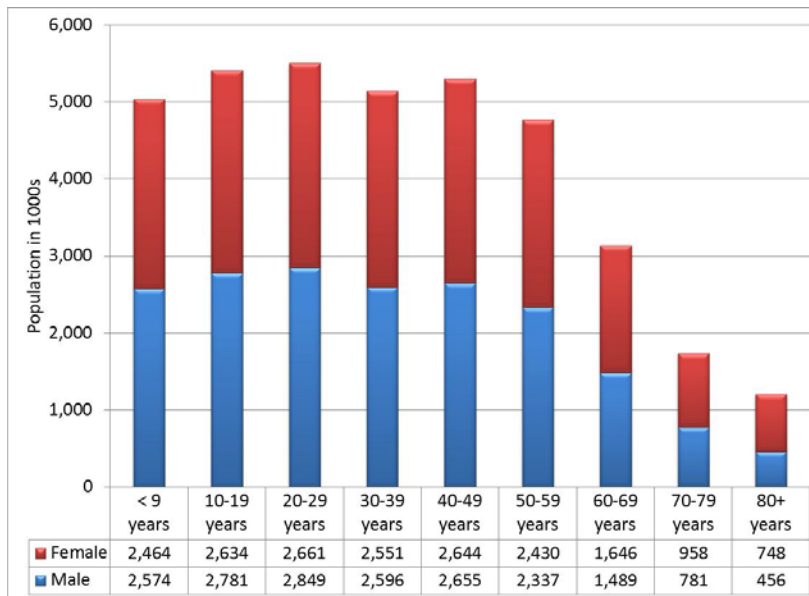


POLICY ACADEMY STATE PROFILE

California's Population

CALIFORNIA POPULATION (IN 1000S) BY AGE GROUP



Source: U.S. Census Bureau 2010

California is home to more than 37 million people. Of these, approximately more than 10.8 million (29.1 percent) are over 50; more than 6 million (16.3 percent) are over 60; nearly 3 million (7.9 percent) are over 70; and more than 1.2 million (3.2 percent) are over 80. The proportion of females rises steadily to 62.1 percent of those 80 and older. The racial/ethnic composition of older Californians is as follows:

Race/Ethnicity of Californians

Age	White	Black	Am Indian AK Native	Other	White not Hispanic
<55	58.2%	6.3%	0.8%	34.7%	36.1%
55+	71.7%	5.6%	0.7%	22.0%	60.3%

Source: U.S. Census Bureau 2009 Projections

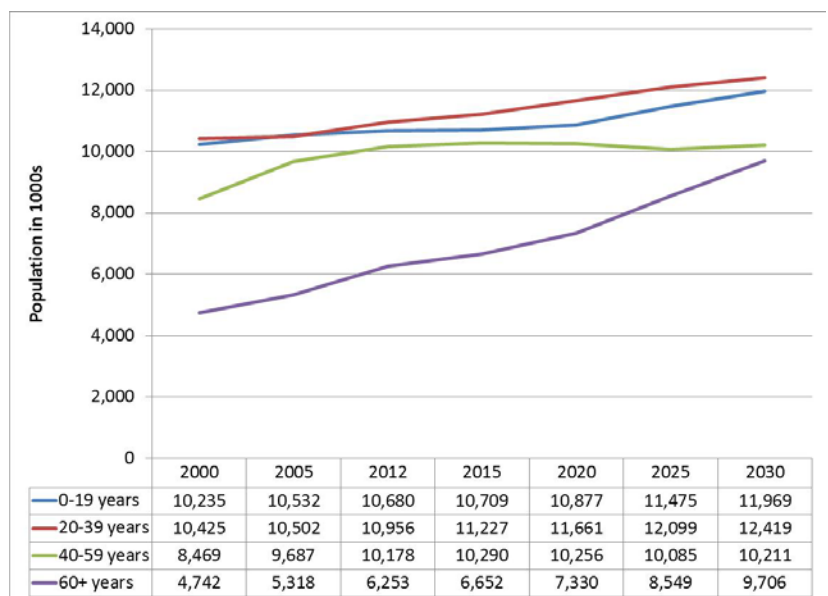
THE NUMBER OF OLDER CALIFORNIANS IS GROWING (POPULATION IN 1000S)

The proportion of California's population that is 60 and older is growing much more rapidly than other components of the population. The U.S. Census Bureau estimates that about 22 percent of California's population will be over age 60 by the year 2030, an increase of 34 percent from 2012.

