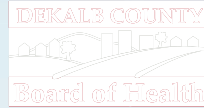


2011 Senior Health in DeKalb Report

Opportunities for Prevention and
Community Action



A special message from...



S. Elizabeth Ford, M.D., M.B.A.

DeKalb County Board of Health
District 3-5

It is with great pleasure that I present the 2011 Senior Health in DeKalb County Report: Opportunities for Prevention and Community Action. Recognizing the critical role that seniors play in the county, the report focuses exclusively on the health of this very important population. This is the first report of its kind to be produced by the DeKalb County Board of Health, focusing entirely on residents ages 50 years or older.

The report's purpose is to inform you about recent trends in the health of DeKalb County's seniors, and to provide resources where information and services are available to maintain wellness.

I hope that, as a result of reading this report, individuals will see the importance of healthy behaviors. Health professionals, community leaders, and elected officials can use the report to advocate for seniors and promote and develop policy change. Monitoring the health of

DeKalb County's seniors is an essential function of the DeKalb County Board of Health, and I hope that this report serves as a tool for both planning purposes and learning.

Sincerely,

S. Elizabeth Ford, M.D., M.B.A.

District Health Director

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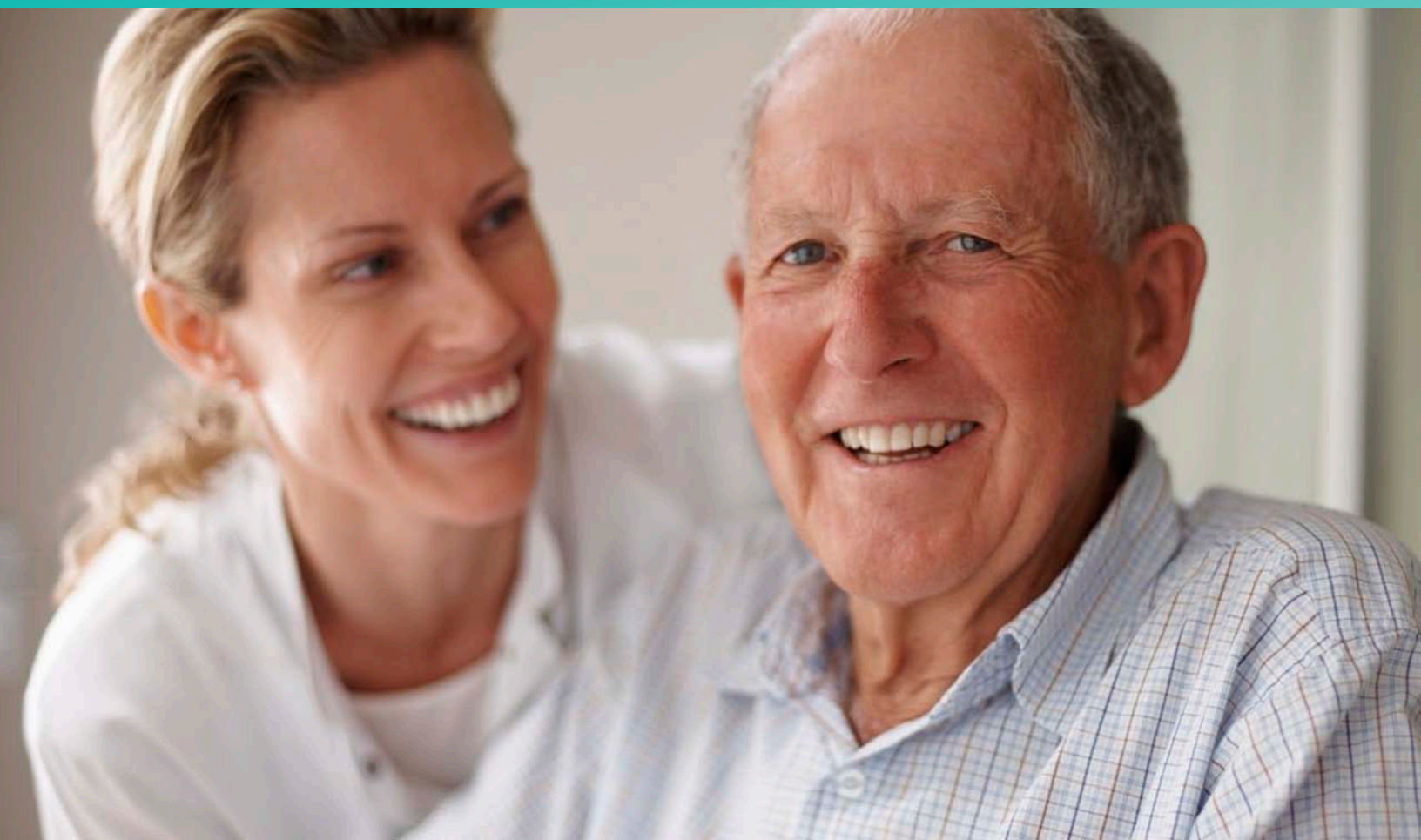
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Methodology



Methodology

The data presented in the 2011 Senior Health in DeKalb Report: Opportunities for Prevention and Community Action are the latest available data from the Georgia Department of Public Health, the DeKalb County Board of Health, the U.S. Census Bureau and other reputable sources.

DEMOGRAPHICS

The population estimates for DeKalb County residents ages 50 or older were obtained from the U.S. Census Bureau's American Community Survey and the Georgia Department of Public Health's Online Analytical Statistical Information System. DeKalb County has large numbers of people who identify themselves as Asian or of Hispanic origin compared to other counties in Georgia. However, the size of each of these groups is small for statistical purposes and, therefore, limited analysis of these groups is included in this report.

HEALTH DATA

Behavioral Risk Factor Surveillance System Survey

Survey interviewers ask questions about behaviors that are associated with preventable chronic diseases, injuries and infectious diseases.

Rate

Throughout this report, you will notice graphs that show a rate, not the actual number of cases. A rate is calculated by dividing the number of people that have a disease or condition by the total number of people in the population and multiplying by 100,000.

Morbidity rate: The rate of the occurrence of disease or condition.

Mortality rate: The rate of death caused by a particular disease or condition.

Years of Potential Life Lost

A person who dies before age 75 is classified as a premature (early) death. Premature death is described using Years of Potential Life Lost (YPLL). This is calculated by subtracting the age at death from 75 years.

For example, a person who dies at age 27 has lost 48 years ($75 - 27 = 48$) of potential life, but a person who dies at age 56 has lost 19 years ($75 - 56 = 19$) of potential life. The Years of Potential Life Lost rate is the total number of years of potential life lost before age 75 per 100,000 people ages 50 and older.

Profile of DeKalb County Seniors



Profile of DeKalb County Seniors

For the purposes of this report, the term “senior” will refer to people ages 50 and older as designated by the American Association of Retired Persons (AARP). DeKalb County is comprised of almost 750,000 residents, including approximately 190,000 people 50 and older with health characteristics and concerns unique to their age group. In spite of this, little attention has been specifically focused on senior members of this population.

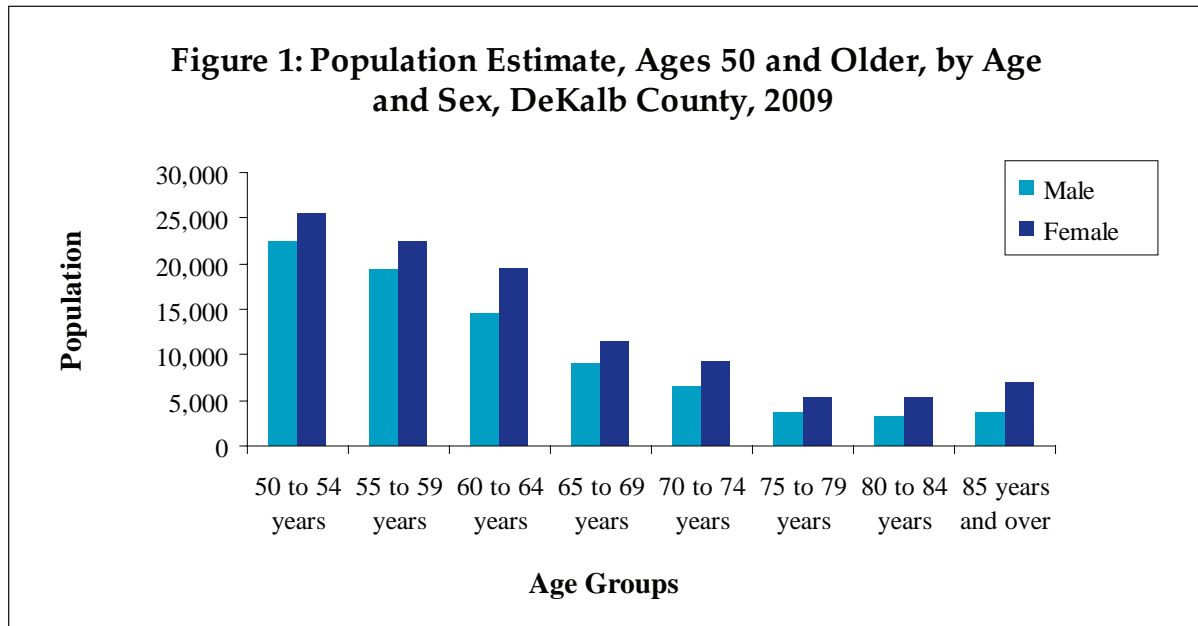
POPULATION

The following table shows the age distribution of DeKalb County residents:

Table 1: Population by Age Group, DeKalb County, 2009		
Age Group	Number	Percentage of the Population (%)
Under 5 years	55,786	7.47
5-9 years	51,686	6.92
10-14 years	43,875	5.87
15-19 years	47,141	6.31
20-24 years	50,105	6.71
25-29 years	66,369	8.88
30-34 years	67,700	9.06
35-39 years	62,375	8.35
40-44 years	57,698	7.72
45-49 years	55,709	7.45
50-54 years	49,311	6.60
55-59 years	42,961	5.75
60-64 years	32,940	4.41
65-69 years	20,976	2.81
70-74 years	14,507	1.94
75-79 years	11,189	1.50
80-84 years	8,475	1.13
85+ years	8,471	1.13
Senior Sub-Total	188,830	25.27
Total DeKalb County Population	747,274	100

Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

The following figure shows the senior population by sex and age group:



Source: 2009 American Community Survey, U.S. Census Bureau.

In 2009:

- Females made up 56 percent of the senior population compared to males at 44 percent.
- There were 82,300 males in the senior population compared to 105,789 females.

The following tables show the senior population by race and ethnicity:

Race	Number	Percentage (%)
Black/African American	90,740	48.05
White	89,235	47.25
Asian	6,631	3.51
American Indian or Alaskan Native	572	0.30
Native Hawaiian or Pacific Islander	120	0.07
Multiracial	1,532	0.81
Total	188,830	99.99

Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

Table 3: Population Estimates of Seniors, Ages 50 and Older, by Ethnicity, DeKalb County, 2009

Race	Number	Percentage (%)
Not Hispanic or Latino	180,700	96
Hispanic or Latino	8,130	4

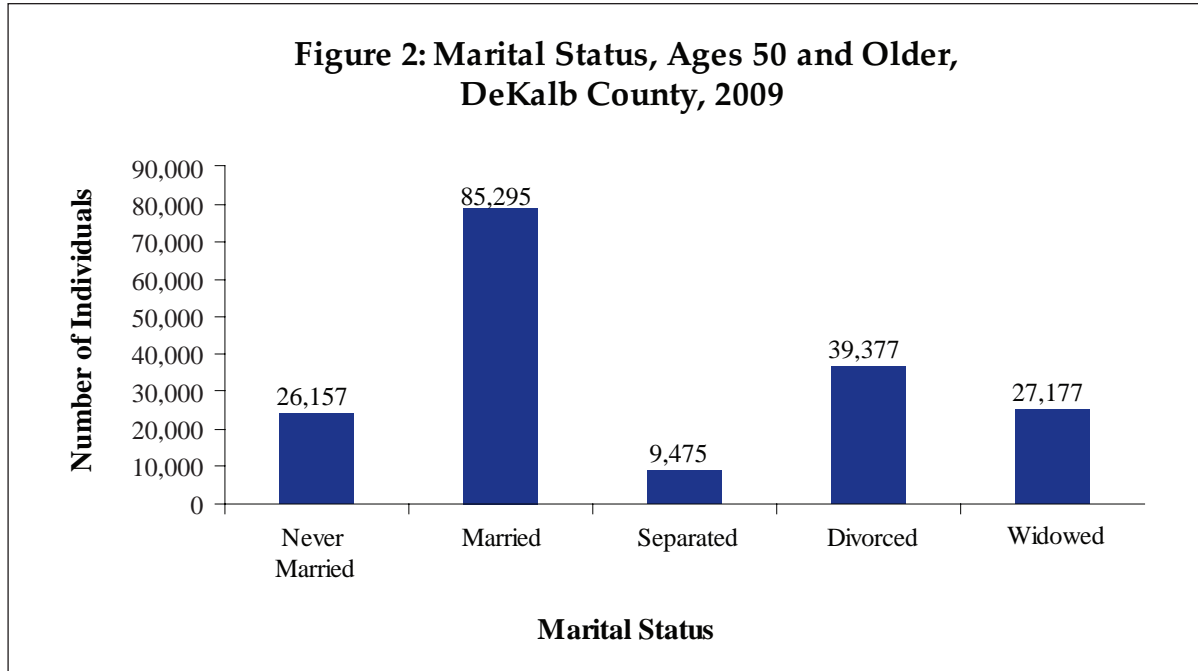
Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

In 2009:

- African Americans accounted for over 50 percent of the county’s total population while they accounted for only 48 percent of the senior population.
- Whites accounted for 40 percent of the county’s total population, while they accounted for 47 percent of the senior population.
- Approximately 4 percent of the senior population reported being of Hispanic/Latino origin vs. 10 percent of the total population.

MARITAL STATUS

The following figure shows the senior population by marital status:



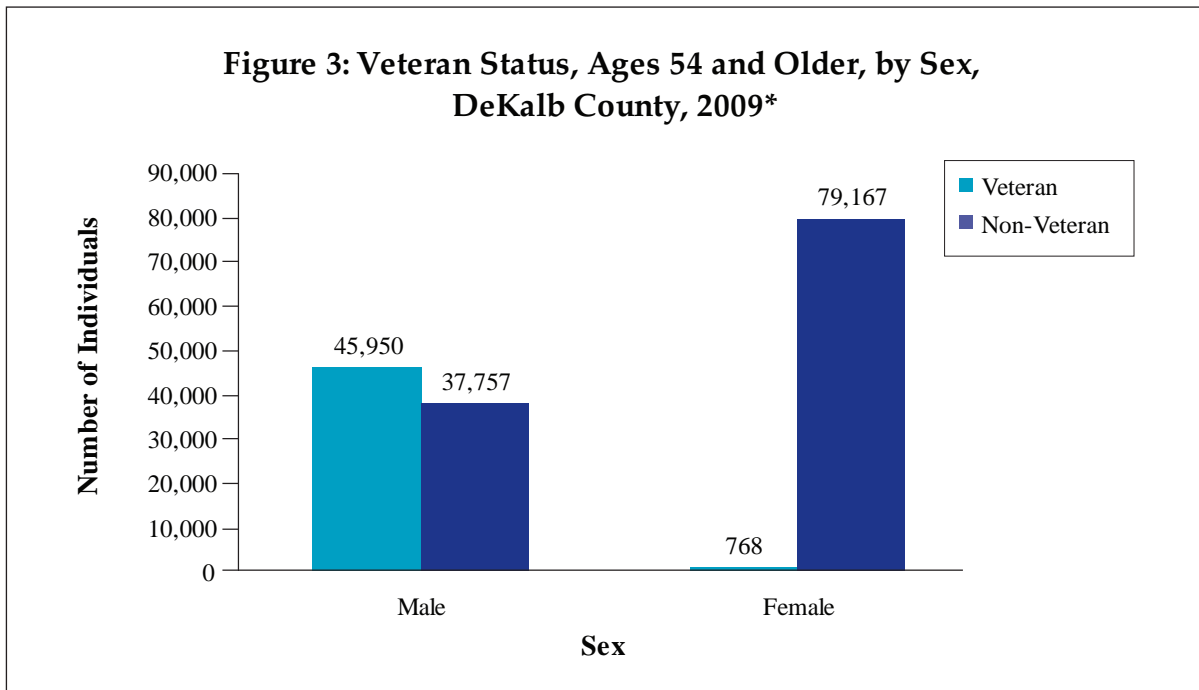
Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

In 2009:

- Approximately 26,000 people (14 percent) ages 50 and older had never been married.
- Approximately 85,000 people (46 percent) ages 50 and older were married.
- Approximately 76,000 people (41 percent) ages 50 and older were separated, divorced or widowed.

VETERAN STATUS

The following figure shows the senior population by veteran status:



**Data were unavailable for those ages 50 to 53 years of age.*

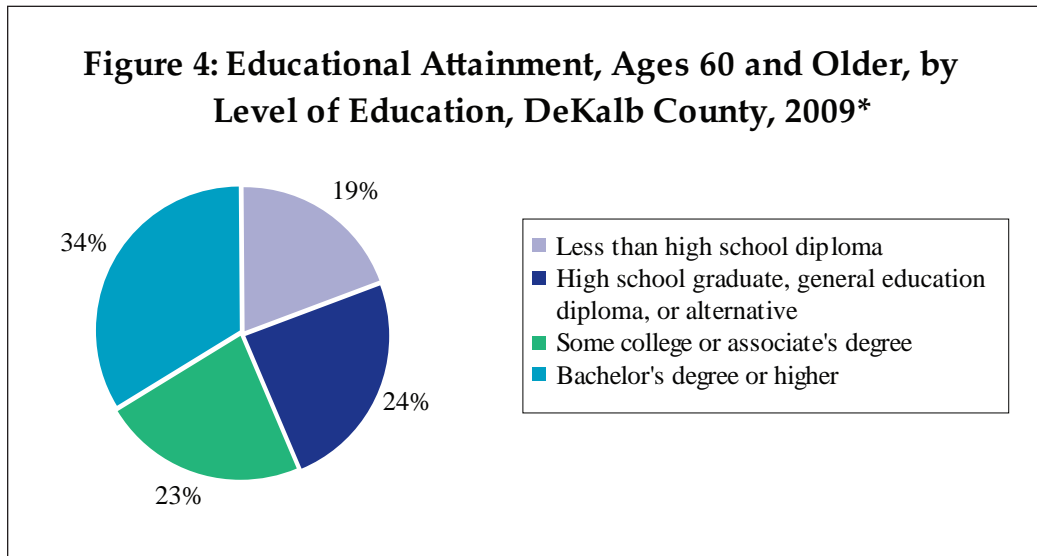
Source: 2009 American Community Survey, U.S. Census Bureau.

In 2009:

- There were 46,718 individuals ages 54 and older who were veterans.
- There were 45,950 men (98 percent) men ages 54 and older who were veterans compared to 768 women (2 percent).

EDUCATION

The following figure shows the senior population by level of education:

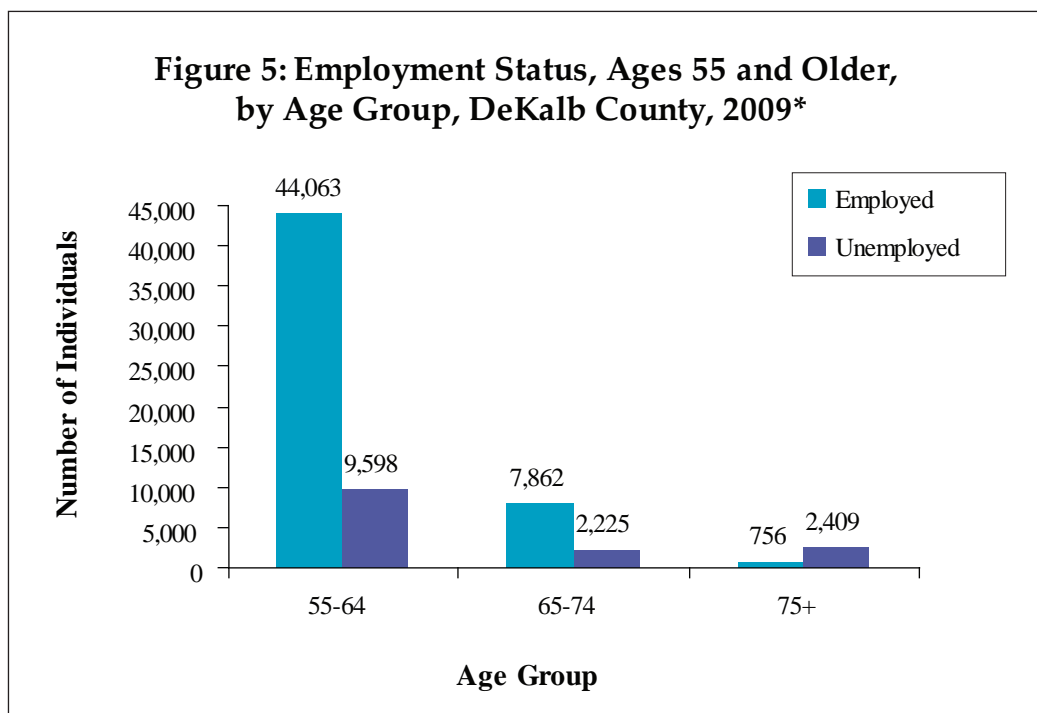


In 2009:

- Nineteen percent of individuals ages 60 and older had less than a high school diploma.
- Thirty-four percent of individuals ages 60 and older had at least a bachelor's degree or higher.

