



Latino Aging in the Pacific Northwest: Challenges & Opportunities

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Rural Aging Forum |Pendleton, Oregon

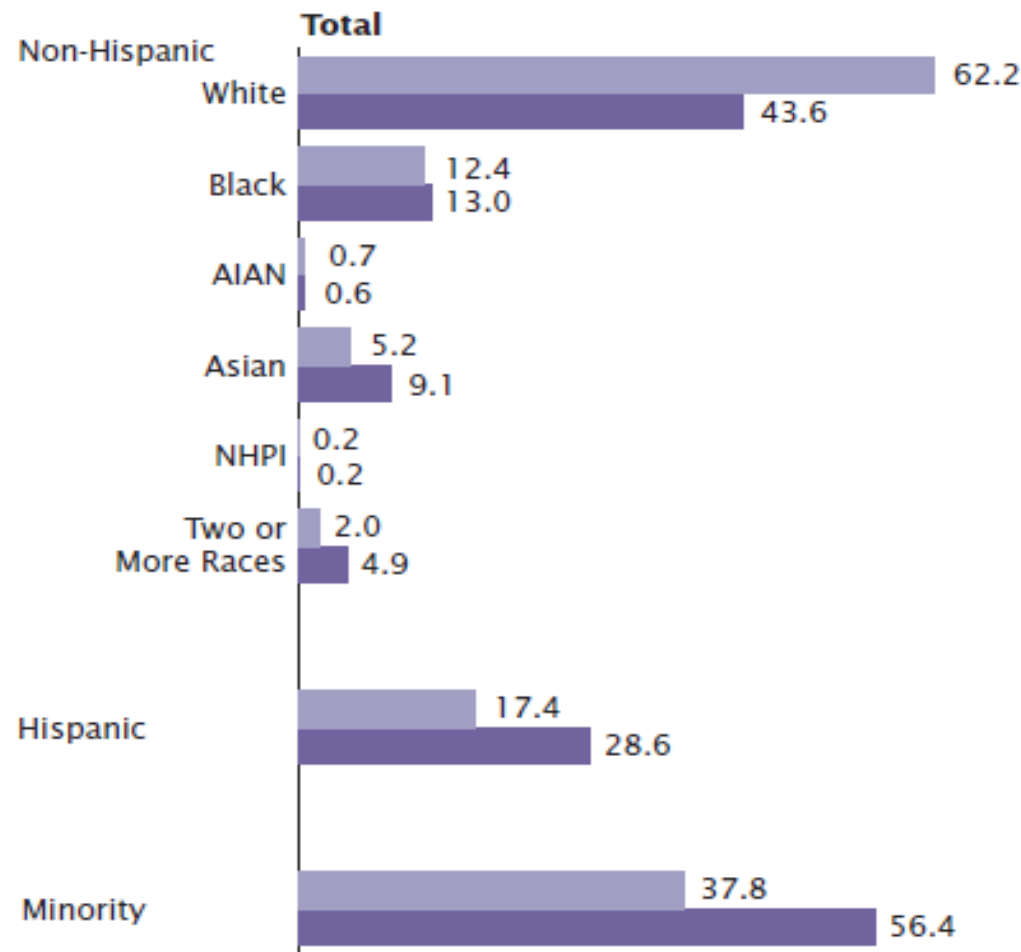
May 17, 2018



Outline

- Population trends
- Challenges for aging Latinos
 - Economic indicators
 - Health indicators
 - Access to care
- Opportunities for aging Latinos
 - Affordable Care Act (ACA)
 - Family ties
- Strategies for improving health among aging Latinos

Racial and Ethnic Minority Populations Are Growing at a Fast Pace

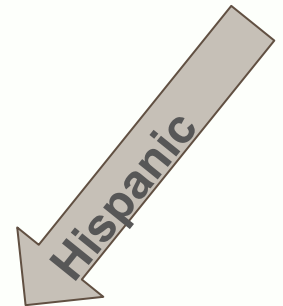
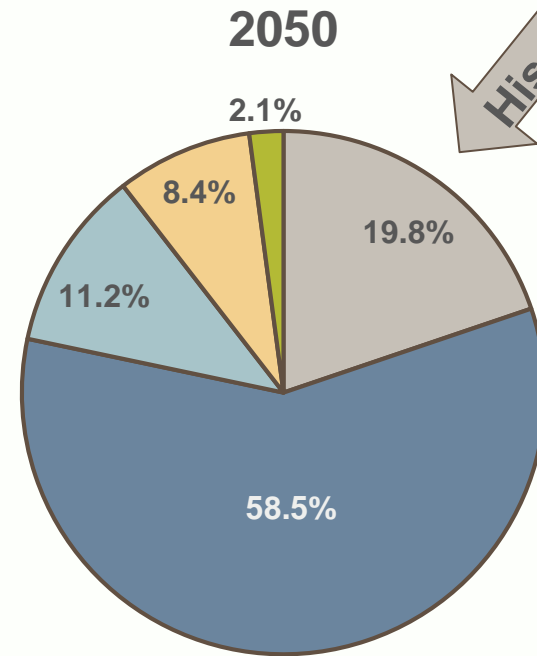
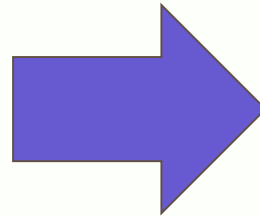
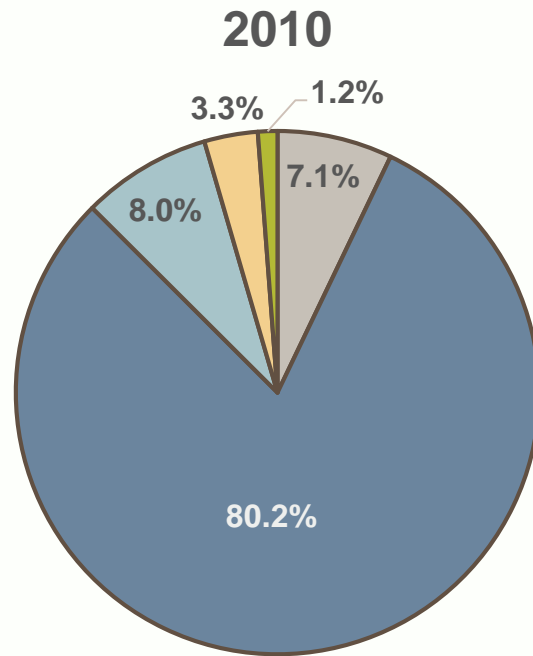


