



# CHRONIC DISEASE BURDEN UPDATE

This burden update focuses on caregiver demographic and socioeconomic characteristics, time spent providing care, and health problems of both individuals who receive care and caregivers.

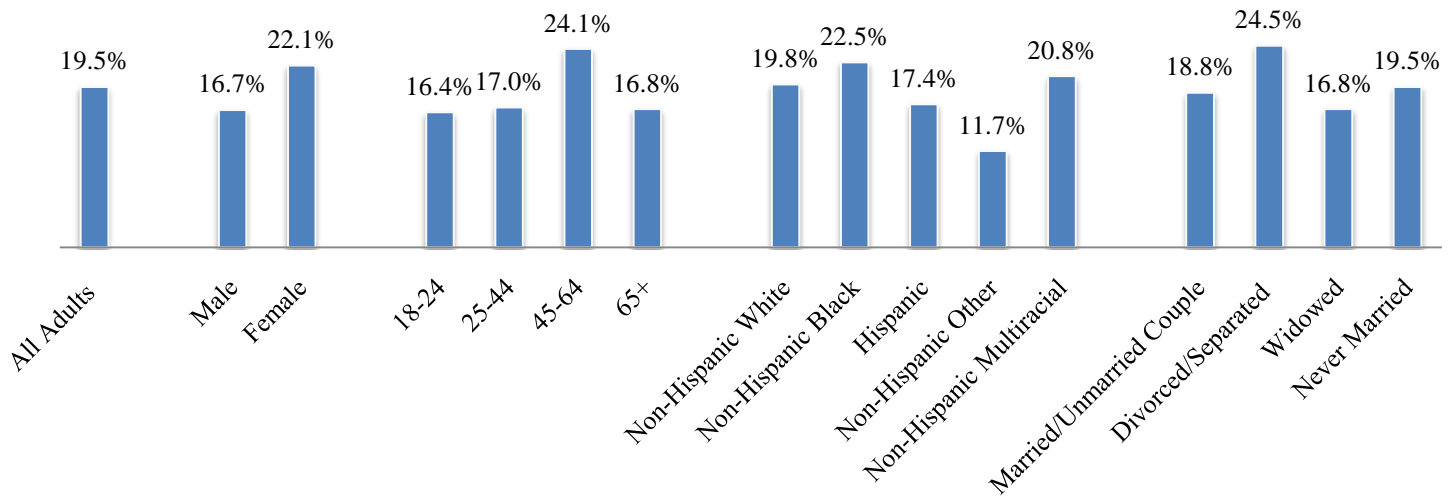
A caregiver is someone who provides care or assistance to a friend or family member who has a health problem, long-term illness, or disability.

According to the Illinois Behavioral Risk Factor Surveillance System (BRFSS), in 2013, 19.5 % of adults provided care or assistance to a friend or family member within the past 30 days. Caregivers provided an average of 17.9 hours of care per week to individuals with health problems. The burden of caregiving presents various difficulties for caregivers and affects their daily lives and relationships. In addition to caring for individuals with health problems, caregivers themselves may suffer from chronic health conditions.

Individuals who lack cognitive health, similar to those with physical or mental health problems, may face significant challenges caring for themselves or engaging in daily activities, and they may be particularly limited in their ability to manage their medications. In 2013, Alzheimer’s Disease/Dementia (15.9%) was the largest single major health problem for which caregivers in Illinois provided care or assistance.

