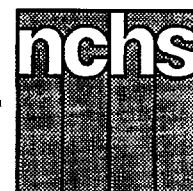


Advance Data



From Vital and Health Statistics of the CENTERS FOR DISEASE CONTROL AND PREVENTION/National Center for Health Statistics

Nursing Homes and Board and Care Homes Data From the 1991 National Health Provider Inventory

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Introduction

The 1991 National Health Provider Inventory (NHPI) was a survey of nursing homes, board and care homes, hospices, and home health agencies. This report deals primarily with nursing homes and board and care homes but includes some discussion of home health care.

The NHPI was previously known as the Inventory of Long-Term Care Places (ILTCP), which was conducted in 1986 (1). Before that, it was known as the National Master Facility Inventory (NMFI), which was conducted eight times—the first in 1967 (2) and the last in 1982 (3). These inventories included primarily nursing homes and residential care homes (now called board and care homes).

The current name (National Health Provider Inventory) reflects an

expansion to include home health agencies and hospices, which provide health services to individuals in their place of residence. Information concerning survey mailout procedures, the classification system that was used, and definitions of terms are given in the Technical notes.

Discussion

There were 15,511 nursing homes and 31,431 board and care homes identified in 1991. The nursing homes had 1,615,686 beds and 1,478,217 residents, and the board and care homes had 482,650 beds and 413,040 residents (table 1).

The discussion on nursing homes will center on the 14,744 that were freestanding as opposed to those that were hospital-based. Table 2 summarizes

the data for the 767 nursing homes that were hospital-based. From this point on, all references to nursing homes will be referring only to the freestanding nursing homes. For the board and care homes, the discussion will cover only the 31,431 responding homes. It was not feasible to impute data for the 8,578 nonresponding homes.

The 14,744 nursing homes, consisting of 1,559,394 beds and 1,426,320 residents are distributed by bed-size groups, by ownership type, and by geographic region (table 3). The table shows that almost 90 percent (13,069) of these nursing homes had between 25 and 199 beds, and more than 70 percent (10,522) were under for-profit ownership. When combined, the Midwest and South regions had twice as many nursing homes and almost twice as many beds as the Northeast and West regions combined.

Table 4 shows how the distribution of the homes by bed-size groups varied between geographic regions. For example, nearly two-thirds of the nursing homes in the West had fewer than 100 beds, whereas less than one-half of the homes in the Northeast and the South had fewer than 100 beds. The Northeast had a much higher percentage of large homes (200 beds or more) than the other regions. Its

Table 1. Number of nursing homes and board and care homes, beds, and residents, by type of facility: United States, 1991

Type of facility	Facilities	Beds	Residents
All facilities	46,942	2,098,336	1,891,257
Nursing homes	15,511	1,615,686	1,478,217
Freestanding	14,744	1,559,394	1,426,320
Hospital-based	767	56,292	51,897
Board and care homes ¹	31,431	482,650	413,040
Not for the mentally retarded	18,262	362,014	302,820
For the mentally retarded	13,169	120,636	110,220

¹Excludes 8,578 nonresponding board and care homes.



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Table 2. Number of hospital-based facilities, beds, and residents, by selected characteristics: United States, 1991

<i>Selected characteristic</i>	<i>Facilities</i>	<i>Beds</i>	<i>Residents</i>
Total facilities	767	56,292	51,897
<i>Bed size</i>			
Less than 25 beds	145	2,327	2,022
25-99 beds	477	24,516	22,686
100-199 beds	97	12,518	11,782
200 beds or more	48	16,931	15,407
<i>Ownership</i>			
Profit	63	5,344	4,819
Nonprofit	432	27,563	25,686
Government	272	23,385	21,392
<i>Geographic region</i>			
Northeast	138	16,398	15,233
Midwest	279	17,406	16,132
South	172	12,104	11,234
West	178	10,384	9,298

13.8 percent was in sharp contrast to the West's 4.1 percent, the South's 5.4 percent, and the Midwest's 7.7 percent.

Table 5 shows the difference in the average bed size and occupancy rates by ownership and geographic region. The Northeast, which had the second fewest homes, compensated by having the highest average bed size at 124 beds. (This was reflected in the higher percentage of large homes shown in table 4). On the other hand, the West not

only had the fewest homes it also had the lowest average bed size (93 beds).

