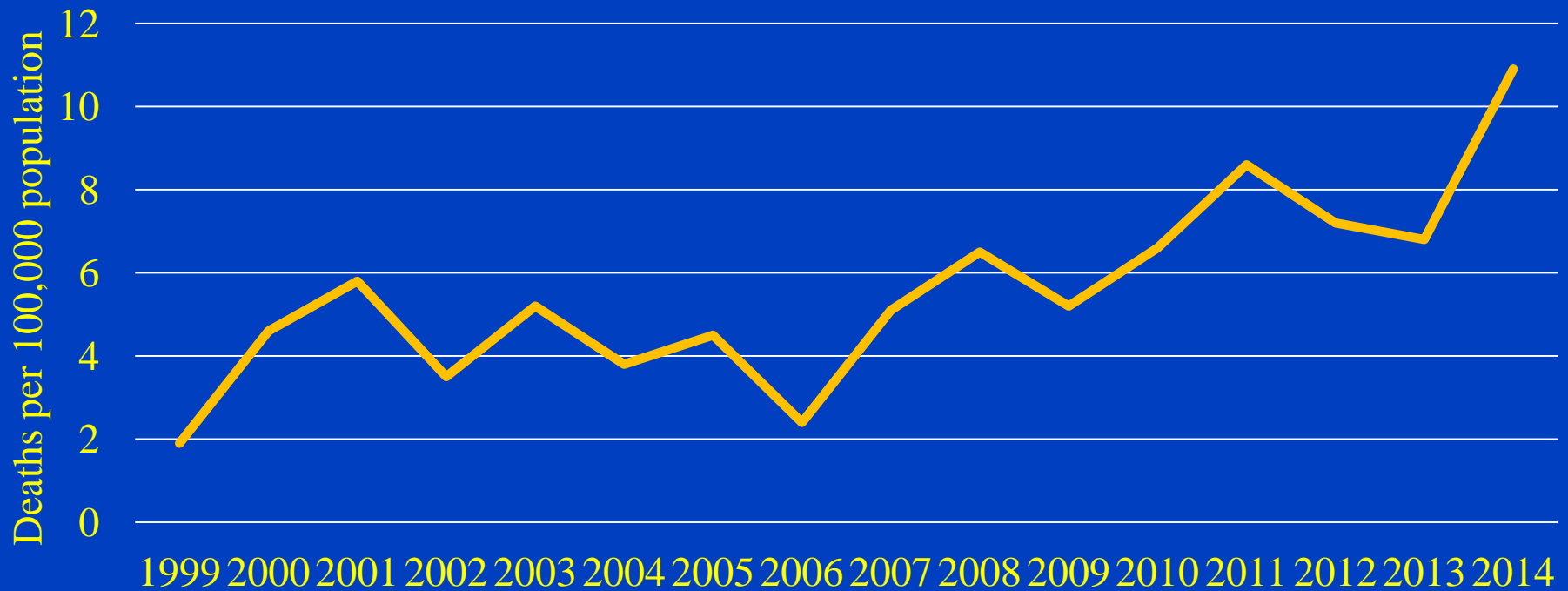
Source: NM Bureau of Vital Records and Health Statistics

Percent of Suicide Deaths Ages 65+ by Method New Mexico, 2010-2014



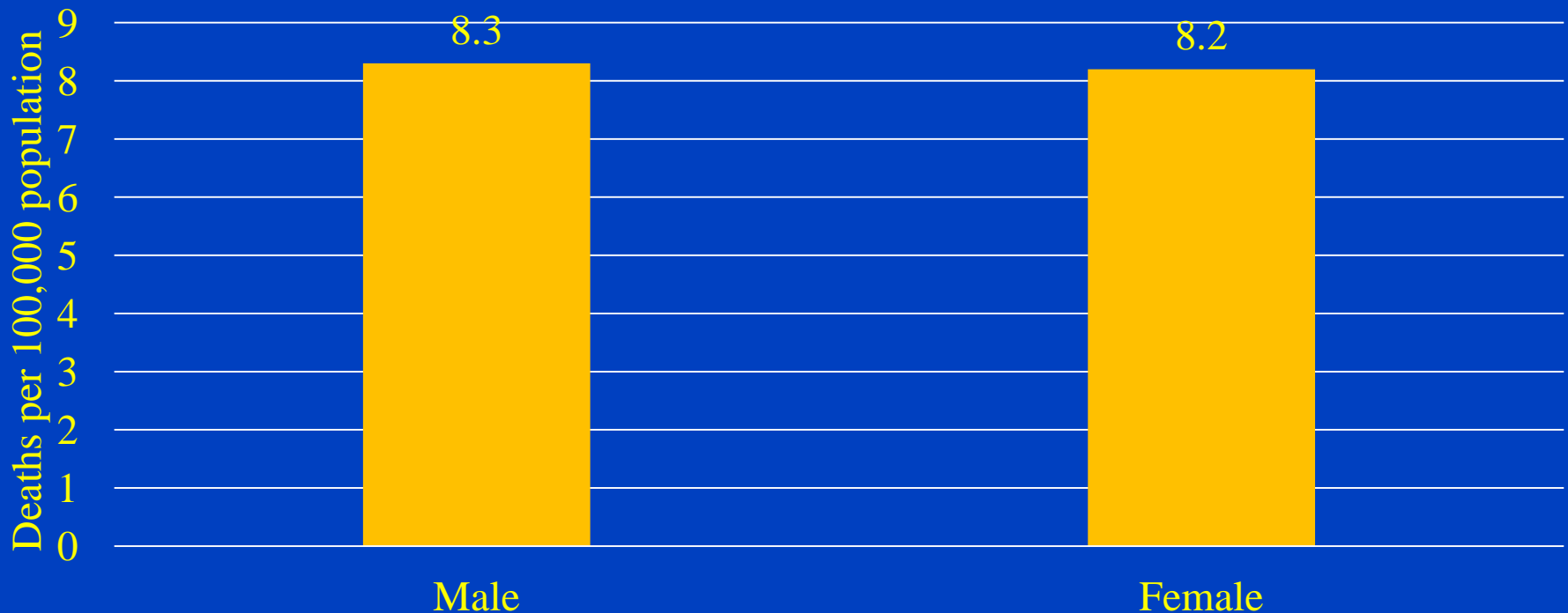
Source: NM Bureau of Vital Records and Health Statistics

