

# **DIVISION OF MENTAL HEALTH, DEVELOPMENTAL DISABILITIES, AND SUBSTANCE ABUSE SERVICES**

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## **Mental Health, Substance Use, and Aging: What the Numbers Tell Us**

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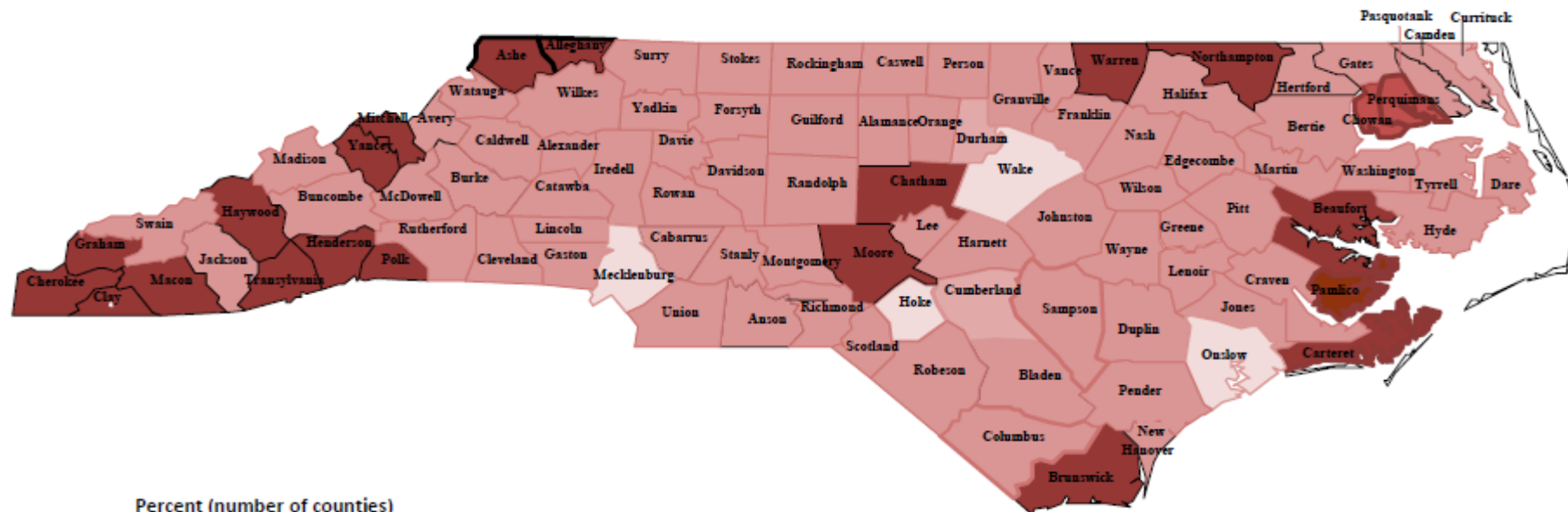
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**Mental Health Program Manager**

