Data Development & Use

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National Resource Center on Native American Aging (NRCNAA)

- We have served as a resource for Tribes, Alaska Villages, and Hawaiian Homesteads for nearly 25 years.
- Located at the University of North Dakota, School of Medicine & Health Sciences, Center for Rural Health.
- Funded by the Administration for Community Living (ACL).
- In 2003, National Resource Center for American Indian, Alaska Native and Native Hawaiian Elders opened in Anchorage, Alaska.
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

- Assists in understanding and identifying health and social needs among Native 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.
- Overall, provides a snapshot of our Native elder population.

Image retrieved from: http://www.wayne.k12.ms.us/News/12003#sthash.e7MrJwUP.dpbb
Why is data important?

- Provides an accurate picture of the Native elder population.
- Assists in setting goals and priorities.
- Identifies specific areas of need.
- Fulfill Title VI grant requirements.
- Other grant opportunities.
  - Secure funding and resources for Native elder programs and infrastructure.
- Relevant actionable data
  - Assists policymakers, tribal leadership, and federal governments to base their decisions on facts and numbers.
NRCNAA Research Method

1. Elder Count Send Surveys Guides
2. Tribal Resolution
3. Process Data Results Tribe Owns Data
4. Administer the Surveys Trained Staff or Volunteer

nrcnna.org
Getting Started

Data Collection

• Items needed
  • Surveys
  • Interviewer’s Guide
  • Pens/pencils
  • Other items
    • Clipboard
    • Manila envelope

Interview

• Develop a relationship
• Explain the survey to the elder
• Ask the elder if they consent to be interviewed
• Read the verbal consent
Verbal Consent

When an elder agrees to be interviewed this is verbal consent. Before beginning each interview, read the following paragraphs to the elder.

“Thank you for agreeing to be interviewed regarding the health and social needs of Native American elders. We, as a Nation, place great value on our elders and we hope these interviews will help us to better understand the needs of the elders in our community. All of your responses will be kept confidential. Your name will not be entered on any part of this survey. You do not have to answer any question that makes you uncomfortable. You may stop the interview at any time for any reason.

The confidentiality of enrolled members and Tribal data is of the utmost importance; therefore, the data for this survey will be collected anonymously by community members with the data stored at the National Resource Center on Native American Aging located at the University of North Dakota School of Medicine and Health Sciences, within a locked file cabinet and destroyed after a period of ten years.

We encourage you to contact your local healthcare providers if you experience any concerns about potential health problems. A list of health providers in your area is available upon request from (INSERT TRIBAL AGENCY).

The (INSERT TRIBAL AGENCY) is coordinating the needs assessment for our area with technical assistance from the National Resource Center on Native American Aging. If you have any questions regarding the project, please contact (INSERT TRIBAL AGENCY) for more information at (INSERT CONTACT INFORMATION).”
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
Identifying Our Needs: A Survey of Elders VII


Please make sure to complete the survey in one sitting. If you will only be partially completing the survey, please make sure to click through all of the remaining pages until the survey is submitted.

Please complete the following information:

What state are you currently located in?

What is the name of your Title VI Director?

What is the name of your tribe? 0%
## 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>
Alaska Native Elders in the United States
Identifying Our Needs: A Survey of Elders

1,514 Participants from Alaska Tribes
57.9% Female
42.1% Male

Most Frequently Reported Health Conditions
- Cataracts: 24.8%
- Arthritis: 46.3%
- High Blood Pressure: 57.3%

Percent Screened in Past Year
- Optometrist: 67.2%
- Dental Hygienist: 52.1%
- Hearing: 27.8%

Most common type of exercise reported in the past 30 days
- Walking: 72.5%
- Yard Work: 20.2%
- Gardening: 6.4%
- Bicycling: 5.2%

Of the 25.9% of Elders who are disabled, causes include:
- Chronic Disease: 58.7%
- Accident/Injury: 33.5%
- Congenital Causes: 5.0%
- Military Service: 2.8%

17.0% of Elders reported smoking tobacco everyday, and 5.4% smoked some days (ceremonially/socially)

- 83.9% of Elders had visited a doctor or healthcare provider for a routine checkup in the past year
- 25.0% of Elders took care of their grandchildren. Approximately 8.3% were their primary caregivers.
- 14.0% of Elders continued to work full-time during the past year. Approximately 14.6% worked part-time.
- 11.6% of Elders said that distance from health care facility had kept them from medical care in the past 12 months.
- 43.1% of Elders were obese. Approximately 32.6% were overweight, and 24.4% were at a normal weight.
- 37.6% of Elders reported that their last alcoholic beverage was more than three years ago.
Activities of Daily Living