The occupancy rates for nursing homes (table 5) indicate that the West had the lowest rate (89.6 percent) of any region. This occurred even though the West had fewer homes and beds than the other regions. This suggests that there was not a shortage of nursing home beds in the West, despite the small number of available beds. By contrast, even with the larger homes, the Northeast had an occupancy rate of

95.3 percent, which indicated a much higher use of nursing homes in that region.

Tables 6 and 7 display, by geographic region and type of home, the number of beds per 1,000 resident population ages 85 years and over and 65 years and over, respectively. Compared with the other regions, the West showed substantially fewer nursing home beds in each population group. Its rate of 376.9 for the 85 and over population was well below the rate of 458.6 of the Northeast (the next lowest) and far below the rate of 605.1 of the Midwest (the highest).

Similarly, the West's 35.3 rate for the 65 and over population in nursing homes was well below the 46.0 of the South (the next lowest), and far below the 66.0 of the Midwest (the highest).

The bed to population rates for board and care homes, compared with the rates for nursing homes, were virtually reversed in each region (tables 6 and 7). The West had, by far, the highest board and care home bed rates for both population groups; the Midwest, which had the highest nursing home bed rates for both groups, had, by far, the lowest board and care home bed rates. The Northeast and South flip-flopped their positions as well.

While tables 6 and 7 looked at nursing home and board and care home

Table 3. Number of homes, beds, and residents for nursing homes and board and care homes by type of home and selected characteristics: United States, 1991

<i>Selected characteristic</i>	<i>Nursing homes¹</i>			<i>All board and care homes²</i>		
	<i>Facilities</i>	<i>Beds</i>	<i>Residents</i>	<i>Facilities</i>	<i>Beds</i>	<i>Residents</i>
Total facilities	14,744	1,559,394	1,426,320	31,431	482,650	413,040
<i>Bed size</i>						
Less than 25 beds	563	8,101	7,105	27,377	204,816	179,473
25-99 beds	7,041	456,704	418,225	3,352	160,883	138,035
100-199 beds	6,028	792,348	724,966	544	71,863	59,605
200 beds or more	1,112	302,241	276,024	158	45,088	35,927
<i>Ownership</i>						
Profit	10,522	1,086,907	984,560	19,726	309,469	259,041
Nonprofit	3,497	372,272	348,090	9,694	143,142	128,516
Government	725	100,215	93,670	2,011	30,039	25,483
<i>Geographic region</i>						
Northeast	2,654	328,435	312,864	5,660	110,359	97,134
Midwest	5,137	518,917	468,636	8,817	105,515	91,742
South	4,708	503,522	457,944	7,090	131,982	111,840
West	2,245	208,520	186,876	9,864	134,794	112,324

¹Excludes hospital-based facilities.

²Excludes 8,578 nonresponding board and care homes.

Table 4. Number and percent distribution of nursing homes and board and care homes by bed size, according to geographic region: United States, 1991

<i>Geographic region</i>	<i>Nursing homes¹</i>	<i>Board and care homes²</i>
Number		
United States	14,744	31,431
Northeast	2,654	5,660
Midwest	5,137	8,817
South	4,708	7,090
West	2,245	9,864
Percent distribution		
Northeast	100.0	100.0
Less than 25 beds	4.9	82.0
25-99	37.3	15.0
100-199	43.9	2.1
200 beds or more	13.8	1.0
Midwest	100.0	100.0
Less than 25 beds	3.7	91.8
25-99	52.6	6.8
100-199	36.0	1.0
200 beds or more	7.7	0.3
South	100.0	100.0
Less than 25 beds	2.7	81.5
25-99	42.8	15.7
100-199	49.1	2.4
200 beds or more	5.4	0.5
West	100.0	100.0
Less than 25 beds	5.1	89.8
25-99	59.5	8.0
100-199	31.4	1.7
200 beds or more	4.1	0.5

¹Excludes hospital-based facilities.²Excludes 8,578 nonresponding board and care homes.**Table 5. Average number of beds and percent occupancy rate of nursing homes and board and care homes, by type of home and selected characteristics: United States, 1991**

