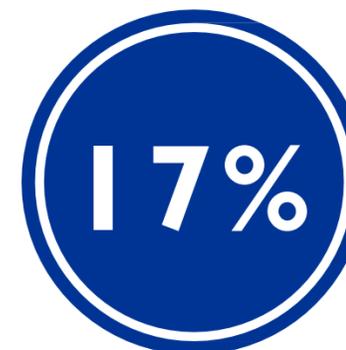




# PHYSICAL HEALTH



Over three fourths of older adults report that their general health is "excellent" (12%), "very good" (34%) or "good" (32%)



rate their general health as "fair" and 5% "poor"

## CHRONIC HEALTH CONDITIONS



Arthritis, rheumatoid arthritis, gout, etc. (62%)



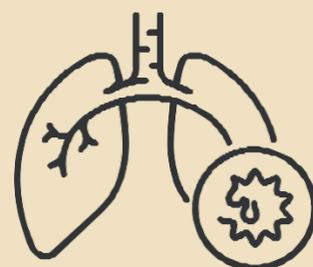
High blood pressure (60%)



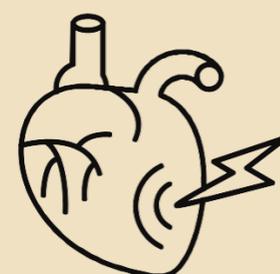
Diabetes (24%)



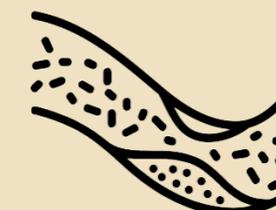
Cancer (24%)



Asthma, emphysema, chronic bronchitis, etc. (23%)

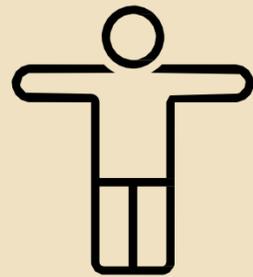


Coronary heart disease (17%)

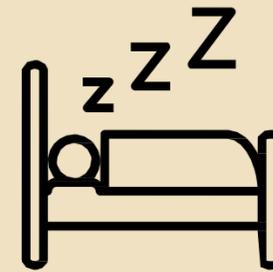
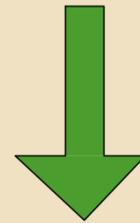


Heart attack (8%)

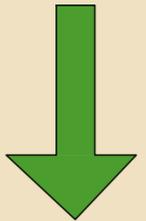
# PHYSICAL HEALTH



The mean "physical function" score for the sample was 47.6, slightly lower than the mean = 50 for the general US population



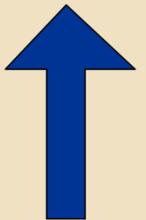
The mean "sleep disturbance" score was 48.3, lower than the national norm



The mean "ability to participate in social roles / activities" was 54.1, higher than the general US population (M = 50)



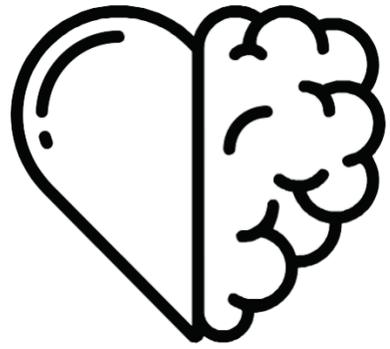
The mean "pain interference" score was 52.2, slightly higher than the national norm



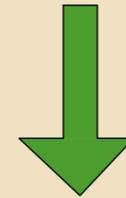
The mean "fatigue" score was 48.4, lower than the national norm



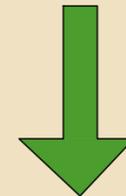
# MENTAL HEALTH & COGNITIVE FUNCTION



The mean "depression" score was 46.8, lower than the national norm



The mean "anxiety" score was 47.5, lower than the national norm



The mean "cognitive function" score was 51.7, above the national norm of 50



# PHYSICAL HEALTH & HEALTH BEHAVIORS

## ALLEGHENY COUNTY VS. PA/UNITED STATES



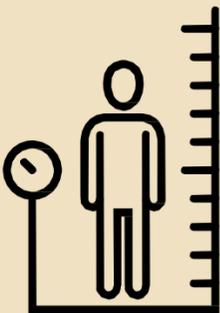
Older adults in Allegheny County reported similar levels of self-rated health to those in PA and the US



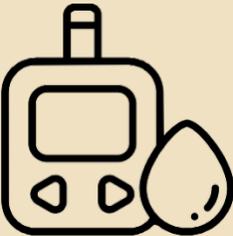
Smoking rates are similar to those for older adults in PA and the US



Physical activity / exercise levels were slightly lower for local older adults



Mean Body Mass Index levels were slightly higher for Allegheny County older adults



Local older adults report slightly higher levels of diabetes than their PA and US counterparts



Local older adults were more likely to report receiving flu and pneumonia vaccines