

Caregiver Health in Los Angeles County

2019-2020 California Health Interview Survey Data on Caregivers of Adults with Dementia and Cognitive Impairment

Approximately 322,880 adults in Los Angeles County provide care to a family member or friend with dementia and cognitive impairment.* Caregivers of adults with dementia play a vital role in maintaining the health and quality of life for those they care for. However, this responsibility can take an emotional and physical toll on the caregiver.

SELF-REPORTED HEALTH

18% of caregivers consider their health to be fair or poor.



This is **higher** than **16%** of non-caregivers.

CARE DELAYS

Caregivers are **1.8 times** more likely than non-caregivers to report delays in receiving medical care.**



**Odds ratio=1.80 (95% CI 1.22-2.67)

Who are Caregivers in Los Angeles?

Caregivers of adults with dementia and cognitive impairment in Los Angeles County are predominantly female (59%), college graduates (54%), employed full-time (59%), and married or living with a partner (55%). The majority identify as Latino or Hispanic (44%) or Non-Hispanic White (32%). Approximately one third (35%) were between the ages of 18-39, with another third (35%) between 40-59, and the remainder (30%) were over the age of 60.

**Caregivers of adults with dementia and cognitive impairment are those who selected "Alzheimer's, confusion, dementia, forgetfulness" as a health condition for which the care recipient required their help.*



Chronic Disease Profile

Caregivers of adults with dementia and cognitive impairment frequently report a higher prevalence of chronic conditions than non-caregivers.

OVERWEIGHT/OBESITY

70% of caregivers were overweight or obese.



This is **higher** than

60% of non-caregivers.

HYPERTENSION

37% of caregivers had borderline or high blood pressure.



This is **higher** than

33% of non-caregivers.

DIABETES

11% of caregivers were diagnosed with diabetes.



This is **lower** than

14% of non-caregivers.

ASTHMA



Caregivers were

1.6 times

more likely to be diagnosed with asthma than non-caregivers.*

*Odds ratio=1.56 (95% CI 1.05-2.32)

Differences in Mental Health

Overall, caregivers experienced more feelings of anxiety and depression than non-caregivers.*

	Caregivers		Non-Caregivers	
	Percent	Population Estimate	Percent	Population Estimate
Feelings of nervousness	12%	38,250	7%	416,389
Feelings of hopelessness	8%	26,619	5%	288,926
Feelings of restlessness	10%	32,490	8%	463,614
Feelings of depression	8%	24,978	3%	192,339
Feelings of worthlessness	5%	29,095	4%	432,290
Feeling that everything was an effort	9%	15,649	7%	222,593

*Respondents reported feelings of anxiety or depression **all or most of the time** during the past 30 days