



Health and Aging

NV Behavioral Health and Wellness Council

October 6, 2014

Peter Reed, PhD, MPH
Director, Sanford Center for Aging
Professor, Community Health Sciences
University of Nevada, Reno

The Aging Experience

- Aging not synonymous with “old”
- Life-course perspective (‘age well throughout life’):
Childhood → Adulthood → Elderhood
- Life stage of continued growth, development and engagement (and change / loss)
- Physical and Cognitive Health / Disability (Well-being)



Aging in Nevada

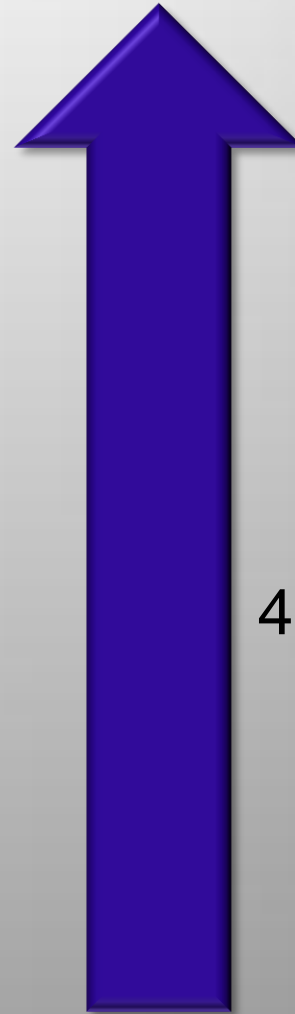
65+ Population
% Increase
2000-2010

15%



United States

48%



Nevada



Sanford Center
for Aging

University of Nevada, Reno

By County

County	Pop 2011	Pop 65+ 2011	% 65+ 2007	% 65+ 2011	Pers/sq. mile 2010
Carson City	55,439	9,425	15.8	17.0	382.1
Churchill	24,637	3,868	13.6	15.7	5.0
Clark	1,969,975	230,487	10.4	11.7	247.3
Douglas	46,886	9,893	18.0	21.1	66.2
Elko	49,491	4,306	7.4	8.7	2.8
Esmeralda	775	203	24.7	26.2	0.2
Eureka	1,979	265	14.9	13.4	0.5
Humboldt	16,735	1,724	9.5	10.3	1.7
Lander	5,841	701	9.1	12.0	1.1
Lincoln	5,311	993	23.3	18.7	0.5
Lyon	51,871	8,870	13.2	17.1	26.0
Mineral	4,593	1,043	21.4	22.7	1.3
Nye	43,351	10,664	20.9	24.6	2.4
Pershing	6,734	956	9.2	14.2	1.1
Storey	3,896	771	10.7	19.8	15.3
Washoe	425,710	53,639	11.4	12.6	66.9
White Pine	10,098	1,535	15.2	15.2	1.1
Nevada	2,720,028	340,003	11.1	12.5	
U.S.	311,587,816	41,441,180	12.6	13.3	



Leading Causes of Death

(per 100,000)

Condition	Washoe County	Nevada	United States
Heart Disease	215.5	196.3 (1)	173.7 (1)
All Cancers	163.1	170.2 (2)	169.0 (2)
Chronic Obstructive Pulmonary Disease (COPD)	50.0	49.8 (3)	42.5 (3)
Unintentional Injury	44.3	42.8 (4)	39.1 (5)
Cerebrovascular Diseases	29.9	36.0 (6)	37.9 (4)
Alzheimer's Disease	26.6	15.8 (10)	24.7 (6)
Female Breast Cancer	24.5	23.6 (7)	12.1 (11)
Suicide	19.2	18.4 (9)	12.3 (10)
Influenza & Pneumonia	18.7	19.7 (8)	15.7 (9)
Diabetes Mellitus	16.6	15.1 (11)	21.6 (7)
Atherosclerosis	13.4	38.9 (5)	16.9 (8)