Older Adult Drug Overdose Death Rates by Year, NM, 1999-2014



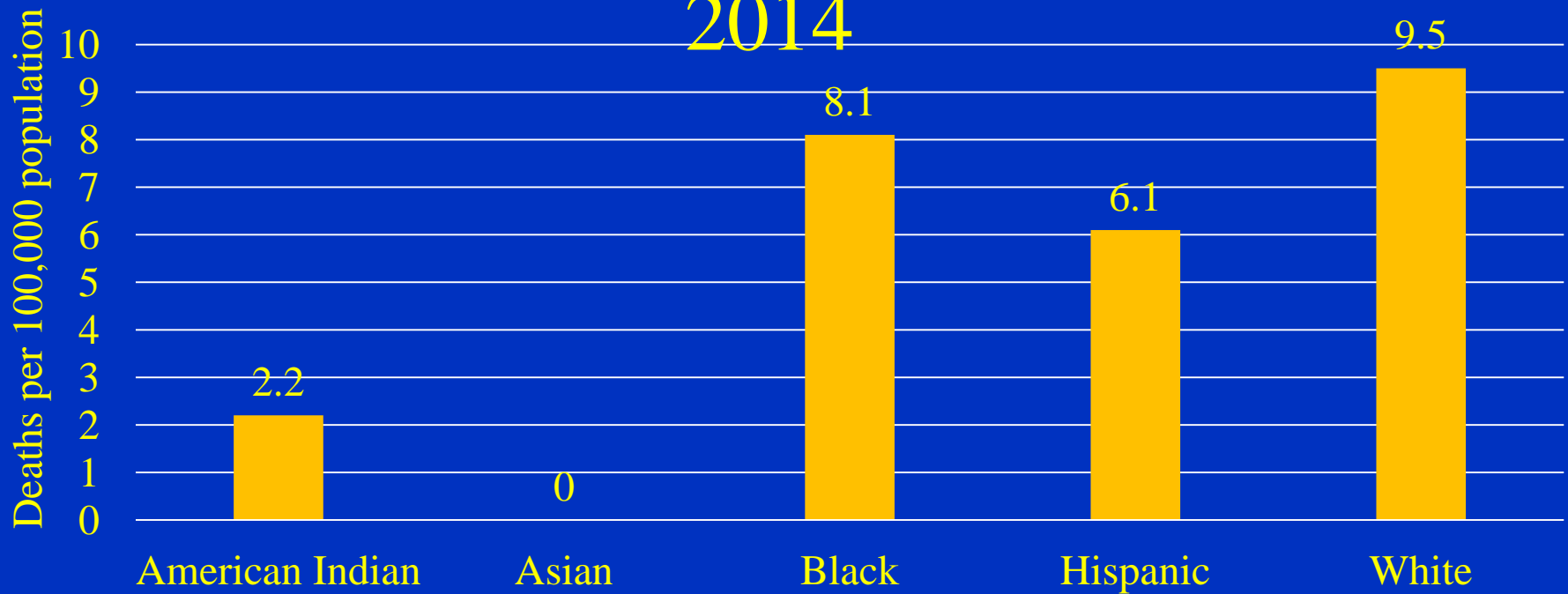
Source: NM Bureau of Vital Records and Health Statistics / NM IBIS

Older Adult Drug Overdose Death Rates by Sex, NM, 2012-2014



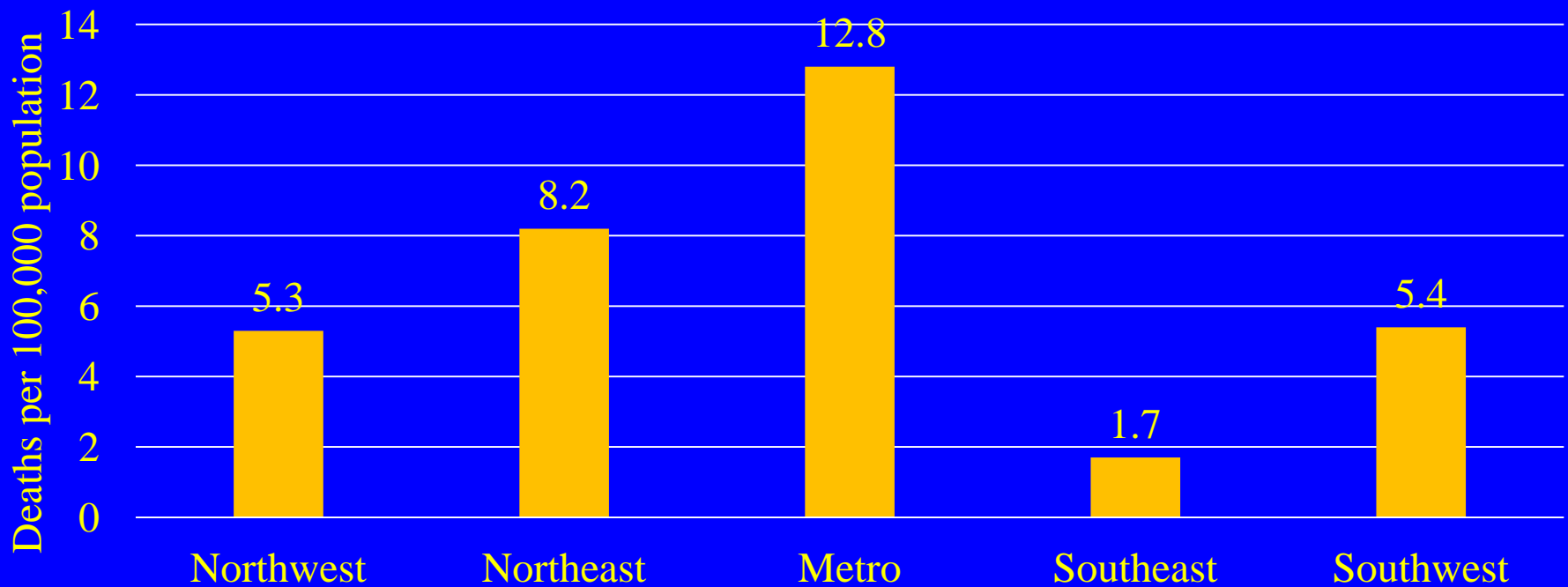
Source: NM Bureau of Vital Records and Health Statistics / NM IBIS

