Data Use and Development:
“Identifying our Needs: a Survey of Elders”

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Turtle Mountain Band of Chippewa
Tulsa Cluster Training
June 14, 2018

History of the NRCNAA

The NRCNAA is one of three centers that are funded through the Administration for Community Living (ACL). The other two centers are:

- The National Resource Center for American Indian, Alaska Native and Native Hawaiian Elders (Alaska)
- National Resource Center for Native Hawaiian Elders (Hawaii)

The NRCNAA was established in 1994
- Center for Rural Health, University of North Dakota, School of Medicine & Heath Sciences.
Mission and Vision

**Mission**
Identify and increase awareness of evolving Native elder health and social issues.

**Vision**
To empower Native people to develop community based solution.

Honoring and helping to maintain cultural values.

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**Identifying Our Needs: A Survey of Elders**

- ACL funded project
  - Assesses the health and social needs of Native Elders in Tribal Communities
- 3 year cycles
- Opportunity to collect information for their communities
- Technical assistance and training
Data Roadmap

- Snapshot of Native elder population
- Who, what, when, and where
- Health and social needs trends
- Insight

Tribal Diversity

- NRCNAA research model addresses diversity between and within tribes.
  - Measurement of local needs
    - Unique fit to tribal community
  - Custom-fitting measure
    - ONE SIZE DOES NOT FIT ALL
**Population**

- Native elders residing primarily on reservations, Alaskan villages, and Hawaiian homesteads.
- Native elders eligible for Title VI services.
- Age 55 years and older
- Important to note:
  - Age 55 years and over for Native elders is considered comparable to non-Native elders 65 years and older in the general population.

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**NRCNAA Research Model**

- Tribal Resolution
- Elder Count
- Send Surveys
- Guides
- Administer the Surveys
- Trained Staff or Volunteer
- Tribe Owns Data
- Results
- Process Data

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**Needs Assessment Participation**

- **Cycle I**
  - 9,403 Elders
  - 190 tribes
- **Cycle II**
  - 10,743 Elders
  - 342 tribes
- **Cycle III**
  - 15,565 Elders
  - 268 tribes
- **Cycle IV**
  - 18,089 Elders
  - 234 tribes
- **Cycle V**
  - 17,049 Elders
  - 262 tribes
- **Cycle VI**
  - 18,134 Elders
  - 267 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*
Survey Needs Data

- General Health Status
- Diagnosis of Chronic Disease
- Falls
- Activities of Daily Living (ADL’s)
- Instrumental Activities of Daily Living (IADL’s)
- Screening
- Vision, Hearing, & Dental
- Memory and Disability
- Health Care Access
- Tobacco and Alcohol Use
- BMI, Nutrition, and Exercise
- Social Support/Housing
- Social Functioning
- Now Use and Would Use
- Demographics
### Identifying our Needs: A Survey of Elders VII

#### VISION, HEARING & DENTAL
- **16.** Do you wear glasses or contact lenses? 
- **17.** Do you have trouble seeing even when wearing glasses or contact lenses? 
- **18.** Do you have an eye problem that makes it hard to see? 
- **19.** Do you have trouble hearing or do you use hearing aids? 
- **20.** Do you have trouble understanding what people are saying? 

#### MEMORY & DISABILITY
- **21.** Have you been diagnosed with Alzheimer’s or dementia? 
- **22.** Do you have any other mental health issues? 
- **23.** Do you have any other disabilities? 

#### SOCIAL SUPPORT/HOUSING
- **24.** Do you have enough money to buy the things you need? 
- **25.** Do you live alone or with someone else? 
- **26.** Do you have a safe and secure living arrangement? 

#### WEIGHT & NUTRITION
- **27.** How often do you exercise? 
- **28.** How often do you eat fruits and vegetables? 

#### SLEEP
- **29.** How often do you have trouble falling asleep? 
- **30.** How often do you wake up during the night? 

#### SOCIAL SUPPORT/HOUSING
- **31.** Do you have enough money to buy the things you need? 
- **32.** Do you live alone or with someone else? 
- **33.** Do you have a safe and secure living arrangement? 