## CAREGIVER DEMOGRAPHIC AND SOCIOECONOMIC CHARACTERISTICS

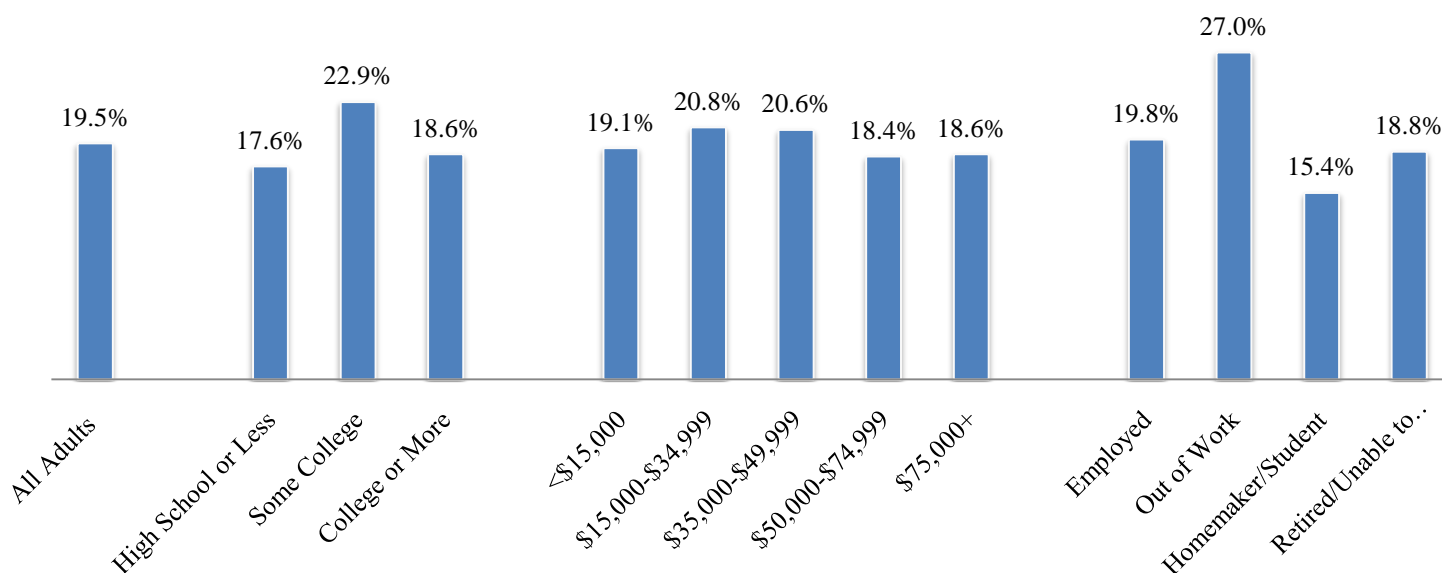
**FIGURE 1—Prevalence (%) of Caregiving among Adults by Demographic Characteristics, Illinois, 2013**



In 2013, 19.5 percent of adults in Illinois provided care or assistance to a friend or family member. Caregiving was significantly more prevalent among females (22.1%) compared to males (16.7%). Prevalence of caregiving was significantly higher for 45 to 64 year old adults (24.1%) compared to 18 to 24 year old (16.4%), 25 to 44 year old (17.0%), and those 65 and older (16.8%) adults. Caregiving was significantly more prevalent among Non-Hispanic white (19.8%) and non-Hispanic black (22.5%) adults than adults of non-Hispanic other races (11.7%). Prevalence of caregiving was significantly higher among individuals who are divorced or separated (24.5%) compared to married and unmarried couples (18.8%), widowed (16.8%), and never married (19.5%) individuals.

Caregiving was significantly more prevalent among adults who completed some college (22.9%) than among adults who received a high school or lesser degree (17.6%) and who received a college or higher degree (18.6%). Adults who are out of work (27.0%) were significantly more likely to be caregivers as compared to those who are homemakers or students (15.4%), employed (19.8%), and retired or unable to work (18.8%). Caregiving was also more prevalent among employed adults (19.8%) than homemakers or students (15.4%).

