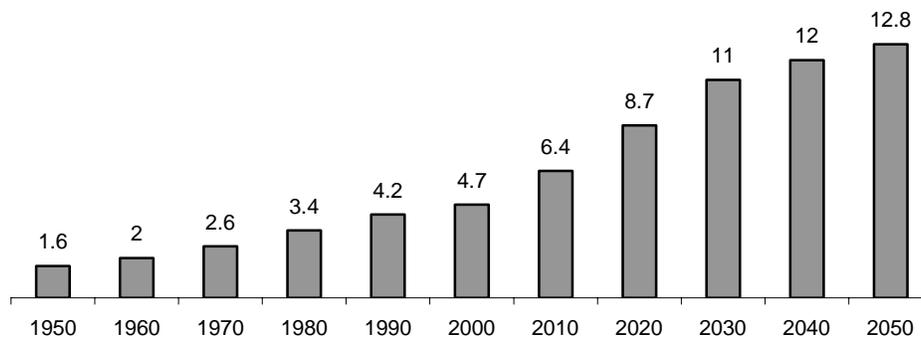


Aging California (from the 2005-2009 State Plan on Aging)

Overview

California's population age 60 and over has grown rapidly throughout this century (see Table 1). Between 1950 and 2000, older adults in this State increased from 1.6 million to 4.7 million, an increase of 194 percent. This trend will continue as the cohort age 60 and over grows to 12.8 million by 2050, an increase of 172 percent from 2000.

Table 1
California Population Growth
Age 60 and Over
(in millions, rounded)



The largest growth rate will occur during the next 30 years as the Baby Boomers, those born between 1946 and 1964, reach age 60. The first wave of Baby Boomers will turn 60 between 2000 and 2010, contributing to a 36 percent increase in California's older adult population during this decade. By 2010, nearly 16 percent of Californians will be age 60 or older.

While the overall population age 60 and over is growing rapidly, increases within this age group are occurring at different rates. In 2000, approximately 1.1 million Californians were between the ages of 60-64. By 2040 that age group is projected to grow to 2.6 million, a 125% increase. While those age 85 and over included only 425,000 individuals in 2000, that group will likely increase 205 percent, to 1.3 million by 2040 (see Table 2).

The current size of the population age 85 and over, and the projected increase in this cohort, is notable because this age group has a significantly higher rate of severe chronic health conditions and functional limitations, resulting in the need for more health and supportive services. The rapid growth of this age group has many implications for individuals, families, communities and government.

Table 2
Projected Growth in Population Age 60 and Over
2000-2040
By Age Groups

Age Range	Total Population (2000 Census)	Total Population (2010 DoF Projections)	Total Population (2040 DoF Projections)	Total Population Change	Percent Change
60-64	1,146,841	1,944,211	2,579,283	1,432,442	125%
65-69	984,535	1,388,990	2,488,577	1,504,042	153%
70-74	903,288	1,033,176	2,286,549	1,383,261	153%
75-79	779,347	799,244	1,960,630	1,181,283	152%
80-84	502,831	615,927	1,430,462	927,631	184%
85+	425,657	629,241	1,297,890	872,233	205%
Totals	4,742,499	6,410,789	12,043,391	7,300,892	154%