Older Adult Drug Overdose Death Rates by Race/Ethnicity, NM 2012-2014

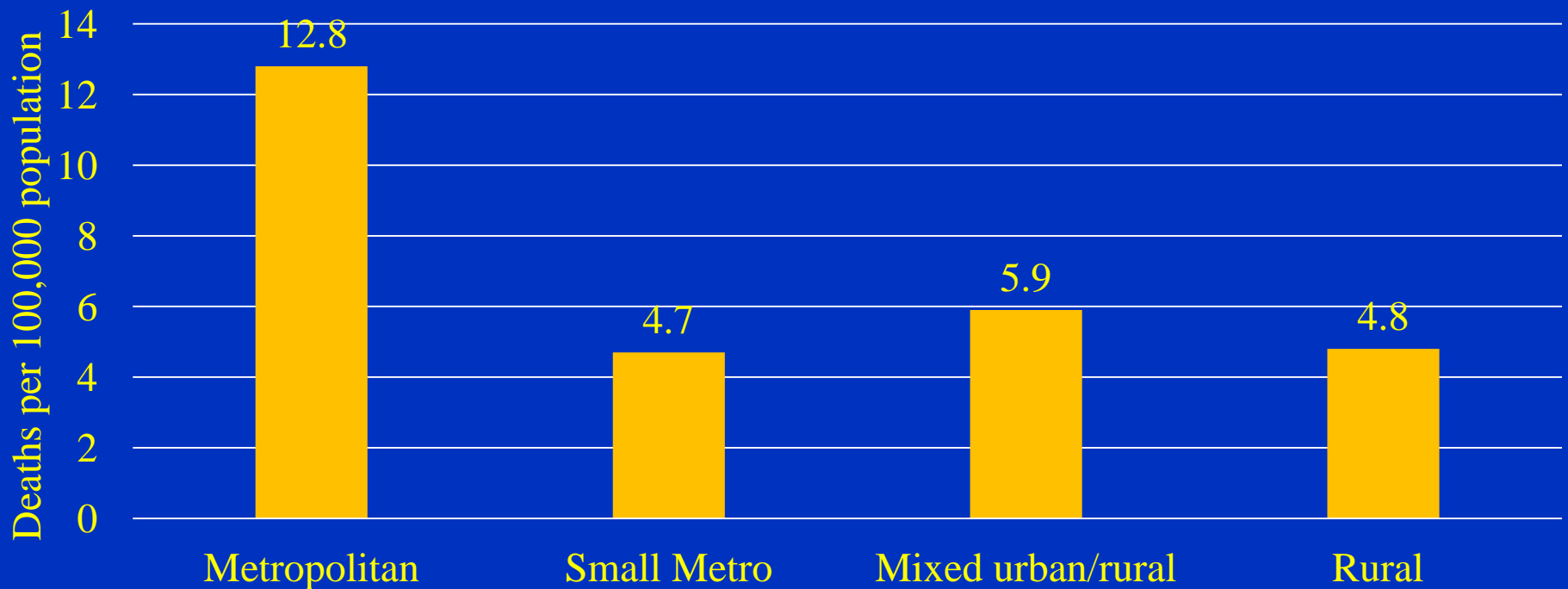


Source: NM Bureau of Vital Records and Health Statistics / NM IBIS

Older Adult Drug Overdose Death Rates by Region, NM, 2012-2014



Older Adult Drug Overdose Death Rates by Rural/Urban Category, NM, 2012-2014



Source: NM Bureau of Vital Records and Health Statistics / NM IBIS

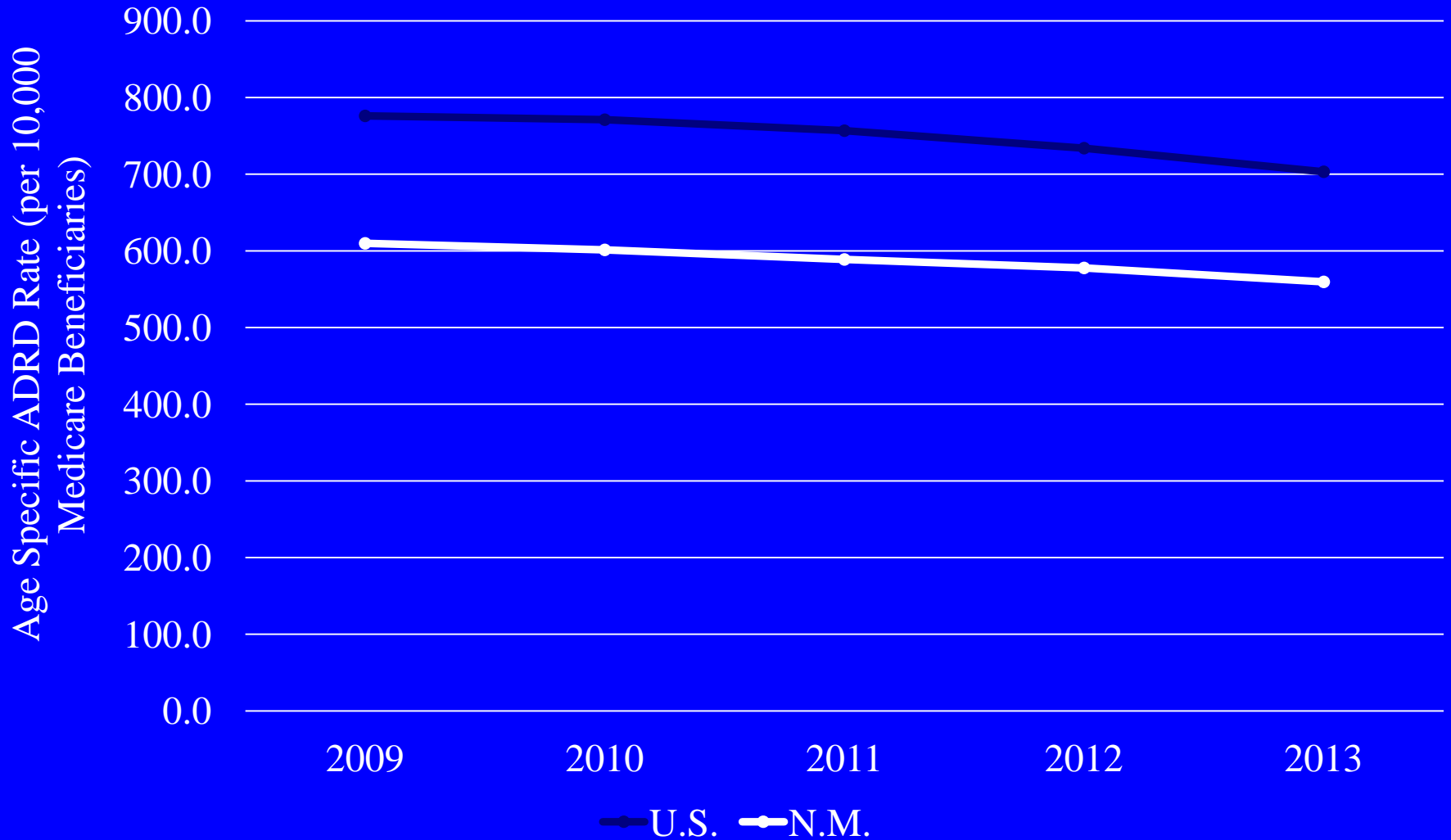
Older Adult Fall Death Risk

- Doubles every 5 years after age 65
- Is about 1.3 times higher among men than among women
- Is 4 times as high among people with high doses of opioids (≥ 200 MME) in the last month
- Is 1.6 times higher among people with lower doses of opioids in the last month
- Is 3 times as high among people with high doses of benzodiazepines (>20 VME) in the most recent month
- Is 1.5 times higher among people with lower doses of benzodiazepines in the last month

Older Adult Fall Deaths

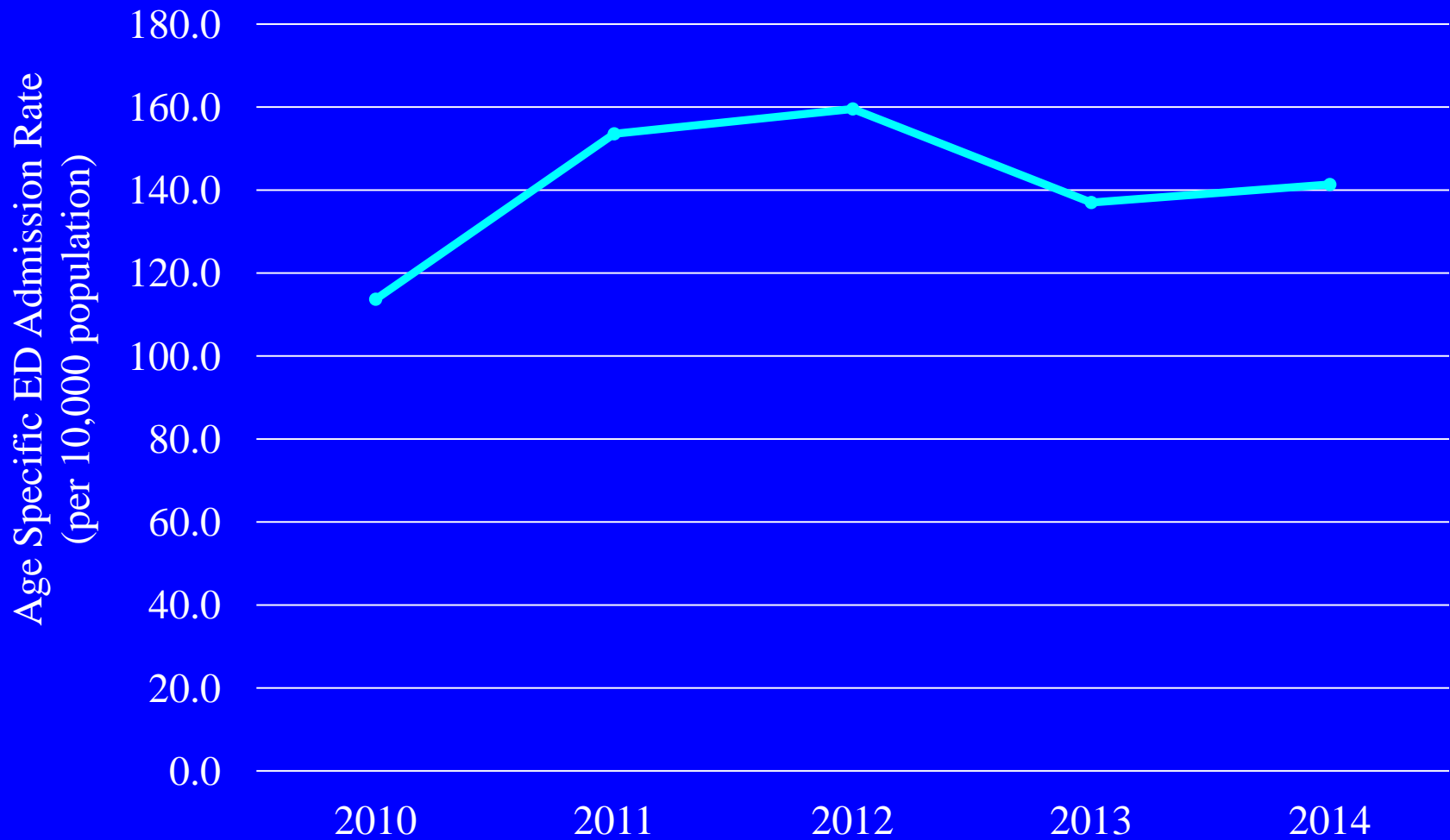
- For both opioids and sedative-hypnotics:
 - Current use is a key risk factor, chronic use over 6 months is somewhat protective
 - Higher doses carry higher risks
 - Sedation and dizziness a likely mechanism
 - People appear to become accustomed to these drugs, but it takes more than a month or two
- The number of pharmacies matters, but not the number of prescribers

