PROFILE OF HAWAII’S OLDER ADULTS AND THEIR CAREGIVERS

May 2006 (Revision to January 2006 report)

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Executive Office on Aging
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OLDER ADULTS MAKE UP A LARGER PROPORTION OF HAWAII RESIDENTS THAN BEFORE, AND THIS TRENDS IS EXPECTED TO CONTINUE.

<table>
<thead>
<tr>
<th>State of Hawaii</th>
<th>1980 /1</th>
<th>1990 /1</th>
<th>2000 /1</th>
<th>2010 /2</th>
<th>2020 /2</th>
<th>2030 /2</th>
</tr>
</thead>
<tbody>
<tr>
<td>60+ population</td>
<td>113,944</td>
<td>173,733</td>
<td>207,001</td>
<td>268,800</td>
<td>351,650</td>
<td>410,450</td>
</tr>
<tr>
<td>% of Total pop.</td>
<td>11.8%</td>
<td>15.7%</td>
<td>17.1%</td>
<td>20.0%</td>
<td>23.6%</td>
<td>25.2%</td>
</tr>
<tr>
<td>% of Adult (18+) pop.</td>
<td>16.53%</td>
<td>21.0%</td>
<td>22.6%</td>
<td>26.0%</td>
<td>30.7%</td>
<td>32.6%</td>
</tr>
<tr>
<td>85+ population</td>
<td>5,561</td>
<td>10,397</td>
<td>17,564</td>
<td>29,750</td>
<td>33,800</td>
<td>40,350</td>
</tr>
<tr>
<td>% of Total population</td>
<td>0.6%</td>
<td>0.9%</td>
<td>1.4%</td>
<td>2.2%</td>
<td>2.3%</td>
<td>2.47%</td>
</tr>
<tr>
<td>% of Adult (18+) pop.</td>
<td>0.8%</td>
<td>1.3%</td>
<td>1.9%</td>
<td>2.9%</td>
<td>3.0%</td>
<td>3.2%</td>
</tr>
<tr>
<td>Total population</td>
<td>964,691</td>
<td>1,108,229</td>
<td>1,211,537</td>
<td>1,346,600</td>
<td>1,489,550</td>
<td>1,630,450</td>
</tr>
<tr>
<td>Adult (18+) population</td>
<td>689,108</td>
<td>828,103</td>
<td>915,770</td>
<td>1,034,050</td>
<td>1,144,200</td>
<td>1,257,150</td>
</tr>
</tbody>
</table>

Source:

Hawaii’s older adults (those 60 years of age and older) are making up a larger proportion of the population than they used to. In 1980, there were 113,944 older adults, representing 12% of the total and 17% of the adult population in Hawaii. By 2000, 207,001 individuals were older adults, representing 17% of the total and 23% of the adult population. The latest estimates from the U.S. Census Bureau show that in 2004 there were 230,929 individuals age 60 and over in Hawaii, representing 18% of the total and 24% of the adult population. With the aging of the baby boomers and increased life expectancy, projections indicate that by 2030 over one-in-four individuals and one-in-three adults in Hawaii will be age 60 or over.
Between 1980 and 2000, Hawaii’s older adult population increased over three times faster than its total population. Over this twenty-year period, the number of older adults increased by 82% while the total population increased by only 26%.

The population 85 and over increased even more dramatically. While the total population increased 26% between 1980 and 2000, the 85 and over population increased 216% -- over eight times faster than the total population and two-and-a-half times faster than the older adult population as a whole.

The trend of older adult populations increasing faster than the total population is expected to continue. Hawaii’s total population is projected to increase by 23% from 2000 to 2020. Over this same time period, Hawaii’s older adults population is projected to increase by 70% -- over three times faster than the total population; the population 85 and older is projected to increase by 93% -- over four times faster than the total population.

HAWAII’S OLDER ADULT POPULATION HAS GROWN FASTER THAN THE OLDER POPULATION NATIONALLY.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>1990 (in 1,000s)</th>
<th>2000 (in 1,000s)</th>
<th>Percent Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 60+</td>
<td>U.S.</td>
<td>41,858</td>
<td>45,797</td>
</tr>
<tr>
<td></td>
<td>State of Hawaii</td>
<td>173,733</td>
<td>207,001</td>
</tr>
<tr>
<td>Age 85+</td>
<td>U.S.</td>
<td>3,080</td>
<td>4,240</td>
</tr>
<tr>
<td></td>
<td>State of Hawaii</td>
<td>10,397</td>
<td>17,564</td>
</tr>
</tbody>
</table>


Between 1990 and 2000, the older adult population in Hawaii grew twice as fast as the older adult population nationally. While Hawaii’s older adults increased 19% between 1990 and 2000, the nation as a whole saw a nine percent increase in older adults. Hawaii’s 85 and older population grew 69% during this period, while the same population grew 38% nationally.

