

2020 Summary Assessment of Older Ohioans

Executive summary

This Summary Assessment provides a comprehensive picture of the health and wellbeing of older Ohioans to inform development of a Strategic Action Plan on Aging.

Between 2010 and 2030, the number of Ohioans, age 60 and older, is projected to increase by 33.4%; Ohio's total population is expected to grow by just 0.7%. By 2030, Ohioans ages 60 and older will make up 26.3% of Ohio's total population.

33.4%
increase
in Ohioans
age 60+
by 2030

Key findings



The opportunity to live a long and full life is out of reach for many Ohioans

There is a gap of more than 29 years in life expectancy at birth in Ohio depending on where a person lives. Shorter life expectancy is, in part, driven by community conditions, such as education and income, disproportionately impacting older Ohioans who are black or living with a disability.



Strengthening housing and transportation in Ohio supports healthy aging

Ohio performs better than the U.S. overall on housing costs for older Ohioans who are renters. Still, over half of Ohio renters, ages 65 and older, are burdened by high housing rental costs. Transportation barriers were also called out as challenges among key stakeholders.



While most older Ohioans can cover their basic needs, many are not financially prepared for life after work

Most older Ohioans have incomes that are sufficient to cover housing costs, health care, food and other expenses (56.2% of single older adults and 81.8% of older adult couples). Still, for low- and middle-income older Ohioans in need of a nursing home or home care, the cost of services are often out of reach.



Caregiver supports and workforce capacity are key issues facing Ohio's aging population

Ohio performs poorly relative to other states on policies that support family caregivers, including caregivers who work. Although Ohio ranks in the top half of states on several indicators of workforce capacity, inadequate home- and community-based long-term services and supports is a concern among key stakeholders.



Older Ohioans face mounting challenges related to mental health and addiction

Older Ohioans have high rates of depression, and suicide deaths have increased by 40% over the last 10 years. Ohio also performs worse than the U.S. overall and has large race and/or income disparities on smoking among Ohioans, ages 55 to 64, and unintentional drug overdose deaths among Ohioans, ages 65 and older, which have more than doubled over the past 10 years.



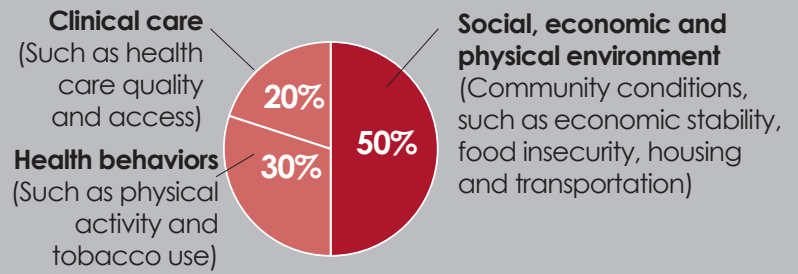
Chronic conditions, including heart disease, dementia and related disorders, remain a concern for older Ohioans

Older Ohioans have higher hypertension prevalence than the U.S. overall, and heart disease is the leading cause of death for Ohioans, ages 60 and older. Deaths caused by Alzheimer's and Parkinson's disease are among the top ten causes of death for the oldest Ohioans, ages 75 and older.

Factors impacting the health and wellbeing of older Ohioans

The health and wellbeing of older Ohioans is impacted by the conditions in which they live and their access to resources. This Summary Assessment explores strengths and challenges across all these factors as it relates to older Ohioans.

Modifiable factors that influence health

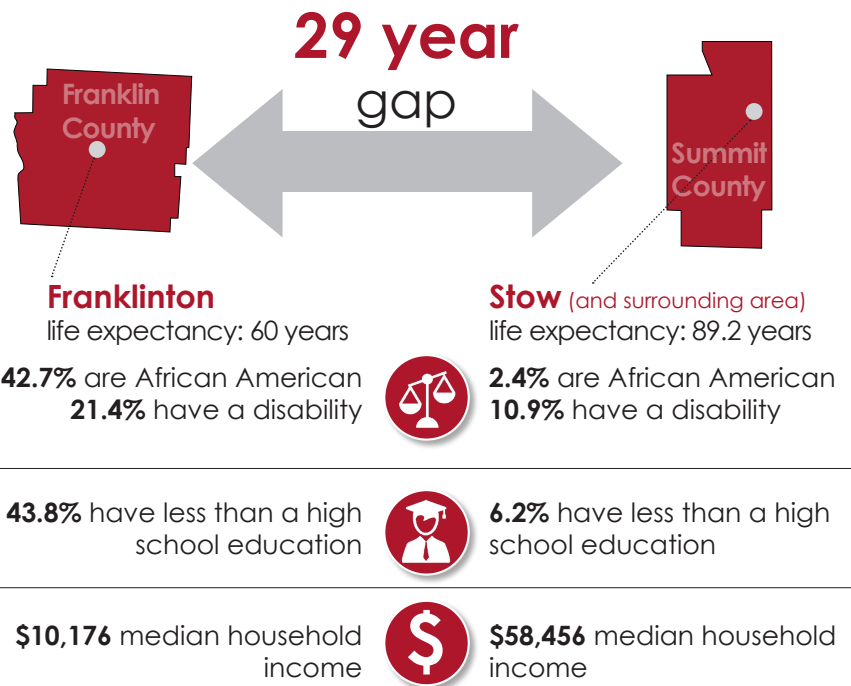


Underlying drivers of inequity: Poverty, trauma, toxic stress and discrimination and oppression, including ageism, racism, ableism and other “isms”

Life potential cut short

Many older Ohioans face the consequences of both historical and contemporary injustices fueled by continued ageism, ableism, racism and other forms of discrimination and oppression. The impact of this is shorter lives and poorer health outcomes, particularly for older Ohioans from communities of color, with low incomes or disabilities, LGBTQ communities, immigrants and refugees and those living in rural or Appalachian regions of the state. Equity, where all older Ohioans live to their full health potential, is only achieved by addressing these underlying drivers of poor health.

Differences in life expectancy



A path forward

Improving the health and wellbeing of older Ohioans requires a coordinated approach that ensures state and local partners are rowing in the same direction. The 2020-2022 Strategic Action Plan on Aging (SAPA) will provide a prioritized action plan for state and local partners to use to achieve health and wellbeing for older Ohioans. The SAPA will be informed by the key findings of this Summary Assessment and align with the [2019-2022 State Plan on Aging](#) and the [2020-2022 State Health Improvement Plan](#).

Through the spring and summer of 2020, the Health Policy Institute of Ohio and Ohio Department of Aging will work with the SAPA Advisory Committee to review the Summary Assessment findings and prioritize topics, objectives and evidence-informed strategies for the 2020-2022 SAPA.

State and local partners



Download the full report at

<https://aging.ohio.gov/wps/portal/gov/aging/about-us/reports-and-data/summary-assessment-of-older-ohioans-2020>