



**Informal Caregiving** in Los Angeles County  
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## FORWARD

In 2007, California caregivers provided an estimated 4.3 billion hours of care at an estimated value of \$48 billion.<sup>1</sup> Informal caregivers are often not paid for their time and effort despite the long-term commitment to the individuals they are helping. The magnitude of uncompensated care by family and friends will undoubtedly increase in Los Angeles County and throughout the state as the U.S. Census projects a more than doubling of the age 65 and older population in the next 30 years.

Caring for a disabled or frail family member or friend is well-documented to be challenging and often detrimental to the health of the caregiver. It is vital to caregivers and their families that they have a system of support services to lighten their loads. However, recent cuts to social services programs that serve seniors, the disabled, and caregivers, will likely present hardships for individuals and families throughout Los Angeles County. This report is meant to frame the topic of informal caregiving for local key stakeholders and policy makers so they can identify and address the priority areas for their respective communities.



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## INTRODUCTION

This report describes the demographic, health, and health care access characteristics of Los Angeles County's informal caregivers. Using the 2007 Los Angeles County Health Survey (LACHS)—the only comprehensive data source on caregiving in the county—this report expands on a data and policy brief the Los Angeles County Department of Public Health released in February 2010.<sup>2</sup>

Informal caregiving usually refers to the help that an individual gives regularly to a family member, friend, or neighbor who cannot function independently. This help can range from bathing, shopping, and managing medications to paying bills. The LACHS asked survey respondents about caregiving by prefacing a set of questions with the following: “People may provide regular care or help to another adult who is aging or has a long-term illness or disability. This person may be someone who lives with you or lives somewhere else.” Respondents were then asked: “During the past month, did you provide any such care or assistance to an adult who is aging or has a long-term illness or disability?” Respondents who answered yes to this question were considered caregivers. Since this report focuses on informal caregivers, respondents who identified themselves as paid caregivers are not included in the results.



## REPORT HIGHLIGHTS

In 2007, 16.3% of all men and women living in Los Angeles County (1.2 million adults) provided help or assistance to an adult family member, friend, or relative who was aging or had a long-term illness or disability. Some of our findings are:

The majority of caregivers cared for non-spousal relatives (70.7%), followed by non-relatives (19.5%), and spouses (9.8%).

The majority of younger caregivers (ages 18-39) were Latino whereas the majority of older caregivers (65 years and older) were white.

Caregivers of all ages devoted a lot of their time every week caring for care recipients. The average number of hours of care per week ranged from 17.1 for younger (ages 18-39) and middle-aged caregivers (ages 40-64) to 25.1 for older caregivers (65 years and older). Female caregivers provided more hours of care per week on average (20.3) compared to male caregivers (16.5). African American caregivers provided the most hours of care per week on average (22.3), followed by Latino caregivers (20.7), and white (16.2) and Asian or Pacific Islander caregivers (16.2).

Many caregivers also provided a tremendous amount of care—almost half of caregivers (45.7%) cared for a person who was disabled and needed help with at least two ADLs. Additionally, one-third of caregivers (33.2%) lived with the person they were caring for and about one-quarter of caregivers (24.1%) were caring for a person with a memory problem such as dementia or Alzheimer's disease. These data suggest that many caregivers in this situation were providing high intensity care.

**TABLE 1****Characteristics of Los Angeles County Adults Ages 18 years and older, by Caregiver Status**

	TOTAL 7,385,000 (% or mean)	Caregiver 1,205,000 (% or mean)	Non-Caregiver 6,180,000 (% or mean)
<b>Estimated Population</b>			
<b>Demographics</b>			
Age (in years)	44.4	45.7	44.1
<b>Gender</b>			
Male	49.1	48.2	49.3
Female	50.9	51.8	50.7
<b>Race/Ethnicity</b>			
Latino	42.8	38.8	43.6
White	34.8	35.1	34.7
African American	9.0	9.6	8.9
Asian/Pacific Islander	13.3	16.4	12.7
<b>Education</b>			
Less than high school	21.9	15.1	23.2
High school or some college	43.1	49.4	41.9
College graduate or higher	35.0	35.5	34.9
<b>Service Planning Area (SPA)</b>			
Antelope Valley (SPA 1)	3.2	3.1	3.3
San Fernando (SPA 2)	21.1	22.4	20.9
San Gabriel (SPA 3)	18.6	20.1	18.3
Metro (SPA 4)	12.6	11.5	12.8
West (SPA 5)	7.1	6.0	7.3
South (SPA 6)	9.1	8.7	9.2
East (SPA 7)	12.8	12.4	12.9
South Bay (SPA 8)	15.5	15.8	15.4
<b>Married<sup>3</sup></b>	56.7	56.9	56.7
<b>Employment Status</b>			
Works part-time <sup>4</sup>	12.4	15.6	11.8
Works full-time <sup>5</sup>	48.1	45.9	48.5
<b>Federal Poverty Level (FPL)</b>			
0-99%	24.7	21.2	25.4
100-199%	21.5	23.5	21.1
200-299%	13.7	13.8	13.7
300%+	40.1	41.5	39.8

