PROFILE OF ALZHEIMER’S DISEASE AND OTHER DEMENTIAS IN SAN DIEGO COUNTY

Presented at the Alzheimer’s Project Care Meeting
July 1, 2014
### Top Ten Leading Causes of Death Among San Diego County Residents, 2005-2012

<table>
<thead>
<tr>
<th>Year</th>
<th>Cause</th>
<th>2005</th>
<th>2006</th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
<th>2011</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Diseases of the heart</td>
<td>5088</td>
<td>4930</td>
<td>4812</td>
<td>4752</td>
<td>4734</td>
<td>4848</td>
<td>4812</td>
<td>4958</td>
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<tr>
<td>2</td>
<td>Malignant neoplasms</td>
<td>4664</td>
<td>4638</td>
<td>4742</td>
<td>4715</td>
<td>4697</td>
<td>4651</td>
<td>4758</td>
<td>4626</td>
</tr>
<tr>
<td>3</td>
<td>Cerebrovascular diseases</td>
<td>1218</td>
<td>1147</td>
<td>1122</td>
<td>1142</td>
<td>1115</td>
<td>1195</td>
<td>1221</td>
<td>1163</td>
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<tr>
<td>4</td>
<td>COPD/Chronic lower respiratory diseases</td>
<td>1128</td>
<td>1046</td>
<td>1023</td>
<td>1121</td>
<td>1080</td>
<td>1063</td>
<td>1045</td>
<td>1029</td>
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<tr>
<td>5</td>
<td>Alzheimer’s disease</td>
<td>1094</td>
<td>1030</td>
<td>1019</td>
<td>1044</td>
<td>952</td>
<td>1037</td>
<td>1045</td>
<td>1003</td>
</tr>
<tr>
<td>6</td>
<td>Accidents (unintentional injuries)</td>
<td>868</td>
<td>924</td>
<td>995</td>
<td>932</td>
<td>949</td>
<td>923</td>
<td>1017</td>
<td>989</td>
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<tr>
<td>7</td>
<td>Influenza and pneumonia</td>
<td>604</td>
<td>612</td>
<td>571</td>
<td>555</td>
<td>579</td>
<td>581</td>
<td>581</td>
<td>652</td>
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<td>8</td>
<td>Diabetes mellitus</td>
<td>428</td>
<td>391</td>
<td>358</td>
<td>359</td>
<td>365</td>
<td>352</td>
<td>383</td>
<td>408</td>
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<tr>
<td>9</td>
<td>Intentional self harm (suicide)</td>
<td>297</td>
<td>290</td>
<td>315</td>
<td>338</td>
<td>322</td>
<td>312</td>
<td>331</td>
<td>354</td>
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<tr>
<td>10</td>
<td>Essential (primary) hypertension and hypertensive renal disease</td>
<td>277</td>
<td>283</td>
<td>292</td>
<td>334</td>
<td>307</td>
<td>338</td>
<td>311</td>
<td>332</td>
</tr>
<tr>
<td></td>
<td>Total Deaths</td>
<td>19,554</td>
<td>19,266</td>
<td>19,157</td>
<td>19,408</td>
<td>19,075</td>
<td>19,312</td>
<td>19,852</td>
<td>20,018</td>
</tr>
</tbody>
</table>

ALZHEIMER’S DISEASE

IN 2012, ALZHEIMER’S DISEASE WAS THE THIRD LEADING CAUSE OF MORTALITY IN SAN DIEGO COUNTY.

Nationally, in 2011, Alzheimer’s Disease was ranked as the sixth leading cause of death.

The risk of Alzheimer’s Disease increases with age.

- San Diego County residents aged 85 years and over is the fastest growing age group.
- 33% to 43% of those aged 85 years and over live with Alzheimer’s Disease.
DEFINITION OF ALZHEIMER’S DISEASE AND OTHER DEMENTIAS

EXPANDED DEFINITION OF ALZHEIMER’S DISEASE TO INCLUDE OTHER DEMENTIAS.

Alzheimer’s Disease is the most common form of dementia, but all dementias are characterized by:

- a decline in thinking skills
- memory loss
- reduced ability to perform everyday activities

All people suffering from dementia need access to resources such as caregivers and health care professionals trained in the treatment of dementia.

Thus, the definition of Alzheimer’s Disease was expanded to include Other Dementias as well (referred to as ADOD).
60,000 SAN DIEGANS ARE CURRENTLY LIVING WITH ADOD.

If nothing changes, an estimated 77,956 residents will be living with ADOD by 2020 and 93,536 residents will be living with ADOD by 2030.

**Estimates of Prevalence of Alzheimer’s Disease and Other Dementias, 55 Years and Over, by County of San Diego Health and Human Services Agency Region, 2012-2030**

*ADOD = Alzheimer’s Disease and Other Dementias*

THERE WERE 19,418 SAN DIEGANS AGE 55 YEARS AND OVER WITH ANY MENTION OF ADOD IN THEIR EMERGENCY DEPARTMENT OR HOSPITAL DISCHARGE.

- The most emergency department discharges by one person with any mention of ADOD was 42.
- The most hospital discharges by one person with any mention of ADOD was 12.
- The three San Diego County subregional areas (SRAs) that had the highest number of people discharged were Chula Vista, Escondido, and Kearny Mesa.

In 2012, the rate of persons aged 55 years and over discharged from the ED or hospital with any mention of ADOD was 2.7%.

- The three SRAs that had the largest risk per person were La Mesa, National City, and Chula Vista.
BY 2030, THE BURDEN ON THE MEDICAL SYSTEM WILL INCREASE BY 64% IF NOTHING CHANGES.

If nothing changes, there will be 23,840 ED and Hospital patients with any mention of ADOD by 2020 and 31,909 ED and Hospital patients with any mention of ADOD by 2030.
COUNTY OF SAN DIEGO PROGRAMS

IN ADDITION TO EMERGENCY DEPARTMENT AND HOSPITAL VISITS, PATIENTS WITH ADOD USE COUNTY OF SAN DIEGO PROGRAMS.

Currently, 39 of the 100 Public Guardian clients have Alzheimer’s Disease or Other Dementias.

In 2012, there were 262 mentions of Alzheimer’s Disease or Other Dementias among 232 individual clients 55 years and over utilizing County of San Diego Behavioral Health Services programs.
CAREGIVING FOR PEOPLE WITH ALZHEIMER’S DISEASE AND OTHER DEMENTIAS

THERE ARE 136,800 UNPAID CAREGIVERS PROVIDING CARE TO SAN DIEGANS CURRENTLY LIVING WITH ADOD.

In 2013, caregivers in San Diego County provided 156 million hours of unpaid care, valued at $1.94 billion.

Caregivers experience emotional stress, depression, and a difficult time managing their own health. In San Diego County, the health care costs to caregivers were $75.4 million.

If nothing else changes, by 2030 there will be 93,600 people aged 55 years and over with ADOD in San Diego County. This will require:

- 213,282 unpaid caregivers.
- 242.8 million hours of unpaid care worth $3.02 billion.

The health care costs of unpaid caregivers will increase to $117.6 million a year.