The State of the State

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Presentation Goals

• Mental health overview
• Data findings
  – Data regarding mental health was obtained for each county in Iowa for individuals over the age of 65
    • Prevalence rates
    • Supply of providers
    • Service use
• Future research
Mental Health Overview

• Between 15-25% of individuals over age 65 suffer from significant symptoms of mental illness
• The most common disorders are anxiety, mood disorders, and cognitive impairment
  – 5% have diagnosable depression
  – 14% have significant symptoms of depression
  – 11% have anxiety disorders
• Less than 1.5% of all direct of health care among the elderly is spent on mental health
Overview continue

- Mental health providers
  - Shortage of trained geriatric mental health professions nationwide
  - The shortage of providers is greatest in rural areas
  - Most mental health care services are provided by
    - Primary care providers
    - Nursing homes
    - Hospital care (scatter beds)
Prevalence Rates

• Census Data
  – Mental Disability
    • National Average – 108 per 1000 individuals over the age of 65
    • Iowa Average – 76 per 1000 individuals over the age of 65
    • Range – 36 – 106 individuals with mental illness per 1000 individuals over the age of 65
Prevalence of mental disability
Prevalence rates continue

- University of Texas Medical Branch
  - Any mental health illness
    • State average – 127 individuals per 1000 residents over the age of 65
    • Range 109 – 138 individuals per 1000 residents
  - Any affective disorder
    • State average – 29 individuals per 1000 residents over the age of 65
    • Range 26 – 31 individuals per 1000 residents
  - Schizophrenia
    • State average – 1 individuals per 1000 residents over the age of 65
    • Range 1 – 2 individuals per 1000 residents
Prevalence rates continue

- University of Texas Medical Branch
  - Cognitive impairment
    - State average – 19 individuals per 1000 residents over the age of 65
    - Range 10 – 24 individuals per 1000 residents
  - Alcohol / Substance abuse
    - State average – 13 individuals per 1000 residents over the age of 65
    - Range 10 – 15 individuals per 1000 residents
Prevalence of any mental illness
Prevalence rates continue

• Minimum Data Set Repository (MDS)
  – Depression
    • National Average – 150 individuals per 1000 nursing home residents
    • Iowa Average – 170 individuals per 1000 nursing home residents
    • Range – 37 – 404 individuals per 1000 nursing home residents
  – Delirium***
    • National Average – 30 individuals per 1000 nursing home residents
    • Iowa Average – 50 individuals per 1000 nursing home residents
Prevalence of depression in nursing homes
Iowa Mental Health Providers

• Primary Care Providers
  – Family practice, geriatric medicine, internal medicine, family medicine
    • State average -- 6 PCP per 1000 residents over the age of 65
    • Range <1 – 111 PCP per 1000 residents over the age of 65

• Mental Health Specialist
  – Neurology/psychiatry, psychiatry, geriatric psychiatry
    • State average – .7 mental health specialists per 1000 residents over the age of 65
    • Range – 0 – 22 mental health specialists per 1000 residents over the age of 65
Primary care providers
Mental health specialists
Mental Health Service Use

- A survey was sent to CPC administrators
- CPC administrators responded from 23 different counties
- The goal of the survey was to identify basic mental services used by the elderly
Services available through CPC or CMHC

- Crisis support / emergency treatment – 21 counties
- Mental health assessment – 23 counties
- Evaluation by psychiatrist – 20 counties
- Individual treatment/therapy – 23 counties
- Group treatment/therapy – 19 counties
- Family therapy – 13 counties
- Medication management – 20 counties
- Case management – 11 counties
- Self help groups – 10 counties
- Partial day / night treatment – 4 counties
- Other services included peer programs, elderly outreach programs
Community locations which host county mental health providers

- Senior center – 2 counties
- Congregate housing community – 2 counties
- Congregate meal plans – 2 counties
- Religious social services – 2 counties
- Substance abuse treatment center – 6 counties
- In home health – 4 counties
- Adult day care – 5 counties
- Assisted living facility – 4 counties
- Nursing home facility – 6 counties
- Other locations included individuals homes and outreach programs
Programs targeting older adults

• 5 counties reported programs directly targeting older adults
  – Alzheimer support groups
  – Mental health outreach
  – Residential care facility
Training/educational opportunities

• 8 counties had professional training seminars targeted towards older adults
  – Included depression, alcohol abuse, dementia

• 10 counties had education programs for the community geared towards older adults
  – Included dementia, depression, elderly peer program
Methods to improve mental health services

• Increase the number of clinicians
• Improve transportation issues
• Increase mental health educational opportunities for the community and physicians
• Increase public awareness of programs
Future data to be obtained

- Hospital Data – Iowa Hospital Association
- Medicare Data – CMS
- Survey of individuals providers under contract with CPC
Conclusions

• Nursing home depression rates are lower in communities where services are available
• Metro areas have highest number of primary care providers
• Rural counties lack specialists
• Outreach service programs within counties are not readily available
This data was collected from the following sources: The University of Texas, The US Census Bureau, and the Medicare.Gov website.
Iowa State Statistics - County Detail

Polk County

Population: 37680
ERS Metro: 1
ERS Code: 2
Mental Health Catchment Area: 9

Census Data

Mental disability prevalence per 1000 residents: 84.79

Provider Information Data

Primary care per 1000 residents: 21.28
Specialists per 1000 residents: 1.70

Nursing Home Data

Prevalence of nursing home patients depressed per 1000 nursing home residents: 124.6
Prevalence of short term nursing home patients suffering from delirium per 1000 nursing home residents: 0.8

University of Texas Data

Any mental health disorder prevalence per 1000: 119.32
Any affective disorder prevalence per 1000: 29.43
Major depression prevalence per 1000: 11.25
Depression/dysthymia prevalence per 1000: 17.62
Phobia/som/pan/anorx/obcom prevalence per 1000: 73.54
Cognitive impairment prevalence per 1000: 16.69
Schizophrenia/Schizophreniform prevalence per 1000: 1.17
Somatization prevalence per 1000: 0.42
Anxiety/somatization prevalence per 1000: 66.93
Substance use/alcohol abuse prevalence per 1000: 11.44
Mills County

Population: 1811
ERS Metro: 1
ERS Code: 2
Mental Health Catchment Area: 13

Census Data

Mental disability prevalence per 1000 residents: 92.77

Provider Information Data

Primary care per 1000 residents: 3.31
Specialists per 1000 residents: 0.55

Nursing Home Data

Prevalence of nursing home patients depressed per 1000 nursing home residents: 236.2
Prevalence of short term nursing home patients suffering from delirium per 1000 nursing home residents: 0

University of Texas Data

Any mental health disorder prevalence per 1000: 136.94
Any affective disorder prevalence per 1000: 30.37
Major depression prevalence per 1000: 12.15
Depression/dysthymia prevalence per 1000: 17.67
Phobia/som/pan/anorx/obcom prevalence per 1000: 83.93
Cognitive impairment prevalence per 1000: 20.98
Schizophrenia/Schizophreniform prevalence per 1000: 1.66
Somatization prevalence per 1000: 0.55
Anxiety/somatization prevalence per 1000: 75.65
Substance use/alcohol abuse prevalence per 1000: 12.70
References

- Merck Manual of Geriatrics
- Minimum Data Set Repository
- United States Census
- University of Iowa Geriatric Education
- University of Texas Medical Branch