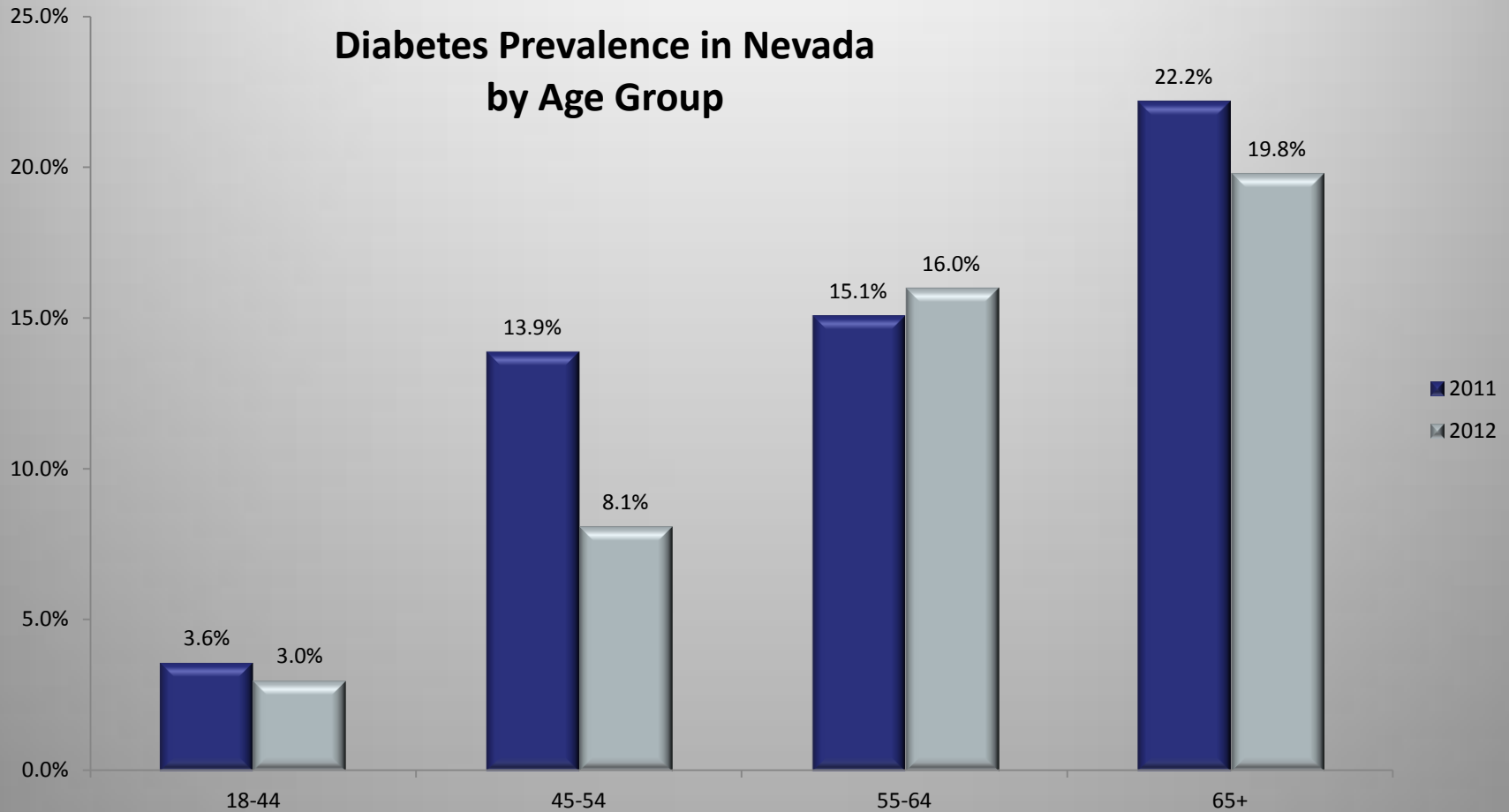
Centers for Disease Control and Prevention (2014)



Sanford Center
for Aging

University of Nevada, Reno

Diabetes



CDC-BRFSS (2012)