2014
2060

Percent of total
U.S. population,
all ages

Source: <https://files.eric.ed.gov/fulltext/ED578934.pdf>

..... And in the 65+ Population as Well



■ Hispanic
■ NH White
■ NH African American
■ NW Asian
■ Other

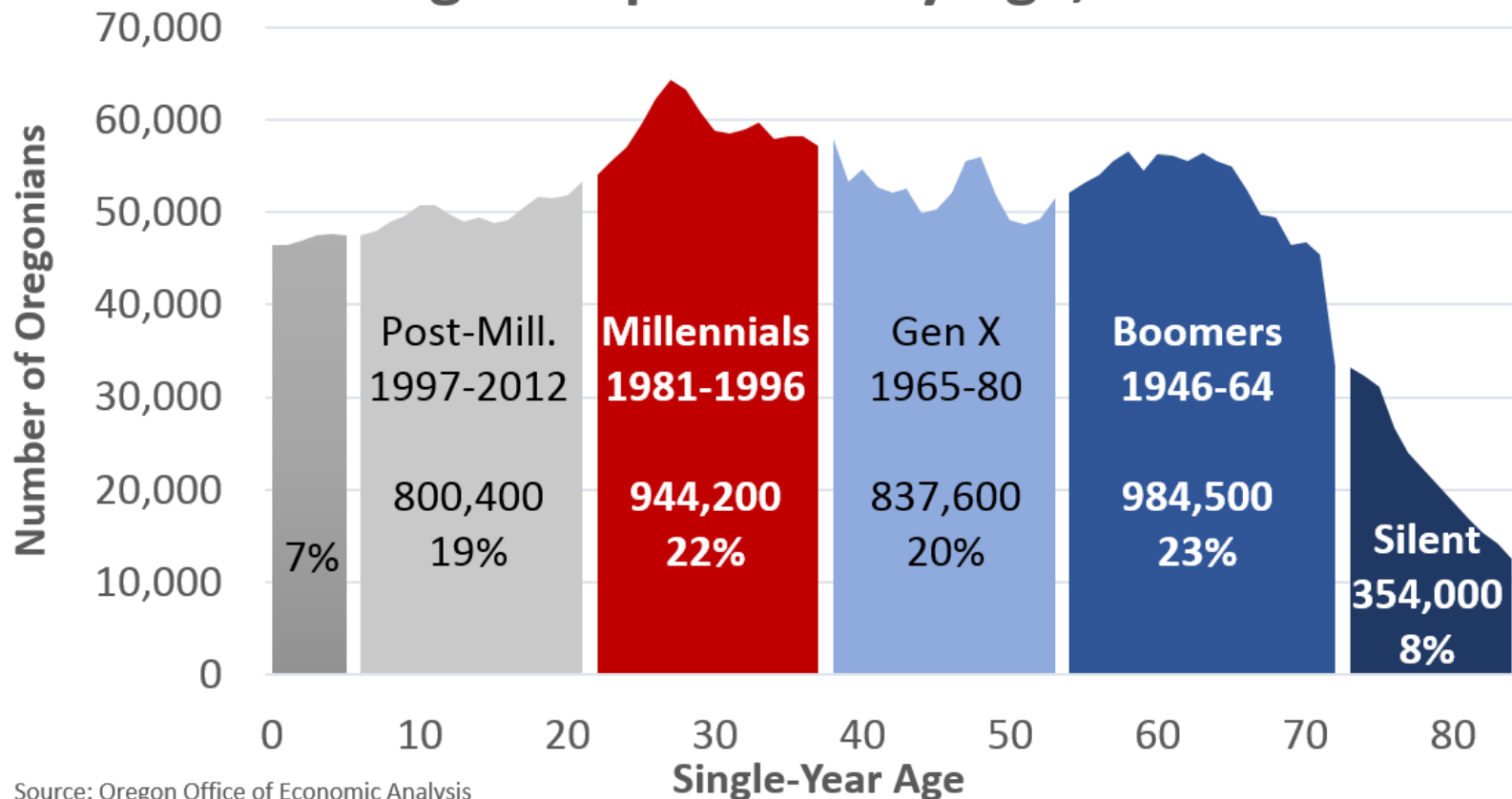
■ Hispanic
■ NW White
■ NW African American
■ NW Asian
■ Other

Source: U.S. Census for Population 65+

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Elders are a Larger Proportion of Oregon's Population Than in U.S. Overall

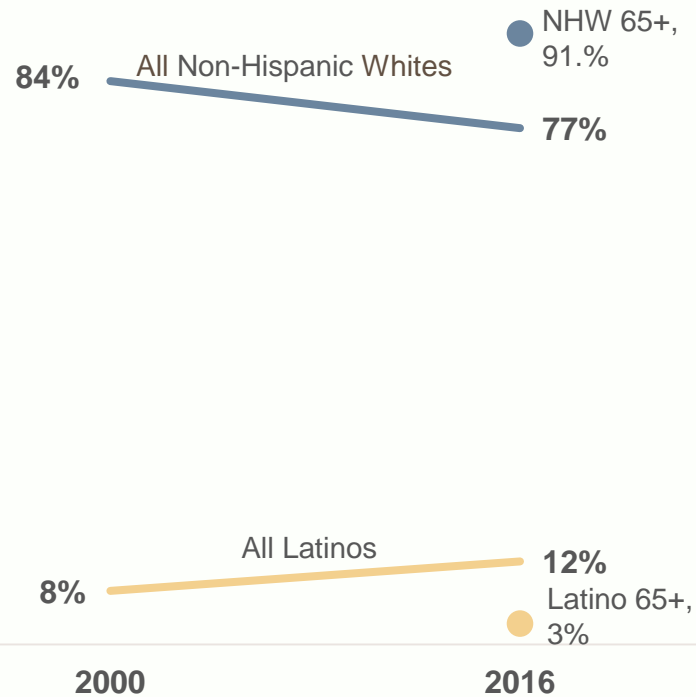
Oregon Population by Age, 2018



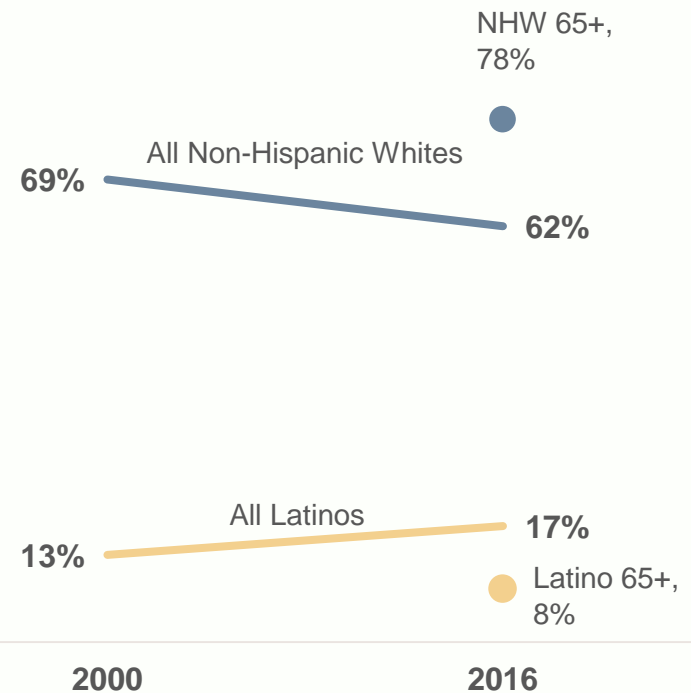
Source: Oregon Office of Economic Analysis