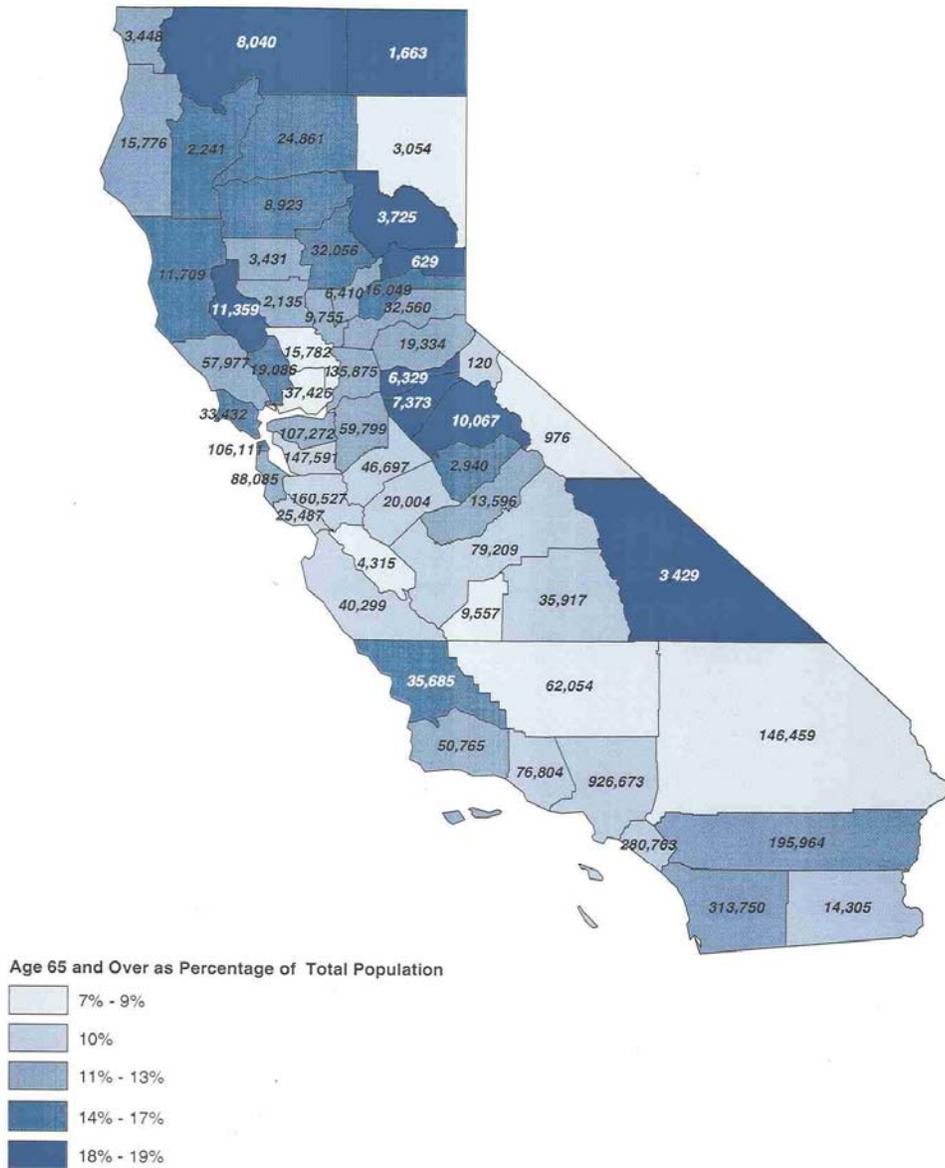
Source: State of California, Department of Finance. *Race/Ethnic Population with Age and Sex Detail, 2000-2050*, Sacramento, CA. May 2004. U.S. Census Bureau, Census 2000.

Currently, this State and the nation are experiencing a slight, temporary decline in the percentage of older adults, caused by the relatively small number of people born during the Great Depression and World War II, who are now reaching their mid- to late 60s and 70s. But this represents a relatively short interval to plan for the dramatic growth of California's population age 60 and over. The impact of this anticipated population increase, which has been described by some as an "age wave" and by others as an "aging tsunami," will be felt in every aspect of society.

The economic, housing, transportation, health, and social support implications of this aging phenomenon must also be viewed in the context of the State's tremendous overall population growth, which continues to challenge the State's overall infrastructure planning. Demographers project that California's population, now nearly 37 million, could reach 55 million by 2050, given trends in birth, death, and migration rates.

California's birth rate is projected to remain relatively high, compared to many other states. As a result, in 2000, adults age 60 and over comprised 14 percent of the State's population, compared to 16.3 percent nationwide. However, the ratio of Californians age 60 and over will likely increase to 20 percent by 2020 compared to 23.4 percent nationwide.

Figure 2
Californians Age 65 and Over as a Percent of Total Population



While California today may be relatively young compared to many other states, the ratio of older to younger Californians differs greatly across California's counties (see Figure 2). In the rural Sierra and far northern areas, those age 65 and over represented approximately 19% of those counties' population in 2000. This age concentration is generally caused by two factors. First, retirees move to more rural areas, drawn by affordable housing and picturesque, vacation-type

locations. Second, traditional economies in these areas may not have provided sufficient employment opportunities, so younger residents who grew up in these areas often migrated to more urban counties or other states.

Meanwhile, other counties have a much younger overall population. While the largest number of older adults live in Los Angeles and San Diego, older adults represented only 13 percent and 14 percent of the total population, respectively, in those counties in 2000.

Between 2005 and 2020, the percent of Californians age 60 and over is projected to increase by 59% from 5.5 million to 8.7 million. However, 13 of California's PSAs, particularly those in some rural areas, are expected to have less than that amount of growth, while others are projected to have much higher levels of growth. (See Table 3.)

Table 3
California Projected Population Age 60 and Over
Percentage Change Between 2005 and 2020
By Planning and Service Areas (PSAs) and Counties

	2005 60+ TOTAL POPULATION	2020 60+ TOTAL POPULATION	Difference	% Change
CALIFORNIA	5,507,167	8,742,297	3,235,129	59%
PSA 1				
DEL NORTE	5,047	7,642	2,595	51%
HUMBOLDT	22,221	34,744	12,523	56%
TOTAL	27,268	42,386	15,118	55%
PSA 2				
LASSEN	4,858	7,836	2,978	61%
MODOC	2,415	2,964	549	23%
SHASTA	40,761	56,212	15,451	38%
SISKIYOU	11,682	16,140	4,458	38%
TRINITY	3,576	4,575	999	28%
TOTAL	63,292	87,727	24,435	39%
PSA 3				
BUTTE	45,077	71,489	26,412	59%
COLUSA	3,069	4,737	1,668	54%
GLENN	4,949	6,579	1,630	33%
PLUMAS	5,801	7,205	1,404	24%
TEHAMA	13,583	16,126	2,543	19%
TOTAL	72,479	106,136	33,657	46%
PSA 4				
NEVADA	22,306	31,087	8,781	39%
PLACER	56,574	107,886	51,312	91%
SACRAMENTO	202,356	336,391	134,035	66%
SIERRA	969	1,232	263	27%

