

Orange County Dementia Prevalence Fact Sheet

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Dementia prevalence in Orange County

Estimated number of Orange County residents with mild cognitive impairment (MCI) or dementia: **164,346**

- That's more than the entire population of 29 OC cities including:
 - [Newport Beach](#) – 84,792
 - [Costa Mesa](#) – 110,750
 - [Laguna Woods](#) – 17,452
 - [San Clemente](#) – 63,896
- Over 3x the seating capacity of Angel Stadium
- Greater than Disneyland's maximum daily capacity
- Enough to fill eight Honda Centers at full capacity

Dementia prevalence and ethnicity

According to estimates

497,346 people in Orange County are 65 or older.

- 169,595 are Latino
 - 34,780 OC Latinos 65+ have dementia
- 191,478 are Caucasian
 - 16,749 OC Caucasians 65+ have dementia
- 113,395 are Asian-American
 - 9,919 OC Asian-Americans 65+ have dementia

Aging in Orange County and dementia

- Age is the primary risk factor for developing dementia
- 65 and older is the only growing demographic in Orange County
- The County's 65+ population is projected to grow to [27% by 2060, with the County getting older, faster than the rest of California.](#)
- The initial baby boomers (people born between 1946 – 1964) reached 65 years of age in 2011 and will continue to expand in 2049, significantly impacting the prevalence of Alzheimer's disease—the most common form of dementia

Alzheimer's disease vs dementia

- Dementia is an umbrella term for symptoms that affect daily life and activities, including impaired thinking and memory loss
- Alzheimer's disease is the most common form of dementia, but not the only one
- Estimates vary but the World Health Organization (WHO) estimates that it [may contribute to 60 - 70% of cases](#)
- Other causes of dementia include, but are not limited to:
 - Frontotemporal dementia
 - Lewy Body dementia
 - Huntington's disease
 - Parkinson's disease
 - Creutzfeldt-Jakob disease

Mild Cognitive Impairment

According to the [National Institute on Aging \(NIA\)](#)

- MCI is a condition in which people have more memory problems than normal for people their age
- Researchers have found that more people with MCI than those without it go on to develop Alzheimer's disease or a related dementia
- An estimated 10 to 20% of people age 65 or older with MCI develop dementia over a one-year period. However, not everyone who has MCI develops dementia

Sources:

<https://www.census.gov/quickfacts/orangecountycalifornia>

<https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/Alzheimer's-Disease-Program-Funding-Opportunities.aspx>

<https://data.ocagingplan.org>

<https://www.nia.nih.gov/health/what-mild-cognitive-impairment>

<https://www.who.int/news-room/fact-sheets/detail/dementia>