***Managing Chronic Conditions***

One in three Americans currently lives with multiple chronic conditions (MCC). The prevalence of MCC is expected to rise as the population continues to age. MCC is significantly more common among older Americans. Today, 80% of Americans over the age of 65 are affected by MCC.

Currently, 71 cents of every dollar spent on healthcare goes to treating people with MCC. The high cost of MCC is partly due to the large number of prescriptions needed to treat multiple diseases.

To address MCC, experts recommend shifting from a disease-specific to a patient-centered healthcare model.

*Please* [*click here*](http://www.ahrq.gov/professionals/prevention-chronic-care/decision/mcc/mcc_infographic.pdf) *to learn more about multiple chronic conditions.*

**Common Chronic Conditions in the U.S.**

***“The talent that older women can and do bring to the workplace may be one of the best kept secrets at American workplaces.”***

–Marcie Pitt-Catsouphes, director of the Sloan Center on Aging & Work

***Older Women in the Labor Force***

New data suggests the recent gains the labor participation rate of Americans over the age of 55 was driven by women. Indeed, labor participation rates for men in this age group were actually lower in 2010 (46.4%) than 1975 (49.4%).

The increase in the number of older women in the workforce is expected to continue. According to a 2009 Pew survey, a majority of women aged 50-61 expected they would continue to work after retirement and significantly more women than men in this group expected to delay their retirement.

Attention should be given to this trend. Priority should be given to providing older women with well-paying, quality careers to ensure they can continue to make productive contributions to society.

*For more information, please see “*[*The Self-Reliant Power of Older Women*](http://asaging.org/blog/tapping-rich-vein-self-reliant-power-older-women)*.”*

In 2011, nearly

**900,000**

program participants consumed almost

**140,000,000**

home-delivered meals provided by the Older Americans Act Nutrition Program.

***The Role of Nutrition in Elder Care***

Proper nutrition in old age may reduce the risk of chronic disease, promote health, and aid illness recovery.

The Older Americans Act Nutrition Program is working to ensure older Americans have access to safe and healthy food by providing regular congregate and home-delivered meals. Most program participants rely on these meals for over half their food intake due to limited mobility or lack of transportation to the grocery store.

Proper nutrition may help reduce overall healthcare costs. Research suggests that increasing spending on home-delivered meals could save states millions of dollars on Medicaid program spending by reducing the demand for long-term nursing home care.

*For more information, please see “*[*The Older Americans Act Nutrition Program Sets a New Table*](http://www.asaging.org/blog/older-americans-act-nutrition-program-sets-new-table)*.”*

**% Suffering From**