Alzheimer's Disease and Related Disorders Among Medicare Beneficiaries, 2009-2013



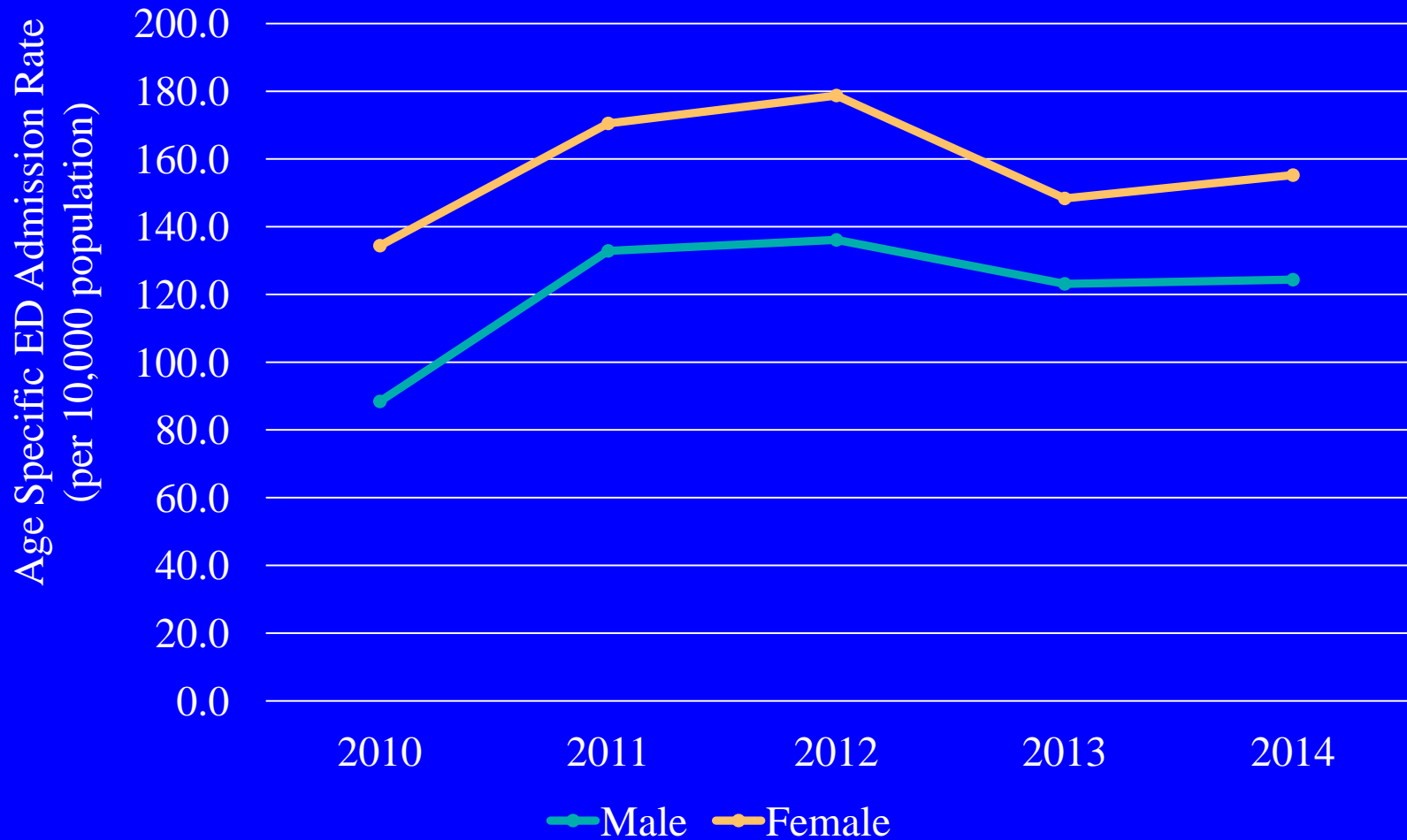
SOURCE: Medicare Public Use File

Alzheimer's Disease and Related Disorders Among New Mexico Adults Age 65+, 2010-2014



SOURCE: Emergency Department Data

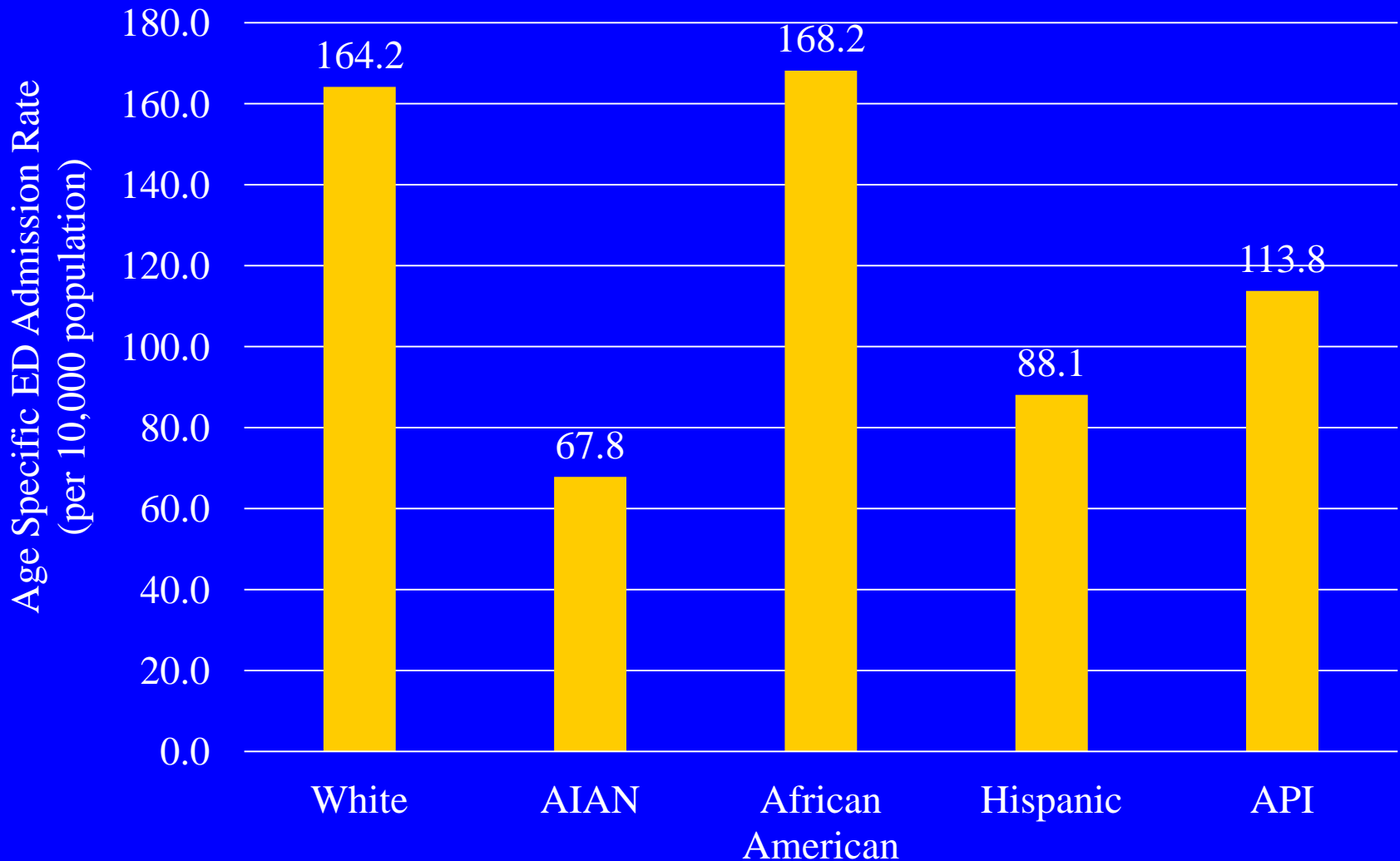
Alzheimer's Disease and Related Disorders Among New Mexico Adults Age 65+, 2010-2014



