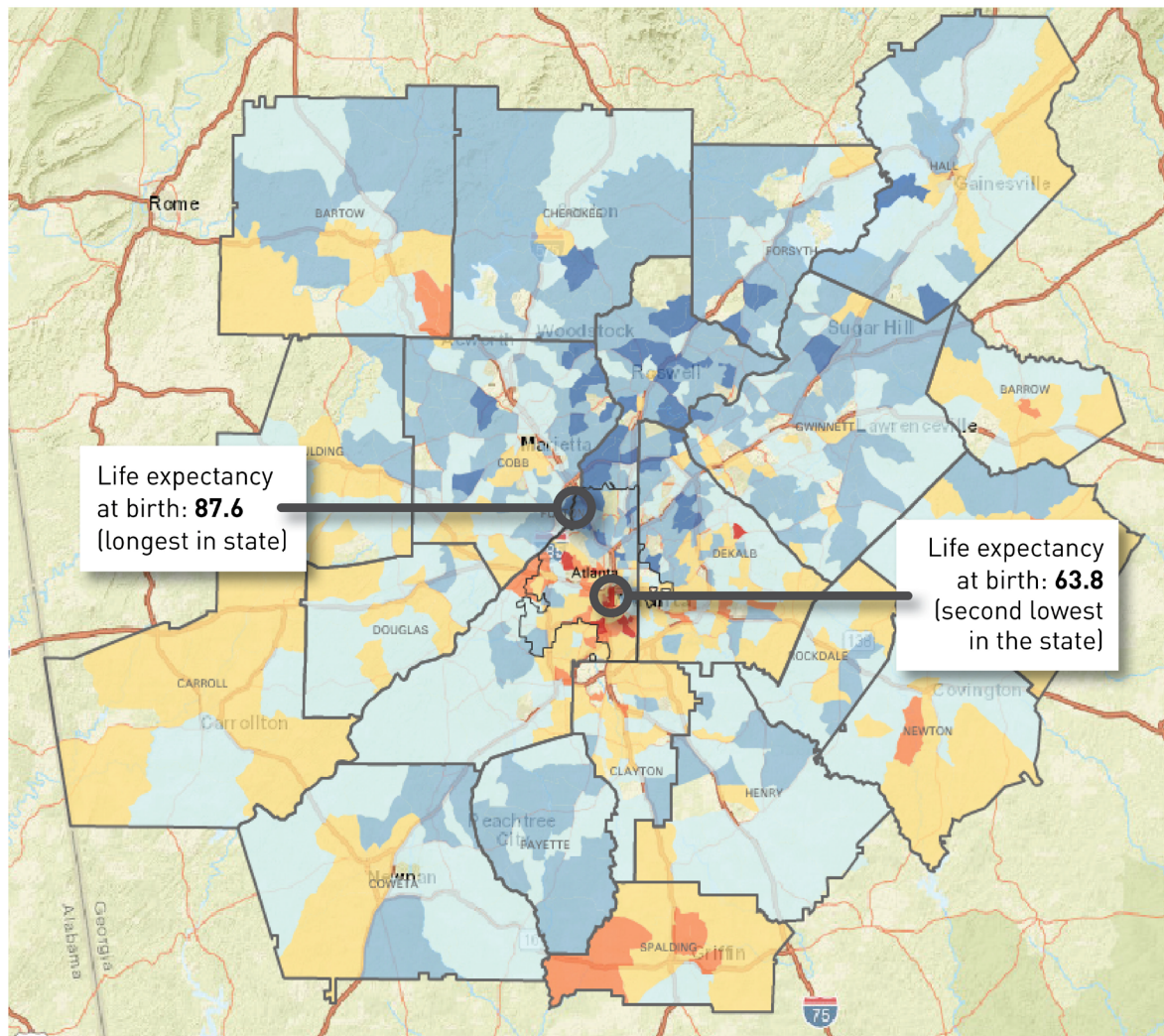# Live Beyond Expectations Regional Strategic Plan Update
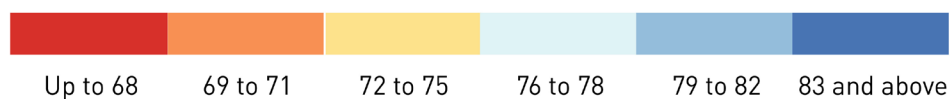
ARC Advisory Committee on Aging Meeting