#### MEDICATIONS
- **34.** Do you take any prescription medications? 
- **35.** Do you take any over-the-counter medications? 

#### MEDICAL HISTORY
- **36.** Have you had any recent medical tests? 
- **37.** Have you had any recent hospital stays? 

#### HEALTH CARE PROVIDER
- **38.** Do you have a regular doctor or dentist? 
- **39.** Do you have a regular pharmacist? 

#### VISION, HEARING & DENTAL
- **40.** Do you wear glasses or contact lenses? 
- **41.** Do you have trouble seeing even when wearing glasses or contact lenses? 
- **42.** Do you have an eye problem that makes it hard to see? 

#### MEMORY & DISABILITY
- **43.** Have you been diagnosed with Alzheimer’s or dementia? 
- **44.** Do you have any other mental health issues? 
- **45.** Do you have any other disabilities? 

#### SOCIAL SUPPORT/HOUSING
- **46.** Do you have enough money to buy the things you need? 
- **47.** Do you live alone or with someone else? 
- **48.** Do you have a safe and secure living arrangement? 

#### WEIGHT & NUTRITION
- **49.** How often do you exercise? 
- **50.** How often do you eat fruits and vegetables? 

#### SLEEP
- **51.** How often do you have trouble falling asleep? 
- **52.** How often do you wake up during the night? 

#### SOCIAL SUPPORT/HOUSING
- **53.** Do you have enough money to buy the things you need? 
- **54.** Do you live alone or with someone else? 
- **55.** Do you have a safe and secure living arrangement? 

#### MEDICATIONS
- **56.** Do you take any prescription medications? 
- **57.** Do you take any over-the-counter medications? 

#### MEDICAL HISTORY
- **58.** Have you had any recent medical tests? 
- **59.** Have you had any recent hospital stays? 

#### HEALTH CARE PROVIDER
- **60.** Do you have a regular doctor or dentist? 
- **61.** Do you have a regular pharmacist?
## Identifying our Needs: A Survey of Elders VII

### Comparison Sheet

<table>
<thead>
<tr>
<th>Tribe Name (N= )</th>
<th>Comparison Data to Aggregate Tribal Data and National Data</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Question</strong></td>
<td><strong>Response(s)</strong></td>
</tr>
<tr>
<td>1. Would you say your health in general is excellent, very good, good, fair, or poor?</td>
<td></td>
</tr>
<tr>
<td>Excellent</td>
<td>13.8%</td>
</tr>
<tr>
<td>Very Good</td>
<td>29.2%</td>
</tr>
<tr>
<td>Good</td>
<td>32.0%</td>
</tr>
<tr>
<td>Fair</td>
<td>15.8%</td>
</tr>
<tr>
<td>Poor</td>
<td>7.8%</td>
</tr>
</tbody>
</table>
Health Care Access Data Results for Cycle VI

Insurance Coverage

- Medicare: 56.8%
- BHS: 48.7%
- Medicaid: 23.3%
- Private: Health/Med: 20.5%
- Indian Health/Tribal Ins.: 18.6%
- VA: 6.7%
- Alaska Native Health Org.: 4.2%
- Other: 4.1%
- Private: LTC: 3.1%
- None: 1.8%
Go for Medical Advice

- Clinic: 58.5%
- Doctor's office: 36.1%
- Hospital ER: 20.8%
- Hospital O.P. Dept: 12.9%
- Urgent Care Center: 8.3%
- CHA/CHR: 4.3%
- Traditional Healer: 4.6%
- No usual place: 3.6%