EMPLOYMENT

The following figure shows the employment status of seniors in DeKalb County:



In 2009:

- Seniors between the ages of 55 and 64 had the highest employment rate (82 percent).
- Seniors ages 75 and older had the lowest employment rate (24 percent).

INCOME

The following tables show the senior population by economic status:

Table 4: Economic Profile of Individuals, Ages 60 and Older, DeKalb County, 2009*

Households by Income Type	Percentage (%)	Average (dollars)
With Social Security income	71.8	\$15,551
With earnings	52.2	\$62,045
With retirement income	44.7	\$25,012
With supplemental security income	4.6	\$7,997
With Food Stamp/SNAP** benefits	6.1	-----
With cash public assistance income	1.2	\$3,963

*Percentages total more than 100% due to some households having multiple sources of income.

**Supplemental Nutrition Assistance Program

Source: 2009 American Community Survey, U.S. Census Bureau.

In 2009:

- Over half of seniors ages 60 and older (52.2 percent) had earnings.
- More than half (55.3 percent) did not have any type of retirement income.

Table 5: Income in Relation to Federal Poverty Threshold, Ages 55 and Older, DeKalb County, 2009*

Individuals in the past year who were below the federal poverty threshold**	Number of Individuals	Percentage (%) of population 55 and older
55-64 years old	7,342	5.3
65-74 years old	3,478	2.5
75 and older	3,275	2.4
Total	14,095	10.2

*Data were unavailable for those 50 to 54 years of age.

**The U.S. Census Bureau uses income thresholds that vary by family size and composition to determine who is in poverty. If a family's total income is less than the threshold, then every individual in the family is considered to be in poverty.

Source: 2009 American Community Survey, U.S. Census Bureau.

In 2009:

- Approximately 10 percent of individuals ages 55 and older were living below the poverty threshold.
- There were more seniors ages 55 to 64 years of age living below the poverty threshold than the older age groups.

LANGUAGE

The following table shows the senior population by language spoken at home:

Table 6: Language Spoken at Home, Ages 60 and Older, DeKalb County, 2009*		
Language	Number	Percentage (%)
English only	86,337	88
Language other than English	11,773	12

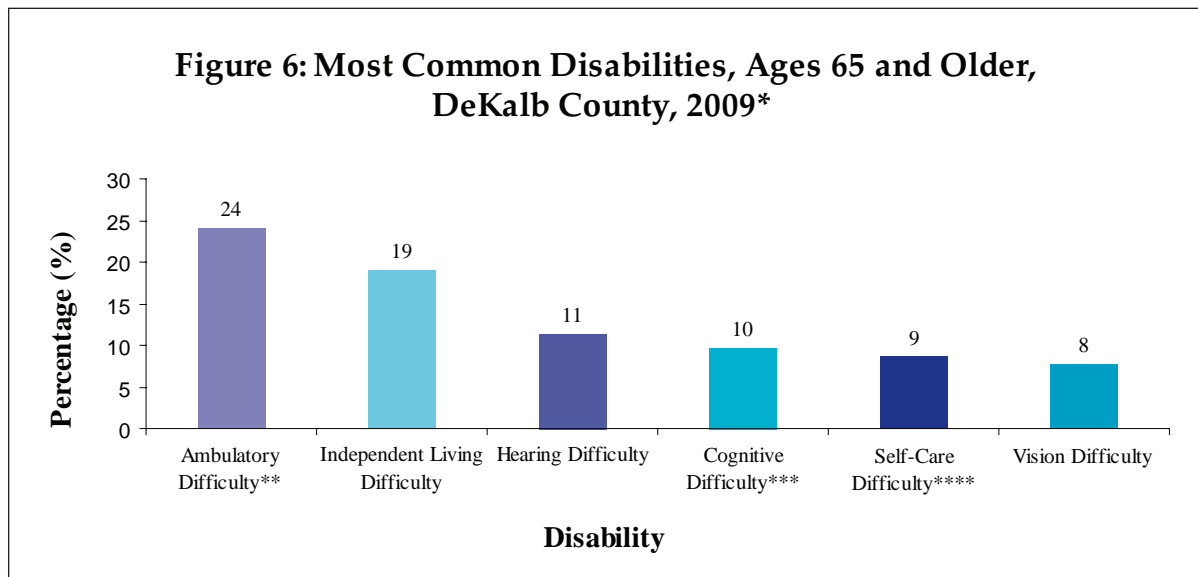
*Data were unavailable for those 50 to 59 years of age.
 Source: 2009 American Community Survey, U.S. Census Bureau.

In 2009:

- Most seniors (88 percent) ages 60 and older spoke only English at home.
- Twelve percent of seniors ages 60 and older spoke a language other than English at home.

DISABILITY

The following figure shows the senior population by disability:



*Data were unavailable for those 50 to 64 years of age.
 **Ambulatory Difficulty refers to a person having trouble walking.
 ***Cognitive Difficulty refers to a person having difficulty with mental tasks like paying attention, thinking and remembering.
 ****Self-Care Difficulty refers to an individual who has difficulty dressing or bathing themselves, which are two of the six specific Activities of Daily Living (ADLs) often used by health care providers to assess patients' self-care needs.
 Source: 2009 American Community Survey, U.S. Census Bureau.

In 2009:

- The most common disabilities among seniors age 65 and over were ambulatory difficulty (24 percent) and independent living difficulty (19 percent).
- The least common disabilities were self-care difficulty (9 percent) and vision difficulty (8 percent).



Leading Causes

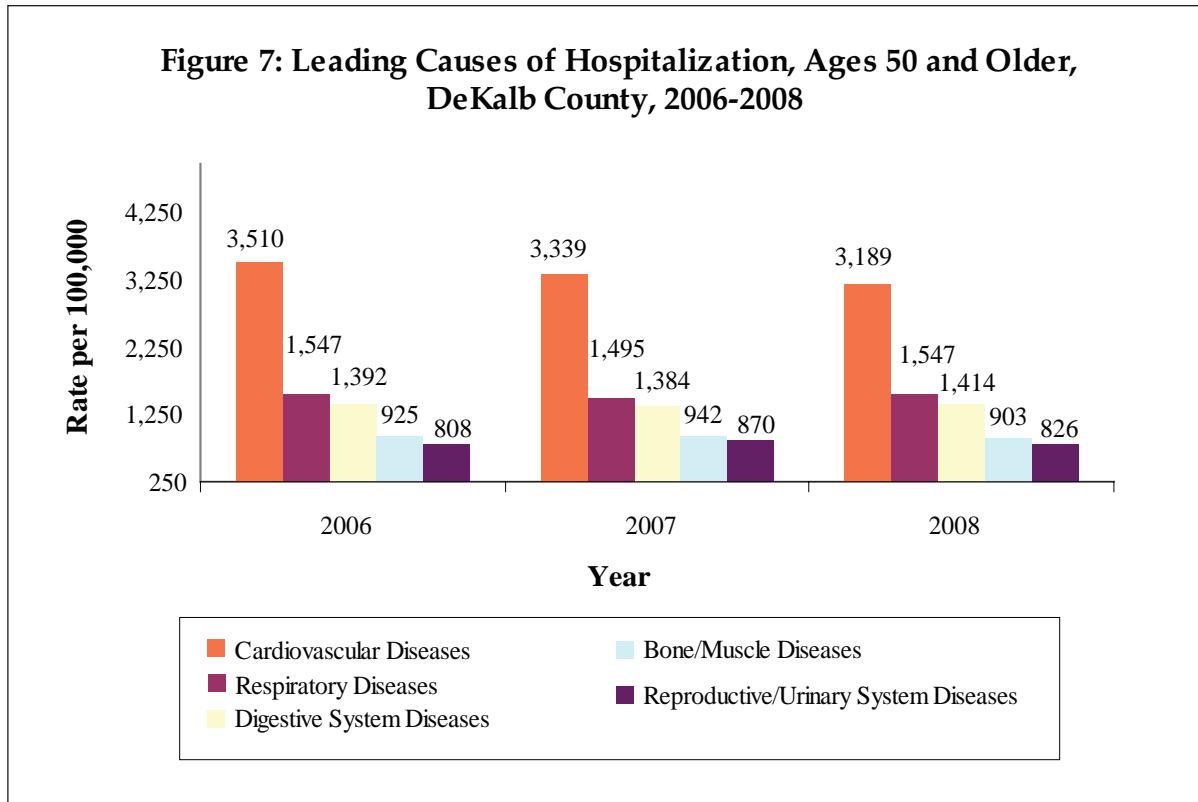


Leading Causes

LEADING CAUSES OF HOSPITALIZATION

The leading causes of hospitalization are the five main reasons people are admitted to a hospital.

The following figure shows the senior population by leading causes of hospitalization:

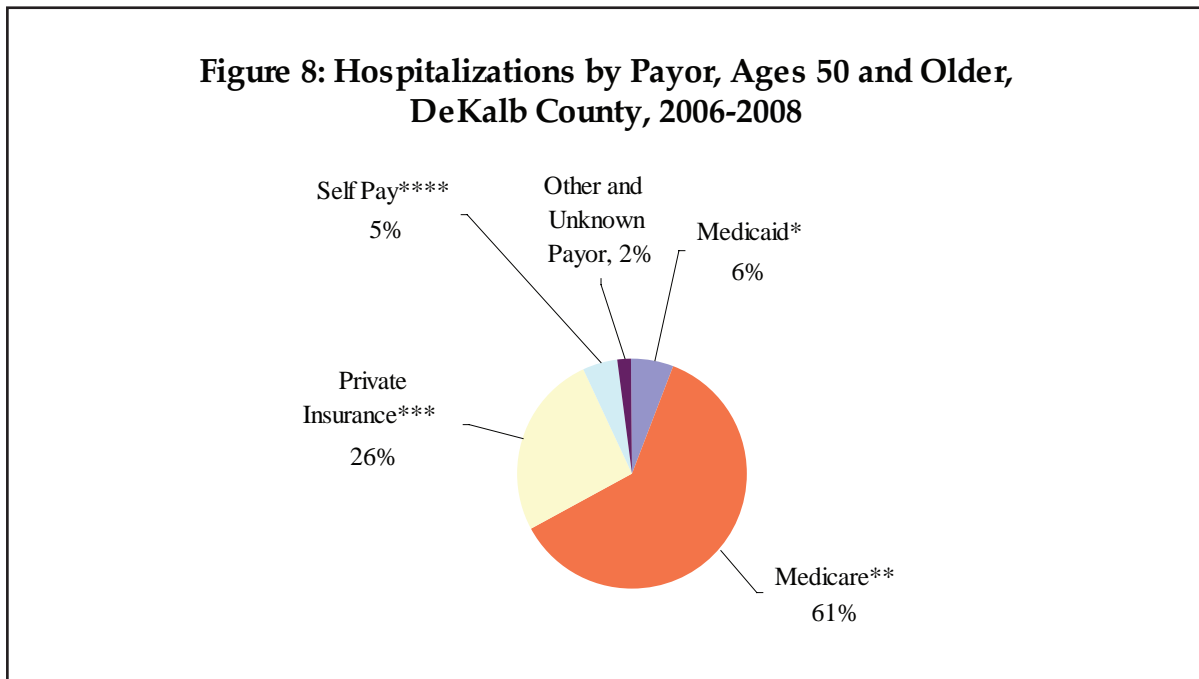


Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

From 2006 through 2008:

- The leading cause of hospitalization for seniors 50 years and older was cardiovascular disease.
- The rate of cardiovascular diseases was more than two times greater than the next leading cause of hospitalization (respiratory diseases) among people 50 and older.

The following figure shows senior hospitalizations by who paid most of the bill, that is, who was the primary payor:



**Medicaid pays for medical assistance for individuals with low incomes and resources.*

***Medicare pays for medical assistance for people ages 65 and older and some disabled people under 65.*

****Private insurance includes commercial insurance and health maintenance organizations.*

*****Self Pay includes people who pay their own bill and charity cases.*

Source: Online Analytical Statistical Information System, Georgia Department of Public Health

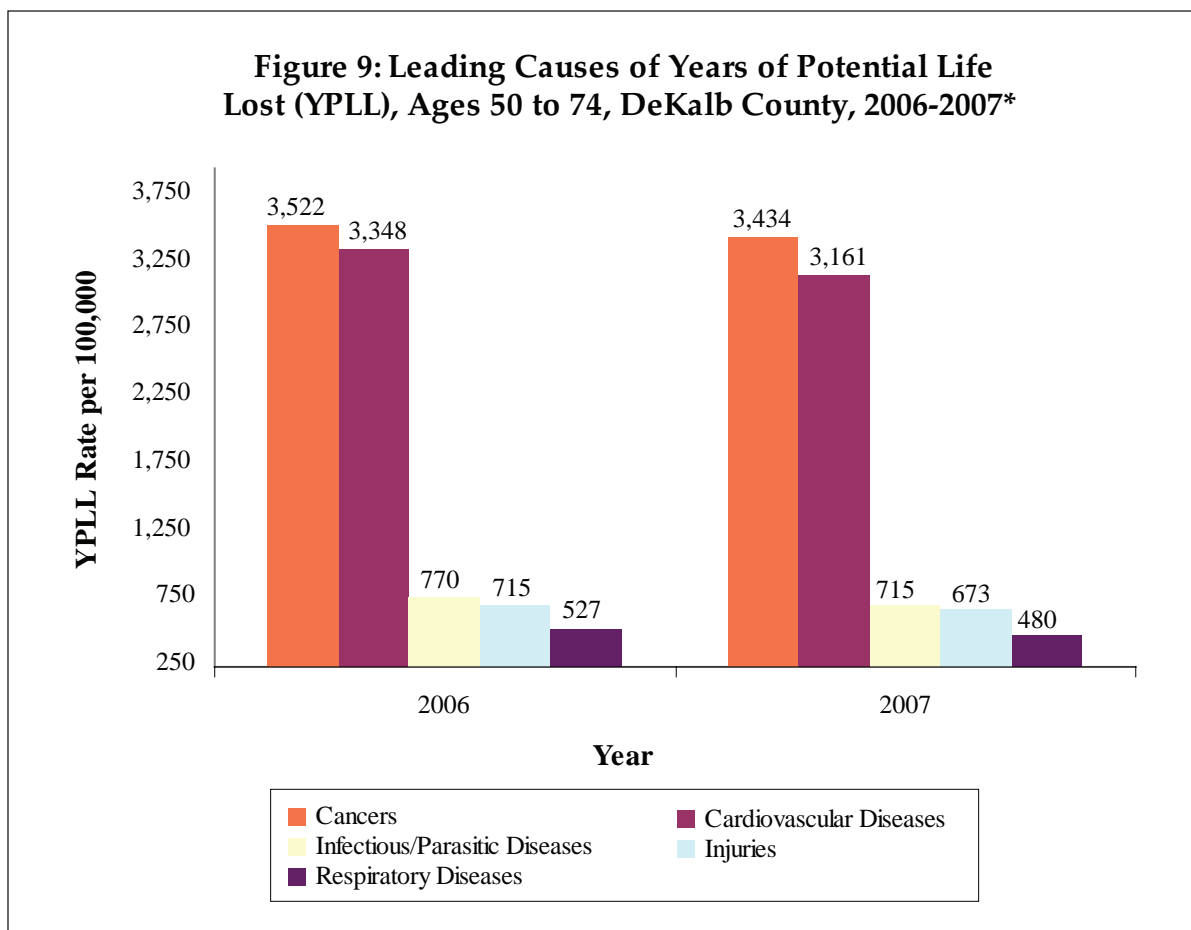
From 2006 through 2008:

- The majority of hospitalizations (61 percent) of people 50 and older were paid for by Medicare.
- Private insurance paid for 26 percent of hospitalizations of people 50 and older.

LEADING CAUSES OF PREMATURE DEATH

Premature death is often preventable. Experts estimate that more than 50 percent of the diseases and conditions that lead to early death can be eliminated.

The following figure shows the senior population by leading causes of premature death:



*Data unavailable for 2008

Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

From 2006 through 2007:

- Cancers were the leading cause of years of potential life lost for those ages 50 to 74.
- Cardiovascular diseases were the second leading cause of years of potential life lost. They were responsible for 31 percent of all years of potential life lost for people ages 50 to 74.

The following tables show the leading causes of years of potential life lost among seniors by sex:

Table 7: Five Leading Causes of Years of Potential Life Lost, Females, Ages 50 to 74, DeKalb County, 2006-2007*

Cause	Years of Potential Life Lost	Percentage%**
Cardiovascular diseases	5,306	38
Cancers	3,869	28
Infectious/parasitic diseases	758	5
Injuries	680	5
Digestive system diseases	619	4

*Data unavailable for 2008.

**Percentage of total for "All Causes, Female."

Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

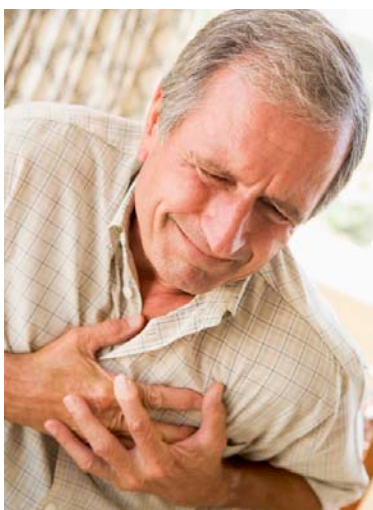
Table 8: Five Leading Causes of Years of Potential Life Lost, Males, Ages 50 to 74, DeKalb County, 2006-2007*

Cause	Years of Potential Life Lost	Percentage%**
Cardiovascular diseases	6,472	32
Cancers	5,751	29
Infectious/parasitic diseases	1,680	8
Injuries	1,587	8
Digestive system diseases	854	4

*Data unavailable for 2008.

**Percentage of total for "All Causes, Male."

Source: Online Analytical Statistical Information System, Georgia Department of Public Health.