Projected California Population

Age Group	2012	2020	2030
0 to 19	28.1%	27.1%	27.0%
20 to 39	28.8%	29.1%	28.0%
40 to 59	26.7%	25.6%	23.0%
60+	16.4%	18.3%	21.9%

Source: U.S. Census Bureau 2009 Projections



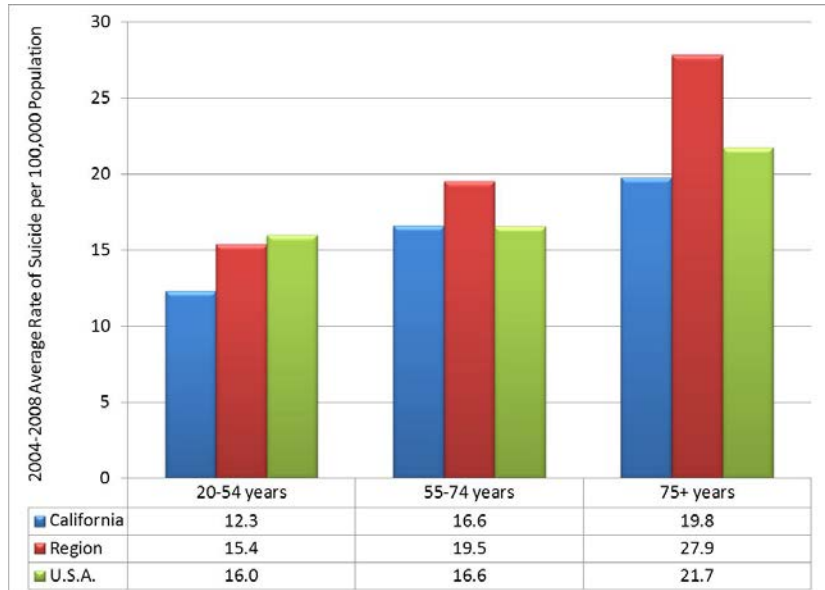
Source: U.S. Census Bureau 2009 Projections

Suicide Among Older Californians

2004-2008 NATIONAL AND REGIONAL SUICIDE RATE PER 100,000 POPULATION

The five-year average suicide rate among Californians age 55 and older is higher than the rate in the 20-54 year age group: 17.4 per 100,000 age 55 and older versus 12.3 in the 20-54 year age group. The rate is highest among those age 75 and older. California, because of is a major driver of the Western Region’s average rate; however, the rate in California appears to be lower than that in the Nation and the Region. The Region includes Alaska, Arizona, Hawaii, Idaho, Nevada, Oregon and Washington in addition to California.

Please Note: States vary in their reporting practices surrounding suicide deaths. The apparent rate of suicide is influenced by these reporting practices.



Source: Centers for Disease Control Vital Statistics 2008

CALIFORNIA SUICIDE TREND



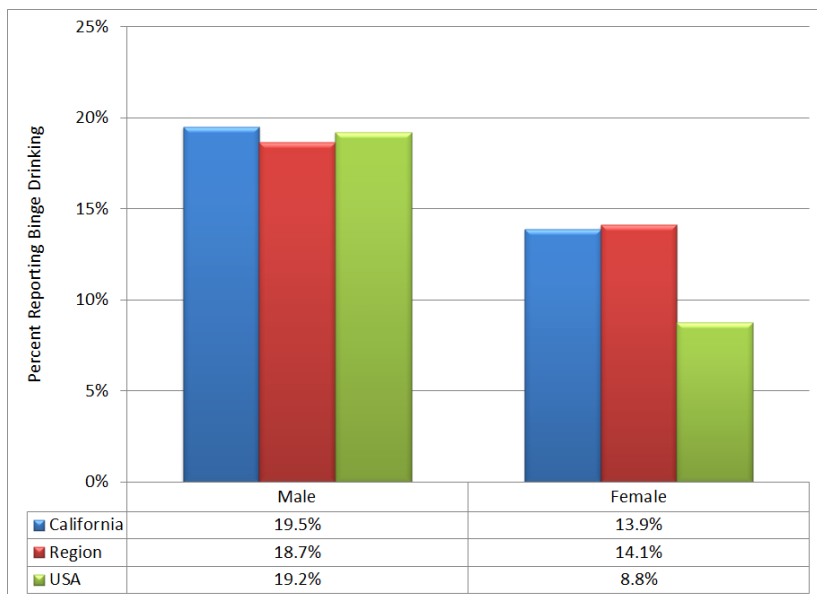
Source: Centers for Disease Control Vital Statistics 2009

The two-year moving average rate of suicide among older Californians age 55 and older - shown with the dashed line- has fluctuated from a low of 15.0 to a high of 16.5 per 100,000 in population. This rate has remained consistently above the rate in younger age groups, and consistently highest in the 75 and older group.

Please Note: States may vary in their reporting practices surrounding suicide deaths from year to year within the same state. The number of suicides is generally low, so even a small difference in reported numbers may make the rate appear to fluctuate widely.

Older Californians' Substance Use / Abuse

30-DAY BINGE DRINKING AMONG OLDER CALIFORNIANS BY GENDER



Duke Medicine News (August 17, 2009) notes that binge drinking can cause: “serious problems, such as stroke, cardiovascular disease, liver disease, neurological damage and poor diabetes control.” Binge drinkers are more likely to take risks like driving while intoxicated, and to experience falls and other accidents. Older people have less tolerance for alcohol. Therefore, this table defines a “binge” as 3 or more drinks in one event for women and 4 or more for men. Binge drinking is consistently highest among males. Overall, 16.3 percent of Californians age 50 and older reported binge drinking: 19.5 percent of males and 13.9 percent of females. The confidence intervals around these estimates are less than ± 0.2 and ± 1.0 percent respectively.