Barriers and Challenges to Receive Medical Services

- No transportation: 10.9%
- Long wait for apt.: 10.6%
- Distance: 10.6%
- Cost: 9.7%
- Long wait in w.r.: 8.9%
- Office not open: 2.5%
- No disabled access: 0.4%
- No one spoke my language: 0.3%
- No child care: 0.3%
Diet and Exercise Data
Results for Cycle VI

Vigorous exercises performed in the past 30 days:

- Walking: 64.0%
- Yard Work: 29.6%
- Gardening: 12.7%
- Bicycling: 6.7%
- Traditional Dancing: 5.2%
- Weight lifting: 4.7%
- Swimming: 3.1%
- Jogging: 2.1%
- Running: 1.4%
Nutritional Health among AI/AN elders

The options for question 44 are from the Nutrition Screening Initiative (NSI), which developed a self-assessment screening tool to identify nutrition risk among the elder population (Bernstein & Luggen, 2010).

Value of 1
- I take three or more different prescribed or over-the-counter drugs a day
- I eat alone most of the time

Value of 2
- I have an illness or condition that made me change the kind and/or amount of food I eat
- I eat few fruits or vegetables, or milk products
- I have three or more drinks of beer, liquor or wine almost every day
- I have tooth or mouth problems that make it hard for me to eat
- Without wanting to, I have lost or gained 10 pounds in the last 6 months
- I am not always able to physically shop, cook and/or feed myself are assigned
Nutritional Health Screening

- Value of 3
  - I eat fewer than two meals per day

- Value of 4
  - I don’t always have enough money to buy the food I need

- Good nutritional health
  - Score of 0-2
- Moderate nutrition risk
  - Score of 3-5
- High nutrition risk
  - Score 6 or more

Nutrition Risk Results

- Good Nutritional Health: 53%
- Moderate Nutrition Risk: 28%
- High Nutrition Risk: 19%
Screenings Trending Data

Vision, Hearing, & Dental for Native Elders over a 12 Year Span

<table>
<thead>
<tr>
<th></th>
<th>Cycle I</th>
<th>Cycle II</th>
<th>Cycle III</th>
<th>Cycle IV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blind in one or both eyes</td>
<td>8.4%</td>
<td>8.3%</td>
<td>7.8%</td>
<td>5.2%</td>
</tr>
<tr>
<td>Glasses or contact lens</td>
<td>84.7%</td>
<td>85.1%</td>
<td>86.6%</td>
<td>83.6%</td>
</tr>
<tr>
<td>Trouble w/glasses or contacts</td>
<td>29.2%</td>
<td>29.4%</td>
<td>29.0%</td>
<td>27.5%</td>
</tr>
<tr>
<td>Seen Optometrist in past yr</td>
<td>66.7%</td>
<td>67.3%</td>
<td>68.3%</td>
<td>68.3%</td>
</tr>
<tr>
<td>Total deafness</td>
<td>15.8%</td>
<td>15.0%</td>
<td>15.0%</td>
<td>3.2%</td>
</tr>
<tr>
<td>Hearing Aid</td>
<td>12.7%</td>
<td>13.7%</td>
<td>13.4%</td>
<td>14.7%</td>
</tr>
<tr>
<td>Trouble Hearing w/Hear. Aid</td>
<td>16.9%</td>
<td>18.1%</td>
<td>17.0%</td>
<td>18.2%</td>
</tr>
<tr>
<td>Hearing Test Past Yr</td>
<td>25.9%</td>
<td>23.1%</td>
<td>23.0%</td>
<td>26.2%</td>
</tr>
<tr>
<td>Seen Dentist in Past Yr</td>
<td>40.1%</td>
<td>51.5%</td>
<td>54.3%</td>
<td>56.7%</td>
</tr>
</tbody>
</table>