LIFE EXPECTANCY IS INCREASING, WITH DIFFERENCES EXISTING BY GENDER AND RACE.

<table>
<thead>
<tr>
<th>Life Expectancy at Birth (in Years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>-----</td>
</tr>
<tr>
<td>U.S.</td>
</tr>
<tr>
<td>Hawaii</td>
</tr>
</tbody>
</table>


Hawaii surpassed the national life expectancy somewhere between 1940 and 1950. In the year 2000, Hawaii’s life expectancy was 80 years – three years over the national life expectancy of 77.

Following the national trend, women in Hawaii tend to live longer than men. Year 2000 data shows that life expectancy at birth in Hawaii is 77 years for males and 83 years for females.
In addition, life expectancy varies among race groups. Using Hawaii 1990 life expectancies (the most recent available by ethnic race), Chinese and Japanese live the longest (83 and 82 years, respectively) while Native Hawaiians have the lowest life expectancy at 74 years.

### Hawaii Life Expectancy by Ethnic Race

<table>
<thead>
<tr>
<th>Year</th>
<th>Caucasian</th>
<th>Chinese</th>
<th>Filipino</th>
<th>Native Hawaiian</th>
<th>Japanese</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>1910</td>
<td>55</td>
<td>54 (NA)</td>
<td>33</td>
<td>49</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>1920</td>
<td>56</td>
<td>54</td>
<td>28</td>
<td>34</td>
<td>51</td>
<td>28</td>
</tr>
<tr>
<td>1930</td>
<td>62</td>
<td>60</td>
<td>46</td>
<td>42</td>
<td>60</td>
<td>33</td>
</tr>
<tr>
<td>1940</td>
<td>64</td>
<td>65</td>
<td>57</td>
<td>52</td>
<td>66</td>
<td>59</td>
</tr>
<tr>
<td>1950</td>
<td>69</td>
<td>70</td>
<td>69</td>
<td>62</td>
<td>73</td>
<td>68</td>
</tr>
<tr>
<td>1960</td>
<td>73</td>
<td>74</td>
<td>72</td>
<td>65</td>
<td>76</td>
<td>62</td>
</tr>
<tr>
<td>1970</td>
<td>73</td>
<td>76</td>
<td>73</td>
<td>68</td>
<td>77</td>
<td>77</td>
</tr>
<tr>
<td>1980</td>
<td>76</td>
<td>82</td>
<td>79</td>
<td>72</td>
<td>81</td>
<td>79</td>
</tr>
<tr>
<td>1990</td>
<td>76</td>
<td>83</td>
<td>79</td>
<td>74</td>
<td>82</td>
<td>80</td>
</tr>
</tbody>
</table>


### ALONG WITH HAVING LONGER LIFE EXPECTANCY, OLDER ADULT FEMALES OUTNUMBER MALES.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>60+</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>50%</td>
<td>47%</td>
<td>45%</td>
</tr>
<tr>
<td>Female</td>
<td>50%</td>
<td>53%</td>
<td>55%</td>
</tr>
<tr>
<td>85+</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>36%</td>
<td>38%</td>
<td>41%</td>
</tr>
<tr>
<td>Female</td>
<td>64%</td>
<td>62%</td>
<td>59%</td>
</tr>
</tbody>
</table>


In 1980, there were about the same number of male older adults as female. Now women outnumber men. The differences become greater with advancing age with 59% of those 85 years and older being female and 41% male. Part of this difference can be attributed to the life expectancy of elderly men being shorter than for females. Nationally, at age 60, women are expected to live 23.5 additional years, while men only 20.2 more years.

### Year 2002 Life Expectancy by Age for the United States

<table>
<thead>
<tr>
<th>Age (Years)</th>
<th>Both sexes</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 (Birth)</td>
<td>77.3</td>
<td>74.5</td>
<td>79.9</td>
</tr>
<tr>
<td>50</td>
<td>30.3</td>
<td>28.3</td>
<td>32.2</td>
</tr>
<tr>
<td>60</td>
<td>22.0</td>
<td>20.2</td>
<td>23.5</td>
</tr>
<tr>
<td>70</td>
<td>14.7</td>
<td>13.2</td>
<td>15.8</td>
</tr>
<tr>
<td>80</td>
<td>8.8</td>
<td>7.8</td>
<td>9.4</td>
</tr>
<tr>
<td>90</td>
<td>4.8</td>
<td>4.2</td>
<td>5.0</td>
</tr>
<tr>
<td>100</td>
<td>2.7</td>
<td>2.5</td>
<td>2.8</td>
</tr>
</tbody>
</table>

LANGUAGE BARRIERS POSE A COMMUNICATION CHALLENGE FOR SOME HAWAII SENIORS.

