

AdChoices

THE BLOG 06/05/2013 07:54 am ET | Updated Dec 06, 2017

How The Baby Boomer Generation Is Changing The U.S. Healthcare System



By VisualNews.com

As baby boomers approach retirement age, they are expected to completely change the face of the U.S. [healthcare](#) system, mainly due to their additional medical needs, compared to previous generations.

According to a recent infographic put together by [Concordia University](#) with data from government sources, it turns out that the average American over 65 has multiple chronic conditions, including hypertension (72 percent), [arthritis](#) (51 percent), heart [disease](#) (31 percent), cancer (24 percent) and [diabetes](#) (20 percent), accounting for one third of all healthcare spending in America. Furthermore, they spend an extra \$1,456 out-of-pocket for insurance, medical services, medications and supplies.

In the meantime, healthcare providers are busy growing their [senior care](#) infrastructure in preparation for the next wave of baby boomers expected to resort to medical services in the near future. By 2020, an estimated 5.6 million healthcare jobs will be created to accommodate seniors' increasing needs, in pharmaceutical and medicine manufacturing, nursing care facilities, community care facilities for the elderly, and home healthcare services.

Here are all the findings [Concordia University's infographic](#) reveals:



BOOMER HEALTH WOES

The average American over the age of 65 suffers from multiple chronic conditions, including:



*High blood pressure or need for antihypertensive medication **Diagnosed

This group accounts for: **\$** 1/3 of all health care spending. **Rx** 1/3 of prescription drug use. **+** 40% of doctor visits.



1 in 3 baby boomers doesn't participate in any leisure-time physical activity.



60% of adults age 50 to 64 suffer from at least 1 chronic health condition.

Citizens age 65+ spend an average of **\$4,769** out-of-pocket on health expenditures, while the total population spends an average of \$3,313.



Additionally, it was found that:



40% of baby boomers have some form of cardiovascular disease, such as COPD or emphysema.



Half of Americans age 55 to 64 have high blood pressure, which is a major risk factor for both heart disease and stroke.



2 in 5 baby boomers are obese.

HEALTH CARE BOOM

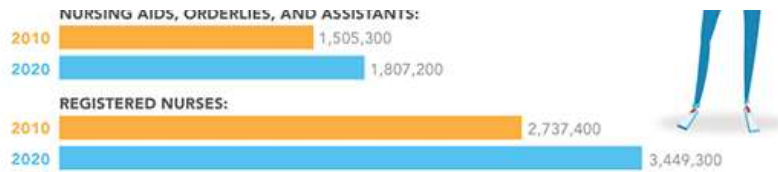
There will be 5.6 million new health care jobs by 2020, largely due to baby boomers' declining health.

The first of the baby boomers hit age 65 in 2011. This was the same year the health care and social assistance industry saw **7% sales growth**, which was nearly double that of 2010. In fact, 2011 saw **growth across many health care industries.**

+15.6% – Pharmaceutical and Medicine Manufacturing	+3.3% – Offices of Other Health Practitioners
+10.7% – Home Health Care Services	+3.2% – Community Care Facilities for the Elderly
+6.9% – General Medical and Surgical Hospitals	+2.6% – Offices of Physicians
+5.2% – Nursing Care Facilities	

With the increasing number in elderly Americans, the number of health care jobs is on the rise.





PREPARING FOR THE FUTURE

With another American turning 50 years old every 7.5 seconds, by 2015, baby boomers will represent 45% of the U.S. population.

For many, these are our parents and grandparents. In preparation to assist loved ones as they reach retirement age, here are some important tips:



Share your concerns.

Talk to your parents openly and honestly. Knowing their health is a concern will add motivation for them to make necessary changes.



Encourage regular checkups.

If you're worried about their weight loss, depression, or other physical symptoms, encourage doctors' visits.



Address safety concerns.

Point out any potential safety issues, such as devices needed to assist them like restroom handrails, and create a plan for implementation.



Discourage unhealthy habits.

Identify and attempt to curb or cease unhealthy lifestyle habits such as smoking and bad eating habits (ingesting high-cholesterol foods, etc.).



Consider home care services.

If your aging parents are having trouble taking care of themselves, consider hiring a home health care aide to help with daily activities.



Seek medical guidance.

If aging family members dismiss your concerns, consider contacting their doctors directly. Your insights can help the doctors understand what to look for during upcoming visits.



Seek help from local agencies.

Your local agency on aging—which you can find using the Eldercare Locator, a public service of the Administration on Aging—can connect you with services in your parents' area, such as social workers who can evaluate their needs.

Age can't be stopped, but aging can certainly be helped.

SOURCES: cdc.gov, jamanetwork.com, mayoclinic.com, healthpolicysolutions.org, biz.gov, aoia.gov, sageworks.com

online.csp.edu



EARLIER ON HUFF/POST50:

PHOTO GALLERY

6 Ways To Improve Doctor's Visits

See Gallery

