



How to Live it Up

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(PRESENTATION AVAILABLE ON UCLA CENTER FOR HEALTH ADVANCEMENT WEBSITE)

What we will cover

How important is health?

Progress: what is the best measure?

Some successes

Fighting the tide

Costs and returns: health and economic

Opportunities

Our assignments

Be Prepared to Write to Yourself!

- ▶ 3 things you might do differently in any of your many roles

WHAT ARE YOUR LIFE GOALS?

- ▶ A compatible loving partner?
- ▶ Well functioning children?
- ▶ Strong family ties?
- ▶ Close friendships?
- ▶ Financial stability?
- ▶ Time to enjoy leisure pursuits?
- ▶ Things to look forward to?
- ▶ Making a difference?

WHERE IS HEALTH HIDING?

Is health a goal?

Good health is a helper.

It makes it easier to achieve your goals but doesn't substitute for them.

Health is not the same as quality of life



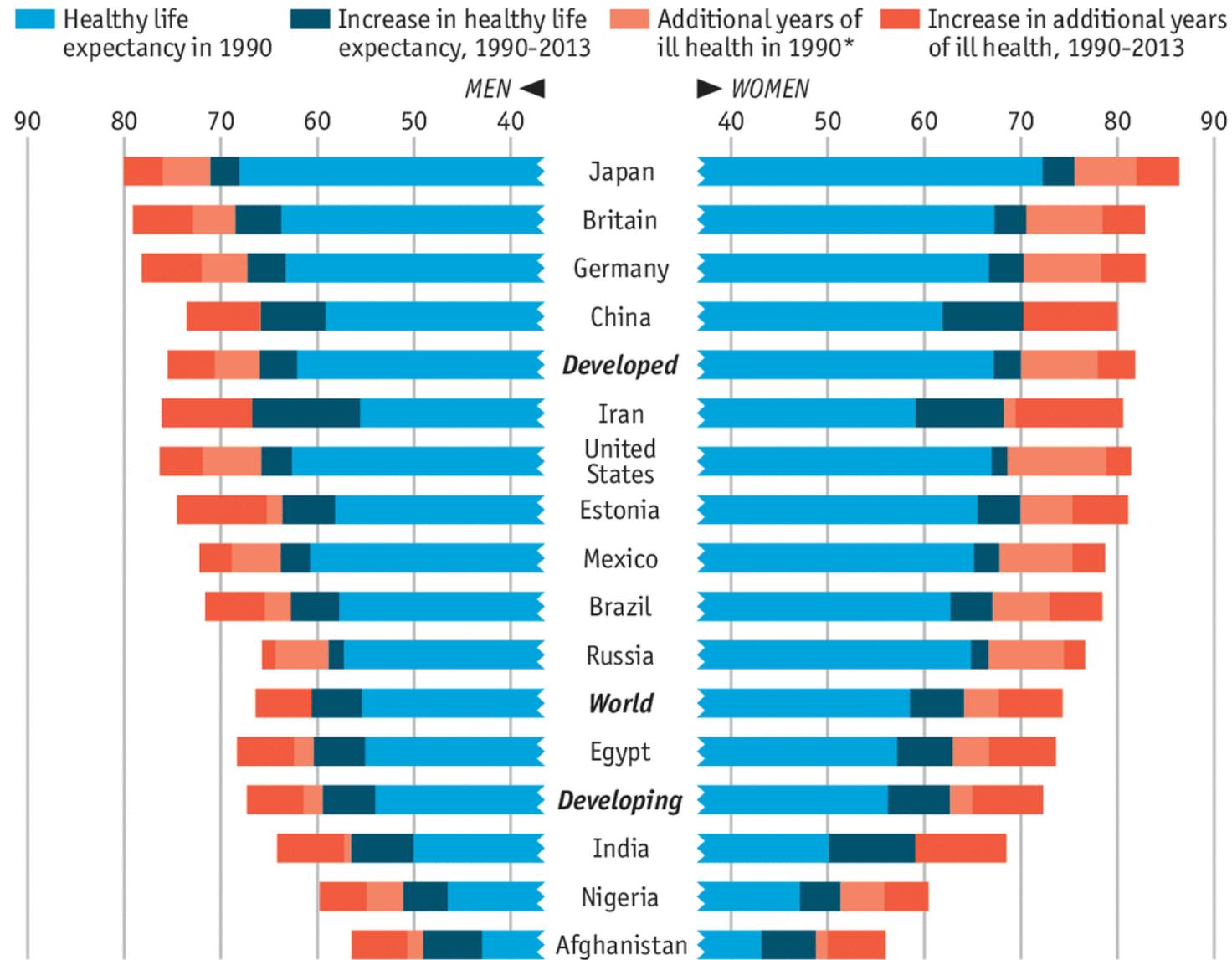
Life Expectancy

Versus

Healthy Life Expectancy
--adding quality years

Life expectancy at birth

Years (selected countries ranked by average healthy life expectancy in 2013)



Source: "Global, regional, and national disability-adjusted life years...", by Christopher Murray et al, *The Lancet*, 2015

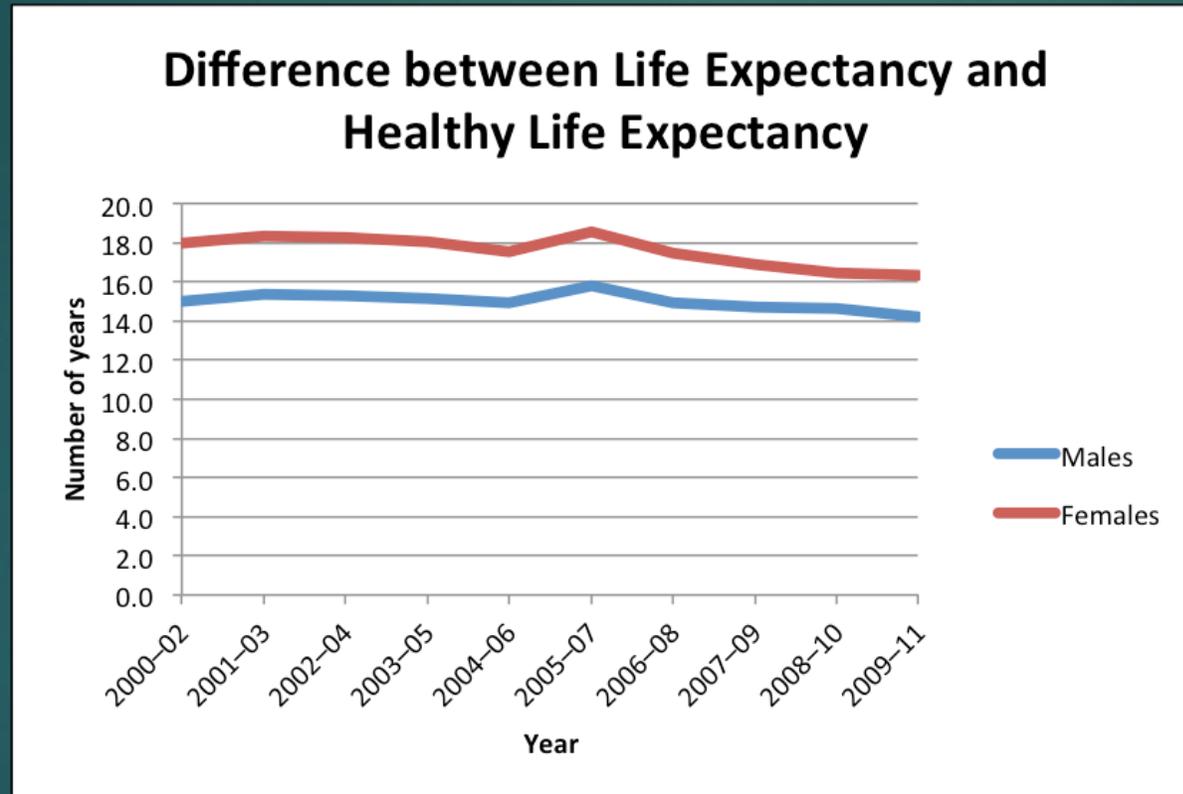
*Where figure is not shown, life expectancy in 1990 is less than healthy life expectancy in 2013

For the first time since 1993, U.S. life expectancy dropped in 2015

- ▶ In 2015, the US ranked 29th out of 43 countries for life expectancy, lagging behind countries like Chile, Costa Rica, Slovenia, Korea, and the Czech Republic. In 2014, the US ranked 28th
- ▶ Only U.S. declined among developed nations
- ▶ The low ranking and recent decline due to rise in several categories of preventable deaths
- ▶ **Highlights failure of American sick care system to properly address the root causes of chronic disease and deaths.**
- ▶ Chronic Illnesses, Opioid addiction, and Obesity are among major contributors