The Latino Population Has Grown Rapidly in Oregon

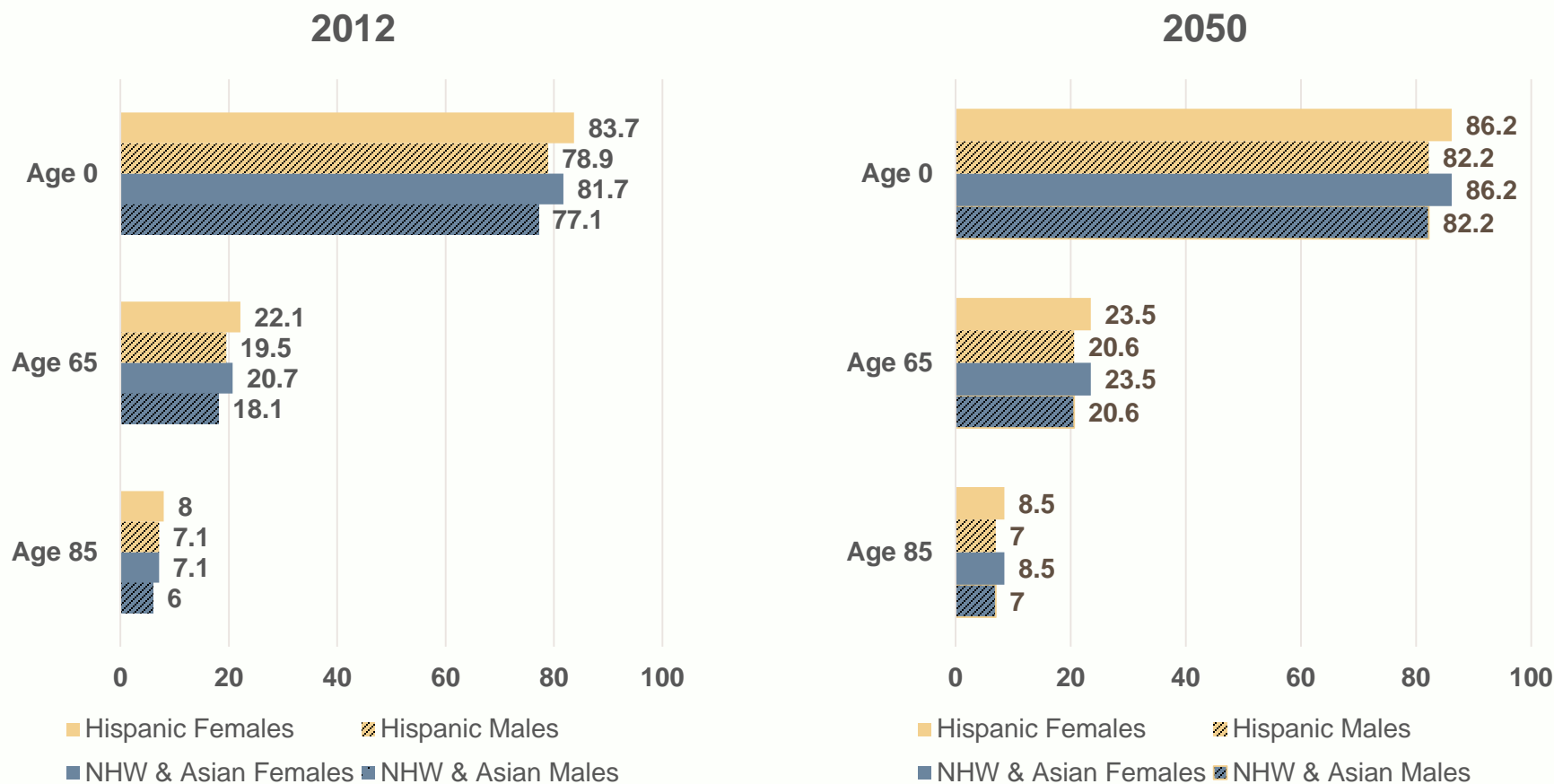
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Life Expectancy is High for U.S. Latino Men and Women



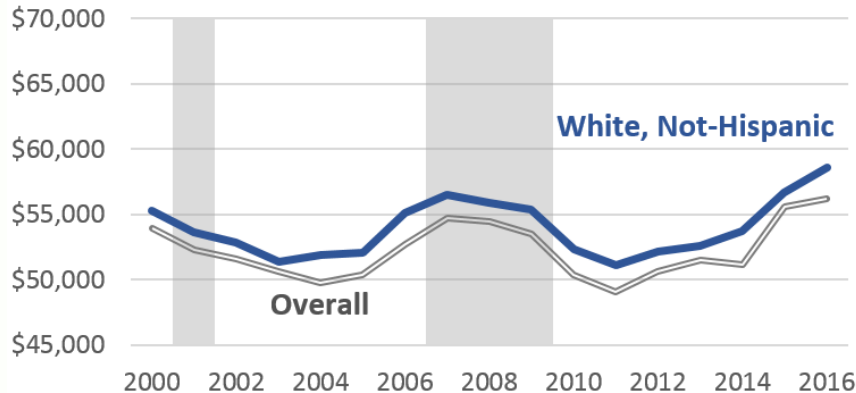
Challenges: Selected Social Determinants of Health for Aging Latinos



Latino Oregonians Are More Insecure Economically Than Non-Latino White Oregonians

Oregon Household Income

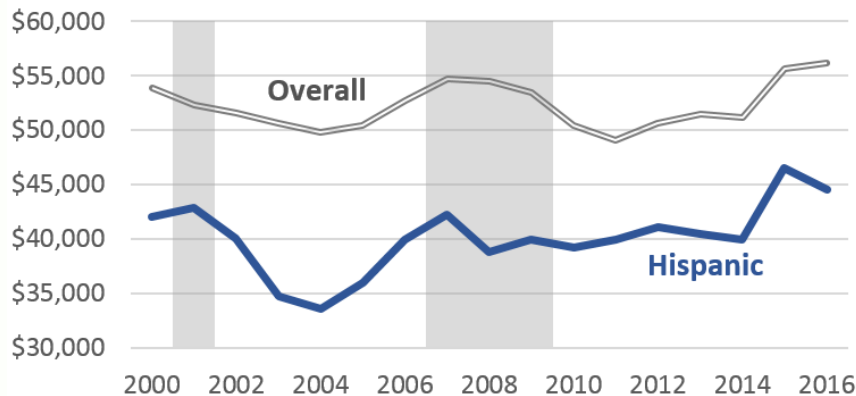
Inflation-Adjusted Median Household Income, 2016\$