- Doing heavy housework: 33.9% (Alaska Native Elders) vs. 35.2% (American Indian Elders)
- Walking: 29.1% (Alaska Native Elders) vs. 29.2% (American Indian Elders)
- Preparing own meals: 11.8% (Alaska Native Elders) vs. 15.2% (American Indian Elders)
- Bathing or showering: 11.0% (Alaska Native Elders) vs. 15.0% (American Indian Elders)
### Long Term Care Needs

<table>
<thead>
<tr>
<th></th>
<th>Alaska Native Elders</th>
<th>American Indian Elders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate</td>
<td>23.6%</td>
<td>21.7%</td>
</tr>
<tr>
<td>Moderately severe</td>
<td>6.6%</td>
<td>7.6%</td>
</tr>
<tr>
<td>Severe</td>
<td>8.2%</td>
<td>11.0%</td>
</tr>
</tbody>
</table>

*Note: The data represents the percentage of Alaska Native and American Indian Elders needing care across different levels of need.*

[chart of care needs]
Dental Care Needs

- Denture work: 30.6% (Alaska Native Elders) vs. 24.0% (American Indian Elders)
- Teeth filled or replaced: 22.1% (Alaska Native Elders) vs. 25.1% (American Indian Elders)
- Other: 9.8% (Alaska Native Elders) vs. 10.3% (American Indian Elders)
Alzheimer’s and Dementia

Alzheimer Diagnosed  |  Alaska Native Elders |  American Indian Elders
--- | --- | ---
5.0% | 4.1% | 5.8% | 6.5% | 21.9% | 23.0%
Health Insurance Coverage

- Medicare
  - Alaska Native Elders: 57.9%
  - American Indian Elders: 56.7%
- Indian Health Service
  - Alaska Native Elders: 35.6%
  - American Indian Elders: 50.2%
- Medicaid
  - Alaska Native Elders: 35.1%
  - American Indian Elders: 22.4%
- Private Insurance
  - Alaska Native Elders: 16.4%
  - American Indian Elders: 20.4%
Health Insurance Coverage

- Alaska Native Health Organization: 47.2%
- Indian Health/Tribal Insurance: 50.2%
- Veteran's Administration: 4.4%
- Private LT Insurance: 3.8%
- Alaska Native Elders: 50.2%
- American Indian Elders: 6.7%
Health Care Provider

<table>
<thead>
<tr>
<th></th>
<th>Alaska Native Elders</th>
<th>American Indian Elders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes, only one</td>
<td>43.3%</td>
<td>48.8%</td>
</tr>
<tr>
<td>More than one</td>
<td>25.2%</td>
<td>27.8%</td>
</tr>
</tbody>
</table>

- Yes, only one
  - Alaska Native Elders: 43.3%
  - American Indian Elders: 48.8%

- More than one
  - Alaska Native Elders: 25.2%
  - American Indian Elders: 27.8%
Professional Health Care Advice

Doctor's office
- Alaska Native Elders: 22.3%
- American Indian Elders: 36.2%

Clinic
- Alaska Native Elders: 66.2%
- American Indian Elders: 58.8%

CHA/CHR
- Alaska Native Elders: 24.6%
- American Indian Elders: 5.2%
Nutritional Health

- 3 or more OTC meds: 31.4% (Alaska Native Elders), 35.1% (American Indian Elders)
- Eat fewer fruits/vegetables/milk products: 26.8% (Alaska Native Elders), 26.5% (American Indian Elders)
- Eat alone: 18.0% (Alaska Native Elders), 18.3% (American Indian Elders)
- Illness/condition changed amount of food eaten: 13.7% (Alaska Native Elders), 24.0% (American Indian Elders)
Support Services Now Using

<table>
<thead>
<tr>
<th>Service</th>
<th>Alaska Native Elders</th>
<th>American Indian Elders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Delivered Meals</td>
<td>13.6%</td>
<td>15.3%</td>
</tr>
<tr>
<td>Congregate Meals</td>
<td>15.7%</td>
<td>17.7%</td>
</tr>
<tr>
<td>Senior Center Programs</td>
<td>15.2%</td>
<td>15.4%</td>
</tr>
<tr>
<td>Transportation</td>
<td>13.2%</td>
<td>9.5%</td>
</tr>
</tbody>
</table>
Support Services Would Use

- Would Use: Home Repair Modification
  - Alaska Native Elders: 36.1%
  - American Indian Elders: 38.7%

- Would Use: Transportation
  - Alaska Native Elders: 31.6%
  - American Indian Elders: 32.3%

- Would Use: Home Delivered Meals
  - Alaska Native Elders: 28.4%
  - American Indian Elders: 35.1%

- Would Use: Financial Assistance
  - Alaska Native Elders: 28.3%
  - American Indian Elders: 29.3%
Comparison of Diabetes Rates among AI, AN, and Non-AI/AN Elders

- Alaska Native Elders: 21.5%
- American Indian Elders: 50.8%
- National Non-Native Elders: 18.0%
Survey Questions

Questions with write in response (2, 4, 35, 37, 40, 41, 45, 49, 61, and 66).