Longevity vs Years of Healthy Life

The gap is narrowing

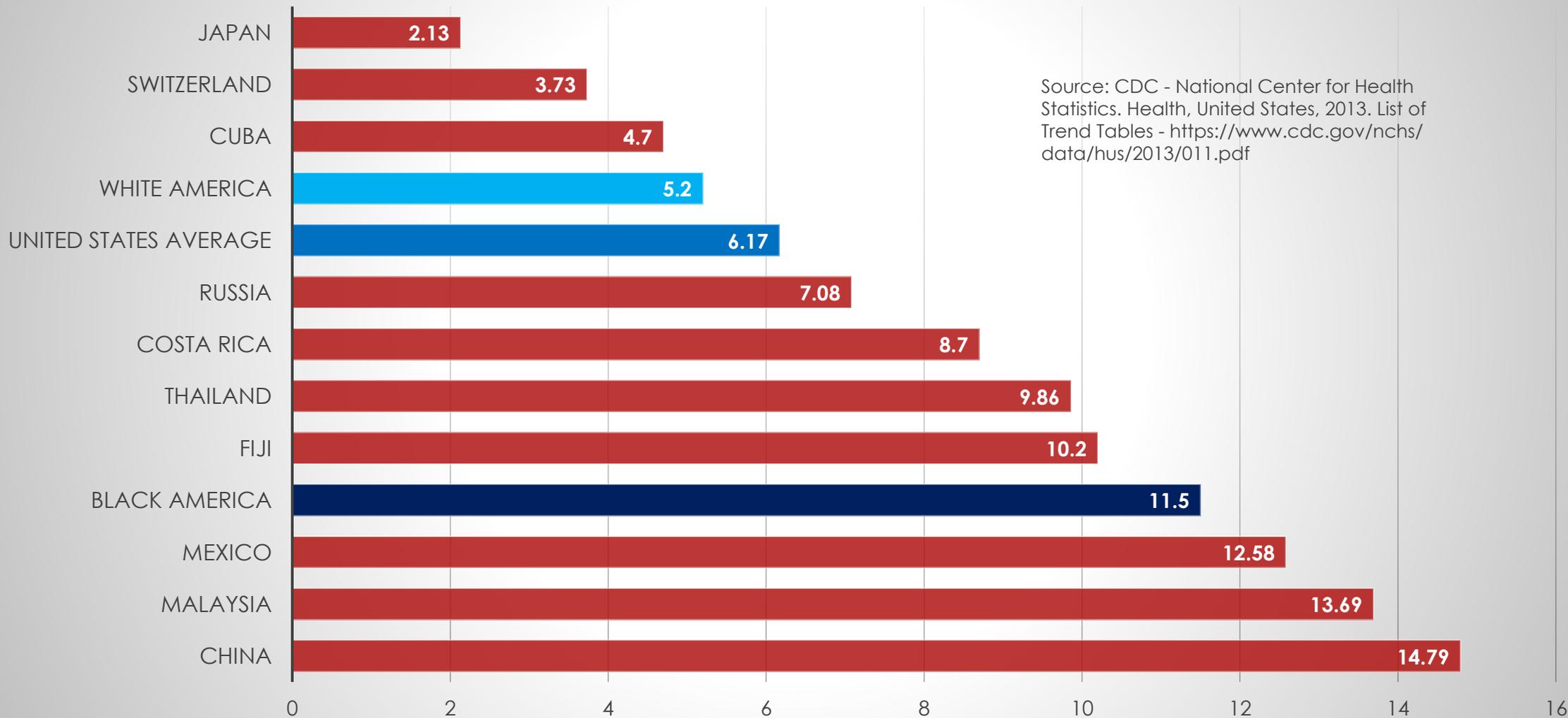


Source: *The Lancet*, Volume 386, No. 10009, p2145-2191, 28 November 2015;
[http://thelancet.com/journals/lancet/article/PIIS0140-6736\(15\)61340-X/fulltext](http://thelancet.com/journals/lancet/article/PIIS0140-6736(15)61340-X/fulltext)

- 
- Years of healthy life are increasing,
 - But we're still doing poorly
 - 1990-2013 increase placed us just under Iran
 - Followed by more additional years of ill health in the US

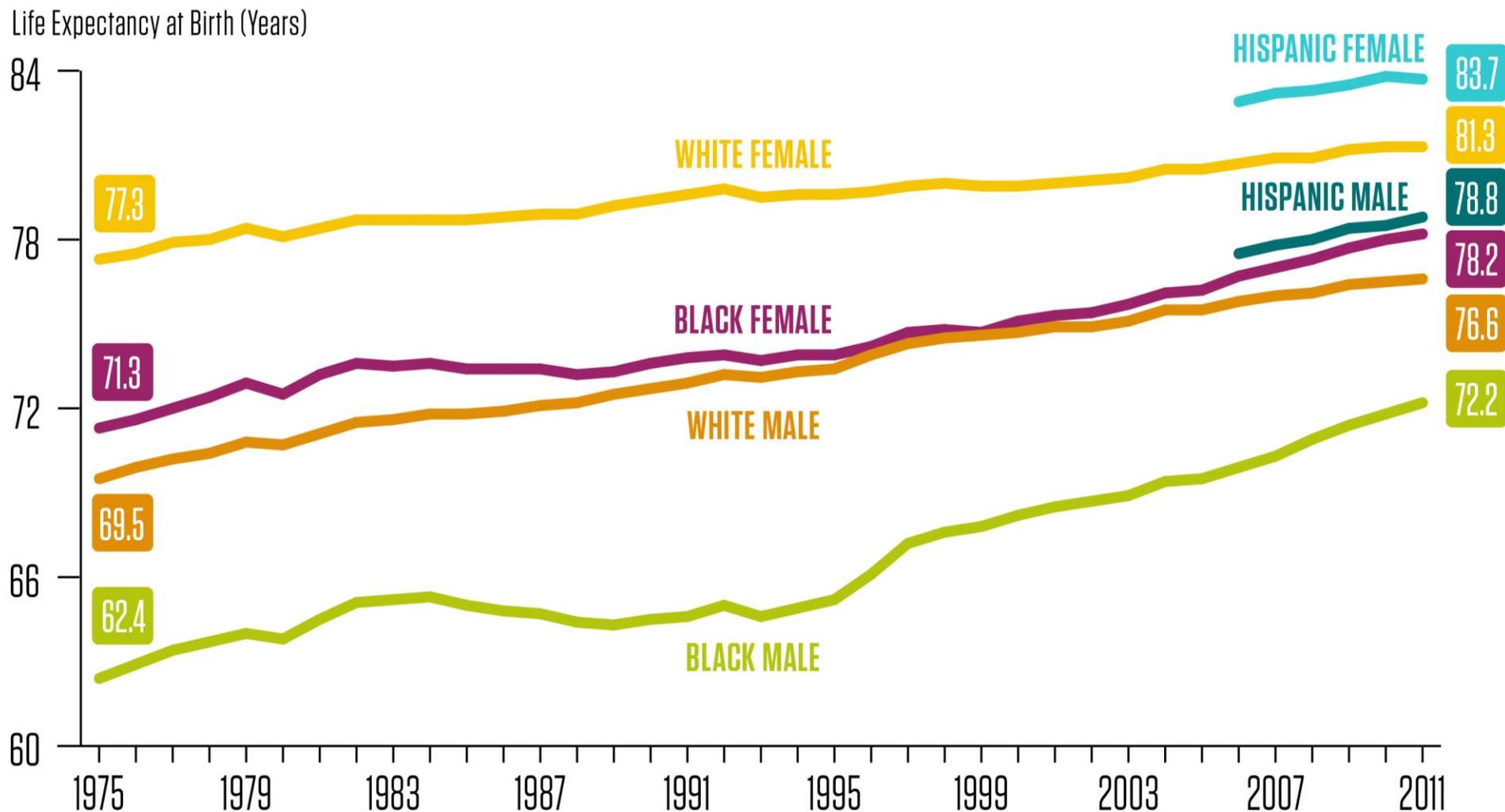
Infant Mortality

Number of infants dying before age 1, per 1,000 births



Source: CDC - National Center for Health Statistics. Health, United States, 2013. List of Trend Tables - <https://www.cdc.gov/nchs/data/hus/2013/011.pdf>

Gaps between White and Black Life expectancy are wide but decreasing,
Hispanics outlive Whites and African-Americans but not Asians