**FIGURE 2—Prevalence (%) of Caregiving Among Adults by Socioeconomic Characteristics, Illinois, 2013**



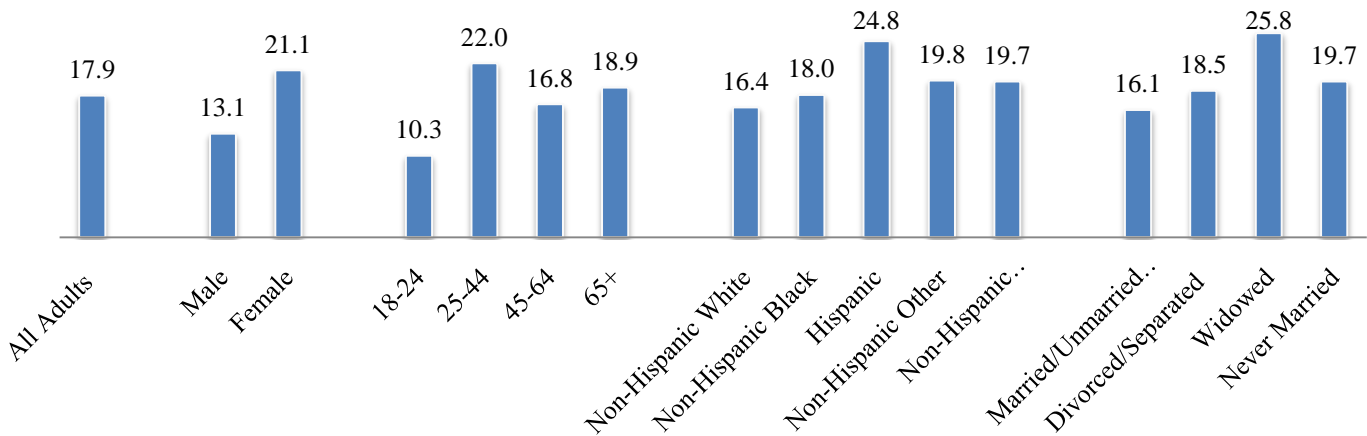
Source: Illinois BRFS, 2013

## TIME SPENT PROVIDING CARE

Caregivers in Illinois provided an average of 17.9 hours of care per week to individuals with health problems. Female caregivers provided significantly more hours of care per week, on average, (21.1 hours) than male caregivers (13.1 hours). An average of 10.3 hours of care each week was provided by 18 to 24 year old caregivers; significantly fewer than the hours of care provided by 25-44 year olds (22.0 hours per week), 45-64 year olds (16.8 hours per week), and those 65 and older (18.9 hours per week).

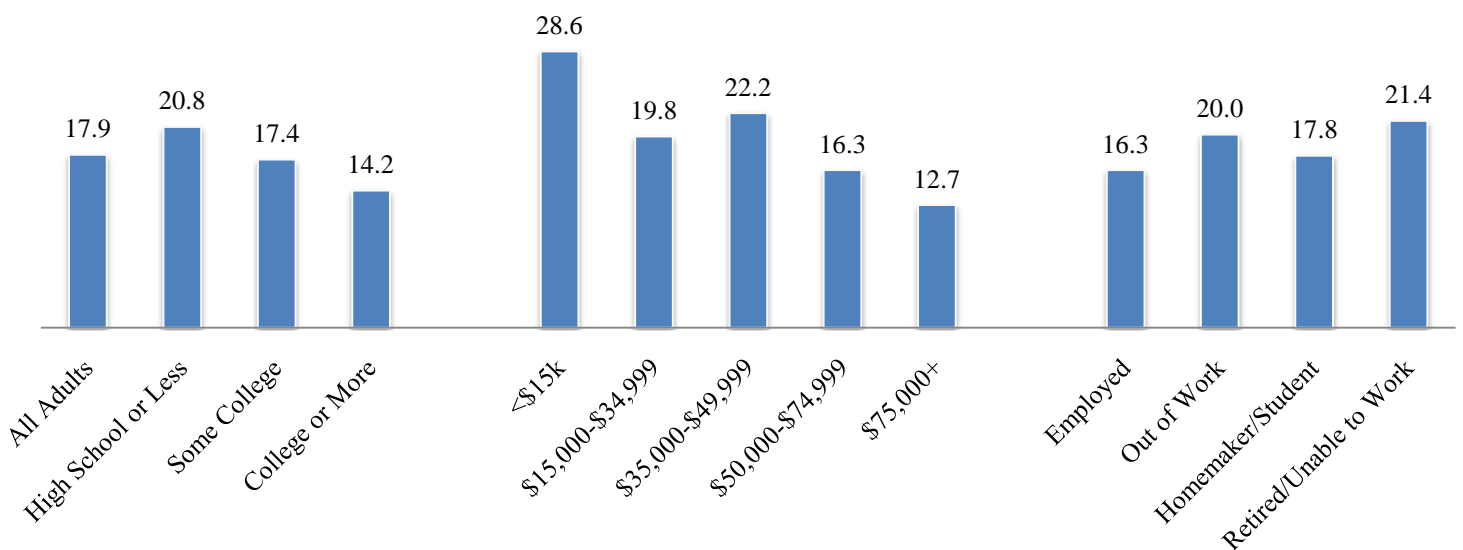
Caregivers earning more than \$75,000 provided an average of 12.7 hours of care per week which was significantly fewer than the hours of care provided by those who made less than \$15,000 (28.6 hours per week), between \$15,000 to \$34,999 (19.8 hours per week), and between \$35,000 and \$49,999 (22.2 hours per week).