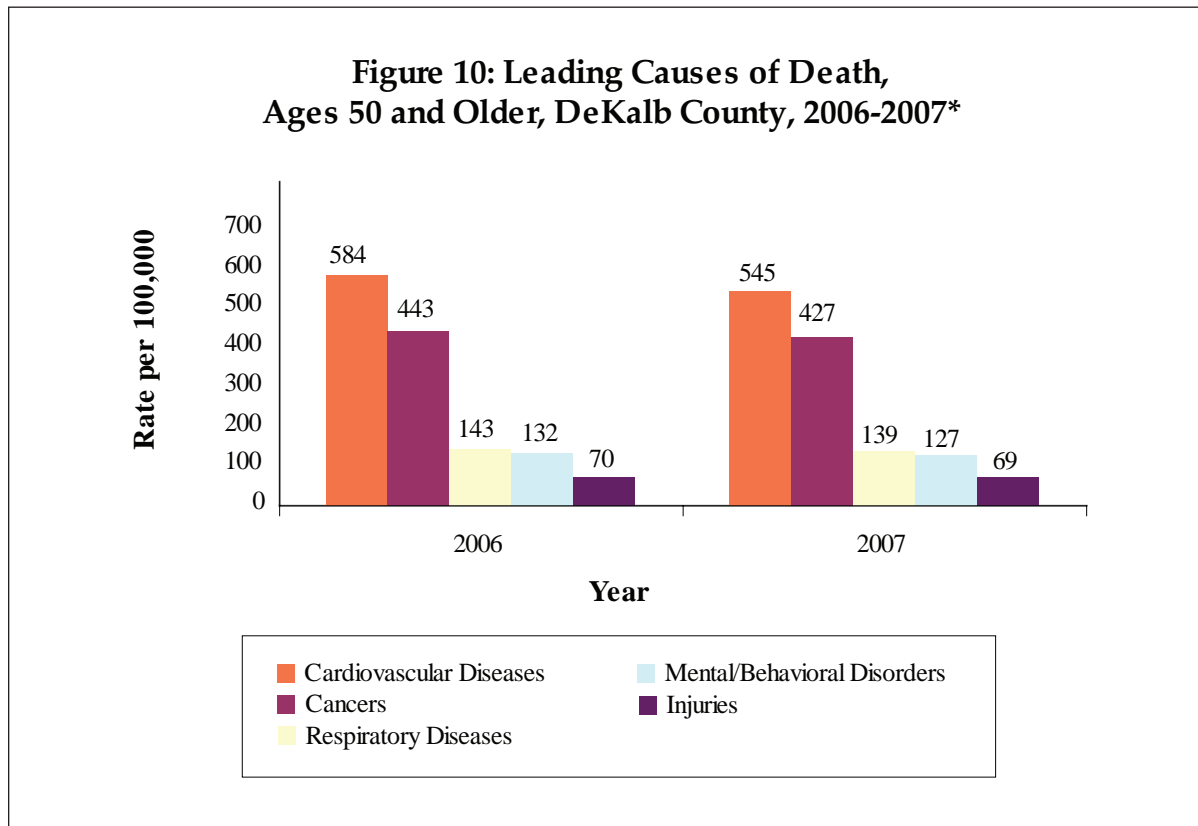
From 2006 through 2007:

- Cancer caused 28 percent of the years of potential life lost among females, ages 50 to 74, while it caused 29 percent of the years of potential life lost among males in the same age group.
- Cardiovascular diseases caused 38 percent of the years of potential life lost among females, ages 50 to 74, while they caused 32 percent of the years of potential life lost among males in the same age group.

LEADING CAUSES OF DEATH

The cause of death is the primary disease, condition or injury that leads to a series of events that ends in death.

The following figure shows the leading causes of death among seniors:



*Data unavailable for 2008. Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

From 2006 through 2007:

- Cardiovascular diseases were the leading cause of death among people ages 50 and older.
- Cancers were the second leading cause of death among people ages 50 and older.

The following tables show the five leading causes of deaths for females and males.

Table 9: Five Leading Causes of Death, Females, Ages 50 and Older, DeKalb County, 2006-2007		
Causes	Number of Deaths	Percentage %*
Cardiovascular diseases	1,092	31
Cancers	820	24
Mental and behavioral disorders	320	9
Respiratory Diseases	304	9
Nervous system diseases	193	6

**Percentage of total listed for "All Causes, Female, Deaths for 2006-2007".*

Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

Table 10: Five Leading Causes of Death, Males, Ages 50 and Older, DeKalb County, 2006-2007		
Causes	Number of Deaths	Percentage %*
Cardiovascular diseases	1,011	33
Cancers	801	26
Respiratory diseases	220	7
Mental and behavioral disorders	162	5
Injuries	150	5

**Percentage of Total listed for "All Causes, Male."*

Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

From 2006 through 2007:

- Cardiovascular disease and cancers were the top two leading causes of death for both females and males in ages 50 and older.

Chronic Diseases



Chronic Diseases

The National Center for Health Statistics defines chronic diseases as those diseases that last three months or more. They generally cannot be prevented by a vaccine or cured by medication, nor do they just disappear. Although they are among the most common and costly health problems, they are also among the most preventable. Chronic diseases tend to become more common as people age.

Chronic diseases such as heart disease, cancer, diabetes, arthritis and obesity are the leading causes of death and disability in the U.S. Chronic diseases account for 70 percent of all deaths in the U.S., or 1.7 million deaths each year. In DeKalb County, cancer, cardiovascular diseases and respiratory diseases are the top three leading causes of death.

DeKalb County adults behave in ways that put them at risk for developing chronic diseases or for worsening symptoms of existing chronic diseases. The Behavioral Risk Factor Surveillance System collects data on these behaviors among adults 18 years and older. According to the 2008 survey among DeKalb County adults, 50 years and older:

- 39.1 percent are overweight.
- 22.4 percent are obese.
- 31.8 percent eat the recommended number of fruits and vegetables per day.
- 45.3 percent get the recommended amount of physical activity per day.
- 12.3 percent currently smoke every day.
- 48.8 percent of current smokers have tried to stop smoking within the past year.
- 11.3 percent have been told by a health professional that they have asthma.
- 13.7 percent have been told by a health professional that they have diabetes.

Cancers

Cancer is the uncontrolled growth of abnormal cells anywhere in the body. These abnormal cells are called cancer cells, malignant cells or tumor cells. Many cancers are further identified by the name of the tissue where the abnormal cells originated (for example, breast cancer, lung cancer, colon cancer). Frequently, cancer cells break away from the original mass of cells, travel through the blood and lymph systems, and lodge in other organs where they can repeat the uncontrolled growth cycle. This process is called metastatic spread or metastatic disease. For example, if breast cancer cells spread to a bone (or anywhere else), the individual has metastatic breast cancer.

There are over 200 types of cancers. Most can fit in to one of the following National Cancer Institute categories:

Carcinoma: Cancer that begins in the skin or tissues that line or cover internal organs

Central nervous system cancers: Cancer that begins in the tissues of the brain and spinal cord

Leukemia: Cancer that starts in blood-forming tissue, such as the bone marrow, and causes large numbers of abnormal blood cells to be produced and enter the blood

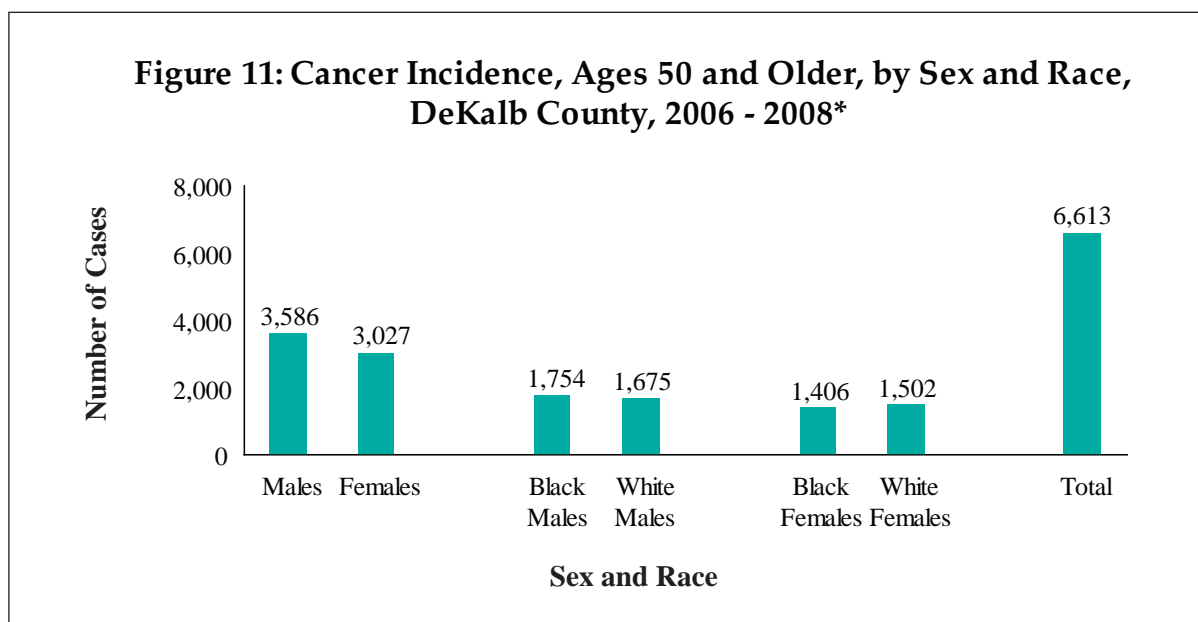
Lymphoma and myeloma: Cancer that begins in the cells of the immune system

Sarcoma: Cancer that begins in bone, cartilage, fat, muscle, blood vessels or other connective or supportive tissue

For Your Information

What puts me at risk for cancer?	Poor diet, excessive alcohol usage, drug use, sexual risk-taking, smoking, excessive sun
What are the symptoms of cancer?	Fever, fatigue, weight loss, persistent pain, skin changes (discoloration, sores that do not heal, white spots in mouth or on tongue, wart/moles changes), change in bowel or bladder functions, unusual bleeding or discharge, persistent cough or change in voice, lumps or tissue masses
How is cancer diagnosed?	Physical exam, medical history, blood tests, X-rays, CT scans, MRI scans, ultrasound, biopsy
How is cancer treated?	Surgery, chemotherapy, radiation therapy, combination treatments
How can I prevent cancer?	Stop smoking, avoid prolonged exposure to sunlight, avoid toxins

The following figure shows cancer incidence among seniors in DeKalb County by sex and race:



*Number of cases reported to Georgia Comprehensive Cancer Registry as of February 2011.
Source: Georgia Comprehensive Cancer Registry, Georgia Department of Public Health.



From 2006 through 2008:

- Fifty-four percent of the cancer cases among those 50 and older were males while 46 percent were females.

The following tables show the top five cancer sites among males and females:

Table 11: Top Five Cancer Sites Among Males, 50 Years and Older, DeKalb County, 2006-2008	
Site	Cases
Prostate	1,492
Lung and bronchus	465
Colon and rectum	328
Melanoma	127
Non-Hodgkin is lymphoma	124

Source: Georgia Comprehensive Cancer Registry, Georgia Department of Public Health.

Table 12: Top Five Cancer Sites Among Females, 50 Years and Older, DeKalb County, 2006-2008	
Site	Cases
Breast	943
Lung and bronchus	391
Colon and rectum	325
Uterine corpus	181
Non-Hodgkin is lymphoma	111

Source: Georgia Comprehensive Cancer Registry, Georgia Department of Public Health.



Resources

- DeKalb County Board of Health, Breast Test and More
 - 404-244-2200
 - <http://www.dekalbhealth.net/hs/womens-health/>
- National Cancer Institute
 - 404-244-2200
 - <http://www.cancer.gov/>
- American Cancer Society
 - 1-800-422-6237
 - <http://www.cancer.org/Cancer/index>

CARDIOVASCULAR DISEASES

Cardiovascular diseases are caused by the abnormal functioning of the heart or blood vessels. Common cardiovascular diseases include: high blood pressure (hypertension), hypertensive heart disease, obstructive heart disease (including heart attack) and stroke. Obstructive heart disease and stroke are the most common cardiovascular diseases.

For Your Information

What puts me at risk for cardiovascular diseases?	High cholesterol, high blood pressure, diabetes, smoking, obesity, excessive alcohol use, physical inactivity, poor diet, genetics
What are the symptoms of cardiovascular diseases?	Rapid heartbeat; fatigue; chest pain or discomfort; shortness of breath; upper body discomfort (arms, shoulder, jaw, etc.); cold or numb feeling in the feet or toes, especially at night
How are cardiovascular diseases diagnosed?	Ultrasound, electrocardiogram, X -ray, nuclear scan, biopsy
How are cardiovascular diseases treated?	Lifestyle changes, medications, surgery, mechanical heart pump
How can I prevent cardiovascular diseases?	Eat a healthy diet, don't smoke, exercise regularly, limit alcohol use, maintain a healthy weight

For Your Information

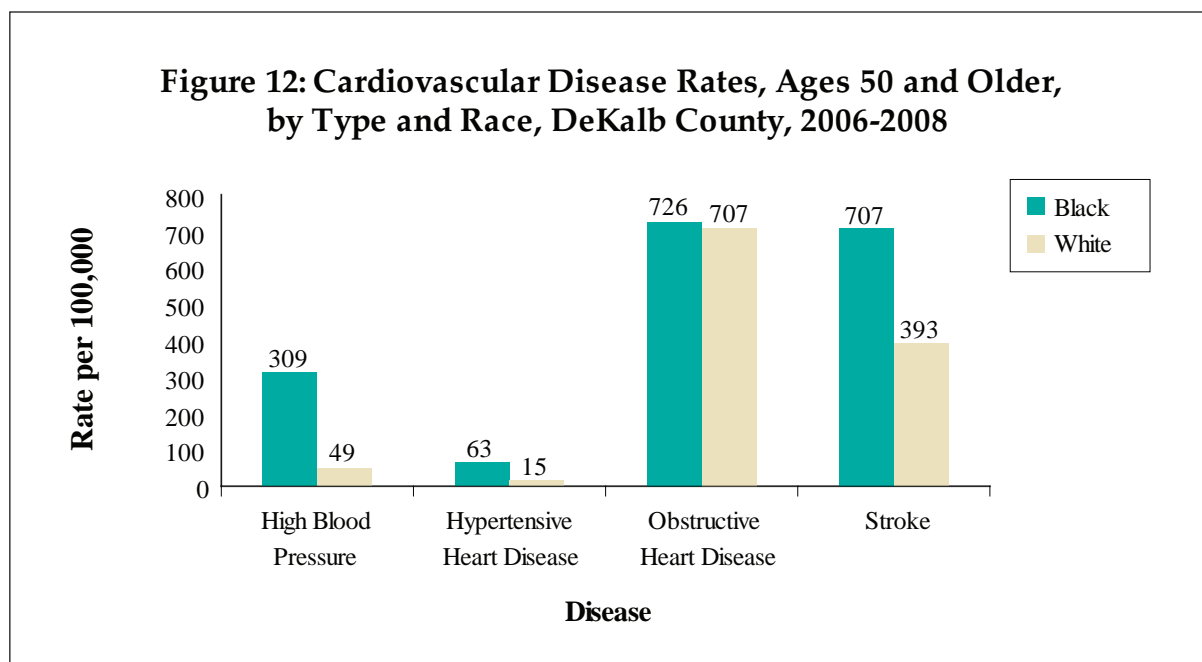
Stroke

What puts me at risk for stroke?	High blood pressure, high cholesterol, overweight and obesity, smoking, diabetes, excess alcohol, lack of exercise, family history, age
What are the symptoms of stroke?	Sudden numbness or weakness of the face, arm or leg; sudden confusion or trouble speaking or understanding others; sudden trouble seeing in one or both eyes; dizziness; trouble walking; loss of balance or coordination; sudden severe headache with no known cause
How are strokes diagnosed?	CT scan or MRI of the brain
How are strokes treated?	Medicine, surgery
How can I prevent strokes?	Eat a healthy diet; maintain a healthy weight, be physically active; don't smoke; limit alcohol use; have cholesterol checked; monitor blood pressure; manage diabetes; take medicines if you are being treated for high blood pressure; high cholesterol and/or diabetes

Resources

- American Heart Association
 - 1-800-257-6941
 - http://www.heart.org/HEARTORG/Affiliate/Marietta/Georgia/Home_UCM_GSA039_AffiliatePage.jsp
- American Stroke Association
 - 1-888-478-7653
 - <http://www.strokeassociation.org/>
- Centers for Disease Control and Prevention, Division for Heart Disease and Stroke Prevention
 - 1-800-232-4636
 - <http://www.cdc.gov/dhdsp>

The following figure shows morbidity rates for cardiovascular disease among seniors in DeKalb County by type of disease and race:



Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

From 2006 through 2008:

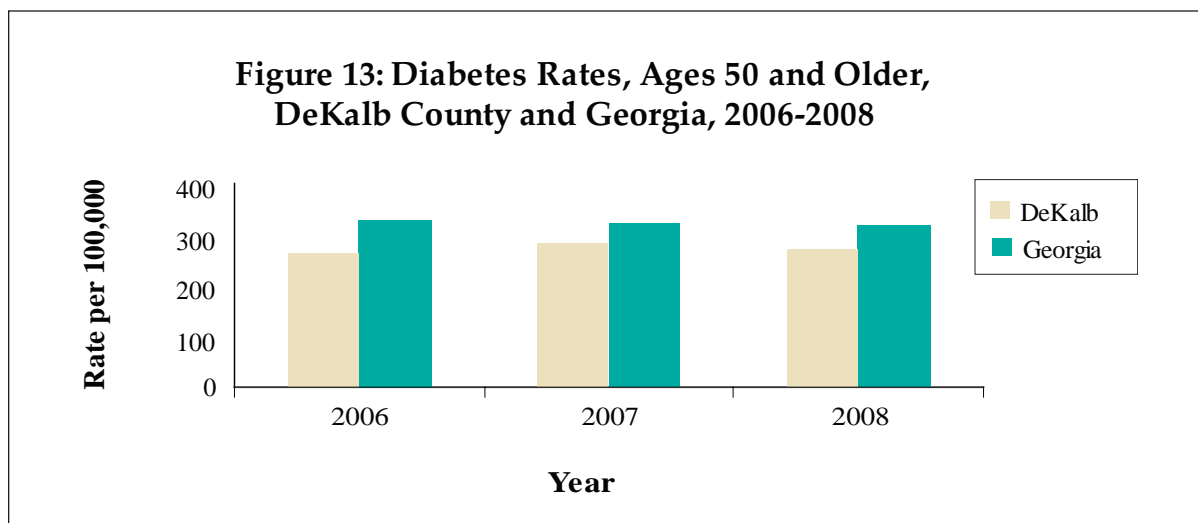
- Of these four types of cardiovascular disease, obstructive heart disease comprised 48 percent of cardiovascular disease cases.
- Of all seniors affected by a smoke, 64 percent were black while 36 percent were white.

DIABETES

Diabetes is the most common disease of the endocrine (hormone) system. A blood glucose test measures the amount of glucose (a type of sugar) in your blood. A normal blood glucose level is 70 to 100 milligram per deciliter. Diabetes is a disease in which blood glucose levels are above normal.

What puts me at risk for diabetes?	Being overweight or obese, family history, history of gestational diabetes or birth of a baby over 9 pounds, high blood pressure, high cholesterol, lack of exercise
What are the symptoms of diabetes?	Extreme thirst; frequent urination; weight loss; increased hunger; blurry vision; irritability; tingling or numbness in the hands or feet; frequent skin, bladder or gum infections; wounds that don't heal; extreme unexplained fatigue
How is diabetes diagnosed?	Fasting plasma glucose test, oral glucose tolerance test, random plasma glucose test
How is diabetes treated?	Meal plan, insulin injections, medication, physical activity
How can I prevent diabetes?	Eat a healthy diet, maintain a healthy weight, be physically active

The following figure shows diabetes rates among seniors in DeKalb County and Georgia:



Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

From 2006 through 2008:

- DeKalb County's rate of diabetes was consistently below Georgia's.

Resources

- American Diabetes Association
 - 1-800-342-2383
 - <http://www.diabetes.org>
- Centers for Disease Control and Prevention, Diabetes
 - 1-800-232-4636
 - <http://www.cdc.gov/Features/DiabetesFactSheet/>

RESPIRATORY DISEASES

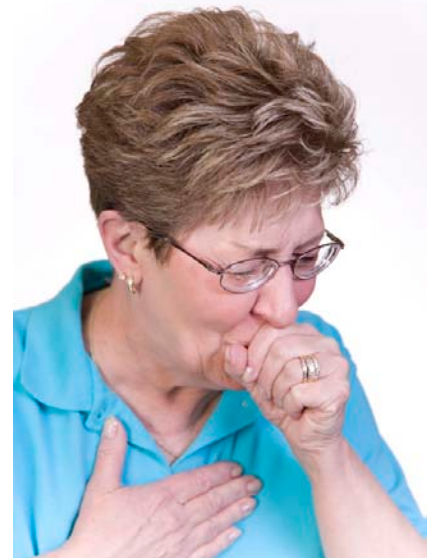
Respiratory diseases are related to breathing and the organs that are involved in breathing. These organs are the lungs, trachea, bronchi and diaphragm. The respiratory system provides oxygen to each cell of the body but also removes body wastes, filters out infectious agents and provides air needed for speech. Respiratory diseases include: influenza (flu), pneumonia, bronchitis, emphysema and asthma.