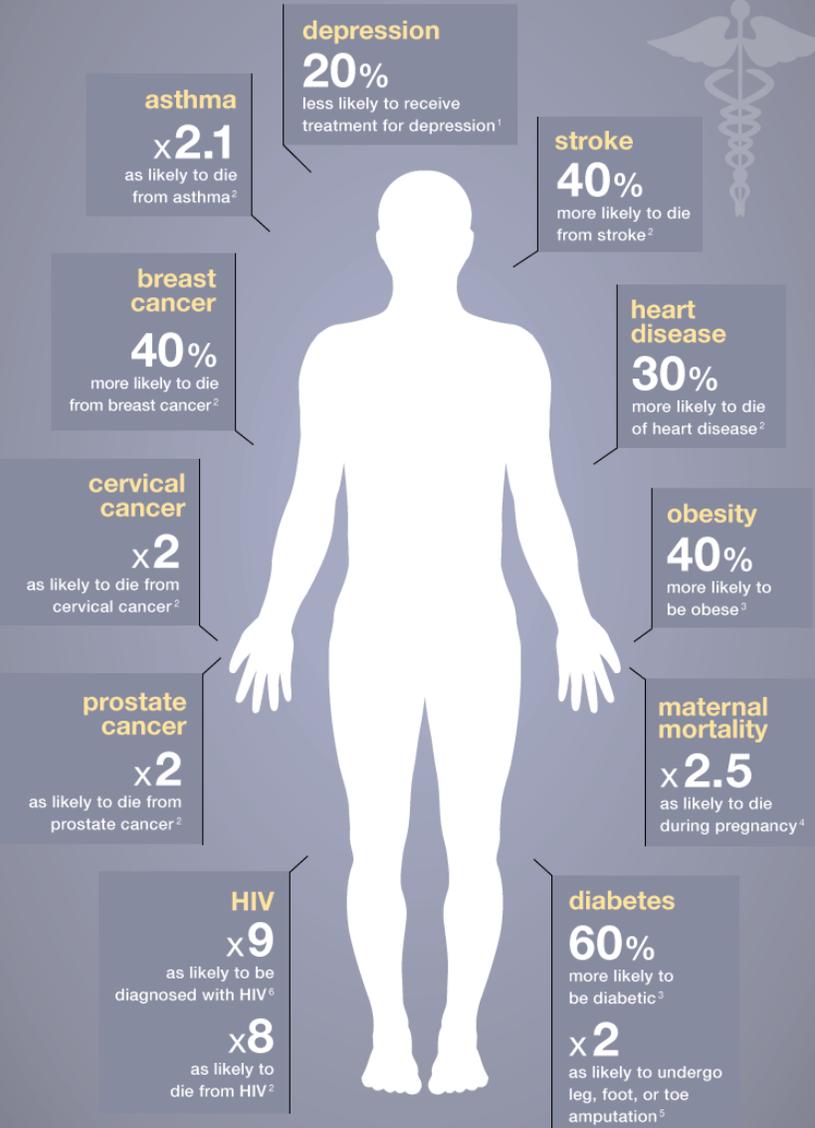


SOURCE: National Center For Health Statistics, "Deaths: Final Data for 2011," National Vital Statistics Report 63, NO. 3 (2014).

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Health Disparities

AFRICAN AMERICAN HEALTH DISPARITIES: ADULTS

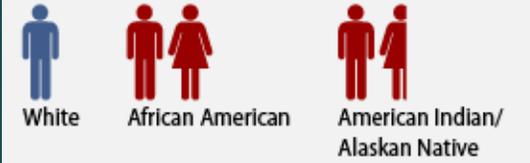


Or health inequities?

Health disparities

For every white person affected by this condition

Stroke



Cervical cancer



Prostate cancer



Adult-onset diabetes



Infant mortality



HIV/AIDS (new Infections)

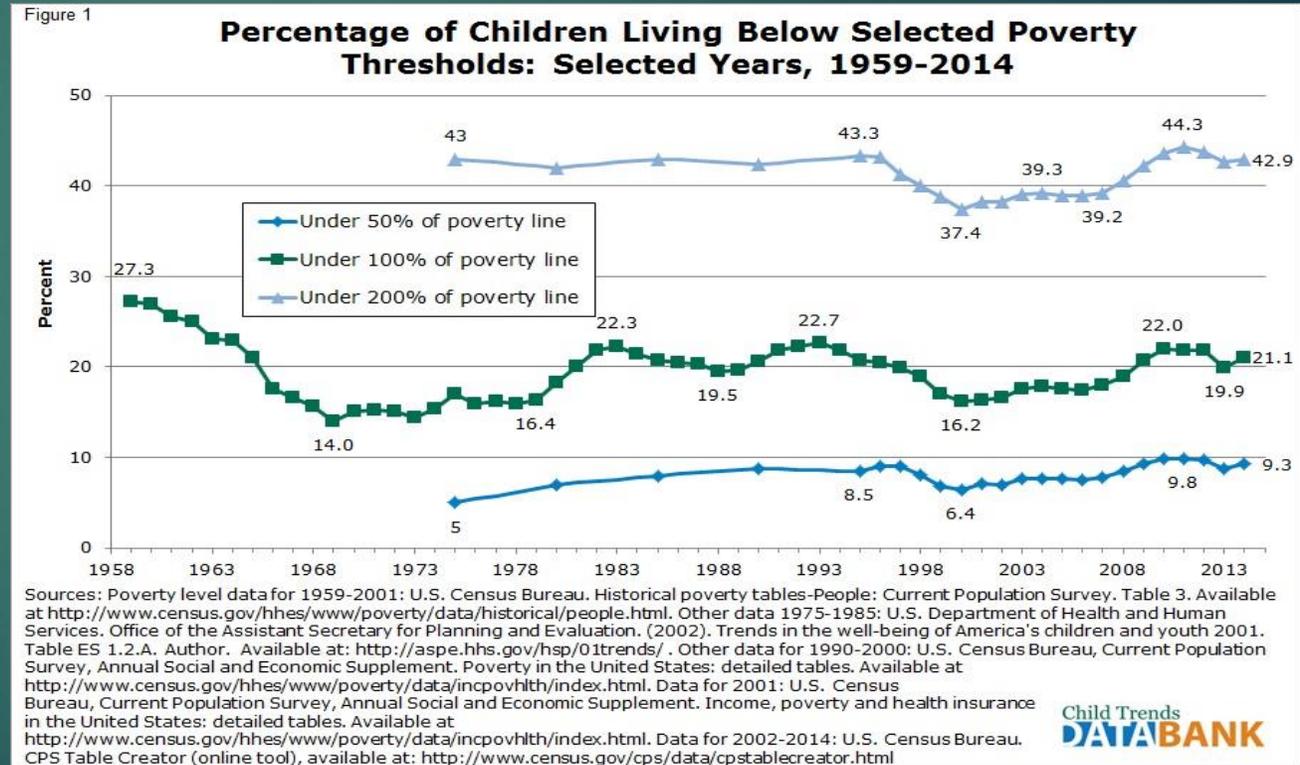
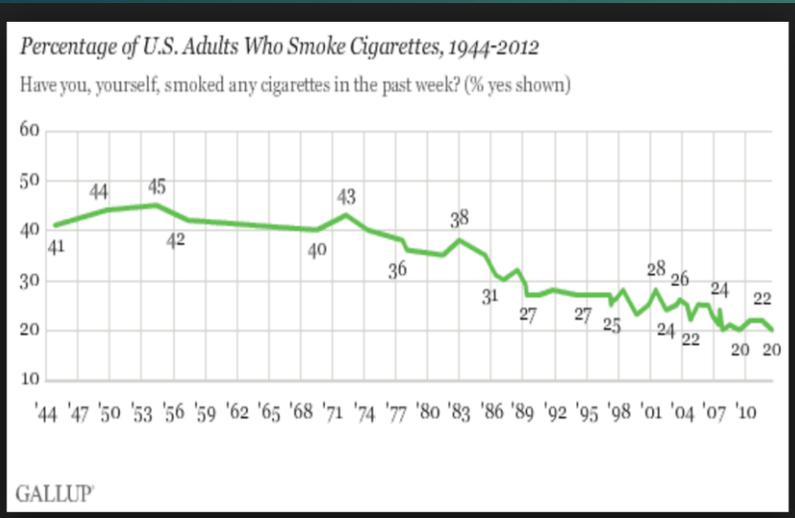


Sources: http://www.fhcr.org/about/pubs/center_news/2004/may20/sart3.html (cervical cancer); <http://www.healthreform.gov/reports/healthdisparities/> (HIV, diabetes, prostate cancer); http://www.childtrendsdatabank.org/sites/default/files/57_fig02.jpg (low birth weight, 2008)