Twelve percent of those 65 and older do not speak English well. This has remained almost unchanged since 1990 when 13% did not speak English well. However, the proportion of linguistically isolated seniors has decreased from 13% in 1990 to 10% in 2000.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Speaks English “not well” or “not at all”</td>
<td>13%</td>
<td>12%</td>
</tr>
<tr>
<td>Linguistically isolated /1</td>
<td>13%</td>
<td>10%</td>
</tr>
</tbody>
</table>

/1 Lives in a household where all members 14 years old and over have at least some difficulty with English.


MANY THAT LIVE ALONE ARE FEMALE.

The Census 2000 shows that 17% of those 60 and older live alone, a slight increase from the 15% a decade earlier. Women are more likely to live alone than men. White, Black, or American Indian/Alaska Native older adults (23%, 26%, and 22%, respectively) are more likely to live alone than Asian or Native Hawaiian/Pacific Islander older adults (14% and 12%, respectively). Moreover, a majority (67%) of the individuals living alone are female, 17% have incomes below federal poverty guidelines, and 42% have at least one disability.

<table>
<thead>
<tr>
<th>State of Hawaii: 60+ Living Alone</th>
</tr>
</thead>
<tbody>
<tr>
<td>1990 /1: 15%</td>
</tr>
<tr>
<td>2000 /2: 17%</td>
</tr>
</tbody>
</table>


MANY OLDER ADULTS ARE STRUGGLING FINANCIALLY.

The Census 2000 shows that seven percent of those 60 and older in Hawaii live at or below the federal poverty level. Older adult women are more likely to be in poverty than older adult males. Among those 60 and older in poverty, 62% are female, 53% have at least one disability, and 40% live alone. A higher proportion of American Indian/Alaska Native and Native Hawaiian/Pacific Islander older adults are living in poverty than White, Black, and Asian older adults.

See poverty table on next page.
### State of Hawaii: 60+ percent with 1999 income at or below poverty level

**Race/Ethnicity:**
- Not Hispanic/Latino
  - White alone: 7%
  - Black alone: 5%
  - American Indian/Alaska Native alone: 10%
  - Asian alone: 7%
  - Native Hawaiian/Pacific Islander alone: 12%
  - Other alone: 25%
- Two or more races: 10%
- Hispanic/Latino: 15%

**Sex:**
- Male: 6%
- Female: 8%

**Overall (statewide 60+):** 7%


Older adults living above the poverty level may also have difficulty making ends meet. Information from the *Census 2000* shows the median income of persons 60 years and older is $19,115 (50% have an annual income above and 50% have an annual income below $19,115). Almost a third (31%) of older adults have an annual income of below $10,000, and 45% have annual income below $15,000.

### Income in 1999 for Persons 60+

![Bar chart showing income distribution for persons 60+]

THE ETHNIC COMPOSITION OF OLDER ADULTS IN HAWAII DIFFERS SLIGHTLY FROM THE TOTAL POPULATION’S.

Over three-fourths of Hawaii’s population is comprised of minorities (i.e. all but those White/non-Hispanic). This holds true for older adults as well, although the distribution of minority races differs. Older adults have a higher proportion of Asians and a lower proportion of mixed race persons (of two or more races). Native Hawaiians and Other Pacific Islanders make up a smaller proportion of older adults than they do of the general population. A very small proportion of older adults are American Indian and Alaskan Native or Black/African American.

![State of Hawai: Race distribution](image)

**State of Hawaii: Race distribution**

<table>
<thead>
<tr>
<th>Race</th>
<th>60+</th>
<th>Total population</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 race</td>
<td></td>
<td></td>
</tr>
<tr>
<td>White (non-Hispanic/Latino)</td>
<td>22.7%</td>
<td>22.9%</td>
</tr>
<tr>
<td>White (Hispanic)</td>
<td>0.9%</td>
<td>1.4%</td>
</tr>
<tr>
<td>American Indian/Alaskan Native</td>
<td>0.1%</td>
<td>0.3%</td>
</tr>
<tr>
<td>Black/African American</td>
<td>0.4%</td>
<td>1.8%</td>
</tr>
<tr>
<td>Asian</td>
<td>61.1%</td>
<td>41.6%</td>
</tr>
<tr>
<td>Chinese</td>
<td>(7.7%)</td>
<td>(4.7%)</td>
</tr>
<tr>
<td>Filipino</td>
<td>(14.8%)</td>
<td>(14.1%)</td>
</tr>
<tr>
<td>Japanese</td>
<td>(34.4%)</td>
<td>(16.7%)</td>
</tr>
<tr>
<td>Korean</td>
<td>(2.3%)</td>
<td>(1.9%)</td>
</tr>
<tr>
<td>Other Asian</td>
<td>(1.8%)</td>
<td>(4.2%)</td>
</tr>
<tr>
<td>Native Hawaiian/Pacific Islander</td>
<td>5.6%</td>
<td>9.4%</td>
</tr>
<tr>
<td>Native Hawaiian</td>
<td>(4.7%)</td>
<td>(6.6%)</td>
</tr>
<tr>
<td>Tongan</td>
<td>(0.1%)</td>
<td>(0.3%)</td>
</tr>
<tr>
<td>Other NHPI</td>
<td>(0.8%)</td>
<td>(2.4%)</td>
</tr>
<tr>
<td>Other</td>
<td>0.6%</td>
<td>1.2%</td>
</tr>
<tr>
<td>2 or more races</td>
<td>8.6%</td>
<td>21.4%</td>
</tr>
</tbody>
</table>


