

# Goal 2: Health Reimagined

## OC Items Related to CA Strategies

### CA Strategy

#### Dementia in Focus

“Alzheimer’s disease and Dementia” (37.6%) was the most frequently selected concern, with Asians identifying this concern at a somewhat higher rate (43%). In addition, memory loss (36.1%) was the second most frequently selected item on a list of behavioral health concerns. These selections indicate that dementia is a top concern for Orange County older adults.

### CA Strategy

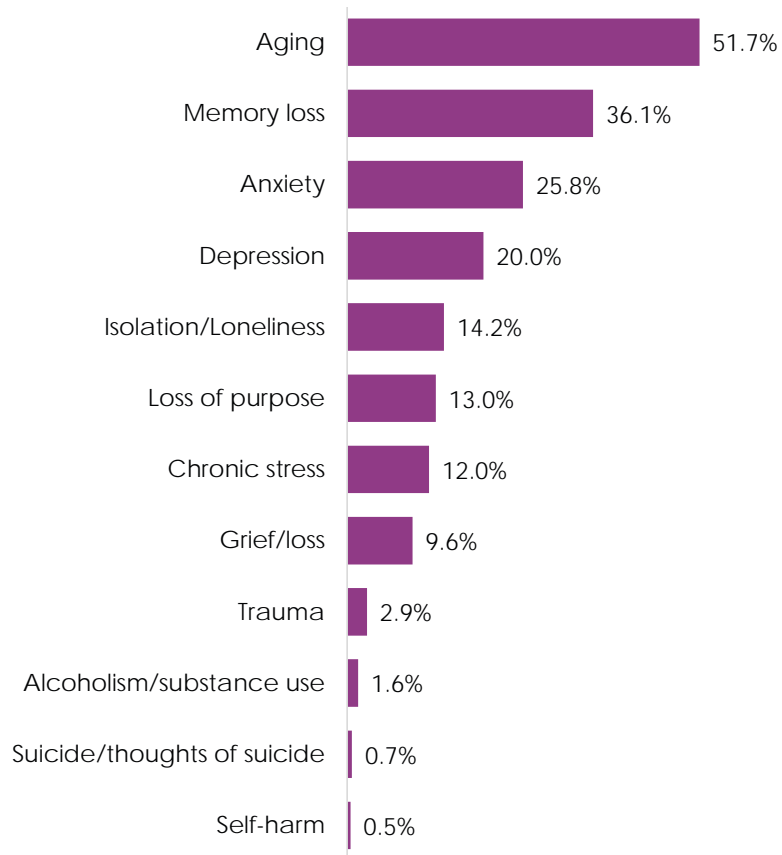
#### Lifelong Healthy Aging

Of the health concerns included on the Orange County community assessment, arthritis was ranked second (20%), followed by cancer (17%), heart disease and stroke (17%) and emotional well-being (15%). In addition, participants were separately asked to identify their top three behavioral health concerns from a list of 12 items. Aging and memory loss were the most frequently identified concerns. The results for the complete list are provided in the figure on the right.

The CA MPA aims to build communities that reduce health disparities by fostering healthy environments from birth, expanding access to prevention programs and developing culturally competent public health educational tools and services. In combination with the findings presented throughout this report, Orange County survey participants responded to several items related to health which supports the need for the development of effective plans intended to support lifelong healthy aging.

### Behavioral Health Concerns

Participants selected their top three concerns from a list of 13 items. Below are the rates that each item was selected.



#### Self-Management Activities

- **14%** created/updated an aging plan in the past 12 months
- **80%** were comfortable navigating resources on their own
- **88%** were comfortable managing health on their own

#### Finding Information about Health Care

- **28%** browse the internet
- **29%** ask their provider questions online or by telephone
- **38%** ask their provider questions in person

**53%** Selected In-Home Care as among their top three most important services for older adults

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#### Health Care as we Age

The County of Orange began exploring its needs and opportunities in this area by learning about older adults' perceptions of healthcare affordability and selection rates of public insurance enrollment.

#### Healthcare Affordability

Ratings of "good" or "excellent" ranged from 20% to 71% depending on city of residence, as shown in the map to the right.

