A look at social and health disparities among King County, WA older adults

MCAAE Presentation

May 20, 2022

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ads Aging and Disability Services
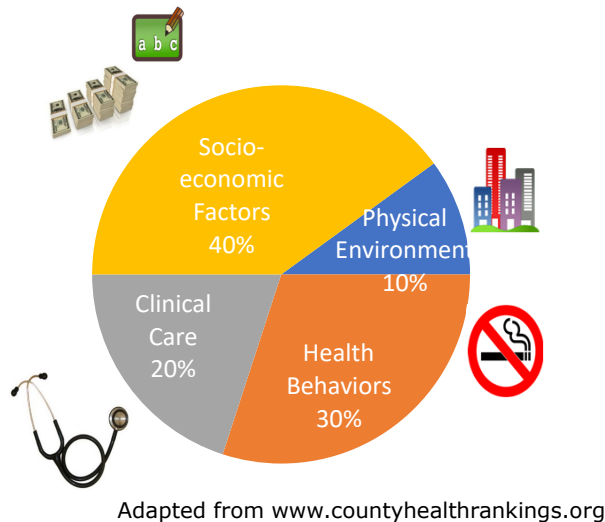Area Agency on Aging for Seattle and King County

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Today's Review

- **What are Social Determinants of Health?**
- **What does King County population look like by race and age?**
- **What are some health conditions affecting King County African American elders?**
- **What do we do with the data?**

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Health is shaped and influenced by many factors

Socio-economic Factors 40%

Physical Environment 10%

Clinical Care 20%

Health Behaviors 30%

Adapted from www.countyhealthrankings.org

- **Clinical Care** and **Health Behaviors** contribute to 50%

- The other half is shaped by **Socioeconomic factors** and **Physical Environment**

- When assessing population health status **important to measure** these **diverse array of factors** that **contribute to health**

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Foundations of Community Health

- Socioeconomic factors and physical environment are important contributors to everyone's health as we age.
- Not everyone has the same access to quality:
  - Neighborhoods & housing
  - Food
  - Education
  - Transportation
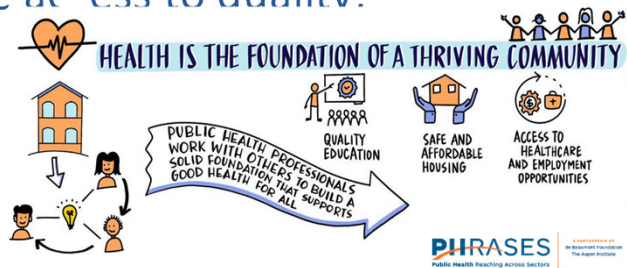 - Employment opportunities and economic security

HEALTH IS THE FOUNDATION OF A THRIVING COMMUNITY

PUBLIC HEALTH PROFESSIONALS WORK WITH OTHERS TO BUILD A SOLID FOUNDATION THAT SUPPORTS GOOD HEALTH FOR ALL

QUALITY EDUCATION

SAFE AND AFFORDABLE HOUSING

ACCESS TO HEALTHCARE AND EMPLOYMENT OPPORTUNITIES

PHRASES

Image credit: Public Health Reaching Across Sectors, www.phrases.org

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Age 60+ Population Growth by Subregion
King County, 2000-2018

Subregion	2000	2010	2013	2018	Change Between 2013 and 2018	
					Count	Percent
East Rural	3,400	5,900	6,800	7,700	900	13%
East Urban	53,000	73,600	84,000	93,900	9,900	12%
North	14,000	26,000	19,600	30,400	10,800	55%
Seattle	77,400	98,700	100,400	129,600	29,200	29%
South Rural	5,800	9,500	10,700	11,800	1,100	10%
South Urban	68,100	95,100	103,500	117,700	14,200	14%
Vashon Island	1,800	3,000	3,300	3,400	100	3%
King County Total Population*	239,900	312,600	349,500	394,900	45,400	13%

*Subregion totals will not sum to the King County total due to rounding.