4. How many falls, if any, have you had in the past year?
3. Has a doctor ever told you that you had any of the following diseases ... (Please mark all that apply)

- Arthritis?
- Congestive Heart Failure?
- Stroke?
- Asthma?
- Cataracts?
- High Blood Pressure?
- Osteoporosis?
- Depression
- Diabetes? (If so, please mark all that apply)
  - Do you take oral medication?
  - Do you take insulin?
  - Are you on dialysis?
  - Was this only during a pregnancy? (For women only)
  - Are you a diabetic amputee?

- Prostate Cancer? (For men only)
- Colon/Rectal Cancer?
- Lung Cancer?
- Breast Cancer?
- Cervical Cancer? (For women only)
Questions May Require Definitions

30. What type of health care coverage do you have?
(Please mark all that apply)

- Medicare
- Medicaid
- Private Insurance: Health/Medical
- Private Insurance: Long-term care
- None
- Veteran’s Administration
- Indian Health Services
- Alaska Native Health Organization
- Indian Health/Tribal Insurance
Smoke Tobacco Question

34. Do you smoke tobacco now?

- [ ] Yes, everyday (If so, please mark all that apply)
- [ ] Ceremonial
- [ ] Social/Recreational
- [ ] Yes, some days (If so, please mark all that apply)
- [ ] Ceremonial
- [ ] Social/Recreational
- [ ] No (If NO, skip to question #36)
Social Functioning Questions

54. During the past month, how much of the time were you a happy person?

- All of the time
- Most of the time
- Some of the time
- None of the time
Employment Question

65. Have you been employed full or part-time during the past 12 months?

☑ Full-time ☐ Part-time ☐ Retired ☐ No
County/Borough Question

68. What county/borough do you currently reside in?
60. Are you now using, or if at some point you became unable to meet your own needs, would you be willing to use the following services? (Please mark all that apply)

( Interviewer, please see guide for definitions. )

<table>
<thead>
<tr>
<th>NOW USING</th>
<th>WOULD USE</th>
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<tbody>
<tr>
<td></td>
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<tr>
<td>Adult Day Care</td>
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<tr>
<td>Caregiver Programs</td>
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<tr>
<td>Case Management</td>
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<tr>
<td>Elder Abuse Prevention Programs</td>
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<td>Emergency Response Systems</td>
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<td>Employment Services</td>
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<td>Financial Assistance</td>
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<tr>
<td>Home Health Services</td>
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<tr>
<td>Home Repair/Modification</td>
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<tr>
<td>Information and Referral Assistance</td>
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<td>Legal Assistance</td>
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<tr>
<td>Home Delivered Meals</td>
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<tr>
<td>Congregate Meals</td>
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<tr>
<td>Personal Care</td>
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<tr>
<td>Respite Care</td>
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<tr>
<td>Assisted Living</td>
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<td>Retirement Communities</td>
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<tr>
<td>Nursing Facilities</td>
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<tr>
<td>Government Assisted Housing</td>
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<tr>
<td>Shared Housing</td>
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<tr>
<td>Senior Center Programs</td>
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<tr>
<td>Telephone Reassurance</td>
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<tr>
<td>Transportation</td>
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<tr>
<td>Volunteer Services</td>
<td></td>
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<tr>
<td>Long Term Care Services</td>
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Online Survey
ION link:

https://und.qualtrics.com/jfe/form/SV_d4GTbCTgNR3jg57
Questions for Audience

• How do you plan on using the data (information), in terms of tribal planning, grants, etc.?  
• What barriers or challenges do you face in conducting a needs assessment in your tribal community?    
• What benefits do you expect from the process?
The NRCNAA Team

Collette Adamsen, PhD, Program Director

Cole Ward, M.S., Research Specialist
Contact Information

For more information contact:

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Tel: 800-896-7628
Fax: (701) 777-6779

http://www.nrcnaa.org
Questions?