

ALZHEIMER'S DISEASE IN LOS ANGELES



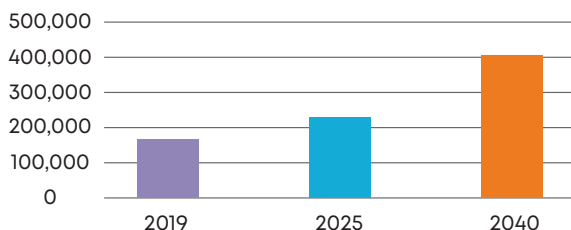
PREVALENCE & INCIDENCE OF ALZHEIMER'S DISEASE¹

Of the 6.9 million people in the United States living with Alzheimer's disease (AD), over **719,700 live in California**ⁱ. An estimated **190,300** Los Angeles County residents aged

65 years and older are living with Alzheimer's and other dementiasⁱⁱ. **By 2040, the number of Californians with Alzheimer's and other dementias is expected to increase by 127% and the number of Angelenos living with Alzheimer's and other dementias will increase 135%**ⁱⁱⁱ. Numbers are based on research projections, not actual diagnoses, because this disease continues to be under-diagnosed, particularly in communities of color^{iv}.

Age is the biggest risk factor for developing dementia. Due to increased access to better health care, longer life expectancy, and record low birth rates, California is aging rapidly. The state's overall population is project to increase by 11.7 million people

Number of People Age 65+ in Los Angeles County with Alzheimer's Disease



Source: Ross, L, Beld, M, and Yeh, J. (2021). *Alzheimer's Disease and Related Dementias Facts and Figures in California: Current Status and Future Projections*. Report prepared for the California Department of Public Health, Sacramento, CA at the Institute for Health and Aging, University of California, San Francisco, CA.

¹ This report provides data about Alzheimer's disease (AD). In other cases, the reference may also be a more general Alzheimer's disease and other dementias. Racial and ethnic terms used in this report reflect the source data.

by 2060, with the population age 60 years and over expected to grow more than three times as fast as the total population^v. **By 2060, adults 65 and over will make up over 25% of California's population**^{vi}. Since age is the strongest risk factor for Alzheimer's, the state faces a growing wave of people who will be coping with this condition.

In Los Angeles County, the population over age 65 is projected to increase 46% from 2020 to 2060^{vii}. California's baby boomers (people born between 1946 and 1964) include approximately 8.3 million people, with an estimated 1.7 million expected to develop Alzheimer's and other dementias^{viii}. With the leading edge of baby boomers approaching 80 years old, the age group with the highest rates of dementia, we can expect this number to continue to increase.

This dramatic increase will disproportionately affect Black/African American and Latino older adults as they have more risk factors for dementia.



In the United States ^{ix}:

- Black older adults are about twice as likely to have Alzheimer's and other dementias as White older adults.
- Hispanic older adults are about one and one-half times as likely to have Alzheimer's and other dementias as White older adults.
- Older Asian Americans are comparable to older Whites in their burden of Alzheimer's and other dementias with some variability by national origin.

In addition to the aging of the population, some ethnic groups, especially Latinos and Black/African Americans, face factors that are contributing to an increase in prevalence of the disease including socio-economic, racial, and ethnic inequalities, discrimination, high burden of chronic health conditions, and limited access to quality healthcare.

LOS ANGELES

There are an estimated **190,300 Angelinos, age 65 or older living with Alzheimer's and other dementias** ^{xi}. Los Angeles is one of the most ethnically and culturally diverse counties in California. Healthcare services, education, and outreach must be available in diverse languages and made appropriate for people from different cultures and with differing literacy levels. In Los Angeles County, **53% of adults have low literacy levels** ^{xii}.

CAREGIVING & ALZHEIMER'S DISEASE

For every person with Alzheimer's disease and other dementias, there are 1 to 3 people providing care. **More than 1.3 million Californians provide informal care for someone within their family with AD** ^{xiii}. In LA County, an estimated 322,280 adults provided care to people with dementia and cognitive impairment ^{xiv}.