September 22, 2021

Mary Blumberg &
Katie Perumbeti

Life Expectancy *Depends* on Where You Live

Life expectancy at birth: **87.6** (longest in state)

Life expectancy at birth: **63.8** (second lowest in the state)

Life Expectancy at Birth

| Up to 68 | 69 to 71 | 72 to 75 | 76 to 78 | 79 to 82 | 83 and above |

Source: U.S. Small-area Life Expectancy Estimates Project, 2010-2015

The Goal:

Live Beyond Expectations
Regional Strategic Plan Framework
2020-2025

Helping people live longer, healthier lives in the Atlanta region

ARC
Atlanta Regional Commission | empowerline

ARC, led by its Aging and Independence Services Group, will implement a strategic framework, designed to identify and address inequities that create disparities in life expectancy.
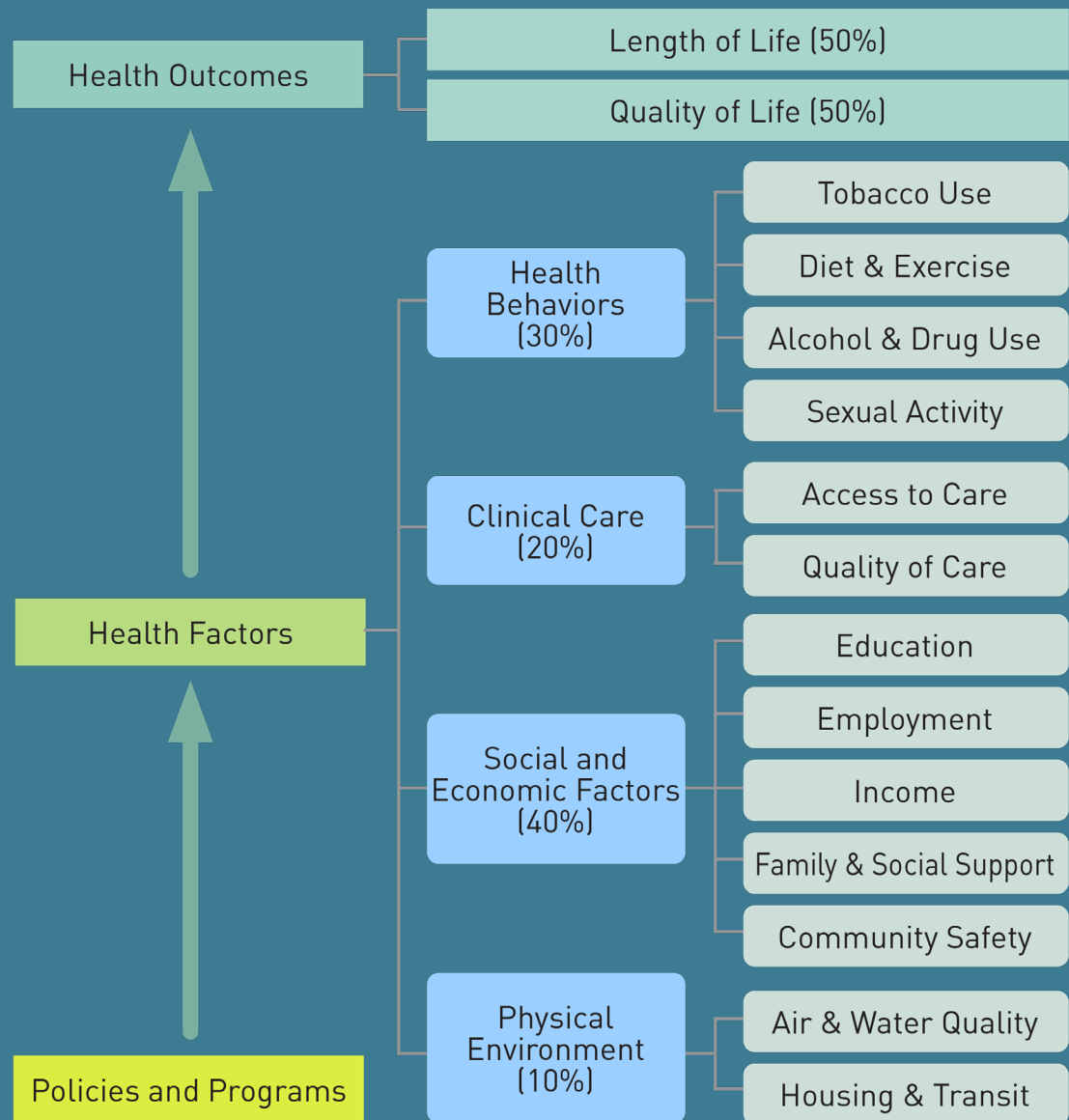
County Health Rankings Model: Health Factors for How Well and Long We Live