**June 4, 2015**



## N.C. DEPARTMENT OF HEALTH AND HUMAN SERVICES

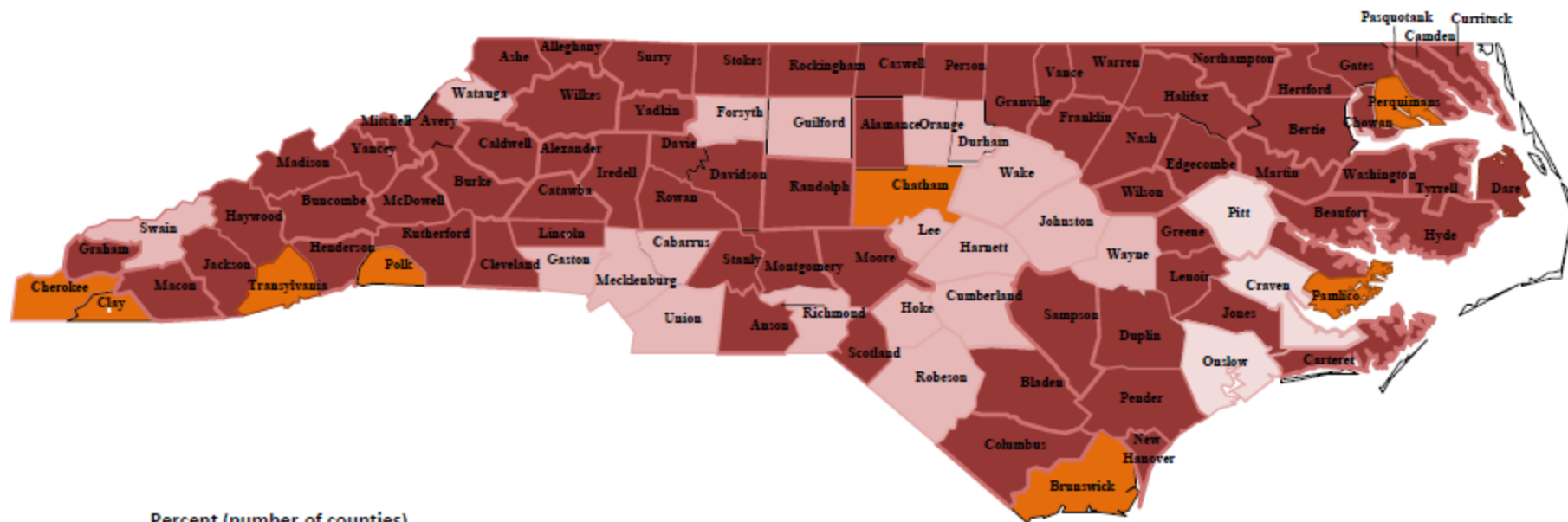
NC Population Projections	Year 2010	Year 2020	Year 2030	% Population Growth 2010 to 2030
<b>Total NC Population</b>	9,574,477	10,558,749	11,558,205	<b>17%</b>
<b>Age</b>				
55 - 64	1,149,681	1,351,791	1,376,042	17%
65 - 74	703,965	1,056,131	1,252,828	44%
75 - 84	361,108	528,492	758,911	52%