SOURCE: Emergency Department Data

Alzheimer's Disease and Related Disorders

Among New Mexico Adults Age 65+, by Race/Ethnicity, 2014



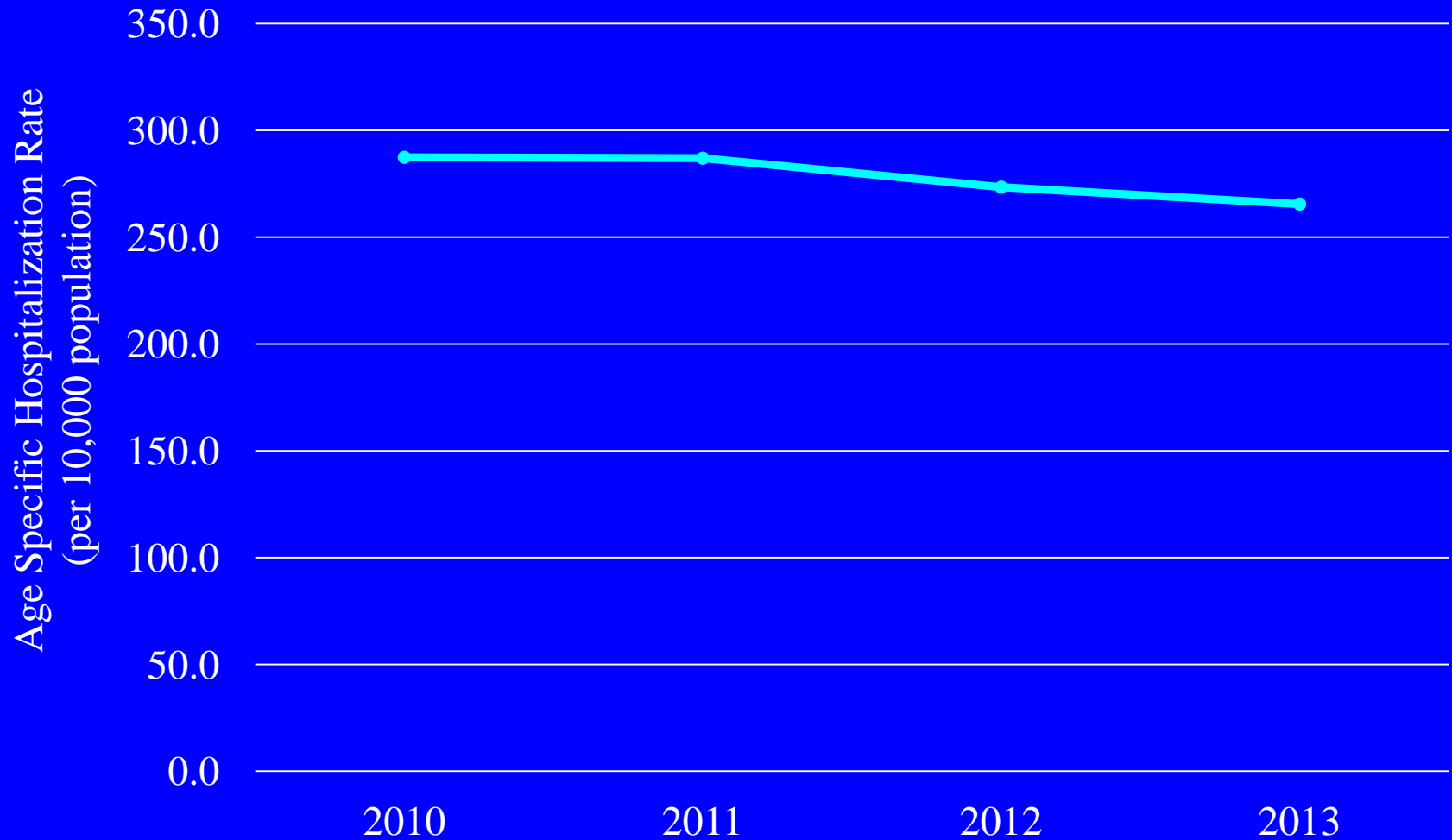
SOURCE: Emergency Department Data

Alzheimer's Disease and Related Disorders Among New Mexico Adults Age 65+, by Health Region, 2014



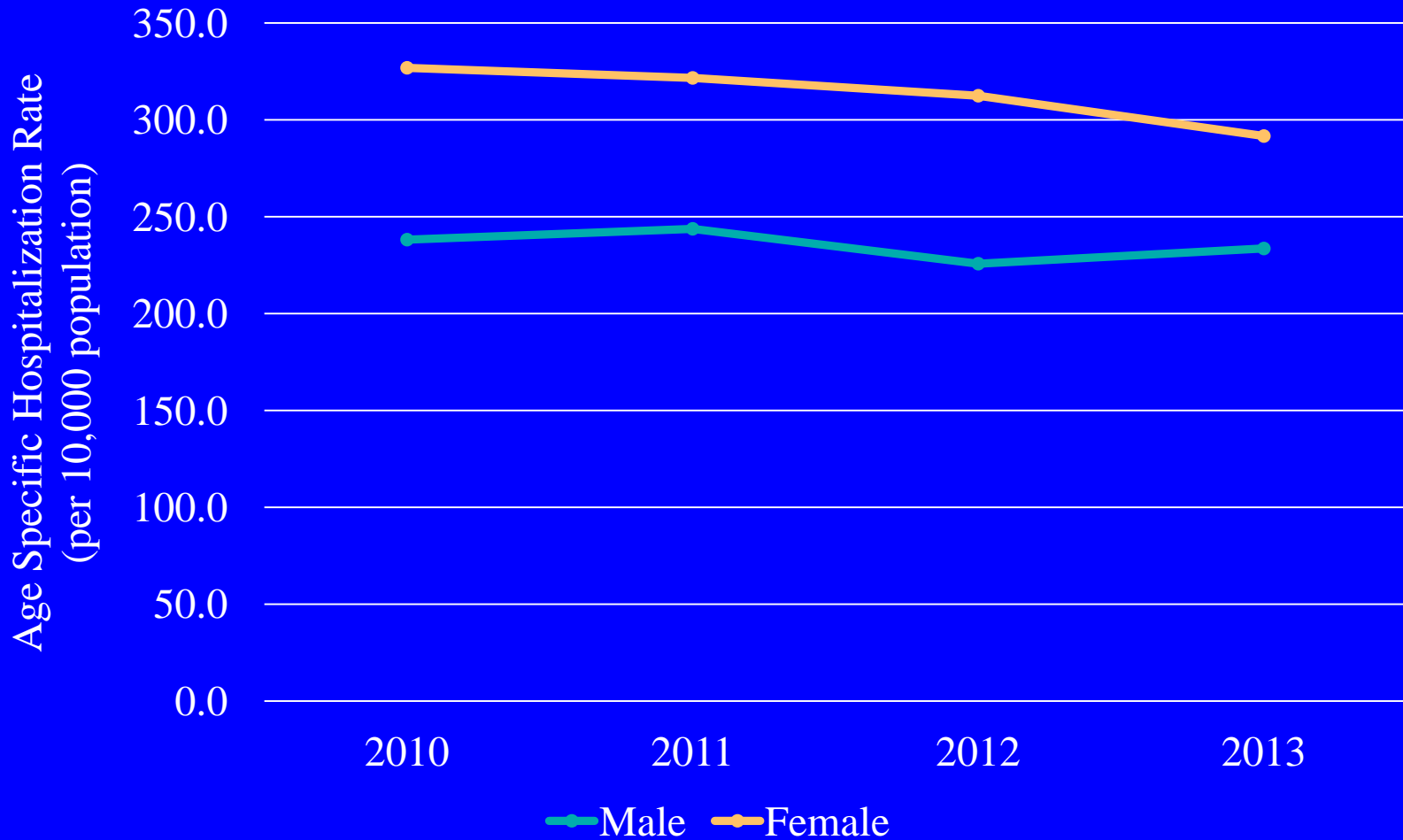
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Alzheimer's Disease and Related Disorders Among New Mexico Adults Age 65+, 2010-2013