For Your Information

What puts me at risk for respiratory diseases?	Smoking, poor nutrition, air pollution
What are the symptoms of respiratory diseases?	Coughing; chest tightness; wheezing; ongoing, mucus-producing cough; trouble breathing; fever; weight loss; noisy breathing; bluish discoloration of the fingers, tongue or lips
How are respiratory diseases diagnosed?	Chest X-ray, sputum culture, lung function test, lung biopsy, ultrasound
How are respiratory diseases treated?	Medication, ventilation, surgery
How can I prevent respiratory diseases?	Don't smoke, eat a healthy diet, cover your cough, wash your hands

Resources

- American Lung Association
 - 1-800-548-8252
 - <http://www.lungusa.org/>
- Asthma and Allergy Association of America
 - 1-800-727-8462
 - <http://www.aafa.org/>
- FLU.GOV
 - <http://www.flu.gov/>
- Clean Air Campaign
 - 404-817-7762
 - <http://www.cleanaircampaign.org/>



DIGESTIVE SYSTEM DISEASES

Digestive system diseases involve the organs necessary to digest food, including the esophagus, stomach and intestines. There are more than 40 conditions of the digestive system. Hemorrhoids, indigestion and diarrhea are common diseases of the digestive system.

For Your Information

What puts me at risk for digestive system diseases?	Stress, fatigue, diet, smoking, excessive alcohol use, genetics
What are the symptoms of digestive system diseases?	Blood in stool, changes in bowel habits, severe abdominal pain, unintentional weight loss, heartburn not relieved by antacids
How are digestive system diseases diagnosed?	Medical history, physical examination, stool or blood test, endoscopic procedures (endoscopy, colonoscopy), ultrasound, magnetic resonance imaging (MRI)
How are digestive system diseases treated?	Medication, surgery, changes in diet or lifestyle
How can I prevent digestive system diseases?	Eat a healthy, high fiber diet; don't smoke; avoid alcohol and other drug use; get plenty of sleep and exercise daily

Resources

- National Digestive Diseases Information Clearinghouse
 - 1-800-891-5389
 - www.digestive.niddk.nih.gov
- American College of Gastroenterology
 - <http://www.acg.gi.org/>
- American Academy of Family Physicians
 - <http://familydoctor.org/online/famdocen/home/common/digestive.html>

BONE AND MUSCLE DISEASES

Bone and muscle diseases are conditions of the musculoskeletal system and connective tissue. Bone provides support and protects internal organs. Muscle primarily functions as a source of power. Common bone and muscle disorders include: osteoporosis, arthritis, plantar fasciitis, fibromyalgia and muscular dystrophy.

For Your Information

What puts me at risk for bone and muscle diseases?	Repetitive motion, poor nutrition, overexertion, falling
What are the symptoms of bone and muscle diseases?	Joint pain, swelling, locking, stiffness, tenderness; grating/crackling/popping sound around joint, declining strength; muscle twitching; muscle cramps
How are bone and muscle diseases diagnosed?	X-ray, magnetic resonance imaging (MRI), blood test, bone density test, gene test
How are bone and muscle diseases treated?	Physical therapy, exercise, medication, assistive devices (like a wheelchair), chemotherapy
How can I prevent bone and muscle diseases?	Eat a healthy, calcium-rich diet; be physically active; maintain a healthy weight

Resources

- Arthritis Foundation
 - 1-800-283-7800
 - <http://www.arthritis.org/>
- National Osteoporosis Foundation
 - 1-800-231-4222
 - <http://www.nof.org/>
- American Bone Health
 - 1-888-266-3015
 - <http://www.americanbonehealth.org/>

REPRODUCTIVE AND URINARY SYSTEM DISEASES

Reproductive diseases are related to the organs of reproduction. The female reproductive organs are the vagina, clitoris, vulva, uterus, ovaries, fallopian tubes and related structures. The male reproductive organs are the penis, testes and related structures, prostate, seminal vesicles and bulbo urethral glands. Common reproductive system diseases include: fibroids, vaginitis, prostate cancer and syphilis. Urinary system diseases involve the kidneys and urinary tract. Common urinary system diseases include kidney infections, kidney stones and bladder infections.

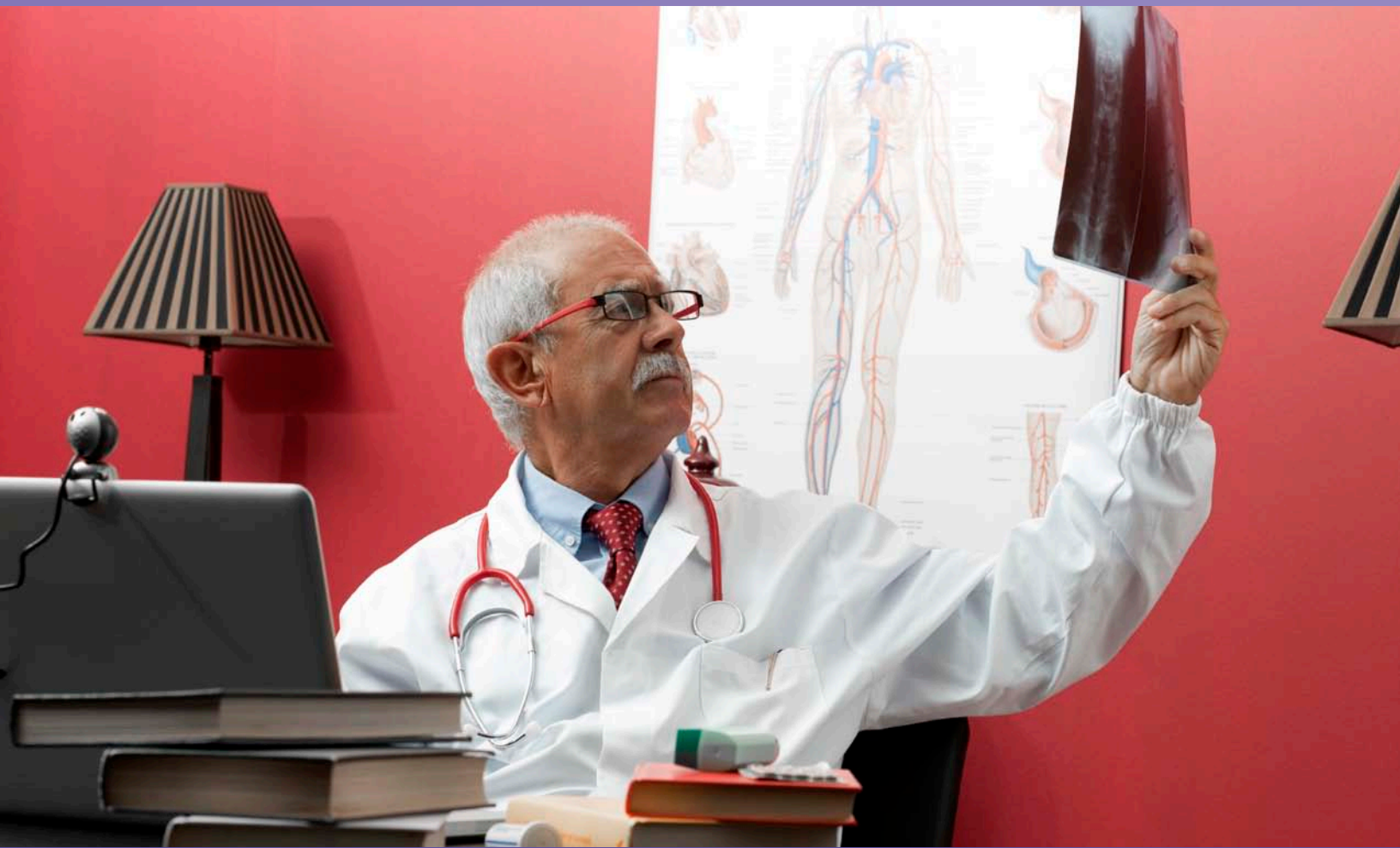
For Your Information

What puts me at risk for reproductive/urinary system diseases?	Reproductive: Aging, unprotected sex, multiple sex partners, genetics Urinary: Aging, diabetes, sickle cell anemia, genetics, extended use of catheters, suppressed immune system
What are the symptoms of reproductive/urinary system diseases?	Reproductive: Pain, abnormal discharge Urinary: Blood, painful urination, frequent urination, unpleasant urine odor, cloudy urine
How are reproductive/urinary system diseases diagnosed?	Reproductive: Blood test, ultrasound, CT scan of pelvis and pap smear Urinary: Urine test, X-ray
How are reproductive/urinary system diseases treated?	Reproductive: Medication, surgery Urinary: Medication, surgery
How can I prevent reproductive/urinary system diseases?	Reproductive: Practice safe sex, get regular exams Urinary: Drink plenty of water, don't resist urge to urinate, cleanse genitals before and after sexual intercourse

Resources

- American Academy of Family Physicians
 - <http://familydoctor.org/online/famdocen/home/women.html>
 - <http://familydoctor.org/online/famdocen/home/men.html>
- Prostate Cancer Foundation
 - 1-800-757-2873
 - <http://www.pcf.org/>
- American Urological Association Foundation
 - 1-800-828-7866
 - <http://www.urologyhealth.org/>

Infectious Diseases



Infectious Diseases

An infectious disease occurs when a pathogen (like a bacterium, virus or fungi) enters the body and causes illness or disease. Georgia law requires health care providers to report specific infectious diseases to their local board of health.

Sexually Transmitted Diseases (STDs)

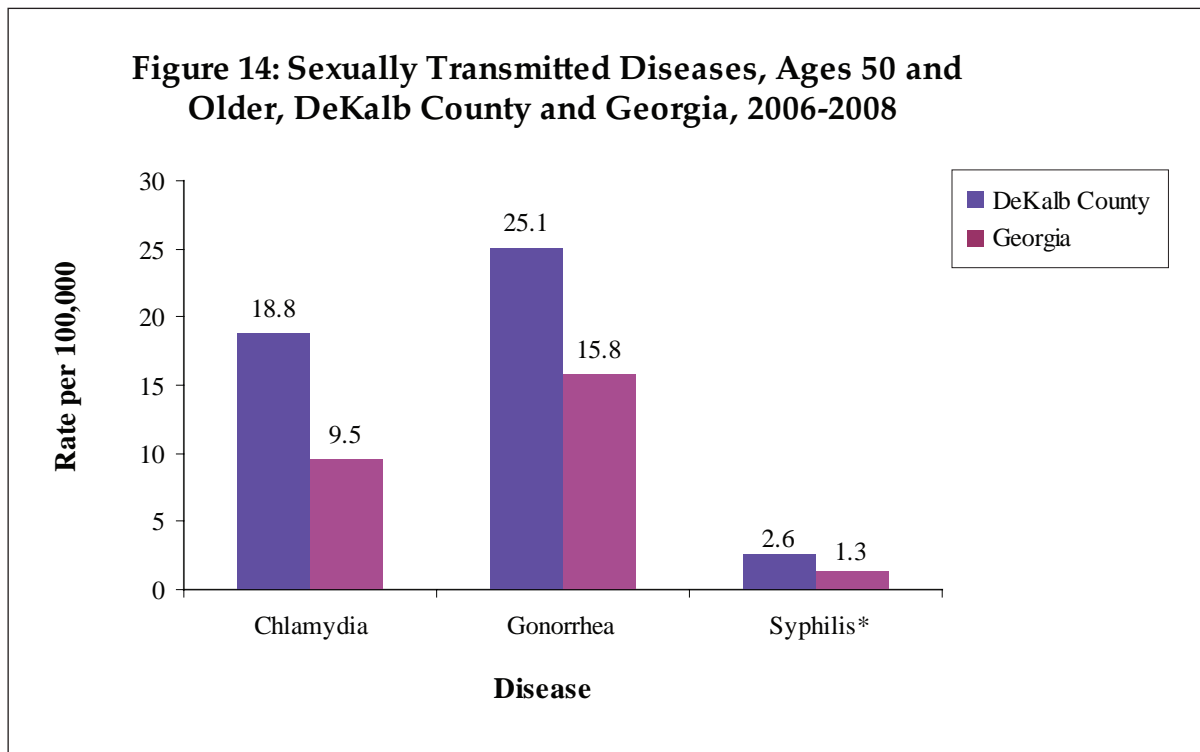
Sexually transmitted diseases are infections that can be spread from one person to another through sexual contact. There are more than 25 diseases that can be spread through sexual activity. Some of the most common are chlamydia, gonorrhea and syphilis.

For Your Information

What puts me at risk for STDs?	Unprotected sex, multiple sex partners
What are the symptoms of STDs?	Painful or frequent urination, sores, discharge, rash, pain during sex, abdominal pain
How are STDs diagnosed?	Test of blood, urine or discharge
How are STDs treated?	Antibiotics for some infections
How can I prevent STDs?	Always use a condom, have only one sex partner, practice abstinence



The following figure shows the rate of sexually transmitted diseases among seniors in DeKalb County and in Georgia:



*Syphilis includes primary and secondary syphilis.

Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

From 2006 through 2008:

- The rates of all three sexually transmitted diseases among those 50 and older were higher in DeKalb County than the state of Georgia.
- The rate of chlamydia in DeKalb County (18.8 per 100,000) was almost two times the rate in Georgia (9.5 per 100,000).

Resources

- DeKalb County Board of Health, STD Program
 - 404-294-3762
 - www.dekalbhealth.net/hs/std/
- Centers for Disease Control and Prevention
 - (800) 232-4636
 - www.cdc.gov/std

Human Immunodeficiency Virus (HIV)

HIV is a virus that weakens the body's ability to fight infections and cancers. It is possible for a person to not know they have HIV until they get tested. The final stage of HIV infection is Acquired Immunodeficiency Syndrome (AIDS). HIV is most commonly spread by having unprotected sexual contact with an infected person and by sharing needles and syringes for drug use. A mother can pass HIV to her child during pregnancy, birth and breastfeeding.

For Your Information

What puts me at risk for HIV?	Unprotected sex; contact with blood, semen or vaginal fluids
What are the symptoms of HIV?	<p>During the first few weeks: fever, headache, sore throat, rash and swollen lymph nodes</p> <p>Years later: swollen lymph nodes, diarrhea, weight loss, fever, cough and shortness of breath</p> <p>Progression to AIDS: night sweats, chills and fever, chronic diarrhea, persistent lesions on tongue and in mouth, headaches, fatigue and weight loss</p>
How is HIV diagnosed?	Test of blood or saliva
How is HIV treated?	Medication
How can I prevent HIV?	Always use a condom or practice abstinence, avoid unprotected sex, know your status, get tested frequently.

The total numbers of newly diagnosed cases of HIV and AIDS in those ages 50 and older in DeKalb County is shown in Table 13 :

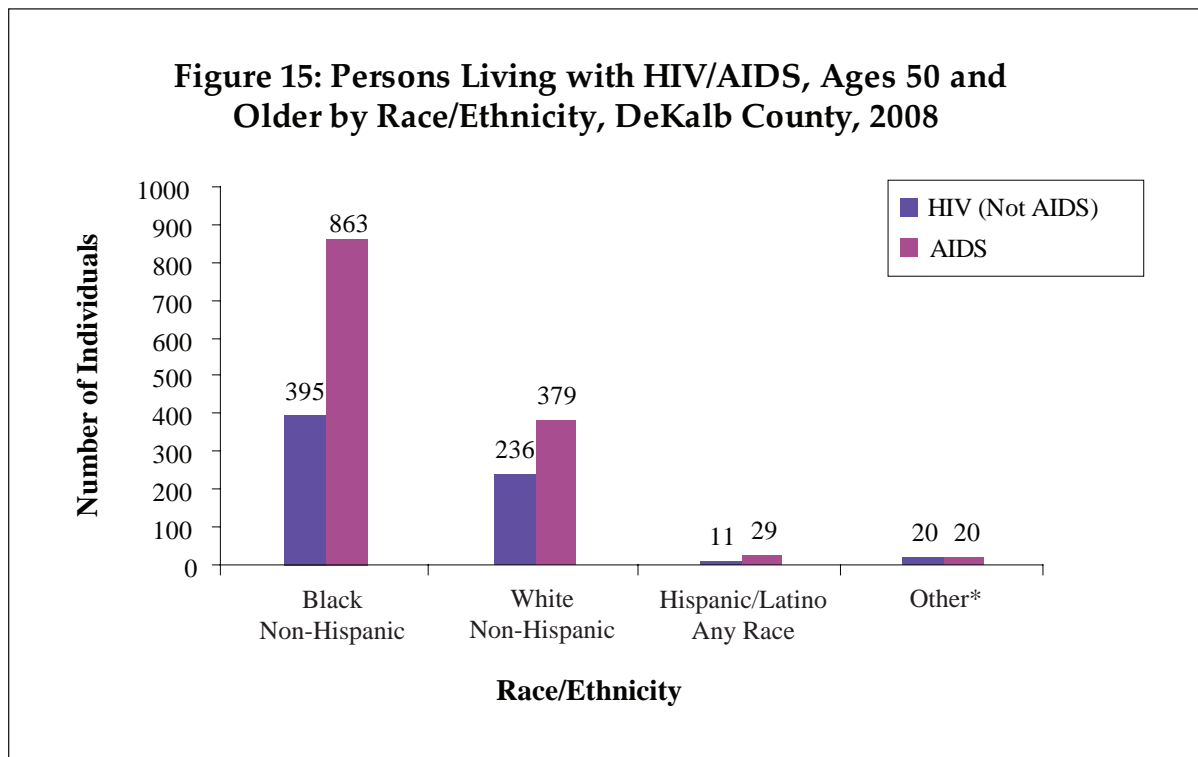
Sex	HIV (Not AIDS)	AIDS
Female	34	28
Male	70	60
Total	104	88

Source: Georgia Department of Public Health.

From 2006 through 2008:

- There were a total of 104 newly diagnosed cases of HIV and 88 newly diagnosed cases of AIDS.
- Among the newly diagnosed cases of HIV, 67 percent were male and 33 percent female.
- Among the newly diagnosed AIDS, 68 percent were male and 32 percent were female.

The following figure shows the total number of persons ages 50 and older living with AIDS in DeKalb County:



**Other Includes non-Hispanic Asian, Hawaiian/Pacific Islander, multiracial, American Indian, Alaskan native, unknown, and other.*
 Source: Georgia Division of Public Health.

In 2008:

- As of December 2008, there were 662 persons ages 50 and older living with HIV in DeKalb County and 1,291 living with AIDS.
- Of the 1,953 individuals living with HIV or AIDS 1258 (64 percent) were black, non-Hispanic.
- Of the 1,953 people living with HIV or AIDS 615 (31 percent) were white, non-Hispanic.
- Sixty-three percent of newly diagnosed cases of HIV were in individuals who were black, non-Hispanic compared to 33 percent white, non-Hispanic.