Dental Care Trending Data

Dental Care Needed for Native Elders over a 12 Year Span

<table>
<thead>
<tr>
<th></th>
<th>Cycle I</th>
<th>Cycle II</th>
<th>Cycle III</th>
<th>Cycle IV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teeth filled or replaced</td>
<td>21.7%</td>
<td>24.3%</td>
<td>25.5%</td>
<td>24.9%</td>
</tr>
<tr>
<td>Teeth pulled</td>
<td>11.2%</td>
<td>11.1%</td>
<td>11.0%</td>
<td>11.2%</td>
</tr>
<tr>
<td>Gum treatment</td>
<td>5.3%</td>
<td>5.9%</td>
<td>5.4%</td>
<td>5.4%</td>
</tr>
<tr>
<td>Denture Work</td>
<td>31.3%</td>
<td>28.4%</td>
<td>27.8%</td>
<td>24.3%</td>
</tr>
<tr>
<td>Relief of Pain</td>
<td>4.3%</td>
<td>4.7%</td>
<td>4.6%</td>
<td>3.9%</td>
</tr>
<tr>
<td>Work to Improve Appear.</td>
<td>5.1%</td>
<td>5.1%</td>
<td>5.4%</td>
<td>4.7%</td>
</tr>
<tr>
<td>Other</td>
<td>8.1%</td>
<td>8.1%</td>
<td>9.0%</td>
<td>10.1%</td>
</tr>
<tr>
<td>None</td>
<td>35.8%</td>
<td>35.1%</td>
<td>36.0%</td>
<td>33.6%</td>
</tr>
</tbody>
</table>
Trending Data for Top 5 Chronic Diseases among AI/AN elders

<table>
<thead>
<tr>
<th>Disease</th>
<th>Cycle I</th>
<th>Cycle II</th>
<th>Cycle III</th>
<th>Cycle IV</th>
<th>Cycle V</th>
<th>Cycle VI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>37.6%</td>
<td>46.3%</td>
<td>58.8%</td>
<td>56.9%</td>
<td>52.9%</td>
<td>48.7%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>56.1%</td>
<td>51.0%</td>
<td>56.9%</td>
<td>57.3%</td>
<td>58.2%</td>
<td>56.5%</td>
</tr>
<tr>
<td>Arthritis</td>
<td>45.1%</td>
<td>47.1%</td>
<td>45.1%</td>
<td>44.9%</td>
<td>46.5%</td>
<td>45.3%</td>
</tr>
<tr>
<td>Cataracts</td>
<td>20.5%</td>
<td>24.4%</td>
<td>20.4%</td>
<td>21.7%</td>
<td>21.9%</td>
<td>19.4%</td>
</tr>
<tr>
<td>Depression</td>
<td>0.0%</td>
<td>13.7%</td>
<td>12.2%</td>
<td>13.8%</td>
<td>14.9%</td>
<td>13.3%</td>
</tr>
</tbody>
</table>

Trending Data for Activities of Daily Living for AI/AN elders

<table>
<thead>
<tr>
<th>Activity</th>
<th>Cycle I</th>
<th>Cycle II</th>
<th>Cycle III</th>
<th>Cycle IV</th>
<th>Cycle V</th>
<th>Cycle VI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bathing or Showering</td>
<td>16.7%</td>
<td>14.3%</td>
<td>16.1%</td>
<td>15.8%</td>
<td>15.4%</td>
<td>14.7%</td>
</tr>
<tr>
<td>Dressing</td>
<td>11.7%</td>
<td>10.2%</td>
<td>11.5%</td>
<td>11.4%</td>
<td>11.2%</td>
<td>10.1%</td>
</tr>
<tr>
<td>Eating</td>
<td>7.3%</td>
<td>5.4%</td>
<td>6.2%</td>
<td>5.9%</td>
<td>6.2%</td>
<td>5.4%</td>
</tr>
<tr>
<td>Get In or out of bed</td>
<td>13.0%</td>
<td>11.6%</td>
<td>13.7%</td>
<td>13.3%</td>
<td>13.6%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Walking</td>
<td>28.1%</td>
<td>23.9%</td>
<td>31.2%</td>
<td>30.7%</td>
<td>29.8%</td>
<td>29.0%</td>
</tr>
<tr>
<td>Using toilet</td>
<td>8.9%</td>
<td>8.1%</td>
<td>8.3%</td>
<td>8.3%</td>
<td>8.4%</td>
<td>7.5%</td>
</tr>
</tbody>
</table>
Chronic Disease Rates by Gender among Native Elders

