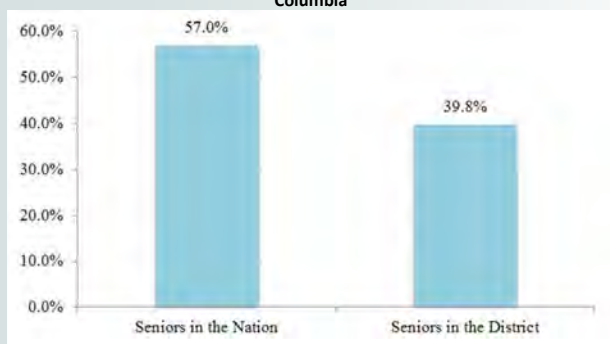


# OLDER ADULTS

**Figure 154. Seniors Living in Family Households, National vs. District of Columbia**

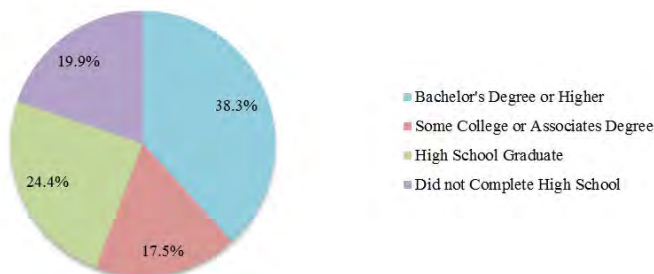


According to the US Department of Health and Human Services Administration on Aging (AoA), the nation's senior population will grow faster than any other segment of the total population. Much of this growth is attributed to the baby boomer generation, individuals born between 1946 and 1964.

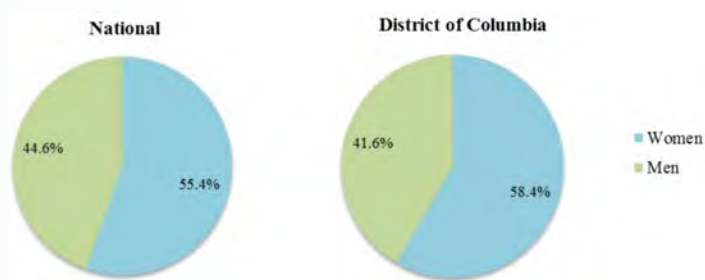
In 2010, the Census estimated 98,512 seniors residing in the District of Columbia, who accounted for 16.4 percent of the total estimated population. DC resident seniors are projected to grow by 17.4 percent in 2030. As the population continues to live longer and the estimated life expectancy in the District continues to rise, the need for health care among the elderly will likewise increase.

In 2012, the District of Columbia Office on Aging (DCOA) conducted a Senior Needs Assessment to better understand the needs of older adults in the District and to provide a glimpse of aging trends. Data were collected on 14 focus areas: wellness and quality of life, safety, socialization and recreation, case management and options counseling, health and mental health, home health/in-home support, nutrition, home delivered and congregate meals, transportation, employment, care giving and respite care, Medicaid/Medicare, assisted living and housing placement, and legal services.

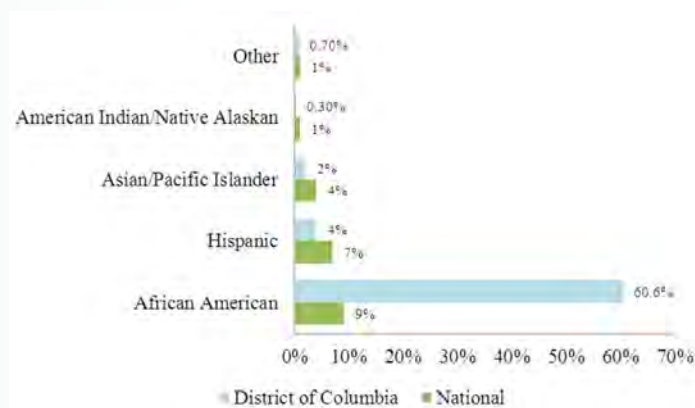
**Figure 155. Education Level of Seniors in the District of Columbia**



**Figure 156. Senior Men and Women. National vs. District of Columbia**



**Figure 157. Distribution of Senior Minority, National vs. District of Columbia**



**Medicare Facts At-a-Glance**

	DC	%	US	%
<b>Medicare Beneficiaries</b>	-	-	-	-
Adults 19-64	11,100	15	7,232,800	16
Elderly 65-74	30,900	42	19,251,500	43
Elderly 75-84	20,100	27	12,394,800	28
Elderly 85+	10,400	14	4,810,600	11
<b>Medicare Beneficiaries by Race/Ethnicity</b>	-	-	-	-
White	16,700	23	34,353,400	77
Black	50,500	69	4,423,400	10
Hispanic	4,200	6	3,502,900	8
Other	NSD	NSD	2,047,600	5
<b>Duals as a % of Medicare Beneficiaries</b>	29	-	21	-
<b>Medicare Spending by Residence</b>	-	-	-	-
Total Spending (in millions)	\$856	-	\$471,260	-
Per Enrollee Medicare Spending	\$11,157	-	\$10,365	-
<b>Medicare Advantage Penetration</b>	-	9.7	-	25.6