Resources

- DeKalb County Board of Health, HIV/AIDS Services
 - 404-508-7866
 - <http://www.dekalbhealth.net/hs/hiv/aids>
- Centers for Disease Control and Prevention
 - 1-800-232-4636
 - <http://www.cdc.gov/hiv/topics/basic/index.htm>

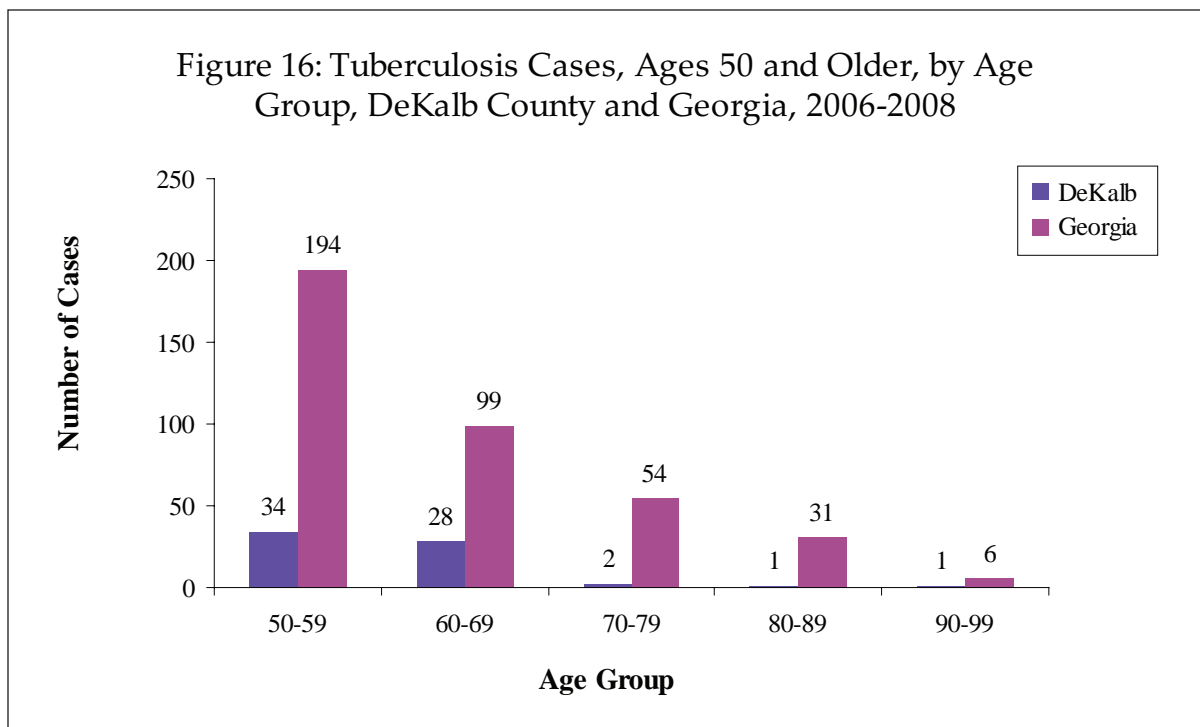
Tuberculosis (TB)

Tuberculosis is caused by a bacterium called *Mycobacterium tuberculosis*. The most common site of the disease is the lung, but other organs like the brain and kidneys can be affected. TB spreads through the air when someone with the illness coughs or sneezes. Another person may breathe the air and become infected when they are in close, prolonged contact with the sick individual. It is possible to be infected with TB and not show symptoms. This is called a latent infection. An active TB infection is when an individual is experiencing symptoms and can be contagious to others.

For Your Information

What puts me at risk for TB?	Being born in a country where TB is common, being HIV positive, injection drug use, having underlying health conditions (e.g., diabetes, cancer, underweight), living in crowded conditions (nursing homes, homeless shelters, long-term care facilities, etc.)
What are the symptoms of TB?	Pain in the chest when breathing, cough lasting longer than two weeks, coughing up blood
How is TB diagnosed?	Test of blood, skin or sputum; chest X-ray
How is TB treated?	Medication
How can I prevent TB?	Get tested for TB and complete all medications to prevent the development of active disease

The following figure shows the number of TB cases among seniors in DeKalb County and Georgia:



Source: State Electronic Notifiable Disease Surveillance System, Georgia Department of Public Health.

From 2006 through 2008:

- In the 60 to 69 year old age group, 28 percent of tuberculosis cases in Georgia lived in DeKalb County.

Resources

- DeKalb County Board of Health, Tuberculosis Services
 - 404-508-7857
 - <http://www.dekalbhealth.net/hs/tb-program/>
- Centers for Disease Control and Prevention, Division of Tuberculosis Elimination
 - 1-800-232-4636
 - <http://www.cdc.gov/tb>

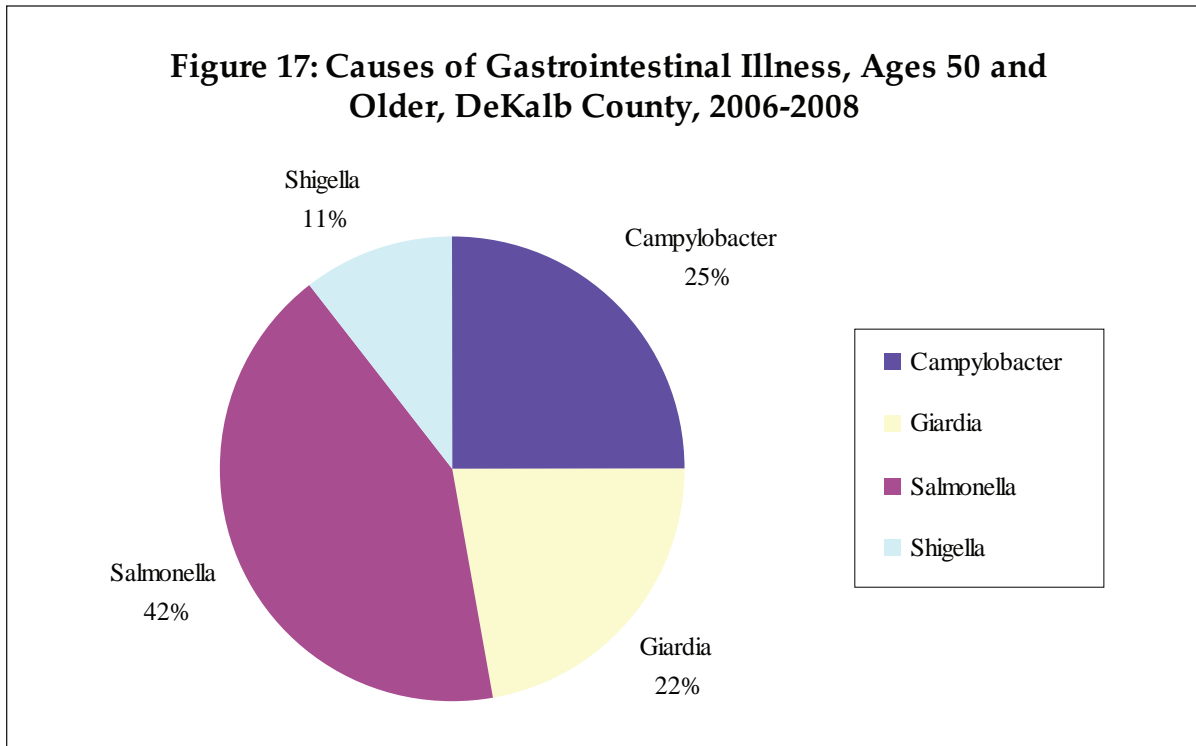
Gastrointestinal Illnesses

A gastrointestinal illness is caused when an organism such as a bacterium, virus or parasite irritates or infects a person's stomach or intestines. Gastrointestinal illnesses are commonly spread through food, water, person to person and contact with infected animals. Some common gastrointestinal organisms are *Campylobacter*, *Cryptosporidium*, *E. coli*, *Giardia*, *Salmonella*, and *Shigella*.

For Your Information

What puts me at risk for gastrointestinal illnesses?	Weakened immune system; improper handwashing after using the restroom or before preparing food; and improperly cleaned cooking surfaces used to prepare raw meats, dairy products and eggs
What are the symptoms of gastrointestinal illnesses?	Nausea, diarrhea and/or vomiting, cramps, pain
How are gastrointestinal illnesses diagnosed?	Test of stool
How are gastrointestinal illnesses treated?	Treat symptoms, replace lost fluids and electrolytes
How can I prevent gastrointestinal illnesses?	Wash hands often, safely prepare food

The following figure shows the top four causes of gastrointestinal illnesses among seniors in DeKalb County:



Source: State Electronic Notifiable Disease Surveillance System, Georgia Department of Public Health.

From 2006 through 2008:

- In DeKalb County, the majority (42 percent) of the gastrointestinal illnesses were caused by the *Salmonella* bacteria. Which is commonly associated with raw and undercooked meat or poultry

Resources

- Centers for Disease Control and Prevention, Foodborne Illness
 - 1-800-232-4636
 - http://www.cdc.gov/ncidod/dbmd/diseaseinfo/foodborneinfections_g.htm
- DeKalb County Board of Health, Environmental Health, Food Safety
 - 404-508-7900
 - <http://www.dekalbhealth.net/envhealth/food-safety/>

Hepatitis

Hepatitis causes inflammation of the liver and is the major cause of liver disease in the U.S.. There are five types of hepatitis (A through E). Hepatitis A, B and C are commonly seen in the United States. Hepatitis is classified into three different categories: acute, chronic and infected. An *acute* hepatitis infection is a new infection. *Chronic* hepatitis is when an individual has had repeated tests for hepatitis and has been proved to not be acute. An individual is considered *infected* when they are not acute but there is not enough information to consider them chronic.

Hepatitis A

Hepatitis A is a newly occurring infection and does not become chronic. It is spread through contact with feces of an infected person. From 2006 through 2008 there were two cases of hepatitis A in the 50 years and older population.

For Your Information

What puts me at risk for hepatitis A?	Traveling to countries where hepatitis A is common, having contact with contaminated food or water, certain sexual practices
What are the symptoms of hepatitis A?	Fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, gray stools, dark urine, joint pain, jaundice
How is hepatitis A diagnosed?	Blood test
How is hepatitis A treated?	Rest, adequate nutrition, fluids
How can I prevent hepatitis A?	Get vaccinated

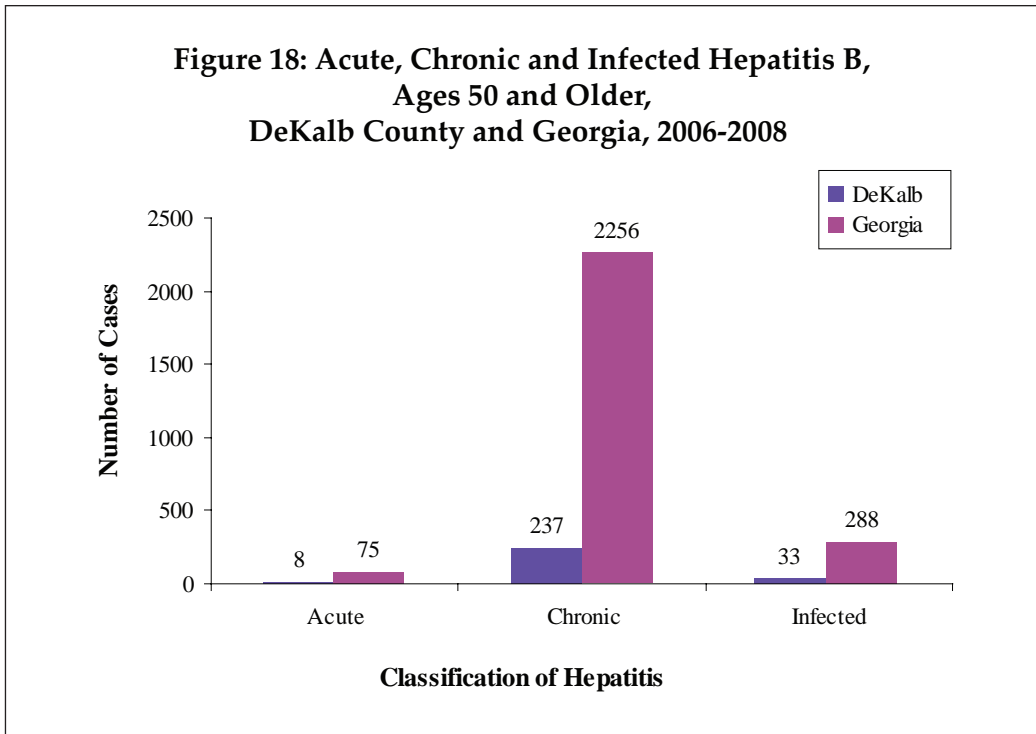
Hepatitis B

Hepatitis B can range in severity from a mild illness, lasting a few weeks, to a serious, life-long illness that can lead to liver disease or liver cancer.

For Your Information

What puts me at risk for hepatitis B?	Unprotected contact with semen, blood or vaginal fluids of an infected person
What are the symptoms of hepatitis B?	Fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, joint pain and jaundice
How is hepatitis B diagnosed?	Blood test
How is hepatitis B treated?	Acute: no medication available, supportive treatment Chronic: regular monitoring of liver values, sometimes antiviral drugs
How can I prevent hepatitis B?	Get vaccinated

The following figure shows acute, chronic and infected cases of Hepatitis B among seniors in DeKalb County and Georgia:



Source: State Electronic Notifiable Disease Surveillance System, Georgia Department of Public Health.

From 2006 through 2008:

- The majority (85 percent) of hepatitis B cases among people 50 and older in DeKalb County were chronic.

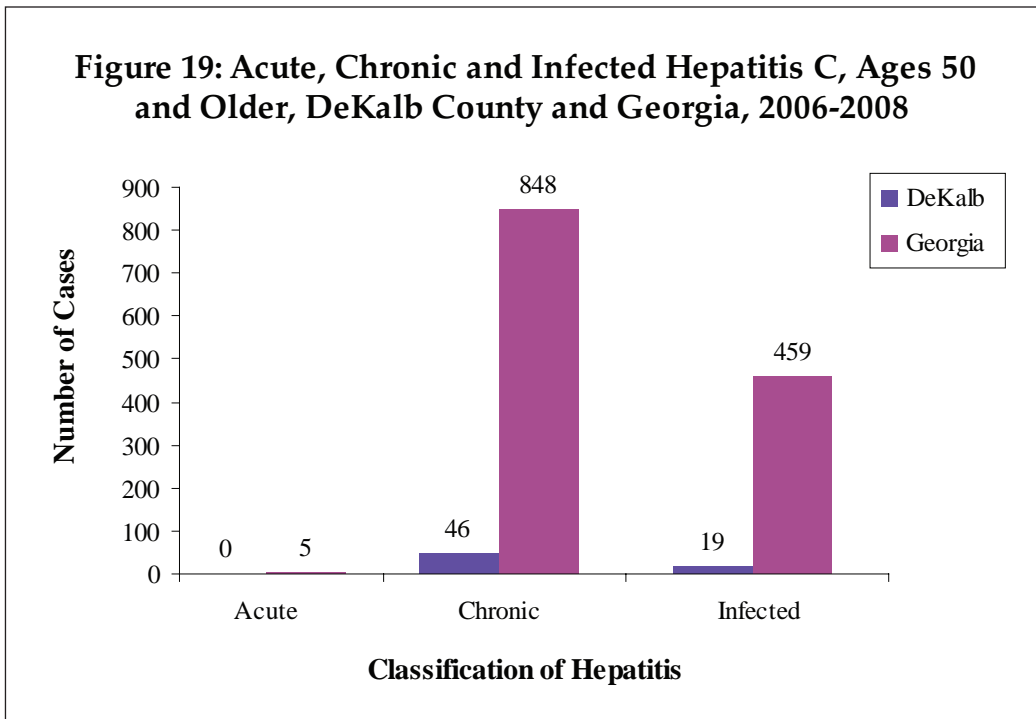
Hepatitis C

Hepatitis C infection is the most common bloodborne infection in the United States. Today, most people become infected with the hepatitis C virus by sharing needles or other equipment to inject drugs.

For Your Information

What puts me at risk for hepatitis C?	Sharing needles and personal items, being on long-term hemodialysis, being infected with HIV
What are the symptoms of hepatitis C?	Fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, joint pain, jaundice
How is hepatitis C diagnosed?	Blood test
How is hepatitis C treated?	Acute: antivirals and supportive treatment Chronic and Infected: Monitoring liver disease progression, antiviral medication
How can I prevent hepatitis C?	Don't share needles, don't share personal items such as razors or glucose monitors

The following figure shows acute, chronic and infected hepatitis C cases among seniors in DeKalb County and Georgia:



Source: State Electronic Notifiable Disease Surveillance System, Georgia Department of Public Health.

From 2006 through 2008:

- DeKalb County did not see any cases of acute hepatitis C in people ages 50 years and older.
- The cases of hepatitis C among people 50 and older in DeKalb County represent 5 percent of the total cases of hepatitis C in Georgia.

Resources

- Georgia Department of Public Health
 - 404-657-2588
 - <http://health.state.ga.us/epi/disease/hepatitis/>
- Centers for Disease Control and Prevention, Division of Viral Hepatitis
 - 1-800-232-4636
 - <http://www.cdc.gov/hepatitis/PublicInfo.htm#whatIsHep>
- DeKalb County Board of Health, Office of Epidemiology and Statistics
 - 404-508-7857
 - <http://www.dekalbhealth.net/hap/epidemiology-and-statistics/>

Vaccine-Preventable Illnesses

Vaccine-preventable illnesses are diseases that are caused by bacteria and viruses and can be prevented through routine vaccination. Some examples of vaccine-preventable illnesses are streptococcal pneumonia, seasonal influenza and shingles.

Pneumococcal Disease

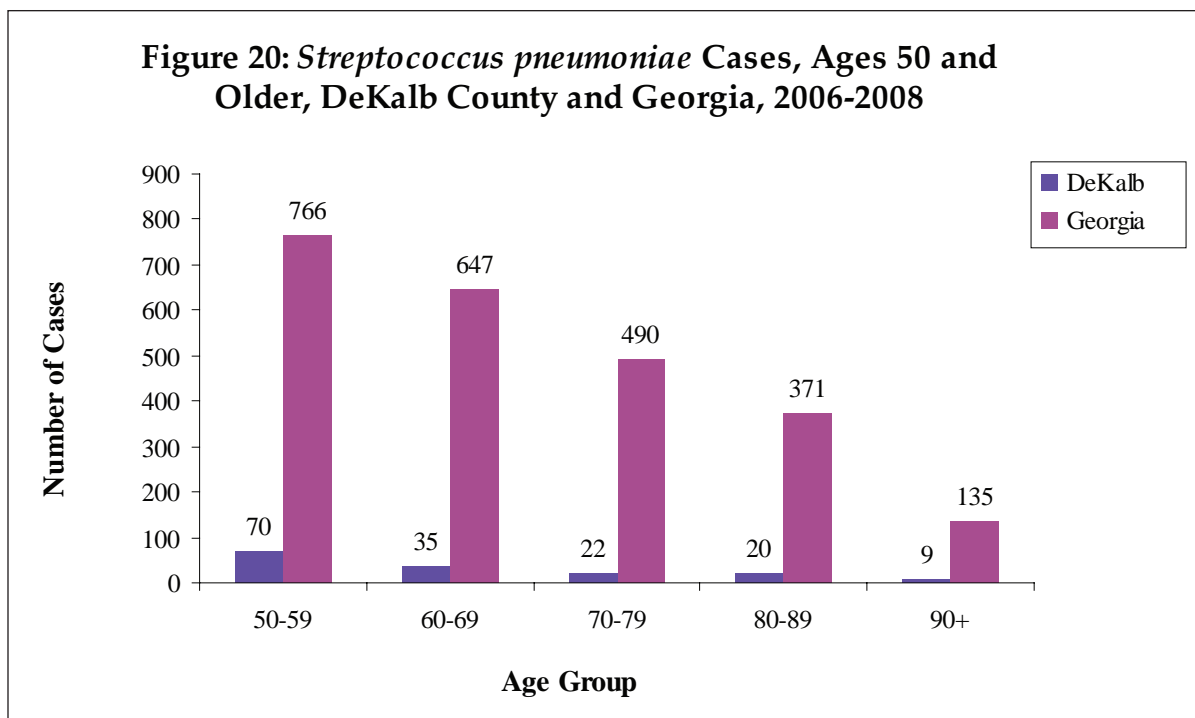
Pneumococcal disease is caused by the bacterium called *Streptococcus pneumoniae*. This bacterium may cause infections of the lung (pneumonia), middle ear (otitis media), lining of the brain (meningitis) and blood (bacteremia).

For Your Information

What puts me at risk for pneumococcal disease?	Being older than 65, having certain chronic diseases, smoking, alcohol abuse
What are the symptoms of pneumococcal disease?	Fever, chills, headache, ear pain, cough, chest pain, disorientation, shortness of breath, stiff neck
How is pneumococcal disease diagnosed?	Test of bodily fluids (blood, spinal fluid or fluid from the middle ear or lungs)
How is pneumococcal disease treated?	Medication
How can I prevent pneumococcal disease?	Get vaccinated



The following figure shows *Streptococcus pneumoniae* cases among seniors in DeKalb County and Georgia:



Source: State Electronic Notifiable Disease Surveillance System, Georgia Department of Public Health.

From 2006 through 2008:

- Cases of pneumococcal disease among people ages 50 to 59 in DeKalb County make up 9 percent of the total cases in Georgia for the same age group.
- Cases of pneumococcal disease in DeKalb County make up 6.5 percent of the total cases in Georgia.

Seasonal Influenza

Seasonal influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the respiratory tract.