- In 2007, 1.2 million adults in Los Angeles County cared for a family member, friend, or neighbor who needed help to live independently.
- The racial/ethnic breakdown for caregivers and non-caregivers was similar although a lower percentage of caregivers were Latino compared to non-caregivers and a higher percentage of caregivers were Asian/Pacific Islander compared to non-caregivers.
- Caregivers tended to be slightly more educated, to live in households at or above 300% Federal Poverty Level, and to work part-time compared to non-caregivers.



**TABLE 1**

	TOTAL (% or mean)	Caregiver (% or mean)	Non-Caregiver (% or mean)
<b>Health</b>			
Self-rated poor or fair health	18.4	19.2	18.3
Eats fast food at least once a week	40.3	39.9	40.4
Consumes 5 or more servings of fruits & vegetables a day	15.2	16.8	14.9
Body weight			
Overweight <sup>6</sup>	35.6	31.5	36.5
Obese <sup>7</sup>	23.9	27.9	23.1
Physical activity level			
Active <sup>8</sup>	53.1	55.5	52.7
Minimal to no activity	36.2	30.3	37.3
Reported disability <sup>9</sup>	19.7	21.0	19.5
Average number of poor physical health days in past month	3.2	3.4	3.2
Average number of poor mental health days in past month	3.1	3.8	3.0
Ever diagnosed with depression	13.5	12.4	13.8
Ever diagnosed with diabetes	8.7	9.5	8.5
Ever diagnosed with high blood pressure	24.6	27.4	24.1
<b>Health Care Access</b>			
Uninsured	19.1	18.1	19.3
No regular source of care	19.2	15.0	20.0
Difficulty accessing medical care	27.1	27.3	27.1
Transportation as a barrier to care	7.4	8.3	7.2
Unable to afford dental care in last year	22.2	25.5	21.5
Unable to afford medical care in last year	11.8	14.6	11.2
Unable to afford prescription medicines in last year	12.0	13.1	11.8
<b>Caregiving Characteristics</b>			
Average number of caregiving hours provided weekly	-	18.4	-
Relationship to care recipient			
Spouse	-	9.8	-
Non-spouse relative	-	70.7	-
Non-relative	-	19.5	-
Care recipient disabled and needs help with 2+ ADLs <sup>10</sup>	-	45.7	-
Lives with care recipient	-	33.2	-
Cares for person with a memory problem	-	24.1	-
Average age of care recipient (in years)	-	69.6	-

- A higher percentage of caregivers (16.8%) ate at least five servings of fruits and vegetables daily and engaged in the recommended amount of weekly physical activity (55.5%) compared to non-caregivers (14.9 and 52.7%, respectively). Yet a higher percentage of caregivers (27.9%) were obese, had higher average number of days of poor mental health (3.8) in the past month, and had ever been diagnosed with high blood pressure (27.4%) compared to non-caregivers (23.1, 3.0, and 24.1%, respectively).
- Overall, a similar percentage of caregivers and non-caregivers reported difficulty accessing medical care. Almost 20% of all adults reported having no health insurance or regular source of care, 22.2% did not obtain dental care in the past year because they could not afford it, and 27.1% reported difficulty accessing medical care.