Source: WA State Office of Financial Management, Forecasting Division, Single Year Intercensal Estimates, 2001–2018.
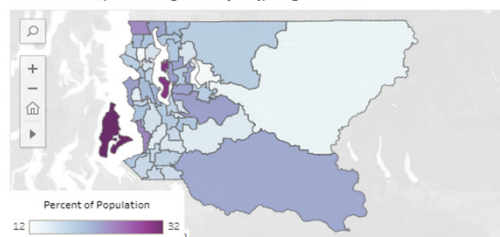
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Some cities/neighborhoods of King County either have a higher percentage of older adults or have a larger number of them

Vashon Island has the highest percent of adults aged 60+ (31.5% of the population) among the 48 Health Reporting Areas
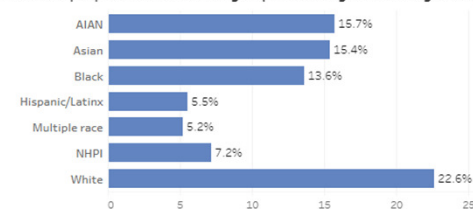
West Seattle has the highest number of people aged 60+ (about 13,500)

In 2018 about 13.6% of the Black population in King was age 60+, representing about 19,400 people

From the COVID-19 Vulnerable Communities Data Tool
https://www.communitiescount.org/covid19vulnerable

Percent of Population age 60+ by City/Neighborhood

Percent of Population

Percent of people within each race group who are age 60+ in King County

AIAN	15.7%
Asian	15.4%
Black	13.6%
Hispanic/Latinx	5.5%
Multiple race	5.2%
NHPI	7.2%
White	22.6%

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Projected Population Change by Age Group
King County, 2015-2050

Increase of almost 300% by 2050
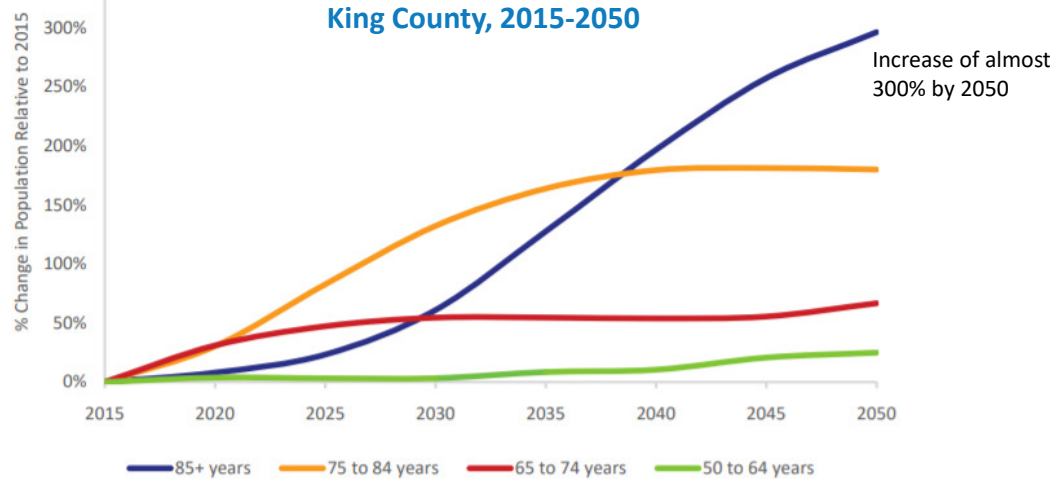
Source: WA State Office of Financial Management, Forecasting Division, 2017 Projections, County Growth Management Population Projections by Age and Sex.

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About 25% of King County, WA Population Age 60+ Years are People of Color

Age 60+ Population by Race King County, 2018		
Race	**Population**	**Percent**
American Indian/Alaska Native	2,151	.5%
Asian	58,025	15%
Black/African American	19,196	5%
Hispanic/Latino	12,369	3%
Native Hawaiian/Pacific Islander	1,350	.3%
Two or More Races	5,310	1%
White	296,473	75%
60+ Total Population	394,874	
King County Total Population	2,190,200	

24.8%

Source: WA State Office of Financial Management, Forecasting Division, Single Year Intercensal Estimates, 2001–2018.

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For 2013-2017, an estimated 22% of King County, WA population (all ages) was foreign born, including immigrants and refugees, compared to 13% nationally

