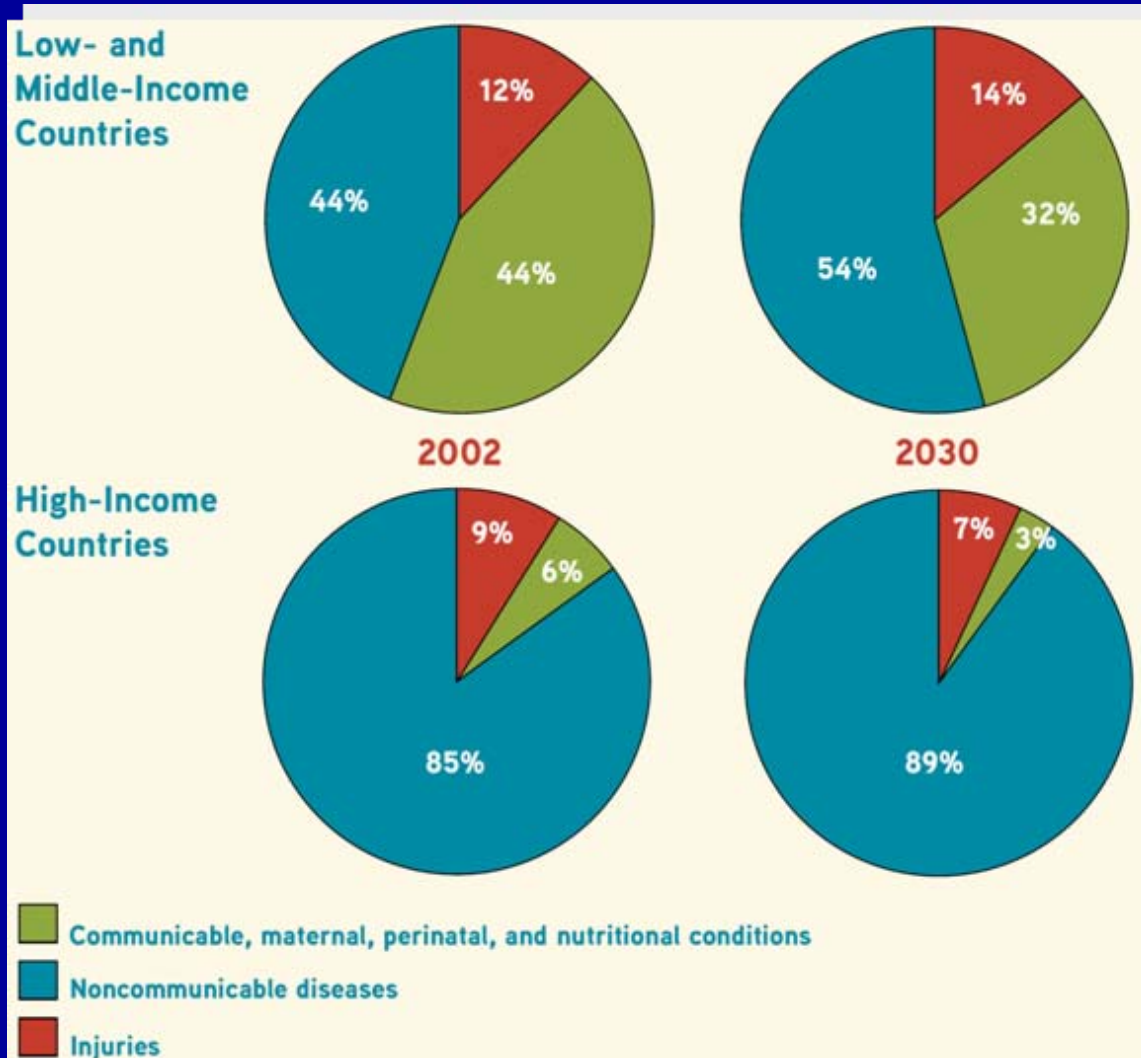


# Social Determinants of Health and Aging: the epidemiologic transition in health

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Epidemiology  
Harvard University

Figure 6:

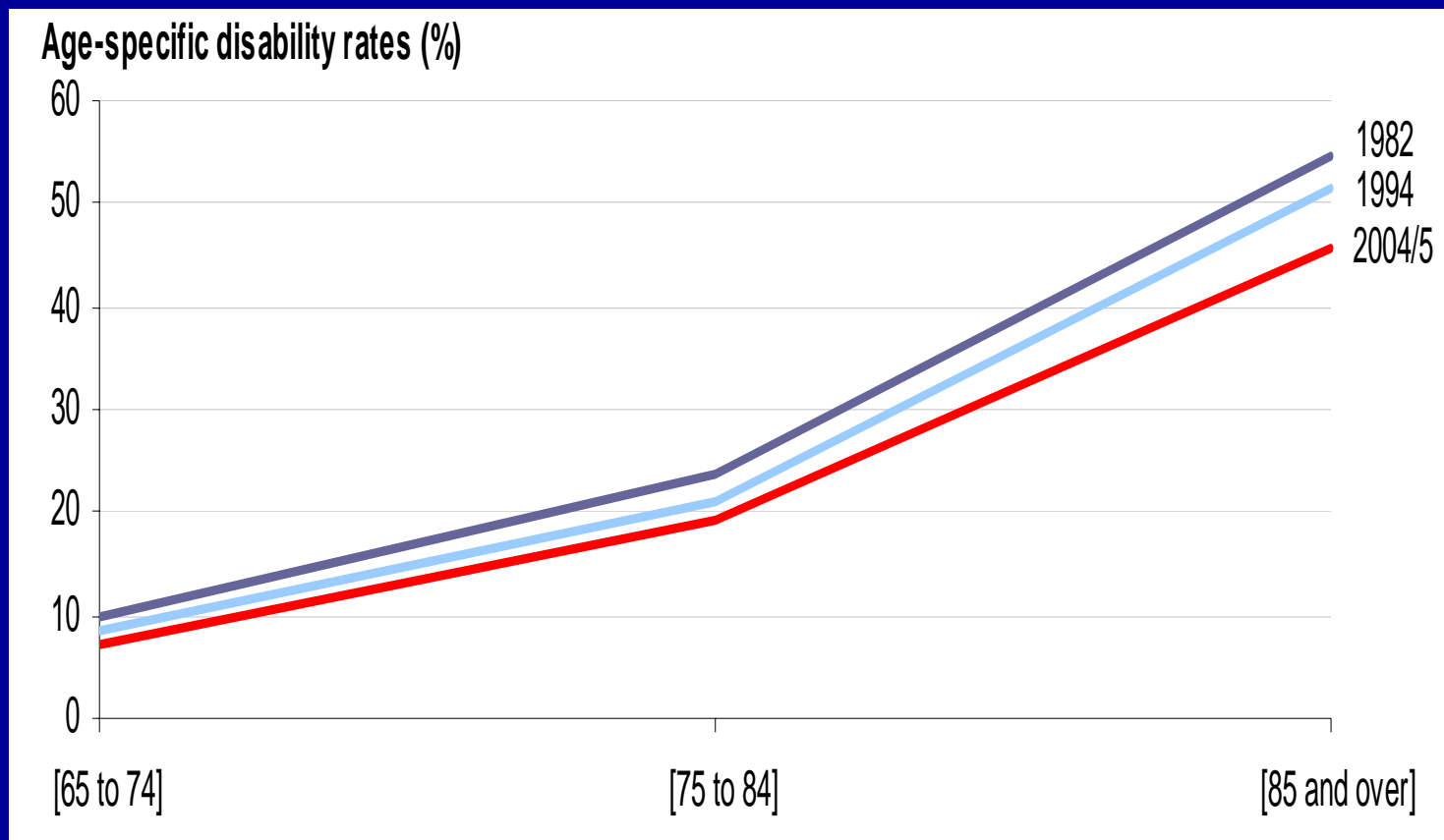
## THE INCREASING BURDEN OF CHRONIC NONCOMMUNICABLE DISEASES: 2002-2030