For Your Information

What puts me at risk for seasonal influenza?	Being young or elderly, having certain health conditions
What are the symptoms of seasonal influenza?	Fever, cough, sore throat, runny nose, muscle and body aches, headaches, fatigue, diarrhea, vomiting
How is seasonal influenza diagnosed?	Blood test
How is seasonal influenza treated?	Medication
How can I prevent seasonal influenza?	Get an annual vaccination

Shingles

Shingles are a painful, contagious rash that is caused by the varicella zoster virus, the same virus that causes chickenpox. Although shingles can occur anywhere on your body, it most often appears as a band of blisters that wraps from the middle of your back around one side of your chest to your breastbone. Shingles most commonly occurs in individuals who are 50 years and older.

For Your Information

What puts me at risk for shingles?	History of chickenpox, having a weakened immune system
What are the symptoms of shingles?	Pain, burning, numbness, tingling, red rash, fluid-filled blisters, itching
How are shingles diagnosed?	Culture of skin or blister
How are shingles treated?	Medication
How can I prevent shingles?	Get vaccinated

Resources

- Georgia Department of Public Health
 - 404-657-2588
 - <http://health.state.ga.us/epi/vpd/>
- Centers for Disease Control and Prevention
 - 1-800-232-4636
 - <http://www.cdc.gov/vaccines/vpd-vac/default.htm>

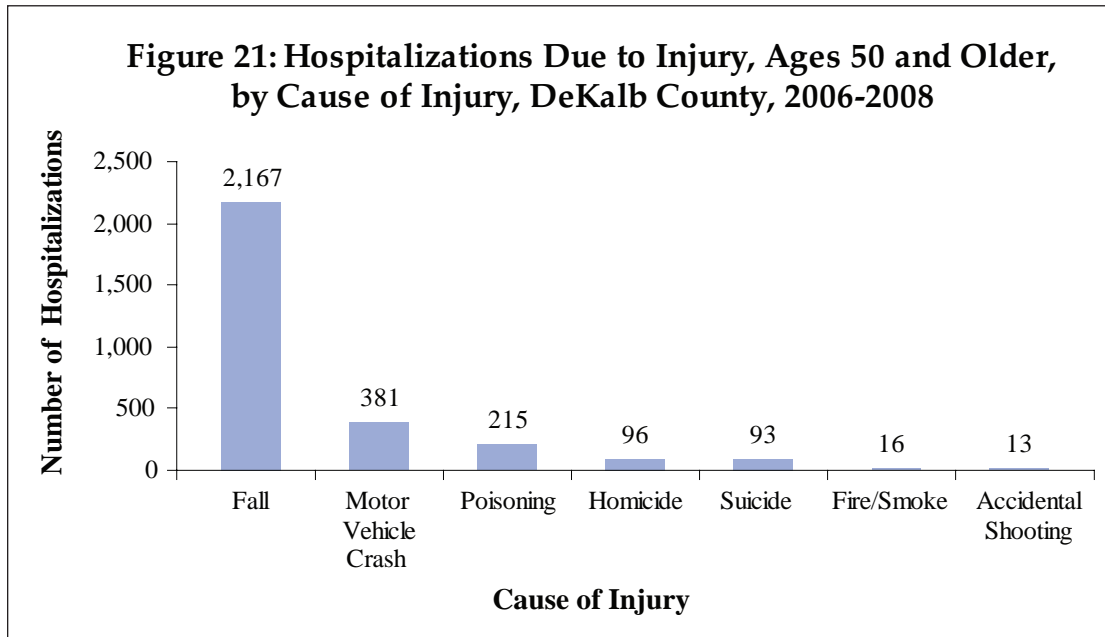
Injuries



Injuries

Injuries are a significant public health problem for DeKalb County residents ages 50 and over. From 2006 through 2008, roughly 23,000 DeKalb County seniors were treated in an emergency room or were hospitalized due to injuries. From 2006 through 2007, there were 258 deaths due to injuries. A senior's physical and emotional wellbeing affects their potential risk for injuries.

The following shows hospitalization due to injury, by cause of injury among seniors:

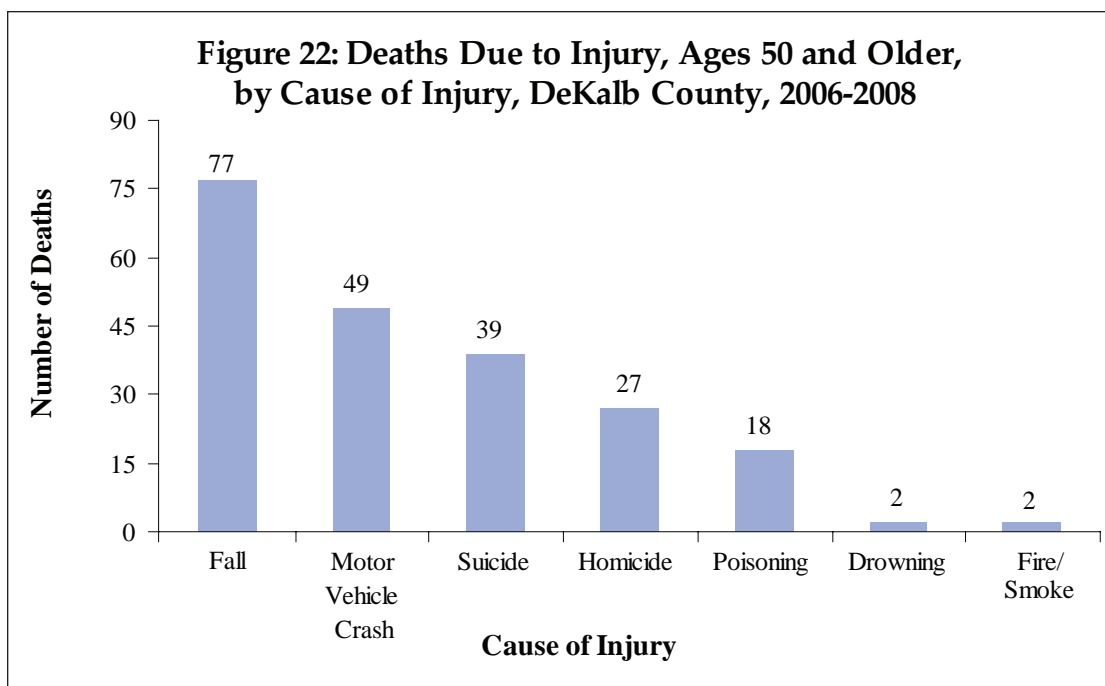


Source: Georgia Department of Public Health.

From 2006 through 2008:

- Falls were the most common cause of injuries that led to hospitalization among individuals 50 and older.

The following shows deaths due to injury, by cause of injury among seniors:



Source: Georgia Department of Community Health, Division of Public Health

From 2006 through 2007:

- Motor vehicle crashes accounted for 23 percent of injury-related deaths in DeKalb County among individuals 50 and older.

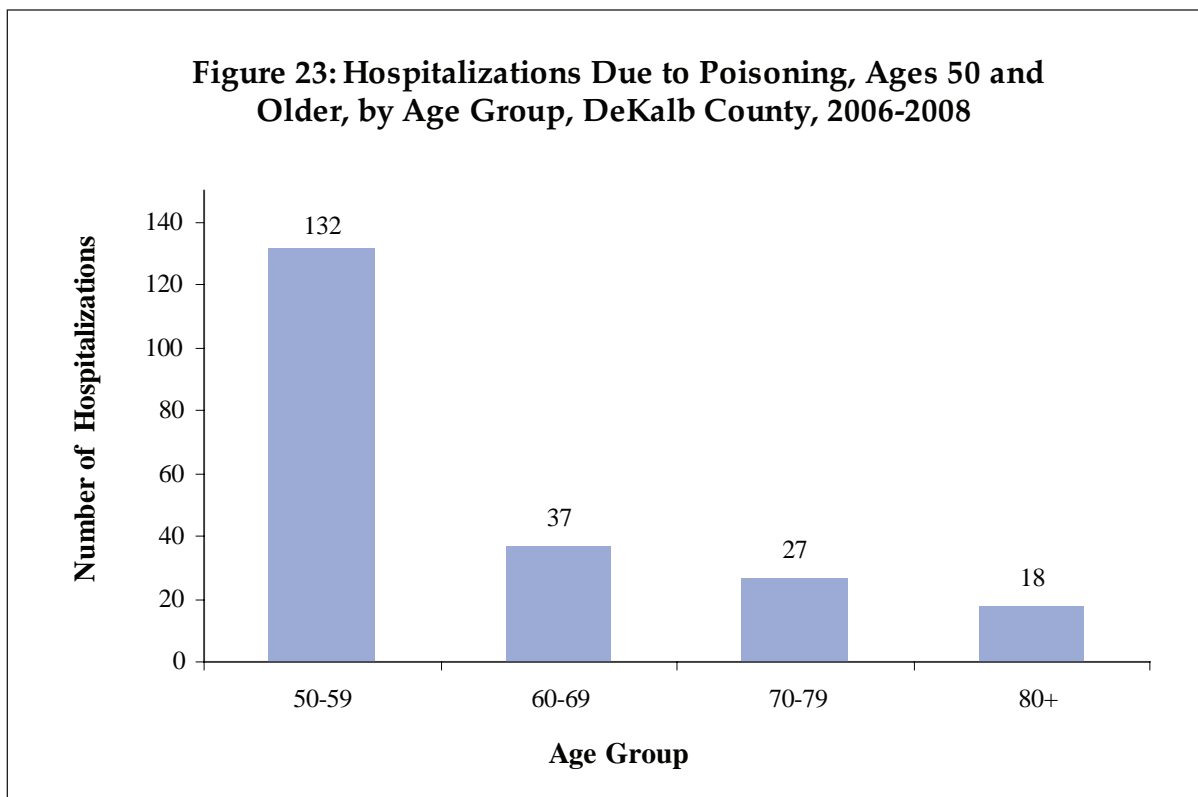
UNINTENTIONAL INJURIES

Unintentional injuries are injuries that are not caused by a deliberate act. Examples include motor vehicle crashes, falls, poisonings and burns.

Poisoning

Most poisonings are unintentional. A poison is any substance, including a medication, that is harmful to your body if too much is taken.

The following shows hospitalizations due to poisoning, by age group among seniors:

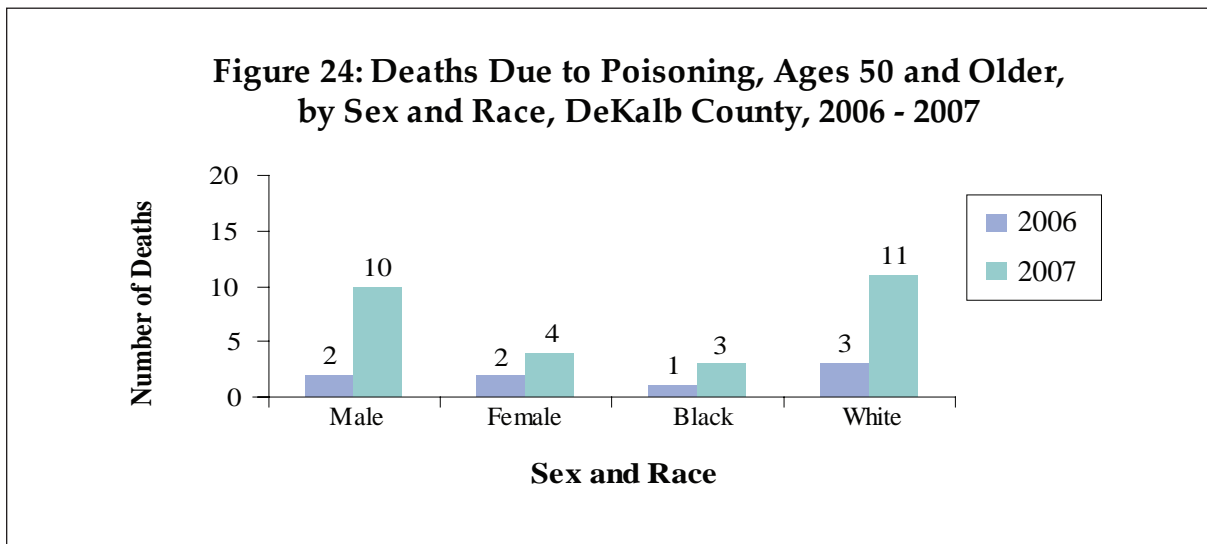


Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

From 2006 through 2008:

- Individuals 50 through 59 years old were hospitalized due to poisoning twice as often as any other age category alone.

The following shows deaths due to poisoning, among seniors, by sex and race:



Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

From 2006 through 2007:

- Among individuals 50 years and older, males were two times more likely to die due to poisoning compared to females.
- Whites were more likely to die due to poisoning compared with blacks.

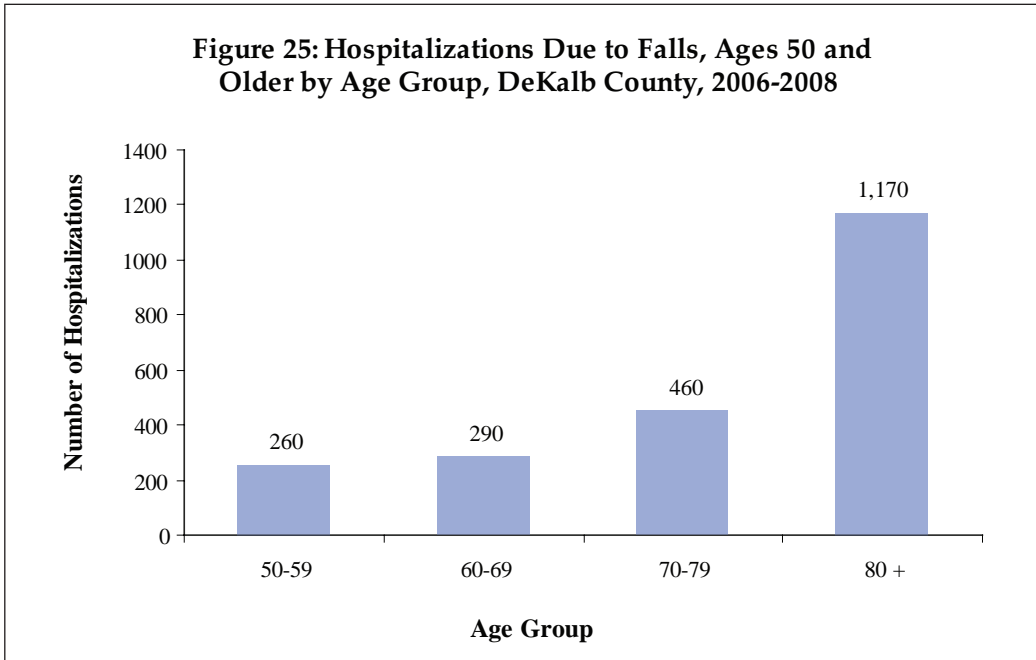
For Your Information

What puts me at risk for poisoning?	Incorrect use of both prescription and over the counter medications
How do poisonings occur?	Ingestion, inhalation, injection, absorption.
Where can I get emergency help for a poisoning?	Call 9-1-1 or the Georgia Poison Center at 1-800-222-1222
How can I prevent poisonings?	Keep medicines in original containers, follow directions on medication labels, dispose of unneeded or expired drugs, never share or sell prescription drugs, install carbon monoxide detectors, never mix household chemicals

Falls

Falls are a leading cause of death and serious injury to seniors. Falls most commonly occur in kitchens and bathrooms. From 2006 through 2007, 77 DeKalb County seniors died as the result of a fall.

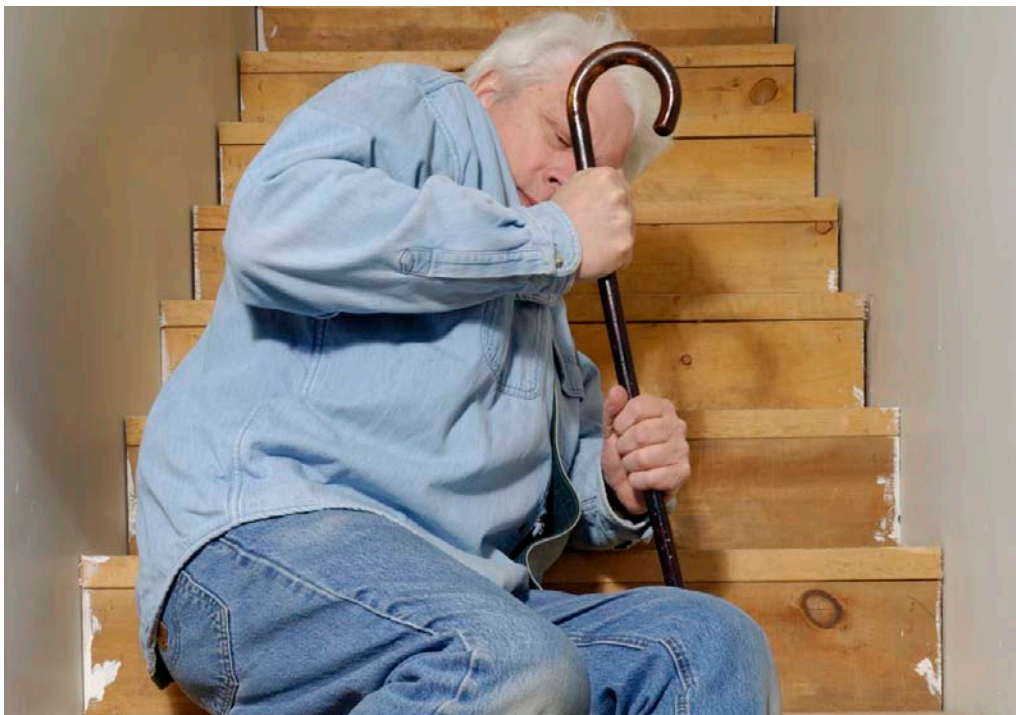
The following shows hospitalizations due to falls by age group among seniors:



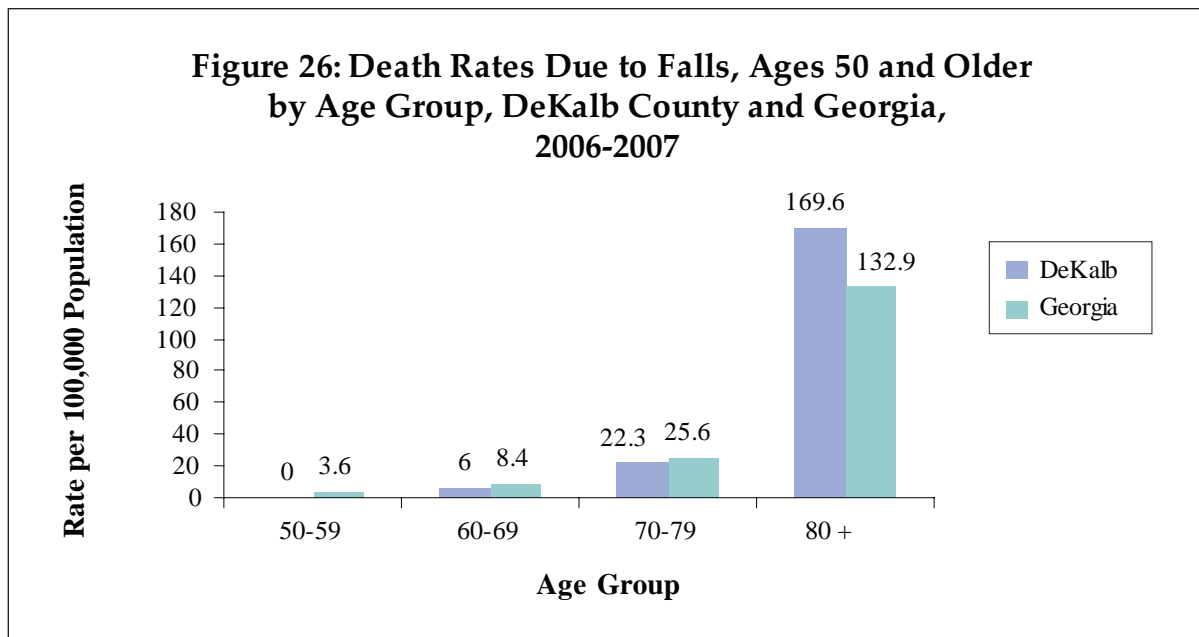
Source: Online Analytical Statistical Information System, Georgia Department of Public Health

From 2006 through 2008:

- There were a total of 2,167 hospitalizations due to falls by people ages 50 and older.



The following shows death rates due to falls by age group among seniors:



Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

From 2006 through 2007:

- Seniors over age 80 and older in DeKalb County had the highest rate of fall-related deaths at 170 per 100,000 of the population.