**FIGURE—3 Weekly Hours of Care among Adult Caregivers, by Demographic Characteristics of Caregivers, Illinois, 2013**



Source: Illinois BRFSS, 2013

**FIGURE 4—Weekly Hours of Care among Adult Caregivers, by Socioeconomic Characteristics of Caregivers, Illinois, 2013**



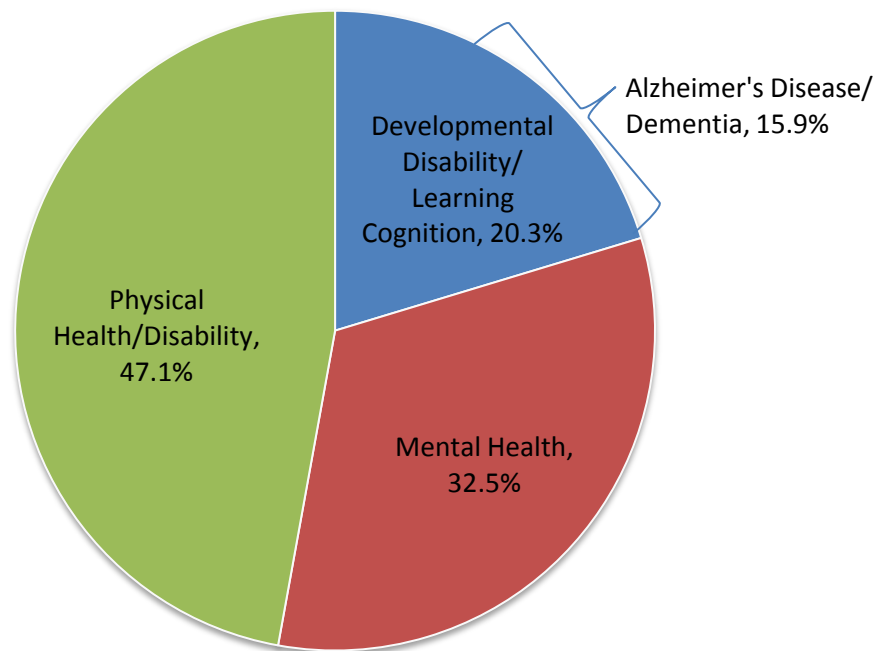
Source: Illinois BRFSS, 2013

## MAJOR HEALTH PROBLEMS OF RECIPIENTS OF CAREGIVING AND HOURS OF CARE RECEIVED

Figure 5 shows that 47.1% of caregivers in Illinois in 2013 provided care for individuals whose major health care problem was a physical health problem or disability. Among all caregivers, 8.2% provided care for individuals with cancer, which was the most prevalent physical health problem of those receiving care (not shown in figure). The percentage of caregivers whom provided care to those that had mental health problems was 32.5% and the percentage whom provided care to those that had a developmental disability or learning/cognition problem was 20.3%. In 2013, Alzheimer's Disease/Dementia was the largest single health problem (15.9%) among all major health problems of recipients of caregiving in Illinois.