Source: IPUMS-USA, Oregon Office of Economic Analysis

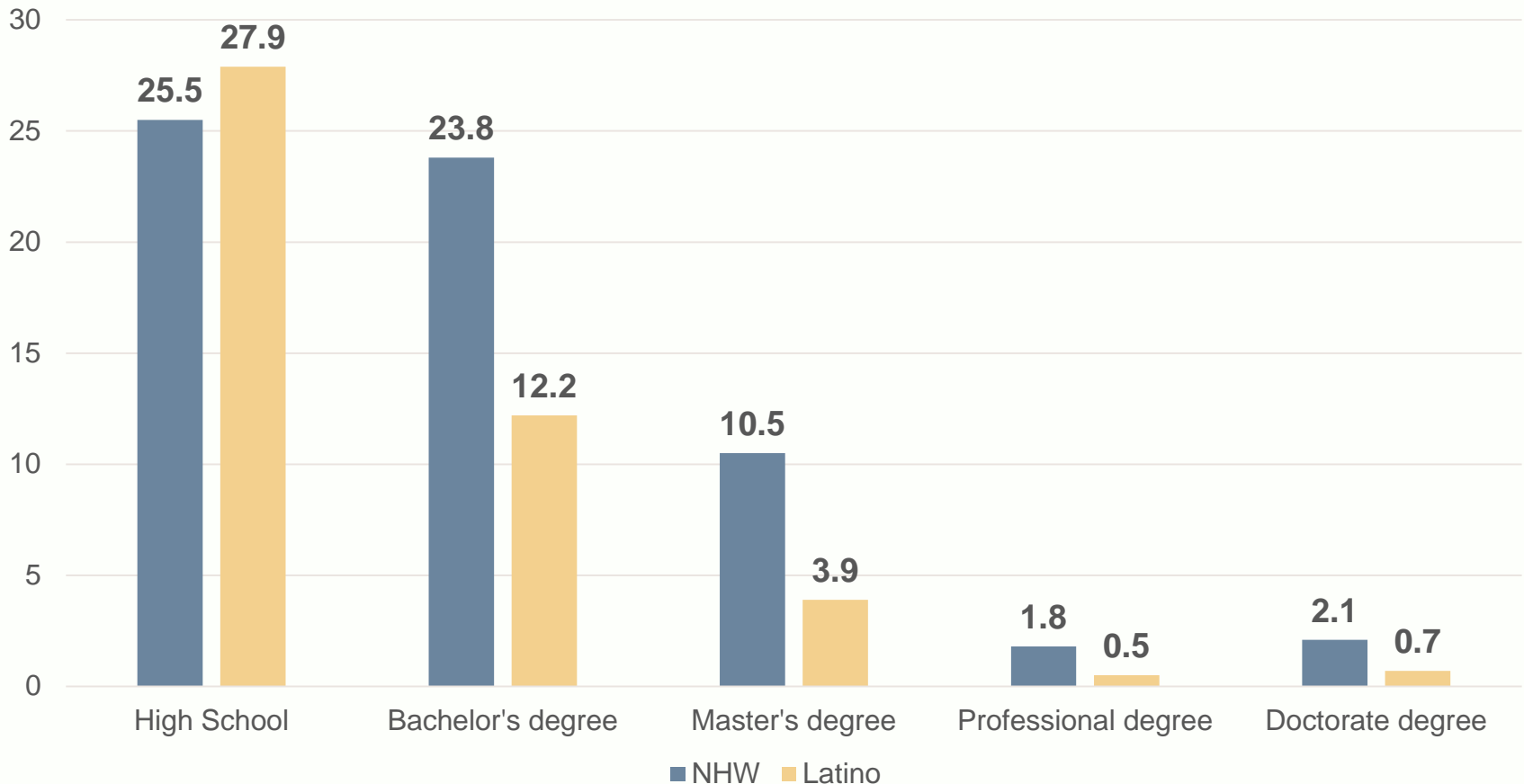
Oregon Household Income

Inflation-Adjusted Median Household Income, 2016\$



Source: IPUMS-USA, Oregon Office of Economic Analysis

Latinos Age 25+ Have Lower Educational Attainment Than Non-Latino Whites



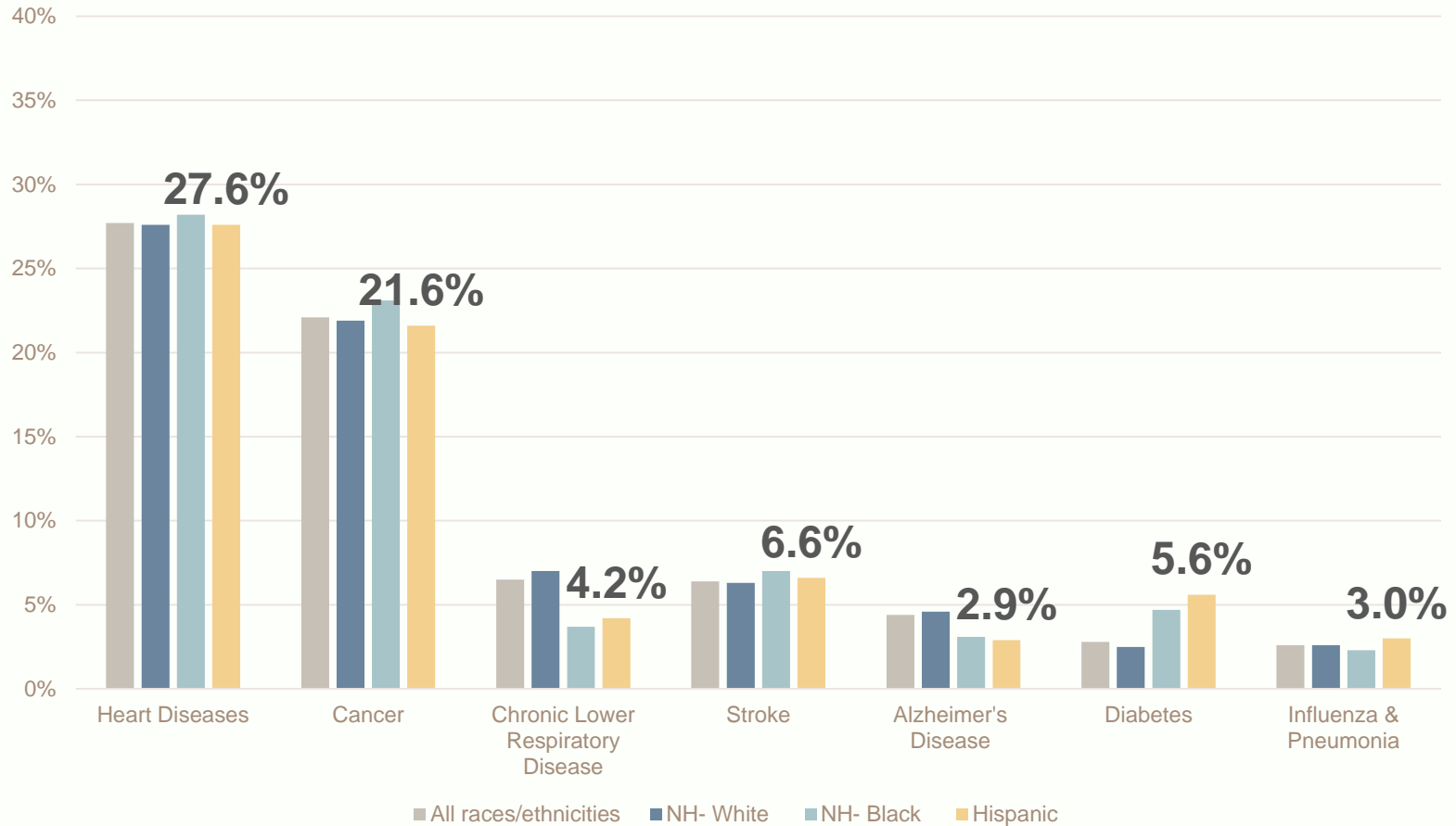
Source: U.S. Census Bureau, Current Population Survey, 2017 Annual Social and Economic Supplement

Percent of Deaths for 75-79 Year-olds in U.S., 2016

Cause of Death	Total	Ranking	Hispanic Females	Ranking	Hispanic Males
1. Cancer	27.3	1	25.5	1	26.8
2. Diseases of the heart	22.2	2	21.1	2	24.3
3. Chronic lower respiratory diseases	8.3	6	3.5	5	4.4
4. Stroke	5.4	3	6.9	3	6.1
5. Alzheimer's disease	3.5	5	4.4	6	2.8
6. Diabetes	3.3	4	6.4	4	5.9