Californians provide an estimated 1.8 billion hours of unpaid caregiving, valued at over \$44 billion ^{xv}. Caregiving often includes assistance with needs such as bathing or dressing, as well as providing help paying bills, shopping, or using transportation. Caregivers also provide emotional support to people with dementia, as well as other forms of help, such as communicating and coordinating care with other family members and healthcare providers. Two-thirds of dementia caregivers say they perform medical/nursing tasks. More than half of those caregivers do these tasks with no prior training or preparation ^{xvi}.

These caregiving responsibilities can have an impact on an individual's mental and physical health. Compared with caregivers of people without dementia, caregivers of people with dementia report more financial, emotional, and physical difficulties. For example, **59% of family caregivers of people with dementia rated the emotional stress as high or very high** compared to 38% percent of non-dementia caregivers ^{xvii}. As a result, caregivers of people living with Alzheimer's in California had over \$1.1 billion dollars in higher healthcare costs ^{xviii}.

COST OF CARE

The cost to Medi-Cal programs for individuals with dementia is **2.5 times greater** than the cost for individuals without dementia ^{xix}. Given the expected increase in the number of people living with Alzheimer’s and other dementias, the projected cost of these diseases is also expected to increase dramatically. In 2020, California’s Medi-Cal program spent over **\$4.1 billion** on enrollees with dementia with those costs estimated to **increase to \$5.2 billion in 2025** driven by long-term care expenditures and the greater percentage of people with dementia who are eligible for Medi-Cal ^{xx}.

TOTAL COST OF CARING FOR CALIFORNIANS WITH ALZHEIMER’S DISEASE (AD) WHO LIVE IN THE COMMUNITY VERSUS IN INSTITUTIONS^{xxi}

SETTING	2008	2040	PERCENT CHANGE
Community	64.3 billion	144.1 billion	124%
Institutions	3.4 billion	9.2 billion	170%



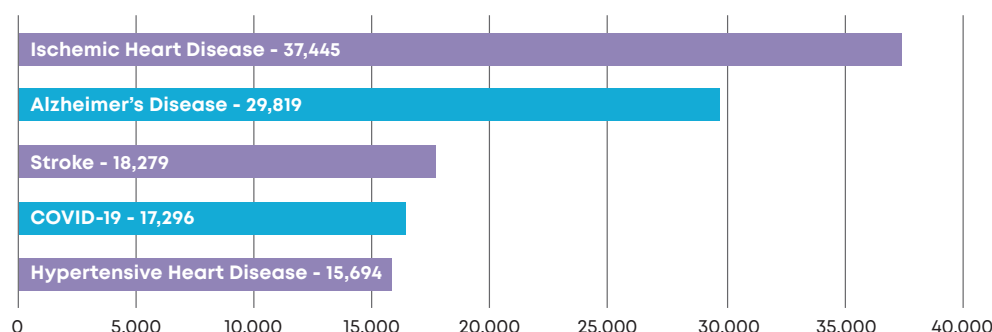
An estimated 65% of older adults with Alzheimer’s and other dementias live in the community^{xxii}. In California, home care for a person with dementia can cost over \$64,018 annually, assisted living averages \$54,000 annually, and skilled nursing facility care is even more, ranging between \$105,120 and \$127,750 annually^{xxiii}. These services are generally **NOT** covered by Medicare, and they are only covered by Medi-Cal if the individual is extremely low income. In the

face of these costs, it is no surprise approximately **67% of California family caregivers use their own money to provide care for a loved one**^{xxiv}. Overall, families bear 70% of the total lifetime dementia care costs burden^{xxv}.

DEATH FROM ALZHEIMER’S DISEASE

Los Angeles, San Diego, and Orange counties have the highest percentage of deaths due to AD in the state^{xxvi}.

CAUSES OF DEATH IN 2022 IN CALIFORNIA



Source: California State of Public Health Report, 2024. Sacramento, CA: California Department of Public Health, Office of Policy and Planning; 2024.

As of 2022, AD was the second leading cause of death in California^{xxvii} and in Los Angeles County. Since 2000, the number of deaths related to AD in California have more than doubled^{xxviii}. With an aging population, this number is expected to continue increasing.