Some contributions to healthier lives

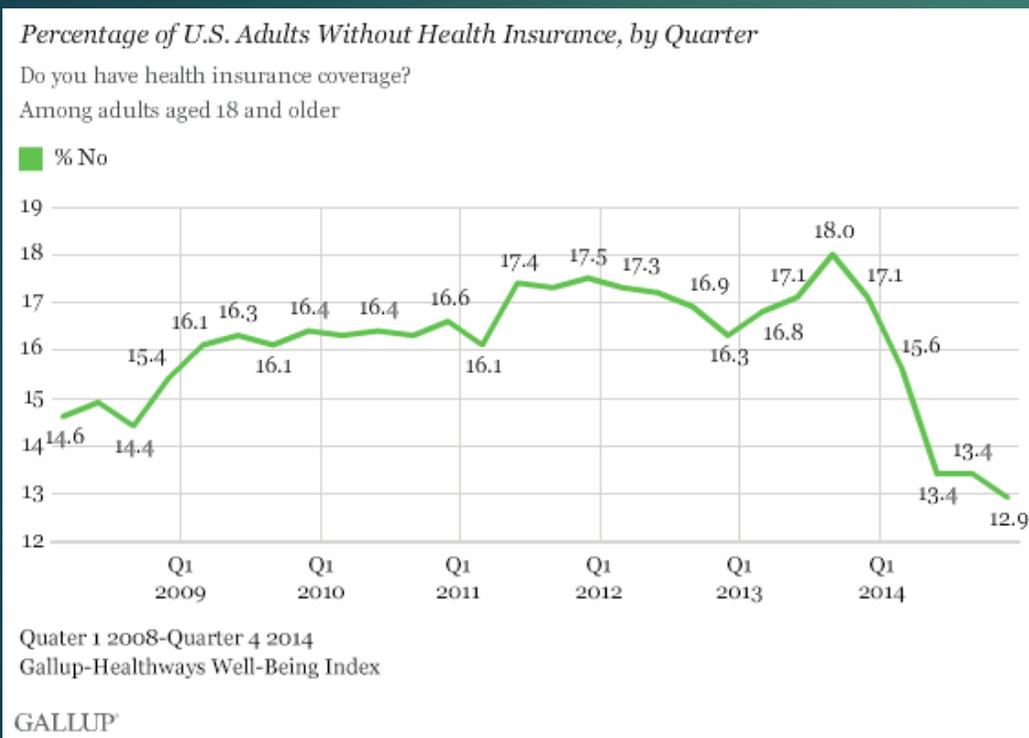
Smoking is Down

Children Living in Poverty is Decreasing

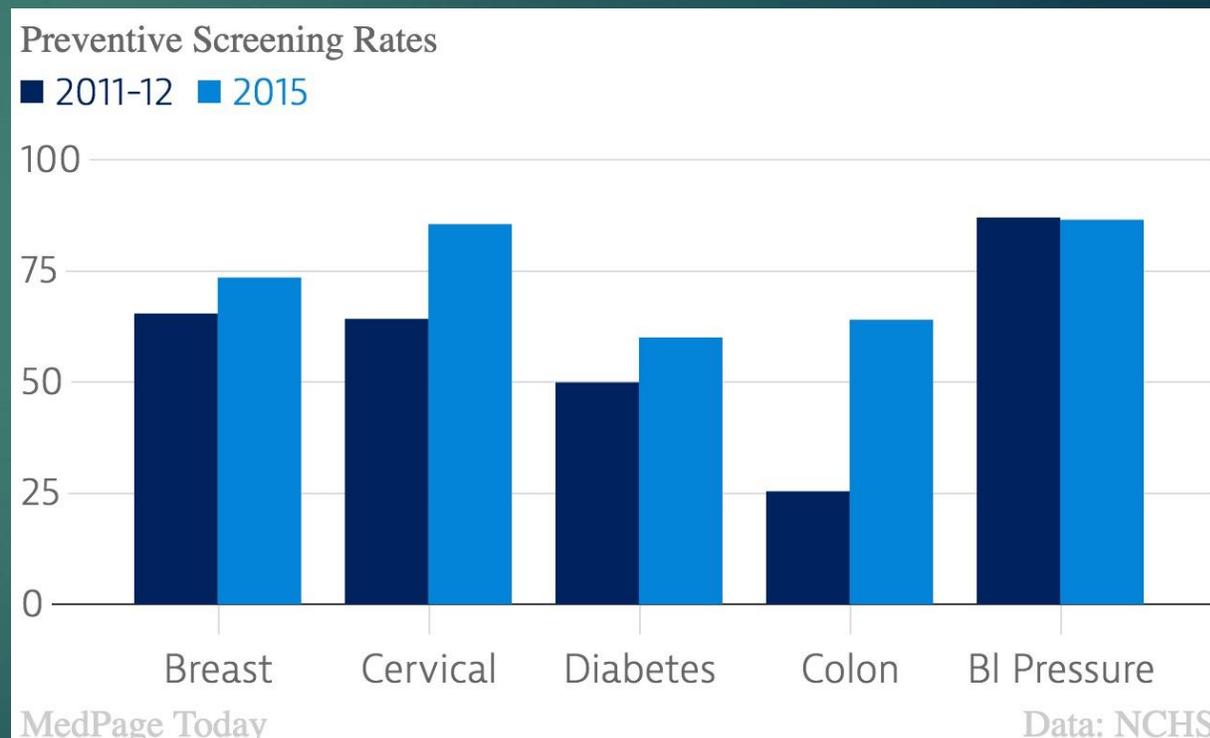


Good News

More people have health insurance than ever before

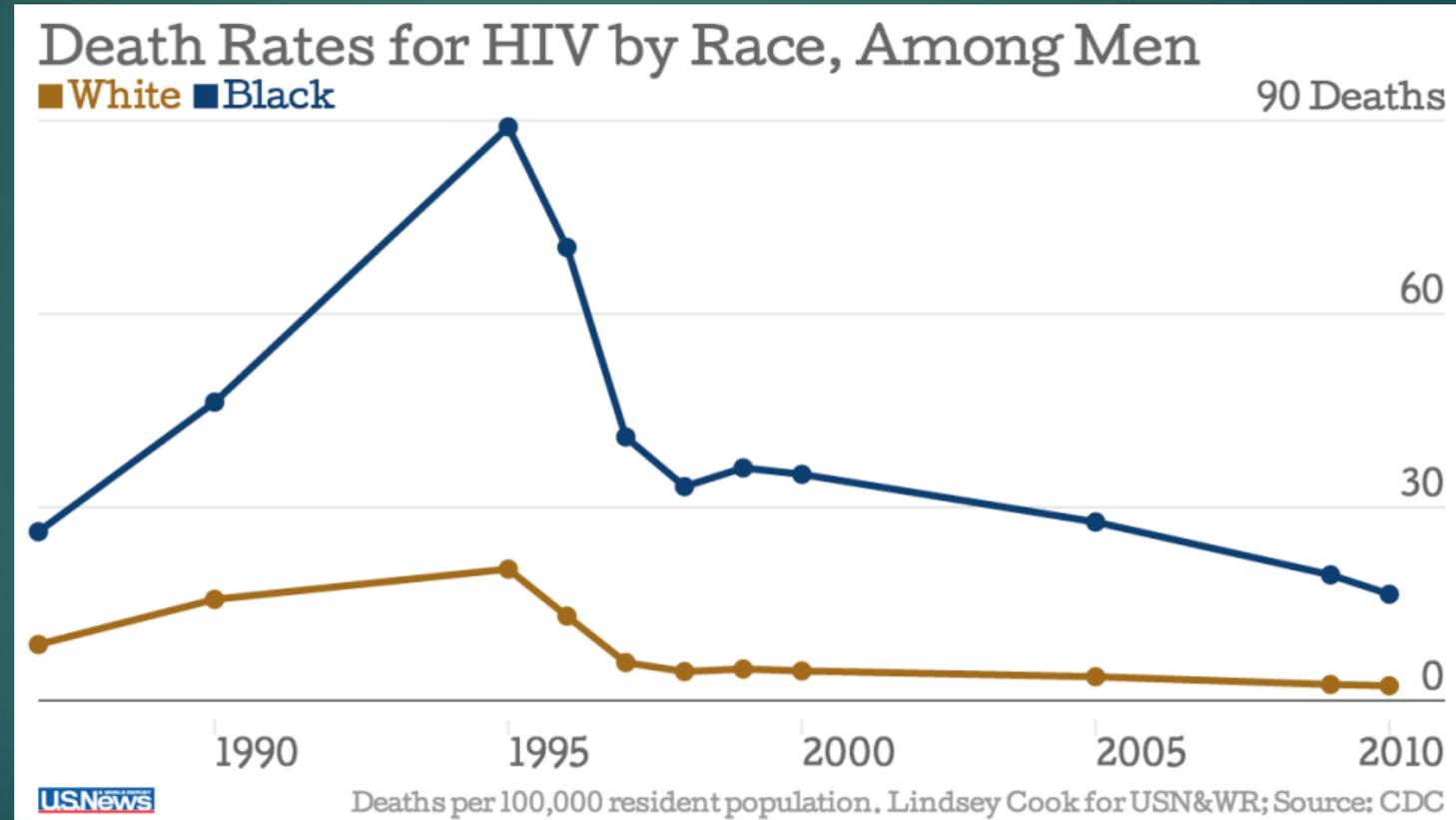


More Evidenced-Based Preventive Services



Good News

Plummeting HIV death rates



And more good news:

- ▶ Lower cardio-vascular burden
- ▶ Cure for Hepatitis C
- ▶ More vaccines
- ▶ Some cancers with lower mortality
- ▶ Improved occupational health in some industries
- ▶ Lower respiratory disease burden
- ▶ Reduction in homicides (but not in all cities and states)
- ▶ Reduced unintentional injuries

HEALTHY AGING

“ Soon, the world will have more people who live to see their 80s or 90s than ever before. ”