<table>
<thead>
<tr>
<th>Disease</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>56.7%</td>
<td>58.2%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>40.3%</td>
<td>39.7%</td>
</tr>
<tr>
<td>Arthritis</td>
<td>38.9%</td>
<td>50.2%</td>
</tr>
<tr>
<td>Depression</td>
<td>15.6%</td>
<td>9.8%</td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>2.9%</td>
<td>14.0%</td>
</tr>
</tbody>
</table>

Health Status by Age for Native Elders

<table>
<thead>
<tr>
<th>Health Status</th>
<th>75+ years</th>
<th>65-74 years</th>
<th>55-64 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor</td>
<td>10.7%</td>
<td>7.1%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Fair</td>
<td>25.7%</td>
<td>25.4%</td>
<td>25.4%</td>
</tr>
<tr>
<td>Good</td>
<td>38.2%</td>
<td>41.1%</td>
<td>39.5%</td>
</tr>
<tr>
<td>Very Good</td>
<td>16.4%</td>
<td>20.4%</td>
<td>21.8%</td>
</tr>
<tr>
<td>Excellent</td>
<td>4.7%</td>
<td>5.6%</td>
<td>6.9%</td>
</tr>
</tbody>
</table>

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Top Chronic Diseases for Native Elders by Region and Tribal Aggregate

<table>
<thead>
<tr>
<th>Region</th>
<th>Diabetes</th>
<th>High Blood Pressure</th>
<th>Arthritis</th>
<th>Cataracts</th>
<th>Depression</th>
<th>Asthma</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>18%</td>
<td>55.2%</td>
<td>47.4%</td>
<td>40.2%</td>
<td>17.2%</td>
<td>12%</td>
</tr>
<tr>
<td>TribalAggregate</td>
<td><strong>48.7%</strong></td>
<td><em>56.5%</em></td>
<td>*<strong>45.3%</strong></td>
<td>19.4%</td>
<td>13.3%</td>
<td>12.6%</td>
</tr>
<tr>
<td>Region 1</td>
<td>**<em>47.9%</em></td>
<td><em>55.2%</em></td>
<td>*<strong>49.3%</strong></td>
<td>12.7%</td>
<td>15%</td>
<td>13.8%</td>
</tr>
<tr>
<td>Region 2</td>
<td>*<strong>45.7%</strong></td>
<td><em>56%</em></td>
<td><em>51.4%</em></td>
<td>18.4%</td>
<td>14.7%</td>
<td>16%</td>
</tr>
<tr>
<td>Region 4</td>
<td>*<strong>57.8%</strong></td>
<td><em>64.3%</em></td>
<td>*<strong>41.7%</strong></td>
<td>23.5%</td>
<td>12.2%</td>
<td>12.1%</td>
</tr>
<tr>
<td>Region 5</td>
<td><strong>52.4%</strong></td>
<td><em>57.2%</em></td>
<td><strong>48.7%</strong></td>
<td>21.6%</td>
<td>17.6%</td>
<td>14.6%</td>
</tr>
<tr>
<td>Region 6</td>
<td><em>52.5%</em></td>
<td><em>43.1%</em></td>
<td><strong>43%</strong></td>
<td>17.8%</td>
<td>12.5%</td>
<td>10.3%</td>
</tr>
<tr>
<td>Region 7</td>
<td><em>61.7%</em></td>
<td><strong>60.6%</strong></td>
<td><strong>58.2%</strong></td>
<td>20.9%</td>
<td>12.6%</td>
<td>12.3%</td>
</tr>
<tr>
<td>Region 8</td>
<td><strong>48.1%</strong></td>
<td><em>55.1%</em></td>
<td><strong>45.4%</strong></td>
<td>15.8%</td>
<td>10%</td>
<td>12.8%</td>
</tr>
<tr>
<td>Region 9</td>
<td>*<strong>53%</strong></td>
<td><em>57.1%</em></td>
<td><strong>56.7%</strong></td>
<td>19.6%</td>
<td>10.7%</td>
<td>12.6%</td>
</tr>
<tr>
<td>Region 10</td>
<td>*<strong>33.8%</strong></td>
<td><em>54%</em></td>
<td><strong>47.2%</strong></td>
<td>22.2%</td>
<td>15.1%</td>
<td>13.9%</td>
</tr>
</tbody>
</table>

