

Update of the Profile of Older Adults in Scott County

October 2003

Health of Older Adults

Disability

According to the 2000 Census, 6,827 residents age 65 and over in Scott County have some mobility or self care limitation. This is approximately 36.6% of the senior adult population. The statistics are similar for Iowa and the United States. In 2000, 33.7% of Iowans over 65 and 38.7% of U.S. seniors said they were physically limited. There are five types of disabilities listed in Table 13: sensory, physical, mental, self-care, and go outside of home. Someone can have more than one type of disability.

Table 1. Disability by type of those age 65 and over in Scott County, Iowa, and the United States in 2000.

	Scott County	Iowa	U.S.
Sensory	2,214	52,875	4,738,479
Physical	4,676	102,519	9,545,680
Mental	1,500	30,642	3,592,912
Self-Care	1,207	28,386	3,183,840
Go Outside Home	2,959	65,513	6,795,517

Chronic Disease

Chronic diseases—such as heart disease, cancer, and diabetes—are the leading causes of death and disability in the United States. Scott County and the state of Iowa actually compare quite closely to the nation in crude death rates from

certain chronic diseases. There are a few findings at the County and State level about chronic disease that stand out including differences among gender populations.

Table 2. Crude death rates from selected chronic diseases per 1,000 residents age 65 and over in Scott County and Iowa (2000).

	Scott County	Iowa
Heart Disease	13.0	14.8
Cerebrovascular Disease	5.3	5.1
Breast Cancer	1.1	.80
Lung Cancer	4.0	3.2
Colorectal Cancer	1.0	1.5
Prostate Cancer	0.75	.91

Table 13. Common chronic diseases and how they affect seniors in Scott County by gender in 2000.

	Males	Females
Cardiovascular disease	41.8%	58.2%
Cerebrovascular disease	33.0%	67.0%
Lung cancer	56.2%	43.8%

Table 4. Total deaths from specific chronic diseases in Scott County and the number and percentage that affected the 65 and over population in 2000.

	Total Deaths	Deaths in ≥ 65 population	Percentage ≥ 65
Heart Disease	267	227	85.0
Cerebrovascular Disease	101	93	92.1
Breast Cancer	33	19	57.6
Lung Cancer	93	70	75.3
Colorectal Cancer	21	18	85.7
Cervical	5	2	40.0
Prostate Cancer	14	13	92.9

Hospitalization Rates

Diabetes

The 1999 hospitalization rate for diabetes in Scott County was 6,306 per 100,000 people over 65. In the state of Iowa the 1999 rate was 5,677.9 per 100,000. From 1999 to 2000, the number of actual hospitalizations in Scott County rose from 1,165 to 1,214 and the hospitalizations in Iowa increased from 24,329 to 25,888.

Asthma

The hospitalization rate for asthma in Scott County in 1999 was 627.9 per 100,000 residents over 65. For the state of Iowa the rate was 965.3 per 100,000 residents over the age of 65. The total number of hospitalizations of adults over 65 in Scott County was 116. In Iowa it was 4,136. In 2000 the hospitalization rates for Scott County and Iowa were 1,020.2 and 989.5 per 100,000 respectively. There were a total of 178 hospitalizations in Scott County and a total of 3,954 in the state of Iowa. Respiratory diseases remain one of the leading causes of death in Scott County and in Iowa.

Psychoses

Psychosis is a broad term that is defined as a serious mental impairment. In all populations psychosis can be many things but it is a category that includes Alzheimer's disease. In Scott County, there were 525 seniors hospitalized in 1999. This translates to a rate of 2,842.0 per 100,000 senior adults in the population. In Iowa 13,850 seniors were hospitalized and the hospitalization rate was 3,232.3 per 100,000 seniors in the population. In the year 2000



hospitalizations increased from 525 to 534 (3060.7) in Scott County and from 13,850 to 14,073 (3521.7) in Iowa.

Risk Factors

The risk factors that lead to chronic diseases are things like smoking, obesity, poor dietary habits, leading a sedentary lifestyle, and not having regular check-ups with physicians. The following information on risks related to chronic disease is "self-reported data" from the 2000 Behavioral Risk Factor Surveillance Survey (BRFSS).

There is no age specific data on smoking for the county but 24% of the adult population in Scott County smoked in 2000. Approximately 7% of adults 65 and over smoke cigarettes in Iowa. This statistic also does not take into account the number of adults who smoked throughout their lives and eventually quit. People reduce their risk when they quit smoking, but their chances of illness are still higher than those who have never smoked.

Obesity has become a major problem throughout the United States. There is no local information on Scott County but in Iowa approximately 51% of males and 39% of females age 65 and over are overweight. Another alarming statistic is that 18% of males and 21% of females in Iowa are obese.

There is no age-specific Scott County data on sedentary lifestyle, but according to self reported data, the state of Iowa has a large senior population that lead, a sedentary lifestyle. According to the 2000 BRFSS 45% of seniors in Iowa are at risk for cardiovascular disease. A total of 31% have been advised by a doctor to exercise more. According to the BRFSS, only 14% of women and 26% of men age 65 and over participate in regular activity.

Eating a balanced diet and consuming certain foods has shown to improve people’s chances of warding off some chronic diseases. There is no age specific data in Scott County but in Iowa, in 2000, 23% of men and 35% of women age 65 and over reported that they met the five a day standard for fruits and vegetables.



Self-checks for irregularities in breast, skin, or genitalia are important to detect diseases and illness at early onset. Early detection is very important when trying to prevent the advancement of a disease. It is recommended that women get a mammogram every two years. There is no age-specific data for Scott County but 21.4% of seniors have not had a mammogram in the last two years. Approximately 84% of women age 65 and over have ever had a breast exam. The statistics across the nation are similar with only 20.4% of the senior population not having a breast exam in the last two years.



