

Senior Services Division

Chronic Diseases in Older Adults



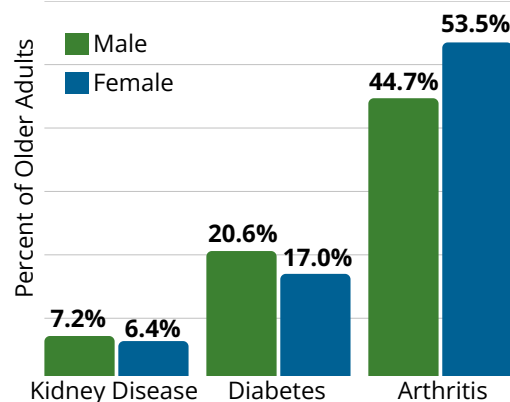
This report is intended to identify and understand public health issues affecting older adults age 60+ living in Davis County. The goal of this report is to increase awareness of these conditions and their impact on individuals and communities, identify groups most affected by these issues, and establish strategies for improvement.

Overview of Chronic Diseases

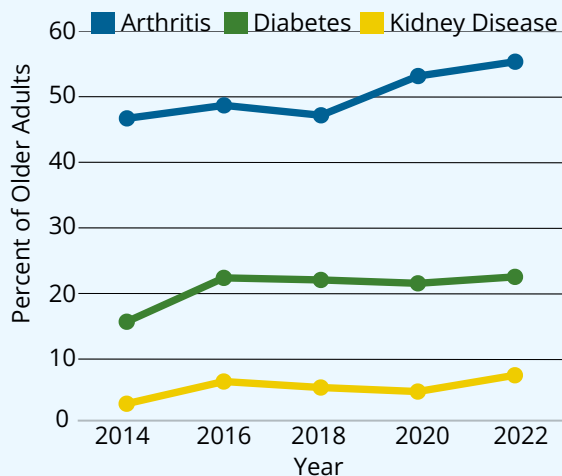
Chronic diseases are the leading cause of illness, disability, and death in the United States. These conditions typically persist for a year or more, impair daily functioning, and require ongoing medical care. Common examples include diabetes, arthritis, and kidney disease. **Diabetes** affects how the body turns food into energy, causing sugar to build up in the bloodstream. **Arthritis** is a broad term for disorders that impact the joints and other connective tissue. **Kidney disease** occurs when the kidneys become damaged and cannot function properly. These can be chronic (long-term) or acute (short term). Chronic diseases are interconnected and can lead to other serious conditions if left untreated. Because chronic conditions influence each other, managing one condition can often help prevent others and improve overall health.

Data: [CDC Chronic Disease](#), 2024; [DCHD CHA](#), 2023; [IBIS](#), 2021-2023 (crude)

Older Adults in Davis County with Chronic Diseases by Sex (2021-2023)



Chronic Disease Trends for Older Adults in Davis County (2014-2022)

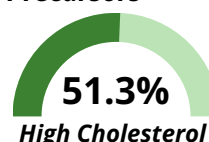
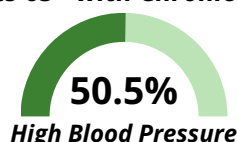
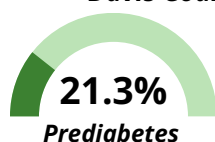


Data: [CDC Chronic Disease](#), 2024; [DCHD CHA](#), 2023; [IBIS](#), 2014-2022 (crude)

In recent years, the number of older adults in Davis County diagnosed with diabetes, arthritis, or kidney disease has risen. This rise is influenced by **less physical activity** and **poor nutrition**. Inactivity and poor nutrition can lead to weight gain, high blood sugar, and high blood pressure. Additionally, the effects of **aging** play a significant role. The Centers for Disease Control (CDC) explains that aging slows the body's systems, raising the chance of developing chronic diseases. A nutritious diet and regular activity are more important as people age and can help prevent disease and improve health.

Prediabetes is when blood sugar levels are higher than normal but not high enough for a diabetes diagnosis. Prediabetes, high blood pressure, and high cholesterol are common warning signs for more serious chronic diseases. These conditions can lead to heart disease, stroke, diabetes, and kidney failure if not managed early. Because they share similar causes, addressing one condition can help reduce the risk of others. Early intervention is important because it can prevent chronic diseases and, in some cases, even reverse the condition.