	2005 60+ TOTAL POPULATION	2020 60+ TOTAL POPULATION	Difference	% Change
SUTTER	14,517	21,608	7,091	49%
YOLO	24,130	44,061	19,931	83%
YUBA	9,906	15,061	5,155	52%
TOTAL	330,758	557,326	226,568	68%
PSA 5				
MARIN	52,045	79,359	27,314	52%
PSA 6				
SAN FRANCISCO	144,080	206,176	62,096	43%
PSA 7				
CONTRA COSTA	160,913	267,728	106,815	66%
PSA 8				
SAN MATEO	124,356	190,887	66,531	54%
PSA 9				
ALAMEDA	210,954	361,799	150,845	72%
PSA 10				
SANTA CLARA	256,552	428,354	171,802	67%
PSA 11				
SAN JOAQUIN	87,033	148,661	61,628	71%
PSA 12				
ALPINE	261	550	289	111%
AMADOR	9,502	13,652	4,150	44%
CALAVERAS	12,259	19,884	7,625	62%
MARIPOSA	4,627	6,341	1,714	37%
TUOLUMNE	14,259	19,583	5,324	37%
TOTAL	40,908	60,010	19,102	47%
PSA 13				
SAN BENITO	6,997	13,232	6,235	89%
SANTA CRUZ	37,979	69,038	31,059	82%
TOTAL	44,976		37,294	83%
PSA 14				
FRESNO	115,060	181,451	66,391	58%
MADERA	21,708	33,200	11,492	53%
TOTAL	136,768	214,651	77,883	57%
PSA 15				
KINGS	15,522	27,276	11,754	76%
TULARE	50,657	79,080	28,423	56%
TOTAL	66,179	106,356	40,177	61%
PSA 16				
INYO	4,794	5,747	953	20%
MONO	2,030	4,056	2,026	100%
TOTAL	6,824	9,803	2,979	44%
PSA 17				
SAN LUIS OBISPO	52,638	88,895	36,257	69%
SANTA BARBARA	67,795	89,707	21,912	32%
TOTAL	120,433	178,602	58,169	48%
PSA 18				

	2005 60+ TOTAL POPULATION	2020 60+ TOTAL POPULATION	Difference	% Change
VENTURA	129,208	224,029	94,821	73%
PSA 19				
LOS ANGELES CO.*	1,469,123	2,168,448	699,325	48%
PSA 20				
SAN BERNARDINO	232,268	404,655	172,387	74%
PSA 21				
RIVERSIDE	317,113	503,456	186,343	59%
PSA 22				
ORANGE	437,972	719,037	281,065	64%
PSA 23				
SAN DIEGO	441,298	695,963	254,665	58%
PSA 24				
IMPERIAL	21,516	35,969	14,453	67%
PSA 25				
LOS ANGELES CITY*	0	0	0	
PSA 26				
LAKE	15,705	21,460	5,755	37%
MENDOCINO	17,495	25,876	8,381	48%
TOTAL	33,200	47,336	14,136	43%
PSA 27				
SONOMA	87,780	162,982	75,202	86%
PSA 28				
NAPA	27,114	40,257	13,143	48%
SOLANO	66,668	118,635	51,967	78%
TOTAL	93,782	158,892	65,110	69%
PSA 29				
EL DORADO	31,517	58,629	27,112	86%
PSA 30				
STANISLAUS	70,227	114,227	44,000	63%
PSA 31				
MERCED	29,886	49,099	19,213	64%
PSA 32				
MONTEREY	58,236	92,403	34,167	59%
PSA 33				
KERN	108,223	178,940	70,717	65%

*Los Angeles County is divided into two PSAs: PSA 19 and PSA 25. PSA 25 includes the City of Los Angeles. PSA 19 consists of the remaining portions of Los Angeles County. Separate data for the City of Los Angeles is not available.

jections also indicate that by 2020, California will see a 21 percent increase in older adults age 85 and over. During this timeframe, 54 counties will likely

experience increases ranging from 7 percent to 192 percent in the number of residents age 85 and over (see Table 4). The greatest areas of population growth among those age 85 and over in terms of sheer numbers are projected to be concentrated in Riverside and San Bernardino counties, with increases of 61 percent and 53 percent, respectively.

