

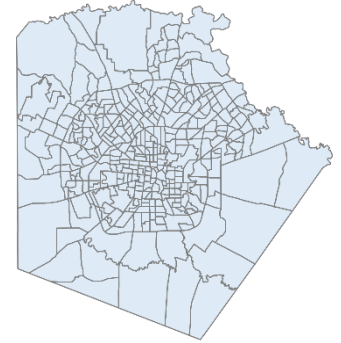
## Bexar County, Texas

Successful Aging and Living in San Antonio (SALSA) was created by the San Antonio Area Foundation to increase leadership, collaboration, and funding to ensure older adults have access to necessary services, information, and support systems. Starting with community-based research, strategic planning, and collaboration, SALSA's mission is to transform our community by advancing practices and policies that improve the quality of life of older adults in Bexar County.

SALSA is a collective impact initiative. "Collective impact" describes an intentional way of working together and sharing information for the purpose of solving a complex problem. Proponents of collective impact believe that the approach is more likely to solve complex problems than if a single nonprofit were to approach the same problem(s) on its own.

This Healthy Aging Community Profile is intended to provide a common set of current measures to inform the community's work to improve the quality of life of Bexar County's older adults. Where the data allows for it, the profile identifies those indicators for which the difference between Bexar County and Texas is statistically significant.

Unfortunately, data is lacking for many issues that are critical to the older population. Among these are social isolation and loneliness; a shortage of home care support and the impact on unpaid caregivers, many of whom are themselves older; the recent impact of COVID-19 on labor force participation and employment; and the lack of physically accessible housing.



## DATA HIGHLIGHTS

Compared to Texas older adults overall, Bexar County adults 65 and older:

- Make up about the same percent of total population (12.4% [247,828 people] vs. 12.9%)
- Are much more likely than to be Hispanic (48% vs. 24%); much less likely to speak only English at home (54% vs. 72%); and more likely to be veterans of military service (19% vs. 16%)
- Have a much lower median household income (\$58,964 vs. \$64,034) despite similar employment rates (18% vs. 20%)
- Are less likely to own their home (75% vs. 79%), but of those who do, more likely to have a mortgage (38% vs. 34%)
- Are less likely to own a motor vehicle (87% vs. 91%) but less likely to ask for transportation assistance when calling 211 (3% vs. 4%)
- Are more likely to report being obese (54% vs. 33%)
- Are more likely to have received food benefits in the past year (13% vs. 9%) and less likely to have been stressed about buying nutritious meals in the past month (69% vs. 78%)
- Are more likely to report having an ambulatory difficulty (29% vs. 24%) but less likely to have a clinical diagnosis of mobility impairment (28% vs. 34%)
- Are less likely to have no chronic conditions (62% vs. 70%), more likely to have cardiovascular disease (28% vs. 20%), more likely to have had a heart attack (18% vs. 11%), and more likely to have diabetes (22% vs. 19%)
- Are slightly less likely to commit suicide (12.5 vs. 15.9 deaths per 100,000 people 65 and older)
- Make up a smaller proportion of total COVID-19 deaths and are more likely to be fully vaccinated with booster dose

<b>POPULATION CHARACTERISTICS</b>	<b>Significantly different from STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
Total county population (all ages)	*	2,003,554	28,995,881
Population 60 years or older as % of total population	*	17.5%	18.4%
Total population 60 years or older	*	349,817	5,324,526
Population 65 years or older as % of total population	*	12.4%	12.9%
Total population 65 years or older	*	247,828	3,738,727
% 65-74 years	-	59.8%	60.4%
% 75-84 years	-	28.3%	28.9%
% 85 years or older	*	11.9%	10.7%
<b>Sex of older population</b>			
% 65+ population who are female	-	56.9%	55.4%
% 85+ population who are female	-	65.3%	64.2%
<b>Race and ethnicity of the population 65 or older</b>			
% White	*	42.1%	61.9%
% African American	*	6.5%	9.5%
% Asian	*	2.8%	4.0%
% Other race	*	7.5%	4.6%
% Hispanic/Latino	*	48.0%	23.5%
<b>Marital status of the population 65 or older</b>			
% married	*	51.9%	56.2%
% divorced/separated	*	19.9%	16.4%
% widowed	-	21.7%	22.7%
% never married	*	6.4%	4.7%
<b>Education of the population 65 or older</b>			
% with less than high school education	*	21.7%	19.5%
% with high school or some college	-	46.1%	47.2%
% with college degree	*	13.5%	16.2%
% with graduate or professional degree	*	12.2%	11.2%
% of 65+ population who speak only English at home	*	54.3%	72.8%
% of 65+ population who are veterans of military service	*	19.2%	15.9%