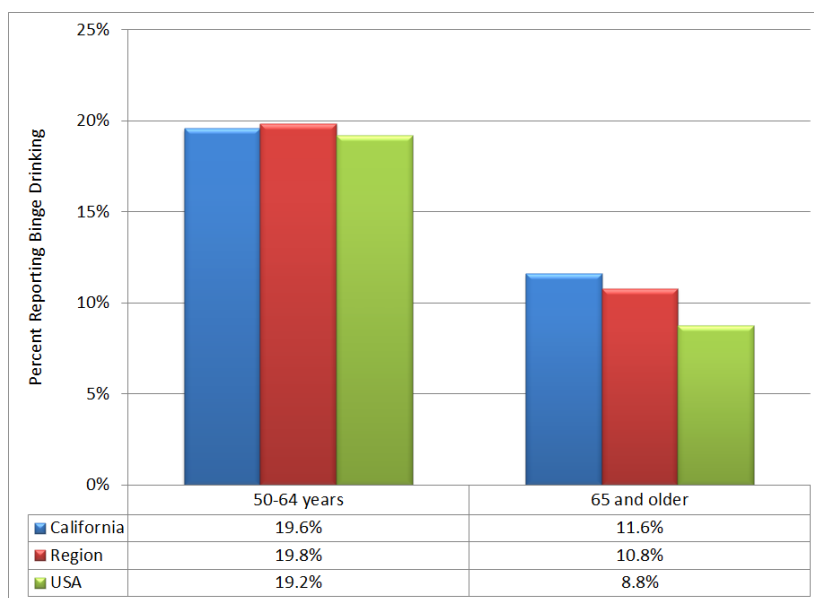
Source: Behavioral Risk Factor Surveillance System 2011

30-DAY BINGE DRINKING AMONG OLDER CALIFORNIANS BY AGE GROUP

Binge drinking tends to decrease with age: 19.6 percent of Californians age 50-64 reported binge drinking, while 11.6 percent in the 65 and older group reported similar behavior. The confidence intervals around these estimates are less than ± 0.2 and ± 1.0 percent respectively. The following table provides a breakdown by age group and gender.

Percent of Californians Reporting Binge Drinking by Age and Gender

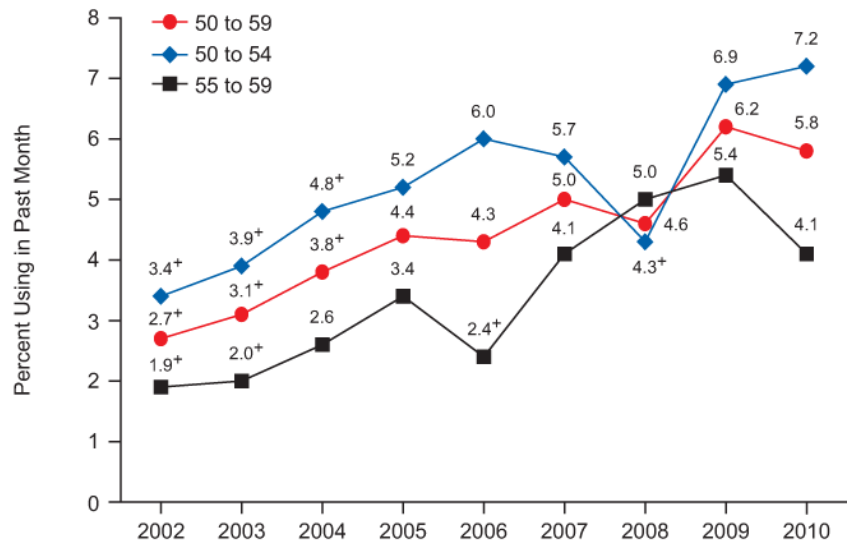
	Male	Female
50-64 years	23.3%	16.7%
65 and older	13.8%	9.9%



Source: Behavioral Risk Factor Surveillance System 2011

ILLICIT DRUG USE AMONG OLDER AMERICANS

Nationally, illicit drug use has more than doubled among 50-59 year olds since 2002. The rate rose from 3.4 to 7.2 percent among 50-54 year olds and from 1.9 to 4.1 percent among 55-59 year olds. According to the Substance Abuse and Mental Health Services Administration, “These patterns and trends partially reflect the aging into these age groups of members of the baby boom cohort, whose rates of illicit drug use have been higher than those of older cohorts.” Specific data about substance abuse among older Californians are not available; however the SAMHSA NSDUH Report (<http://www.oas.samhsa.gov/2k9state/Cover.pdf>), provides general information about substance use in California.