Table 4
California Projected Population Age 85 and Over
Percentage Change between 2005 and 2020
By Planning and Service Area (PSAs) and Counties

	2005 85+ TOTAL POPULATION	2020 85+ TOTAL POPULATION	Difference	% Change
CALIFORNIA	559,226	679,366	120,140	21%
PSA 1				
DEL NORTE	499	719	220	44%
HUMBOLDT	2,152	2,539	387	18%
TOTAL	2,651	3,258	607	23%
PSA 2				
LASSEN	481	643	162	34%
MODOC	226	336	110	49%
SHASTA	6,444	10,042	3,598	56%
SISKIYOU	1,079	1,532	453	42%
TRINITY	307	486	179	58%
TOTAL	8,537	13,039	4,502	53%
PSA 3				
BUTTE	5,175	5,677	502	10%
COLUSA	316	420	104	33%
GLENN	503	607	104	21%
PLUMAS	551	892	341	62%
TEHAMA	1,953	2,327	374	19%
TOTAL	8,498	9,923	1,425	17%
PSA 4				
NEVADA	2,119	2,261	142	7%
PLACER	5,711	9,514	3,803	67%
SACRAMENTO	20,913	25,089	4,176	20%
SIERRA	98	119	21	21%
SUTTER	1,347	1,914	567	42%
YOLO	2,263	2,679	416	18%
YUBA	844	1,417	573	68%
TOTAL	33,295	42,993	9,698	29%
PSA 5				
MARIN	5,044	4,967	(77)	-2%
PSA 6				
SAN FRANCISCO	15,945	19,711	3,766	24%
PSA 7				
CONTRA COSTA	16,892	18,917	2,025	12%
PSA 8				

	2005 85+ TOTAL POPULATION	2020 85+ TOTAL POPULATION	Difference	% Change
SAN MATEO	12,969	14,142	1,173	9%
PSA 9				
ALAMEDA	21,311	24,656	3,345	16%
PSA 10				
SANTA CLARA	21,932	28,793	6,861	31%
PSA 11				
SAN JOAQUIN	8,061	8,937	876	11%
PSA 12				
ALPINE	26	76	50	192%
AMADOR	711	1,011	300	42%
CALAVERAS	768	1,188	420	55%
MARIPOSA	370	607	237	64%
TUOLUMNE	1,246	1,739	493	40%
TOTAL	3,121	4,621	1,500	48%
PSA 13				
SAN BENITO	565	868	303	54%
SANTA CRUZ	4,086	3,975	(111)	-3%
TOTAL	4,651	4,843	192	4%
PSA 14				
FRESNO	11,560	13,575	2,015	17%
MADERA	2,744	5,081	2,337	85%
TOTAL	14,304	18,656	4,352	30%
PSA 15				
KINGS	1,348	1,868	520	39%
TULARE	4,313	5,628	1,315	30%
TOTAL	5,661	7,496	1,835	32%
PSA 16				
INYO	606	661	55	9%
MONO	84	210	126	150%
TOTAL	690	871	181	26%
PSA 17				
SAN LUIS OBISPO	5,067	6,279	1,212	24%
SANTA BARBARA	7,523	7,466	(57)	-1%
TOTAL	12,590	13,745	1,155	9%
PSA 18				
VENTURA	12,848	17,365	4,517	35%
PSA 19				
LOS ANGELES CO. ¹	156,884	154,181	(2,703)	-2%
PSA 20				
SAN BERNARDINO	18,636	28,604	9,968	53%
PSA 21				
RIVERSIDE	28,982	46,766	17,784	61%
PSA 22				
ORANGE	38,964	48,981	10,017	26%
PSA 23				
SAN DIEGO	44,023	51,801	7,778	18%
PSA 24				
IMPERIAL	1,584	3,222	1,638	103%
PSA 25				

	2005 85+ TOTAL POPULATION	2020 85+ TOTAL POPULATION	Difference	% Change
LOS ANGELES CITY ¹	0	0	0	
PSA 26				
LAKE	1,497	1,902	405	27%
MENDOCINO	1,611	1,937	326	20%
TOTAL	3,108	3,839	731	24%
PSA 27				
SONOMA	11,887	21,030	9,143	77%
PSA 28				
NAPA	3,844	4,440	596	16%
SOLANO	10,021	14,973	4,952	49%
TOTAL	13,865	19,413	5,548	40%
PSA 29				
EL DORADO	2,447	3,346	899	37%
PSA 30				
STANISLAUS	7,693	9,542	1,849	24%
PSA 31				
MERCED	2,409	3,650	1,241	52%
PSA 32				
MONTEREY	5,510	6,803	1,293	23%
PSA 33				
KERN	14,234	21,255	7,021	49%

¹ Los Angeles County is divided into two planning and service areas, PSA 19 and PSA 25. PSA 25 consists of the City of Los Angeles. PSA 19 consists of the remaining portion of Los Angeles County. Data not available for the City of Los Angeles

While Table 5 presents an overview of older Californians today, older adults have never been a heterogeneous group in terms of educational achievement, income level, and health and disability status. In the coming decades, the gap between haves and the have nots among older Californians will grow even wider. Educational and employment opportunities throughout life impact access to health care, retirement savings, and pension benefits in later life. The cumulative effect of all these factors shape older Californians' prospects for a healthy and secure retirement. Important differences among the State's older adults are tied to racial, ethnic, and cultural factors; gender and marital status; geographic location; and socio-economic resources.