Davis County Adults 65+ with Chronic Disease Precursors



Data: [CDC Heart Disease](#), 2024; [IBIS](#), 2021-2023 (crude)



Chronic Disease Key Findings

12.8%

The rate of diabetes-related deaths among older adults in Davis County is 12.8% lower than the Utah rate ⁸



About **1 in 2** older adults in Davis County report having diagnosed arthritis ¹⁴

4,200+

Over 4,200 older adults in Davis County reported having kidney disease in 2023 ¹⁴



Nearly **2 in 3** older adults in Davis County who have diagnosed arthritis have fallen in the past year ¹⁴

1 in 5

1 in 5 adults in the U.S. who have diabetes do not know they have it ⁵

Current Progress and Strategies for Improvement

Davis County Nutrition Programs

Farmers Market

The **Seniors Farmers Market Nutrition Program (SFMNP)** is an incentive program that offers \$100 in vouchers per year to low-income seniors to spend on locally grown fruits, vegetables, and honey. Participants enroll at Davis County Senior Activity Centers, where the Farmers Market is also hosted. In 2024, Davis County Senior Services enrolled 73 older adults and distributed \$2,725 worth of produce, increasing access to fresh food for low-income seniors.

SNAP

The **Supplemental Nutrition Assistance Program (SNAP)** helps low-income individuals and families supplement their grocery budget. It's a lifeline for older adults on fixed incomes, helping them buy nutritious food to maintain good health. In 2024, Davis County Senior Services received a SNAP grant from the National Council on Aging to help older adults enroll in SNAP benefits and hire a Registered Dietitian for nutrition counseling and education.

Meal Services

Home delivered meals provide nutritious meals that are delivered to older adults. In 2023, 60% of home delivered meal clients were found to be at nutritional risk, highlighting the importance of this service in supporting overall health.

Congregate meal programs serve nutritious meals in group settings. They aim to keep older adults healthy, independent, and offer opportunities for social engagement. In 2024, over 30,000 meals were served for 1,365 clients.

Data: [Food Assistance Programs](#), 2023; [Home Delivered Meals](#), 2024

Healthy Aging Evidence-Based Classes

A single session of moderate- to vigorous-intensity physical activity provides immediate benefits for your health. Regular physical activity provides important health benefits for chronic disease prevention. The following group classes are incorporated into the weekly schedule at all three Davis County Senior Activity Centers.

Bingocize - Group exercise activity that strategically combines the game of bingo, exercise, and health education

EnhanceFitness - Group exercise for fall prevention that helps older adults at all levels of fitness become more active, energized, and empowered.

Living Well with Chronic Conditions - Participants learn self-management skills needed to manage any ongoing health condition. The program has also been proven to be effective for caregivers.

Tai Chi For Arthritis - A fall prevention program that has been shown to improve balance, increase movement and strength, and improve mobility.

Number of Davis County Participants by Program in 2024	
Bingocize	90
EnhanceFitness	83
Living Well with Chronic Conditions	8
Tai Chi for Arthritis	69

Data: [CDC Physical Activity](#), 2024; [Senior Activity Centers](#), 2023; [Senior Services Annual Report](#), 2023

Local Resources

Bountiful Community Food Pantry	Bountifulfoodpantry.org/get-help	801-299-8464
Davis County Nutrition Services	Daviscountyutah.gov/health/aging-and-adult-services/home-delivered-meals	801-525-5050 opt. 5
Double Up Food Bucks Program	Uah.org/get-help/snap-farmers-market	801-328-2561
Exercise and Physical Activity	Nia.nih.gov/health/exercise-and-physical-activity	N/A
Find a Food Pantry, Utah Food Bank	Utahfoodbank.org/find-a-pantry/	801-978-2452
Healthy Aging Program	Healthyaging.utah.gov/	888-222-2542
Home-Delivered Meals	Daviscountyutah.gov/health/aging-and-adult-services/home-delivered-meals	801-525-5050

1. CDC Arthritis. 2024. Accessed May 23, 2025. ([View](#))
2. CDC Chronic Disease. 2024. Accessed May 20, 2025. ([View](#))
3. CDC Chronic Disease Prevention. 2024. Accessed May 30, 2025. ([View](#))
4. CDC Chronic Kidney Disease. 2024. Accessed May 23, 2025. ([View](#))
5. CDC Diabetes. 2024. Accessed May 23, 2025. ([View](#))
6. CDC Heart Disease. 2024. Accessed May 27, 2025. ([View](#))
7. CDC Physical Activity. 2024. Accessed May 30, 2025. ([View](#))

8. CDC WONDER. 2021-2023. Accessed May 23, 2025. ([View](#))
9. DCHD Community Health Assessment. 2023. Accessed May 27, 2025. ([View](#))
10. DCHD Food Assistance Programs. 2023. Accessed June 5, 2025. ([View](#))
11. DCHD Home Delivered Meals. 2024. Accessed June 5, 2025. ([View](#))
12. DCHD Senior Activity Centers. 2023. Accessed June 3, 2025. ([View](#))
13. DCHD Senior Services Annual Report. 2023. Accessed June 3, 2025. ([View](#))
14. IBIS BRFSS. 2021-2023. Accessed May 20, 2025. ([View](#))