



Older Adult Health in Maine

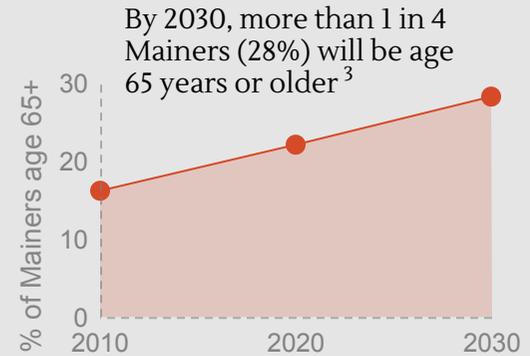
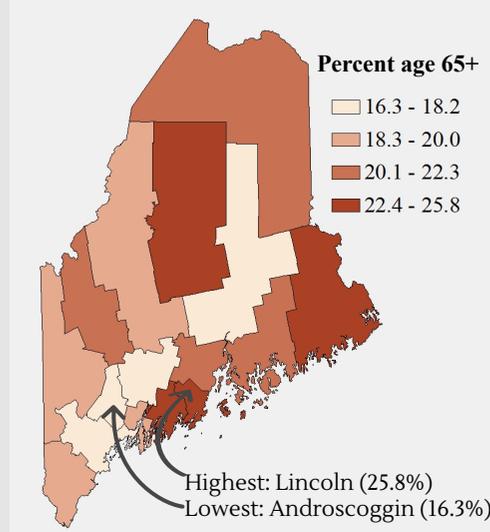
Mainers over the age of 65 face a number of challenges to their health, some related to age and others stemming from poverty, isolation, lack of transportation or inadequate services.

This databrief describes the older adult population (those age 65+) and highlights some of those challenges.



Maine has the highest median age in the nation (44.6 years).¹

Rural counties have a greater proportion of adults age 65+.²



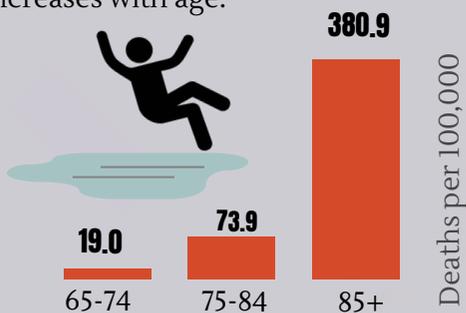
1 in 5

Mainers 65 or older say their health is fair to poor.⁴

Some health challenges are more common among older adults

Fall-related Injuries

The risk of fall-related injury among adults increases with age.⁵



Among Mainers age 65+, falls cause:⁵

136 average annual deaths

17,383 average annual ED visits & hospitalizations

Arthritis



Half (50.8%) of Maine adults age 65+ have arthritis, and of those, one in five (22.8%) say it limits their usual activities.⁴

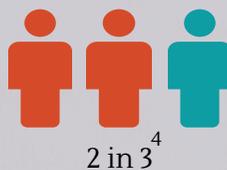
Cardiovascular Disease and Cancer

The top three leading causes of death among Maine adults 65+ are cancer, heart disease, and chronic lower respiratory disease. The risk of these causes increases with age.⁷

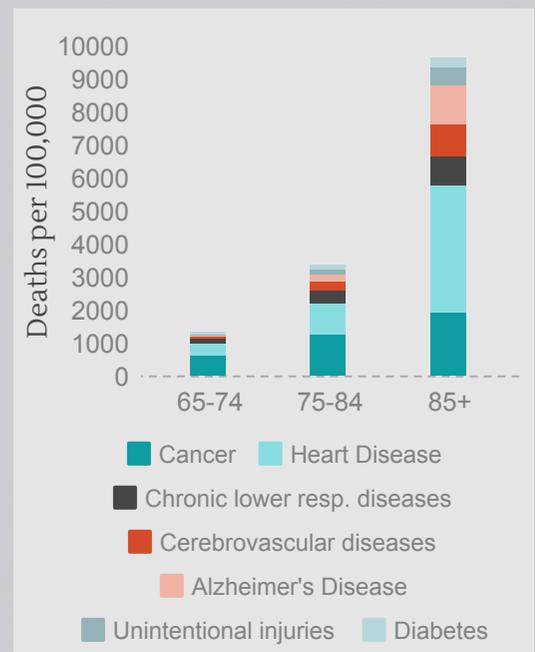
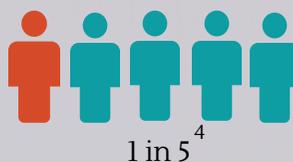
High blood pressure or high cholesterol



