Identifying our Needs: A Survey of Elders

Collette Adamsen, PhD
Research Assistant Professor
Director, NRCNAA
and
Cole Ward, MA
Project Coordinator, NRCNAA

NCOA Conference
Tuesday, June 18, 2019

National Resource Center on Native American Aging (NRCNAA)

- Nearly 25 years serving tribes, Alaska villages, and Hawaiian homesteads.
- Located at the University of North Dakota, School of Medicine & Health Sciences, Center for Rural Health.
- Funded by the Administration for Community Living (ACL).
- Two sister centers in Alaska and Hawaii.
Mission: identify and increase awareness of evolving Native elder health and social issues.

Vision: is to empower Native people to develop community based solutions while honoring and helping to maintain cultural values.

Identifying our Needs: A Survey of Elders

- Needs assessed and documented
- 3 year cycles
- Provides insight on the gap between what is and what is desired.
- Provides information on health and social need trends.
- Shows an accurate picture of the Native elder population.
NRCNAA Research Method

Needs Assessment Data

- General health status of Native elders
- Indicators of chronic health
- Activities of Daily Living
- Screenings
- Indicators of visual, hearing, and dental
- Memory and Disability
- Health Care Access
- Tobacco and alcohol use patterns
- Diet, nutrition, and exercise
- Social support pattern and housing
- Social Functioning
- Use and acceptance of services
- Demographics
### General Health Status

<table>
<thead>
<tr>
<th>Question</th>
<th>Response(s)</th>
<th>Tribal Data (55 and over)</th>
<th>Aggregate Tribal Data (55 and over)</th>
<th>National Data (55 and over)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Would you say your health in general is excellent, very good, good, fair, or poor?</td>
<td>Excellent</td>
<td>2.3%</td>
<td>6.0%</td>
<td>13.8%</td>
</tr>
<tr>
<td></td>
<td>Very Good</td>
<td>9.9%</td>
<td>19.9%</td>
<td>29.2%</td>
</tr>
<tr>
<td></td>
<td>Good</td>
<td>29.2%</td>
<td>39.7%</td>
<td>32%</td>
</tr>
<tr>
<td></td>
<td>Fair</td>
<td>35.1%</td>
<td>26.8%</td>
<td>16.8%</td>
</tr>
<tr>
<td></td>
<td>Poor</td>
<td>23.5%</td>
<td>7.6%</td>
<td>7.8%</td>
</tr>
</tbody>
</table>
Data Output
Frequency Tables

Health Status

<table>
<thead>
<tr>
<th></th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
<th>Cumulative Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Excellent</td>
<td>1079</td>
<td>6.0</td>
<td>6.0</td>
<td>6.0</td>
</tr>
<tr>
<td>Very Good</td>
<td>3531</td>
<td>19.7</td>
<td>19.9</td>
<td>25.8</td>
</tr>
<tr>
<td>Good</td>
<td>7157</td>
<td>39.5</td>
<td>39.7</td>
<td>65.5</td>
</tr>
<tr>
<td>Fair</td>
<td>4841</td>
<td>26.7</td>
<td>28.8</td>
<td>92.4</td>
</tr>
<tr>
<td>Poor</td>
<td>1377</td>
<td>7.6</td>
<td>7.6</td>
<td>100.0</td>
</tr>
<tr>
<td>Total</td>
<td>18035</td>
<td>99.5</td>
<td>100.0</td>
<td></td>
</tr>
<tr>
<td>Missing</td>
<td>System</td>
<td>99</td>
<td>.5</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>18134</td>
<td>100.0</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total N = 89,436 surveys

Needs Assessment Participation

Cycle VI
18,134 Elders
267 tribes

Cycle V
17,049 Elders
262 tribes

Cycle IV
18,089 Elders
234 tribes

Cycle III
15,565 Elders
268 tribes

Cycle II
10,743 Elders
342 tribes

Cycle I
9,403 Elders
190 tribes

Total N = 89,436 surveys
**Cycle VI Summary**

- Data collected in the time span of April 1, 2014 to March 31, 2017
- 18,134 AI/AN elders
- 164 sites
- 267 tribes
- Representation from:
  - 11 out of 12 Indian Health Service (IHS) Regions
  - 9 out of 10 Department of Health and Human Services (DHHS) regions
  - 28 out of 50 states

*Cycle VII began April 1, 2017 and will end March 31, 2020*

**Tribal Aggregate Results**

**Cycle VI Needs Assessment**
Participation by Gender
55 years and older

16,683 Participants from United States Tribes

61.0% Female
39.0% Male

Age Groups

44.3% Ages 60-69
14.1% Ages 50-59
13.2% Ages 80+
28.4% Ages 70-79
**Employment Status**

- 69.1% Not Working
- 20.5% Full-Time
- 10.4% Part-Time

**Health Conditions**

- 13.3% Depression
- 39.3% Diabetes
- 56.5% High Blood Pressure
Falls in the past 12 months

34.4% reported having 1-4 falls in the past year. An additional 3.3% reported 5-8 falls.

Activities of Daily Living

- 34.9% had difficulty doing heavy housework
- 29.0% had difficulty walking
- 15.2% had difficulty doing light housework
- 14.9% had difficulty preparing their own meals
Long-Term Care Need

- Little or None - 60.0%
- Moderate - 21.7%
- Moderately Severe - 7.5%
- Severe - 10.8%

Screenings

- Optometrist: 68.3%
- Dental Hygienist: 56.7%
- Hearing: 26.2%
Disability and Causes

Of the 29.3% of Elders who are disabled, causes include:

- 60.6% Chronic Disease
- 29.4% Accident/Injury
- 6.3% Military Service
- 3.6% Congenital Causes

Type of Healthcare Coverage

- 56.8% Medicare
- 48.7% Indian Health Service
- 23.3% Medicaid
Health Care Provider

48.1%
of Elders had one person they 
thought of as their personal doctor or 
health care provider. Elders were 
most likely to go to a clinic (58.5%) or 
doctor’s office (36.1%).