Selected characteristic	Nursing homes ¹		Board and care homes ²	
	Average bed size Number	Occupancy rate Percent	Average bed size Number	Occupancy rate Percent
Total homes	106	91.5	15	85.6
Bed size				
Less than 25 beds	14	87.7	8	87.6
25-99 beds	65	91.6	48	85.8
100-199 beds	131	91.5	132	82.9
200 beds or more	272	91.3	285	79.7
Ownership				
Profit	103	90.6	16	83.7
Nonprofit	107	93.5	15	89.8
Government	138	93.5	15	84.8
Geographic region				
Northeast	124	95.3	19	88.0
Midwest	101	90.3	12	86.9
South	107	90.9	19	84.7
West	93	89.6	14	83.3

¹Excludes hospital-based facilities.²Excludes 8,578 nonresponding board and care homes.**Table 6. Number of nursing home beds and board and care home beds per 1,000 population 85 years and over, by type of home and geographic region: United States, 1991**

Geographic region	Beds per 1,000 U.S. population ¹ 85 years and over in—		
	All homes	Nursing homes ²	Board and care homes ^{3,4}
United States	609.3	494.5	114.8
Northeast	578.7	458.6	120.1
Midwest	679.9	605.1	74.8
South	593.5	490.6	102.9
West	569.0	376.9	192.1

¹Based on U.S. Bureau of the Census estimates of the United States resident population ages 85 years and over, as of July 1, 1991.²Excludes hospital-based facilities.³Excludes 8,578 nonresponding board and care homes.⁴Excludes 13,169 board and care homes for the mentally retarded.

bed supply for the aged population in each region, tables 8 and 9 approached this issue from the utilization side (actual usage by the aged population). Since the population figures were for the 85 years and over and the 65 years and over groups, estimates for these age groups were made for the residents in nursing homes and board and care homes. Board and care homes for the mentally retarded were excluded from tables 6-9 because almost 90 percent of their residents were under 65 years of age (see table 12).

The number of residents 85 years and over and 65 years and over were estimated for each type of home and geographic region. These estimates, along with their rates per 1,000 U.S. population, are found in tables 8 and 9, respectively. The rates showed the same pattern as in tables 6 and 7. Namely, the Midwest was a big user of nursing homes and a relatively small user of board and care homes, while the West was a small user of nursing homes and a relatively big user of board and care homes. The Northeast and South were between these extremes.

Several possibilities emerged from these findings.

- The elderly in the West were healthier and not as dependent on nursing home care as those in other regions. This allowed them to use the less intensive services found in board and care homes.
- The need for nursing home care was similar in each region. However, due to a lack of nursing home beds in certain areas, or due to the higher cost of nursing home care, board and care homes were chosen instead of nursing homes.
- The use of board and care homes was independent of the use of nursing homes. The higher use of board and care homes in some regions merely reflected an alternative, not to nursing homes but to home health care in those parts of the country.

To study this third possibility, data from the home health agency portion of

Medicare or Medicaid, identified as a nursing care unit of a retirement center, or determined to provide nursing or medical care.

Freestanding nursing home—This is a nursing home that is not part of a hospital (neither structurally connected to, nor organizationally considered part of the hospital).

Hospital-based nursing home—This is a nursing home that is part of a hospital (either organizationally or structurally).

Board and care home—This is a generic term used to describe a residential setting that provides either routine general protective oversight or assistance with activities necessary for independent living to mentally or physically limited persons.

Bed—A nursing home or board and care home bed is one that was set up and staffed for use at the time of the survey. Beds for day-care-only patients were not included. For hospitals and retirement centers, only the beds in their nursing home units were included.

Resident—A resident is a person who has been formally admitted to, but not discharged from, a nursing home or board and care home and who stayed in the home the night prior to the survey.

Ownership—Ownership refers to the type of organization that controls and operates the home. Proprietary homes are operated under private commercial ownership; nonprofit homes are operated under voluntary or nonprofit auspices, which may or may

not be church related; government ownership refers to homes operated under Federal, State, or local government auspices.

Occupancy rate—An occupancy rate is the percent of beds that were occupied by residents at the time of the survey. It is computed by dividing the total number of residents by the total number of beds.

Average bed size—Average bed size is the statistic produced by dividing the total number of beds by the total number of homes.

Beds per 1,000 population—This is the statistic produced by dividing the total number of beds by the total population (for the age group being considered) multiplied by 1,000.