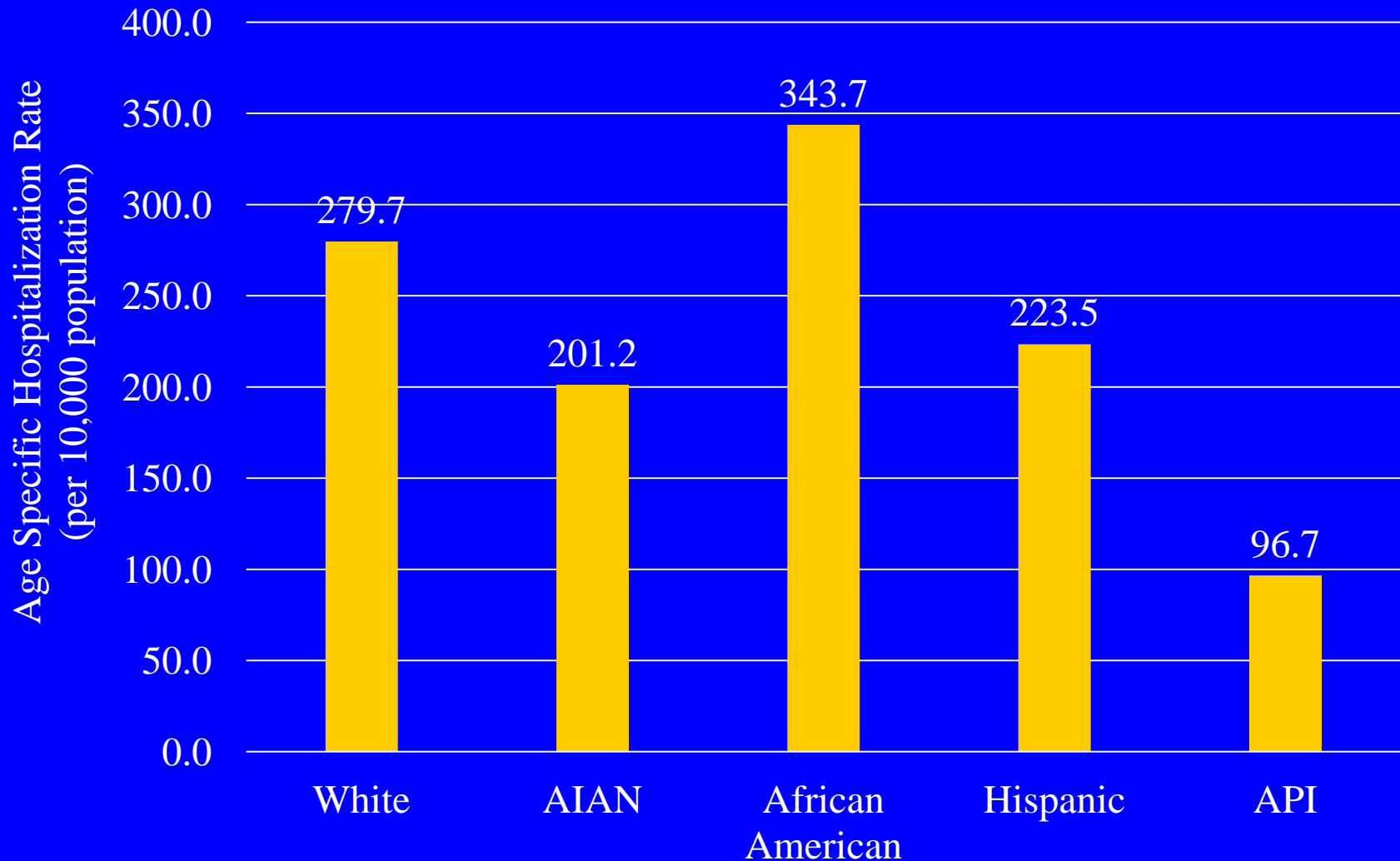
SOURCE: Enhanced Hospital Inpatient and Discharge Data

Alzheimer's Disease and Related Disorders Among New Mexico Adults Age 65+, by Gender, 2010-2013



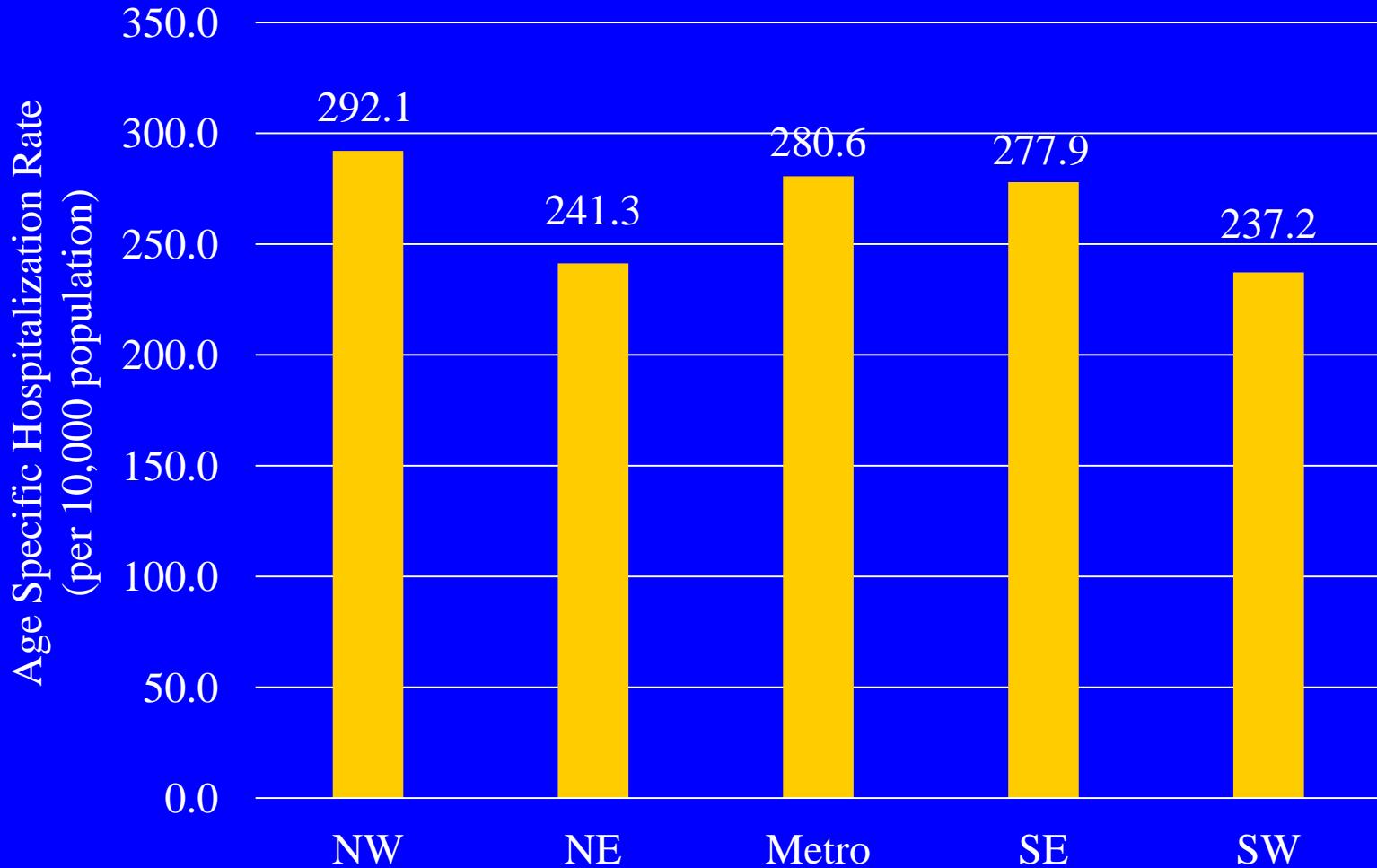
SOURCE: Enhanced Hospital Inpatient and Discharge Data