Source: https://www.cdc.gov/nchs/data/dvs/lcwk/lcwk1_hr_2016.pdf

Prevalence of Chronic Health Conditions, Adults 65+

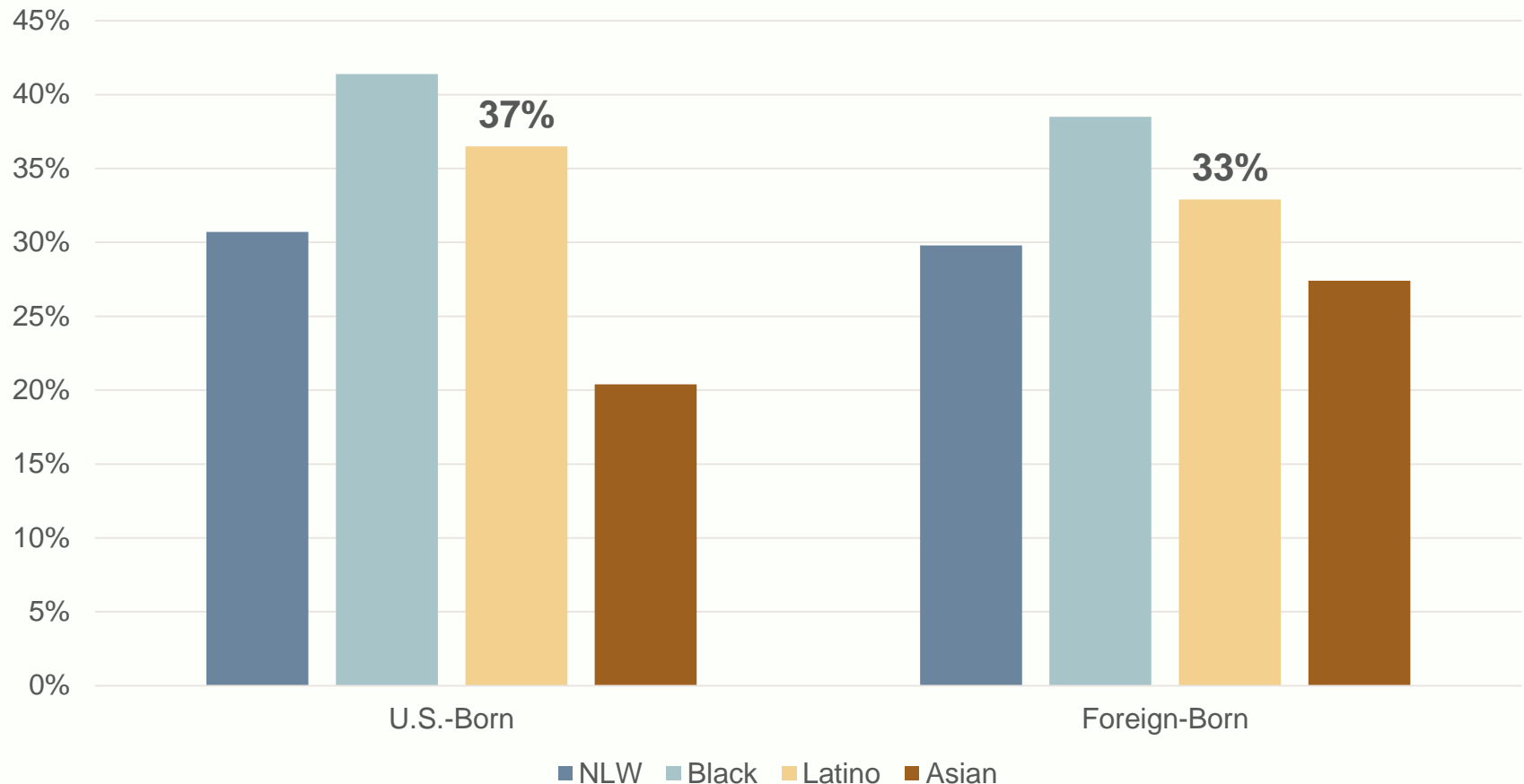


Source:

https://www.cdc.gov/features/agingandhealth/state_of_aging_and_health_in_america_2013.pdf

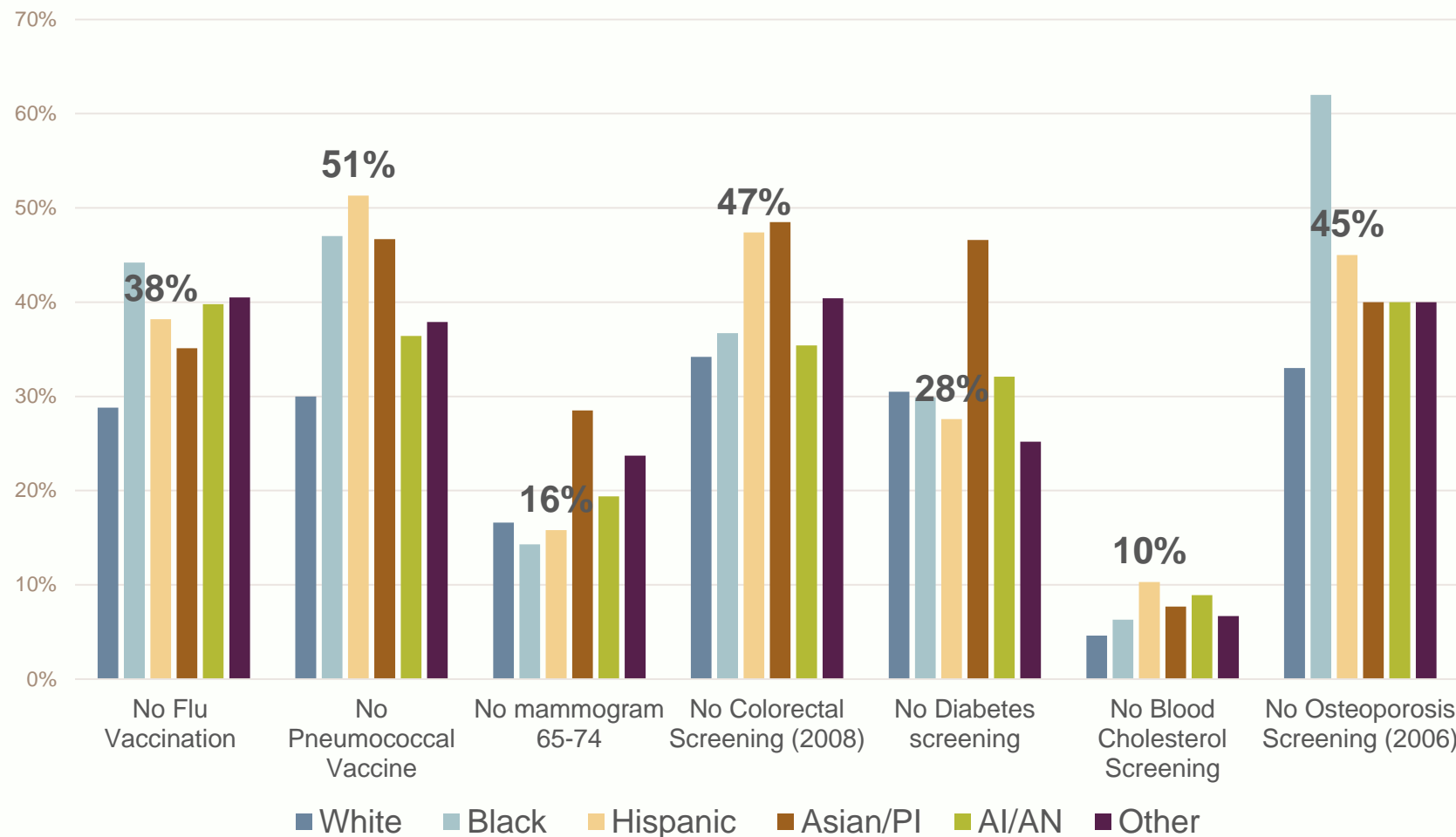
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Functional Limitations by Nativity, Adults 65+