~ World Health Organization



10%

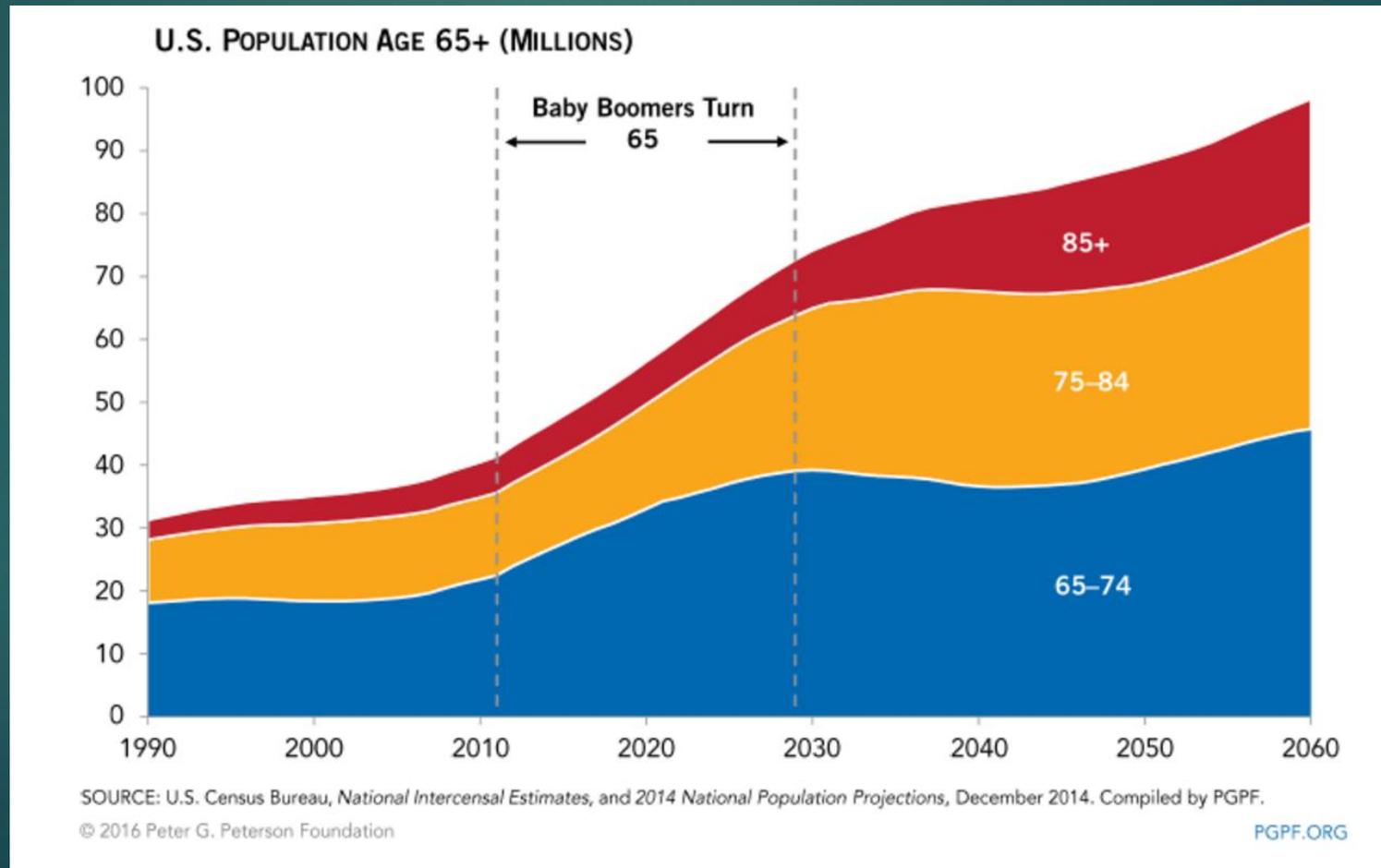
20%

30%

of the population will be seniors (65 and older)

Population explosion: Older adults

The Elderly population is growing rapidly and living longer



Chronic illness

- ▶ 80% of seniors have at least 1 chronic condition
- ▶ 50% have 2 or more
- ▶ Newer Intertwined Epidemics: Obesity and Type 2 Diabetes

Substance Use Disorders

- ▶ Growing epidemic
- ▶ Drug Deaths = Motor Vehicle Deaths
- ▶ Opioids major contributor
 - ▶ Young, middle and older adults
 - ▶ All income and educational groups

Mental Health Problems

- ▶ Depression:
 - ▶ Common
 - ▶ Underdiagnosed (10% get diagnosed) and over-treated
 - ▶ Loneliness and lack of family interaction/ support major contributors
 - ▶ Nursing home residents at greatest risk (54% after 1 year in one study)
- ▶ Dementia
 - ▶ Age related
 - ▶ Tragic and stressful for families; difficult for care givers
 - ▶ Huge social costs

Cardiovascular Diseases

- ▶ Great progress over past decades
- ▶ But still #1 cause of death in older adults
- ▶ Frequency increases with age

Infectious Diseases

- ▶ Return to prominence
- ▶ Inadequate antibiotics for “super bugs”
- ▶ Major risk of hospitalization

Injuries and Neglect

- ▶ Unintentional
 - ▶ Falls
 - ▶ Crashes
- ▶ Intentional: 6 million reported cases per year in older adults
 - ▶ Physical abuse
 - ▶ Mental abuse/ neglect
 - ▶ Monetary abuse
 - ▶ Suicide (20% of total number)

Supply Side Problems in Care for Older Adults

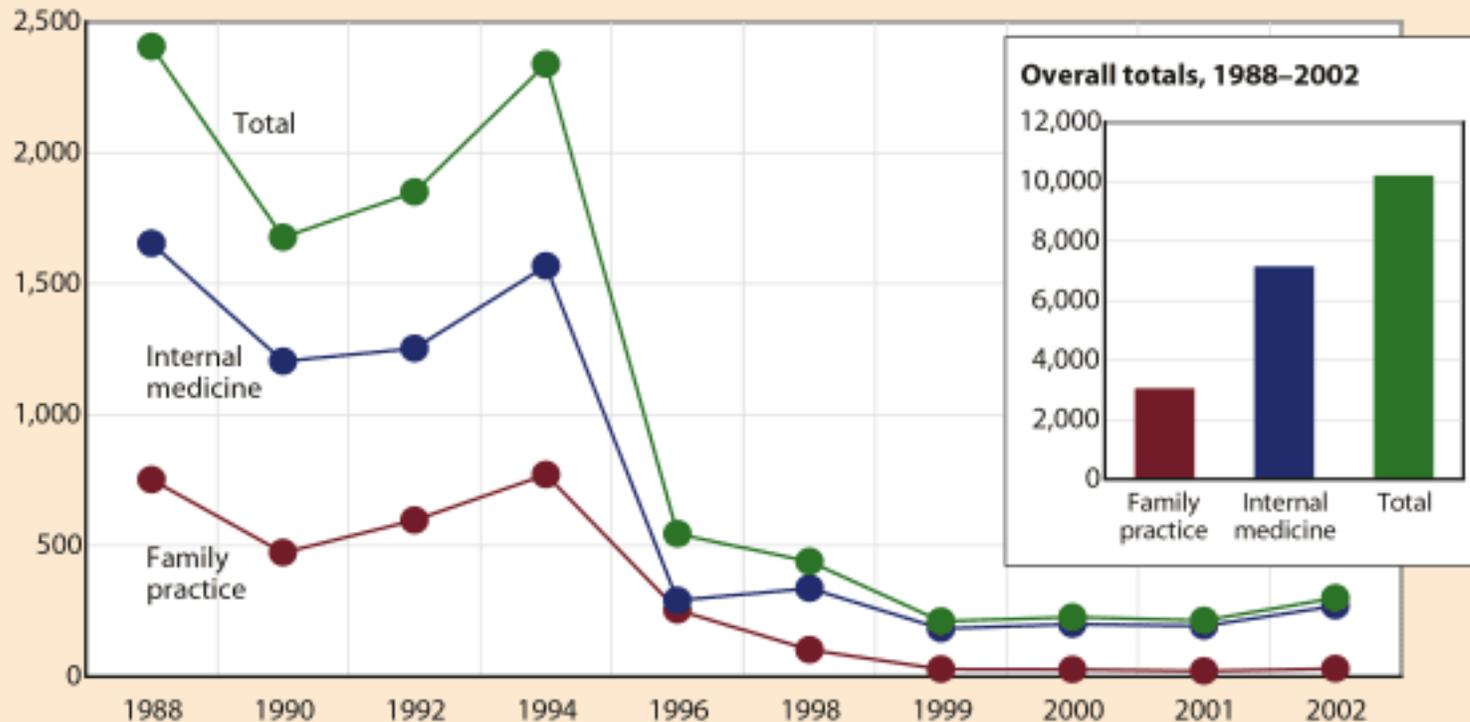
- ▶ Physician and nurse shortage
- ▶ Inadequate training in geriatrics in medical education
- ▶ Mal-distribution of resources
- ▶ Limited access based on health benefits eg Medicaid
- ▶ Perverse incentives—pay for procedures

Caregivers/Geriatric medicine

Fewer physicians seek geriatric certification

Despite our aging population, the number of physicians seeking certification in geriatric medicine from the American Board of Family Practice and the American Board of Internal Medicine has dropped significantly.