Overweight & Obesity (BMI 25+)



Diabetes

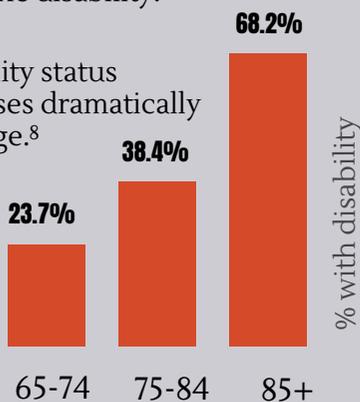


Disability

1 in 3

adults age 65+ have at least one disability.⁸

Disability status increases dramatically with age.⁸



19% have an ambulatory difficulty.²



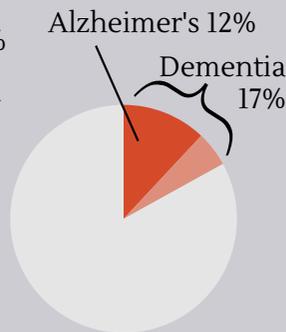
13% are deaf or have serious difficulty hearing.⁴



Cognitive and Mental Health

Dementia

An estimated 17% of Maine adults age 65+ have any dementia; 12% have Alzheimer's Disease.⁹



Oral Health

15.2% of Maine adults age 65+ have had all their teeth removed.¹¹

Maine ranks 31st among all 50 states in full teeth extractions. The best state (#1) is Hawaii with 5.6%.¹¹

Suicide Deaths

The rate of suicide is highest among men age 85 or older.¹⁰



Deaths per 100,000

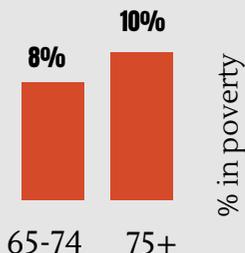
302,757 Maine adults age 65+ live in dental health shortage areas.¹²

Maine adults 65+ face challenges getting needed services

Poverty and Income

Many older adults live on fixed incomes and struggle to pay for needed care, food, or transportation.²

The likelihood of living in poverty increases with age. Females age 65+ are more likely to live in poverty compared to males (11% vs 7%).²



Care Providers

Geriatricians specialize in care for the elderly. Based on Maine's population or older adults, only 41% of the need for geriatricians is currently met.¹¹

In the past five years, home health care workers increased 46% from 106 to 155 aids per 1,000 adults aged 75+.¹¹

1 in 4
Mainers



are caregivers for friends or family.⁶ An estimated 80% of U.S. caregivers provide care to someone 50 years or older.¹³

Vehicle Access and Living Alone

1 in 10 Mainers age 65+ live in a household without access to a vehicle.²



Older adults who own their own home, are 7X more likely to have access to a vehicle than those who rent.²

Women age 65+ are twice as likely as men to live alone.²



- Sources:
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 2. U.S. Census Bureau. 2013-2017 American Community Survey 5-Year Estimates.
 3. Maine Department of Health and Human Services. Maine's State Plan on Aging, 2016-2020.
 4. Behavioral Risk Factor Surveillance System (BRFSS), 2016.
 5. Maine Center of Disease Control and Prevention, 2013-2014 Injury Databook.
 6. Behavioral Risk Factor Surveillance System (BRFSS), 2015.
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