Source: Dallo et al., 2015

Preventive Services Use among Adults 65+



Source:

https://www.cdc.gov/aging/pdf/Clinical_Preventive_Services_Closing_the_Gap_Report.pdf

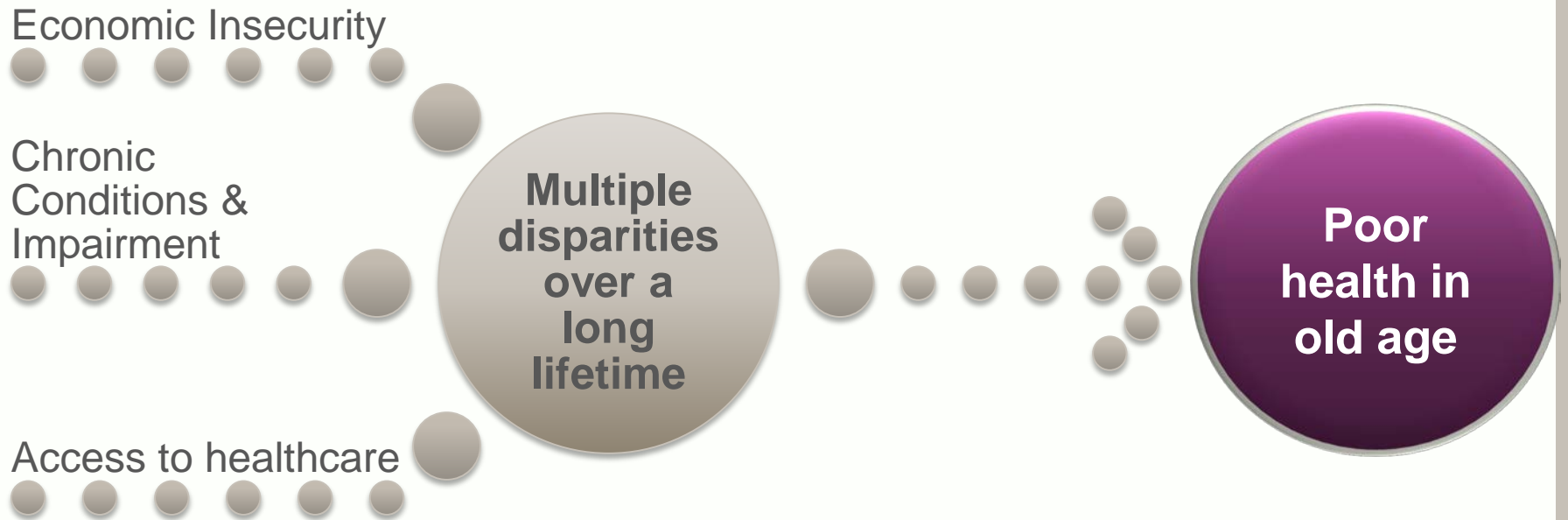
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Barriers to Care among Latino Adults 65+

- Lack of transportation
- Lack of health insurance | eligibility for services | immigration status
- Healthcare system complexity
- Financial costs
- Cultural beliefs
- Poor patient –provider communication
- Limited English proficiency
- Availability of services | residential location
- Stigma and marginalization