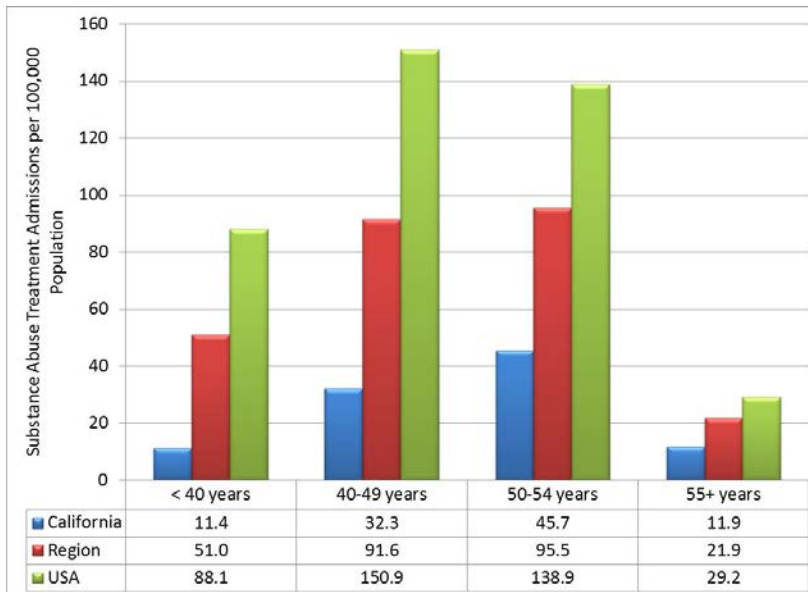
Source: National Survey on Drug Use and Health, 2010
Volume 1. Summary of National Findings

DRUG-RELATED EMERGENCY DEPARTMENT VISITS INVOLVING PHARMACEUTICAL MISUSE AND ABUSE BY OLDER ADULTS

The Substance Abuse and Mental Health Service Administration’s Center for Behavioral Health Statistics and Quality periodically releases reports from the Drug Abuse Warning Network (DAWN). DAWN comprises a nationwide network of hospital emergency rooms (ER) primarily located in large metropolitan areas. DAWN data consist of professional reviews of ER records to determine the likelihood and extent to which alcohol and other drug abuse was involved. The November 25, 2010, DAWN Report showed that (quote):

- *In 2004, there were an estimated 115,803 emergency department (ED) visits involving pharmaceutical misuse and abuse by adults aged 50 or older; in 2008, there were 256,097 such visits, representing an increase of 121.1 percent*
- *One fifth (19.7 percent) of ED visits involving pharmaceutical misuse and abuse among older adults were made by persons aged 70 or older*
- *Among ED visits made by older adults, pain relievers were the type of pharmaceutical most commonly involved (43.5 percent), followed by drugs used to treat anxiety or insomnia (31.8 percent) and antidepressants (8.6 percent)*
- *Among patients aged 50 or older who visited the ED for pharmaceutical misuse or abuse, more than half (52.3 percent) were treated and released, and more than one third (37.5 percent) were admitted to the hospital*

ADMISSIONS TO SUBSTANCE ABUSE TREATMENT AMONG CALIFORNIANS AGE 50 AND OLDER

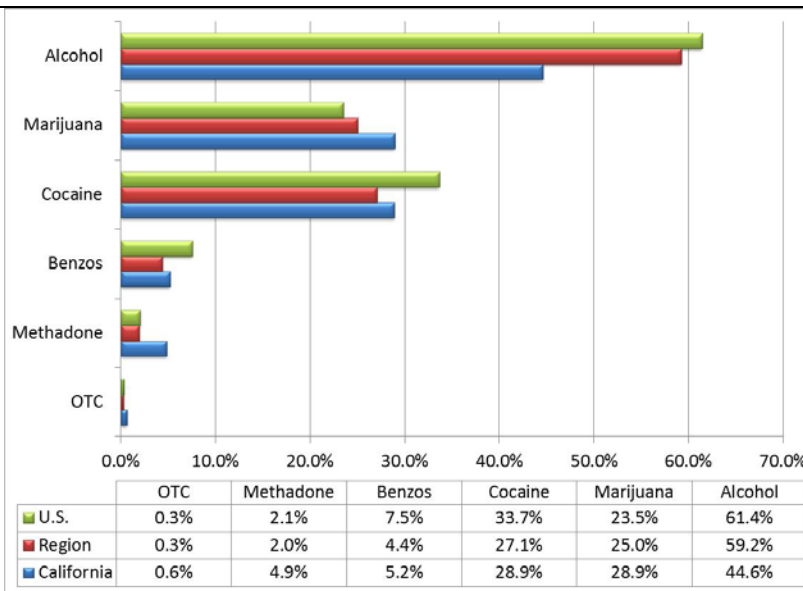


In 2009, California reported 2,156 admissions to substance abuse treatment among those age 50 and older. This represented a rate of 19.9 admissions per 100,000 in population. This rate appears to be much lower than the rate in the Nation and the Western Region; however, please note that State reporting practices impact the apparent rate.

Please note Data include only those admissions reported to the Treatment Episode Data Set.

Source; Treatment Episode Data Set, 2009¹

AGE 55+ TREATMENT ADMISSIONS - SUBSTANCES USED



Alcohol was - by far - the most frequent drug of use among older Californians in publicly financed substance abuse treatment in 2009. Alcohol was mentioned as the primary substance of abuse in more than 40 percent of admissions among those age 50 plus - and it was mentioned as a drug of abuse (primary, secondary or tertiary) in more than 75 percent of cases. This was higher than both the national and regional rates.