Barriers to Medical Care

- No transportation: 10.9%
- Long wait for an appointment: 10.6%
- Distance: 10.3%
- Cost: 9.7%
Tobacco Usage

17.3% of Elders reported smoking tobacco everyday, and 7.1% smoked some days (ceremonially/socially)

Types of Exercise Reported

Most common type of exercise reported in the past 30 days

- Walking: 64.5%
- Yard Work: 30.0%
- Gardening: 13.1%
- Bicycling: 6.7%
Emotional Health
Most of the Time in the Past Month, Elders Felt:

- Happy: 45.8%
- Calm & Peaceful: 43.6%
- Nervous: 3.5%

General Facts

- 85.0% of Elders had visited a doctor or healthcare provider for a routine checkup in the past year.
- 10.9% of Elders said that transportation had kept them from medical care in the past 12 months.
- 28.3% of Elders took care of their grandchildren. Approximately 10.1% were their primary caregivers.
- 43.2% of Elders were obese. Approximately 34.9% were overweight, and 21.9% were at a normal weight.
- 20.2% of Elders continued to work full-time during the past year. Approximately 10.3% worked part-time.
- 40.2% of Elders reported that their last alcoholic beverage was more than three years ago.
Tribal Aggregate Data vs. National Data Comparison

Age Groups

<table>
<thead>
<tr>
<th>Aggregate Data</th>
<th>National Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>44.3% Ages 60-69</td>
<td>23.3% Ages 50-59</td>
</tr>
<tr>
<td>14.1% Ages 50-59</td>
<td>36.1% Ages 60-69</td>
</tr>
<tr>
<td>13.2% Ages 80+</td>
<td>14.3% Ages 80+</td>
</tr>
<tr>
<td>28.4% Ages 70-79</td>
<td>26.2% Ages 70-79</td>
</tr>
</tbody>
</table>
**Employment Status**

<table>
<thead>
<tr>
<th>Aggregate Data</th>
<th>National Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>69.1% Not Working</td>
<td>67.2% Not Working</td>
</tr>
<tr>
<td>20.5% Full-Time</td>
<td>32.4% Full- or Part-Time</td>
</tr>
<tr>
<td>10.4% Part-Time</td>
<td></td>
</tr>
</tbody>
</table>
## Falls

<table>
<thead>
<tr>
<th>Aggregate Data</th>
<th>National Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>34.4% reported having 1-4 falls in the past year. An additional 3.3% reported 5-8 falls.</td>
<td>10.6% reported having 1-4 falls in the past year. An additional 3.4% reported 5-8 falls.</td>
</tr>
</tbody>
</table>

nrcnaa.org

## Activities of Daily Living

<table>
<thead>
<tr>
<th>Aggregate Data</th>
<th>National Data</th>
</tr>
</thead>
<tbody>
<tr>
<td>34.9% had difficulty doing heavy housework</td>
<td>51.6% had difficulty doing heavy housework</td>
</tr>
<tr>
<td>29.0% had difficulty walking</td>
<td>33.7% had difficulty walking</td>
</tr>
<tr>
<td>15.2% had difficulty doing light housework</td>
<td>44.2% had difficulty getting outside</td>
</tr>
<tr>
<td>14.9% had difficulty preparing their own meals</td>
<td>34.8% had difficulty shopping for personal items</td>
</tr>
</tbody>
</table>

nrcnaa.org
Long-Term Care Need

Aggregate Data | National Data
---|---
Little or None - 60.0% | Little or None - 44.9%
Moderate - 21.7% | Moderate - 21.5%
Moderately Severe - 7.5% | Moderately Severe - 9.2%
Severe - 10.8% | Severe - 24.5%

Type of Healthcare Coverage

Aggregate Data | National Data
---|---
56.8% Medicare | 70.5% Medicare
48.7% Indian Health Service | 52.0% Private Insurance; Health/Medical
23.3% Medicaid | 8.4% Medicaid
Health Care Provider

Aggregate Data | National Data

48.1% of Elders had one person they thought of as their personal doctor or health care provider. Elders were most likely to go to a clinic (58.5%) or doctor’s office (36.1%).

81.8% had one person they thought of as their personal doctor or health care provider. Most were likely to go to a doctor’s office (75.0%) or clinic (18.9%).

Barriers to Medical Care

Aggregate Data | National Data

No transportation 10.9% | No access for people with disabilities 46.0%
Long wait for an appointment 10.6% | Long wait for appointment 24.8%
Distance 10.3% | Office wasn’t open during availability 13.8%
Cost 9.7% | Cost 6.7%

nrcnnaa.org
Utilization of Data for Tribes

- **Local Tribal/State/National Level**
  - Assist in program planning, grant writing, and advocacy
  - Tribal planning (budget, infrastructure)
  - Renewal of Title VI grants
  - Strengthen grant proposals
  - Advocating for resources at the state and national levels
  - Document health and social disparities
  - Identify strength based programs and interventions
  - Empowers the tribes with information to identify and address health needs
  - Training for Native elder service providers
  - Filling the research gap for Native elder information
  - Training Native researchers in aging field
  - Decision-making and policy

Contact Information

For more information contact:

*National Resource Center on Native American Aging*

Center for Rural Health
School of Medicine and Health Sciences
Grand Forks, ND 58202-9037
Tel: 800-896-7628
Fax: (701) 777-6779
http://www.nrcnaa.org
Questions?