**TABLE 2****Characteristics of Los Angeles County Caregivers Ages 18 years and older, by Age Group**

	Ages 18-39 425,000 (% or mean)	Ages 40-64 597,000 (% or mean)	Ages 65 & Older 152,000 (% or mean)
<b>Estimated Population</b>			
<b>Demographics</b>			
Age (in years)	28.3	50.9	74.2
<b>Gender</b>			
Male	52.6	45.1	53.7
Female	47.4	54.9	46.3
<b>Race/Ethnicity</b>			
Latino	52.4	35.3	19.9
White	19.5	40.5	56.3
African American	9.9	8.7	8.8†
Asian/Pacific Islander	18.2	15.5	14.9
<b>Education</b>			
Less than high school	17.4	15.1	9.1†
High school or some college	57.0	43.6	54.0
College graduate or higher	25.6	41.3	36.9
<b>Service Planning Area (SPA)</b>			
Antelope Valley (SPA 1)	1.9†	3.7	4.4†
San Fernando (SPA 2)	24.0	21.4	18.7
San Gabriel (SPA 3)	16.7	22.0	21.2
Metro (SPA 4)	11.4	11.2	15.1
West (SPA 5)	3.0†	7.8	8.7†
South (SPA 6)	13.3	6.0	4.7†
East (SPA 7)	13.3	12.1	12.8
South Bay (SPA 8)	16.3	15.7	14.4
<b>Married<sup>3</sup></b>	50.6	61.7	59.0
<b>Employment Status</b>			
Works part-time <sup>4</sup>	20.7	14.0	9.3
Works full-time <sup>5</sup>	46.3	54.3	7.0†
<b>Federal Poverty Level (FPL)</b>			
0-99%	27.5	18.6	16.3
100-199%	28.7	20.5	22.7
200-299%	11.4	12.8	21.1
300%+	32.4	48.1	39.8

- While the majority of younger caregivers (ages 18-39) were Latino, the majority of elderly caregivers (65 years and older) were white. Asian/Pacific Islanders comprised a slightly greater percentage of younger caregivers than of older caregivers (18.2 vs. 14.9%). The proportion of caregivers who were African American remained relatively unchanged throughout the life span, at around 9-10%.
- Compared to the other age groups, younger caregivers (ages 18-39) had the lowest rates of having a college degree, being married, and living in households at or above 300% Federal Poverty Level.



**TABLE 2**

	Ages 18-39 (% or mean)	Ages 40-64 (% or mean)	Ages 65 & Older (% or mean)
<b>Health</b>			
Self-rated poor or fair health	12.8	21.6	27.6
Eats fast food at least once a week	51.8	36.3	22.3
Consumes 5 or more servings of fruits & vegetables a day	15.0	17.2	20.6
Body weight			
Overweight <sup>6</sup>	24.8	35.2	35.5
Obese <sup>7</sup>	27.4	30.9	20.6
Physical activity level			
Active <sup>8</sup>	62.6	53.5	44.6
Minimal to no activity	22.5	32.6	41.9
Reported disability <sup>9</sup>	8.9	25.2	41.1
Average number of poor physical health days in past month	1.9	3.9	6.2
Average number of poor mental health days in past month	4.3	3.8	2.3
Ever diagnosed with depression	9.9	15.1	11.1
Ever diagnosed with diabetes	-	11.7	20.8
Ever diagnosed with high blood pressure	9.6	32.6	59.6
<b>Health Care Access</b>			
Uninsured	23.1	17.6	-
No regular source of care	22.5	11.6	7.3†
Difficulty accessing medical care	31.3	28.5	9.8†
Transportation as a barrier to care	13.0	6.3	4.7†
Unable to afford dental care in last year	25.9	27.3	17.0
Unable to afford medical care in last year	16.2	15.6	6.2†
Unable to afford prescription medicines in last year	13.8	14.6	6.8†
<b>Caregiving Characteristics</b>			
Average number of caregiving hours provided weekly	17.1	17.1	25.1
Relationship to care recipient			
Spouse	-	9.9	32.0
Non-spouse relative	80.7	71.5	37.6
Non-relative	16.9	18.7	30.3
Care recipient disabled and needs help with 2+ ADLs <sup>10</sup>	48.7	44.1	41.6
Lives with care recipient	32.3	31.4	42.2
Cares for person with a memory problem	20.2	26.6	24.3
Average age of care recipient (in years)	62.3	72.4	76.8

† The estimate is statistically unstable (relative standard error  $\geq$  23%)

- Data not reportable because cell size  $<$  5 or relative standard error  $\geq$  40%

- Older caregivers (65 years and older) had the highest rates of reporting fair or poor health status (27.6%), a disability (41.1%), minimal to no physical activity (41.9%), and more average number of days of poor physical health (6.2).
- Older caregivers compared to younger and middle-aged caregivers were more likely to be caring for a spouse, living with the person they were caring for, and spending more hours caregiving on average per week.
- Younger caregivers (ages 18-39) had the highest rate of physical activity (62.6%) yet reported a higher average number of days where mental health was not good (4.3) and the most problems overall with health care access. Younger caregivers also had the highest rate (48.7%) of caring for an individual needing help with two or more activities of daily living.



