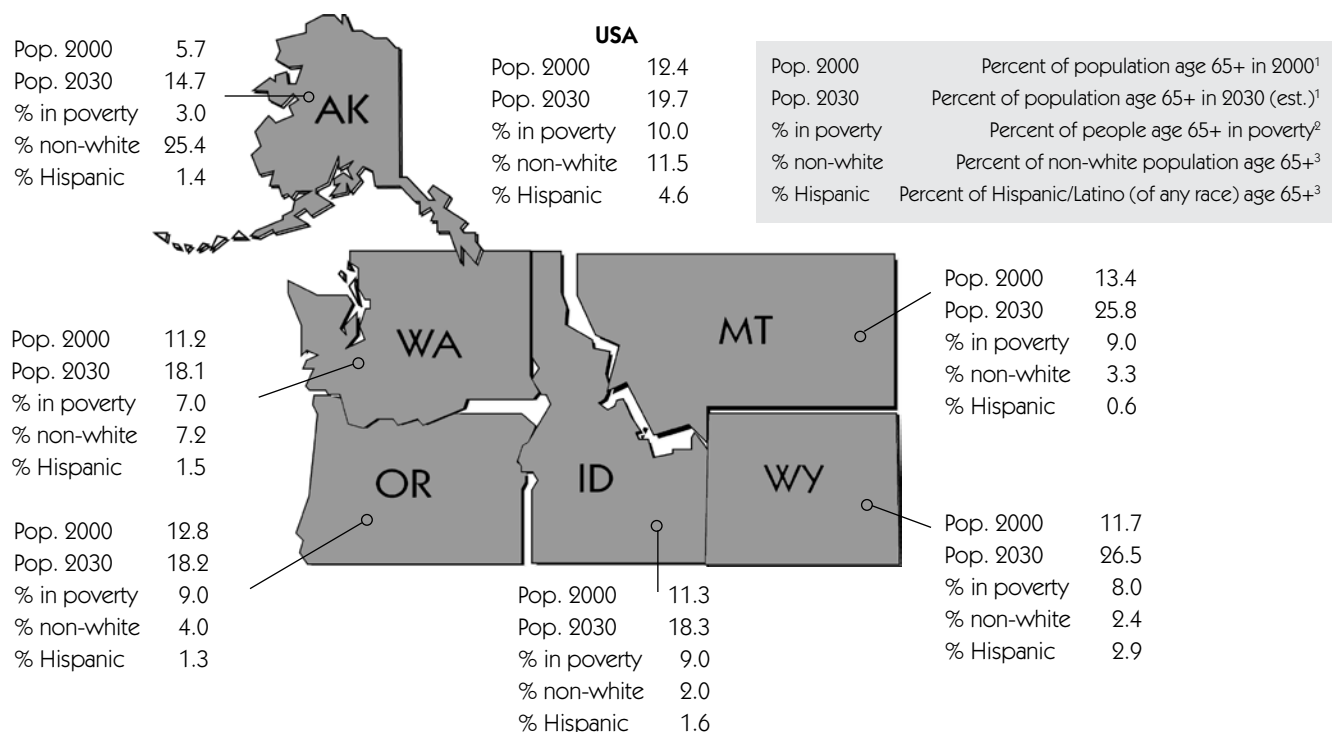


Northwest Elders Selected Demographics



Sources: ¹US Census. www.census.gov/population/www/projections/projectionsagesex.html; ²2002 American Community Survey Profile, <http://www.census.gov/acs/www/Products/Profiles/Single/2002/ACS/index.htm>; ³Census 2000 Summary Tables: Race and Ethnicity Data for Population Age 65 and Over (<http://factfinder.census.gov/>).

Selected Health Indicators of People 65 and Older

	HEALTH STATUS				HEALTH BEHAVIOR				PREVENTIVE CARE & SCREENING			
	Physically unhealthy days (mean # of days in past month)	Disability ¹ (%)	Frequent mental distress ² (%)	Oral health: complete tooth loss (%)	No leisure-time physical activity (%)	Eating 5+ fruits/veggies a day (%)	Obesity ³ (%)	Current smoking (%)	Flu vaccine in past year (%)	Ever had pneumonia shot (%)	Up-to-date on select preventive services ⁴ (men) (%)	Up-to-date on select preventive services ⁴ (women) (%)
	2004	2004	2003-04	2004	2004	2003	2004	2004	2004	2004	2004	2004
AK	5.0	35.7	8.1	23.0	34.9	23.7	23.4	12.5	64.1	57.2	37.1	28.4
ID	5.6	36.0	6.2	22.5	29.4	26.8	20.1	7.4	66.2	60.1	33.8	25.9
MT	5.8	31.6	5.6	19.6	29.4	30.2	17.2	9.7	72.2	71.6	46.0	36.0
OR	5.4	40.2	6.3	17.8	24.2	34.0	17.7	9.1	71.0	69.4	39.5	36.7
WA	5.5	40.1	5.8	16.1	26.0	29.7	19.3	8.7	67.9	65.8	38.5	34.1
WY	5.9	35.6	5.5	21.8	30.6	31.4	20.2	9.8	73.8	70.7	40.0	32.8
USA	5.5	34.0	6.3	21.3	31.9	29.8	20.2	9.3	68.1	64.7	38.4	31.6

¹Defined as being limited in any way in any activities because of physical, mental, or emotional problems, or any health problem that requires use of special equipment; ²Defined as 14 or more days in the past month that respondents' mental health was not good because of stress, depression, and problems with emotions; ³A body mass index greater than or equal to 30 kg/m²; ⁴Includes recent flu vaccine, pneumonia shot, mammography (women only), sigmoidoscopy, and colonoscopy.

Source: The State of Aging and Health in America 2007. http://www.cdc.gov/Aging/pdf/saha_2007.pdf. This report draws on data from the CDC's Behavioral Risk Factor Surveillance System (BRFSS). BRFSS is a state-based telephone survey using self-reported data that has not been confirmed by a health care provider. The survey does not include people who do not have telephones or who live in institutions, such as nursing homes, and also may underrepresent people who have functional impairments.

Data researched and compiled by Maggie Jones.