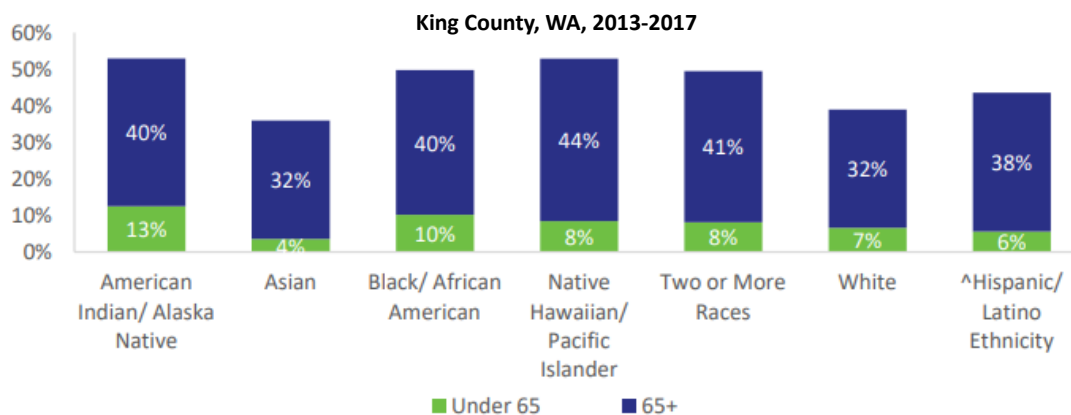| Foreign-Born Population by Age, Language, and Poverty King County, 2013-2017 Average	
Total Foreign-Born Population	22%
Age	
55 to 64 years	11%
65 to 74 years	7%
75 to 84 years	4%
85 years and over	2%
English Proficiency	
Speaks English only	17%
Speaks English less than "very well"	41%
Poverty	
Percent Below the Federal Poverty Level	13%

- Among King County older adults aged 55-64, 11% were foreign born

- Whereas 13% of King County adults aged 65 and older were foreign born

Source: U.S. Census Bureau, American Community Survey 5-Year Estimate, 2013-2017

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People of color in King County, regardless of age, are more likely to have a disability (hearing, vision, cognitive, ambulatory, self-care, and/or independent living difficulty)

King County, WA, 2013-2017

American Indian/ Alaska Native: Under 65 13%, 65+ 40%
Asian: Under 65 4%, 65+ 32%
Black/ African American: Under 65 10%, 65+ 40%
Native Hawaiian/ Pacific Islander: Under 65 8%, 65+ 44%
Two or More Races: Under 65 8%, 65+ 41%
White: Under 65 7%, 65+ 32%
^Hispanic/ Latino Ethnicity: Under 65 6%, 65+ 38%

■ Under 65   ■ 65+

^Hispanics may be of any race and are also counted in their preferred race group.

Source: U.S. Census Bureau, American Community Survey 5-Year Estimate, 2013–2017.

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Poverty among the 65 and older population is highest in Seattle and the South (Rural and Urban combined) subregions

Age 65+ Living in Poverty by Subregion
King County, 2013–2017 Average

East Rural	East Urban	North	Seattle	South Rural	South Urban	Vashon
5%	6%	8%	11%	8%	8%	6%

Source: U.S. Census Bureau, American Community Survey 5-Year Estimate, 2013–2017.

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Disproportionate number of King County residents of color age 60+ experience poverty including Black/African American
King County, 2013-2017

American Indian/Alaska Native — 23%
Asian — 14%
Black/African American — 17%
Hispanic/Latino — 11%
Native Hawaiian/Pacific Islander — 14%
Two or More Races — 13%
White — 7%

King County Average = 9%
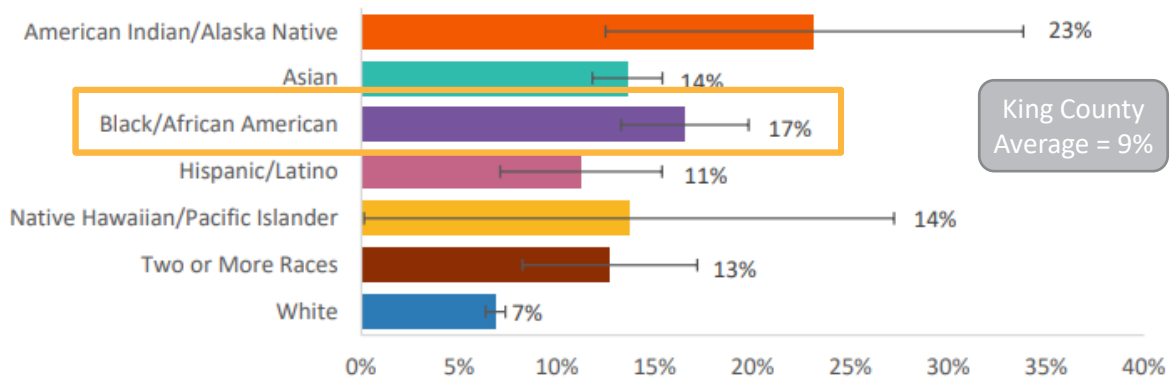
Source: U.S. Census Bureau American Community Survey, Public Use Microdata Sample, 2013–2017.
⊢—⊣ : Confidence Interval (error bars) show the range of values for an estimate that includes the true value 90% of the time