Alzheimer's Disease and Related Disorders Among New Mexico Adults Age 65+, by Race/Ethnicity, 2013



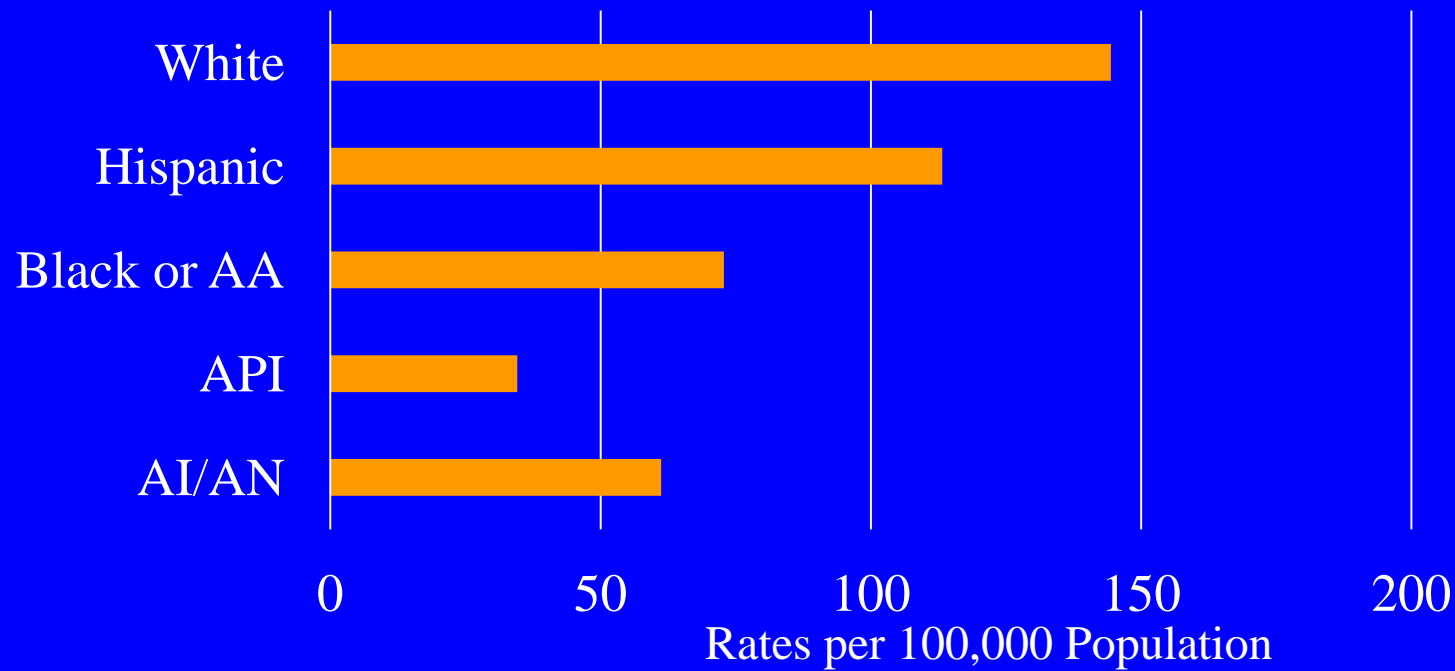
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Alzheimer's Disease and Related Disorders Among New Mexico Adults Age 65+, by Health Region, 2013



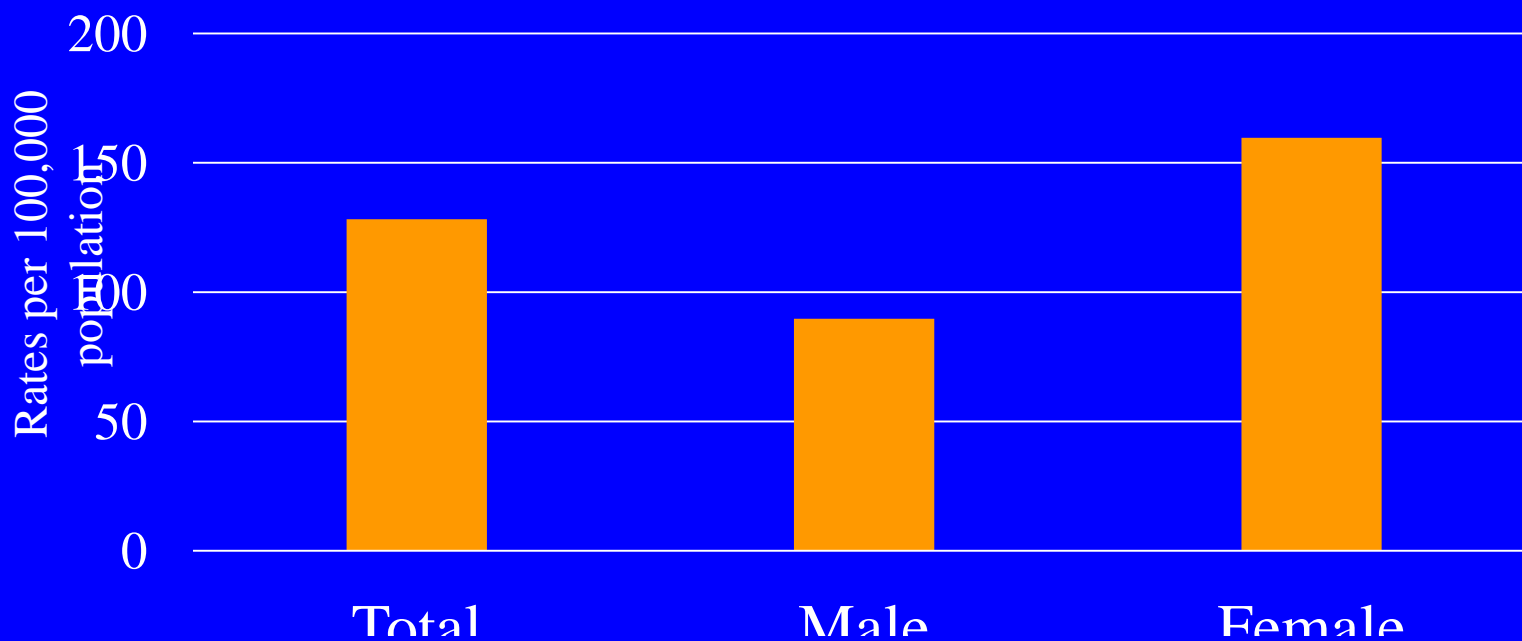
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Alzheimer's Death Rates Ages 65+ by Race/Ethnicity New Mexico, 2012-2014