**TABLE 3****Characteristics of Los Angeles County Caregivers Ages 18 years and older, by Gender**

	Men 581,000 (% or mean)	Women 624,000 (% or mean)
<b>Estimated Population</b>		
<b>Demographics</b>		
Age (in years)	44.8	46.6
<b>Race/Ethnicity</b>		
Latino	39.1	38.6
White	35.2	35.1
African American	7.7	11.5
Asian/Pacific Islander	18.1	14.8
<b>Education</b>		
Less than high school	14.4	15.7
High school or some college	51.5	47.5
College graduate or higher	34.1	36.8
<b>Service Planning Area (SPA)</b>		
Antelope Valley (SPA 1)	3.5	2.8
San Fernando (SPA 2)	22.7	22.2
San Gabriel (SPA 3)	19.8	20.3
Metro (SPA 4)	11.1	11.8
West (SPA 5)	6.2	5.9
South (SPA 6)	9.3	8.2
East (SPA 7)	12.6	12.2
South Bay (SPA 8)	14.9	16.7
<b>Married<sup>3</sup></b>	58.8	55.0
<b>Employment Status</b>		
Works part-time <sup>4</sup>	13.9	17.2
Works full-time <sup>5</sup>	57.2	35.3
<b>Federal Poverty Level (FPL)</b>		
0-99%	19.0	23.3
100-199%	23.8	23.3
200-299%	14.1	13.5
300%+	43.1	39.9

- Female caregivers in Los Angeles County were slightly older and more educated than male caregivers.
- The overall racial/ethnic breakdown of caregivers was similar for men and women. The majority of male and female caregivers were Latino (39.1% and 38.6%, respectively).
- A higher percentage of male caregivers worked full-time jobs (57.2%) compared to female caregivers (35.3%).



**TABLE 3****Health**

Self-rated poor or fair health  
 Eats fast food at least once a week  
 Consumes 5 or more servings of fruits & vegetables a day  
 Body weight  
   Overweight<sup>6</sup>  
   Obese<sup>7</sup>  
 Physical Activity level  
   Active<sup>8</sup>  
   Minimal to no activity  
 Reported disability<sup>9</sup>  
 Average number of poor physical health days in past month  
 Average number of poor mental health days in past month  
 Ever diagnosed with depression  
 Ever diagnosed with diabetes  
 Ever diagnosed with high blood pressure

**Health Care Access**

Uninsured  
 No regular source of care  
 Difficulty accessing medical care  
 Transportation as a barrier to care  
 Unable to afford dental care in last year  
 Unable to afford medical care in last year  
 Unable to afford prescription medicines in last year

**Caregiving Characteristics**

Average number of caregiving hours provided weekly  
 Relationship to care recipient  
   Spouse  
   Non-spouse relative  
   Non-relative  
 Care recipient disabled and needs help with 2+ ADLs<sup>10</sup>  
 Lives with care recipient  
 Cares for person with a memory problem  
 Average age of care recipient (in years)

	Men (% or mean)	Women (% or mean)
Self-rated poor or fair health	19.4	19.0
Eats fast food at least once a week	47.6	32.8
Consumes 5 or more servings of fruits & vegetables a day	12.3	21.1
Body weight		
Overweight <sup>6</sup>	34.7	28.4
Obese <sup>7</sup>	30.7	25.2
Physical Activity level		
Active <sup>8</sup>	58.5	52.7
Minimal to no activity	26.0	34.4
Reported disability <sup>9</sup>	19.6	22.4
Average number of poor physical health days in past month	3.2	3.6
Average number of poor mental health days in past month	3.3	4.2
Ever diagnosed with depression	10.6	14.1
Ever diagnosed with diabetes	11.3	7.8
Ever diagnosed with high blood pressure	27.8	27.1
<b>Health Care Access</b>		
Uninsured	17.7	18.4
No regular source of care	17.6	12.6
Difficulty accessing medical care	22.9	31.4
Transportation as a barrier to care	7.7	8.8
Unable to afford dental care in last year	23.5	27.4
Unable to afford medical care in last year	13.8	15.4
Unable to afford prescription medicines in last year	12.8	13.5
<b>Caregiving Characteristics</b>		
Average number of caregiving hours provided weekly	16.5	20.3
Relationship to care recipient		
Spouse	11.1	8.7
Non-spouse relative	71.7	69.7
Non-relative	17.2	21.6
Care recipient disabled and needs help with 2+ ADLs <sup>10</sup>	41.8	49.3
Lives with care recipient	36.3	30.3
Cares for person with a memory problem	21.9	26.1
Average age of care recipient (in years)	69.9	69.3