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In King County, a higher proportion of people of color age 60+ and 65+ face housing cost burden*, regardless of their status as renters or homeowners
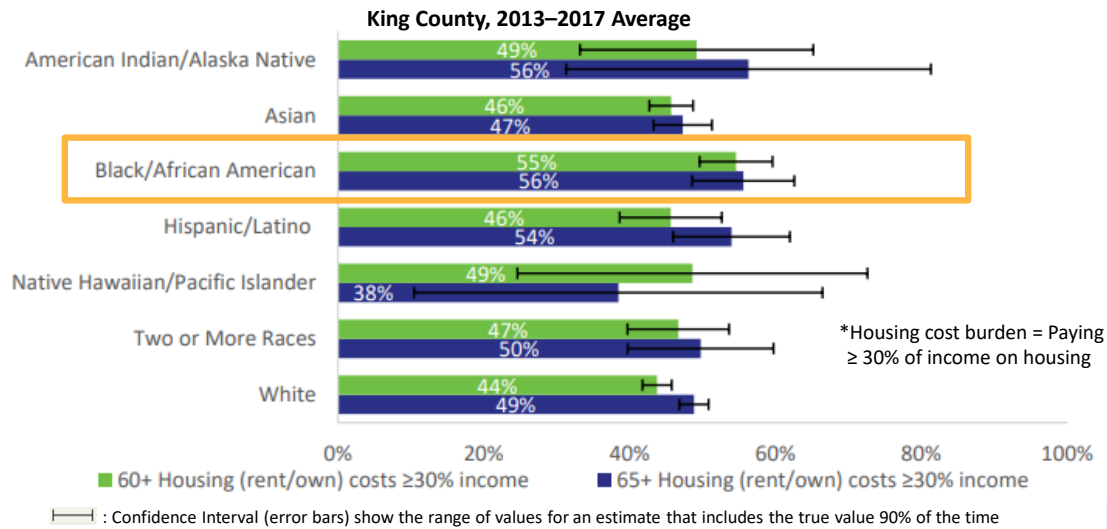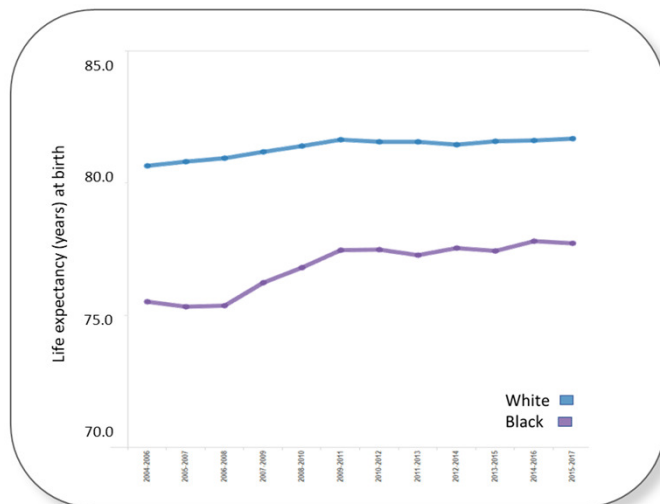
King County, 2013–2017 Average

Race/Ethnicity	60+	65+
American Indian/Alaska Native	49%	56%
Asian	46%	47%
Black/African American	55%	56%
Hispanic/Latino	46%	54%
Native Hawaiian/Pacific Islander	49%	38%
Two or More Races	47%	50%
White	44%	49%

*Housing cost burden = Paying ≥ 30% of income on housing

■ 60+ Housing (rent/own) costs ≥30% income   ■ 65+ Housing (rent/own) costs ≥30% income

⊢—⊣ : Confidence Interval (error bars) show the range of values for an estimate that includes the true value 90% of the time

Source: U.S. Census Bureau American Community Survey, Public Use Microdata Sample, 2013–2017.

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Life Expectancy: "A tale of two counties"

In King County, Black adult life expectancy is 78 years - **4 years less** - than white adult life expectancy of 82 years.

This gap is even greater by race & gender where life expectancy for a Black male is **9 years less** than a white female (75 to 84 years, respectively).