For Your Information

What puts me at risk for falling?	Obesity, visual impairments, orthopedic conditions, cognitive difficulties
How can I prevent falls?	Get an annual physical and eye exam, install grab bars in tubs/showers, secure handrails on stairwells, remove area rugs, keep home well lit, use canes and walkers with caution, wear proper shoes

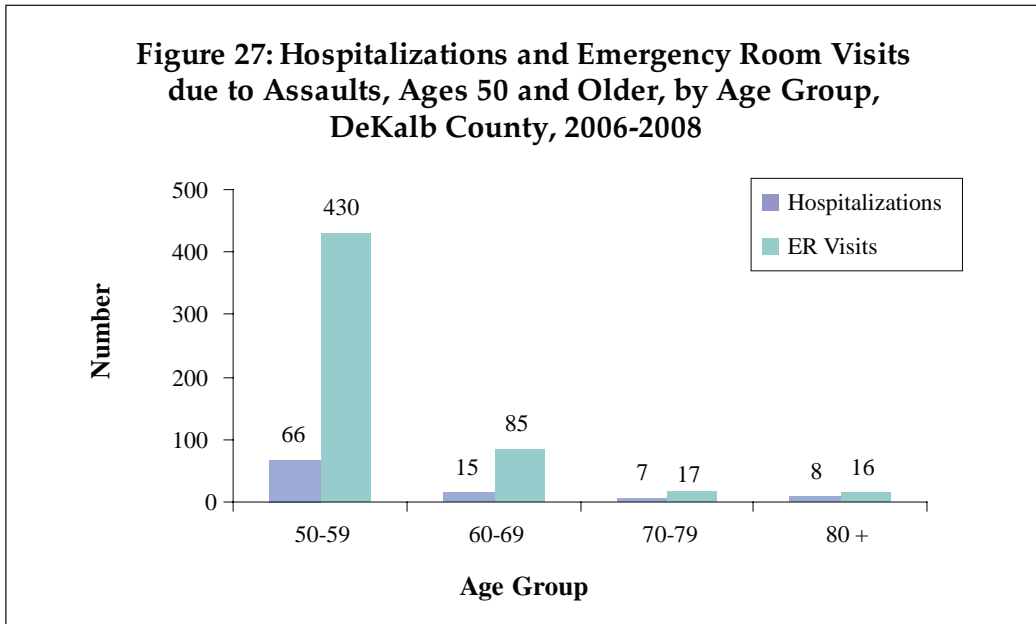
INTENTIONAL INJURIES

An intentional injury is caused by a deliberate act. Examples include: homicide, assault and suicide. From 2006 through 2008, intentional injuries accounted for 619 emergency room visits and hospitalizations for DeKalb County residents ages 50 and over.

Assault

An assault is an unlawful, physical attack of a person by another person.

The following figure shows hospitalizations and emergency room visits due to assaults by age group among seniors:



Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

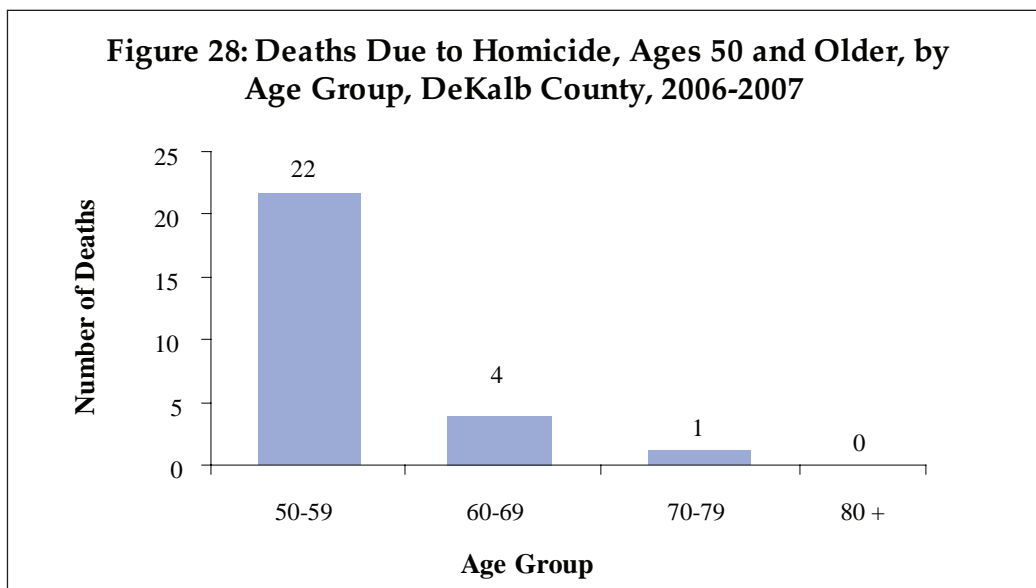
From 2006 through 2008:

- DeKalb residents who were between the ages of 50 and 59 experienced the highest number of intentional injury-related hospitalizations at 430.

Homicide

A homicide is the intentional killing of a person by another person.

The following figure shows deaths due to homicide by age group among seniors:



Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

From 2006 through 2007:

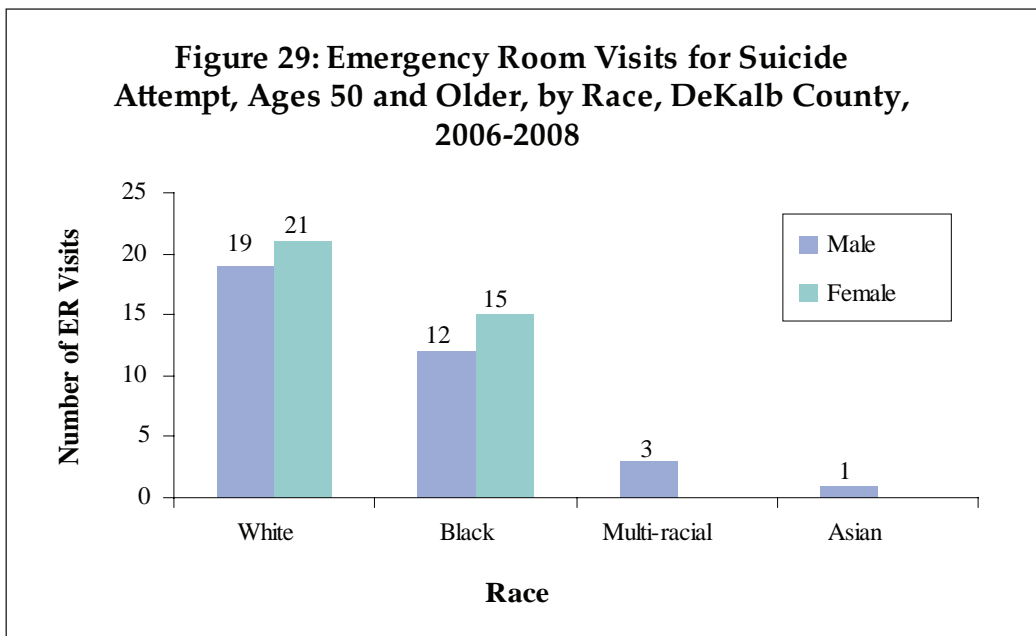
- Twenty-seven DeKalb County seniors ages 50 and older were victims of a homicide.
- DeKalb seniors ages 50 and older had almost twice the rate of homicides compared to Georgians of the same age.
- Individuals in the 50 to 59 year old age category accounted for 41 percent of deaths among seniors.

Suicide

Suicide is the act of intentionally taking one's life.

From 2006 through 2007, 39 DeKalb seniors took their life and 164 were treated in an emergency room for from a suicide attempt.

The following figure shows emergency room visits for suicide attempt by race among seniors:

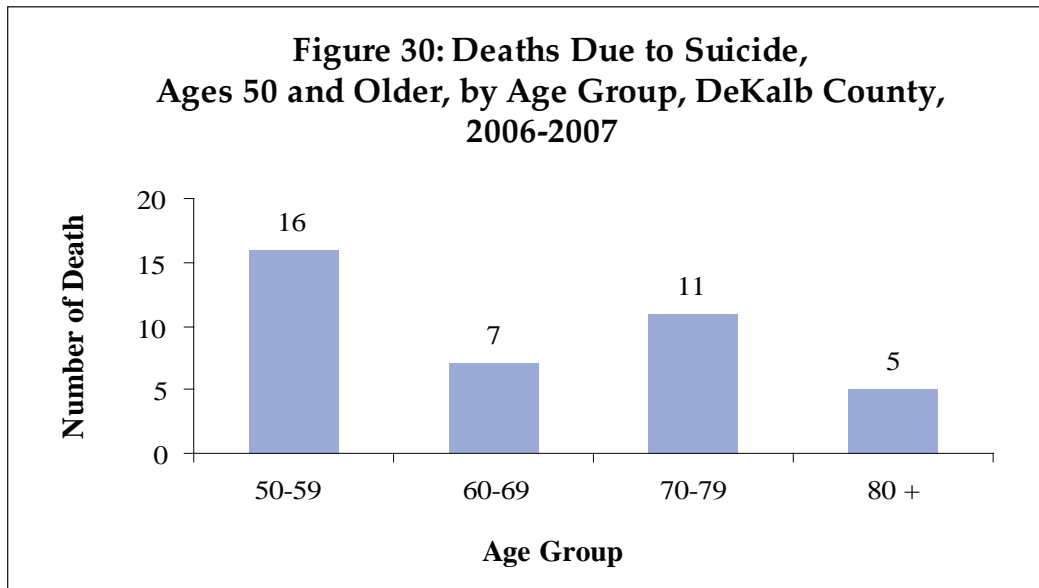


Source: Online Analytical Statistical Information System, Georgia Department of Public Health.

From 2006 through 2008:

- Among seniors 50 and older, 56 percent of all emergency room visits due to suicide attempt were by white individuals.
- Among blacks and whites, females were more likely to be seen in an emergency room for suicide attempts than males.

The following figure shows deaths due to suicide by age group among seniors:



Source: Online Analytical Statistical Information System, Georgia Department of Community Health, Division of Public Health.

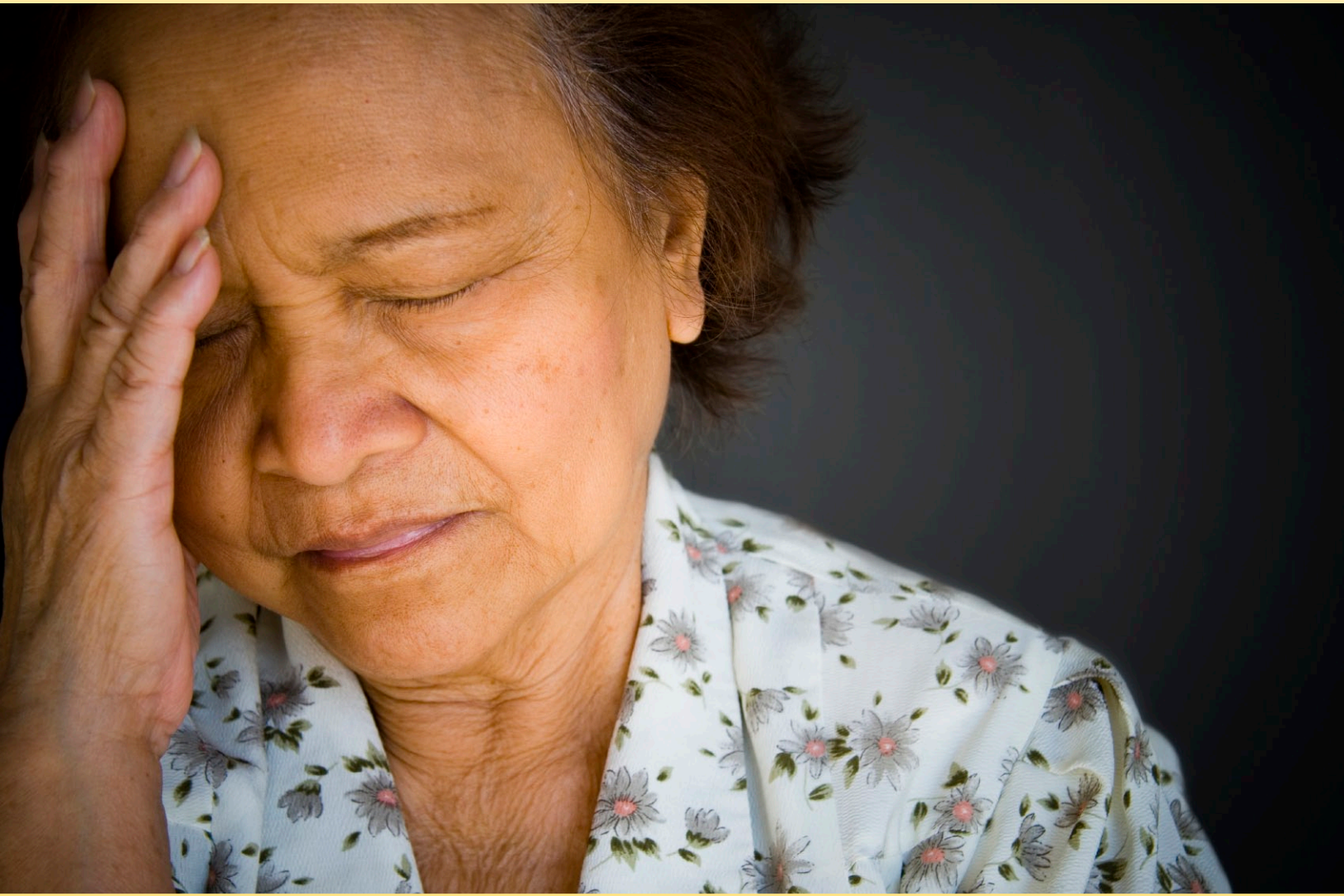
For Your Information

What puts me at risk for suicide?	Debilitating or life-threatening illness, severe and persistent pain, loss of independence and/or mobility, inability to live alone, loss of employment or productive activities, financial hardship, depression, feelings of hopelessness and helplessness, isolation
What are the warning signs of suicide?	Stockpiling medications; reading material about death, suicide, hopelessness or helplessness; increased alcohol or prescription drug use; failure to take care of self or follow medical orders; sudden interest in firearms; giving away personal possessions; rush to complete or revise a will
Where can I get emergency help to prevent suicide?	Call 9-1-1 if the person has a weapon and threatens to harm themselves or others or is unresponsive, contact mental health resources for counseling or crisis intervention

Resources

- DeKalb Community Service Board
 - 404-294-3834
 - <http://www.dekcsb.org>
- National Suicide Prevention Lifeline
 - 1-800-273-TALK (8255)
- Age Wise Connection / Atlanta Regional Commission
 - 404-463-3333
 - <http://www.agewiseconnection.com>
- DeKalb County Board of Health, Office of Injury Prevention
 - 404-294-3719
 - <http://www.dekalbhealth.net/hap/oip/>

Behavioral Health



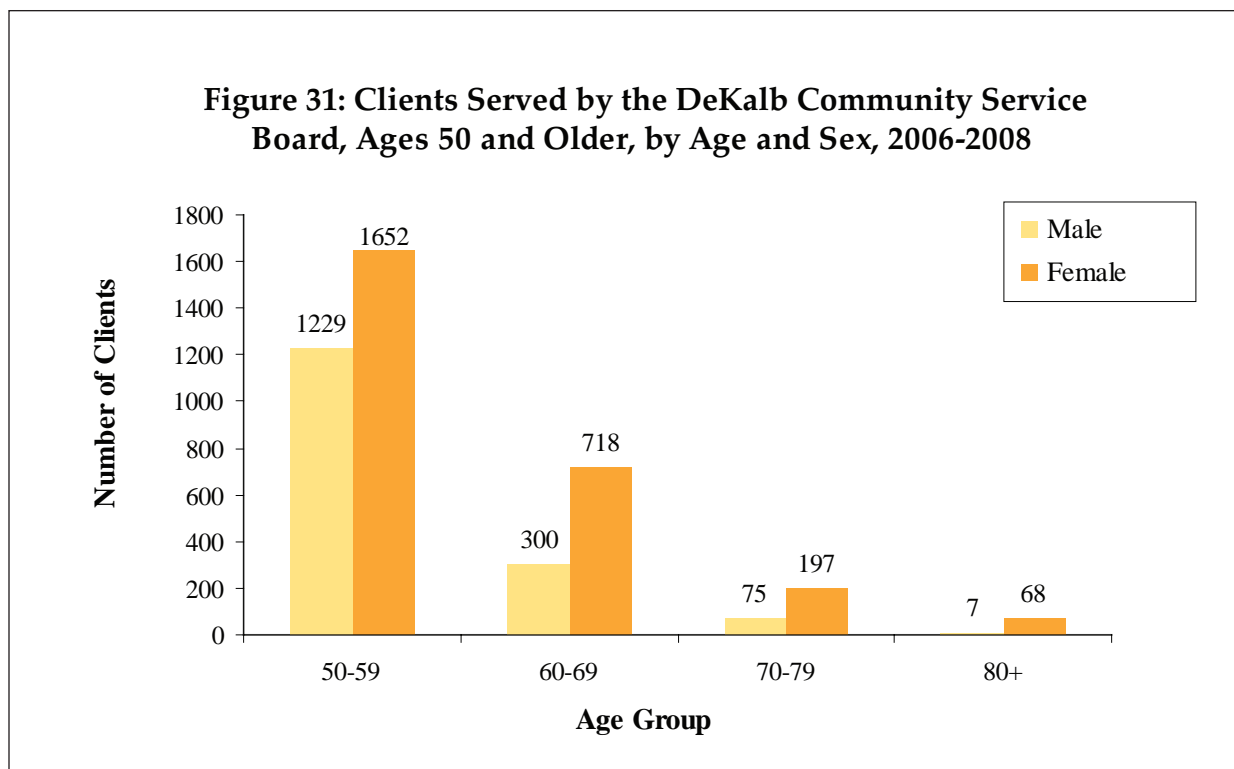
Behavioral Health Issues

Behavioral health issues include mental illness, addictive disease, mental illness with addictive disease, and developmental disability.

The extent of behavioral health problems among DeKalb County Seniors is unknown because it is not routinely assessed. As a result, we are unable to show the total impact of behavioral illnesses on DeKalb County this population.

However, data are available from the DeKalb Community Service Board on its senior clients. The DeKalb Community Service Board is a non-profit provider of mental health, substance abuse and developmental disability services in DeKalb County.

The following figure shows senior clients served by the DeKalb Community Service Board, by age and sex:



Source: DeKalb Community Service Board.

From 2006 through 2008:

- The DeKalb Community Service Board served more females (2,635) than males (1,611).
- The number of individuals ages 50 to 59 (2,881) served by the DeKalb Community Service Board was more than double the older age groups combined (1,362).

DISORDERS

Many of the individuals who are treated by the DeKalb Community Service Board suffer from a severe mental illness. A person considered to have a severe mental illness has been mentally ill for at least two years. Having a severe mental illness can have a profound effect on an individual's ability to function in his/her environment.

Table 14: Disorders by Category, Ages 50 and Older, by Age Group, DeKalb Community Service Board, 2006-2008

Category	Ages 50-59	Ages 60-69	Ages 70-79	Ages 80+	Total
Anxiety	97	57	19	5	178
Mood	1,368	573	126	32	2,099
Psychotic	678	262	99	33	1,072
Other**	94	34	14	5	147
Substance abuse	549	64	5	0	618
Developmental disabilities	95	28	9	0	132
Dual***	77	7	2	0	86
Total	2,958	1,025	274	75	4,332

*Category is defined as primary diagnosis based upon the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) Axis I.

**Other includes post traumatic stress disorder and adult attention-deficit/hyperactivity disorder.

***Dual is when an individual has a substance abuse illness and mental illness.

Source: DeKalb Community Service Board.