85 - 94	137,982	171,689	236,982	42%
95 - 100+	11,069	18,404	24,237	54%
<b>Total Age 55+ Population</b>	2,393,805	3,126,507	3,681,000	<b>35%</b>



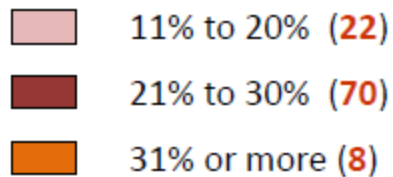
Percent (number of counties)

- 10% or less (4)
- 11% to 20% (74)      North Carolina – 14%
- 21% to 30% (22)      Range: 8%-28%

# % of population 65 and over, 2033



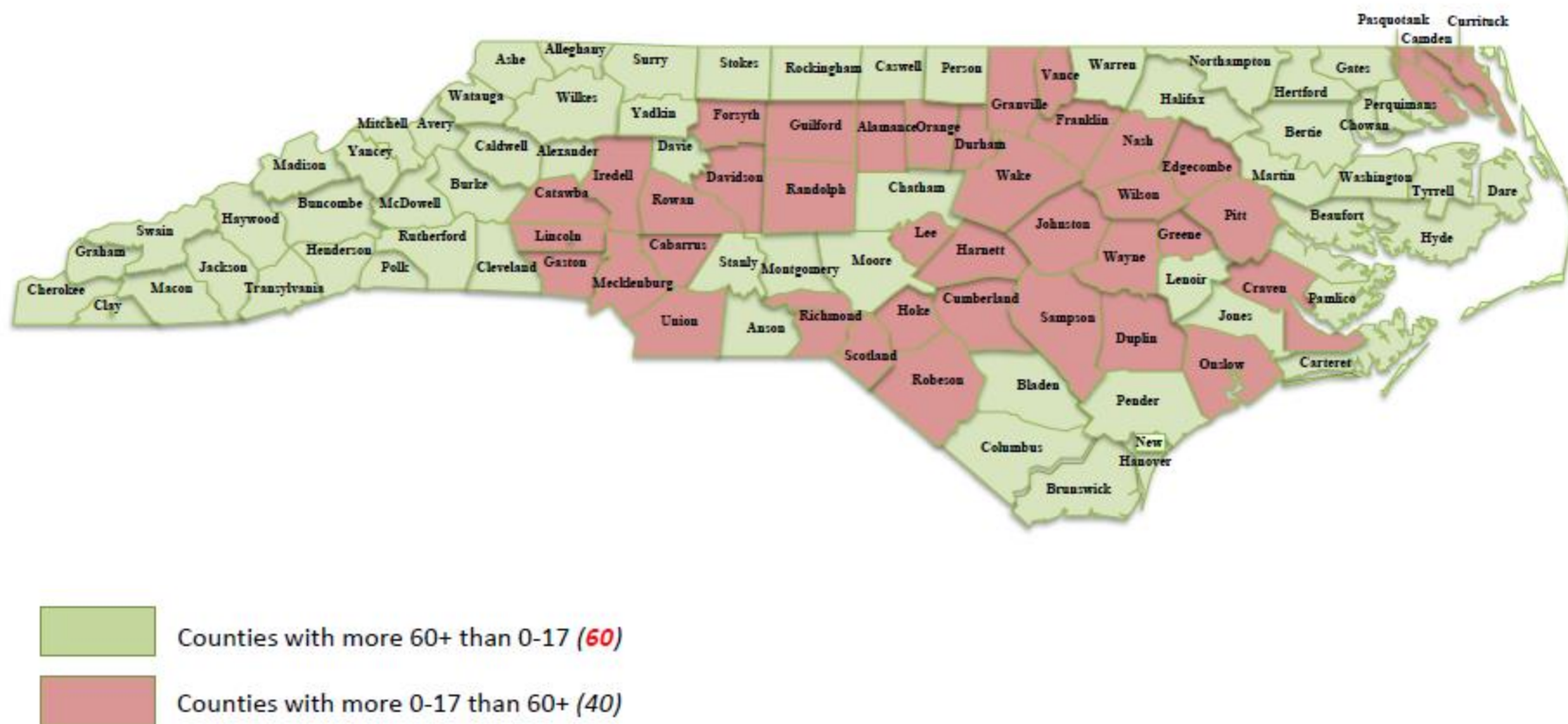
Percent (number of counties)