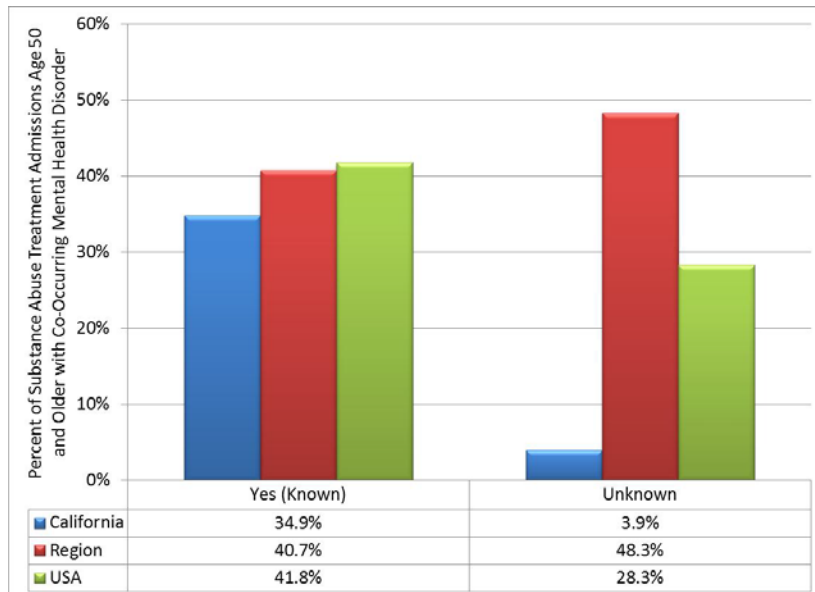
Please note: Data include only those admissions reported to the Treatment Episode Data Set.

Source; Treatment Episode Data Set, 2009²

¹ TEDS Limitations: TEDS data are collected by states that accept Substance Abuse Prevention and Treatment (SAPT) Block Grant funds. Guidelines suggest that states should report all clients admitted to publicly financed treatment; however, states are inconsistent in applying the guidelines. States also have freedom to structure and implement different quality controls over the data. For example, states may collect different categories of information to answer TEDS questions. Information is then “walked over” to TEDS definitions.

² TEDS Limitations: TEDS data are collected by states that accept Substance Abuse Prevention and Treatment (SAPI) Block Grant funds. Guidelines suggest that states should report all clients admitted to publicly financed treatment; however, states are inconsistent in applying

CO-OCCURRING MENTAL HEALTH DISORDER



Source: Treatment Episode Data Set, 2009

Research shows a strong relationship between substance use and mental health disorders. Studies show 30-80 % of people with substance abuse or mental health disorders also have a co-occurring substance abuse/mental health disorder. This graph shows the proportion of Californians age 50 and older who were admitted to substance abuse treatment and also had a mental health diagnosis. While this rate appears lower than the nation or region, reporting practices are a factor in these results.

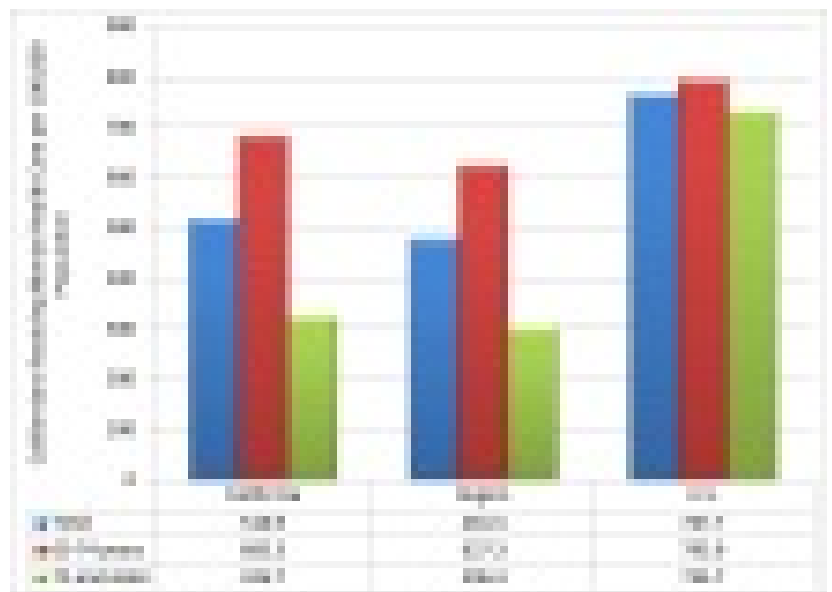
Please note: Data include only those admissions reported to the Treatment Episode Data Set.