**Table 5
A Snapshot of Older Californians Age 65+ 2000**

With high school diploma or higher ¹	70.1%
Limited English proficiency ²	16.9%
Medi-Cal beneficiaries ²	20%
Below poverty level ²	8.1%
Poor or near poor (0-199% of poverty) ²	28.6%
Homeowners ⁵	74.5%
Living alone ²	26%
Women age 65+ living alone ⁶	31.4%
Living in a nursing home ²	3.2%
Number of grandparents responsible for basic needs of grandchildren ³	294,969
Proportion of Californians age 75 and older with a driver's license ⁴	59.6%
Percent with any disability ²	42.2%

Race, Ethnicity, and Cultural Factors

In the late 1990s, California's White, Non-Latino population became a minority group for the first time since the 1849 Gold Rush. California's older adults are and will continue to grow ethnically and culturally diverse. While 64 percent of older adults are White/Non-Latino today, by 2040, the majority will be from groups now considered to be ethnic minorities (See Table 6).

**Table 6
California's Projected Population Age 60+ as a Percent of Total Population
by Race and Ethnicity**

Racial/Ethnic Group	2005	2010	2020	2030	2040
White/Non-Hispanic	64.2%	60%	52.7%	44%	36.1%
Hispanic/Latino	16.6%	18.8%	23.5%	30%	37.5%
Asian	11.6%	13%	14%	15.6%	16.8%
Black/African American	5.5%	5.6%	5.7%	5.7%	5.3%
Multiracial	1.1%	1.3%	1.5%	1.6%	1.6%
American Indian/Alaska Native	0.7%	0.8%	1.2%	1.5%	1.8%
Native Hawaiian/Other Pacific Islander	0.2%	.3%	.3%	.4%	.5%

Source: State of California, Department of Finance. *Race/Ethnic Population with Age and Sex Detail, 2000-2050*, Sacramento, CA. May 2004.

Ethnic and cultural diversity has enriched California, fostered new innovations, and encouraged an appreciation of the State's multicultural traditions as well as the values and priorities we hold in common. However, because some groups

have been historically deprived of opportunities or are now faced with the challenges of life in a new culture, diversity may translate into health and economic disparities that must be addressed.

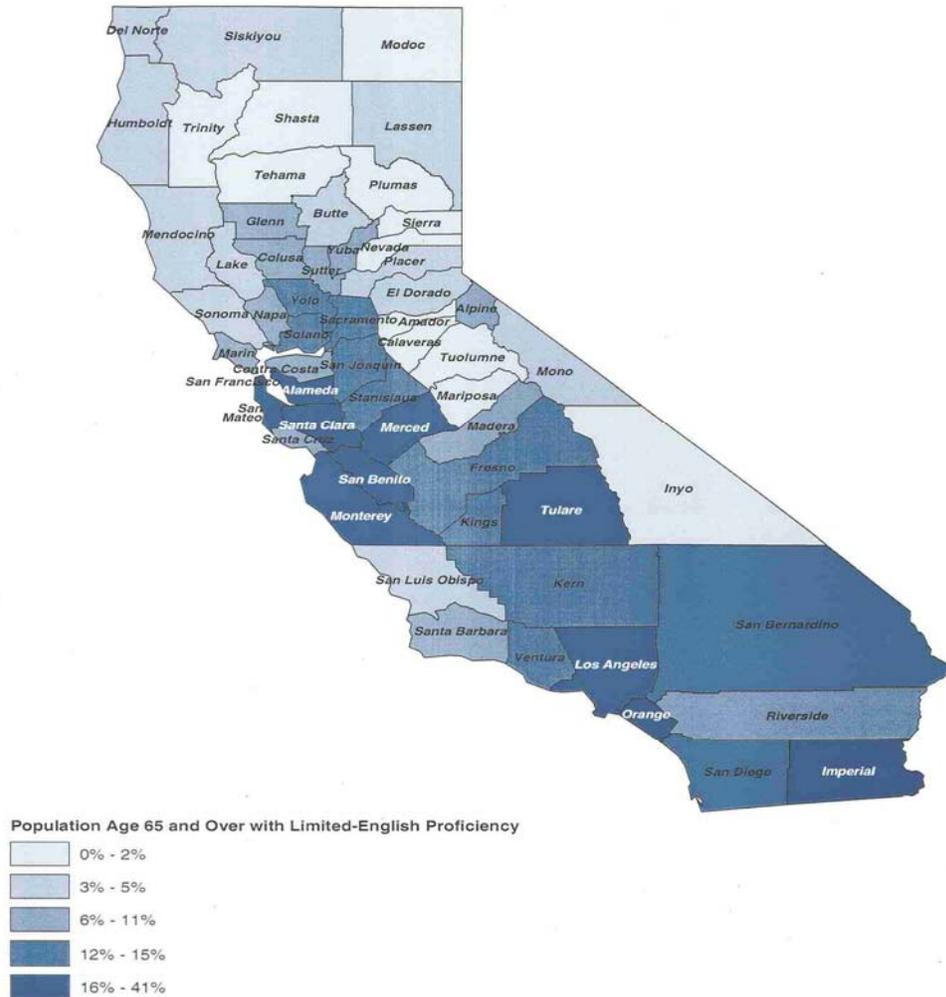
- All ethnic older adults report poor or fair health more often than Non-Latino Whites. Older Latinos and those with limited English abilities have the worst health profiles compared to statewide averages.²
- While 74 percent of native-born older Californians have at least 12 years of education, only about 50 percent of older immigrants have this level of education.
- Cultural customs and expectations related to a family's care giving responsibilities can have a significant negative impact on the primary caregiver's health and future financial resources.⁷