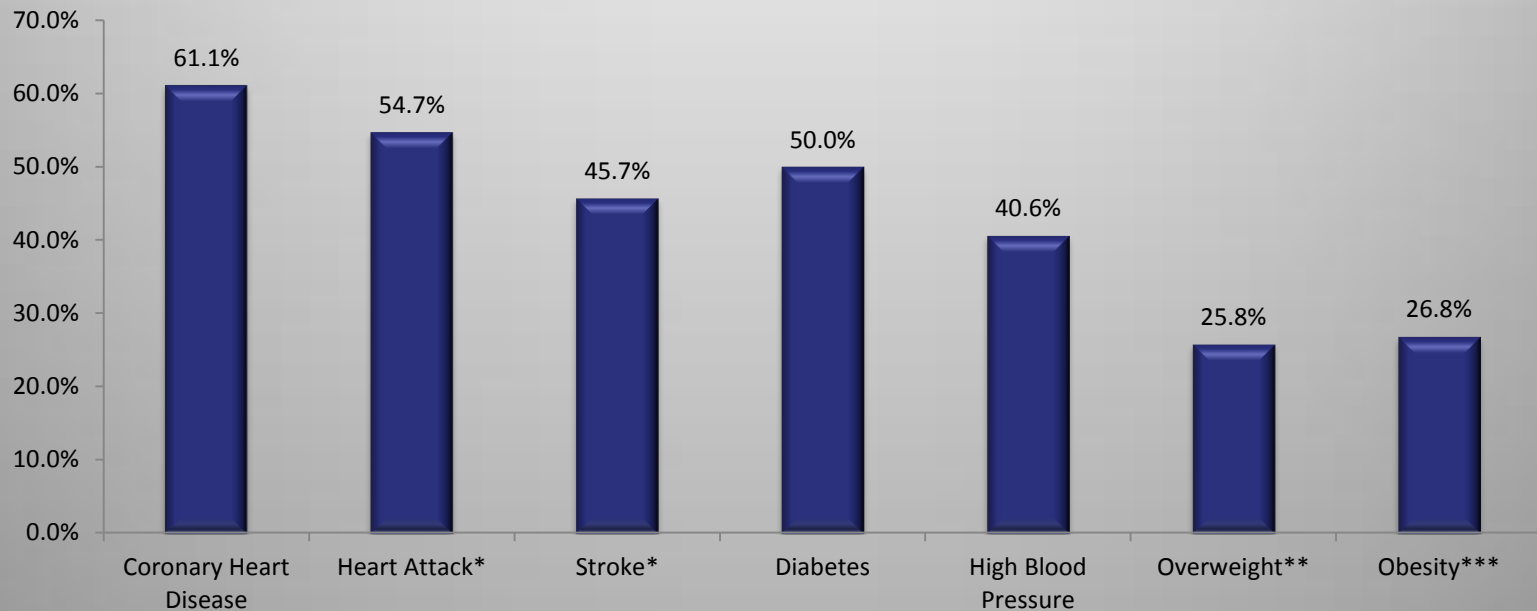


Sanford Center
for Aging

University of Nevada, Reno

Chronic Co-morbidity

Prevalence of Arthritis Among People with Other Chronic Conditions in Nevada - 2011



CDC-BRFSS (2012)