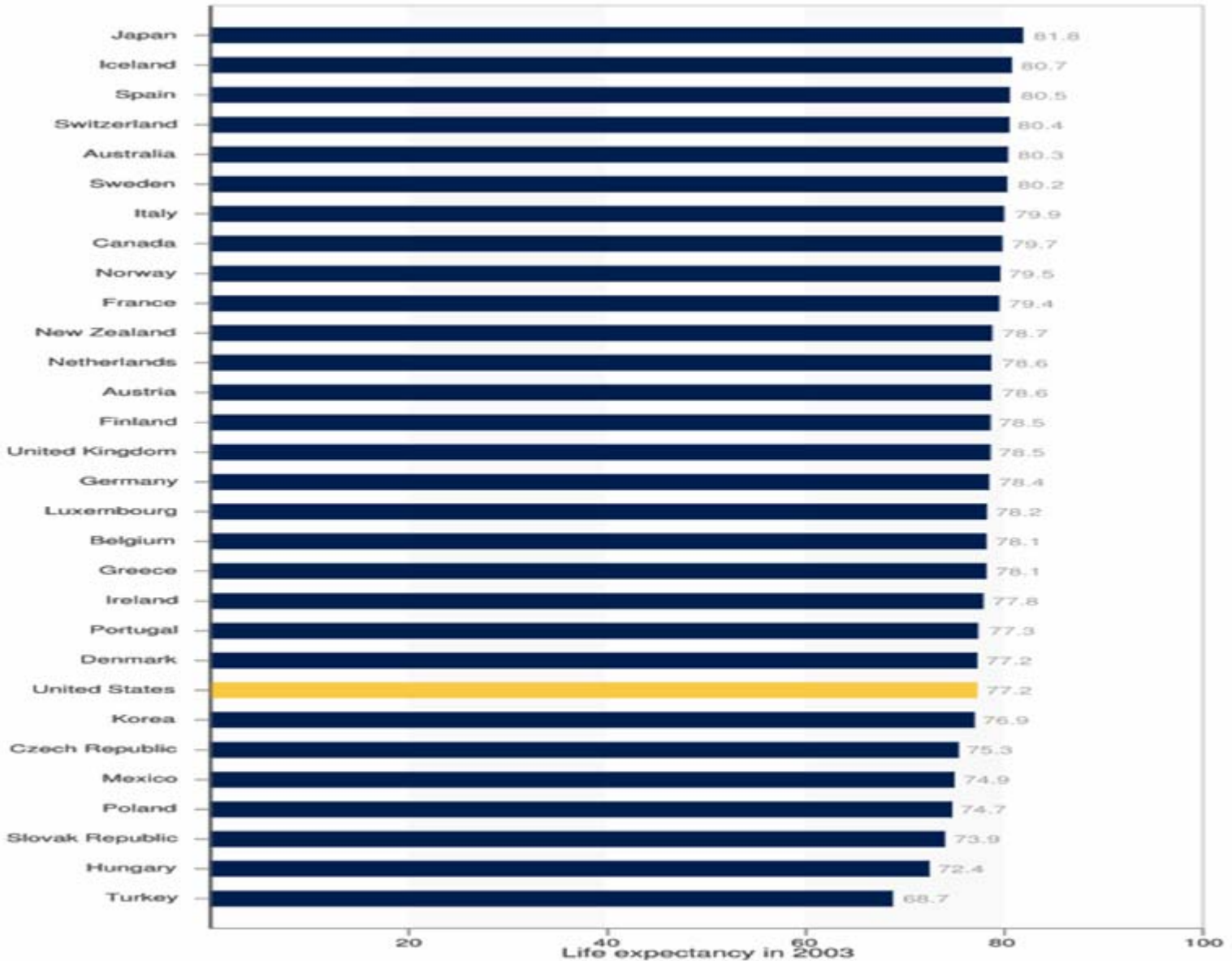
Source: Lopez AD, Mathers CD, Ezzati M, Jamison DT, Murray CJL, eds. *Global Burden of Disease and Risk Factors*. Washington, DC: The World Bank Group, 2006.

# Percentage of elderly people reporting at least one ADL limitation, by age groups, in households and institutions

- Source: *National Long Term Care Survey* (reported in Manton et al., forthcoming).