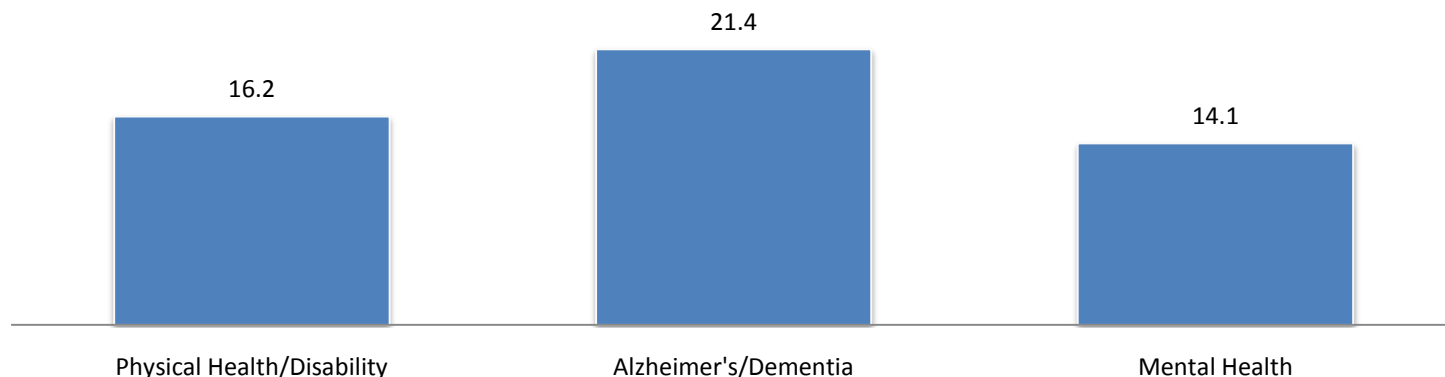
Figure 6 shows that not only did caregivers of individuals with Alzhiemer's Disease/Dementia represent a significant portion of all caregiving provided in Illinois, in 2013, but such caregivers also spent a substantial number of hours providing care each week. Caregivers of individuals with Alzheimer's Disease/Dementia provided, on average, 21.4 hours of care per week, whereas caregivers of individuals with physical health or disability problems and mental health problems provided, on average, 16.2 and 14.1 hours of care per week, respectively.

**FIGURE 5—Major Health Problems of Receptients of Caregiving, Illinois, 2013**



Note: **Physical Health/Disability** includes Arthritis/Rheumatism, Asthma, Cancer, Diabetes, Heart Disease, Hypertension/High Blood Pressure, Lung Disease/Emphysema, Osteoporosis, Parkinson's Disease, Stroke, Eye/Vision Problems (blindness), Hearing Problems (deafness), Muscular Sclerosis, Spinal Cord Injury, and Traumatic Brain Injury (TBI); **Developmental Disability/Learning Cognition** includes Cerebral Palsy, Down's Syndrome, Other Developmental Disability (e.g., spinal bifida, muscular dystrophy, fragile X), Attention-Deficit Hyperactivity Disorder, Learning Disabilities, and Alzheimer's Disease/Dementia; **Mental Health** includes Depression, Anxiety, and Other.

Source: Illinois BRFSS, 2013

**FIGURE 6—Weekly Hours of Care Provided by Adult Caregivers, by Major Health Problem of the Recipient of Caregiving, Illinois, 2013**

Note: Hours of caregiving for Developmental Disability/Learning Cognition related problems other than Alzheimer's/Dementia is not reported due to insufficient sample size.

Source: Illinois BRFSS, 2013

## DIFFICULTIES FACED BY CAREGIVERS

Table 1 shows that the greatest difficulty faced by caregivers was that it “creates stress” (24.6%). Caregivers of individuals with different types of health problems generally faced similar difficulties; although caregivers of individuals with Alzheimer’s Disease/Dementia reported to a greater extent that caregiving “affects family relationships” (11.6%) than their counterparts caring for individuals with physical health problems or disability (5.6%) and mental health problems (5.3%).