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Table 10. Estimated number of current patients 65 years and over receiving home health care, and number per 1,000 population 65 years and over, by geographic region: United States, 1991

<i>Geographic region</i>	<i>Estimated number of current home health patients (in thousands)¹</i>	<i>Number per 1,000 U.S. population²</i>
United States	918	28.9
Northeast	295	41.8
Midwest	201	25.6
South	321	29.3
West	101	17.1

¹Source: unpublished home health care data from the 1991 NHPI.²Based on U.S. Bureau of the Census estimates of the United States resident population ages 65 years and over, as of July 1, 1991.**Table 11. Ratio of board and care home residents 65 years and over to home health care patients 65 years and over, by geographic region: United States, 1991**

<i>Geographic region</i>	<i>Ratio of board and care home residents to home health care patients^{1,2} (percent)</i>
United States	22.5
Northeast	17.6
Midwest	15.9
South	19.0
West	61.4

¹Excludes 8,578 nonresponding board and care homes.²Excludes 13,169 board and care homes for the mentally retarded.**Table 12. Percent distribution of residents in nursing homes and board and care homes by type of facility and age of resident, according to geographic region: United States, 1991**

Type of facility and age of resident	Total	Geographic region			
		Northeast	Midwest	South	West
Nursing homes ¹		Percent distribution			
Total	100.0	100.0	100.0	100.0	100.0
Under 22 years	0.2	0.2	0.2	0.2	0.3
22 to 64 years	7.4	5.6	7.9	7.2	9.5
65 to 84 years	53.7	52.3	51.3	56.9	54.1
85 years and over	38.7	41.9	40.7	35.6	36.1
All board and care homes ²					
Total	100.0	100.0	100.0	100.0	100.0
Under 22 years	4.3	3.7	6.0	3.9	3.8
22 to 64 years	43.4	41.3	56.5	38.3	39.0
65 to 84 years	36.7	39.3	26.5	40.5	39.2
85 years and over	15.6	15.7	11.0	17.3	18.0
Board and care homes not for the mentally retarded ²					
Total	100.0	100.0	100.0	100.0	100.0
Under 22 years	2.1	1.5	3.2	2.1	1.9
22 to 64 years	29.7	30.0	39.9	27.4	25.0
65 to 84 years	47.0	48.0	39.1	48.8	49.6
85 years and over	21.2	20.5	17.8	21.7	23.4
Board and care homes for the mentally retarded ²					
Total	100.0	100.0	100.0	100.0	100.0
Under 22 years	10.1	10.8	9.8	10.3	9.6
22 to 64 years	79.1	76.9	79.6	76.2	82.9
65 to 84 years	9.6	11.9	9.0	11.6	6.7
85 years and over	1.2	0.4	1.6	1.9	0.9

¹Excludes hospital-based facilities.²Excludes 8,578 nonresponding board and care homes.

somewhat below it at 73. The West, with 57, was not only well below the national rate but so far below the Northeast rate that it needs to be put in perspective. For example, if the West had the same rate as the Northeast (91 per 1,000 instead of 57), its number of people in nursing homes, board and care homes, and home health care would have been 538,000 instead of 331,000. (Note: These numbers might include multiple counting of some individuals. This was possible because of the 7-month duration of the survey, which was sufficient time for individuals to be discharged from one setting and admitted to another.)

Looking past these combined rates to the three separate rates, it was found that, relative to the other regions:

- The Midwest relied heavily on nursing homes, little on board and care homes, and moderately on home health care.
- The Northeast relied heavily on all three, with much more reliance on home health care than the other regions.
- The South had rates near the national average for all three, so it had moderate usage of all three types of care.
- The West relied relatively little on nursing homes and home health care, while relying more than any other region on board and care homes.

As a further comparison of the use of board and care homes versus the use of home health care by region, table 11 displayed the ratio (expressed as a percent) of board and care home residents 65 years and over, to home health care patients 65 years and over.

The table showed the West with 61.4 percent as many board and care home residents as home health care patients; or, expressed another way, the West had 39 percent more home health patients than board and care home residents. Each of the other three regions, whose ratios ranged between 15.9 percent and 19.0 percent, had better than 80.0 percent more home health care patients than board and care home residents.