# Life Expectancy in 2003: OECD countries



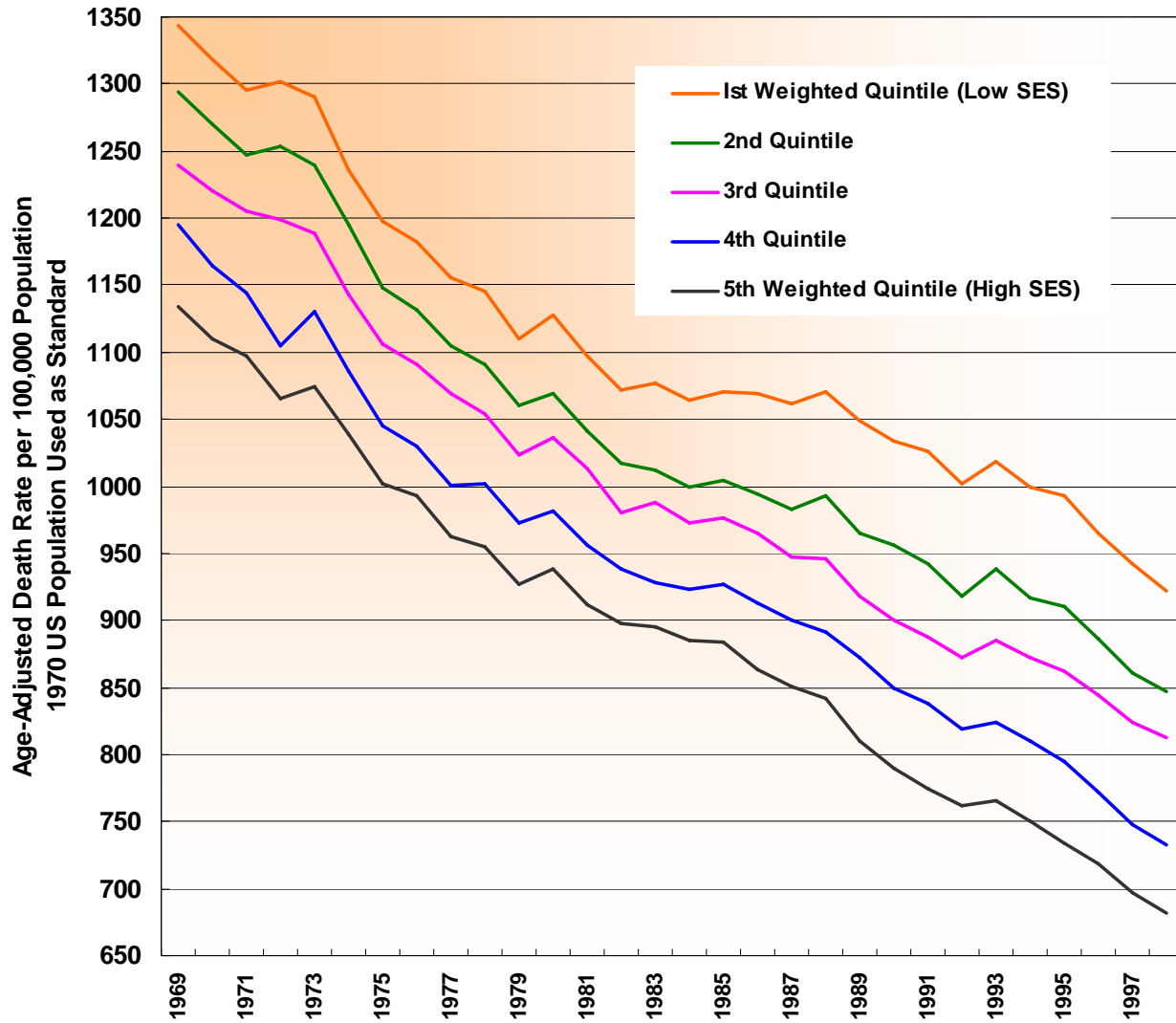
# Social determinants of Health

- While the distribution of disease changes, socially disadvantaged people and those who are socially isolated continue to be at increased risk
- These patterns are true in the US and in other countries

