Aging and aging well in the 21st century

Joseph Agostini, MD
Aging in self-portrait

1629
age 23

1640
age 34

1659
age 53

1669
age 63

1Germanisches Nationalmuseum, Nuremberg
2National Gallery, London
3National Gallery of Art, Washington, D.C.
4National Gallery, London
U.S. Population: 65 years and older


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Aging trends in the U.S.

1. Older adult (65+) population will increase from 16% (54 million) in 2019 to 21.6% (98 million) in the U.S. by 2040.

2. White 65+ population will grow by 59% through 2030 versus 160% for older minorities.

3. People reaching age 65 in 2019 have an average life expectancy of an added 19.6 years.

4. ~1 in 10 (8.9% or 4.9 million) live below the poverty level.

5. Education level varies widely by race and ethnicity. 33% had a bachelor’s degree or higher in 2020.

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1. 2020 Profile of Older Americans; available at acl.gov/sites/default/files/Aging%20and%20Disability%20in%20America/2020ProfileOlderAmericans.Final_.pdf
2. Older Adults’ Health and Age-Related Changes (apa.org)

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Chronic condition prevalence: Medicare population

- 92% of Medicare-aged adults have at least one chronic condition.
- 77% have two or more chronic conditions.

Multiple chronic conditions in Medicare population

Disability and physical functioning in Medicare aged adults

Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey, 2019

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Addressing the needs of the aging population: The Geriatric “5 Ms”

<table>
<thead>
<tr>
<th>Mind</th>
<th>Mobility</th>
<th>Medications</th>
<th>What Matters Most</th>
<th>Multicomplexity</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Mentation</td>
<td>• Amount of mobility</td>
<td>• Polypharmacy</td>
<td>• Meaningful health outcome goals</td>
<td>• Whole person care</td>
</tr>
<tr>
<td>• Dementia</td>
<td>• Function</td>
<td>• Optimal prescribing</td>
<td>• Care preferences</td>
<td>• Chronic conditions</td>
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<tr>
<td>• Delirium</td>
<td>• Impaired gait</td>
<td>• Adverse effects</td>
<td></td>
<td>• Advanced illness</td>
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<tr>
<td>• Depression</td>
<td>• Prevention</td>
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Adapted by the American Geriatrics Society (AGS) with permission from "The public launch of the Geriatric 5Ms [on-line],” by F. Molnar et al and available from Can Geriatr Soc J CME 2017 Apr 28.
What matters most: Defining patient priorities and goals of care

What challenges, burdensome, unwanted?

What’s desired by patient?

Solicit patient priorities → Align care to patient goals → Re-assess over time
Independence at home: 2021 survey, age 50+ respondents

77% want to remain in their homes as they age

34% would need to make modifications to their current residence in the event they needed physical assistance

50+ year old respondents describe the home modifications they would need to live independently

Source: 2021 Home and Community Preferences Survey: A National Survey of Adults Age 18-Plus; https://livablecommunities.aarpinternational.org/
Maintaining independence at home: examples

Digital tools
- Bio-monitoring devices in homes
- Web based health trackers
- Personal Emergency Response System (wrist device or pendant)
- Virtual care visits

Telephonic engagement
- Complex condition management
- Medication reviews
- Healthcare navigators and advocates

“Healthy at Home”
- Meals after every discharge
- Rides after every discharge
- In-home care after every discharge

Aging in place through innovation
Social determinants of health and social prescribing

<table>
<thead>
<tr>
<th>Screen</th>
<th>Identify</th>
<th>Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>• In-person HouseCalls</td>
<td>• Family / social support</td>
<td>Connect people with personalized resources</td>
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<tr>
<td>• Customer service</td>
<td>• Food security</td>
<td>• Post-discharge support</td>
</tr>
<tr>
<td>• Healthcare navigators</td>
<td>• Transportation</td>
<td>- Meal delivery</td>
</tr>
<tr>
<td>• Case &amp; disease management</td>
<td>• Financial security</td>
<td>- Transportation benefit</td>
</tr>
<tr>
<td>• Health risk assessments</td>
<td>• Health literacy</td>
<td>- Personal in-home care</td>
</tr>
<tr>
<td>• Traditional claims data</td>
<td>• Caregiver needs</td>
<td>• Behavioral health support</td>
</tr>
</tbody>
</table>

80% of health and well-being is tied to social and economic factors, physical environment and health behaviors¹

85% of physicians report that unmet social needs lead to poorer health outcomes²

¹Robert Wood Johnson Foundation, County Health Rankings, "Relationships between Determinant Factors and Health Outcomes" 2016

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Whole person approach to care in Medicare population

Differentiators

1. Power of the enterprise
   Infrastructure and innovation

2. Care navigation
   Personalized, single point of contact for high-risk members.

3. Care in the home
   Leveraging virtual, digital and in-person modalities to address needs across the health spectrum.

4. Member engagement
   Integration of clinical programs for a seamless retiree experience.

In-home visits
Social Determinants of Health
Wellness & Incentives
Advocate4Me
Navigate4Me
Remote Monitoring Tools
Care & Disease Management
Integrated Medical-Behavioral Health
Prevention and well-being with digital support

**Chronic condition prevention**
- Weight Loss
- Diabetes Prevention
- Nicotine Cessation

**Coaching support for everyday well-being**
- Stress
- Sleep
- Nutrition
- Exercise
- Diabetes Management
- General Wellness
- Family
- Cardiovascular

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Mental health
Defeat the “blues” campaign

Resilience  Resourcefulness  Gratitude
Kindness  Mindfulness  Wellness
Resilience and resourcefulness tools

Mental Health

Overwhelmed by worry?
Learn 6 ways to take back control.
READ NOW

Emotional health
Find resources designed to inspire and empower you to live your life to the fullest.
EXPLORE NOW

5 minute meditation
Dip your toe in the mindfulness waters by giving this quick meditation a try
TRY NOW

Cognitive health
Resources to help protect or improve your health, memory and cognitive function.
EXPLORE NOW
Engaging people to promote wellbeing: Videos

- Painting
- Yoga
- Meditation
Engaging in mindfulness and self-guided support

A digital treatment support self-help app based on Cognitive Behavioral Therapy (CBT) and mindfulness meditation that provides recommendations for activities designed to be effective in the moment

- Mood and health data tracking over time
- Integrated goal-setting and progress assessments
- Interactive psychoeducation
- Relaxation techniques and coping tools

On-demand self-help for stress, anxiety and depression
The aging of the U.S. population requires special attention to the unique needs of the Medicare-aged population.

A whole person approach to care and population health takes into account patient priorities in the context of the evidence-base for wellness and chronic condition care.

Regular access to primary (and specialty) care with an emphasis on geriatrics principles can contribute to better outcomes.

There is a growing array of tools and support programs, specifically designed for the physical, behavioral, and social needs of older adults.
Questions