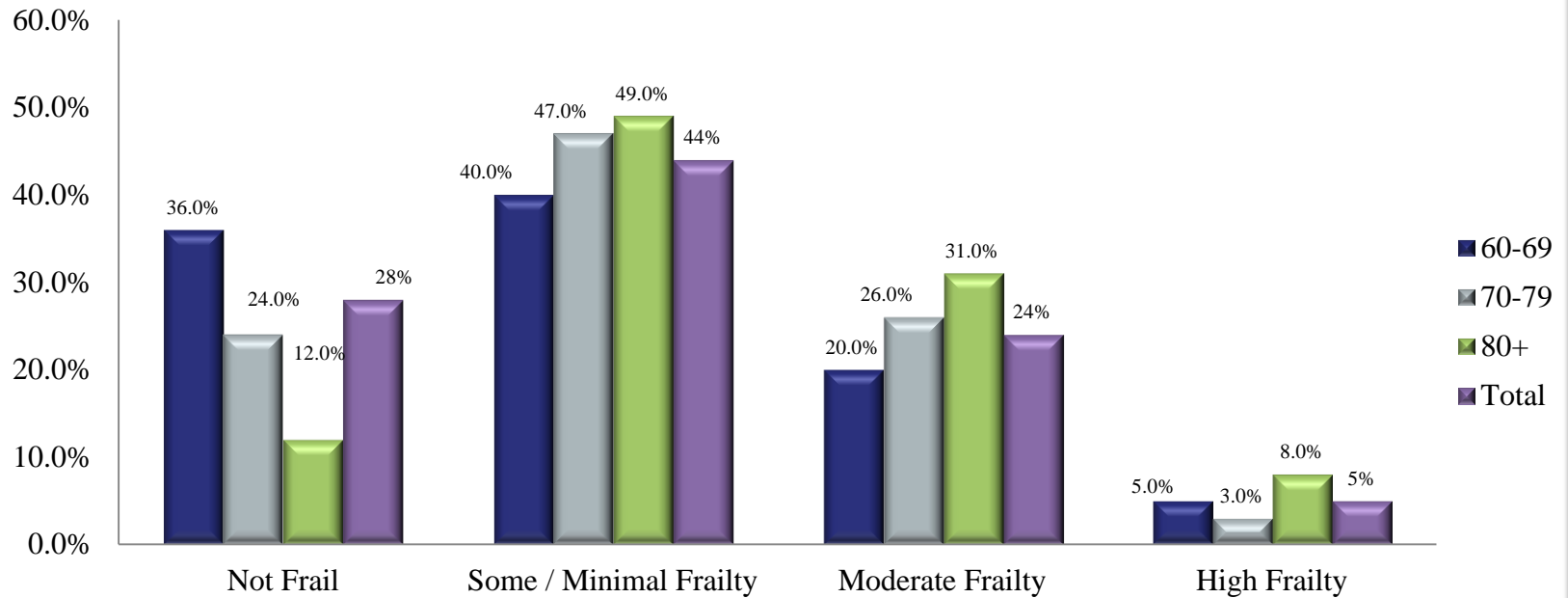


Sanford Center
for Aging

University of Nevada, Reno

Physical Frailty

2013 Percent Ages 60+ By Frailty Index: Washoe Co.



Alzheimer's Disease and Dementia

- United States, 2014: Estimated 5.2 million
- Nevada, 2014: Estimated 37,000

State	2014 Prevalence Estimate	2025 Prevalence Projection	Percent Change (2014 – 2025)
United States	5.2 Million	7.1 Million	37%
Nevada	37,000	64,000	73%
Arizona	120,000	200,000	67%
California	580,000	840,000	45%
Idaho	22,000	33,000	50%
Oregon	59,000	84,000	42%
Utah	28,000	42,000	50%

* Data from Alzheimer's Association 2014 Alzheimer's Disease *Facts and Figures*



Sanford Center
for Aging

University of Nevada, Reno

Dimensions of Well-Being

Well-being is the path to a life worth living. It is the ultimate outcome of a human life. Aging well means maintaining a sense of well-being.

- **IDENTITY**—being well-known; having personhood; individuality; having a history
- **GROWTH**—development; enrichment; expanding; evolving
- **AUTONOMY**—liberty; self-determination; choice; freedom
- **SECURITY**—freedom from doubt, anxiety, or fear; safety; privacy; dignity; respect
- **CONNECTEDNESS**—belonging; engaged; involved; connected to time, place, and nature
- **MEANING**—significance; heart; hope; value; purpose; sacredness
- **JOY**—happiness; pleasure; delight; contentment; enjoyment

*Eden Alternative (www.edenalt.org)



Sanford Center
for Aging

University of Nevada, Reno

Thank you!!

Peter Reed, PhD, MPH
Director, Sanford Center for Aging
Professor, Community Health Sciences
University of Nevada, Reno

psreed@unr.edu

775.327.2283



Sanford Center
for Aging

University of Nevada, Reno