From 2006 through 2008:

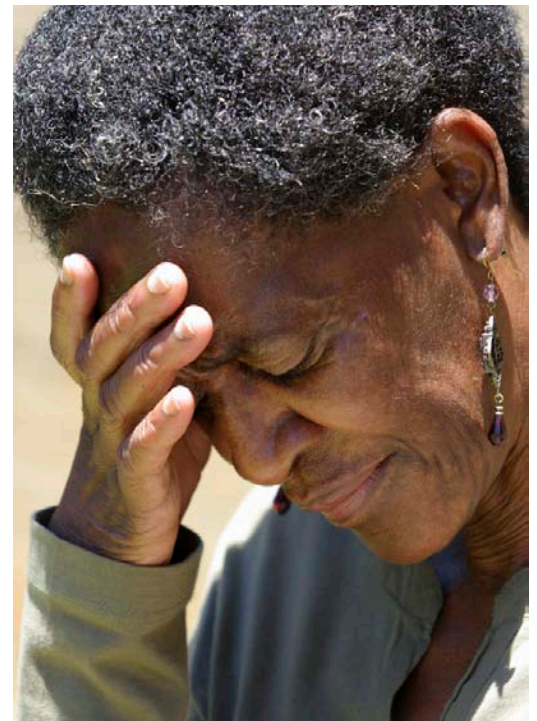
- Forty-eight percent of all clients ages 50 and older suffered from a mood disorder. This includes illnesses such as major depression and bipolar disorder.
- Twenty-two percent of clients ages 50 through 59 suffered from a substance abuse illness or had a dual diagnosis.

For Your Information

What puts me at risk for mental illnesses?	Genetics, having traumatic experience in the mother's womb, undergoing stressful life situations, having a chronic medical condition, using illegal drugs, being abused or neglected as a child, having unhealthy or few relationships
What are the symptoms of mental illnesses?	Behavior and emotions: feeling sad or down, excessive fear, problems sleeping, hallucinations, inability to cope with daily issues or stress, change in sex drive Physical: fatigue, back pain, chest pain, digestive problems, dry mouth, headache, sweating, weight gain or loss, dizziness
How are mental illnesses diagnosed?	Physical and psychiatric exam
How are mental illnesses treated?	Medication, psychotherapy, brain-stimulation treatment, residential treatment program
How can I prevent mental illnesses?	Pay attention to warning signs, get routine medical care, get help when needed, take care of yourself, stick to treatment plans when applicable

Resources

- DeKalb Community Service Board
 - 404-892-4646
 - <http://www.dekcsb.org/>
- National Institute of Mental Health
 - 1-866-615-6464
 - <http://www.nimh.nih.gov>



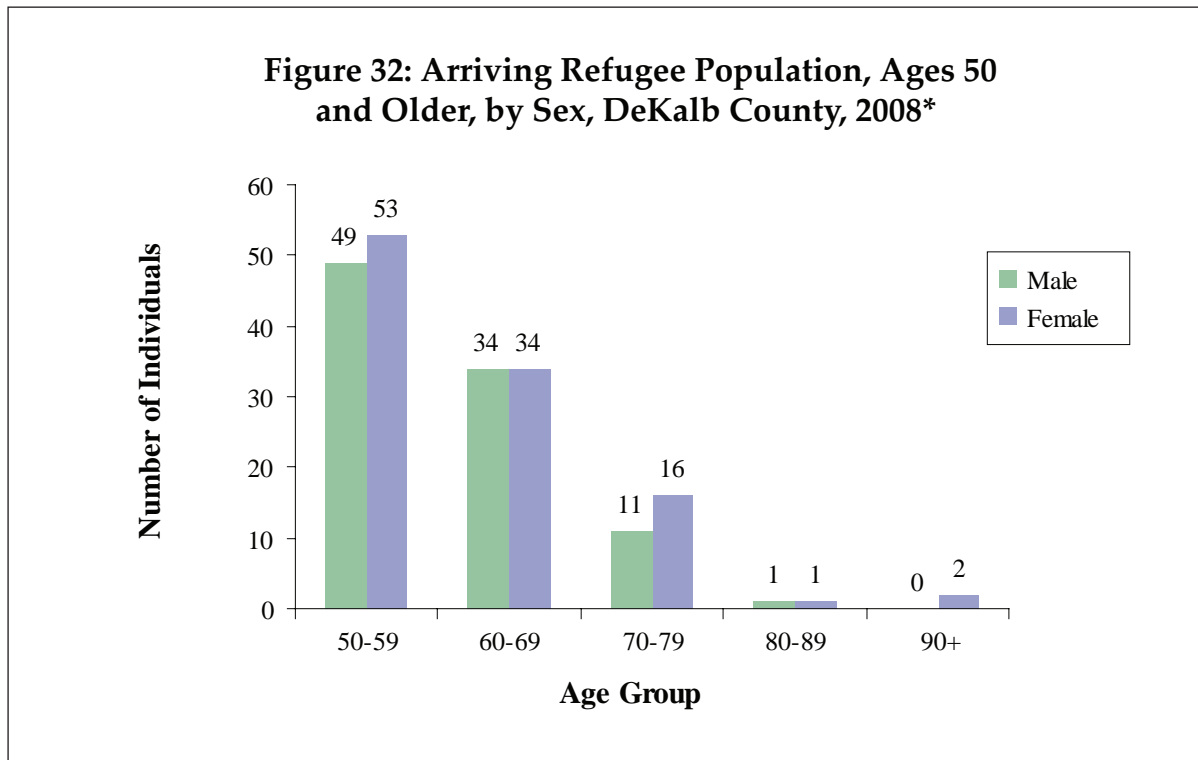
Refugee Health



Refugee Health

The United Nations High Commissioner for Refugees defines refugees as people who are outside their country and cannot return out of fear of persecution because of their race, religion, nationality, political opinion or membership in a particular social group. DeKalb County has the largest resettlement of refugees in Georgia. In 2008, 2,826 refugees arrived in Georgia, and 87.2 percent (2,465) were resettled in DeKalb County. Of these, 7 percent (201) were ages 50 years and older.

The following figure shows refugees ages 50 and older arriving in DeKalb County by sex:



* Data unavailable for 2006 and 2007.
Source: Georgia Department of Public Health.

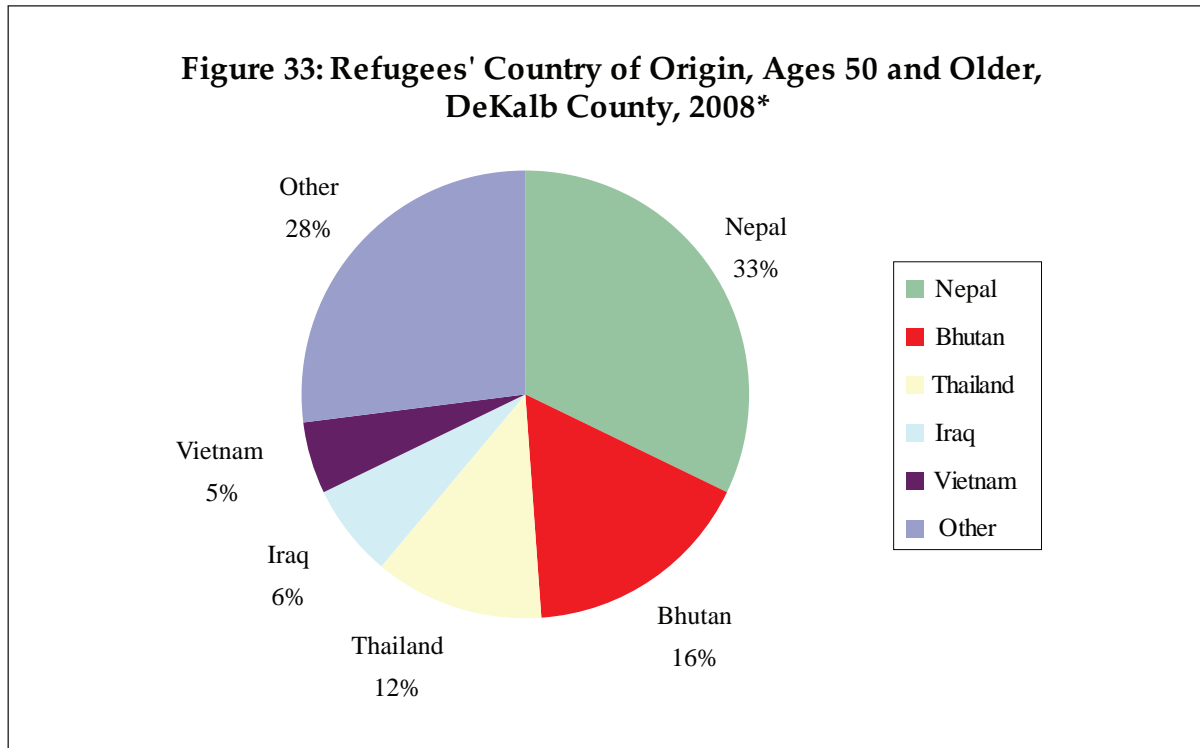
In 2008:

- People ages 50 to 59 made up 51 percent of the senior refugee population.
- Males ages 50 and older made up 47 percent of the total refugee arrivals while females made up 53 percent.

COUNTRIES OF ORIGIN

Refugees arrive in DeKalb County from many countries. In 2008, the top five countries of origin accounted for 72 percent of all arrivals.

The following figure shows the top five countries of origin for seniors arriving in 2008:



* Data unavailable for 2006 and 2007.

Source: Georgia Department of Public Health.

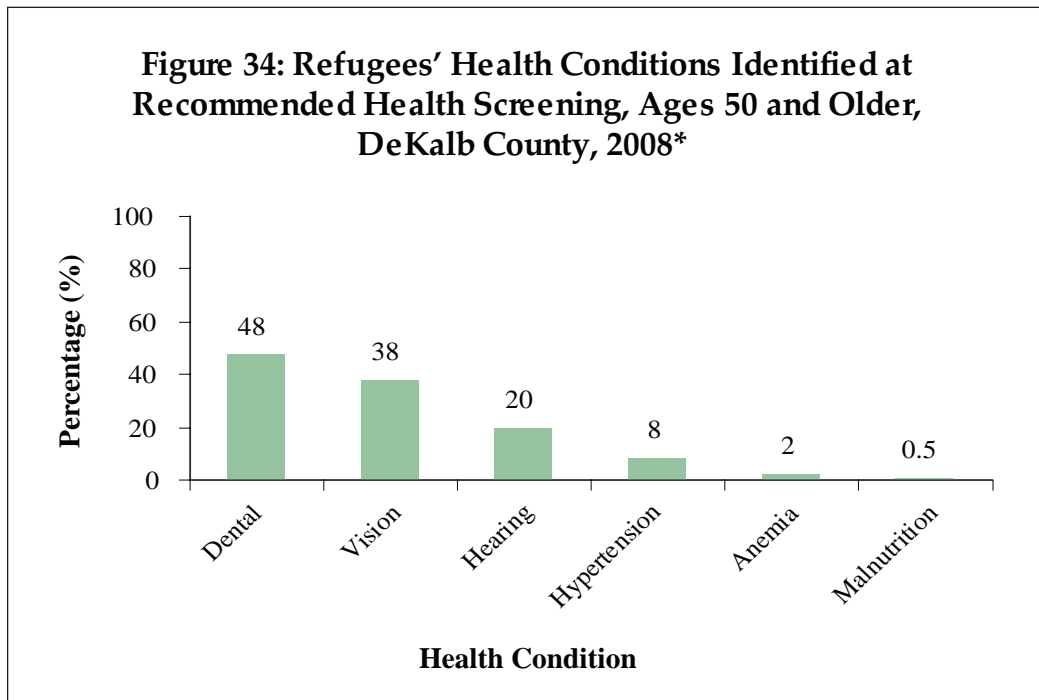


In 2008:

- Nepal was the most common country of origin for arriving refugees ages 50 and older.
- More than 30 countries make up the “other” category for country of origin for arriving refugees ages 50 and older.

HEALTH CONDITIONS

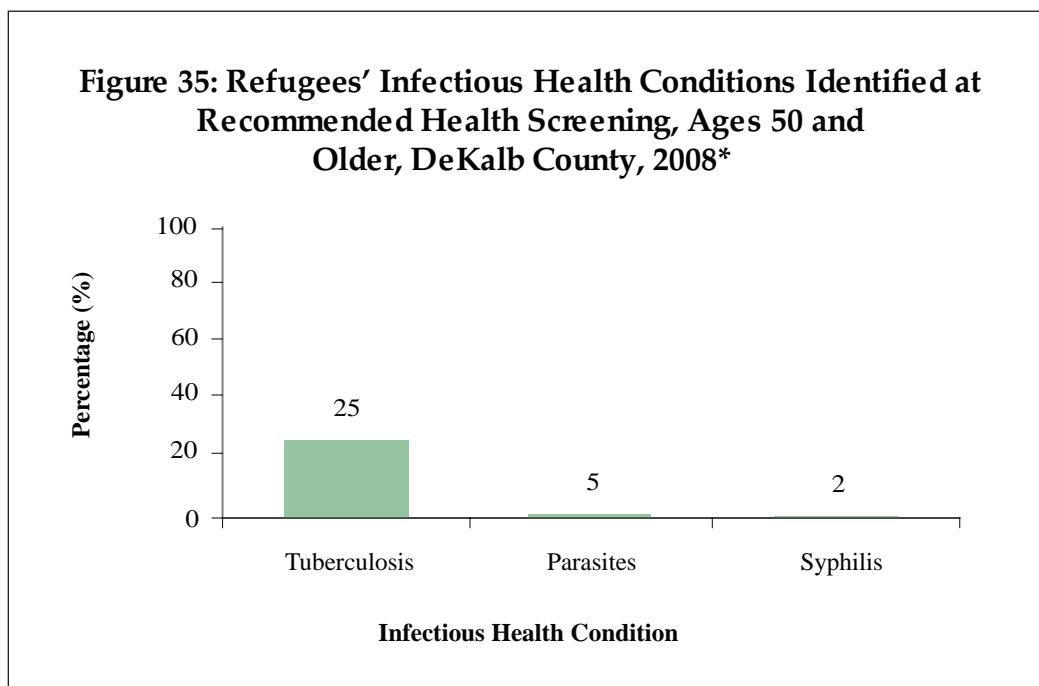
The following figures show the most common health conditions identified during a recommended health screening among arriving refugee seniors:



**Data unavailable for 2006 and 2007.
Source: Georgia Department of Public Health.*

In 2008

- Dental (48 percent) and vision (38 percent) problems were the most common health conditions among refugee seniors who were screened.



**Data unavailable for 2006-2007.
Source: Georgia Department of Public Health.*

In 2008

- One-fourth (25 percent) of the senior refugees who were screened had abnormal results for tuberculosis.

Resources

- DeKalb County Board of Health, Refugee Health
 - <http://www.dekalbhealth.net/hs/refugee-health/>
 - 404-294-3818
- Georgia Department of Public Health, Refugee Health Program
 - 404-657-6715
 - <http://health.state.ga.us/programs/refugeehealth/index.asp>
- U.S. Department of Health and Human Services, Office of Refugee Resettlement
 - 202-401-9246
 - <http://www.acf.hhs.gov/programs/orr/>

Appendices



Resources and Services

DEKALB COUNTY BOARD OF HEALTH

(www.dekalbhealth.net)

East DeKalb Health Center

2277 S. Stone Mountain-Lithonia Road
Lithonia, GA 30058
Phone: 770-484-2600
Services: Vision Screening, WIC,
Women's Health, Children's Health,
Immunizations, Adolescent Health and
Youth Development, Family Planning

Eleanor L. Richardson Center

445 Winn Way, Decatur, GA 30030
Phone: 404-294-3700
Services: STD/HIV Testing, HIV
Treatment, Health Assessment and
Promotion, Environmental Health,
Refugee Health, Occupational Health,
Vital Records

North DeKalb Health Center

3807 Clairmont Road, Chamblee, GA 30341
Phone: 770-454-1144
Services: STD/HIV Testing, TB, Dental, Vision
Screening, WIC, Women's Health, Children's
Health, Immunizations, Travel Medicine

South DeKalb Health Center

3110 Clifton Springs Road
Decatur, GA 30034
Phone: 404-244-2200
Services: STD/HIV Testing, TB,
Dental, Vision Screening, WIC, Family
Planning, Women's Health, Children's
Health, Immunizations, Adolescent
Health and Youth Development

T.O. Vinson Health Center

440 Winn Way, Decatur, GA 30030
Phone: 404-294-3762
Services: STD/HIV Testing, TB, Dental,
Vision Screening, WIC, Women's Health,
Children's Health, Immunizations,
Travel Medicine, Family Planning

DEKALB COUNTY SENIOR CENTERS

(<http://www.co.dekalb.ga.us/humanserv/hs-osa-facilities.html>)

DeKalb/Atlanta Senior Center

25 Warren Street
Atlanta, GA 30317
404-370-7297

Lou Walker Senior Center

2538 Panola Road
Lithonia, GA 30058
770-322-2900

Scottdale Senior Center

3262 Chapel Street
Scottdale, GA 30079
404-501-0704

Lithonia Senior Center

2484 Bruce Street
Lithonia, GA 30058
-770-482-0402

North DeKalb Senior Center

5238 Peachtree Road
Chamblee, GA 30341
770-455-7602

South DeKalb Senior Center

1931 Candler Road
Decatur, GA 30032
404-284-4865

DEKALB COMMUNITY SERVICE BOARD

(www.dekcsb.org)

Mental Health Services

Clifton Springs Center

3110 Clifton Springs Road

Decatur, GA 30034

404-243-9500

Services: Adult and Child/ Adolescent Outpatient Mental Health Services, Community Support Services

Kirkwood Center

23 Warren Street

Atlanta, GA 30317

404-370-7474

Services: Adult Outpatient Mental Health Services, Community Support Services, Psychosocial Rehabilitation, Peer Support Services

North DeKalb Center

3807 Clairmont Road NE

Chamblee, GA 30341

770-457-5867

Services: Adult Outpatient Mental Health Services, Community Support Services, Psychosocial Rehabilitation and Mental Health Residential Services

Winn Way Center

445 Winn Way, 2nd Floor

Decatur, GA 30030

-404-508-7700

Services: Adult and Child/ Adolescent Outpatient Mental Health Services, Community Support Services and Intakes Services

DeKalb Community Service Board Central Access

404-892-4646

Services: Information, Referrals, Appointments.

Developmental Disabilities Services

DeKalb Enterprises

1569 Stone Ridge Drive

Stone Mountain, GA 30083

770-270-2710

Services: Sheltered and community-integrated work experience and community-based day habilitation and day support services for individuals with developmental disabilities

DeKalb Service Center

2660 Osborne Road, NE

Atlanta, GA 30319

404-231-9363

Services: Community-based day habilitation, day support services and work activity for individuals with developmental disabilities

CHOICE

2277 S. Stone Mountain-Lithonia Road

Lithonia, GA 30058

770-484-2948

Services: Community-based day habilitation and day support services for individuals with developmental disabilities

DeKalb Evaluation Clinic

23 Warren Street

Atlanta, GA 30317

404-508-6413

Services: Assessments, counseling and psychiatric services for individuals with developmental disabilities

Addiction Services

DeKalb Addiction Clinic

455 Winn Way

Decatur, GA 30030

404-508-6430

Services: Substance abuse treatment, co-occurring day treatment services

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Sources

- DeKalb Community Service Board
- DeKalb County Behavioral Risk Factor Surveillance Survey, 2008, DeKalb County Board of Health
- Georgia Department of Public Health, Office of Refugee Health
- Georgia Comprehensive Cancer Registry, Georgia Department of Public Health, 2011
- Georgia Department of Public Health, HIV/AIDS Epidemiology Section
- Online Analytical Statistical Information System, Georgia Department of Public Health
- State Electronic Notifiable Disease Surveillance System, Georgia Department of Public Health
- U.S. Census Bureau, 2009 American Community Survey

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MY MEDICATION RECORD

My personal information

Name _____

Date of Birth _____

Phone No. _____

Emergency contact

Name _____

Relationship & Phone No. _____

Primary care physician

Name _____

Phone No. _____

Pharmacy/drugstore

Name _____

Phone No. _____

Other physicians

Name _____

Specialty _____

Phone No. _____

Name _____

Specialty _____

Phone No. _____

Name _____

Specialty _____

Phone No. _____

Name _____

Specialty _____

Phone No. _____

My allergies

How to use this guide

- Use this record to keep track of your medications, including prescription drugs, over-the-counter drugs, herbal supplements and vitamins.
- Share the information with your doctors and pharmacists at all visits.
- Always keep it always with you.
- Use a pencil.

You should review this record when

- Starting or stopping a medicine.
- Changing the dose of a medicine.

Last updated: ____ / ____ / ____

My medical conditions



The 2011 Senior Health in DeKalb Report is available online at:
www.dekalbhealth.net