- High Blood Pressure, Diabetes, and Arthritis are the top three chronic conditions for all ten regions and the tribal aggregate.
- For the rate of diabetes, Region 10 (Alaska, Idaho, Oregon, and Washington) is lower than all other regions at 33.8%; however, still high compared to the national statistics at 18%.

Participation by DHHS Regions for Cycle VI

- Region 1: 420, 3%
- Region 2: 407, 2%
- Region 3: 397, 2%
- Region 4: 390, 1%
- Region 5: 2723, 13%
- Region 6: 4556, 27%
- Region 7: 346, 1%
- Region 8: 2134, 12%
- Region 9: 2380, 10%
- Region 10: 3476, 19%
Region 6 Chronic Disease Data for Native Elders

- High Blood Pressure: 56.9%
- Diabete: 51.5%
- Arthritis: 43.0%
- Cataracts: 17.8%
- Asthma: 10.3%
- Depression: 12.5%
- Congestive Heart Failure: 8.5%
- Osteoporosis: 9.4%
- Cancer: 6.4%
- Stroke: 7.2%
Oklahoma State Chronic Disease Data

- High Blood Pressure: 61.3%
- Diabetes: 53.4%
- Arthritis: 49.2%
- Cataracts: 18.9%
- Depression: 13.9%
- Osteoporosis: 11.6%
- Asthma: 11.5%
- Congestive Heart Failure: 10.8%
- Stroke: 8.5%
- Cancer: 7.5%

Region 6 Nutrition Health Data for Native Elders Region 6 Data

- Take 3 or more different prescriptions/oTC drugs a day: 30.4%
- Eat fewer fruits/vegetables/milk products: 26.4%
- Illness or condition changed the kind or amount of food I have eaten: 24.8%
- Eat alone most of the time: 16.7%
- I eat fewer than 2 meals per day: 16.4%
- Lost or gained 10 pounds in past 6 months without intent: 11.5%
- Not physically able to shop/cook/feed self: 11.1%
- Not enough money to buy food needed: 10.7%
- Tooth/mouth problems make eating difficult: 9.3%
- Has 3+ drinks of alcohol almost every day: 1.7%
Oklahoma State
Nutritional Health

Nutritional Health Data for Native Elders Region 6 Data

- Take 3 or more different prescriptions/medication a day: 34.4%
- Illness or condition changed the kind or amount of food I have eaten: 27.6%
- Eat fewer fruits/vegetables/milk & products: 26.3%
- Eat alone most of the time: 16.9%
- I eat fewer than 2 meals per day: 16.2%
- Lost or gained 10 pounds in past 6 months without intent: 12.3%
- Not physically able to shop/cook/feed self: 11.6%
- Tooth/mouth problems make eating difficult: 10.3%
- Not enough money to buy food needed: 9.8%
- Has 3+ drinks of alcohol almost every day: 1.9%

