

Age Associated Changes in I/DD Population

A Supplemental Document to Session 2 in Webinar Series

Risk Factors for Ambulatory Care Sensitive Conditions

| | Cross-Culture | General ID/DD Population | Risk Factors in General ID/DD Population |
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| Osteoporosis | <ul style="list-style-type: none"> High risk factors for Asian, white Hispanics and non-Hispanics | <ul style="list-style-type: none"> Type 1 - pre-senile osteoporosis <ul style="list-style-type: none"> Menopause (prior to age of 70) Female (white - fair skin/Asian) HRT/medications Type 2- senile osteoporosis <ul style="list-style-type: none"> Diet (live long poor diet/lack of exercise) Male - 12% of bone mass (African Males males low) Female - up to 25% of bone mass Reduced Vitamin D production by skin Diet therapy (vitamin D/Calcium/P/FI) | <ul style="list-style-type: none"> Gender - White or Asian females Smoking Alcohol Menopause Poor diet Racial - Female/male African-Americans have the lowest incidents |
| Cardiovascular | <ul style="list-style-type: none"> Cardiovascular mortality rates in African-Americans aged 35 to 64 are more than twice those in whites of the same age. | <ul style="list-style-type: none"> African-American adults are twice as likely to have a stroke as White adult counterparts. African-American males are 60% more likely to die from a stroke | <ul style="list-style-type: none"> Family history High blood pressure High cholesterol Diabetes 2 Obesity |

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- Hypertension has been identified as the single most significant cause of death, independent of socioeconomic status, in African- American males.
 - Native Americans males have a higher incidence of stroke and heart attack than whites.
 - African-American men were 30% more likely to die from heart disease compared to non-Hispanic white men.
 - African-Americans were 1.4 times as likely as non-Hispanic whites to have high blood pressure.
- than White adult counterparts.
 - African-American stroke survivors are more likely to become disabled and have difficulty with activities of daily living than non-Hispanic white counterparts.
 - The risk of stroke death is four times higher at ages 35 to 54; three times higher at ages 55 to 64; and almost two times higher at ages 65 to 74 in African-Americans as compared with the US non-Hispanic white population.
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