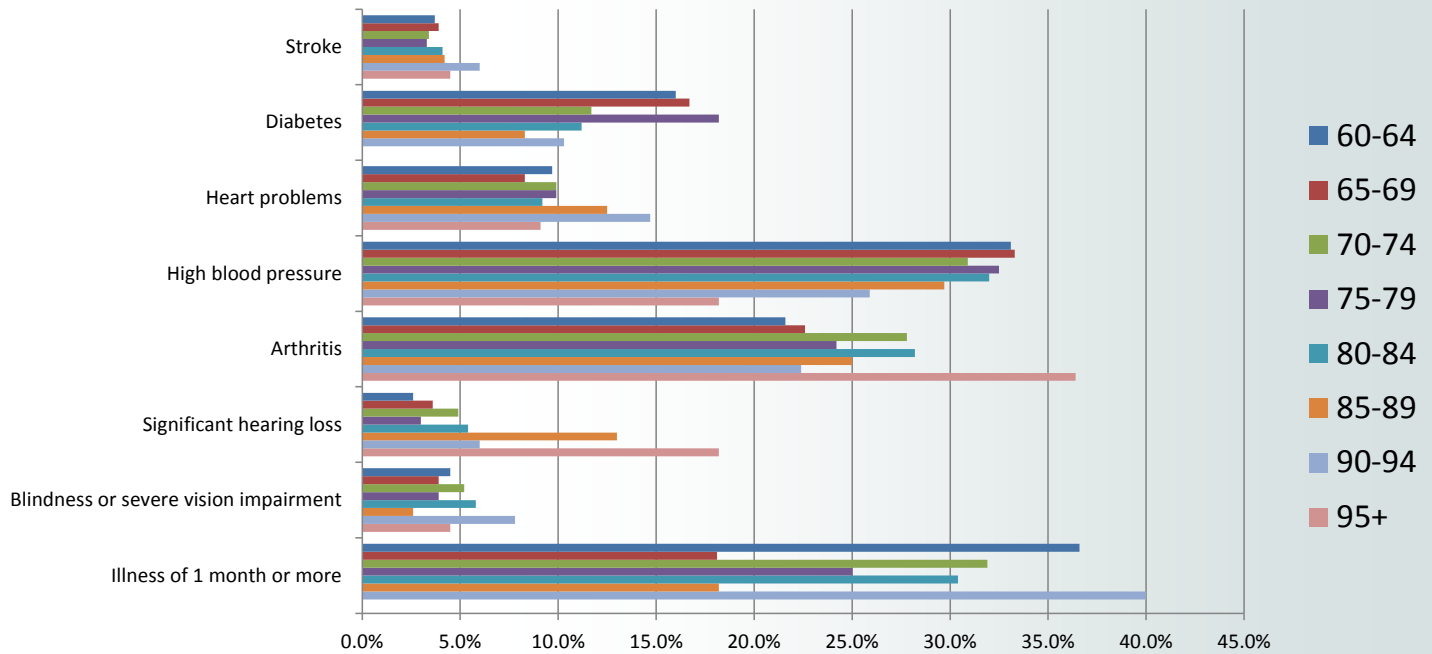
Source: [District of Columbia Office on Aging Senior Needs Assessment 2012](#)

Source: Henry J. Kaiser Family Foundation, 2010



# MORBIDITY AND MORTALITY OF OLDER ADULTS

Figure 158. Reported Illness and Physical Disorders among Older Adults, by Age Group



Source: District of Columbia Office on Aging Senior Needs Assessment 2012

Health Indicators in Adults 65 and Older, District of Columbia  
(Percentage and National Ranking)

Preventive Care	Findings	District of Columbia Ranked Nationally	Grade
Flu Vaccine in Past Year	67.1%	43	C
Ever Had Pneumonia Vaccine	62.1%	50	D
Mammogram Within Past 2 Years	86.3%	1	A
Colorectal Cancer Screening	70.2%	10	B
Cholesterol Checked in Past 5 Years	94%	30	C
Health Status	Findings	District of Columbia Ranked Nationally	Grade
Physically Unhealthy Days (in months)	4.5	4	A
Frequent Mental Distress	4.9%	7	B
Oral Health: Complete Tooth Loss	15.9%	13	C
Disability	38.8%	42	D
No Leisure Time - Physical Activity	27.8%	9	B
Eating ≥ 5 Fruits & Vegetables Daily	35.6%	1	A
Obesity	22.2%	16	C
Current Smoking	8.9%	31	D

● = Upper Third Nationally (top 33%)  
 ○ = Middle Third Nationally (middle 33%)  
 ○ = Lower Third Nationally (lowest 33%)

Source: CDC, 2010  
 The State of Aging and Health in America Report, 2008-2009 DC Report Card