Between 1995 and 2000, 128,728 residents age 65 and older migrated out of California, while 94,557 residents from other states migrated into the State. An additional 53,000 individuals migrated to California from abroad.⁸ About 20 percent of California's older adults are immigrants from other counties. Of these, almost two-thirds arrived before the 1980s, less than a quarter arrived in the 1980s, and one-tenth arrived after 1990. The future size and age distribution of the California population will also be influenced by both international and domestic migration, both of which are difficult to predict.⁹

While approximately 17 percent of older Californians have limited English proficiency, in Alameda, San Francisco, Santa Clara, Merced, San Benito, Monterey, Tulare, Los Angeles, Orange, and Imperial counties between 16 and 41 percent of older adults have difficulties communicating in English (see Figure 3).

Providing culturally appropriate outreach and assistance is essential in overcoming disparities in accessing health and social services. However, addressing these linguistic and cultural issues adds to the complexity and costs involved in serving these older adults.

Figure 3
California Population Age 65 and Over with Limited English Proficiency



Over the past decade, the unique issues California's aging gay men and lesbians have experienced are increasingly being discussed and addressed. While gay and lesbian elders are as diverse as their heterosexual counterparts, the experience or fear of discrimination across their lifetime has caused some of these elders to remain invisible, preferring to go without much needed social, health, and mental health services. It is difficult to estimate the number of gay

men and lesbians in the population, but several current studies estimate that 3 to 8 percent of the population is gay or lesbian.¹⁰ Although this overall estimate may underestimate California's gay and lesbian population, this would translate to 165,000 to 441,000 older Californians who are gay or lesbian.

Gender and Marital Status

On average, women live six or seven years longer than men. Of the population between the ages of 65 and 84, 56 percent are women. Beyond age 85, 60 percent are women. Owing to their longer life expectancy and their tendency to marry men who are two or three years older than they are, women have a much higher probability of losing their spouse than men do. While 27 percent of all those between age 65 and 84 have lost a spouse, 61 percent of those age 85 and older have done so. Over age 65, older women outnumber men at a rate of 3 to 2. This gap increases with age, so that women make up almost 85 percent of those over age 100.

Women become more vulnerable as they grow older, because they are more likely than men to live alone, be (or become) poor, and have multiple chronic health conditions.⁹

Significant differences in poverty are related to gender. In 1997, 7 percent of older American men were poor, compared to 13 percent of older women and 18 percent of older widows.¹⁶ In retirement, older women are at greater economic risk than men due to income gaps. In 1993, for example, women age 65 and over had a median annual income that was 57 percent of their male peers. In 1995, the average Social Security benefit for women was \$538 per month compared with \$858 for men. Not only are women's Social Security payments less than men's, such payments are likely to be their only source of income. Economic disparities based on gender may decrease in the future as more women receive higher retirement income benefits from Social Security, pensions, and other retirement savings. However, the women most likely to have increased income in retirement will be wealthier baby boomers, who are likely to be white. Poorer women will likely continue to be women of color.

Geographic Location

The Los Angeles Basin and the San Francisco Bay Area are now home to about two-thirds of the State's older population and that will likely continue over the next 40 years. While every region, except the most rural areas of the State, is expected to experience strong growth in its 60+ population, the largest increases are predicted for the Los Angeles Basin and the San Joaquin Valley, where the number of older people is expected to almost triple by 2040.⁹

Currently, the age dependency ratio does not vary much by region. The exception is the Sacramento Valley-North Coast-Mountain region, which has 25

seniors per 100 working-age adults compared to the State average of 18 per 100. By 2040, the rapidly aging Bay Area population is projected to become the oldest area of the State, with 41 older adults per 100 working-age adults.⁹

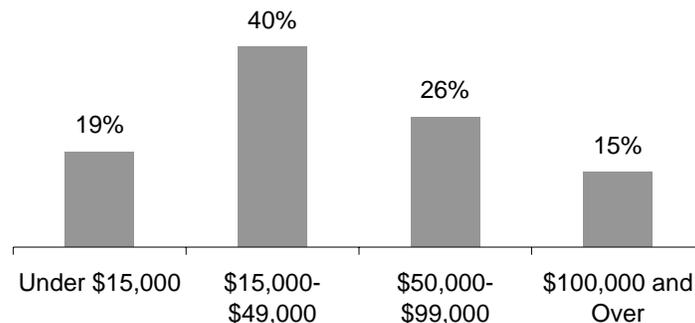
Income Resources

The number of older Californians at both ends of the income scale is growing, creating two very different groups: persons with annual incomes over \$50,000 (41 percent) and persons with incomes below \$15,000 (19 percent), with a diverse middle class in between (See Figure 4).