MORE SENIORS HAVE OBTAINED FORMAL EDUCATION THAN PREVIOUSLY, ALTHOUGH HAWAII SENIORS ARE STILL LESS EDUCATED THAN THEIR MAINLAND COUNTERPARTS.

Sixteen percent of Hawaii seniors age 65 and over have completed a 4-year college degree. This figure has increased from 1990 when 11% of seniors had completed a 4-year degree. The percent of seniors that have not completed high school has dropped from 51% to 35%. Despite these improvements our elders are less educated than those nationally where 22% have completed a 4-year college degree (Hawaii, 16%) and 24% have not completed high school (Hawaii, 35%).

<table>
<thead>
<tr>
<th>Educational Attainment</th>
<th>1990 (HI)</th>
<th>2000 (HI)</th>
<th>2000 (US)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than H.S. or equivalent</td>
<td>51%</td>
<td>35%</td>
<td>24%</td>
</tr>
<tr>
<td>H.S. or equivalent</td>
<td>26%</td>
<td>34%</td>
<td>30%</td>
</tr>
<tr>
<td>Some college</td>
<td>12%</td>
<td>15%</td>
<td>24%</td>
</tr>
<tr>
<td>4-year college degree or higher</td>
<td>11%</td>
<td>16%</td>
<td>22%</td>
</tr>
</tbody>
</table>

MANY 60+ HAVE AT LEAST ONE DISABILITY.

According to the *Census 2000* 37% of those 60 and older have a disability defined as having one or more of the following six disability types: sensory, physical, cognitive, self-care, go-outside-the-home-alone, employment. Over half of these individuals have at least two disabilities, and over 30% have at least three disabilities.

<table>
<thead>
<tr>
<th>60+ disability: # of disabilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 disability: 47%</td>
</tr>
<tr>
<td>2 disabilities: 22%</td>
</tr>
<tr>
<td>3 disabilities: 14%</td>
</tr>
<tr>
<td>4 disabilities: 11%</td>
</tr>
<tr>
<td>5 or 6 disabilities: 6%</td>
</tr>
</tbody>
</table>


(REVISED FROM January 2006): Having a physical disability (difficulty walking, climbing stairs, reaching, lifting, or carrying) is the most common disability among older adults with 22% having a physical disability. Nineteen percent of older adults have a disability that inhibits them from going outside the home alone (for example to shop, run errands, or go to a doctor appointment. Sensory disabilities (blindness, deafness, or a severe vision or hearing impairment) affect 12% of older adults. Cognitive disabilities (learning, remembering, or concentrating) affect 11% of older adults; 7% have a self-care disability (dressing, bathing, or getting around the house); Three percent have an employment disability.

<table>
<thead>
<tr>
<th>60+: Percent having specific disabilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment</td>
</tr>
<tr>
<td>Self-care</td>
</tr>
<tr>
<td>Cognitive</td>
</tr>
<tr>
<td>Sensory</td>
</tr>
<tr>
<td>Go-outside-home</td>
</tr>
<tr>
<td>Physical</td>
</tr>
</tbody>
</table>

PERSONAL CARE ASSISTANCE NEEDS INCREASE WITH AGE.

As may be expected, the need for personal care increases with age. Five percent of those 60 to 74 years of age need help with personal care. This figure increases to 7% for 75 to 84. Among seniors age 85 and over, the need for help with personal care rises to 22%. Assistance with personal care allows many older adults to remain in their homes.

END OF LIFE PLANNING IS INCREASING.

An increasing number of those 65 and over have prepared their advanced directive*. Still, many seniors and their families are unprepared to make the type of decisions typically necessary when someone passes away.

| State of Hawaii: 65+ that have an advanced directive* |
|---------------|-----------|-----------|
|                | 1998      | 2000      | 2002 /1   |
|                | 62%       | 68%       | 67%       |

* An advanced directive is commonly called a healthcare power of attorney or living will. It is a written document that describes an individual’s wishes for end-of-life care. It is a legal document that lets family and physicians know what kind of treatment a person would like in the event they cannot speak for themselves. It also designates someone to make decisions on their behalf in the event they are unable to convey wishes themselves.