# Life Expectancy at Birth

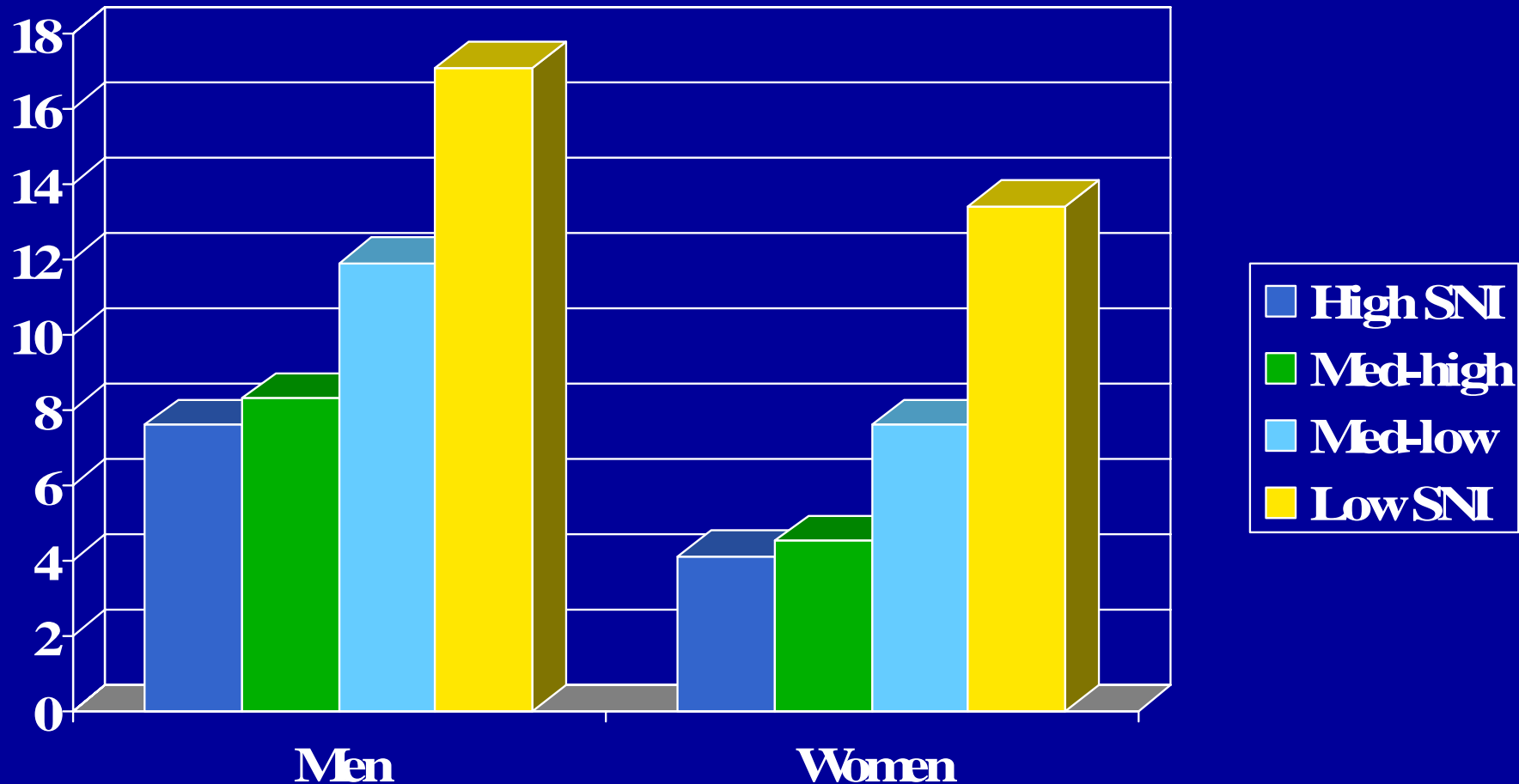
	Whites		Blacks	
	Men	Women	Men	Women
1950	66.5	72.2	58.9	62.7
1960	67.4	74.1	60.7	65.9
1970	68.0	75.6	60.0	68.3
1980	70.7	78.1	63.8	72.5
1990	72.7	79.4	64.5	73.6
1996	73.9	79.7	66.1	74.2
2003	75.3	80.4	68.9	75.9

## All-Cause Mortality Among US Men by Area Socioeconomic Status, 1969-1998



# Mortality Rate from All Causes by Social Networks : Alameda County 1965-74

(Berkman and Syme AJE, 1979)