Certificates of added qualifications awarded in geriatric medicine



Note that dots do not represent annual awards of certificates. Some are for two-year periods.
Source: Association of Directors of Geriatric Academic Programs

- Approximately 25% of US adults 18 years of age and older reported providing care or assistance to a person with a long-term illness or disability in the past 30 days
- Caregivers are at increased risk for negative health consequences, including stress and depression
- We need a minimum level of geriatric training for health professionals
- We also need enhanced data on certain subpopulations of older adults, including aging LGBT populations

Sickness Care Costs

- ▶ Increasing much faster than other costs
- ▶ To pay for care many older adults have to forego other basic needs eg adequate nutrition, heating residence etc.
- ▶ Prescription meds particularly high price increases
- ▶ Result: 19% of elders skipped needed care because of out-of-pocket costs versus 1% in Scandinavia, 3% in France

The Key that Won't' Unlock Better Health

- ▶ More spending on sickness care is the wrong key
- ▶ Already spend 50-100% more per capita than other developed countries
- ▶ But, much worse health outcomes

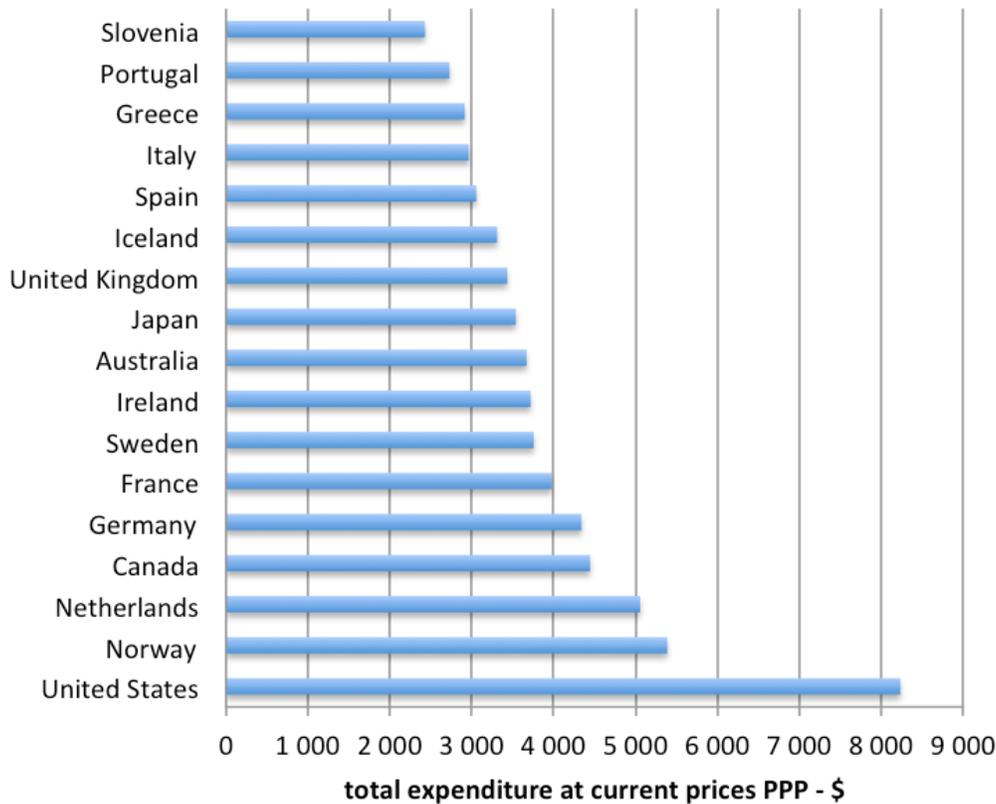
How much we spend on sickness care? What is our return in this investment?

The US spends twice as much as the OECD average

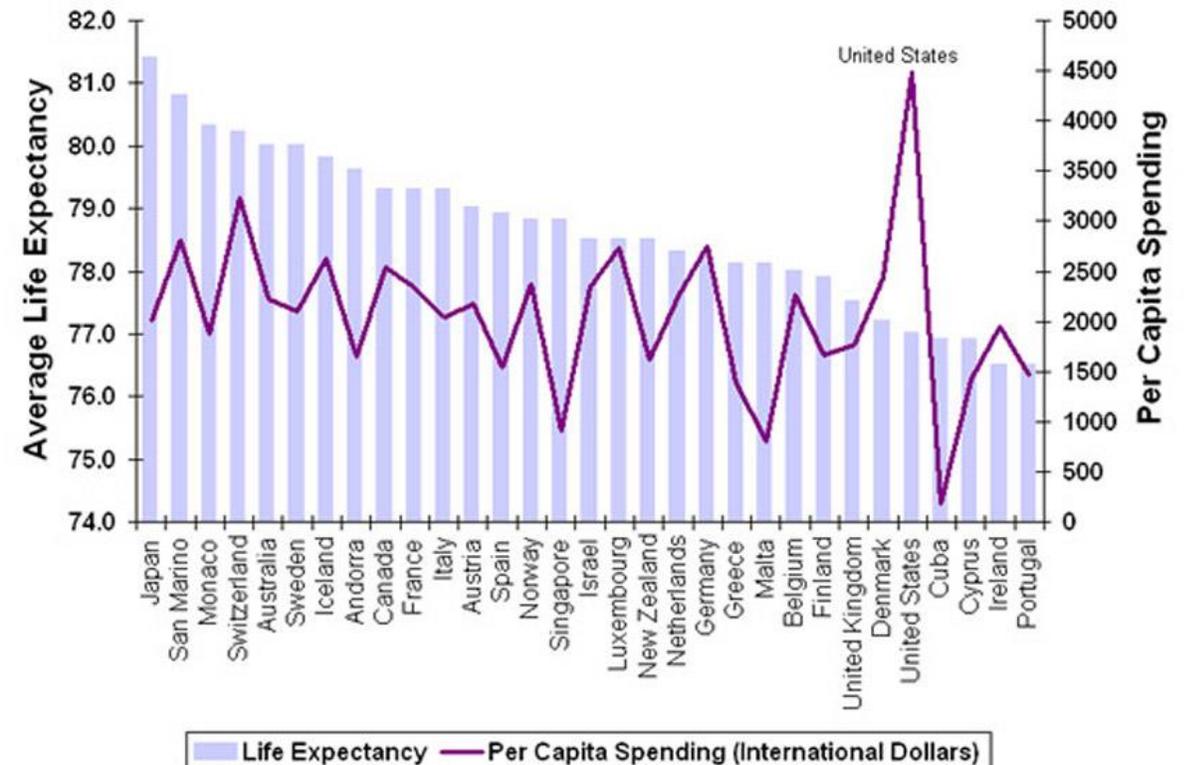
Yet our life expectancy is well below most of the developed world, coming in around Cuba, Scotland, Poland, and the Czech Republic