Mental Health

OLDER CALIFORNIANS ADMITTED TO STATE MENTAL HEALTH FACILITIES

Just over 3 percent of the people served by the California mental health system were age 65 or older (2.3 percent were age 65 to 74 and 9.5 percent were age 75 or older). This represents a total of approximately 22,034 people. These and other data about California’s mental health system are available at:

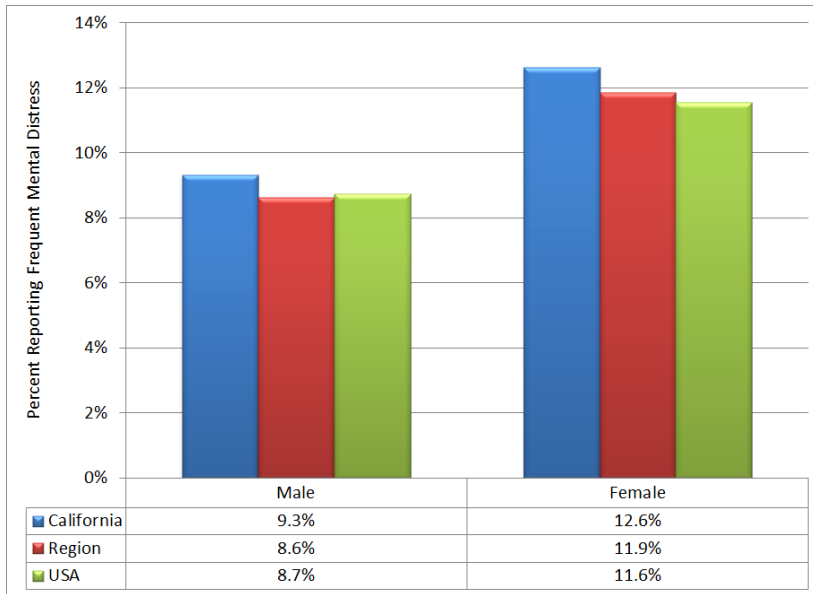
<http://www.samhsa.gov/dataoutcomes/urs/2010/California.pdf>



Source: Center for Mental Health Services Uniform Reporting System

the guidelines. States also have freedom to structure and implement different quality controls over the data. For example, states may collect different categories of information to answer TEDS questions. Information is then “walked over” to TEDS definitions.

OLDER CALIFORNIANS REPORTING FREQUENT MENTAL DISTRESS BY GENDER



The Behavioral Risk Factor Surveillance System (BRFSS), a household survey conducted in all 50 states and several territories, asks the following question: “Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?” The Centers for Disease Control defines those individuals reporting 14 or more “Yes” days in response to this question as experiencing frequent mental distress (FMD). Older females in the Nation and the Region are more likely to report FMD. Overall 11.0 of Californians age 50 and older reported FMD: 12.3 percent of females and 9.2 percent of males. The interval around national / regional and the California estimate was less than ± 0.2 and ± 1.0 percent respectively.

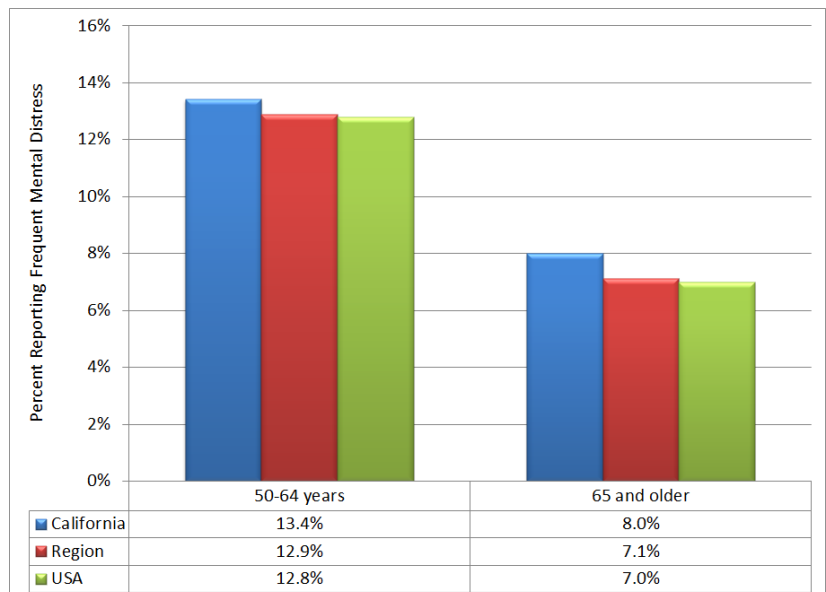
Source: Behavioral Risk Factor Surveillance System, 2011

OLDER CALIFORNIANS REPORTING FREQUENT MENTAL DISTRESS BY AGE GROUP

Californians in the 50-64 year age group – as in the Nation and the Western Region – were more likely than those in the 65 and older group to report FMD: 13.4 percent in the 50-64 and 8.0 percent in the 65 and older group reported FMD. The confidence interval around regional / national and California estimates was less than ± 0.2 and ± 1.0 percent respectively. The following table provides a breakdown by age group and gender:

Percent of Californians Reporting FMD by Age Group and Gender

	Male	Female
50-64 years	11.0%	15.3%
65 and older	6.9%	8.8%



Source: Behavioral Risk Factor Surveillance System, 2011

OTHER MEASURES OF MENTAL HEALTH

The Behavioral Health Risk Factor Surveillance System (BRFSS) collected other measures showing risk factors for mental and/or physical illness. These included:

