MANAGING CHRONIC DISEASE & PROMOTING WELL-BEING

CHAPTER 4
DEFINING HEALTH

• Health status
  • 1. the presence or absence of disease
  • 2. the degree of disability in an individual’s level of functioning

• Disability
  • impairments in the ability to complete multiple daily tasks
ADLS AND IADLS

- Activities of Daily Living (ADLs)
  - Summarize an individual’s ability to perform basic tasks
    - i.e. bathing, dressing, walking

- Instrumental Activities of Daily Living (IADLs)
  - Summarize an individual’s ability to perform more complex tasks
    - i.e. meal preparation, home management
ADL & IADL LIMITATIONS
BY SEX & AGE

FIGURE 4.1 Comparing ADL and IADL Limitations, 2002: Age, Gender, Poverty Status
Quality of Life

- considers the individual’s sense of competence, ability to perform activities of daily living, and satisfaction with social interactions, plus functional health.

- Most older people appear to adjust their perceptions of their health in response to the aging process.
FIGURE 4.2 Good to Excellent Health among Noninstitutionalized Persons 65 and Older, by Age, Race, and Hispanic Origin: United States, 2002–2004

FIGURE 4.3  Percent of Persons 65 Years and Older Who Reported Selected Chronic Conditions by Gender: United States, 2003–2004
*(Includes emphysema, asthma, chronic bronchitis)
CHRONIC AND ACUTE DISEASES

• Acute conditions
  • More debilitating and require more care

• Chronic conditions
  • Long-term (more than three months)
  • Often permanent, leaving a residual disability that may require long-term management
Heart disease, cancer and strokes accounted for 62% of all deaths among people ≥ 65 in 2003
COMMON CHRONIC DISEASES

• Heart Disease
• Strokes
• Cancer
• Arthritis
• Osteoporosis
• Chronic Obstructive Pulmonary Disease
COMMON CHRONIC DISEASES

- Diabetes
- Kidney and Urinary Tract
- Intestinal System
- Oral Diseases
- HIV/AIDS
- Accidents and Falls
Death Rates By Race/Ethnicity & Age

**FIGURE 4.4** Death Rates for Selected Diseases at Age 55 to 64 (per 100,000)

Source: NCHS, 2003b.
OLDER DRIVERS

• 27.5 million drivers in U.S. ≥ 65

• Number to double by 2020

• 21 states have special license requirements for older adults.

• Older drivers are less likely to speed, to drive in bad weather, at night, in freeway traffic, in rush hour, or while drunk.
USE OF PHYSICIAN SERVICES BY OLDER PEOPLE

• Major difference in use of physician services across age groups is in frequency of use:
  • 1.3 physician visits per person among those ages 25-44
  • 7.3 for people aged 45-64
  • 11.4 visits for people aged 66-84
  • 15.0 visits for those 85 and older
HEALTH PROMOTION WITH OLDER PEOPLE

• Health promotion
  • model in which individuals are responsible for and in control of their own health
  • includes a combination of health education and related organizational, political, and economic changes conducive to health

• The primary rationale for health promotion programs for older adults is to reduce the incidence of disabling chronic diseases.
• Health promotion programs must be designed to fit the lifestyle, preferences and culture of older adults who are the targets of such efforts.

• Research supports that a relationship exists between personal health habits and active aging or aging well.