<b>HEALTHY AGING INDICATORS</b>	<b>Significantly different from STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
<b>POPULATION CHARACTERISTICS</b>			
Median age of females	*	35.2	36.1
Median age of males	*	32.9	34.1
Life expectancy at birth	*	78.9	79.2
Age-adjusted mortality rate in 65+ group (deaths per 100,000)	*	4,211.5	4,298.8
<b>WELLNESS</b>			
% 65+ getting the recommended hours of sleep (7+ hours/day)	-	77.5%	73.9%
% 65+ met CDC guidelines for muscle-strengthening activity	-	31.0%	34.4%

<b>HEALTHY AGING INDICATORS</b>	<b>Significantly different from STATE RATE</b>	<b>COMMUNITY ESTIMATE</b>	<b>STATE ESTIMATE</b>
% 65+ met CDC guidelines for aerobic physical activity	-	74.5%	67.3%
% 65+ with fair or poor health status	-	20.1%	23.9%
<b>FALLS</b>			
% 65+ who fell within last year	-	16.1%	28.6%
<b>PREVENTION</b>			
% 65+ with physical exam/check-up in last year	-	90.9%	91.6%
% 65+ with flu shot in last year	-	65.6%	64.5%
% 65+ ever had pneumonia vaccine	-	72.6%	70.8%
% 65+ with preventive cancer screenings in last year	-	100.0%	97.1%
<b>NUTRITION &amp; DIET</b>			
% 65+ with five or more servings of fruit or vegetables per day	-	16.5%	16.0%
% 65+ with poor supermarket access (1 mile if urban and 10 miles if rural)		36.0%	33.5%
% 65+ stressed about buying nutritious meals in last month	-	69.2%	77.8%
% 65+ self-reported obese	*	54.0%	32.8%
% 65+ ever told their cholesterol was high	-	56.4%	56.4%
% 65+ with cholesterol screening in last five years	-	94.7%	96.7%
<b>ORAL HEALTH</b>			
% 65+ with annual dental exam	-	65.9%	59.3%
# of dentists per 100,000 persons (all ages)		54.7	48.7
% 65+ with loss of 6 or more teeth (but not all)	-	20.0%	18.4%
<b>CHRONIC DISEASE</b>			
% 65+ who have dementia		10.4%	10.5%
% 65+ who have cancer (women only)		8.6%	10.9%
% 65+ who have chronic obstructive pulmonary disease		15.8%	16.9%
% 65+ who have congestive heart failure		16.2%	19.7%
% 65+ who have diabetes		22.4%	18.7%
% 65+ ever had a heart attack	-	18.1%	11.3%
% 65+ who have rheumatoid arthritis		3.9%	3.8%
% 65+ with cardiovascular disease	-	27.9%	20.4%
65+ with stroke per 1,000 member-years**		81.4	94.3
% 65+ who have two or more comorbidities		23.4%	21.8%
% 65+ who have no chronic conditions	-	62.0%	70.2%
<b>BEHAVIORAL AND MENTAL HEALTH</b>			
Drug overdose deaths per 100,000 (all ages)		12	9.5
% 65+ who are current smokers		5.5%	8.3%
% 65+ with inadequate sleep (less than 7 hours/day)	-	22.5%	26.1%
% 65+ screened for depression		12.0%	8.0%
% 65+ ever been told they have a form of depression	-	18.6%	17.7%
% 65+ with serious mental illness		1.5%	2.6%