- Social and Emotional Support (2010). The BRFSS asked, “How often do you get the social and emotional support you need?” The responses included: “always”, “usually”, “sometimes” “rarely” or “never”
- Life Satisfaction (2010). The BRFSS asked, “In general, how satisfied are you with your life?” The responses included: “Very satisfied”, “Satisfied”, “Dissatisfied” or “Very dissatisfied”.
- Current Depression (2006). In 2006, the BRFSS included a special Anxiety and Depression module which was collected in 38 states and several jurisdictions, including California. The measure presented below was derived from this module.
- Lifetime Diagnosis of Depression (2006). The BRFSS asked, “Has a doctor or other healthcare provider EVER told you that you have a depressive disorder (including depression, major depression, dysthymia, or minor depression?)”
- Lifetime Diagnosis of Anxiety Disorder (2006). The BRFSS asked, “Has a doctor or other healthcare provider EVER told you that you have an anxiety disorder (including acute stress disorder, anxiety, generalized anxiety disorder, obsessive-compulsive disorder, panic attacks, panic disorder, posttraumatic stress disorder, or social anxiety disorder?”

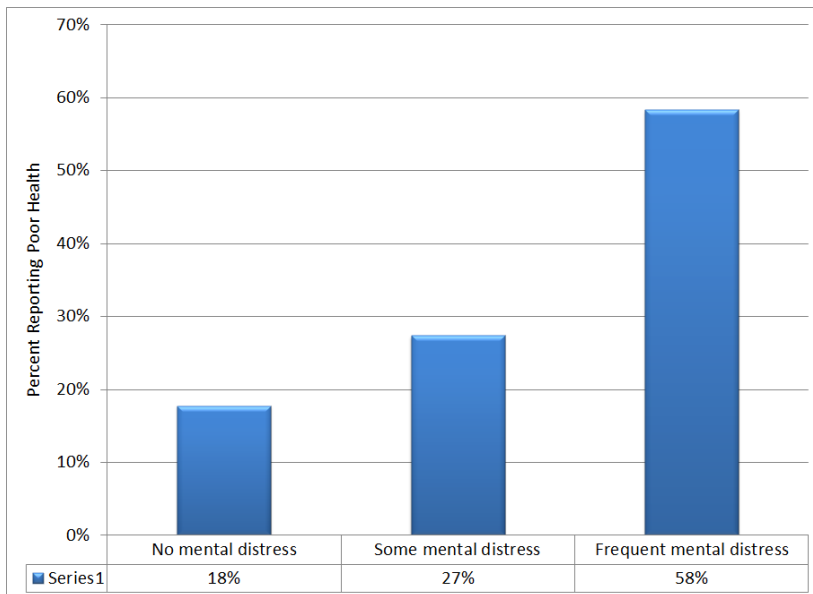
The results of these surveys among older Californians are shown below:

BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2010

Indicator	Age Group					
	Age 50+		Age 50–64		Age 65+	
	Data %	Confidence Interval	Data %	Confidence Interval	Data %	Confidence Interval
Core BRFSS Indicators (2010)						
Rarely or never get social or emotional support (revised)	12.9	(12.7-13.1)	11.5	(11.2-11.7)	15.0	(14.7-15.4)
Very dissatisfied or dissatisfied with life (revised)	5.6	(5.4-5.7)	6.8	(6.6-6.9)	3.7	(3.5-3.9)
Anxiety and Depression Optional Module Indicators (2006) ³						
Current Depression	8.8	(7.4-10.5)	10.9	(8.9-13.4)	5.4	(3.8-7.4)
Lifetime Diagnosis of Depression	14.2	(12.7-15.9)	17.0	(14.8-19.4)	9.8	(7.8-12.3)
Lifetime Diagnosis of Anxiety Disorder	10.1	(8.8-11.7)	11.7	(9.8-14.0)	7.6	(6.0-9.7)