Older Californians in higher income brackets are predominantly white, a trend that will accelerate as the white wealthy baby boomers age. Those with incomes under \$15,000 are, for the most part, elders of color—a trend that will also accelerate as “boomers of color” age. Over 50 percent of older adult immigrants are within 200 percent of the poverty level, compared to 33 percent of native born older Californians.

Older Californians at the middle-income level are more evenly distributed along ethnic lines, although middle-income elders of color tend to have fewer assets and are more likely to slide into poverty than their white counterparts.

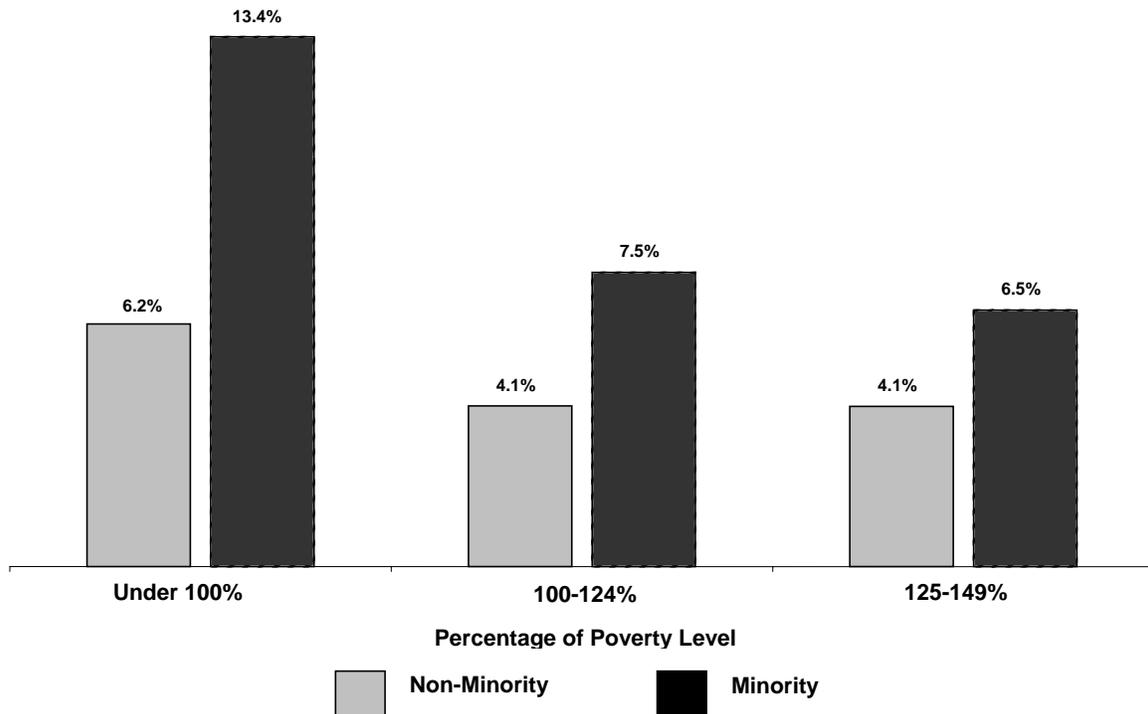
Figure 4
Annual Income for Individuals Age 55 and Over
as a Percentage of Total Population (1999)



The highest proportion of older adults with income below 200 percent of the Federal Poverty Level (FPL) are in Imperial County, followed by several counties in Northern California and the Central Valley, where about two-fifths of older adults are low income. Eight percent of the population age 65 and over have income below the FPL and another 21 percent have incomes between 100-199 percent of the FPL. This group also needs to be included in this discussion since they have incomes too high to make them eligible for many public assistance programs, yet often fail to have sufficient resources to meet their most basic needs.²

For very poor older Californians, Supplemental Security Income (SSI) is the primary source of their income. SSI provides a minimum guaranteed monthly income for all qualified individuals who are age 65 and over, blind or disabled. The State of California supplements the federal benefit substantially through the State Supplementary Payment (SSP). In 2000, the combined SSI/SSP annual benefit was \$9,000 for a single older individual and \$14,748 for an older couple living independently. However, SSI recipients cannot earn income that exceeds their SSI benefit without reducing their payment amount, and accumulated assets must fall below certain limits. Many poor older adults are not eligible for SSI because their assets exceed the maximum allowed. Many others do not apply for the benefit because they do not know they are eligible or do not want to be on a public assistance program.