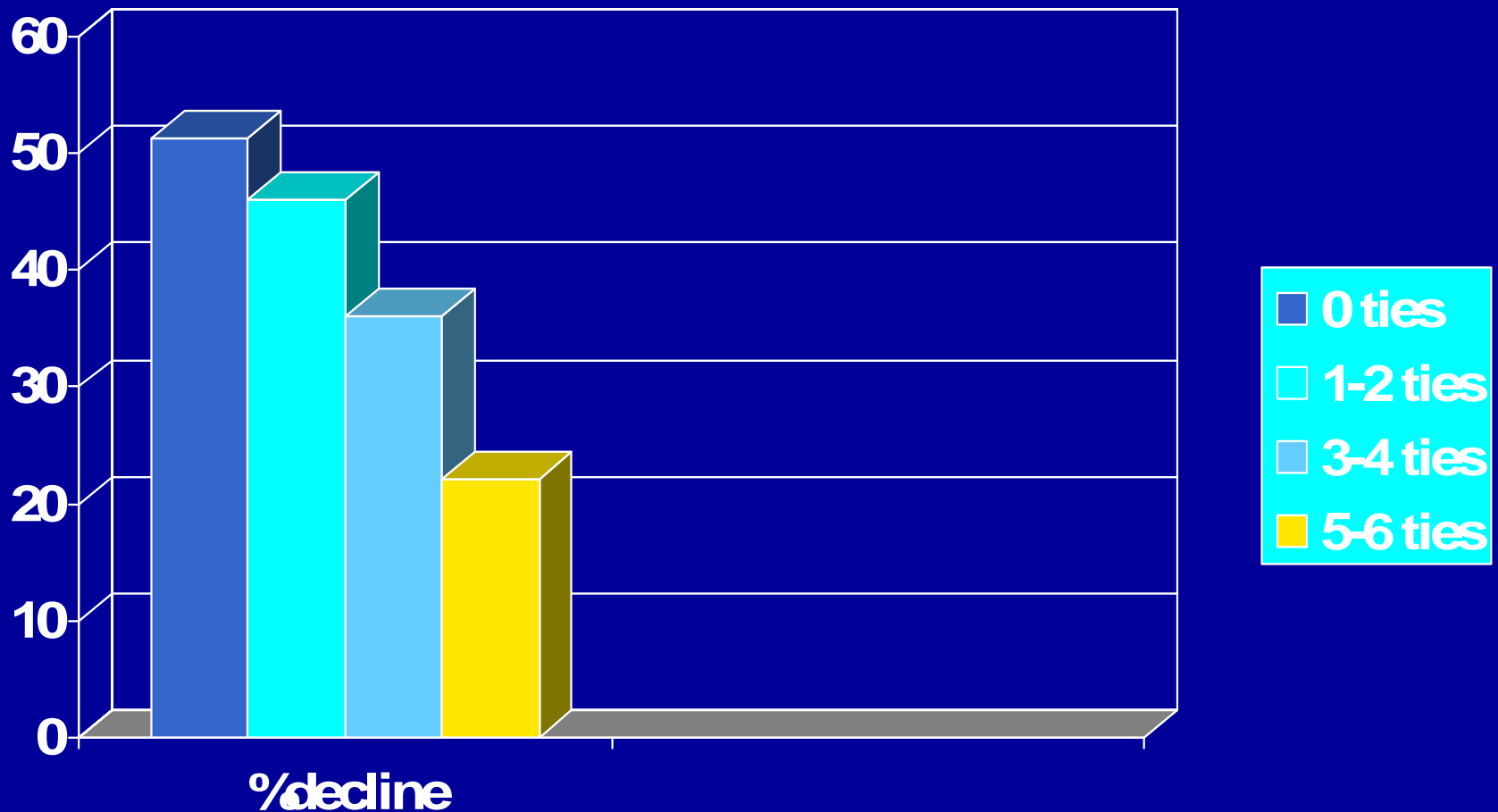


# Social Engagement and the maintenance of good cognitive function

Social engagement is defined as the maintenance of many social connections and a high level of participation in social activities.