Region 6 Unmet Needs

- Home Repair/Modification: 19.6%
- Home Delivered Meals: 18.5%
- Home Health Services: 17.1%
- Transportation: 14.2%
- Caregiver Programs: 13.2%
- Financial Assistance: 12.3%
- Senior Center Programs: 12.0%
- Adult Day Care: 11.9%
- Emergency Response Systems: 11.5%
- Legal Assistance: 10.7%
- Asisted Living: 10.5%
- LT Care Services: 10.4%
- Personal Care: 9.3%
- Congregate Meals: 8.7%
- Information and Referral Assistance: 8.6%
- Govt. Assisted Housing: 8.5%
- Retirement Community: 8.4%
- Respite Care: 8.3%
- Nursing Facilities: 8.1%
- Volunteer Services: 7.9%
- Telephone/Computer: 7.8%
- Elder Abuse Prevention: 7.7%
- Case Management: 7.6%
- Employment Services: 7.4%
- Shared Housing: 7.3%
- Shared Housing: 7.2%
- Meals: 7.1%
- Meals: 7.0%
- Meals: 6.9%
- Meals: 6.8%
- Meals: 6.7%
- Meals: 6.6%
- Meals: 6.5%
- Meals: 6.4%
- Meals: 6.3%
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- Meals: 0.5%
- Meals: 0.4%
- Meals: 0.3%
- Meals: 0.2%
- Meals: 0.1%
- Meals: 0.0%
Top Five Chronic Diseases Among Native Elders: 12 year time period

<table>
<thead>
<tr>
<th>Disease</th>
<th>Cycle III</th>
<th>Cycle IV</th>
<th>Cycle V</th>
<th>Cycle VI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>58.8%</td>
<td>56.9%</td>
<td>52.3%</td>
<td>48.7%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>56.9%</td>
<td>57.3%</td>
<td>58.2%</td>
<td>56.5%</td>
</tr>
<tr>
<td>Arthritis</td>
<td>45.1%</td>
<td>44.9%</td>
<td>46.5%</td>
<td>45.3%</td>
</tr>
<tr>
<td>Cataracts</td>
<td>28.4%</td>
<td>21.7%</td>
<td>21.9%</td>
<td>19.4%</td>
</tr>
<tr>
<td>Depression</td>
<td>12.2%</td>
<td>13.8%</td>
<td>14.9%</td>
<td>13.5%</td>
</tr>
</tbody>
</table>

Falls Trending Data: 12 year time period

One or more falls in past 12 months

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Cycle III</td>
<td>38.6%</td>
<td>38.1%</td>
<td>39.0%</td>
<td>39.2%</td>
</tr>
</tbody>
</table>
WELL Balanced Program

• An exercise wellness program for Native elders which promotes:
  • Falls prevention
  • Strengthening and Balance
  • Engaging in social activity
  • Managing diabetes, arthritis, and high blood pressure
  • Developing strategies for independent living while having FUN!

https://www.nrcnaa.org/well-balanced
Utilization of Data for Tribal Communities

• Community Level
  • Renewal of Title VI Grants
  • Strengthen Grant Proposals
  • Document health and social disparities
  • Tribal planning and infrastructure
  • Empowers the tribe with information to identify and address health needs

• National Level
  • Training for Native elder service providers
  • Advocating for resources and funding at the state, regional, and national level
  • Filling the research gap for Native elder information

• Training Native researchers in aging field
• Decision-making and policy

Summary of Data Process

• Partnership with the Tribe
  • Open communication and transparency about the research and data

• Building Tribal Capacity
  • People within the community administering surveys and assisting in conducting the research.

• Obtaining proper permission to conduct research within tribal community
  • Tribal Resolutions
  • Tribal IRB or RRB Boards

• Benefits to the partners (tribe and researcher)
  • Data assists in bringing additional resources or funding to address health and social issues or disparities. Helps to change policy relating to the AI/AN elder population.

• Tribe owns data
The NRCNAA Team

Collette Adamsen, PhD, Program Director

Erica Gunville, M.S., Project Coordinator

Cole Ward, M.A., Research Specialist

Contact Information

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Questions?