County Health Rankings model © 2014 UWPHI

ARC's Aspirations with LBE

- Identify and reduce inequities that create disparities in life expectancy and quality of life

- Build organizational and community awareness of disparities

- Build capacity to address disparities

- **Long-term aspiration:** Bring lower life expectancy areas up to the regional average life expectancy and improve quality of life along the way
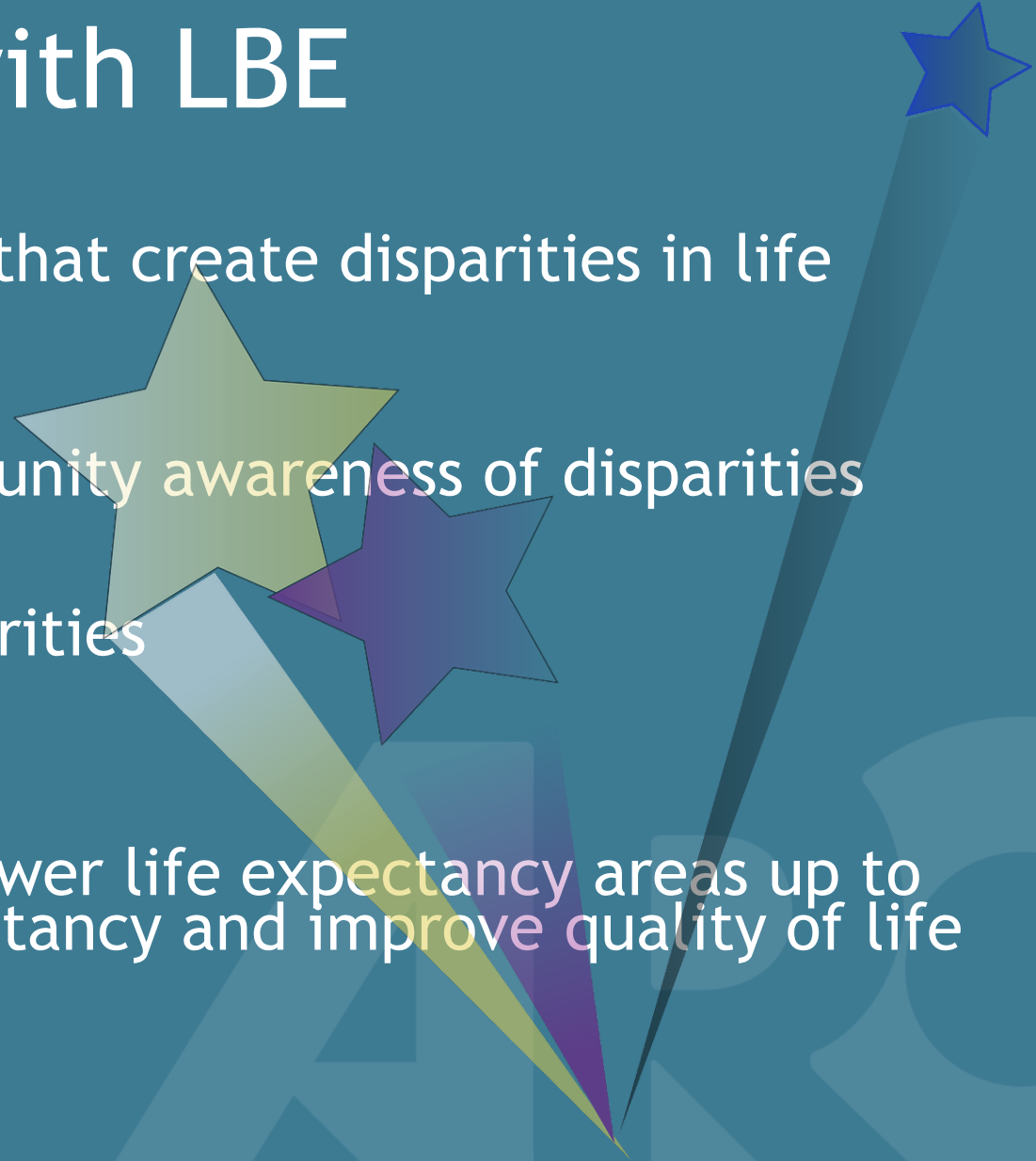
Approaches to Reduce Disparities

