Becoming a Friend of Data!
Overview

• What is “Data?”
• How to find it?
• How to collect it?
• Understanding the story
• Putting the story to use
What is Data?

• First of all—the word is plural—like “cattle”
  – Cow=Datum
  – Cattle=Data

• “These cow really are useful.”

• “I see a brown cattle!”

• So when you talk about data, remember it is lots of numbers!
More Data...

- Data is information about a specific topic, usually stated in a number form.
- Descriptive data is data which describes a situation or circumstance.
- Comparative data allows two collections of descriptive data to be measured against one another.
Collecting Data

• Lots of ways..
  – Written surveys
  – Measuring things
  – Asking questions and writing down the answers
  – Looking at pictures
  – Almost any way we gather information about things can result in data!
Using Data

• Once you gather your information you can use it wisely
  – Tell about your program
  – Brag about your program
  – Ask for assistance to meet goals with information that backs up your request
  – Plan program activities to fill gaps for elders

Question everything... This is *that* time to take a step back to appreciate where we are and where we need to be.
Why Collect Information

• We use descriptive data to tell a story about what we are looking at.

• We use comparative data to determine how what we are looking at measures up against other similar groups of people or things.

• Once we compare two data sets, we can determine many things:
  – How we are doing
  – What we should be working on
  – Opportunities to look for programs and funding
  – The Story we want to share with others to meet our goals.
National Resource Center on Native American Aging

- Grant from ACL
- Study programs and provide help to tribal Title VI Programs
- [https://www.nrcnaa.org/](https://www.nrcnaa.org/)
- Needs Assessments
Steps For the Needs Assessment

- Read “How to get Started” on the NRCNAA webpage.
- Get a good count on your elders.
- Get a tribal resolution
- Send your number of elders to the NRCNAA with your resolution
- They will send you the surveys and a number that you need to complete to make your report meaningful
- You send the completed forms back
- They send you a report about your responses, compared with the responses from that national level.
Areas Surveyed

- Demographics
- Basic Health Status
- Activities of Daily Living
- Preventive Health/Screening
- Health Care Access
- Health Behaviors
- Social Support
- Social Functioning
- Services used or wanted
Demographics

- Veteran
- Non-Veteran

Your Tribe
National Tribes
General Health Status

How is your health?

- Excellent
- Very Good
- Good
- Fair
- Poor

Your Tribe
National Tribes

Percentage Distribution
General Health Status

Have you been in the hospital in the last year?

- None: Your Tribe 70%, National Tribes 80%
- Once: Your Tribe 10%, National Tribes 5%
- Twice: Your Tribe 5%, National Tribes 2%
- Three: Your Tribe 10%, National Tribes 3%
General Health Status

Your Tribe vs National Tribes

Conditions:
- Arthritis
- Congestive Heart Failure
- Stroke
- Asthma
- High Blood Pressure
- Depression
- Diabetes
- Oral Meds?
- Insulin?
- Colon Cancer
- Prostate CA
- Breast CA
- Other CA

Percentage Comparison: 0% to 90%
General Health Status

Number of Falls in the Last Year

- None
- 1-4
- 5-8
- 9-12
- More than 12

Your Tribe  National Tribes
General Health Status

Problem Seeing?

Problem Hearing?
General Health Status

Dental Care in the Past Year

- Teeth filled/replaced
- Teeth pulled
- Gum Treatment
- Dentures
- Relief of Pain
- Improve Appearance
- Other
- None

Bar chart showing the percentage of Your Tribe and National Tribes for each dental care category.
I have difficulty performing these because of my health or disability.
Instrumental Activities of Daily Living

I have difficulty performing these because of my health or disability.
Screening for Health

Your Tribe
National Tribes

Physical Examination
Screening for Health

Fecal Occult Blood Test

Never Had

Past Year

Past 2 Yr

Past 5 Yr

5 or More Yrs
Screening for Health

Never Had | Past Year | Past 2 Yr | Past 3 Yr | Past 5 Yr | 5 or More Yrs

Mammogram

Your Tribe
National Tribes
Screening for Health

Prostate Specific Antigen Test

Your Tribe vs. National Tribes
Health Care Access

Health Insurance Coverage
Healthy Behaviors

- Do you use tobacco?
- How much?
Healthy Behaviors

- When did you last drink alcohol?
  - Past 30 days
  - Last year
  - Past 3 years
  - More than 3 years
  - Never

- 5+ drinks per time in last month?
  - None
  - 1-2 days
  - 3-5 days
  - 6+ days
Healthy Behaviors

- Neither
- Overweight
- Obese
- Losing
- Gaining
- None

Weight

Interest in gaining or losing weight

Your Tribe
National Tribes
Social Functioning

How often do you feel happy?

Your Tribe
National Tribes
Social Functioning

How often do you feel calm and peaceful?

Your Tribe
National Tribes

0% 5% 10% 15% 20% 25% 30% 35% 40% 45% 50%

Always Mostly A Good Bit Sometimes A Little Bit Never
How often do you feel nervous?

Social Functioning

- Your Tribe
- National Tribes
How often do you feel sad or blue?
Social Functioning

How much influence do you have in your own life?

- No Influence
- Little Influence
- Some Influence
- Lots of Influence
- Total Influence

Your Tribe
National Tribes
Social Functioning

How often are you proud of your heritage?

- Always
- Most of the time
- A good bit of the time
- Sometimes
- A little of the time
- Never
How often do you attend traditional ceremonies?

- Your Tribe
- National Tribes

- Never
- 1-2/month
- 3-4/month
- 5-8/month
- 9+/month
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<th>Now Use</th>
<th>Would Use</th>
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<tr>
<td>Volunteer Opportunities</td>
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Using Data is Helpful

• Tell your story
• Explain needs
• Determine your program’s future
• Justify “asks”
• Support your decision
• Measure your effectiveness
Don’t Just “Do the Needs Assessment”

- Read the results.
- Study what you receive.
- Talk with others about what you got back.
- Put the data to work and it will do much of your job for you...
- Data=Your New BFF