This finding for the West seemed to support the third possibility mentioned

Table 13. Number and percent distribution of board and care homes by type of home and bed-size group, according to geographic region: United States, 1991

Type of home and bed-size group	Total	Geographic region			
		Northeast	Midwest	South	West
Board and care homes not for the mentally retarded ¹		Number of homes			
Total.	18,262	3,180	4,005	4,791	6,286
1-2 beds.	868	121	286	221	240
3-9 beds.	8,992	900	1,898	2,044	4,150
10-24 beds.	4,883	1,241	1,268	1,379	995
25-99 beds.	2,927	768	478	979	702
100-199 beds.	469	107	59	146	157
200 beds or more.	123	43	16	22	42
		Percent distribution			
Total.	100.0	100.0	100.0	100.0	100.0
1-2 beds.	4.8	3.8	7.1	4.6	3.8
3-9 beds.	49.2	28.3	47.4	42.7	66.0
10-24 beds.	26.7	39.0	31.7	28.8	15.8
25-99 beds.	16.0	24.1	11.9	20.4	11.2
100-199 beds.	2.6	3.4	1.5	3.0	2.5
200 beds or more.	0.7	1.4	0.4	0.5	0.7
Board and care homes for the mentally retarded ¹		Number of homes			
Total.	13,169	2,480	4,812	2,299	3,578
1-2 beds.	1,645	290	767	216	372
3-9 beds.	9,068	1,594	3,187	1,559	2,728
10-24 beds.	1,921	495	691	362	373
25-99 beds.	425	79	124	131	91
100-199 beds.	75	11	32	21	11
200 beds or more.	35	11	11	10	3
		Percent distribution			
Total.	100.0	100.0	100.0	100.0	100.0
1-2 beds.	12.5	11.7	15.9	9.4	10.4
3-9 beds.	68.9	64.3	66.2	67.8	76.2
10-24 beds.	14.6	20.0	14.4	15.7	10.4
25-99 beds.	3.2	3.2	2.6	5.7	2.5
100-199 beds.	0.6	0.4	0.7	0.9	0.3
200 beds or more.	0.3	0.4	0.2	0.4	0.1

¹Excludes 8,578 nonresponding board and care homes.

earlier—namely, that in some parts of the country, board and care homes were chosen as alternatives to home health care.

The following are additional findings for board and care homes.

- The vast majority were small, with 27,377 (87.1 percent) having less than 25 beds (table 3); and, to be more precise, two-thirds of the homes had less than 10 beds (not shown).
- Most (19,726 or 62.8 percent) were under for-profit ownership (table 3).
- Board and care homes had an overall occupancy rate of 85.6 percent (table 5). The smaller homes had higher occupancy rates than the larger homes; this was directly opposite to the nursing homes, which showed the

larger homes with higher occupancy rates than the smaller homes.

Table 12 shows the distribution of residents in board and care homes. More than one-half of their residents were over 65 years of age and another 43 percent were 22-64 years of age. However, when the board and care homes were split into those primarily serving the mentally retarded and those that were not, a much different age distribution appeared. In the homes that were NOT for the mentally retarded, nearly 70 percent of their residents were 65 years and older. By contrast, only about 10 percent of the residents in homes for the mentally retarded were 65 years and older. These figures were fairly consistent for each region.

Table 13 displays the bed-size differences between these two types of board and care homes. The most common bed size group for both types of homes was three to nine beds (about 9,000 homes in each). In the one to two bed range, there were nearly twice as many board and care homes for the mentally retarded as there were homes not for the mentally retarded. However, for each of the other bed-size groups, there were substantially fewer homes for the mentally retarded.

In summary, the data for nursing homes, board and care homes, and home health agencies suggested that the health care needs of the older population varied greatly from one part of the country to another. The fact that the higher rates for using these services

occurred in the Northeast and Midwest (colder climates), and the lower rates occurred in the South and West (warmer climates) might be significant. In all likelihood, the rates also varied greatly from State to State, even within the same region. These issues will be explored further and will be included in a future report.

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Technical notes

Mailout

The National Center for Health Statistics (NCHS), through a Reimbursable Agreement with the Bureau of the Census, conducted the 1991 NHPI. The facility mailing list consisted of 73,106 addresses from a file created by NCHS by matching State and national directories of nursing homes and board and care homes obtained

through the Agency Reporting System (6) against a master file of such places from the 1986 Inventory of Long-Term Care Places (the last such survey conducted).