- Female caregivers compared to male caregivers reported higher rates of minimal or no physical activity (34.4%), disability (22.4%), and greater number of days with poor physical (3.6) and mental (4.2) health.
- With the exception of not having a regular source of care, female caregivers fared worse on all the health access indicators, compared to male caregivers.
- Men and women shared similar characteristics of caregiving, although women provided more hours of weekly caregiving (20.3) than men (16.5), and 49.3% of women cared for an individual needing help two or more activities of daily living, compared to 41.8% of men.



**TABLE 4****Characteristics of Los Angeles County Caregivers Ages 18 years and older, by Service Planning Area (SPA)**

	Antelope Valley SPA 1	San Fernando SPA 2	San Gabriel SPA 3	Metro SPA 4	West SPA 5	South SPA 6	East SPA 7	South Bay SPA 8
<b>Estimated Population</b>	38,000 (% or mean)	270,000 (% or mean)	242,000 (% or mean)	138,000 (% or mean)	73,000 (% or mean)	105,000 (% or mean)	149,000 (% or mean)	190,000 (% or mean)
<b>Demographics</b>								
Age (in years)	50.8	44.5	46.9	47.1	52.1	38.8	45.0	45.8
<b>Gender</b>								
Male	53.9	48.8	47.6	46.8	49.3	51.3	49.1	45.4
Female	46.1	51.2	52.4	53.2	50.7	48.7	50.9	54.6
<b>Race/Ethnicity</b>								
Latino	21.3	25.8	41.6	55.0	19.5†	44.6	62.5	30.8
White	66.0	53.0	31.8	21.2	62.3	-	24.1	34.3
African American	12.4†	3.8†	3.3†	6.1†	-	51.5	-	12.7
Asian/Pacific Islander	-	17.5	23.3	17.8	-	-	12.9†	22.2†
<b>Education</b>								
Less than high school	12.1†	6.3†	15.4	24.9	-	24.3	20.5	15.5†
High school or some college	63.9	41.2	51.9	37.5	35.2	71.4	54.5	53.1
College graduate or higher	24.0	52.5	32.7	37.6	60.6	-	25.0	31.4
<b>Married<sup>3</sup></b>	65.2	55.8	58.6	57.4	56.6	33.9	62.2	62.6
<b>Employment Status</b>								
Works part-time <sup>4</sup>	-	18.3	10.6†	17.4	15.8†	19.1†	14.2†	17.9
Works full-time <sup>5</sup>	49.5	52.7	41.6	40.4	52.8	39.2	43.4	47.9
<b>Federal Poverty Level (FPL)</b>								
0-99%	19.7†	17.5	18.0	34.1	-	34.9	20.6	17.1
100-199%	20.7†	16.8	28.2	25.6	-	38.6	28.5	18.9
200-299%	14.1†	14.5	15.3	8.1†	12.6†	9.1†	20.1	12.7
300%+	45.5	51.2	38.4	32.2	61.9	17.4†	30.8	51.3