Even though chronic disease is a problem in Iowa and the nation, Iowans still believe that they are healthy. The 2000 BRFSS points out that most seniors rate their health as at least good. In fact, according to Table 17 many seniors in Iowa claim that they have not had any days of poor physical health in the past year.

Table 5. Self-Rated Health Status of those age 65 and over in Iowa in 2000.

Self-Rated Health	
Excellent	42%
Very Good	26%
Good	9%
Fair	17%
Poor	6%

Table 6. Percentage of Iowans age 65 and over reporting poor physical health by number of Days in the Past 30 in 2001.

None	1-4 Days	5-10 Days	11-20 Days	21- 30 Days
69.9	8.5	6.4	3.1	12.2

Injury Control and Violence

Unintentional Injury

During the period of January 1, 2002 through December 31, 2002, there were approximately 124 trauma cases in the 65 and over population in Scott County. This number does not include anyone who went to the emergency room for a broken hip. There were a total of 99 falls in the over 65 population, a majority (65%) were women. Slipping or tripping represented most falls, but other falls resulted from stairs, wheelchairs, ladders, chairs, and other unspecified sources.

There were twelve traumas due to motor vehicle accidents that involved people 65 years of age or older. Also, in the past two years there were four deaths in the senior population from motor vehicle accidents in Scott County and 203 in Iowa.

Chart 1. Types of trauma that involved people age 65 and over in 2002.

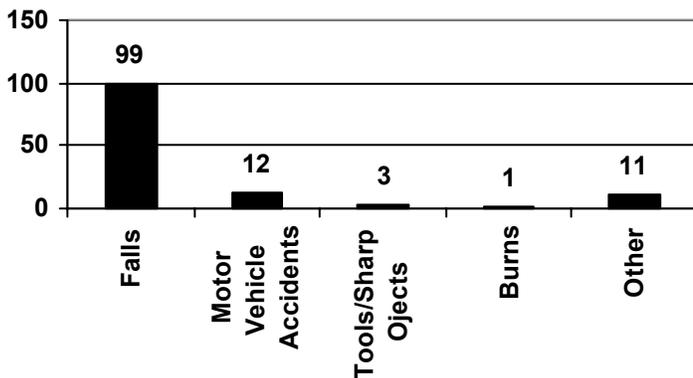
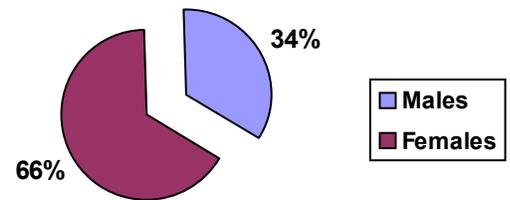


Chart 2. Traumas involving people age 65 and over by sex in Scott County in 2000.



Criminal Victimization

There were a total of 445 crimes against Scott County residents age 65 and over, and 6,283 against Iowa residents 65 and over in 1999. In Scott County, twelve were violent crimes while in Iowa there were 92 violent crimes against the senior population. A violent crime is defined as a murder, rape, robbery, or aggravated assault. In the United States, in 1998, the rate was 3.0 per 1,000 violent crimes involving victims age 65 and over.

Table 7. Victims age 65 and over of violent crimes in Scott County and in Iowa in 1999.

	Scott County	Iowa
Murder	0	3
Rape	0	1
Robbery	8	42
Aggravated Assault	4	46
Total	12	92

Suicide

During 1999 there were a total of sixteen suicides in Scott County and 302 in Iowa. Of these cases, three of the sixteen (18.8%) in the County and 65 of the 302 (21.5%) in Iowa were people in the 65 and over population. In the United States, there were 3,921 suicides in the senior population in 1999.

Addictions

Gambling



The Quad Cities area has three full-scale casino gambling operations (riverboats). Two are located in Scott County. Few places in the country have that high of a concentration of gambling facilities. The director for the Eastern Iowa Center for Problem Gambling, Inc. says that the only areas more concentrated are Las Vegas, Nevada, Atlantic City, New Jersey, and Biloxi, Mississippi. Research has found that the majority of people who visit the casinos live within a 50 mile radius of the facility and the marketing is directed locally. When the gambling boats first arrived in 1991, the Eastern Iowa Center for Problem Gambling saw 30 to 40 people each year. Now the center sees 500-600 people a year and 75-80% are from Iowa. Despite the stereotype that most senior adults enjoy gambling, few actually have a problem. There is no Scott County age specific data but in Iowa in 2000, 27% of seniors gambled in the last twelve months.

Alcohol

Alcohol addiction represents a major problem in this country as well. It affects people of all races and ages in some way. In Scott County, in 2000, there were 32 adults 65 and over who were hospitalized for Alcohol Dependence Syndrome. This is equivalent to a rate of 183.4 per 100,000 seniors in the population. Iowa had a total of 749 adults 65 and over hospitalized for Alcohol Dependence Syndrome, which comes out to a rate of 299.1 per 100,000 seniors in the population. It is important to note that these numbers only represent reported cases, and most people with addictions do not seek help. Statistics on gambling and substance abuse are likely to be much higher than what is reported.

Resources

The following are a list of internet resources that were used to obtain data for this report.

- **Family and Community Information Tracking System** <http://facits.idph.state.ia.us/>
- **2000 United States Census.** <http://www.census.gov/>
- **Iowa Behavioral Risk Factor Surveillance System (BRFSS).** <http://www.idph.state.ia.us/brfss/Default.htm>
- **National Center for Health Statistics.** <http://www.cdc.gov/nchs/>
- **American Association for Retired Persons.** <http://www.aarp.org>
- **Administration on Aging.** www.aoa.dhhs.gov