LEADING CAUSES OF DEATH HAVE BEEN CONSISTENT OVER THE PAST SEVERAL YEARS.

The leading causes of death among older adults in Hawaii have consistently been heart disease, cancer, stroke, and chronic lower respiratory disease. In 2003, 30% of older adult deaths were due to heart disease, 23% due to cancer, and nine percent due to stroke. These top three causes accounted for 62% of all older adult deaths.

<table>
<thead>
<tr>
<th>State of Hawaii: 60+ Underlying Cause of Death</th>
<th>1999</th>
<th>2000</th>
<th>2001</th>
<th>2002</th>
<th>2003</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>Rank</td>
<td>Count</td>
<td>Rank</td>
<td>Count</td>
<td>Rank</td>
</tr>
<tr>
<td>Malignant Neoplasms (cancers)</td>
<td>2</td>
<td>1494</td>
<td>2</td>
<td>1484</td>
<td>2</td>
</tr>
<tr>
<td>Cerebrovascular Disease (stroke)</td>
<td>3</td>
<td>669</td>
<td>3</td>
<td>623</td>
<td>3</td>
</tr>
<tr>
<td>Chronic Lower Respiratory Disease</td>
<td>4</td>
<td>266</td>
<td>4</td>
<td>235</td>
<td>4</td>
</tr>
<tr>
<td>Influenza/Pneumonia</td>
<td>5</td>
<td>211</td>
<td>9</td>
<td>94</td>
<td>5</td>
</tr>
<tr>
<td>Other Circulatory Diseases, including Atherosclerosis &amp; Hypertension</td>
<td>6</td>
<td>187</td>
<td>6</td>
<td>137</td>
<td>6</td>
</tr>
<tr>
<td>Diabetes Mellitus</td>
<td>7</td>
<td>175</td>
<td>5</td>
<td>168</td>
<td>7</td>
</tr>
<tr>
<td>Alzheimer’s Disease</td>
<td>9</td>
<td>107</td>
<td>7</td>
<td>122</td>
<td>9</td>
</tr>
<tr>
<td>Other Accidents &amp; Adverse Effects</td>
<td>10</td>
<td>102</td>
<td>10</td>
<td>90</td>
<td>8</td>
</tr>
<tr>
<td>Nephritis, Nepthrotic &amp; Nepthrosis (kidney)</td>
<td>8</td>
<td>115</td>
<td>8</td>
<td>121</td>
<td>10</td>
</tr>
<tr>
<td>All other causes</td>
<td>1161</td>
<td>1177</td>
<td>1246</td>
<td>1394</td>
<td>1431</td>
</tr>
<tr>
<td>Total</td>
<td>6519</td>
<td>6507</td>
<td>6511</td>
<td>6945</td>
<td>7103</td>
</tr>
</tbody>
</table>

Source: Hawaii Department of Health, Office of Health Status Monitoring.

Many causes of death to older adults are related to lifestyle choices or behaviors such as smoking, diabetes control, flu shots, exercising, healthy eating habits, blood pressure and cholesterol control, and maintaining a healthy body weight.

HEALTH STATUS INDICATORS SHOW THERE IS ROOM FOR IMPROVEMENT.

Some health indicators have improved:

- The proportion of older adults getting an annual flu shot has increased from 56% in 1995 to 73% in 2001; and
- The proportion of older adults who have ever had a pneumonia vaccination has increased from 38% in 1994 to 54% in 2001.

Hawaii 60+ vaccination percents

<table>
<thead>
<tr>
<th>Year</th>
<th>Percent vaccinated</th>
</tr>
</thead>
<tbody>
<tr>
<td>1995</td>
<td>56</td>
</tr>
<tr>
<td>1997</td>
<td>66</td>
</tr>
<tr>
<td>1999</td>
<td>68</td>
</tr>
<tr>
<td>2001</td>
<td>73</td>
</tr>
</tbody>
</table>

Source: Hawaii Department of Health, Behavioral Risk Factor Surveillance System.
Some health indicators have remained fairly unchanged. According to Hawaii’s Behavioral Risk Factor Surveillance System:

- 12% of older adults currently smoke cigarettes;
- Over 40% of older adults are sedentary or do not get enough exercise;
- Two-thirds of older adults do not eat the recommended 5-a-day fruits and vegetables;
- Over 30% of older adults have high cholesterol;
- Over 10% of older adults have not seen a doctor in the past year; and
- Over 40% of older adults are either overweight or obese.