- **Practice**: provide **services and programs** that address unmet needs

- **Policy**: work with governmental, philanthropic, educational, nonprofit, and business leaders to **improve or amend policies that create inequities** and **advance policies that promote equity**

- **Place**: focus on locations, within each county, **where residents experience the most inequity**

Implementation To-Date

- Inventoried ARC work programs and alignment opportunities
- Researched factors impacting life expectancy and disparities between high and low life expectancy tracts
  - For county snapshot files, visit: https://atlantaregional.org/aging-health/aging-health-planning/live-beyond-expectations-strategic-plan-2020-2025/
- Mapped baseline of how ARC-funded services overlap with lower life expectancy areas
- Convened advisory committee of internal ARC staff and external partners (ongoing)

Tracking Progress

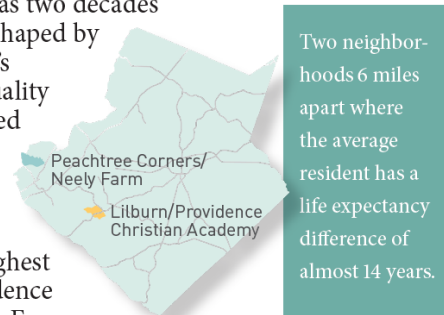County Snapshots – 5 Year Updates

Annual Evaluation – Annual Updates

Provider Network Analysis – Annual Updates
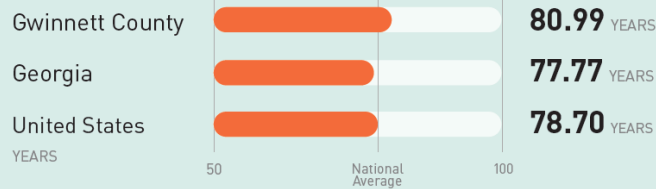
Life Expectancy in Gwinnett County

Across metro Atlanta, lifespans vary by as much as two decades or more based on geography. Life expectancy is shaped by numerous complex factors beyond an individual's control, such as access to food, sidewalks, and quality education. Many of these factors can be influenced by our work at ARC and that of our partners.

This document provides a snapshot of select social and economic characteristics that vary between the census tracts with the lowest and highest life expectancy Gwinnett County: Lilburn/Providence Christian Academy and Peachtree Corners/Neely Farm, respectively. Consideration of these factors can inform strategies that help to extend lifespans and improve quality of life.

Peachtree Corners/Neely Farm

Lilburn/Providence Christian Academy

Two neighborhoods 6 miles apart where the average resident has a life expectancy difference of almost 14 years.

Average Life Expectancy Comparisons

Gwinnett County — **80.99** YEARS

Georgia — **77.77** YEARS

United States — **78.70** YEARS

YEARS

50 — National Average — 100

Data Source: Robert Wood Johnson Foundation Life Expectancy Tool, January 2020

Life Expectancy in Gwinnett

Gwinnett County

73.7 years — Lilburn/Providence Christian Academy

87.5 years — Peachtree Corners/Neely Farm
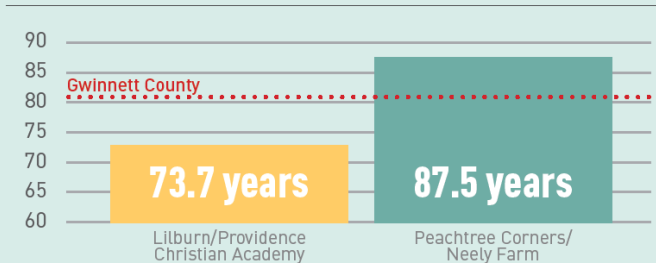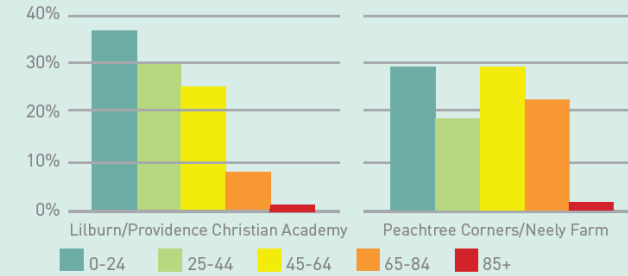
Data Source: U.S. Small-area Life Expectancy Estimates Project, 2010-2015