From the COVID-19 Vulnerable Communities Data Tool
https://www.communitiescount.org/covid19vulnerable

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Chronic conditions among leading causes of death for King County, WA older adult residents

Leading Causes of death, King County (average: 2014-2018)
(ranked by number of deaths)

Rank	Total	Age 45-64 (All Race Groups)	Age 65+ (All Race Groups)
1	Cancer	Cancer	Heart disease
2	Heart disease	Heart disease	Cancer
3	Alzheimer's disease	Unintentional injuries	Alzheimer's disease
4	Unintentional injuries	Chronic liver disease	Stroke
5	Stroke	Suicide	Chronic lower resp. disease
6	Chronic lower resp. disease	Diabetes mellitus	Unintentional injuries
7	Diabetes mellitus	Stroke	Diabetes mellitus
8	Suicide	Chronic lower resp. disease	Parkinson's disease Influenza/pneumonia
9	Chronic liver disease	Viral hepatitis	
10	Influenza/pneumonia	Influenza/pneumonia	Essential (primary) hypertension

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Compared to the county average, Black/African American King County residents have higher rates of deaths where the primary cause is diabetes, hypertension, or stroke

Data Sources:

Washington State Behavioral Risk Factor Surveillance System (BRFSS), 20122016

Washington State Death Certificates, 2012-2016

Rates of health indicators for King County communities of color (bars) compared to whites (dotted line) and the King County average (solid line)

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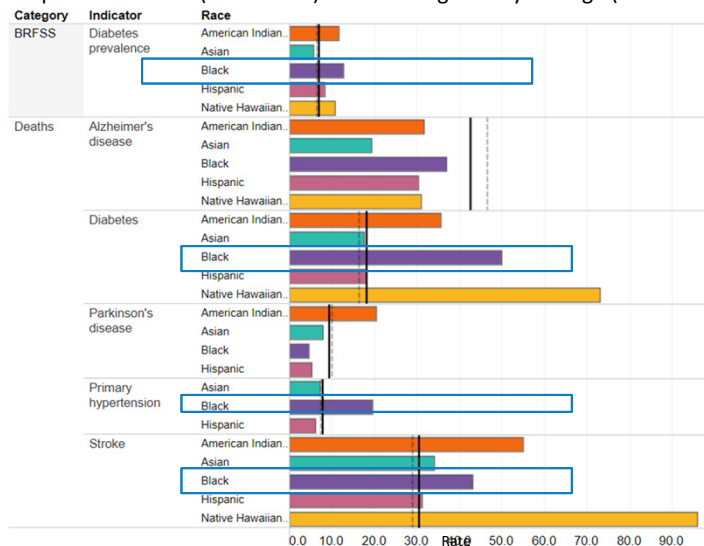
Rates of death where diabetes is the primary cause for adults whose race is Black is higher than the King County average for 65-74 and 75+ age groups

Among King County adults 75+, the diabetes death rate was 2.5 times higher among Black than white residents

AIAN = American Indian/ Alaska Native
NHPI = Native Hawaiian/ Pacific Islander

^ = Data suppressed if too few cases to protect confidentiality and/or report reliable rates
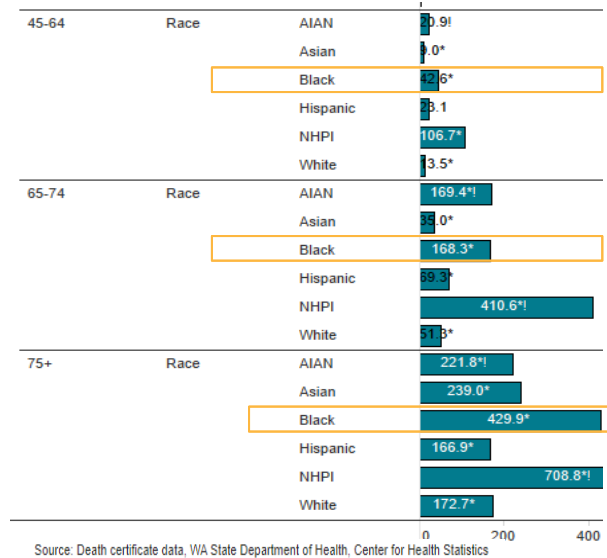* = Significantly different from King County average
! = Interpret with caution; sample size is small, so estimate is imprecise

Diabetes deaths, King County (average: 2014-2018)

Age		Race	Rate
45-64	Race	AIAN	30.9!
		Asian	9.0*
		Black	42.6*
		Hispanic	23.1
		NHPI	106.7*
		White	13.5*
65-74	Race	AIAN	169.4*!
		Asian	35.0*
		Black	168.3*
		Hispanic	69.3*
		NHPI	410.6*!
		White	51.3*
75+	Race	AIAN	221.8*!
		Asian	239.0*
		Black	429.9*
		Hispanic	166.9*
		NHPI	708.8*!
		White	172.7*