Total Health Spending per Capita

www.economicshelp.org | Source: OECD - 2010

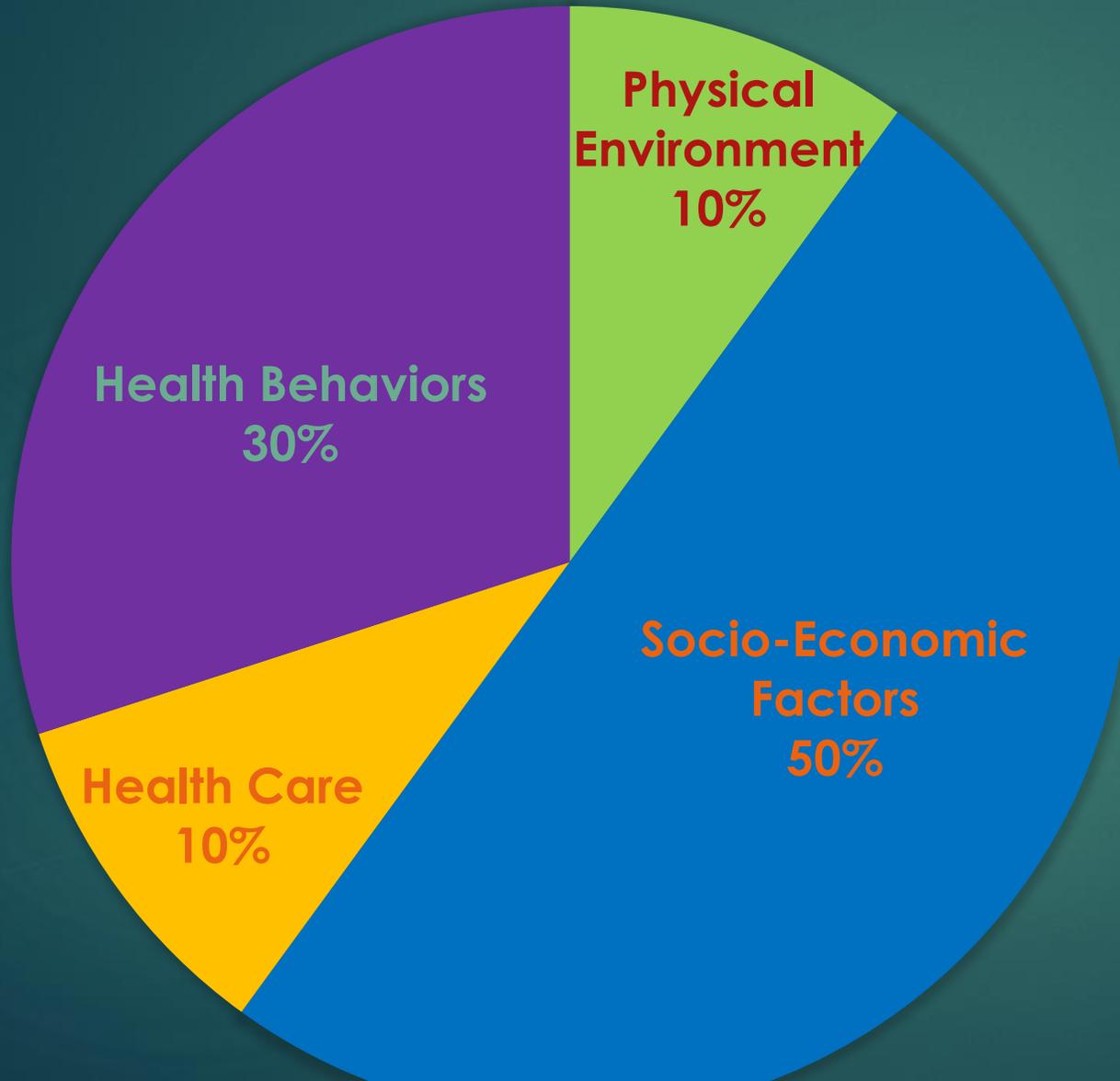


The Cost of a Long Life



DETERMINANTS OF HEALTH

POPULATION HEALTH



- **MULTIPLE DETERMINANTS**
- **Health Behaviors**
 - *Tobacco Use*
 - *Diet & Exercise*
 - *Substance Abuse*
 - *Unsafe Sex*
- **Health Care**
 - *Access to Care*
 - *Quality of Care*
- **Socio-Economic Factors**
 - *Education*
 - *Employment*
 - *Income*
 - *Family/Social Support*
 - *Community Safety*
- **Physical Environment**
 - *Environmental Quality*
 - *Built Environment*

Additional Cross-Cutting Health Determinants

- ▶ Discrimination
- ▶ Racism
- ▶ Poor Health Literacy
- ▶ Social isolation—24% higher mortality in older adults (2013 study)
- ▶ Contribute to **HUGE** health and well-being disparities, and there are threats to current and future health
- ▶ Marginalize certain communities based on race, ethnicity, religion, language, age and socio-economic bracket

▶ Social Isolation: Another Cross-Cutting Health Determinant

- ▶ A 2013 study: older men and women who were apart from their families and friends had a **26 percent higher death risk** during a seven year period than those who were the most social.
 - ▶ **The risk of dying increased whether or not the person considered themselves lonely.**
- ▶ 59% of older adults reporting poor health feel lonely some of the time or often, compared with 21% reporting excellent health
- ▶ Social Isolation is one of the top five causes for admissions to care homes
- ▶ **Lacking social connections is a comparable risk factor for early death to smoking 15 cigarettes a day** (National Health Service, UK)

Three Newer Health Challenges

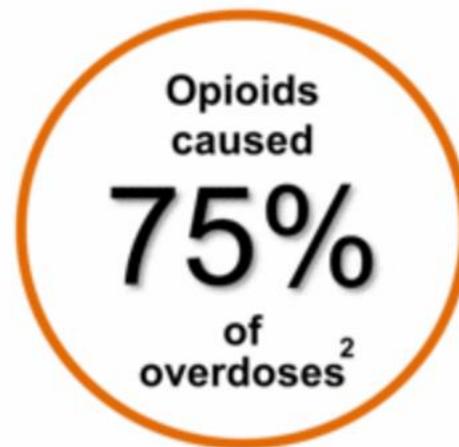
▶ Opioids

▶ Obesity

▶ Climate Change

Opioid Addiction

- ▶ Opioid Addiction
 - ▶ A significant contributor to declining life expectancy in the US
 - ▶ More than 50,000 Americans died of drug overdoses in 2015, a rise of 11 percent from 2014
 - ▶ Heroin deaths rose by 23 percent between 2014 and 2015, deaths from synthetic opioids, including fentanyl, **rose by 73%**
 - ▶ **Prescription pain killers alone killed 17,536 people last year**
 - ▶ **Includes many elder adults; started with prescriptions for pain**

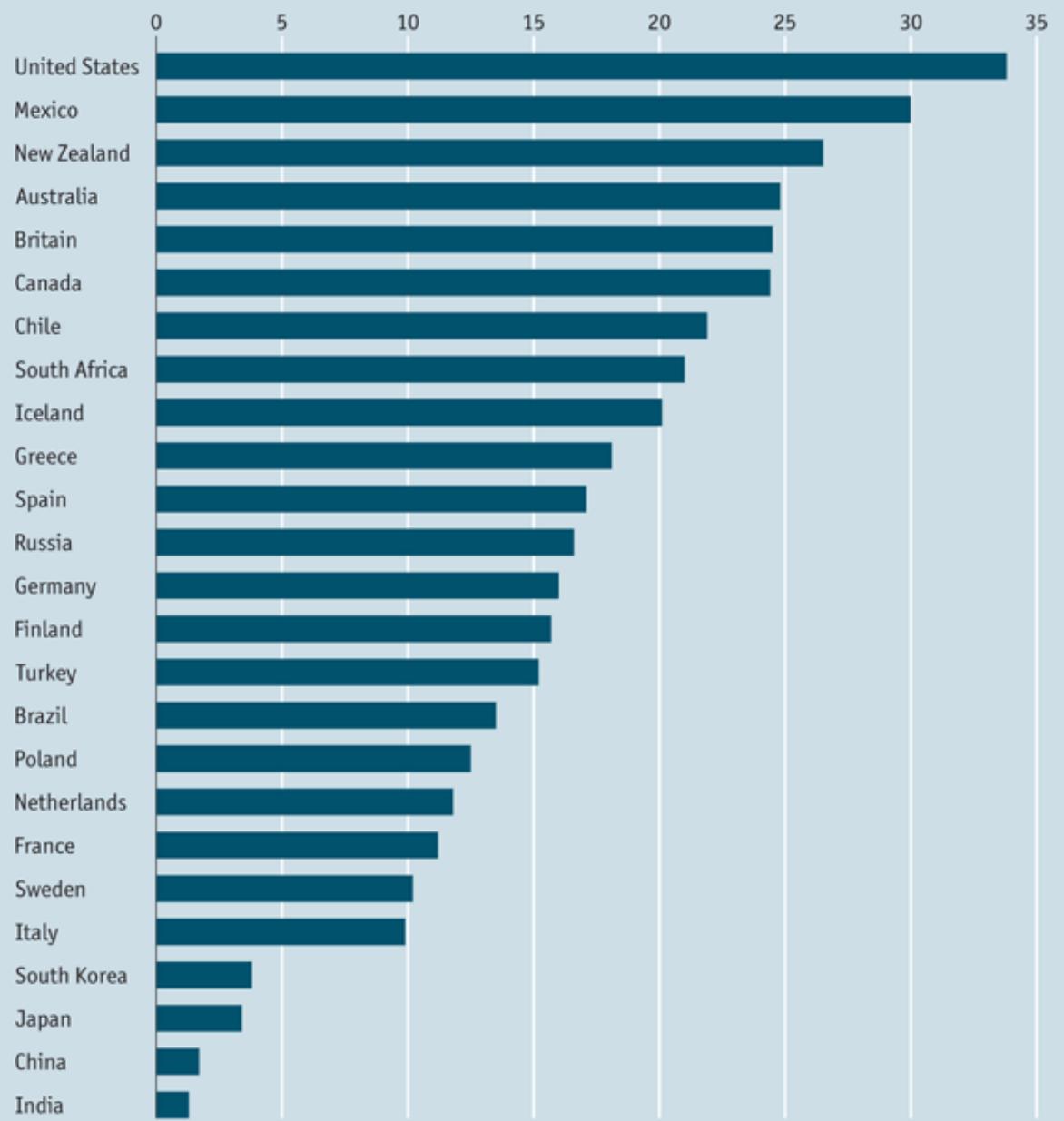


Combating Opiate Addiction

- ▶ Prescription Drug Monitoring Programs
- ▶ Prescribing Guidelines and MD education (CDC, professional societies)
- ▶ Treat addiction as chronic disease
- ▶ Use effective pharmacological agents—eg buphenorphine
- ▶ Public and family education