Factors Affecting Life Expectancy in Gwinnett County

Age Distribution

40%
30%
20%
10%
0%

Lilburn/Providence Christian Academy   Peachtree Corners/Neely Farm

■ 0-24   ■ 25-44   ■ 45-64   ■ 65-84   ■ 85+
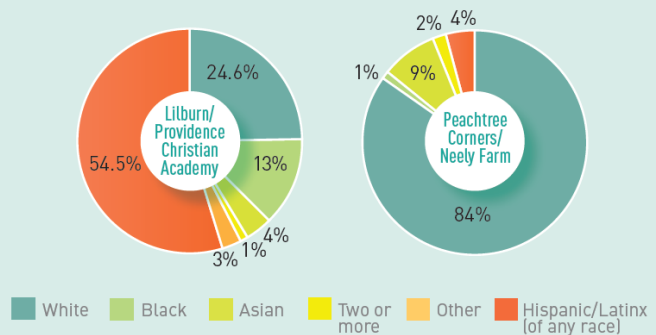
Two-thirds of residents of the Lilburn-Providence Christian Academy tract are under 45, while about half of residents of Peachtree Corners/Neely Farm are 45 or older. The metro Atlanta region as a whole is more evenly distributed.

Data Source: US Census Bureau's American Community Survey (ACS) 5-Year Estimates, 2015-2019

Race & Hispanic Origin

Lilburn/Providence Christian Academy: 24.6%, 54.5%, 13%, 3%, 1%, 4%

Peachtree Corners/Neely Farm: 2%, 4%, 1%, 9%, 84%

■ White   ■ Black   ■ Asian   ■ Two or more   ■ Other   ■ Hispanic/Latinx (of any race)

On average, with some minor exceptions, studies have shown that white individuals outlive other individuals at every age and level of education. Reasons for this discrepancy vary by individual, but in general, multiple factors are at play associated with systemic racism, including socioeconomic status and access to health care.

Data Source: US Census Bureau's American Community Survey (ACS) 5-Year Estimates, 2015-2019

Household Income

Lilburn/Providence Christian Academy

Peachtree Corners/Neely Farm

Many studies have found income to correlate with life expectancy, as higher incomes correlate directly with things like better diets, healthier lifestyles, and access to medical care.
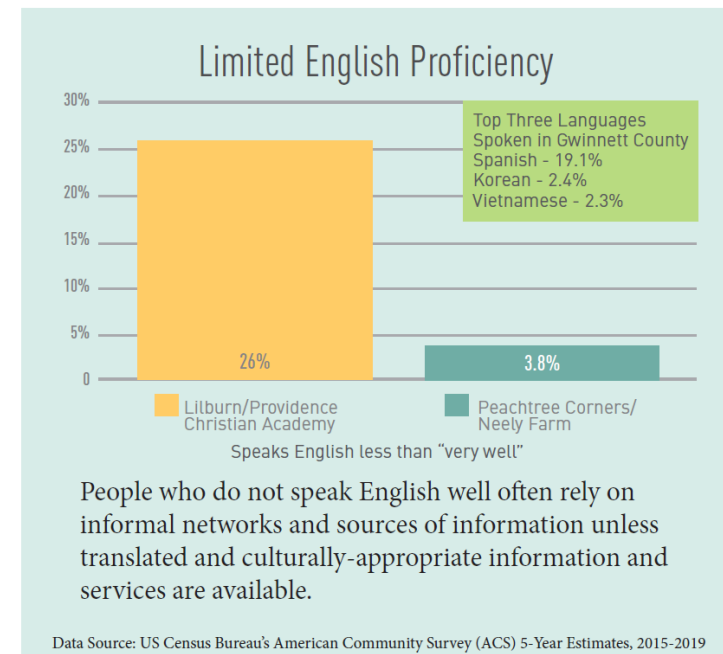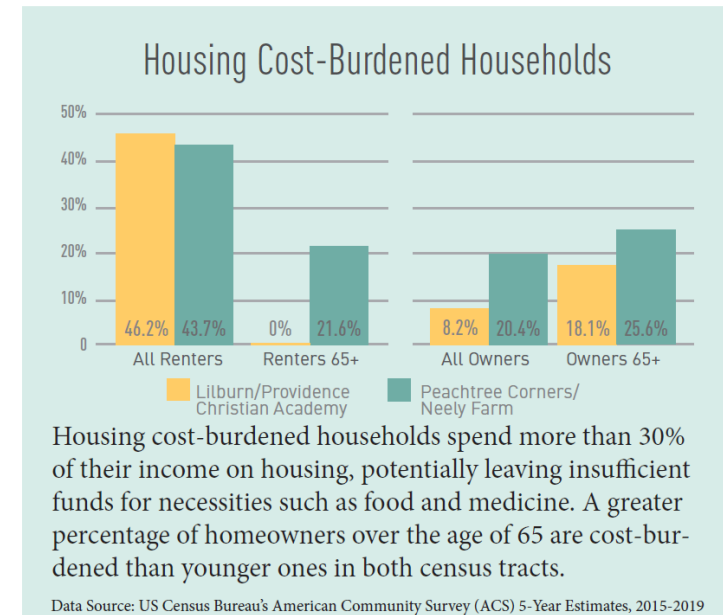
Data Source: US Census Bureau's American Community Survey (ACS) 5-Year Estimates, 2015-2019