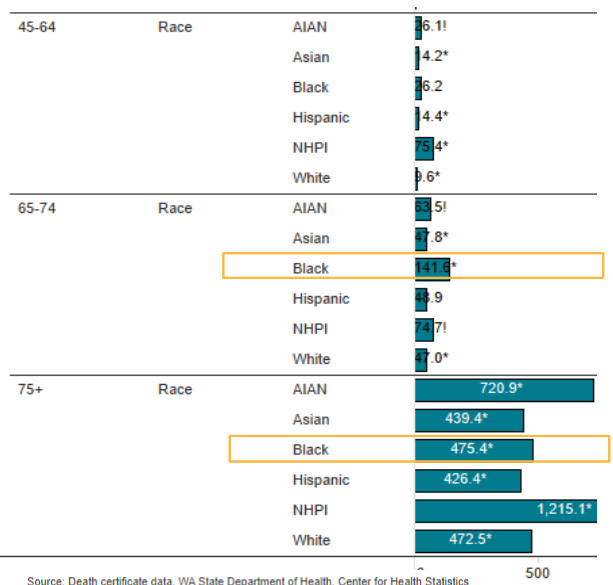Source: Death certificate data, WA State Department of Health, Center for Health Statistics

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Rates of death where stroke is the primary cause for adults whose race is Black is higher than the King County average among older age groups: 64-74 and 75+

AIAN = American Indian/ Alaska Native
NHPI = Native Hawaiian/ Pacific Islander

^ = Data suppressed if too few cases to protect confidentiality and/or report reliable rates
* = Significantly different from King County average
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Stroke deaths, King County (average: 2014-2018)

Age		Race	Rate
45-64	Race	AIAN	16.1!
		Asian	14.2*
		Black	26.2
		Hispanic	14.4*
		NHPI	75.4*
		White	9.6*
65-74	Race	AIAN	63.5!
		Asian	47.8*
		Black	141.6*
		Hispanic	48.9
		NHPI	74.7!
		White	47.0*
75+	Race	AIAN	720.9*
		Asian	439.4*
		Black	475.4*
		Hispanic	426.4*
		NHPI	1,215.1*
		White	472.5*

Source: Death certificate data, WA State Department of Health, Center for Health Statistics
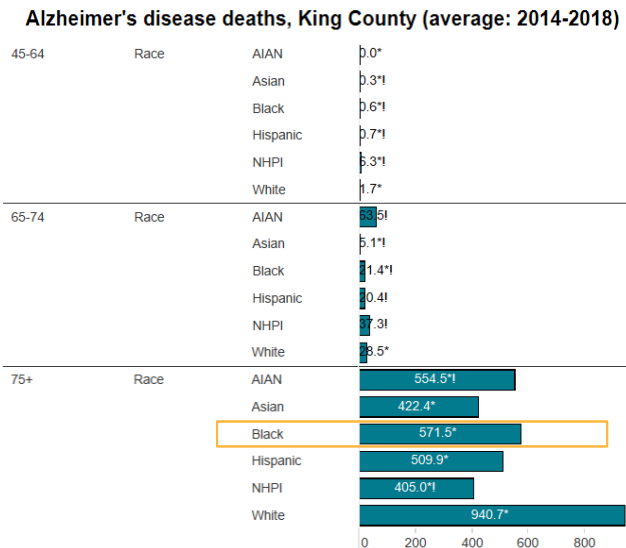
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Slide 19

- **Rates of death where Alzheimer's disease is the primary cause increases with age**

- **Among King County adults age 75+ whose race is Black, Alzheimer's disease deaths rate is higher than King County average**

AIAN = American Indian/ Alaska Native
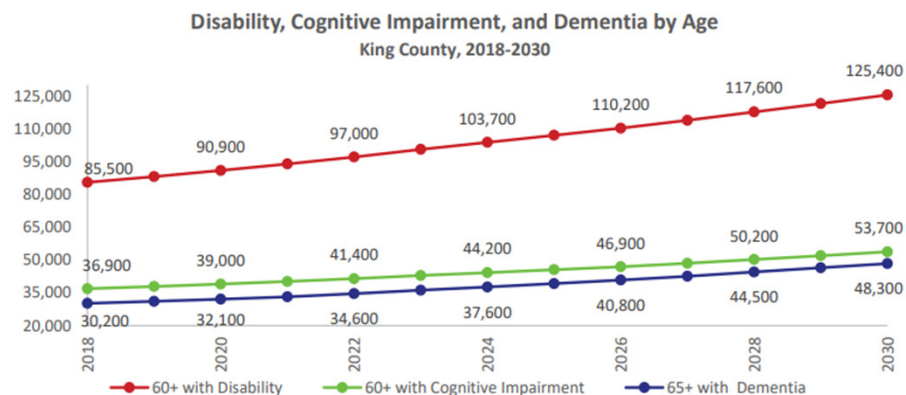NHPI = Native Hawaiian/ Pacific Islander