WOMEN

1 in 5 women age 65+ will develop some type of dementia versus 1 in 10 men^{xxix}

Women are disproportionately impacted by Alzheimer's and other dementias both as patients and as caregivers. More women than men have Alzheimer's and other dementias. In 2019, approximately 63% of Californians aged 55 years or older with AD were women^{xxx}. More research is needed, but the disproportionate impact of Alzheimer's disease on women may be due to a longer life expectancy, biological and genetic differences, lower educational attainment, or a combination of these factors^{xxxi}.

The majority of caregivers in California are women (59%) and they spend more time providing care than male caregivers^{xxxii}. Women caregivers are more likely to live with the person they are caring for and may experience higher levels of burden, impaired mood, depression, and impaired health than men^{xxxiii}.

ENDNOTES:

i Alzheimer's Association. 2024 Alzheimer's Disease Facts and Figures. *Alzheimers Dement* 2024;20(5).

ii Dhana, K., Beck, T., Desai, P., et al. (2023). Prevalence of Alzheimer's disease dementia in the 50 US states and 3142 counties: A population estimate using the 2020 bridged-race postcensal from the National Center for Health Statistics. *Alzheimer's & dementia: the journal of the Alzheimer's Association*, 10.1002/alz.13081. Advance online publication. <https://doi.org/10.1002/alz.13081>

iii Ross, L. Beld, M., and Yeh, J. (2021). Alzheimer's Disease and Related Dementias Facts and Figures in California: Current Status and Future Projections. Report prepared for the California Department of Public Health, Sacramento, CA at the Institute for Health and Aging, University of California, San Francisco, CA,147.

iv Alzheimer's Association. *Alzheimer's Disease Facts and Figures*, 23.

v California Department of Aging. Facts about California's Elderly. https://aging.ca.gov/Data_and_Reports/Facts_About_California's_Elderly/

vi The Master Plan for Aging. The Data Dashboard for Aging: About the Data. <https://letsgethealthy.ca.gov/mpa-data-dashboard/>. CA, 2021.

vii Ibid

viii Ross, *Alzheimer's Disease*, 61-62

ix Alzheimer's Association. *Alzheimer's Disease Facts and Figures*, 29.

x Dhana, Prevalence of Alzheimer's disease, 6.

xi Los Angeles County Department of Public Health. Health Literacy. <http://publichealth.lacounty.gov/hea/HealthLiteracy.htm>, 2024.

xii Alzheimer's Association, *Alzheimer's Disease Facts and Figures*, 47.

xiii California Health Interview Survey (2019-2020). Los Angeles County Data Files. Los Angeles, CA: UCLA Center for Health Policy Research. www.chis.ucla.edu.

xiv Alzheimer's Association, *Alzheimer's Disease Facts and Figures*, 47.

xv Ross, *Alzheimer's Disease*, 99

xvi Alzheimer's Association, *Alzheimer's Disease Facts and Figures*, 48.

xvii Ross, *Alzheimer's Disease*, 91

xviii Ross, *Alzheimer's Disease*, 18

xix Ross, *Alzheimer's Disease*, 114

xx Ross, *Alzheimer's Disease*, 112

xxi Alzheimer's Association, *Alzheimer's Disease Facts and Figures*, 76.

xxii Ross, *Alzheimer's Disease*, 119

xxiii Ross, *Alzheimer's Disease*, 17

xxiv Ross, *Alzheimer's Disease*, 108

xxv Ross, *Alzheimer's Disease*, 70

xxvi California State of Public Health Report, 2024. Sacramento, CA: California Department of Public Health, Office of Policy and Planning; 2024.

xxvii California Department of Public Health (2022). Community Burden of Disease and Cost Engine Tool. <https://skylab.cdph.ca.gov/communityBurden>.

xxviii California State of Public Health Report, 2024.

xxix Alzheimer's Association, *Alzheimer's Disease Facts and Figures*, 28.

xxx Ross, *Alzheimer's Disease*, 28

xxxi Ross, *Alzheimer's Disease*, 31

xxxii Ross, *Alzheimer's Disease*, 91

xxxiii Ross, *Alzheimer's Disease*, 90