**TABLE 4**

	Antelope Valley SPA 1	San Fernando SPA 2	San Gabriel SPA 3	Metro SPA 4	West SPA 5	South SPA 6	East SPA 7	South Bay SPA 8
<b>Health</b>								
Self-rated poor or fair health	20.1†	14.9	19.4	26.2	10.9†	23.8†	17.5	21.4
Eats fast food at least once a week	47.0	45.0	37.4	27.6	27.5	38.7	41.9	47.4
Consumes 5 or more servings of fruits & vegetables a day	14.0†	22.1	12.6	17.2†	21.4	-	17.3	14.2†
Body weight								
Overweight <sup>6</sup>	36.0	37.3	23.1	31.5	33.1	23.2†	38.1	30.7
Obese <sup>7</sup>	34.2	15.8	32.9	21.3	13.5†	47.0	33.0	34.4
Physical Activity level								
Active <sup>8</sup>	53.9	60.1	48.9	62.7	68.9	56.9	55.3	46.9
Minimal to no activity	35.7	29.6	37.8	23.9	22.9	28.8	27.3	31.4
Reported disability <sup>9</sup>	33.6	18.9	17.9	25.2	26.2	21.3†	18.8	22.2
Average number of poor physical health days in past month	4.3†	2.9	2.8	4.4	3.2†	3.7	3.7	3.7
Average number of poor mental health days in past month	3.9†	4.5	2.4	4.7	3.3†	5.2†	2.3	4.3
Ever diagnosed with asthma	12.2†	12.9	11.0	16.0	15.9†	11.7†	11.8	10.7
Ever diagnosed with diabetes	10.8†	6.6†	9.6	12.4†	14.8†	7.8†	11.5†	8.5†
Ever diagnosed with high blood pressure	30.7	25.2	30.1	27.0	40.3	23.1	26.6	24.9
<b>Health Care Access</b>								
Uninsured	15.3†	15.3	19.2	28.6	-	28.5†	17.9	11.5†
No regular source of care	-	12.1	14.7	23.3	-	23†	14.2	11.5†
Difficulty accessing medical care	22.2	22.6	35.5	31.0	-	33.3	30.1	23.1
Transportation as a barrier to care	-	4.4†	5.9†	15.3†	0.0	18.1†	5.3†	11.9†
Unable to afford dental care in last year	28.8	22.6	21.6	36.1	14.0†	36.4	24.2	25.6
Unable to afford medical care in last year	10.3†	13.9	12.5	20.6	-	20.2†	15.9	14†
Unable to afford prescription medicines in last year	11.5†	13.4	15.5	15.4†	-	12.7†	13.9	11.9†
<b>Caregiving Characteristics</b>								
Average number of caregiving hours provided weekly	30.0†	14.0	16.1	20.1†	15.8†	18.2	24.5	20.7
Relationship to care recipient								
Spouse	19.2	7.8	9.6	10.4†	7.7†	9.5†	9.3†	12.2†
Non-spouse relative	65.5	76.9	73.8	53.6	72.7	63.2	74.5	71.8
Non-relative	15.3†	15.3	16.6	36.0	19.7†	27.2	16.2†	16.1
Care recipient disabled and needs help with 2+ ADLs <sup>10</sup>	36.7	48.0	44.8	42.2	34.1	63.2	42.6	45.0
Lives with care recipient	46.8	31.5	36.9	29.5	15.1†	29.7	39.0	35.5
Cares for person with a memory problem	28.8	21.2	20.9	25.2	26.7	30.7	19.3	29.5
Average age of care recipient (in years)	69.3	69.1	71.5	67.1	77.0	65.5	68.5	69.5

† The estimate is statistically unstable (relative standard error ≥ 23%)

- Data not reportable because cell size &lt; 5 or relative standard error ≥ 40%

**TABLE 5****Characteristics of Los Angeles County Caregivers Ages 18 years and older, by Race/Ethnicity**

	Latino 456,000 (% or mean)	White 413,000 (% or mean)	African American 113,000 (% or mean)	Asian/Pacific Islander 193,000 (% or mean)
<b>Estimated Population</b>				
<b>Demographics</b>				
Age (in years)	41.0	52.2	45.0	43.9
<b>Gender</b>				
Male	49.0	48.7	38.8	53.7
Female	51.0	51.3	61.2	46.3
<b>Education</b>				
Less than high school	34.6	2.4†	-	5.5†
High school or some college	51.8	46.5	71.2	39.0
College graduate or higher	13.7	51.2	24.2	55.6
<b>Service Planning Area (SPA)</b>				
Antelope Valley (SPA 1)	1.7†	6.0	4.1†	-
San Fernando (SPA 2)	14.5	32.8	8.5†	23.2
San Gabriel (SPA 3)	21.9	18.5	7.0†	29.0
Metro (SPA 4)	15.8	6.7	7.0†	12.1
West (SPA 5)	3.1†	10.9	-	-
South (SPA 6)	10.1	-	47.1	-
East (SPA 7)	20.2	8.6	-	9.9†
South Bay (SPA 8)	12.6	15.5	20.8	21.5†
<b>Married<sup>3</sup></b>	58.6	53.4	37.6	69.6
<b>Employment Status</b>				
Works part-time <sup>4</sup>	14.5	18.0	21.4†	10.1†
Works full-time <sup>5</sup>	43.9	45.5	39.4	52.8
<b>Federal Poverty Level (FPL)</b>				
0-99%	39.9	6.4†	23.8	10.8
100-199%	29.4	12.6	32.8	29.6
200-299%	12.1	17.9	9.7†	11.8
300%+	18.7	63.1	33.7	47.9