^ = Data suppressed if too few cases to protect confidentiality and/or report reliable rates
* = Significantly different from King County average
! = Interpret with caution; sample size is small, so estimate is imprecise

Alzheimer's disease deaths, King County (average: 2014-2018)

Age	Category	Race	Value
45-64	Race	AIAN	0.0*
		Asian	0.3*!
		Black	0.6*!
		Hispanic	0.7*!
		NHPI	6.3*!
		White	1.7*
65-74	Race	AIAN	53.5!
		Asian	6.1*!
		Black	21.4*!
		Hispanic	20.4!
		NHPI	57.3!
		White	28.5*
75+	Race	AIAN	554.5*!
		Asian	422.4*
		Black	571.5*
		Hispanic	509.9*
		NHPI	405.0*!
		White	940.7*

Source: Death certificate data, WA State Department of Health, Center for Health Statistics

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Slide 20

Projected steadily increase in number of older adults with disabilities, cognitive impairments, and dementia as King County's older population grows

Disability, Cognitive Impairment, and Dementia by Age
King County, 2018-2030

60+ with Disability: 85,500 — 90,900 — 97,000 — 103,700 — 110,200 — 117,600 — 125,400
60+ with Cognitive Impairment: 36,900 — 39,000 — 41,400 — 44,200 — 46,900 — 50,200 — 53,700
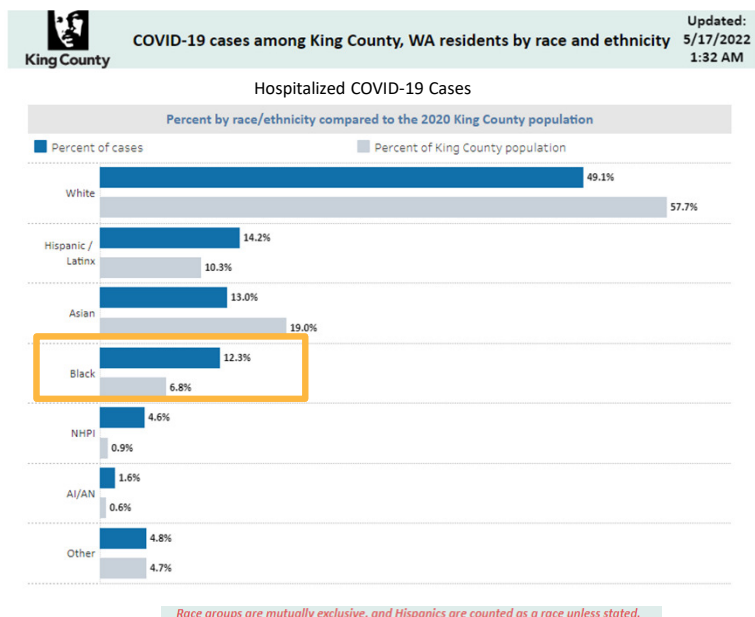65+ with Dementia: 30,200 — 32,100 — 34,600 — 37,600 — 40,800 — 44,500 — 48,300

Source: WA Department of Social and Health Services, Aging and Long-Term Support Administration, Forecasts of the Aging Population, Dementia Prevalence and Use of Long-Term Care Services through 2030 in Washington State.

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Black King County residents (all ages) represent 12.3% of hospitalized COVID-19 cases compared to 6.8% of the population

Source: King County, WA COVID-19 race and ethnicity data dashboard, https://kingcounty.gov/depts/health/covid-19/data/race-ethnicity.aspx

AIAN = American Indian/ Alaska Native
NHPI = Native Hawaiian/ Pacific Islander

King County — COVID-19 cases among King County, WA residents by race and ethnicity — Updated: 5/17/2022 1:32 AM

Hospitalized COVID-19 Cases

Percent by race/ethnicity compared to the 2020 King County population

■ Percent of cases   ■ Percent of King County population

Race/Ethnicity	Percent of cases	Percent of King County population
White	49.1%	57.7%
Hispanic / Latinx	14.2%	10.3%
Asian	13.0%	19.0%
Black	12.3%	6.8%
NHPI	4.6%	0.9%
AI/AN	1.6%	0.6%
Other	4.8%	4.7%