Some health indicators are getting worse:

- Diabetes in older adults has doubled in less than a decade, increasing from eight percent in 1995 to 17% in 2003.
- High blood pressure in older adults has increased from 41% in 1994 to 51% in 2001.

Both are risk factors for heart disease and stroke – two leading causes of death in Hawaii older adults.
GRANDPARENTS LIVING WITH AND RAISING GRANDCHILDREN.

Hawaii has a larger percentage of grandparents living with grandchildren than nationally.

According to the Census 2000, the prevalence of grandparents and grandchildren living under the same roof is nearly twice as high in Hawaii as it is nationally. Nationally, 3.6 percent of the age 30 and over population are grandparents living with grandchildren. In Hawaii, almost double this, seven percent of persons age 30 and over are grandparents living with grandchildren. In 2000, this translated to 49,237 (7.0 percent of the age 30+ population) individuals age 30+ in Hawaii, all grandparents, in this household situation.

<table>
<thead>
<tr>
<th>Percent of population age 30+ in households who are grandparents living with grandchildren</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States (nationally)</td>
</tr>
<tr>
<td>State of Hawaii</td>
</tr>
</tbody>
</table>


Native Hawaiian and Other Pacific Islanders are more likely to be grandparents living with their grandchildren than other ethnic race groups.

In Hawaii, an individual age 30 and over is most likely to be a grandparent living with their grandchildren if the individual is Native Hawaiian and Other Pacific Islander (NHPI) with 12 percent of NHPI individuals age 30+ in households being grandparents living their with grandchildren. Individuals age 30+ in households who are White or Black are least likely to be a grandparent living with their grandchildren.

Note: All races combined: 7.0%

<table>
<thead>
<tr>
<th>State of Hawaii: Percent of population age 30+ in households where grandparents live with grandchildren by race</th>
</tr>
</thead>
<tbody>
<tr>
<td>White alone</td>
</tr>
<tr>
<td>AIAN* alone</td>
</tr>
<tr>
<td>Black alone</td>
</tr>
<tr>
<td>Asian alone</td>
</tr>
<tr>
<td>NHPI* alone</td>
</tr>
<tr>
<td>Other race alone</td>
</tr>
<tr>
<td>Two or more races</td>
</tr>
</tbody>
</table>

* AIAN = American Indian and Alaskan Native; NHPI = Native Hawaiian and Other Pacific Islander.

Over half of the grandparents living with their grandchildren are Asian.

The following pie chart reflects the race/ethnic distribution of grandparents living with grandchildren by the race/ethnicity of the grandparent. Although NHPI individuals are most likely to be grandparent living with their grandchildren (see previous page), because NHPI (alone) account for under 10 percent of all persons age 30+ in Hawaii, over half (55 percent) of grandparents living with grandchildren are Asian.

Some grandparents are also responsible for (raising) the grandchildren they live with.

In Hawaii, two percent of all persons age 30 and over in households are grandparents living with as well as responsible for the basic needs (financially responsible for food, shelter, clothing, day care, etc…) of these grandchildren. Therefore, among grandparents living with grandchildren, 29 percent are also raising these grandchildren.

Over half of grandparents raising grandchildren are presently in the labor force.

<table>
<thead>
<tr>
<th>United States (nationally):</th>
<th>3.6% living w/</th>
<th>1.5% living w/ &amp; responsible for</th>
<th>42% living w/ are also responsible for</th>
</tr>
</thead>
<tbody>
<tr>
<td>State of Hawaii:</td>
<td>7.0% living w/</td>
<td>2.0% living w/ &amp; responsible for</td>
<td>29% living w/ are also responsible for</td>
</tr>
</tbody>
</table>

There are more grandmothers raising grandchildren than grandfathers.

According to the U.S. Census Bureau’s *American Community Survey*, in 2000 in Hawaii, 37 percent of the grandparents raising grandchildren were male (grandfathers), and 63 percent were female. This difference has gradually decreased; in 2003, 46 percent of grandparents raising grandchildren were male.

<table>
<thead>
<tr>
<th>State of Hawaii: Granparents raising grandchildren by gender</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Graph showing the percentage of grandparents raising grandchildren by gender" /></td>
</tr>
</tbody>
</table>


Forty percent of grandparents raising grandchildren are age 60 and over.

<table>
<thead>
<tr>
<th>State of Hawaii: Grandparents raising grandchildren by age of grandparent</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Pie chart showing the distribution of grandparents by age" /></td>
</tr>
</tbody>
</table>


Hawaii has a larger percentage of older adult grandparents raising grandchildren than nationally.

Nationally, 29 percent of all grandparents responsible for grandchildren are age 60 and over. In Hawaii, a third higher percent are older adults (40 percent).