Education

Lilburn/Providence Christian Academy

Peachtree Corners/Neely Farm

Education level is found to impact longevity regardless of gender or race. Within racial and ethnic groups, life expectancy is found to vary by as much as 13 years between those with the highest and those with the lowest levels of education.
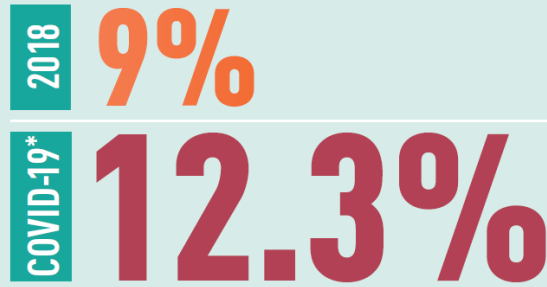
Data Source: US Census Bureau's American Community Survey (ACS) 5-Year Estimates, 2015-2019

Housing Cost-Burdened Households

	All Renters	Renters 65+	All Owners	Owners 65+
Lilburn/Providence Christian Academy	46.2%	0%	8.2%	18.1%
Peachtree Corners/Neely Farm	43.7%	21.6%	20.4%	25.6%

Lilburn/Providence Christian Academy

Peachtree Corners/Neely Farm

Housing cost-burdened households spend more than 30% of their income on housing, potentially leaving insufficient funds for necessities such as food and medicine. A greater percentage of homeowners over the age of 65 are cost-burdened than younger ones in both census tracts.

Data Source: US Census Bureau's American Community Survey (ACS) 5-Year Estimates, 2015-2019

Limited English Proficiency

Top Three Languages Spoken in Gwinnett County
Spanish - 19.1%
Korean - 2.4%
Vietnamese - 2.3%

26%

3.8%

Lilburn/Providence Christian Academy

Peachtree Corners/Neely Farm

Speaks English less than "very well"

People who do not speak English well often rely on informal networks and sources of information unless translated and culturally-appropriate information and services are available.

Data Source: US Census Bureau's American Community Survey (ACS) 5-Year Estimates, 2015-2019

Percent of Gwinnett County Food Insecure
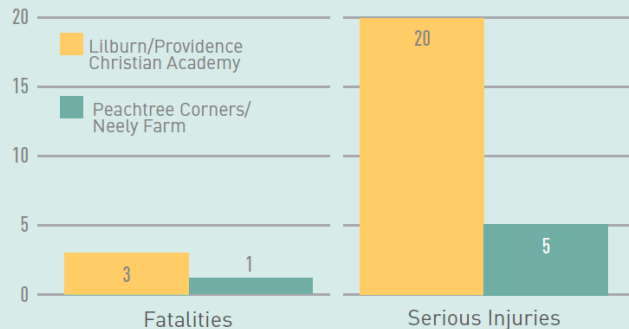
2018 9%

COVID-19* 12.3%

projected rise due to COVID

Food insecurity is limited or uncertain access to enough food. A lack of access to healthy food is linked to a greater likelihood of developing chronic conditions such as diabetes, obesity, and cardiovascular disease—which have been shown to significantly affect life expectancy.