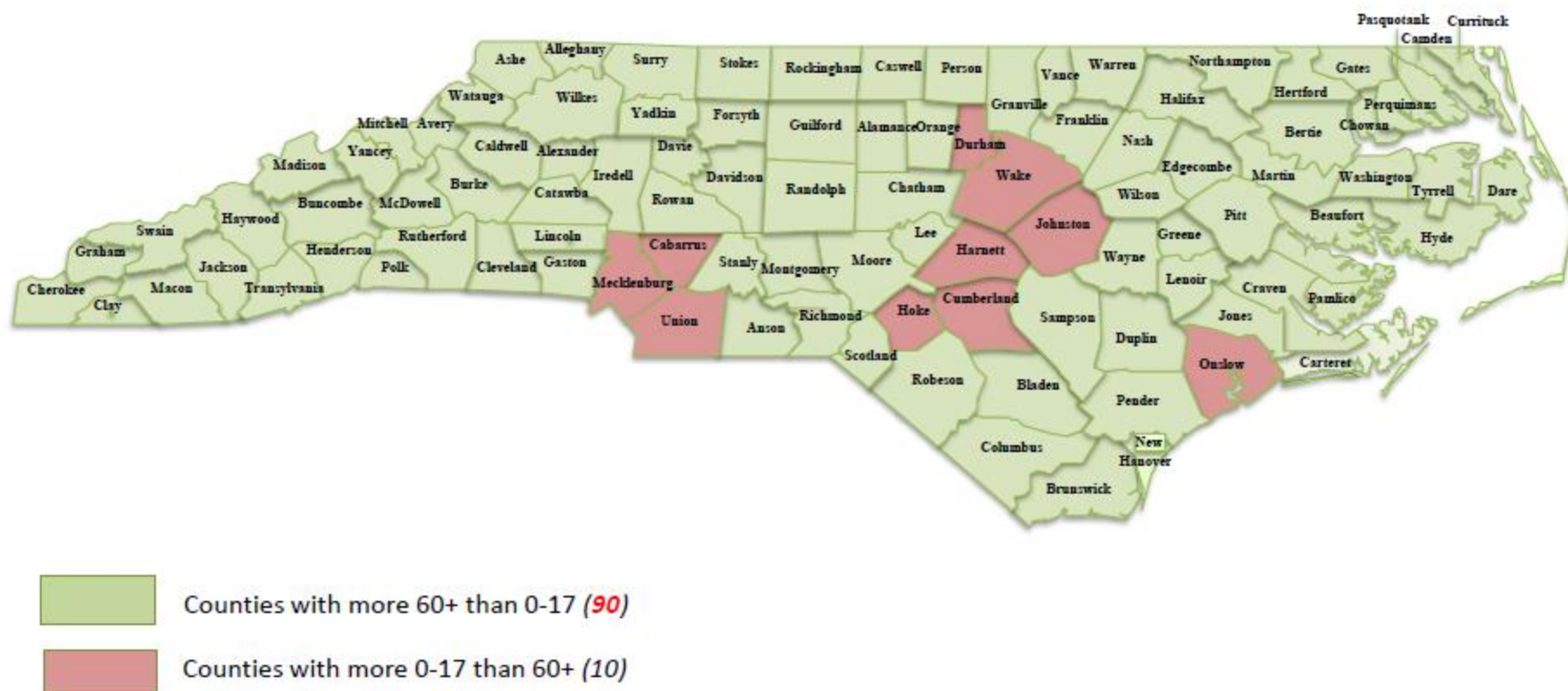
North Carolina – 20%

Range: 11%-34%

# Counties with more people 60+ than 0-17, 2013



### Counties with more people 60+ than 0-17, 2025



Source: NC State Data Center, 10/1/2014



# Depression and Older Adults

## Statistics:

Living in Community - 1%-5%\*

Hospitalized - 12%

Receiving Home Care - 14%

Nursing Home - 29% - 54%



# 2014 Veteran Aging Statistics

Total Veteran = 21,999,108

Age 60+ = 12,034,845 - 55%

Total NC Veterans = 775,020

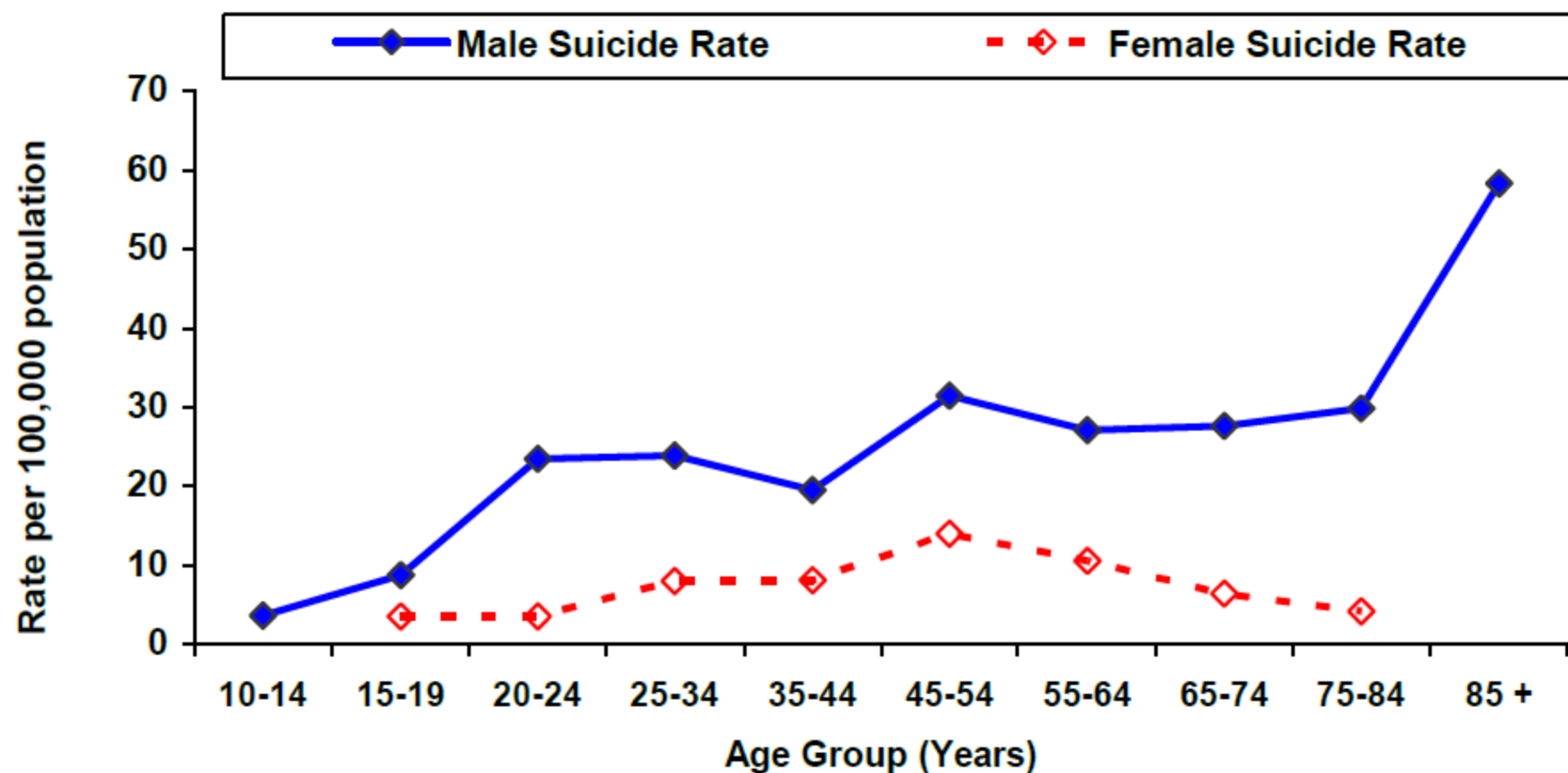
Age 60+ = 388,394 - 50%

Males Age 60 + = 372,126 - 54%

Females Age 60+ = 16,268 - 2%



Figure 15: Age-Specific Suicide Rate Stratified by Age Group and Sex for Ages 10 or Older in North Carolina, 2012



**Note:** The number of suicides for females ages 10-14 and females ages 85+ was too small to support a rate calculation.

**Table 15: Age Group by Sex of Suicide Victims  
for Ages 10 or Older in North Carolina, 2012**

	Male			Female		
	Number	%	Rate	Number	%	Rate
Age (Years)						
10-14	12	1.3	3.6	3	0.9	*
15-19	29	3.1	8.7	11	3.3	3.5
20-24	84	8.9	23.4	12	3.6	3.5
25-34	150	15.9	23.9	51	15.3	8.0
35-44	126	13.4	19.5	54	16.2	8.1
45-54	209	22.2	31.4	98	29.3	14.0
55-64	154	16.3	27.1	67	20.1	10.6
65-74	100	10.6	27.6	27	8.1	6.4
75-84	50	5.3	29.8	10	3.0	4.2
85 +	29	3.1	58.3	1	0.3	*
<b>Total Deaths</b>	<b>943</b>	<b>100</b>	<b>23.0</b>	<b>334</b>	<b>100</b>	<b>7.6</b>

Sex and age-specific crude rate per 100,000 N.C. population

\* The number of deaths was too small to support calculation of a rate.



# Suicide and Older Adults

- The elderly (ages 65 and older) made up 13.75% of the population; accounted for 16.37% of all suicides
- The rate of suicides for the elderly for 2012 was 15.4 per 100,000.
- There was about one elderly suicide every 80 minutes.