<table>
<thead>
<tr>
<th>Grandparents raising grandchildren by age</th>
<th>Under 60</th>
<th>60 and over</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States (nationally)</td>
<td>70%</td>
<td>30%</td>
</tr>
<tr>
<td>State of Hawaii</td>
<td>60%</td>
<td>40%</td>
</tr>
</tbody>
</table>

FAMILY (INFORMAL) CAREGIVERS OF OLDER ADULTS.

Caregivers contribute a significant amount to the long-term care system.

In recent years, significant attention has been given to the issue of informal caregiving. The Alzheimer’s Association’s Study on Estimated Value of Informal Caregiving found that in 1997 Hawaii caregivers provided 106.9 million caregiving hours that were estimated to be equivalent to $874.6 million.

A 1999 study by Arno, Levine, and Memmott published in Health Affairs found that the economic value of informal caregivers is over twice that of nursing home care, and six times the value of home health care.

![Estimated Annual Economic Value of Informal Caregiving](image)


Family caregiving is becoming a more common occurrence, though the true extent is unknown.

As the proportion older adults make up of the total population rises, the likelihood of someone providing care to an older adult is projected to also rise. In 2000, The Behavioral Risk Factor Surveillance System estimated that 14% (126,598) of adults were informal caregivers providing regular care to an older adult. In 2003, the Hawaii Health Survey estimated that 21% (192,390) of adults were informal caregivers.

The number of hidden informal caregivers (not acknowledged in the above estimates) is unknown. It is commonly assumed that most figures underestimate the true extent of informal caregiving because they only acknowledge adults who identify themselves as caregivers when asked the following nationally standardized question: “There are situations where people provide regular care or assistance to a family member of friend who is elderly or has a long-term illness or disability. During the past month, did you provide any such care or assistance to a family member or friend who is 60 years of age or older?”
Family caregiver characteristics.

- Over half (57%) of adult caregivers are female, about two-thirds (65%) are employed, and 75% are under age 60. (Hawaii Department of Health, *Behavioral Risk Factor Surveillance System*, 2000.)

State of Hawaii: Age Distribution of Caregivers

- Though an estimated 14% of all adults are caregivers, this figure varies depending on gender, age, and race.

<table>
<thead>
<tr>
<th>State of Hawaii: Percent of adults that are caregivers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All adults</strong></td>
</tr>
<tr>
<td><strong>Gender</strong></td>
</tr>
<tr>
<td>Male</td>
</tr>
<tr>
<td>Female</td>
</tr>
<tr>
<td><strong>Age Group</strong></td>
</tr>
<tr>
<td>18-24</td>
</tr>
<tr>
<td>25-44</td>
</tr>
<tr>
<td>45-59</td>
</tr>
<tr>
<td>60-74</td>
</tr>
<tr>
<td>75-84</td>
</tr>
<tr>
<td>85+</td>
</tr>
<tr>
<td><strong>Race</strong></td>
</tr>
<tr>
<td>White</td>
</tr>
<tr>
<td>Hawaiian</td>
</tr>
<tr>
<td>Filipino</td>
</tr>
<tr>
<td>Japanese</td>
</tr>
<tr>
<td>Other</td>
</tr>
<tr>
<td><strong>Marital Status</strong></td>
</tr>
<tr>
<td>Married</td>
</tr>
<tr>
<td>Unmarried</td>
</tr>
</tbody>
</table>

• Over one-third (35%) of care recipients live with their caregivers; another 29% of care recipients live alone.

Where do Care Recipients Live?

- Care recipient’s home: 67%
- Alone: 29%
- w/ other relative/friend: 24%
- w/ Caregiver: 35%
- Other: 12%


• Over two-thirds (67%) of care is provided in the care recipient’s home.

Where is most of the care provided?

- Care recipient’s home: 67%
- Outside the home: 10%
- Other: 13%
- Caregiver’s home: 10%

A large majority (82%) of family caregivers care for older adults that receive additional care from other family members. About 20% of caregivers care for older adults who also use formal means of support. Caregivers under age 30 are more likely to be caring for an older adult who has other family helping them and less likely to be caring for an older adult who has formal support than other age groups. Caregivers age 70+ are more likely to be caring for an older adult who has professional caregivers or agencies providing help and less likely to be caring for an older adult who attends adult day care/health than other age groups.

![Graph showing caregivers by type of support](image)

**Others who provide care to the older adults**

- Adult day care/health: 19%
- Professional caregiver/agency: 22%
- Friends: 41%
- Family: 82%

Percent of caregivers whose recipients get additional care from this group


**Family caregivers provide a variety of support to older adults.**

Providing companionship, reassurance, and emotional support is most common, with 92% of caregivers providing this type of assistance. Eighty-five percent provide transportation in the form of rides to appointments and to do errands. Eighty percent of caregivers do housework, shopping, and meal preparation for older adults. Two-thirds help with paperwork, bill paying, and managing medications. Sixty-one percent of caregivers use their own funds to pay for food, household goods, and medicine. Other common forms of support are assistance walking and transferring (41%), and help bathing, dressing, toileting, feeding, and changing diapers (33%).