**TABLE 5**

	Latino (% or mean)	White (% or mean)	African American (% or mean)	Asian/Pacific Islander (% or mean)
<b>Health</b>				
Self-rated poor or fair health	28.1	12.7	15.2†	16.8
Eats fast food at least once a week	42.8	36.8	42.9	40.2
Consumes 5 or more servings of fruits & vegetables a day	12.7	23.1	9.2†	14.8
Body weight				
Overweight <sup>6</sup>	35.4	31.3	25.4	26.5
Obese <sup>7</sup>	36.3	24.0	38.4	-
Physical Activity level				
Active <sup>8</sup>	57.1	58.6	58.4	40.7
Minimal to no activity	28.5	28.6	33.5	39.1
Reported disability <sup>9</sup>	18.3	28.9	24.2	9.2†
Average number of poor physical health days in past month	3.8	3.4	4.1	2.3
Average number of poor mental health days in past month	3.3	4.0	4.9	3.9
Ever diagnosed with depression	15.0	13.9	14.8†	-
Ever diagnosed with diabetes	10.4	9.8	-	10.8†
Ever diagnosed with high blood pressure	22.9	28.5	38.1	31.7
<b>Health Care Access</b>				
Uninsured	28.3	6.5	17.3†	19.0
No regular source of care	21.2	5.7	14.8†	16.5
Difficulty accessing medical care	38.3	13.5	28.7	34.3
Transportation as a barrier to care	11.3	5.0†	15.7†	4.7†
Unable to afford dental care in last year	33.6	16.5	31.3	22.7
Unable to afford medical care in last year	22.1	6.7	21.6†	10.9†
Unable to afford prescription medicines in last year	18.8	7.7	14.4†	10.8†
<b>Caregiving Characteristics</b>				
Average number of caregiving hours provided weekly	20.7	16.2	22.3	16.2
Relationship to care recipient				
Spouse	8.4	12.9	8.5†	9.1†
Non-spouse relative	69.4	71.0	67.1	73.4
Non-relative	22.3	16.2	24.4	17.6
Care recipient disabled and needs help with 2+ ADLs <sup>10</sup>	50.1	38.8	57.1	45.9
Lives with care recipient	37.8	27.0	29.0	38.0
Cares for person with a memory problem	19.7	25.0	27.4	30.4
Average age of care recipient (in years)	64.2	74.0	67.8	73.1

† The estimate is statistically unstable (relative standard error  $\geq$  23%)

- Data not reportable because cell size < 5 or relative standard error  $\geq$  40%

## SUMMARY HIGHLIGHTS FOR TABLES 4 & 5

### Caregivers by Service Planning Area (SPA), Table 4, Pages 10, 11

- SPA 6 (South) had the youngest caregivers on average (38.8 years) whereas SPA 5 (West) had the oldest caregivers on average (52.1 years).
- The majority of caregivers were female in most SPAs, except in SPA 1 (Antelope Valley) and SPA 6 (South) where 53.9% and 51.9% of caregivers, respectively, were men.
- Caregivers' health varied by SPA. Caregivers in SPAs 4 (Metro) and 6 (South) had the highest rates of reporting fair or poor health (26.2 and 23.8%, respectively) but caregivers in SPA 1 (Antelope Valley) had the highest rate of reporting a disability (33.6%). The average number of days physical or mental health was reported not to be good ranged from a low of 2.8 in SPA 3 (San Gabriel) for physical health and 2.3 in SPA 7 (East) for mental health to a high of 4.4 in SPA 4 (Metro) for physical health and 5.2 in SPA 6 (South) for mental health.
- Access to health care was not uniform across SPAs. Barriers to accessing services were most problematic overall in SPAs 4 and 6 where caregivers in these communities reported higher rates of being uninsured, not having a regular source of care, and transportation and affordability problems. However, caregivers in SPA 3 (San Gabriel) had the highest rate of difficulty accessing medical services (35.5%) and not getting a needed prescription in the past year because they could not afford it (15.5%).
- The average number of caregiving hours provided weekly ranged widely from a low of 14 in SPA 2 (San Fernando) to a high of 30 in SPA 1 (Antelope Valley).
- Almost two-thirds of caregivers in SPA 6 (South) were taking care of individuals needing help with at least two activities of daily living.
- 15.1% of caregivers in SPA 5 (West) lived with the person they were taking care of compared to 46.8% of caregivers in SPA 1 (Antelope Valley).
- Between 20 and 30 percent of caregivers were caring for an individual with a memory problem like dementia or Alzheimer's disease, with the highest rates found in SPA 6 (South) at 30.7% and SPA 8 (South Bay) at 29.5%.
- Caregivers in SPA 5 (West) were caring for the oldest care recipients (77 years) whereas caregivers in SPA 6 (South) were caring for the youngest care recipients (65.5 years).