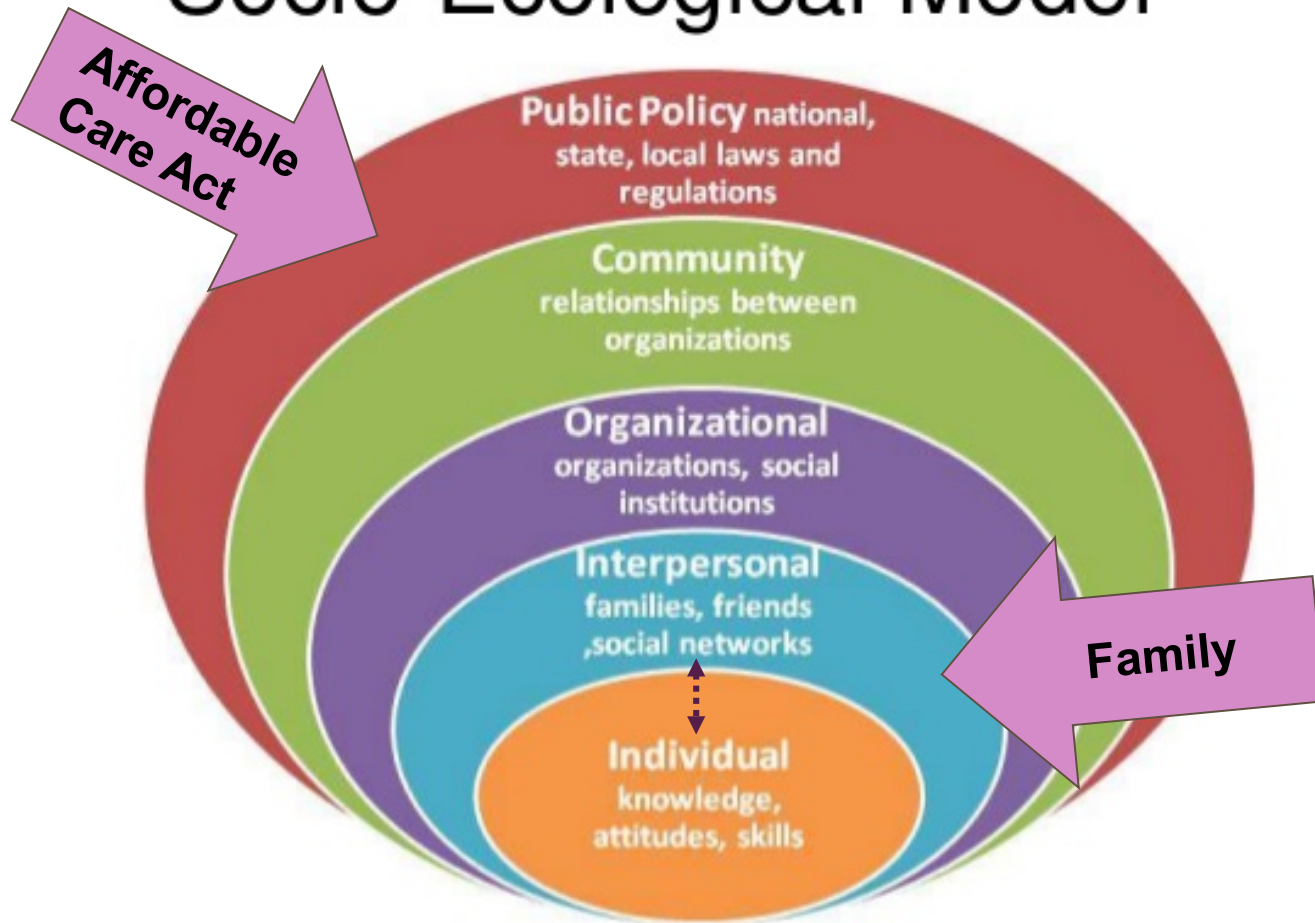
Source: Horton & Johnson 2010

Poor Aging Outlook for Latinos



Opportunities

Socio-Ecological Model

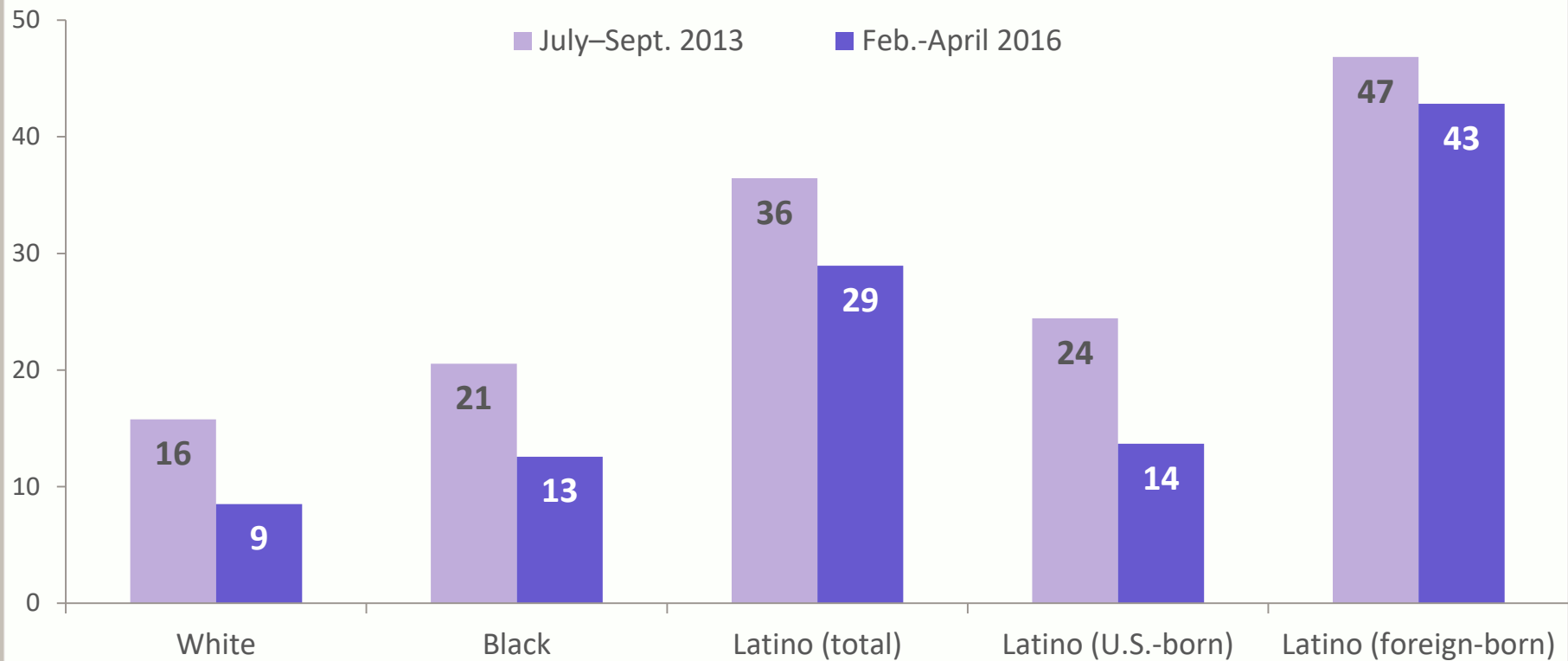


Affordable Care Act

- 4+ million nonelderly Latino adults have gained health insurance coverage since 2012
- Included health promotion and wellness
- Increased funding to federally qualified health centers

Uninsured Rates Have Dropped More Slowly for Latinos Than for Other Groups

Percent adults ages 19–64 uninsured



Source: The Commonwealth Fund Affordable Care Act Tracking Surveys, July–September 2013 and February–April 2016.

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The Family is a Strength for Latino Elders

- Multi-generational household
- Extended-family orientation
 - *La familia*
 - *Compadrazgo* system
- Familism – commitment to family



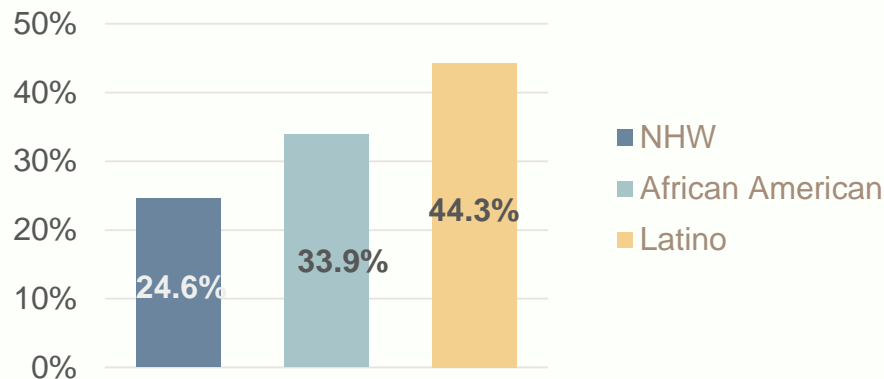
Elders Are an Important Member of the Latino Family



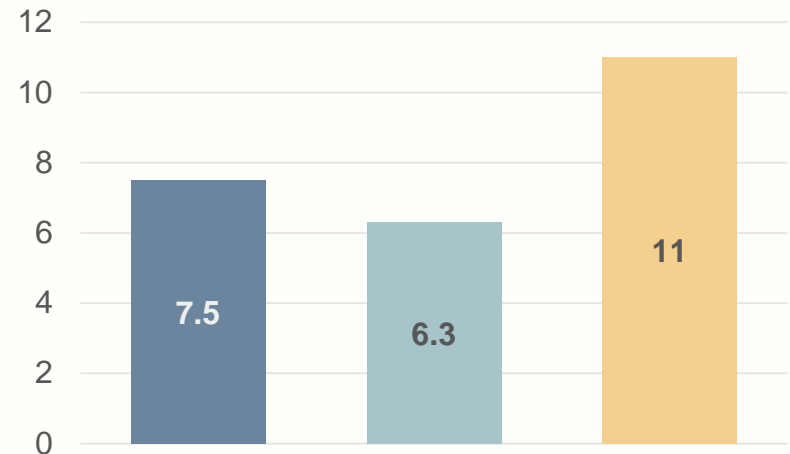
- Elders are at center of social network
- Elders are esteemed for their wisdom and knowledge
- Elders fulfill important social role

Latino Caregiving Families Have a Greater Burden of Care

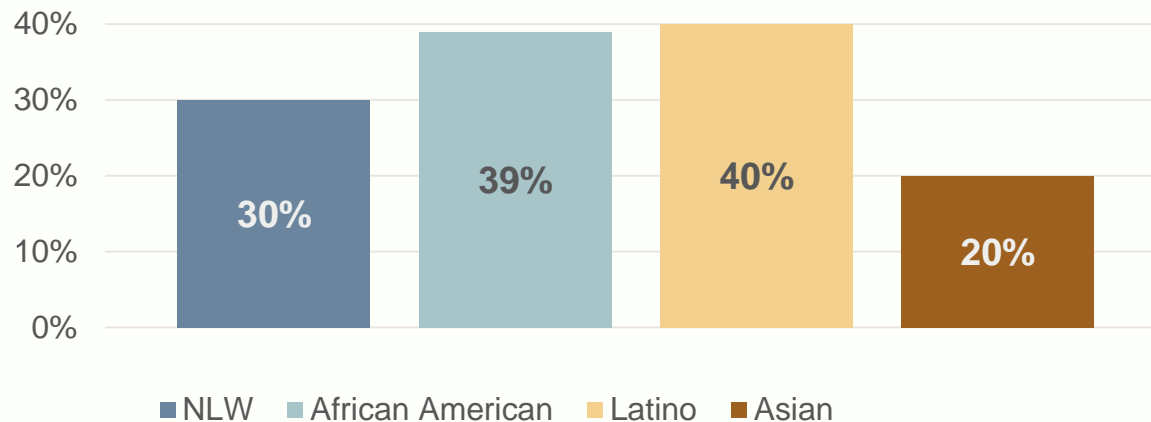
Percent of Elders Receiving Care from Family