Leading Causes of Death in Adults 65 and Older, District of Columbia, 2010

Cause and Rank	Number	Percent
All Causes	2,971	100.0
1. Heart Disease	961	32.3
2. Cancer	662	22.3
3. Cerebrovascular Disease	137	4.6
4. Chronic Lower Respiratory	118	4.0
5. Alzheimer's Disease	114	3.8
6. Diabetes	96	3.2
7. Nephritis, nephrotic syndrome, nephrosis	75	2.5
8. Accident	72	2.4
9. Influenza and Pneumonia	66	2.2
10. Septicemia	64	2.2
Other causes	606	20.4

- A total of 2,971 (63.6 percent) District residents who died in 2010 were 65 years of age and older. Chronic diseases have caused most of the deaths among the elderly.
- The leading cause of death among the elderly aged 65 years and older was heart disease, accounting for 32.3 percent of all deaths in this age range.
- The second leading cause of death for this age range was cancer (22.3 percent).

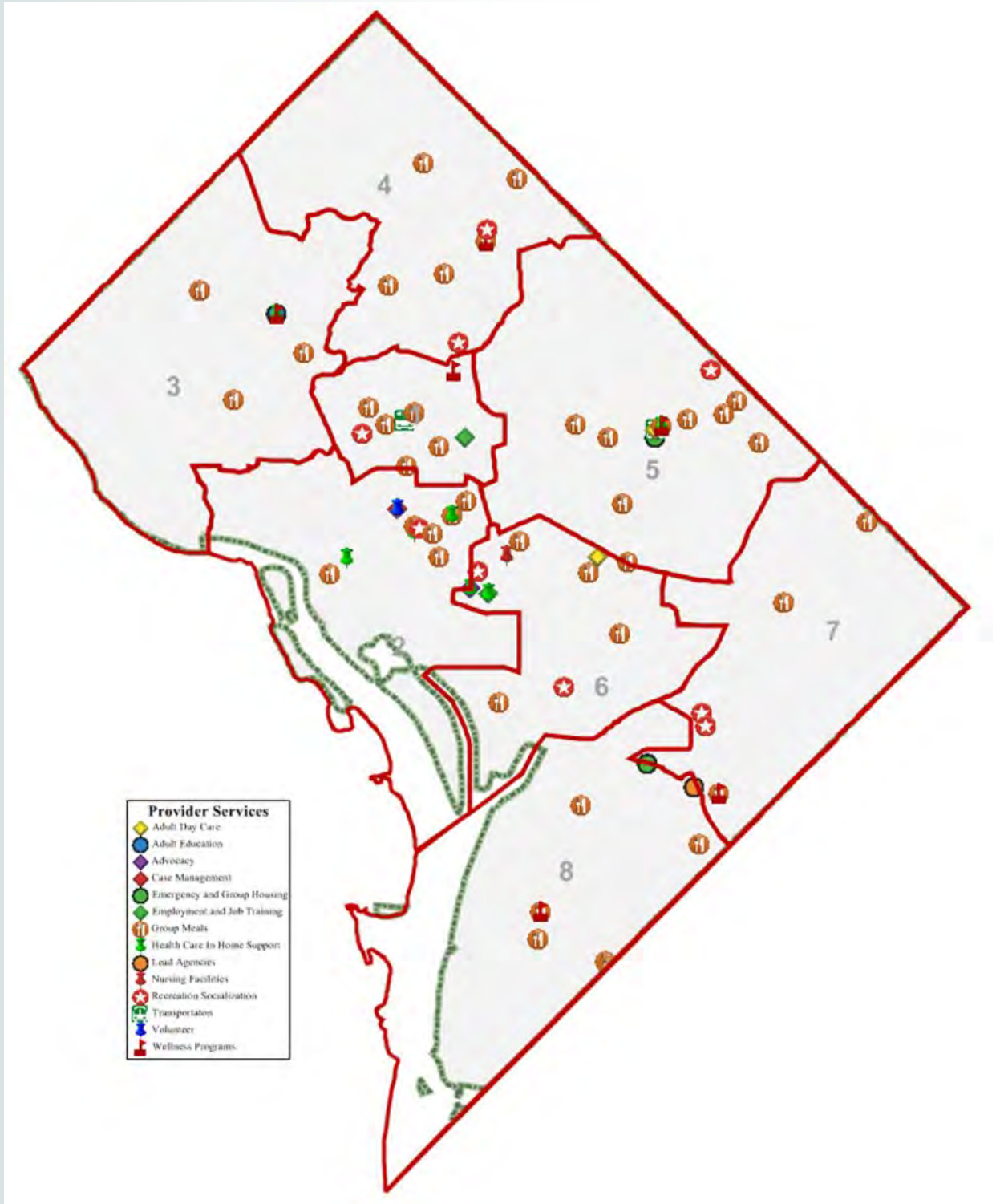
**Chronic diseases, including heart disease and cancer, have caused most of the deaths among the elderly in the District.**

Source: (Leading Causes of Death) Data Management and Analysis Division, Center for Policy, Planning, and Evaluation, DC Department of Health



# ACCESS TO CARE FOR SENIORS

Figure 159. Map of District of Columbia Office on Aging Provider Services In-Network



District of Columbia Community Health Needs Assessment