Caregivers age 60+ are more likely to help with paperwork, bill paying, managing medications, and providing funds than caregivers under age 60. Caregivers age 70+ as well as caregivers under age 30 are more likely to provide assistance walking or transferring than caregivers age 30-69 years.

### Types of Help Provided by Family Caregivers

<table>
<thead>
<tr>
<th>Types of Help</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Companionship, reassurance, emotional support</td>
<td>92%</td>
</tr>
<tr>
<td>Rides to appointments and to do errands</td>
<td>85%</td>
</tr>
<tr>
<td>Housework, shopping, and meal preparation</td>
<td>80%</td>
</tr>
<tr>
<td>Paperwork, bill paying, managing medications</td>
<td>66%</td>
</tr>
<tr>
<td>(provide funds) Paying for food, household goods,</td>
<td></td>
</tr>
<tr>
<td>medicine</td>
<td>61%</td>
</tr>
<tr>
<td>Walking, transferring</td>
<td>41%</td>
</tr>
<tr>
<td>Bathing, dressing, toileting, feeding, changing</td>
<td>33%</td>
</tr>
<tr>
<td>diapers</td>
<td></td>
</tr>
</tbody>
</table>

Caregiving affects caregiver’s lives in a variety of ways.

The support services informally provided by family caregivers take time and energy; therefore, caregiving has an impact on the life of the caregiver. Results from the 2004 Hawaii Health Survey show that the most common impact caregiving had on their (caregiver’s) lives was less time to travel and engage in hobbies of their own.

Many caregivers also had less time to run their errands and go to their own appointments. About one-third reported not getting enough sleep, going to work late, leaving early, or taking time off during the day to caregive. Some caregivers even took early retirement, a leave of absence, resigned, took a less demanding job, or turned down a promotion due to caregiving.

Other responses to how caregiving impacted their life included the following: stress, emotional issues, worry, no social life or avocations, schedule suffers, physical illness, less time for other family members, had to travel or relocate, and financial problems. Positive responses included “improved my life” and “awareness of senior issues”.

Impacts of caregiving (on caregiver)

- Have less time to travel or engage in hobbies: 40%
- Have less time to run my errands/go to appts: 37%
- Don't get enough sleep: 34%
- Go to work late, leave early, take time off during the day: 32%
- Taken early retirement, leave of absence, or resigned: 12%
- Taken less demanding job/turn down promotion: 10%

Family caregivers would consider using a variety of support services.

Fifty-four percent of family caregivers would consider getting information and training related to caregiving or consider health services for themselves. More than half would consider health services for the care recipient or help making a care plan, exploring care options, or finding services.

Almost half would consider companionship or emotional support or transportation for the care recipient. Other common considerations are light cleaning and meal preparation, day respite or supervision, caregiver support groups, overnight respite or supervision, personal or family counseling, bathing or personal services for the care recipient, and home delivered meals.

Caregivers age 30-59 are more likely to consider getting information and training; getting assistance making a care plan, exploring care options, and finding services; using transportation services; attending support groups; using counseling; and getting home delivered meals than caregivers in other age groups.

Caregivers age 60-69 were more likely to consider using services that provide companionship or emotional support to the care recipient; light cleaning, shopping, or meal preparation; overnight respite or supervision; and bathing or personal services than caregivers in other age groups.

<table>
<thead>
<tr>
<th>Types of Support Family Caregivers Would Consider Using</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Information &amp; training</td>
<td>54%</td>
</tr>
<tr>
<td>Health services for caregiver</td>
<td>54%</td>
</tr>
<tr>
<td>Health services for care recipient</td>
<td>53%</td>
</tr>
<tr>
<td>Making a care plan, exploring care options, finding services</td>
<td>51%</td>
</tr>
<tr>
<td>Companionship or emotional support for care recipient</td>
<td>48%</td>
</tr>
<tr>
<td>Transportation</td>
<td>46%</td>
</tr>
<tr>
<td>Light cleaning or meal preparation</td>
<td>43%</td>
</tr>
<tr>
<td>Day respite or supervision</td>
<td>43%</td>
</tr>
<tr>
<td>Caregiver support groups</td>
<td>41%</td>
</tr>
<tr>
<td>Overnight respite or supervision</td>
<td>35%</td>
</tr>
<tr>
<td>Personal or family counseling</td>
<td>35%</td>
</tr>
<tr>
<td>Bathing or personal services</td>
<td>33%</td>
</tr>
<tr>
<td>Home delivered meals</td>
<td>32%</td>
</tr>
</tbody>
</table>