### Caregivers by Race/Ethnicity, Table 5, Pages 12, 13

- White caregivers were older on average (52.2 years) and cared for older care recipients (74 years) compared to caregivers of other racial/ethnic groups. Asian/Pacific Islander caregivers were the most educated group of caregivers, with 55.6% having a college degree, followed by white caregivers (51.2%), African American caregivers (24.2%), and Latino caregivers (13.7%). However, 63.1% of white caregivers lived in households at or above 300% Federal Poverty Level, compared to only 47.9% of Asian/Pacific Islander caregivers, 33.7% of African American caregivers, and 18.7% of Latino caregivers.
- The split between men and women was relatively even for Latino and white caregivers. However, 61.2% of African American caregivers were female whereas 53.7% of Asian/Pacific Islander caregivers were male.
- More Latino caregivers reported having fair or poor health (28.1%), followed by Asian/Pacific Islander caregivers (16.8%), African American caregivers (15.2%) and white caregivers (12.7%). However, more white caregivers reported having a disability (28.9%), followed by African American caregivers (24.2%), Latino caregivers (18.3%), and Asian/Pacific Islander caregivers (9.2%). African American caregivers reported the highest average number of poor physical (4.1) and mental (4.9) health days during the last month.
- Latino caregivers had the highest rates of poor health care access—in six of seven indicators—compared to caregivers of other racial/ethnic groups.
- African American caregivers provided the most hours of weekly caregiving on average (22.3), followed by Latino caregivers (20.7), white (16.2) and Asian/Pacific Islander caregivers (16.2).
- The majority of caregivers, regardless of race/ethnicity, provided care to a family member other than a spouse, and at least half of African American and Latino caregivers cared for an individual needing help with at least two activities of daily living.
- Almost one-third of Asian/Pacific Islander caregivers cared for a person with a memory problem like dementia or Alzheimer's disease.

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## DATA SOURCE

The Los Angeles County Health Survey is a periodic, population-based telephone survey that collects information on sociodemographic characteristics, health status, health behaviors, and access to health services among adults and children in the county. The 2007 survey collected information on a random sample of 7,200 adults and 5,728 children. The survey was conducted for the Los Angeles County Department of Public

Health by Field Research Corporation and was supported by grants from First 5 LA, the Tobacco Control and Prevention Program, the Emergency Response and Bioterrorism Preparedness Program and various Department of Public Health programs. See [www.publichealth.lacounty.gov/ha](http://www.publichealth.lacounty.gov/ha)

## END NOTES

- 1 AARP Public Policy Institute 2008. See [http://assets.aarp.org/rgcenter/il/i13\\_caregiving.pdf](http://assets.aarp.org/rgcenter/il/i13_caregiving.pdf)
- 2 Los Angeles County Department of Public Health, Office of Health Assessment and Epidemiology. *Informal Caregiving: Implications for Public Health*. LA Health; February 2010. See [http://publichealth.lacounty.gov/ha/reports/habriefs/2007/Caregiving\\_Final.pdf](http://publichealth.lacounty.gov/ha/reports/habriefs/2007/Caregiving_Final.pdf)
- 3 Married is defined as being married, domestic partners, or not married but living together.
- 4 Working part-time is defined as employed and working less than 35 hours per week.
- 5 Working full-time is defined employed and working 35 or more hours per week.
- 6 Overweight is defined as a Body Mass Index between 25 and 29.9.
- 7 Obese is defined as a Body Mass Index of 30 or more.
- 8 Active is defined as obtaining the recommended amount of  $\geq 20$  minutes of vigorous activity 3 or more days per week or  $\geq 30$  minutes of moderate activity 5 or more days per week.
- 9 Respondents were coded as having a disability if they responded yes to any of the following: 1) limited in any way because of a physical, mental, or emotional problem for at least three months; 2) had a health problem that required use of special equipment (e.g., a cane, wheelchair, special bed or telephone); or 3) considered themselves as a person with a disability.
- 10 ADLs refer to Activities of Daily Living which commonly include bathing, toileting, dressing, transferring, walking and feeding.



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