Hours of Weekly Care

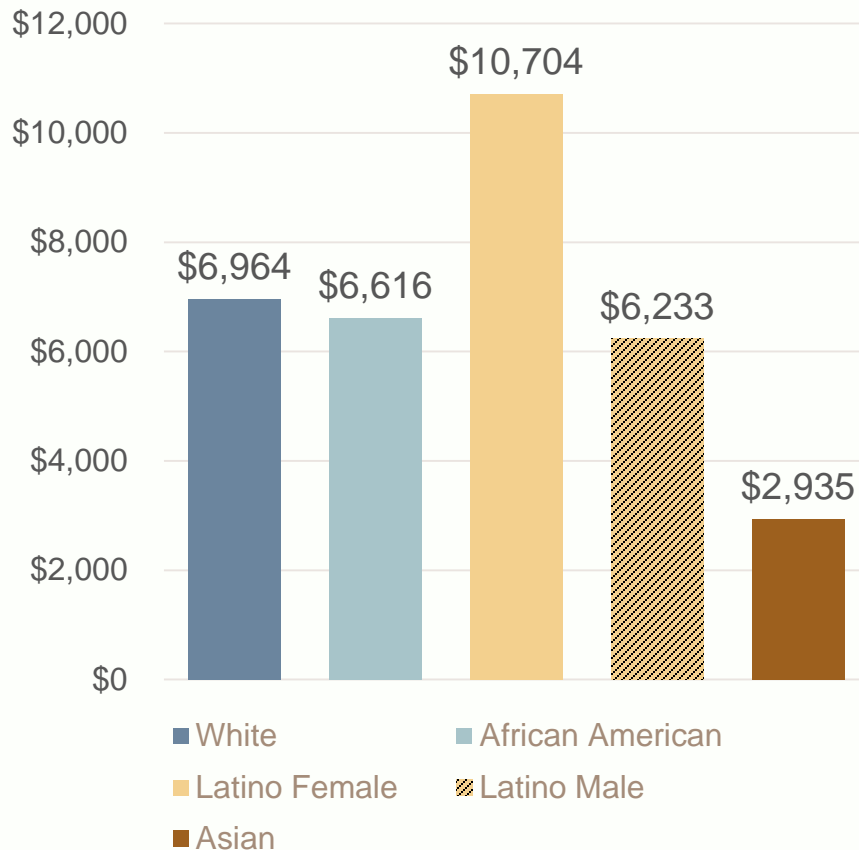


Caregivers in High Burden Situations

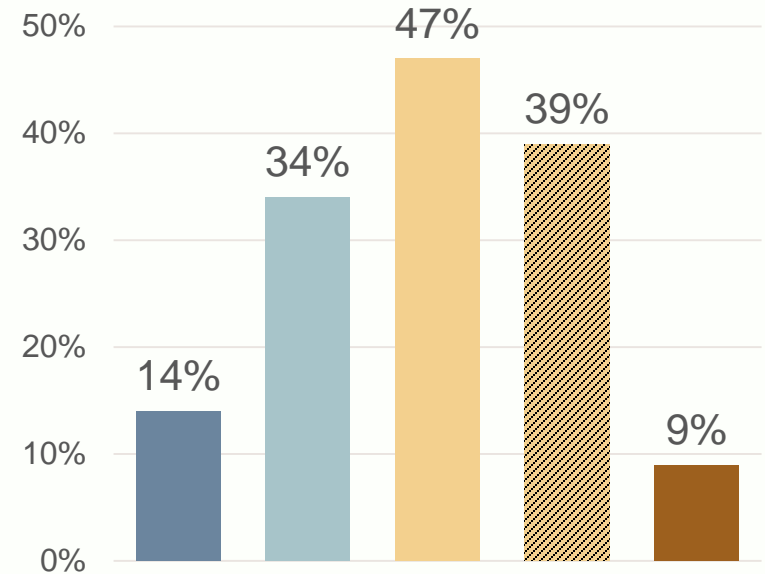


.... at a Greater Financial Cost

Annual Average Spending



Sum of Expenses as a Percentage of Annual Income



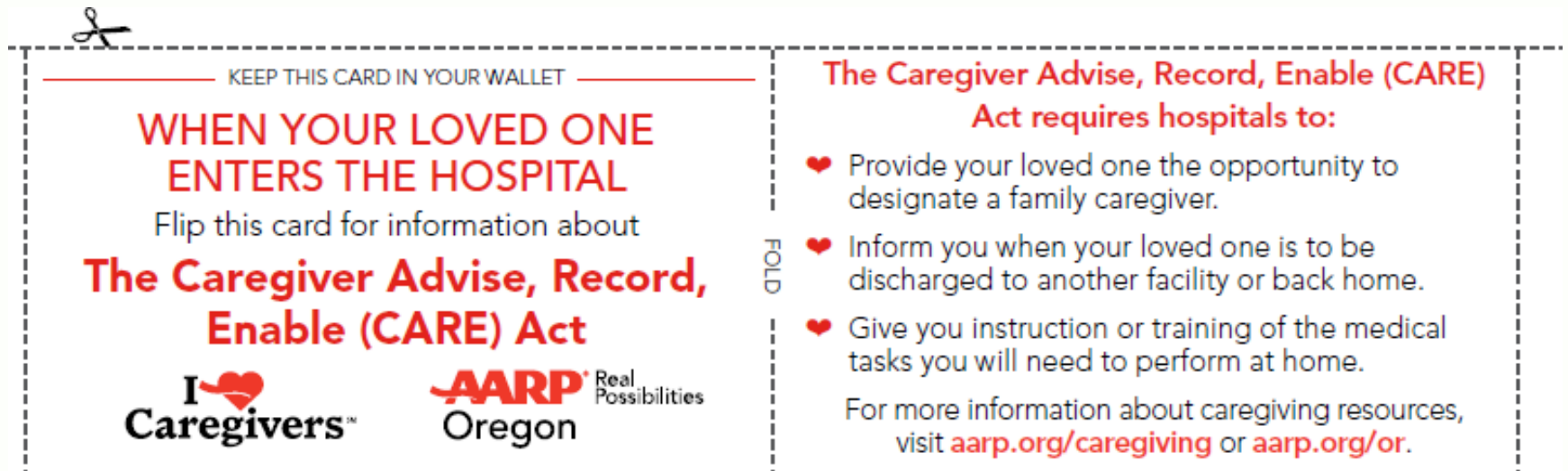
Source: AARP, 2016

Strategies for Improving Health for Aging Latinos

- Continue efforts to increase health insurance coverage through ACA expansion
- Strengthen financial programs for caregivers and families
- Design Long-Term Services and Supports that
 - Are culturally acceptable for Latino families | eliminate stigma
 - Use a multigenerational approach
 - Build communities' capacity to support caregivers
- Deliver clinical services that
 - Are family- and patient-centered
 - Include caregivers

The CARE Act.

New state law, effective 1/1/2016



Source: <https://www.aarp.org/content/dam/aarp/caregiving/2017/11/or-ich-care-act-flyer-aarp.pdf>

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Thank you for Listening! Questions??

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