Obesity rates in selected countries

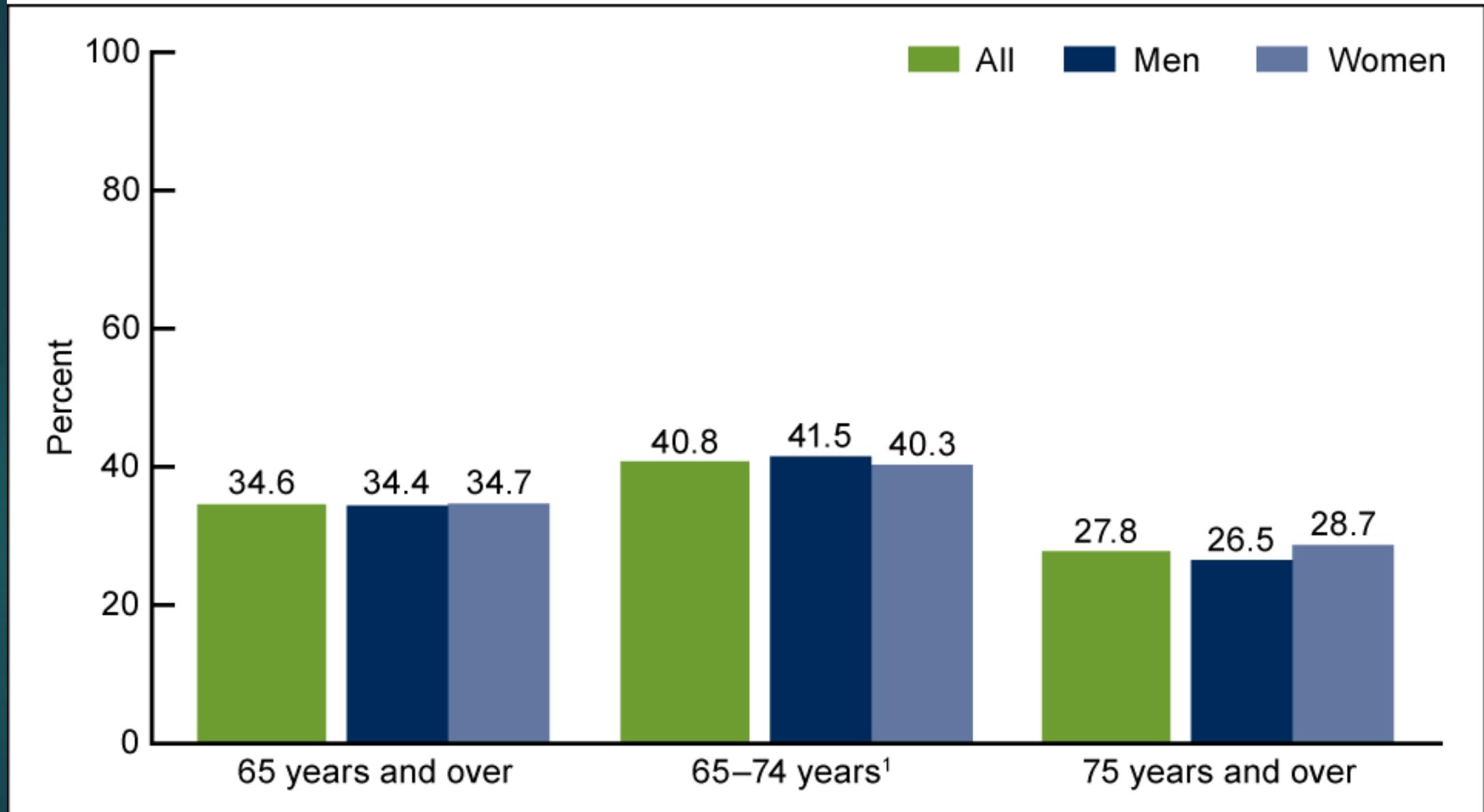
2009*, % of adults with BMI† of 30 or over



Source: OECD

*Or latest year available †Body mass index

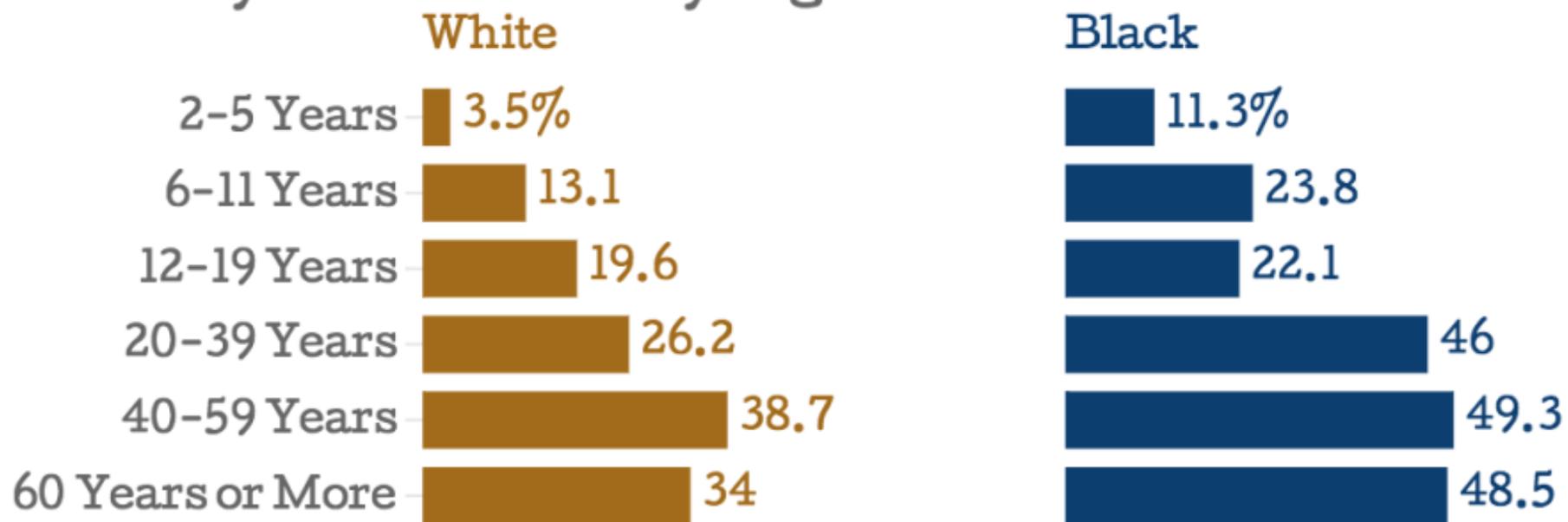
Figure 1. Prevalence of obesity among adults aged 65 and over, by sex: United States, 2007–2010



¹Significantly different from 75 years and over.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey, 2007–2010.

Obesity in the U.S. by Age and Race



Overweight and Obesity

- ▶ Childhood obesity growing—now >17%
- ▶ Childhood BMI predictive of adult BMI
- ▶ 70% of seniors are overweight or obese
- ▶ Significant disparities /inequities
- ▶ Primary contributor to doubling of Type II diabetes—over 15 years -
- ▶ Men >75 with BMI>22.3 live 4 fewer years on average than others

Fighting Overweight and Obesity

- ▶ Create disincentives for consumption of foods high in sugar
- ▶ Provide healthier options in schools, worksites, restaurants etc.
- ▶ Stronger labelling of processed and high sugar foods
- ▶ Continue research for safe effective pharmacological agents
- ▶ Change cultural norms re: eating---e.g. reduce snacking opportunities

Climate Change and Health

- ▶ Biggest threat to health of our planet---all plants and animals, including humans
- ▶ Three kinds of health impacts [\[1\]](#):
 - ▶ Relatively direct impacts, usually caused by weather extremes
 - ▶ Consequences of environmental change and ecological disruption in response to climatic change
 - ▶ Consequences that occur when populations are demoralised and displaced by the following climate change induced factors:
 - ▶ economic dislocation,
 - ▶ environmental decline and conflict situations including traumatic, infectious, nutritional, psychological and other health consequences.

CLIMATE CHANGE

- ▶ Older adults at increased risk of health consequences
- ▶ Impact increases with each succeeding generation
 - ▶ Extreme weather events
 - ▶ Temperature eg Paris, Chicago heat waves
 - ▶ Storms/floods e.g Katrina, Sandy
 - ▶ Drinking water supply and quality ---droughts
 - ▶ Air quality
 - ▶ Food production and security
 - ▶ Vector-borne diseases eg dengue, malaria
 - ▶ Food and water borne disease
 - ▶ Diarrheal diseases
 - ▶ Other indirect impacts eg displacement of populations.

Climate Change; Other examples of Major Effects

- ▶ From 1999-2009, roughly **40 percent** of all heat-related deaths in the US nearly 3,000 – were adults over 65 years old
 - ▶ Lack of air conditioning
 - ▶ AC too expensive for many on fixed incomes
- ▶ Sea level rise—eg Bangladesh, Holland, New York
- ▶ Effect on crop locations and yields

Combating Climate Change

- ▶ Increase energy conservation
- ▶ Institute carbon tax
- ▶ Increase production of energy renewables
- ▶ Provide incentives for population stabilization
- ▶ Prepare for extreme weather
- ▶ Eat lower on food chain—reduce animal contributions to GHG
- ▶ Increase research in how to lower green house gas emissions and sequestrations

Ten Suggestions for Preserving Personal Health As Chronological Age Advances

- ▶ Increase physical activity: aerobic, strength and stretching
- ▶ Eat a primarily plant based diet
- ▶ Develop a relationship with a primary care physician/ practice
- ▶ Be wary of supplements: most are more problematic than helpful
- ▶ Take daily care of your teeth and gums
- ▶ Challenge yourself to remain mentally active eg cross-word puzzles, learning something new eg an extension course
- ▶ Maximize social interaction with family, friends, groups
- ▶ Initiate social interaction with people not like you
- ▶ Do something to help another person every day
- ▶ Act as if your most important asset is time---because it is!!



So what?

Write to yourself:

3 things you might do differently?