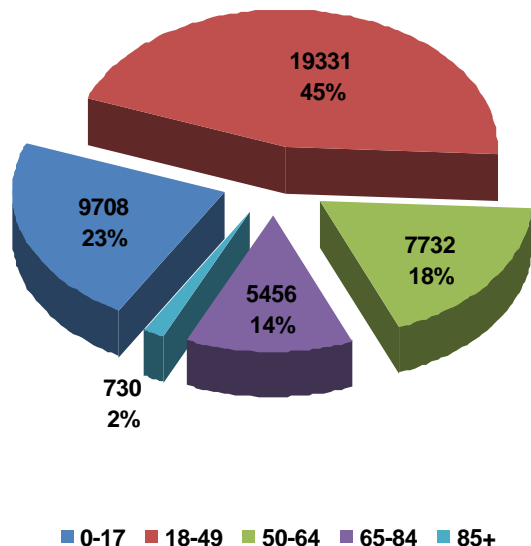


McDowell County's Roadmap¹ AAA Region C

In 2006 adults ≥ 65 made up 15% of the county's population²

Age Distribution



- By 2030 the population age 65 and older will increase 60% to 10,227 people. This group will make up 20% of the county's population.
- Compared to the state, older adults are less educated, 77% live in rural areas, 96% are white, and 29% have two or more disabilities.
- The median income is lower for all age groups, and greater numbers of older adults are at the poverty level.
- The Corpening YMCA has partnered with the McDowell Senior Center to offer free aerobics classes to older adults.

Healthy Aging³

	COUNTY	STATE
Top Five Hospital Discharge Diagnoses	Total Discharges	% of Discharges
1. Heart failure, heart attack, vascular disease, high blood pressure	434	26
2. Pneumonia, influenza, chronic obstructive pulmonary disease	274	17
3. Malnutrition, ulcers, bowel (general disease of digestive system)	167	10
4. Falls, adverse drug reactions, other injuries	164	10
5. Arthritis, osteoporosis, fracture	117	7
Top Five Outpatient Diagnoses	Total Visits	% of Visits
1. Heart failure, heart attack, vascular disease, high blood pressure	6,275	17
2. Arthritis, osteoporosis, fracture	4,116	11
3. Symptoms, signs, ill-defined conditions	3,810	10
4. Diabetes and other metabolic disorders	3,573	10
5. Multiple Conditions	3,391	9