Bassuk, SS, Glass, TA, Berkman, LF:  
Social Disengagement and Incident Cognitive Decline.  
Annals of Internal Medicine 131(3): 165-173, 1999.

# Cognitive decline over 12 years by social disengagement among older men and women ( OR 2.37)

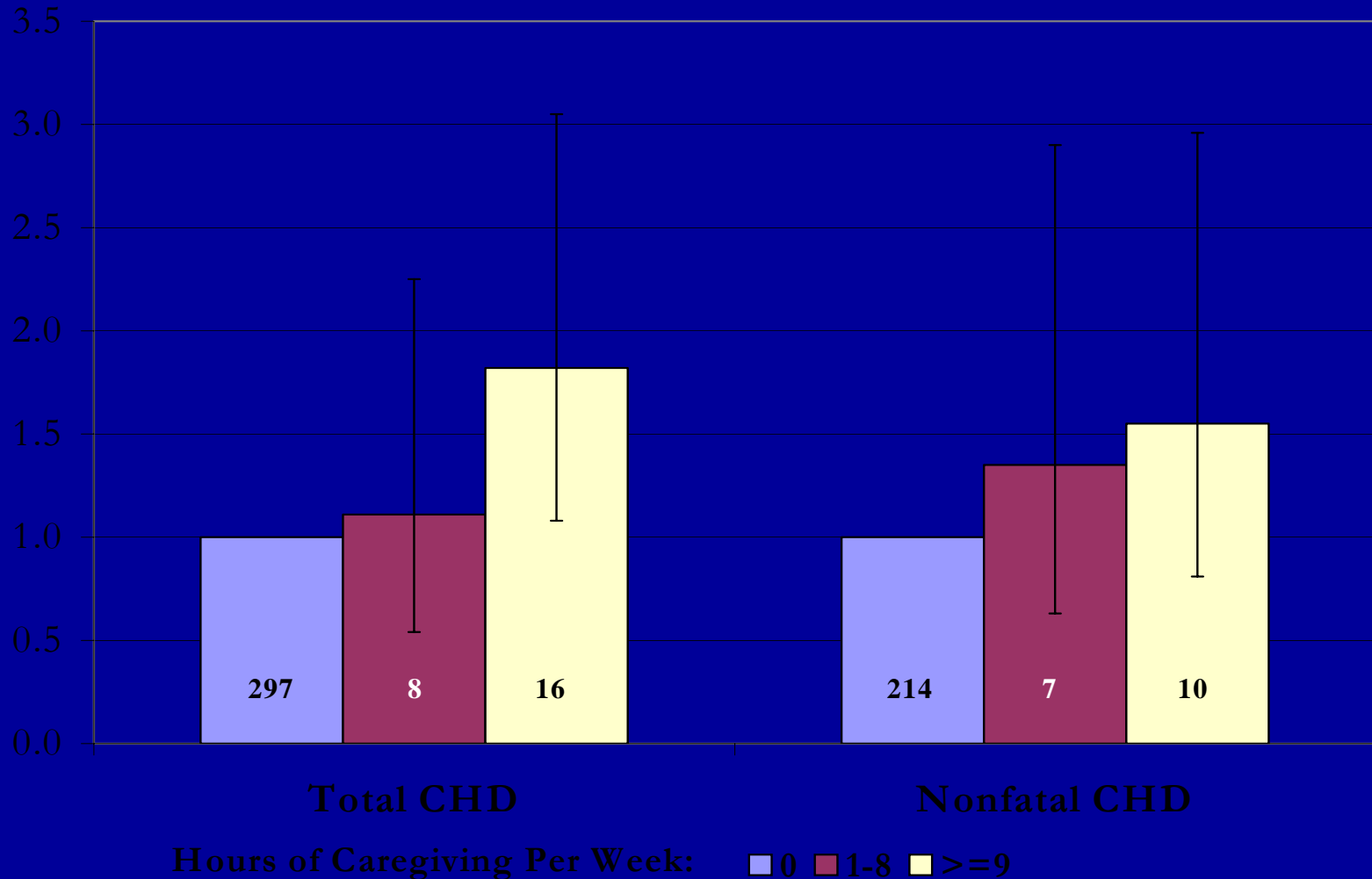


# Caregiving in the Nurses Health Study.

Lee, Colditz, Berkman, Kawachi, AM J Prev Med  
2003;24(2):113-119

- 54,412 women in the Nurses Health Study, ages 46-71 (no documented CHD)
- Information on caregiving in 1992
- CHD follow up 1992-1996
- 321 incident cases