³ Data available at <http://apps.nccd.cdc.gov/MAHA/StateDetails.aspx?State=CA>

PEOPLE WITH FREQUENT MENTAL DISTRESS REPORT POOR PHYSICAL HEALTH



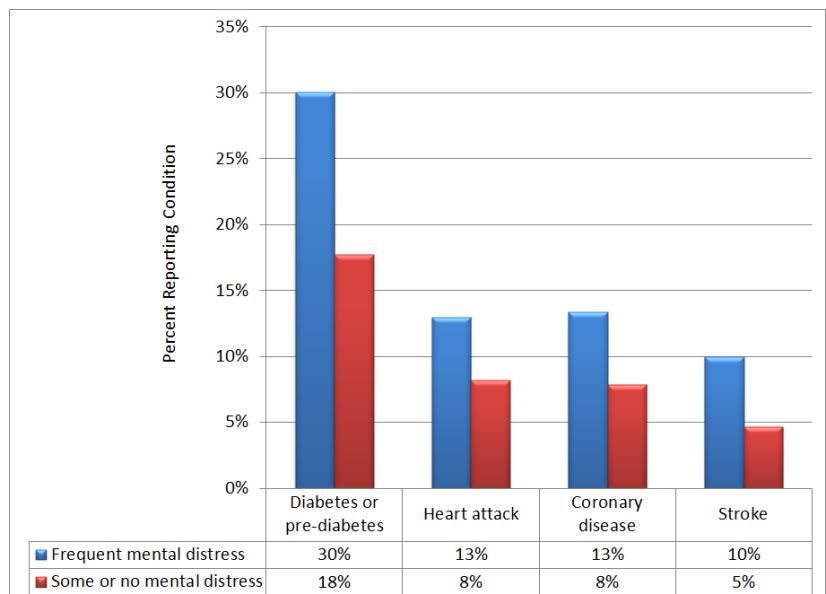
Older Americans who experienced frequent mental distress were more likely to report that their physical health was poor or fair (as opposed to good, very good or excellent). As shown here, while 18 percent of older Americans with no mental distress reported poor or fair physical health, nearly 60 percent – nearly triple the rate – of those with frequent mental distress reported poor/fair health. Older Americans with frequent mental distress were also much more likely to report that they had experienced serious health problems.

These differences are statistically significant.

Source: Behavioral Risk Factor Surveillance System, 2011

RELATIONSHIP BETWEEN MENTAL DISTRESS AND SERIOUS HEALTH PROBLEMS

Older Americans who experience frequent mental distress, such as symptoms of depression or anxiety, are more likely to report that they had chronic health problems. People with frequent mental distress experienced strokes at twice the rate of those with some or no mental distress (10 percent versus 5 percent). They experienced coronary disease, heart attack and diabetes/pre-diabetes at more than 1.5 times the rate of those with some or no mental distress (13 versus 8 percent for coronary disease and heart attack, 30 versus 18 percent for diabetes/pre-diabetes). These differences are statistically significant.



Source: Behavioral Risk Factor Surveillance System, 2011

DATA SOURCES

BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM (<http://www.cdc.gov/brfss/>). Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, 2010 and 2011. The BRFSS is “the world’s largest, on-going telephone health survey system, tracking health conditions and risk behaviors in the United States yearly since 1984. Currently, data are collected monthly in all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and Guam.” BRFSS data are collected by local jurisdictions and reported to the CDC.

VITAL STATISTICS (<http://www.cdc.gov/nchs/nvss.htm>). Centers for Disease Control and Prevention (CDC), *National Vital Statistics System*, Atlanta, Georgia: U.S. Department of Health and Human Services, 2009. The CDC Web site describes the National Vital Statistics System as “the oldest and most successful example of inter-governmental data sharing in Public Health and the shared relationships, standards, and procedures form the mechanism by which NCHS collects and disseminates the Nation's official vital statistics. These data are provided through contracts between NCHS and vital registration systems operated in the various jurisdictions legally responsible for the registration of vital events – births, deaths, marriages, divorces, and fetal deaths.”

CENTER FOR MENTAL HEALTH SERVICES UNIFORM REPORTING SYSTEM (URS) (<http://www.samhsa.gov/dataoutcomes/urs/>). Center for Mental Health Services (CMHS), *Uniform Reporting System*, U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, 2010. States that receive CMHS Block Grants are required to report aggregate data to the URS. URS reports including information about utilization of mental health services as well as client demographic and outcome information.

NATIONAL SURVEY ON DRUG USE AND HEALTH (NSDUH) (<https://nsduhweb.rti.org/>). United States Department of Health and Human Services. Substance Abuse and Mental Health Services Administration. Center for Behavioral Health Statistics and Quality. National Survey on Drug Use and Health, 2010. ICPSR32722-v1. Ann Arbor, MI: Inter-university Consortium for Political and Social Research [distributor], 2011-12-05. doi:10.3886/ICPSR32722.v1 The NSDUH, managed by SAMHSA, is “ an annual nationwide survey involving interviews with approximately 70,000 randomly selected individuals aged 12 and older.” NSDUH data are most frequently used by State planners to assess the need for substance abuse treatment. NSDUH data also include information about mental health needs.

TREATMENT EPISODE DATA SET (TEDS) (<http://www.icpsr.umich.edu/icpsrweb/SAMHDA/>). United States Department of Health and Human Services. Substance Abuse and Mental Health Services Administration. Office of Applied Studies. Treatment Episode Data Set -- Admissions (TEDS-A), 2009. ICPSR30462-v2. Ann Arbor, MI: Inter-university Consortium for Political and Social Research [distributor], 2012-07-18. doi:10.3886/ICPSR30462.v2 States that participate in the Substance Abuse Prevention and Treatment (SAPT) Block Grant submit individual client data to the TEDS. The TEDS includes both admission and discharge data sets, and some 1.5 million admissions are reported annually. TEDS includes information about utilization of substance abuse treatment services as well as client demographic and outcome information.

U.S. CENSUS BUREAU (<http://www.census.gov/people/>). Two main sources of Census Bureau data were used in this report: (1) Population estimates, and (2) Population projections. Population projections and estimates were created using 2010 Census Data.

This profile was developed by the Substance Abuse and Mental Health Services Administration in partnership with the U.S. Administration on Aging.