#### Medicare, Medi-Cal and/or Affordable Care Act

Overall, 38% of participants indicated they had been enrolled in these public insurance types in the past 12 months. Subgroup rates above 38% for groups with 100 or more participants are listed below.

#### Age

- 46% 65 – 69
- 44% 70 – 74
- 43% 75 – 79
- 41% >80

#### Education

- 41% High School or Less
- 39% Some College

#### Household Income

- 50% <\$25,000
- 41% \$25,000 – \$49,999

#### Gender

- None

#### Race/Ethnicity

- 41% White

#### Insurance Coverage

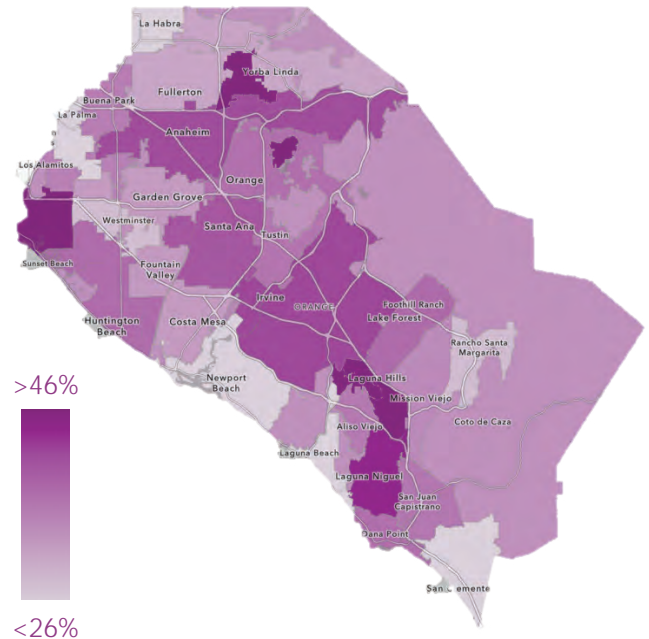
Health care as individuals age becomes more important as the risk for health conditions increases. The survey asked participants about their insurance coverage. Almost all participants (97.6%) were insured and of those, 32.5% were covered by more than one insurance type.

#### "Are you currently covered by the following types of insurance? Select all that apply."

- 58.6% Private (includes Medicare Advantage or Medicare Supplement)
- 46.0% Medicare
- 23.5% Medi-Cal/CalOptima
- 2.2% Veterans Administration
- 1.4% TRICARE or other military
- 0.2% Indian Health Service
- 0.2% Another type

**32.5%**  
Had Multiple Coverage

#### Availability of Affordable Health Care



#### 2.4% Uninsured

Subgroup rates above 3% for groups with 100 participants or more:

#### Age

- 6% 55 – 69
- 5% 60 – 64

#### Gender

- None

#### Race/Ethnicity

- 8% Hispanic/Latino

#### Education

- 6% High School or Less

#### Household Income

- 5% <\$25,000

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#### Bridging Health with Home, including Culturally Responsive Services

While the focus of this goal within the CA MPA is at the regulatory, health plan and agency level, the Orange County Community Survey asked about older adults’ experiences in accessing health care. Overall, 5% identified the ability to get medical treatment as a top concern and 13% selected “lack of access to healthcare” contributed to their medical issues.

The survey also included factors that may have prevented older adults from seeking services in the prior 12 months. Endorsement rates are reported below, separated by medical and behavioral health care.

Medical	Access	Behavioral Health
38%	Appointments are not available at convenient times	12%
26%	Don’t know where to get help	22%
19%	Lack of transportation	10%
14%	Locations are too far away	8%
10%	Digital divide (lack of access/familiarity with technology)	6%
Cost		
30%	High cost of copays	18%
12%	No insurance, not covered	8%
Cultural Inclusiveness		
8%	Provider does not speak my language or have translation available	5%
6%	Provider does not understand my culture	4%
3%	Provider does not have a safe, inclusive environment	2%

### CA Strategy

#### Nursing Home Innovation

One aspect of California’s Nursing Home Innovation strategy is to examine long-term care (LTC) facility capacity and occupancy. About one-quarter of Orange County participants rated their city of residence as “good” or “excellent” for availability of LTC options (see Goal 1 for more details). In addition, 4% indicated that they had spent one or more days in a LTC facility in the 12 months prior to completing the survey.