## HEALTHY AGING INDICATORS

	Significantly different from STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>LIVING WITH A DISABILITY</b>			
% 65+ with self-reported hearing difficulty	-	16.1%	14.9%
% 65+ with clinical diagnosis of deafness or hearing impairment		15.1%	17.0%
% 65+ with self-reported vision difficulty	*	9.4%	7.3%
% 65+ with clinical diagnosis of blindness or visual impairment		7.0%	9.8%
% 65+ with self-reported cognition difficulty	*	10.6%	9.0%
% 65+ with self-reported ambulatory difficulty	*	28.9%	23.6%
% 65+ with clinical diagnosis of mobility impairment		28.1%	33.7%
% 65+ with self-reported self-care difficulty	-	9.2%	8.4%
% 65+ with self-reported independent living difficulty	*	17.3%	14.9%
% 65+ saying poor health hindered usual activities 5+ days of past month		10.2%	11.9%
<b>CAREGIVING</b>			
# of memory cafes		1	32
% of 65+ who provide care to a family/friend in last month	-	23.0%	22.8%
% age 30 and older who live with their own grandchildren	*	4.9%	4.5%
% of those grandparents raising their own grandchildren	-	33.3%	35.6%
<b>ACCESS TO CARE</b>			
% 65+ with a regular doctor	-	90.9%	90.9%
Home health agencies per 100,000 people of all ages		4.2	7.2
% of Community Health Center patients 65+		4.4%	7.8%
Adult day health centers per 100,000 people aged 18+		.07	.03
Hospice agencies per 100,000 people of all ages		5.0	2.9
<b>SERVICE UTILIZATION</b>			
Physician visits per year per 1,000 member years** for 65+		18	17
Emergency room visits per 1,000 member years** 65+		290	374
% 65+ with health problems that require special equipment		72.1%	79.6%
Acute inpatient stays per 1,000 member years** for 65+		129	161
% Medicare inpatient hospital readmission (as % of admissions)		13.0%	14.0%
Observation stays per 1,000 member years** for 65+		79	151
Preventable hospital stays per 100,000 Medicare enrollees		3,867	4,793
<b>COMMUNITY</b>			
Senior centers per 100,000 people aged 65+		7.1	--
Public libraries per 100,000 people of all ages		1.6	--
YMCA senior programs per 100,000 people aged 65+		4.4	--
% in county with access to broadband (all ages)	*	85.2%	86.3%
% 65+ who used Internet in last month	-	40.6%	40.2%
Voter participation rate in 2020 election (age 18+)		64.8%	66.7%

## HEALTHY AGING INDICATORS

	Significantly different from STATE RATE	COMMUNITY ESTIMATE	STATE ESTIMATE
<b>SAFETY &amp; CRIME</b>			
Age-adjusted homicide rate (deaths per 100,000 people of all ages)	*	9.4	7.6
Age-adjusted firearm fatality rate (deaths per 100,000 people of all ages)	-	13.8	14.2
Age-adjusted 65+ suicide rate (deaths per 100,000 people 65+)	-	12.5	15.9
<b>TRANSPORTATION</b>			
% 65+ who own a motor vehicle	*	86.7%	90.6%
Fatal crashes involving adult age 60+ (crashes per 100,000 adults age 60+)		12.0	14.5
% 65+ needs from United Way 211 calls that were for transportation		2.8%	4.2%
<b>HOUSING</b>			
% 65+ population who live alone	-	23.1%	22.6%
Average household size (all ages)	*	3.0	2.8
Median house value (all ages)	*	\$185,900	\$200,400
% 60+ own home	*	75.1%	78.5%
% 60+ homeowners who have mortgage	*	38.3%	33.8%
% 65+ renter households spend >35% of income on housing	-	45.7%	46.7%
% 65+ owner households spend >35% of income on housing	-	17.2%	16.3%
% 65+ moved within same county in last year	*	4.9%	3.5%
% 65+ moved from different county in last year	*	0.9%	1.7%
% 65+ moved from different state in last year	-	1.3%	0.9%
Assisted living sites per 100,000 people of all ages		7.7	5.4
% of housing units that are vacant	*	8.3%	11.5%
<b>ECONOMIC</b>			
% 60+ receiving food benefits in last year	*	13.1%	9.4%
% 65+ employed in last year	*	18.3%	19.6%
% 65+ with income below the poverty line in last year	*	12.1%	10.6%
Median household income (all ages)	*	\$58,964	\$64,034
% 65+ households with annual income < \$20,000	*	23.1%	20.7%
% 65+ households with annual income \$20,000-\$49,999	-	28.0%	30.2%
% 65+ households with annual income \$50,000-\$99,999	*	30.7%	28.4%
% 65+ households with annual income \$100,000+	*	18.1%	20.7%
<b>COST OF LIVING (per year)</b>			
Housing, Health Care, Transportation, Food, & Essentials costs			
Single, homeowner without mortgage, good health		\$20,172	\$21,504
Single, renter, good health		\$25,164	\$25,548
Couple, homeowner without mortgage, good health		\$30,864	\$32,664
Couple, renter, good health		\$35,856	\$36,708
<b>COVID</b>			
% 65+ fully vaccinated against COVID-19 with booster dose		59%	54%
Percent of COVID-19 deaths that were among people 60+		71%	76%