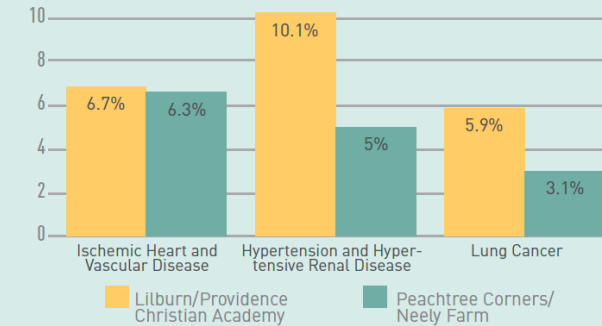Data Source: Feeding America, Map the Meal Gap, 2018

Crashes Involving Motor Vehicles

Legend:
- Lilburn/Providence Christian Academy
- Peachtree Corners/ Neely Farm

Fatalities: 3, 1
Serious Injuries: 20, 5

Research has found a disproportionate number of motor-vehicle-related pedestrian injuries and deaths take place in the nation's less pedestrian-friendly neighborhoods.

Data Source: Georgia Department of Transportation, Georgia Crash Data Portal, 2013-2019

Top Causes of Premature Death

Ischemic Heart and Vascular Disease: 6.7%, 6.3%
Hypertension and Hypertensive Renal Disease: 10.1%, 5%
Lung Cancer: 5.9%, 3.1%

Legend:
- Lilburn/Providence Christian Academy
- Peachtree Corners/ Neely Farm

Premature deaths due to these causes can be prevented through interventions in areas such as transportation, access to preventative care, disease management, and mental health services.

Data Source: Georgia OASIS, Mortality Mapping Tool, 2015-2019

Addressing the Problem

By working together across the region, we can address metro Atlanta's life expectancy disparities. The ingenuity and resources are here. ARC invites all interested individuals and organizations to join with us and our communities to ensure that the Atlanta region is a place where people of all ages, abilities, and incomes can live high-quality lives, regardless of location. We are focusing on:

Place Concentrate on locations where residents experience the most inequity

Policy Work with governmental, philanthropic, educational, nonprofit, and business leaders to improve or amend policies that create inequities and advance policies that promote equity

Practice Provide services and programs that address unmet needs

ARC Atlanta Regional Commission | **empowerline**

For more information, please contact **info@empowerline.org**

Tracking Outcomes

Life expectancy
years

2017	2018
79.6	79.8

Source: County Health Rankings

Quality of life
adults reporting good (or better) health

2016	2017	2018
84.5%	84.0%	83.4%

Source: County Health Rankings

Financial stability
adults unable to afford a $400 emergency expense

2016	2017	2018
14.1%	14.0%	13.1%

Source: ARC's Metro Atlanta Speaks Survey

Healthcare access
people with health insurance

2016	2017	2018
84.0%	85.1%	86.3%

Source: American Community Survey 5-Year Estimates

# Annual Process Evaluation

- Implementation task milestones completed
- Output measures related to strategies by location
  - Specific measures TBD
  - Examples:
    - # people in lowest LE tract engaged
    - New resources developed
    - Policy and system changes
      - Zoning reform
      - Funding formula changes
      - Medicaid expansion
      - New public transportation option

Provider Network Services

- Determine:
  - Where current clients tend to live
  - Where current service units tend to cluster

- Use this information to:
  - Increase awareness of disparities
  - Build network capacity to address disparities
  - Improve outreach to communities

- Goal: ensure areas with lowest life expectancies and greatest health disparities are aware of and/or receiving services

