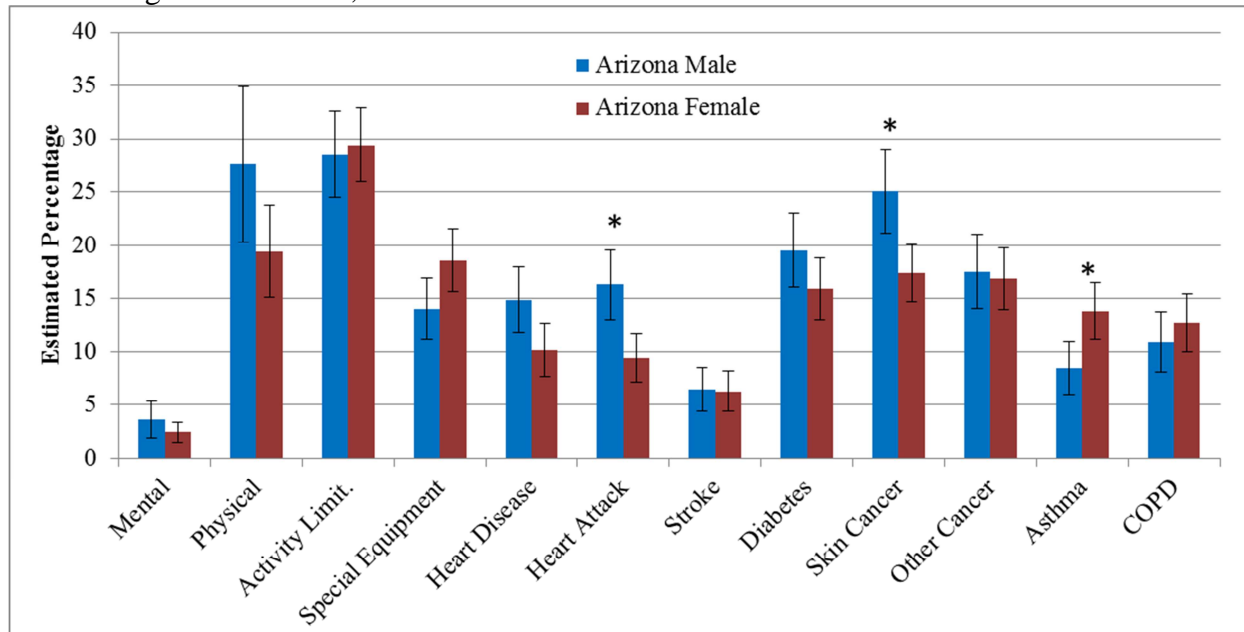


Figure 9. Estimates of Population Morbidity with 95% Confidence Intervals, Arizona Males and Females Age 65 and Older, BRFSS 2012



Notes: * indicates statistically significant difference at $p < .05$ level.

3.4 Conclusion

Analysis of the BRFSS survey provided information that will aid in the development of health policies driving community interventions to produce more favorable health outcomes for Arizona's aging population. Regarding health behaviors, Arizona's older adults were comparable to similarly aged adults nationally, excluding routine health checkups for males and receiving flu shots for both males and females. These preventative health services play an important role in health maintenance, and increasing older Arizonan's access and use of these services should be a priority of Arizona's health community. While a significantly higher percentage of older Arizonan males were either overweight or obese than were Arizona's older females, the difference here may be based on inconsistencies across genders in the validity of BMI.

Compared to national estimates for older adults, Arizona's aging population has both strengths and limitations in terms of morbidities and chronic diseases. For example, Arizona's population of older males had a significantly lower prevalence of diabetes in 2012 than the national average, although our resident older males had a significantly greater prevalence of skin cancer than older males nationally. Arizona's resident females had a significantly lower occurrence of mental health problems, physical health problems, and diagnosis of diabetes than older females nationally, and had similar outcomes on the remaining health indicators. When comparing Arizona's resident males to Arizona's resident females, Arizona's older males had a significantly higher percentage of heart attack and skin cancer diagnoses than resident females, but a greater percent of Arizona's females reported having asthma. These differences suggest that Arizona's older male population may benefit from targeted interventions regarding heart and skin health, and Arizona's female population may benefit from attention to pulmonary health and asthma.