## TECHNICAL NOTES

For most indicators, the community and states values are estimates derived from sample data. Thus, it is possible that some of the differences between state and county estimates may be due to chance associated with population sampling. We use an asterisk (\*) to highlight values that are significantly different from the state values when standard error and confidence intervals are available. Indicators with a dash indicate there is no significant difference. Indicators without an asterisk or a dash indicate standard error or confidence intervals were not available.

\*\*Member years is defined as the sum of the number of members for each month of the year divided by twelve to derive a count of members for the year.

### Data Sources:

- The U.S. Census Bureau (American Community Survey 2015-2019),
  - 35% of income on housing, age, ambulatory difficulty, annual income, average household size, below poverty, broadband access, cognition difficulty, education, employed in last year, English at home, grandparents, have mortgage, hearing difficulty, independent living difficulty, living alone, marital status, median house value, median household income, moved in last year, own a motor vehicle, own home, Race/Ethnicity, receiving food benefits in last year, self-care difficulty, sex, total population, vacant housing units, veteran status, vision difficulty
- The Behavioral Risk Factor Surveillance System (2019 & 2020)
  - aerobic physical activity, blindness diagnosis, cardiovascular disease, cholesterol, deafness diagnosis, dental exams, fair or poor health, fell within last year, flu shot in last year, fruit or vegetable servings, heart attack, loss of teeth, mobility impairment diagnosis, muscle strengthening activity, physical exam, pneumonia, poor health hindered activities, preventative cancer screenings, provide care to a family/friend, recommended hours of sleep, require special equipment, self-reported obese, smokers, stressed about buying nutritious meals, used internet in last month, with a regular doctor
  - told they have a form of depression – San Antonio-New Braunfels Metropolitan Statistical Area
- CDC Wonder (2020)
  - Age-Adjusted mortality rate 2014-16, firearm fatality rate, homicide rate, suicide rate
- City of San Antonio (2021)
  - Senior centers
  - Public libraries
- County Health Rankings (2020)
  - Life expectancy at birth 2017-19, preventable hospital stays
- Department of Agriculture Food Access Research Atlas (2019)
  - Poor supermarket access
- elderindex.org (2021)
  - Cost of living indicators
- Health Center Program Uniform Data System (UDS) Data.(2022)
  - Community health center patients
- Health of Texas Dashboard, three-digit zip code 782 (2019)
  - acute inpatient stays, arthritis, comorbidities, congestive heart failure, emergency room visits, dementia, diabetes, have cancer, Medicare inpatient hospital readmission, mental illness, no chronic conditions, observation stays, physician visits, pulmonary disease, rheumatoid stroke, screened for depression
- medicare.gov (2021)
  - Home health agencies, Hospice agencies
- Memory Café Directory (2021)
  - # of memory cafes
- National Adult Day Services Association, San Antonio, TX (2021)
  - Adult day health centers
- National Highway Traffic Safety Administration - Fatal Accident Reporting System (2019)
  - Fatal crashes involving adult age 60+
- San Antonio Metropolitan Health District
  - COVID-19 deaths (county only, as of 1/31/22)
- seniorcare.com (2021)
  - Assisted living sites
- TDSHS Health Data (2019)
  - Drug overdose deaths
- Texas DSHS (2020, 2022)
  - Dentists per 1,000 (2020), COVID-19 vaccinations (as of 4/13/22) and state deaths (as of 3/31/2022)
- Texas Secretary of State (2020)
  - Voter participation rate
- United Way 211 (2021)
  - 211 Calls for transportation needs
- YMCA (2021)
  - YMCA senior programs