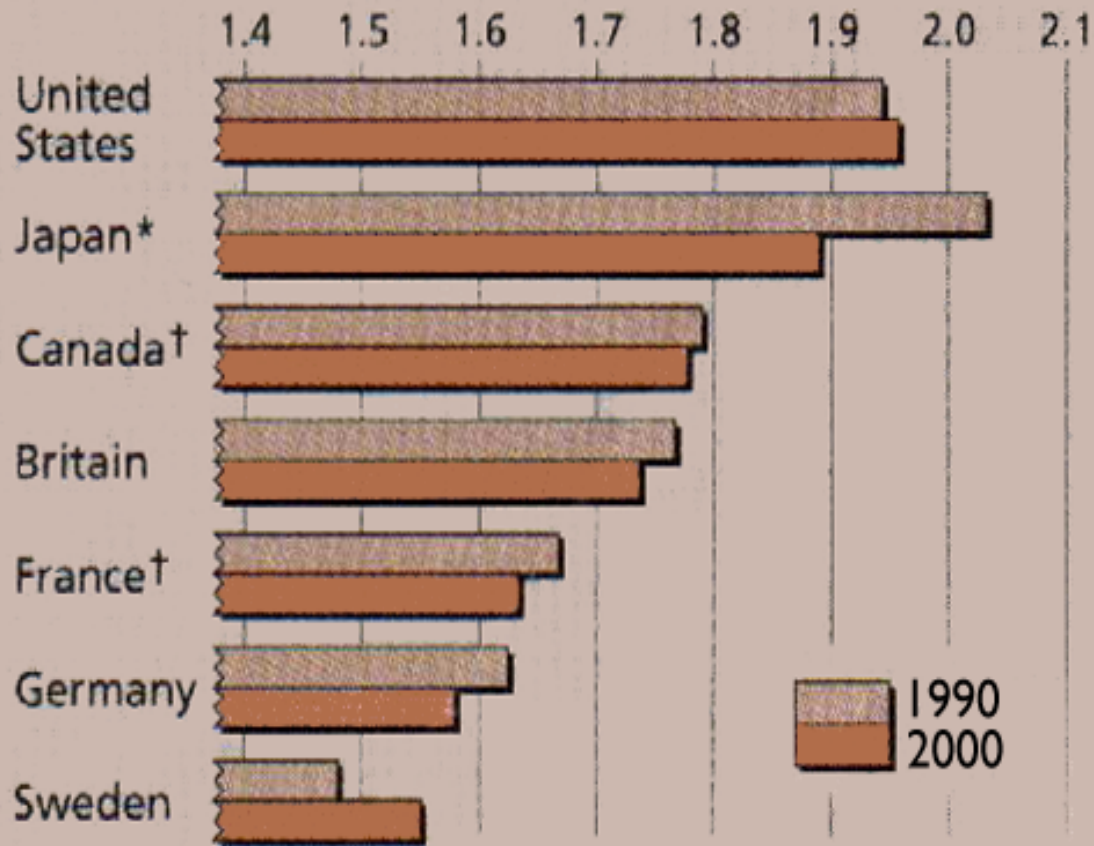
# CHD RR: Caregivers of Disabled/Ill Spouse



What happens when the  
epidemiologic and  
demographic transitions collide?

# Harder-working Americans

Annual number of hours worked  
per person in employment, '000



Source: OECD

\*1995 †1997

# Workers have heavy caregiving loads

- 25% of employees have cared for an elderly relative in the last year
- More dual-earning couples
- 20% of working parents are also providing elder care
- ~50% of workers are caring for someone

# An aging and diversified workforce

- Older workers will need more flexible jobs to contribute fully
- Middle aged adults in the workforce also need more flexible jobs
- Benefits/policies/practices related to retirement, child care, sick leave, part time, health insurance, disability, worker's compensation- may turn out to contribute to a healthier workforce than we think.