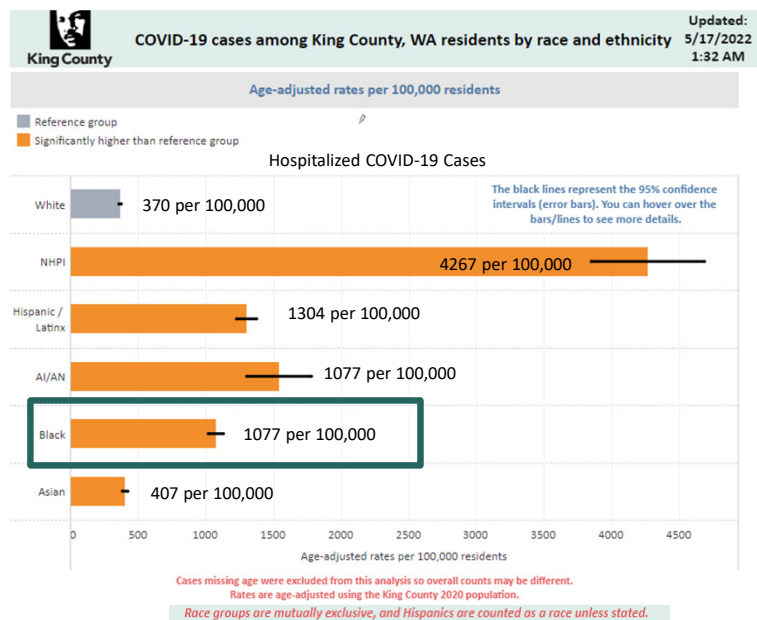*Race groups are mutually exclusive, and Hispanics are counted as a race unless stated.*

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Age-adjusted rates of COVID-19 hospitalizations were 3 times higher among Black than white King County residents (all ages)

Source: King County, WA COVID-19 race and ethnicity data dashboard, https://kingcounty.gov/depts/health/covid-19/data/race-ethnicity.aspx

AIAN = American Indian/ Alaska Native
NHPI = Native Hawaiian/ Pacific Islander

King County — COVID-19 cases among King County, WA residents by race and ethnicity — Updated: 5/17/2022 1:32 AM

Age-adjusted rates per 100,000 residents

■ Reference group
■ Significantly higher than reference group

Hospitalized COVID-19 Cases

The black lines represent the 95% confidence intervals (error bars). You can hover over the bars/lines to see more details.

Race/Ethnicity	Rate per 100,000
White	370 per 100,000
NHPI	4267 per 100,000
Hispanic / Latinx	1304 per 100,000
AI/AN	1077 per 100,000
Black	1077 per 100,000
Asian	407 per 100,000

Age-adjusted rates per 100,000 residents

Cases missing age were excluded from this analysis so overall counts may be different.
Rates are age-adjusted using the King County 2020 population.
Race groups are mutually exclusive, and Hispanics are counted as a race unless stated.

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Key Take-Aways

- Growth in older adult, 60+ population in north and south (urban and rural combined) King County subregions
- Older adults of color in King County, including African American experience elevated rates of:
  - Disability
  - Poverty, especially in combined south urban and rural areas
  - Housing cost burden, regardless of whether they rent or own their homes
  - Chronic disease deaths and lower life expectancy
- Health is shaped by many factors – **Health equity = every person can attain their full health potential**

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Contact and Resources

- **Myduc Ta**: Myduc.Ta@kingcounty.gov
- **Karen Winston**: Karen.Winston@seattle.gov
- **ADS Area Plan:** www.agingkingcounty.org/data-reports/area-plan
- **African American Alzheimer's Fact Sheet**: www.dshs.wa.gov/altsa/dementia-action-collaborative
- **Community Health Indicators:** www.kingcounty.gov/chi
- **Health Disparities Dashboard:** https://www.communitiescount.org/health-disparities-dashboard
- **King County, WA COVID 19 race/ethnicity dashboard:** https://kingcounty.gov/depts/health/covid-19/data/race-ethnicity.aspx

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2022 MCAAE Advocacy Agenda

1. Advocate for affordable housing

2. Partner with PH to collect community-wide data to identify and map health care gaps and high-need areas in King County and advocate for better access and support.

3. **Tied between:**
   a) Seek partnerships to address health disparities that may be exacerbated with age.
   b) Coordinate an African American forum on health (e.g., addictions, hoarding, managing chronic conditions, Alzheimer's/dementia, oral health, etc.).

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Next Steps, Strategies, and Opportunities

- Partnerships
- Prevention
- Health Promotion

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Extra Slides

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Foreign-Born (all ages) Population by Subregion
King County, 2013-2017

Foreign-Born Population by Subregion King County, 2013-2017 Average						
East Rural	East Urban	North	Seattle	South Rural	South Urban	Vashon
9%	29%	17%	18%	7%	25%	7%

Source: U.S. Census Bureau, American Community Survey 5-Year Estimate, 2013–2017.

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Projected Growth of Age 65+, with Dementia
King County and Washington State, 2015-2050

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