Mapping Provider Network Services

■ Where Provider Network clients tend to live in each county

▨ Census tracts with the lowest life expectancy in each county
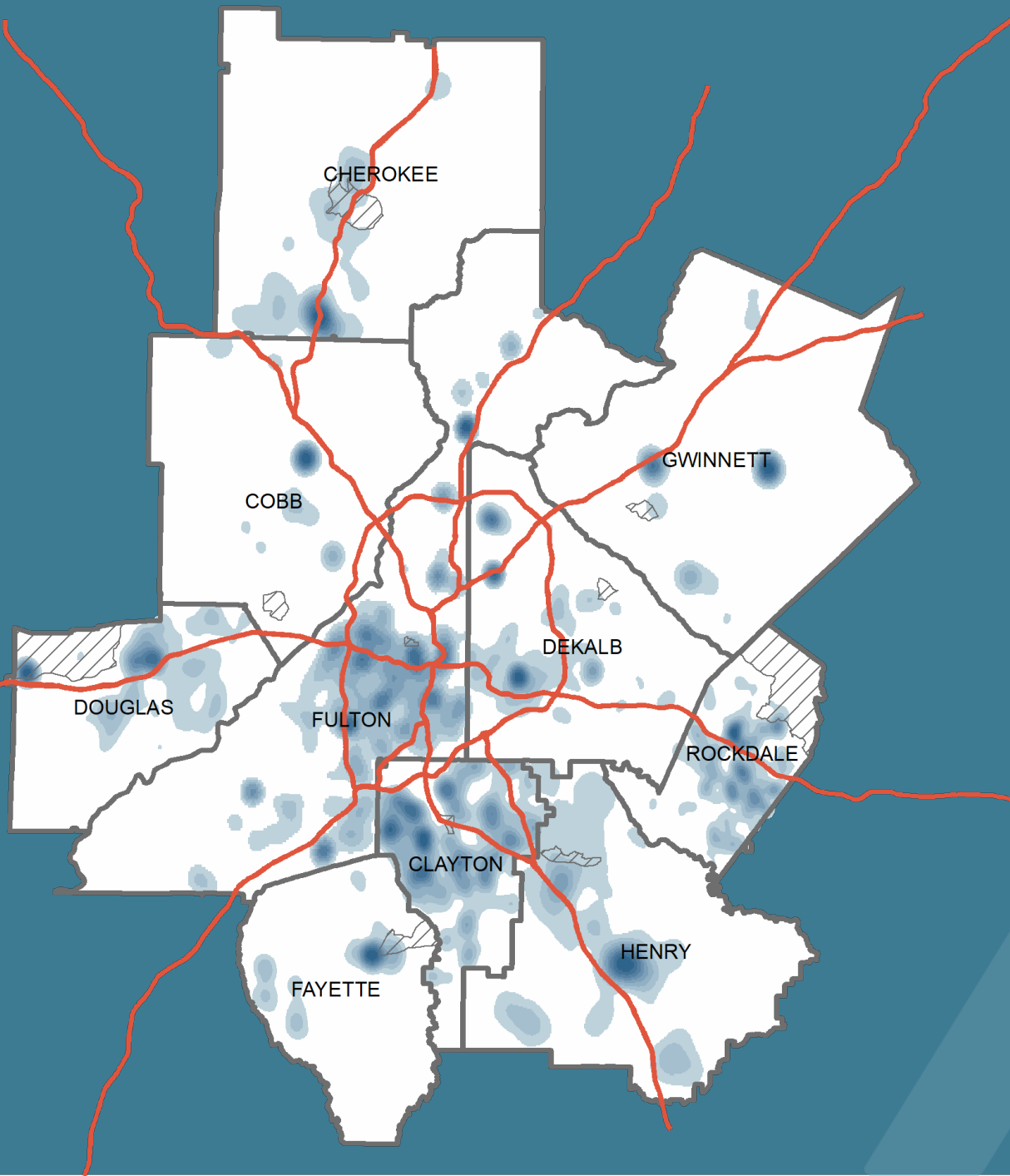
Data Source: DDS Unduplicated Congregate Meal Clients (FY20), Transportation Clients (FY20), Material Aid Clients (FY21), Respite Clients (FY21), Personal Care and Homemaker Clients (FY21), and Home Delivered Meals Clients (FY21)

Map labels: CHEROKEE, COBB, GWINNETT, DOUGLAS, FULTON, DEKALB, ROCKDALE, CLAYTON, FAYETTE, HENRY

Next Steps

- External Partners Collaboration
  - Inventory partners and providers
  - Identify opportunities to collaborate
- Community Engagement
  - Regional outreach and communications
  - Place-based engagement, focusing on lowest life expectancy areas

Questions? Ideas? Contact us:
- Mary: mblumberg@atlantaregional.org
- Katie: kperumbeti@atlantaregional.org