- There were about 18.2 suicides each day resulting in 6,648 suicides in among those 65 and older



# Suicide and Older Adults

- Elderly white men were at the highest risk with a rate of approximately 32.24 suicides per 100,000 each year.
- 83.6% of elderly suicides were male; the rate of male suicides in late life was about 5.25 times greater than female suicides.
- Firearms were the most common means (72.1%) used for completing suicide among the elderly.



# Substance Use and Older Adults

*“The ‘baby boomer’ cohort - people born from 1946 to 1964 - is the first in U.S. history with a majority having used illicit drugs sometime in their lives.”*

Joseph C. Gfroerer, Director of the Division of Population Surveys at SAMHSA’s Office of Applied Studies (OAS).



# Substance Use and Older Adults

- Estimated 4.8 million adults aged 50 + used illicit drugs 2012 - 5.2% of all adults in age group.
- Marijuana most commonly, nonmedical use of prescription drugs second.
- Prevalence of illicit drug use higher adults aged 50 to 59 than those aged 60 and older.
- Alcohol - most common primary substance of abuse among older adult admitted for treatment.



# Substance Use and Older Adults

First-time substance abuse treatment admissions aged 55+ :

- Admissions self-identified heroin 7.2% in 1992 to 16% in 2008
- Admissions self-identified cocaine from 2.8% to 11.4% \*

\*Reardon, Christina. (January/February 2012 Issue). The Changing Face of Older Adult Substance Abuse. Retrieved from <http://www.socialworktoday.com/archive/012312p8.shtml>.



## N.C. DEPARTMENT OF HEALTH AND HUMAN SERVICES

### References

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N.C. DEPARTMENT OF HEALTH AND HUMAN SERVICES

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