**TABLE 1—Prevalence (%) of Greatest Difficulty Faced by All Caregivers, Caregivers of Individuals with Alzheimer’s/Dementia, Physical Health Problem or Disability, and Mental Health Problem, Illinois, 2013**

| Greatest Difficulty                       | All Caregivers | Caregivers of Individuals with: |   |                          |
|---|----------------|---------------------------------|---|--------------------------|
|   |                | Alzheimer's/<br>Dementia        | Physical Health<br>Problem/<br>Disability | Mental Health<br>Problem |
| Creates a financial burden                | 3.8            | 3.3                             | 3.5                                       | 3.3                      |
| Not enough time for yourself              | 10.8           | 10.9                            | 9.2                                       | 15.2                     |
| Not enough time for family                | 3.8            | 2.4                             | 3.3                                       | 4.3                      |
| Interferes with your work                 | 2.9            | 2.6                             | 3.5                                       | 2.8                      |
| Creates stress                            | 24.6           | 26.7                            | 26.8                                      | 20.4                     |
| Creates or aggravates own health problems | 3.7            | 2.7                             | 4.3                                       | 4.8                      |
| Affects family relationships              | 6.3            | 11.6                            | 5.6                                       | 5.3                      |
| Other                                     | 10.3           | 11.8                            | 8.0                                       | 12.9                     |
| No Difficulty                             | 33.9           | 28.0                            | 35.6                                      | 30.9                     |

Notes: Physical Health/Disability includes Arthritis/Rheumatism, Asthma, Cancer, Diabetes, Heart Disease, Hypertension/High Blood Pressure, Lung Disease/Emphysema, Osteoporosis, Parkinson's Disease, Stroke, Eye/Vision Problems (blindness), Hearing Problems (deafness), Muscular Sclerosis (MS), Spinal Cord Injury, and Traumatic Brain Injury (TBI). Mental Health includes Depression, Anxiety, and Other.

Source: Illinois BRFSS, 2013

## CHRONIC HEALTH CONDITIONS OF CAREGIVERS AND NON-CAREGIVERS

Table 2 shows that both caregivers and non-caregivers in Illinois in 2013 suffered from a range of chronic health conditions. A few notable differences are that arthritis and depressive disorders were significantly more prevalent among caregivers (32.6% and 22.4%, respectively) compared to non-caregivers (23.9% and 14%, respectively). Arthritis was also significantly more prevalent among caregivers of individuals with Alzheimer's Disease/Dementia (34.7%) than non-caregivers (23.9%). Prevalence of current smoking and current every day smoking were significantly higher among caregivers (24.2% and 17.2%, respectively) than non-caregivers (15.8% and 10.5%, respectively). Binge drinking was significantly more prevalent among non-caregivers (21.1%) compared to caregivers of individuals with Alzheimer's Disease/Dementia (11.1%).

**TABLE 2—Chronic Health Conditions and Cigarette and Alcohol Use of Non-Caregivers, All Caregivers, and Caregivers of Individuals with Alzheimer's Disease/Dementia , Illinois, 2013**

|  | Non-Caregivers | All Caregivers | Caregivers of Individuals with Alzheimer's/Dementia |
|--|----------------|----------------|---|
| <b>Chronic Health Conditions</b>                                       |                |                |   |
| Heart Attack   | 4.7            | 4.0            | 2.2   |
| Angina or Coronary Heart Disease                                       | 4.4            | 3.6            | 3.6   |
| Stroke   | 3.3            | 2.4            | 3.4   |
| Asthma   | 11.9           | 12.7           | 11.0  |
| Skin Cancer  | 4.9            | 5.6            | 2.9   |
| Other Types of Cancer  | 7.1            | 5.6            | 5.2   |
| Chronic Obstructive Pulmonary Disease, Emphysema or Chronic Bronchitis | 5.4            | 5.8            | 8.5   |
| Arthritis, Rheumatoid Arthritis, Gout, Lupus, or Fibromyalgia          | 23.9           | 32.6           | 34.7  |
| Depressive Disorder  | 14.0           | 22.4           | 19.5  |
| Kidney Disease   | 2.8            | 1.8            | 2.1   |
| Diabetes   | 11.1           | 10.3           | 11.2  |
| <b>Smoking Behavior</b>  |                |                |   |
| Current Smoker   | 15.8           | 24.2           | 15.5  |
| Current Everyday Smoker  | 10.5           | 17.2           | 8.4   |
| <b>Alcohol Consumption</b>   |                |                |   |
| Any Alcohol Consumption (past 30 days)                                 | 57.0           | 56.2           | 52.3  |
| Any Binge Drinking (past 30 days)                                      | 21.1           | 20.9           | 11.1  |

Source: Illinois BRFSS, 2013

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