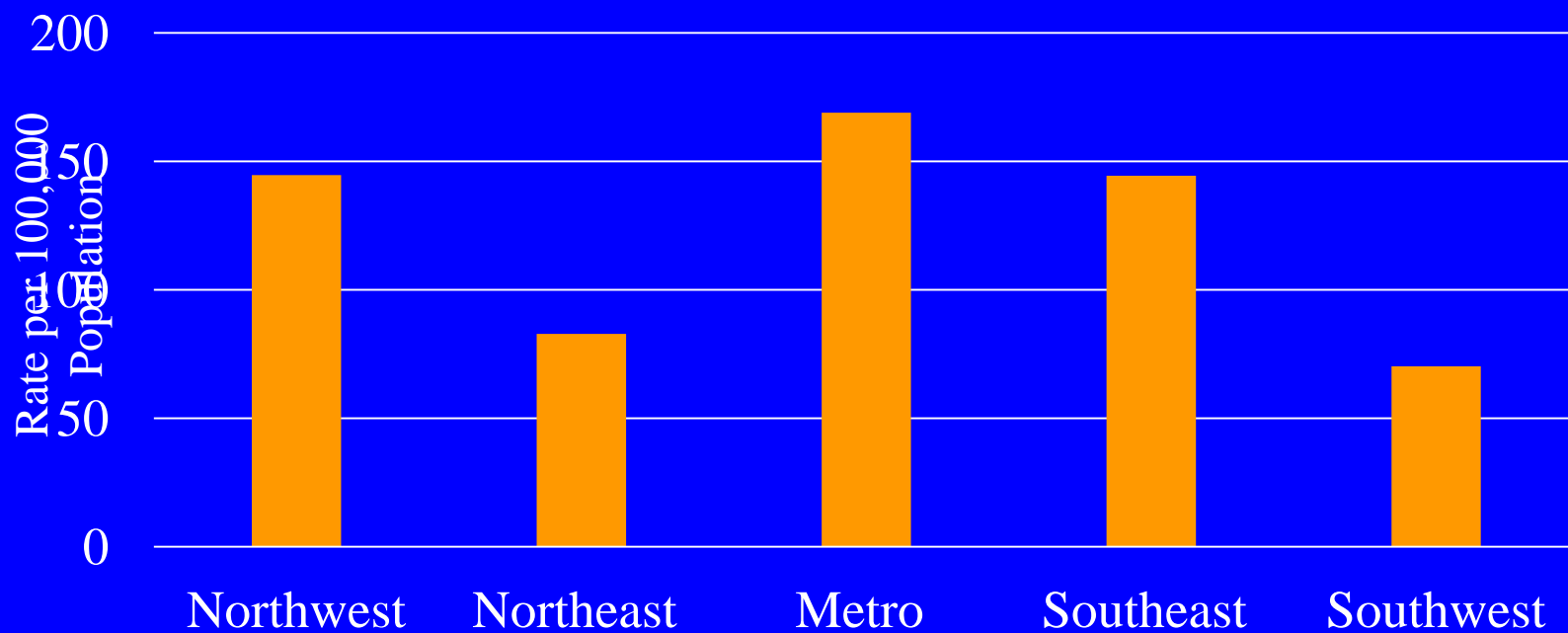
Source: NM Bureau of Vital Records and Health Statistics

Alzheimer's Disease Death Rates Ages 65+ by Sex New Mexico, 2012-2014



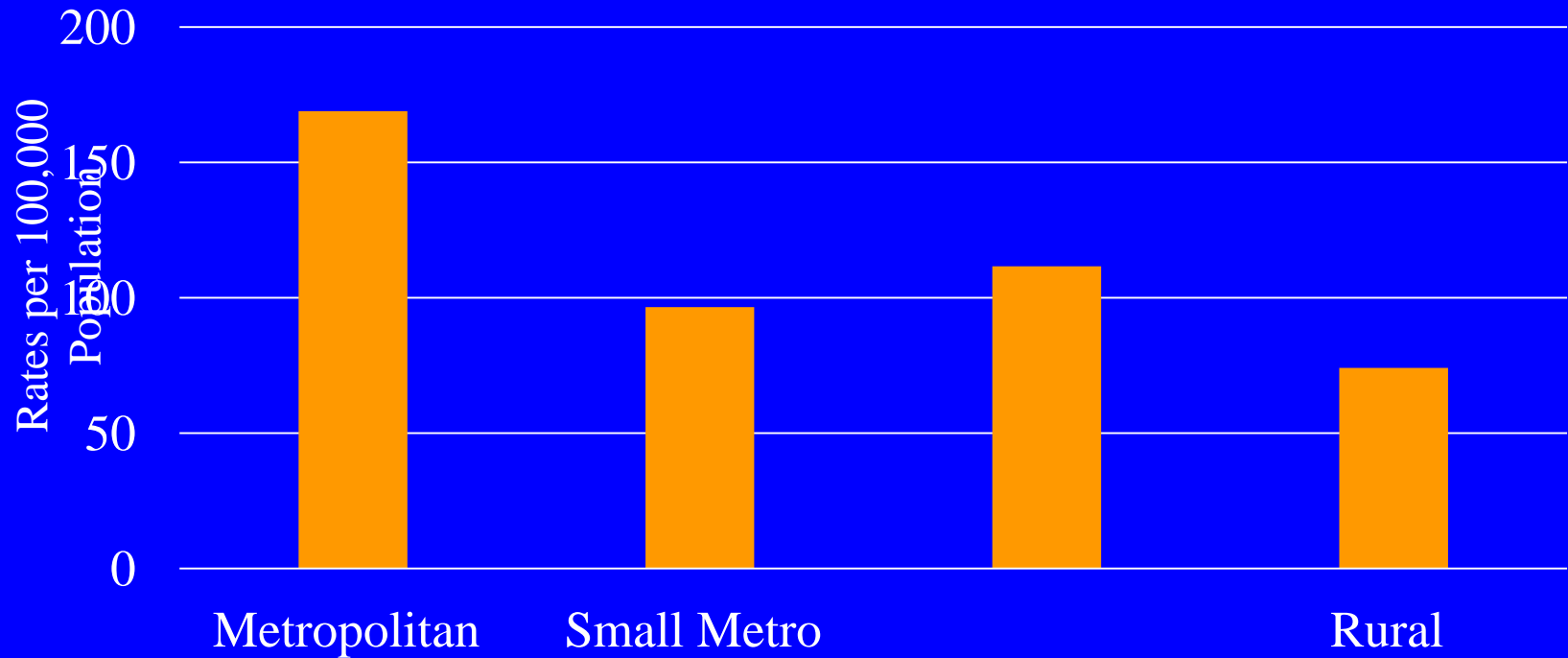
Source: NM Bureau of Vital Records and Health Statistics

Alzheimer's Disease Death Rates Ages 65+ by Health Regions New Mexico, 2012-2014



Source: NM Bureau of Vital Records and Health Statistics

Alzheimer's Disease Death Rates Ages 65+ by Rural Urban Counties New Mexico, 2012-2014



Source: NM Bureau of Vital Records and Health Statistics

Alzheimer's Disease and Related Disorders

Early Onset (<65 Years), 2014

▶ Vital Records

19 individuals died from an underlying cause of ADRD who were younger than 65 years (1.3% of ADRD deaths).

Mean Age: 58.9 years

▶ Range: 44-64 years (~50% White and 30% Hispanic)

ED Admissions

303 ED Admissions for ADRD in patients younger than 65 years (6.6% of all ADRD ED admissions).

▶ Mean Age: 56.5 years

Range: 14-64 years (~60% White and 30% Hispanic)

Hospitalizations

478 Hospitalizations for ADRD patients younger than 65 years (5.8% of all ADRD Hospitalizations).

Mean Age: 57.3 years

Range: 12-64 years (~50% White, 30% Hispanic, and 10% AIAN)

Conclusions

- Life expectancy for New Mexico older adults is better than that for US older adults
- Geographic, particularly unfavorable to rural areas, and racial/ethnic disparities persist in New Mexico
 - However the disparities do not appear to be as great as those for all ages health indicators
- The health status of older adults in New Mexico should be tracked on a regular basis