Figure 5
Poverty Level Among Californians Age 60 in 2000
By Minority/Non-Minority Status



In 2000, 100 percent of the FPL for a single individual was \$8,350 and 150 percent was \$12,525. Twice as many Minority elders (13.4 percent) were below 100 percent of poverty compared to White elders (6.2%) (see Figure 5). Among elders in various racial groups, approximately 11 percent of Asians, 15 percent of Latinos, 16 percent of African Americans, and 16 percent of Native Americans were below the poverty level. For SSI/SSP beneficiaries, these payments raise their income level to between 100-124 percent of the FPL. Approximately 63 percent of White, 54 percent of Asian, 44 percent of African American, 41

percent of Native American, and 37 percent of Latino elders had incomes over 300 percent of the poverty level.

Health Status

The dramatic gains in life expectancy that occurred during the 20th century were primarily due to advances in sanitation, medical care, and the use of preventive health services. These factors also account for a major shift over the past century in the leading causes of death—from infectious diseases and acute illnesses to chronic diseases and degenerative illnesses.

In 2000, the top three leading causes of death for all ages were heart disease (30% of all deaths), cancer (23%), and stroke (7%). These three leading causes of death account for 60 percent of all deaths among older adults.¹¹

However, many of these leading causes of death can be prevented. Although the risk of disease and disability increase with age, poor health is not an inevitable consequence of aging. Three behaviors—smoking, poor diet, and physical inactivity—were the actual causes of almost 35 percent of U.S. deaths in 2000.¹²

These behaviors often lead to chronic disease killers: heart disease, cancer, stroke, and diabetes. Adopting healthier behaviors (regular physical activity, a healthy diet, and smoke free lifestyle) and getting regular health screenings (e.g., mammograms, colonoscopies, cholesterol, bone density, etc.) can dramatically reduce the risk for most chronic diseases.

Healthy People 2000 set targeted goals for improving the health of all Americans. *The National Report Card on Healthy Aging* reports on 15 key indicators included in the *Healthy People 2000* report that present a comprehensive picture of the health of older adults (age 65 and over).¹³ This report card shows the most current data for each indicator and assigns a “pass” or “fail” based on the *Healthy People 2000* targets (see Table 7). California’s ranking among other states is also indicated.

Table 7
Healthy Aging-How California Scores on the National Report Card on Healthy Aging

Health Indicator	Year data collected	Data	Rank Among States	Grade
Health Status				
1. Physically unhealthy days (mean number of days in past month)	2001	5.1 days	12	n/a
2. Frequent mental distress (%)	2000-	5.9 %	17	n/a

Health Indicator	Year data collected	Data	Rank Among States	Grade
	2001			
3. Oral health: complete tooth loss (%)	2002	13.2%	1	Pass
4. Disability (%)	2001	29.7%	17	n/a
Health Behaviors				
5. No leisure time physical activity in past month (%)	2002	25.8%	6	Fail
6. Eating 5+ fruits & vegetables daily (%)	2002	35.6%	10	Fail
7. Obesity (%)	2002	19.1%	22	n/a
8. Current Smoking (%)	2002	9.9%	24	Pass
Preventive Care & Screenings				
9. Flu vaccine in past year (%)	2002	71.5%	15	Pass
10. Ever had Pneumonia Shot (5)	2002	66.7%	10	Pass
11. Mammogram in past 2 years (%)	2002	80.7%	12	Pass
12. Ever had Sigmoidoscopy/ Colonoscopy (%)	2002	62.2%	13	Pass
13. Up-to-date on select preventive services—men (%)	2002	43.9%	8	n/a
14. Up-to-date on select preventive services—women (%)	2002	38.5%	11	n/a
15. Cholesterol checked in past 5 years (%)	2001	82.6%	38	Pass

Comparatively, California's overall scores for Preventive Care and Screenings were "passing," with 80 percent of older women having mammograms within the past two years and 82 percent of older adults having a cholesterol check in the past 5 years. However, California failed in two Health Behaviors measures: 25 percent of older adults indicated they had engaged in no leisure time physical activity in the past month and only 36 percent eat five fruits and vegetables daily.

If California's older adult score card were analyzed by race, ethnicity, and county, other trends would emerge. For example, older African Americans (47 percent) and Latinos (45 percent) did not receive a flu vaccination in the past year and Riverside/Imperial and Napa counties had the lowest vaccination rates. African American older adults have a significantly higher smoking rate, 14 percent versus 8 percent for other racial and ethnic groups. Shasta, Napa, and Sacramento counties had the highest rates of older smokers (over 12 percent compared to 9.9 percent statewide). While about 38 percent of older Californians have not had colon cancer screening, 57 percent of older Asian Americans and 59 percent of limited English speaking elders have not had this preventive screening test.²

Older Latinos and those with limited English abilities have the worst health profiles compared to statewide averages. However, there is a significant overlap

between these two groups. About 40 percent of older Latinos have limited English proficiency.

The National Report Card on Healthy Aging provides good indicators as to where additional attention needs to be focused to improve the health of older Californians and is reflected in CDA's priorities for 2005-2009, which are presented in Section V.