Any facility found in a directory that did not appear on the master file was considered to be new, was assigned a unique ID number, and was added to the facility file. After adding the new facilities, a matching process was conducted to remove duplicates from the file. Any duplicates remaining on the file after this process would, in theory, be reported by respondents (per instructions on the questionnaire).

The first questionnaire mailout was initiated by the Bureau of the Census on April 5, 1991, and this was followed a week later by a reminder letter. On May 10, a second questionnaire was sent to all nonresponding facilities, and on June 14, a third questionnaire was sent to the remaining nonrespondents.

Two weeks after the end of the third mailout, approximately 21,600 facilities had still not responded to the survey. Of the 21,600 facilities, nearly 17,200 were board and care homes.

Because of this large number of nonrespondents, resource constraints made it impossible to conduct telephone followups for all of these cases. The decision was made to followup all nursing home nonrespondents but only one-half of the board and care nonrespondents. As a result, there were 8,578 nonresponding board and care cases that will not be included in the data presented in this report.

The remaining facilities were followed up by telephone and this procedure was completed on November 1, 1991. The final facility response rate, excluding those board and care places not in the followup, was 99 percent (there were 262 refusals). If the 8,578 were counted in the calculation as in-business and nonresponses, the response rate for facilities would be 84 percent.

Classification system

Excluding the 8,578 nonresponding board and care homes and the 262 facilities that refused to participate, each of the remaining facilities was classified

as either a nursing home (15,511) or a board and care home (31,431).

During the classification process, the file was found to contain many facilities for the mentally retarded, including Intermediate Care Facilities for the Mentally Retarded (ICF-MR). This was expected since State directories of board and care homes often include facilities for the mentally retarded, and State directories of nursing homes often include ICF-MRs.

For purposes of this survey, no facilities for the mentally retarded were classified as nursing homes. However, if a facility was primarily a nursing home and happened to be certified as an ICF-MR, it would have been classified as a nursing home. As a result, this file contains 24 nursing homes that were also ICF-MRs, 1,965 board and care homes that were also ICF-MRs, and 11,204 board and care homes that were non-ICF-MR facilities for the mentally retarded.

The classification system used to separate nursing homes from board and care homes relied heavily on the following criteria:

- how the respondent categorized the home
- if the home was certified or not
- how many beds were set up and staffed for use (a nursing home by NCHS's definition must have three or more beds)
- if registered nurses or licensed practical nurses were employed by the home
- what types of services were offered in the home
- whether the home primarily served people who were mentally retarded

Based on combinations of these results, each facility was assigned a code of either "NH" or "BC." Neither the classification matrix nor the questionnaire could be included in this report due to space limitations. They will instead be shown in future reports.

Definition of terms

Nursing home—A nursing home is a facility with three beds or more that is either licensed as a nursing home, certified as a nursing facility under

Medicare or Medicaid, identified as a nursing care unit of a retirement center, or determined to provide nursing or medical care.

Freestanding nursing home—This is a nursing home that is not part of a hospital (neither structurally connected to, nor organizationally considered part of the hospital).

Hospital-based nursing home—This is a nursing home that is part of a hospital (either organizationally or structurally).

Board and care home—This is a generic term used to describe a residential setting that provides either routine general protective oversight or assistance with activities necessary for independent living to mentally or physically limited persons.

Bed—A nursing home or board and care home bed is one that was set up and staffed for use at the time of the survey. Beds for day-care-only patients were not included. For hospitals and retirement centers, only the beds in their nursing home units were included.

Resident—A resident is a person who has been formally admitted to, but not discharged from, a nursing home or board and care home and who stayed in the home the night prior to the survey.

Ownership—Ownership refers to the type of organization that controls and operates the home. Proprietary homes are operated under private commercial ownership; nonprofit homes are operated under voluntary or nonprofit auspices, which may or may

not be church related; government ownership refers to homes operated under Federal, State, or local government auspices.

Occupancy rate—An occupancy rate is the percent of beds that were occupied by residents at the time of the survey. It is computed by dividing the total number of residents by the total number of beds.

Average bed size—Average bed size is the statistic produced by dividing the total number of beds by the total number of homes.

Beds per 1,000 population—This is the statistic produced by dividing the total number of beds by the total population (for the age group being considered) multiplied by 1,000.

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