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

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Turtle Mountain Band of Chippewa
Tulsa Cluster Training
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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.
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

Image retrieved from: http://roadmap.hftekk.com/
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.
NRCNAA Research Model

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

Funding for this project is provided by Cooperative Agreement 90DD0008 from the Administration for Community Living, AOA - Older Indians National Resource Centers (an agency within the US Department of Health and Human Services).

1. Would you say your health in general is excellent, very good, good, fair, or poor?
   - Excellent
   - Very Good
   - Good
   - Fair
   - Poor

2. During the past 12 months, how many different times did you stay in the hospital overnight or longer?

3. Has a doctor ever told you that you had any of the following diseases... (Please mark all that apply)
   - Arthritis?
   - Congestive Heart Failure?
   - Diabetes?
   - Cystic Fibrosis?
   - Asthma?
   - Congestive Heart Failure?
   - Breathing Problems?
   - High Blood Pressure?
   - Depression
   - Heart Disease?
   - Diabetes?
   - Prostate Cancer? (For men only)
   - Lung Cancer?
   - Breast Cancer?
   - Cervical Cancer? (For women only)
   -  

4. How many falls, if any, have you had in the past year?

5. Because of a health or physical problem that lasted more than 3 months, did you have any difficulty... (Please mark all that apply)
   - Bathing or showering?
   - Dressing?
   - Eating?
   - Getting in or out of bed?
   - Using the toilet, including getting to the toilet?
   - Preparing your own meals?
   - Shopping for personal items (such as toilet items or medicines)?
   - Using the telephone?
   - Doing heavy household work (such as scrubbing floors, lifting, or pushing)?
   - Doing light household work (such as doing dishes, straightening up, or light cleaning)?
   - Getting outside?

6. Because of a health or physical problem that lasted longer than 3 months, did you have any difficulty...
   - Preparing your own meals?
   - Shopping for personal items (such as toilet items or medicines)?
   - Using the telephone?
   - Doing heavy household work (such as scrubbing floors, lifting, or pushing)?
   - Doing light household work (such as doing dishes, straightening up, or light cleaning)?
   - Getting outside?

7. About how long ago has it been since you last visited a doctor/health care provider for a routine check-up?
   - Never had a checkup
   - Within the past 2 years
   - Within the last 5 years
   - 5 or more years ago

8. How long has it been since you had your blood stool blood testing using a home kit?
   - Never had a checkup
   - Within the past 2 years
   - Within the past 5 years
   - 5 or more years ago

9. (FOR WOMEN ONLY) How long has it been since you had your last mammogram?
   - Never had a checkup
   - Within the past 2 years
   - Within the past 5 years
   - 5 or more years ago

10. (FOR WOMEN ONLY) How long has it been since you had your last pap smear?
    - Never had a checkup
    - Within the past 2 years
    - Within the past 5 years
    - 5 or more years ago

11. (FOR MEN ONLY) How long has it been since you had your last PSA, prostatic-specific antigen test, a blood test used to check MEN for prostate cancer?
    - Never had a checkup
    - Within the past 2 years
    - Within the past 5 years
    - 5 or more years ago

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Identifying our Needs: A Survey of Elders VII

VISION, HEARING & DENTAL

12. Do you have total blindness in one or both eyes?
   ○ Yes □ No
13. Do you use glasses or contact lenses?
   ○ Yes □ No
14. Do you have trouble seeing (even when wearing corrective lenses)?
   ○ Yes □ No
15. Have you seen an optometrist (eye doctor) in the past year?
   ○ Yes □ No
16. Do you now have total deafness?
   ○ Yes □ No
17. Do you use a hearing aid?
   ○ Yes □ No
18. Do you have trouble hearing (even when wearing your hearing aid)?
   ○ Yes □ No
19. Have you had a hearing test in the past year?
   ○ Yes □ No
20. Have you seen a dentist or dental hygienist in the past year?
   ○ Yes □ No
21. What type of dental care do you need now? (Please mark all that apply)
   ○ Teeth filled or replaced (for example, fillings, crowns, and/or bridges)
   ○ Gum treatment
   ○ Denture work (new dentures)
   ○ Relief of pain
   ○ Work to improve appearance (for example, braces or bonding)
   ○ Other □ None

MEMORY & DISABILITY

22. Have you been diagnosed with Alzheimer's disease, dementia or other problems with memory or thinking?
   ○ Yes □ No (If you answer NO to questions 22 & 23, skip to question 28)
23. Has someone you are helping care for been diagnosed with Alzheimer's disease, dementia or other problems with memory or thinking?
   ○ Yes □ No
24. I or the person I am helping care for was diagnosed in a timely way once we started noticing problems.
   ○ Yes □ No
25. I know what to do to help myself or the person I'm caring for and I know where to get help if I need it.
   ○ Yes □ No
26. The people helping me care for myself or me if I'm a caregiver feel well supported.
   ○ Yes □ No

HEALTH CARE ACCESS

30. What type of health care coverage do you have? (Please mark all that apply)
   ○ Medicare
   ○ Medicaid
   ○ Indian Health Services
   ○ Private Insurance: Indian Health Services Organization
   ○ Private Insurance: Other Insurances
   ○ None
31. Do you have one person you think of as your personal doctor or health care provider?
   ○ Yes, only one □ More than one □ Don’t know/not sure
32. When you are sick or need professional advice about your health, to which of the following places do you usually go? (Please mark all that apply)
   ○ A doctor's office
   ○ A clinic
   ○ A hospital outpatient department
   ○ A hospital emergency room
   ○ Urgent care center
   ○ Community health Aide/CNA/CHS
   ○ Traditional healer
33. Have any of the following kept you from medical care in the last 12 months? (Please mark all that apply)
   ○ Cost
   ○ Distance
   ○ Office wasn't open when I could get there
   ○ Too long a wait for an appointment
   ○ No one spoke my language
   ○ No child care
   ○ No transportation
   ○ No access for people with disabilities
   ○ Too long a wait in waiting room
   ○ Other:

TOBACCO & ALCOHOL USE

34. Do you smoke tobacco now?
   ○ Yes, everyday (if so, please mark all that apply)
   ○ Ceremonial
   ○ Social/Recreational
   ○ Yes, sometimes (if so, please mark all that apply)
   ○ Ceremonial
   ○ Social/Recreational
   ○ No (If NO, skip to question #36)
35. How many cigarettes do you smoke per day?
   NUMBER OF CIGARETTES
   □ None □ 1-2 □ 3-4 □ 5-10 □ 11-20 □ 20+
### Identifying our Needs: A Survey of Elders VII

#### National Resource Center on Native American Aging (NRCNAA)

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>36. Do you use chewing tobacco or snuff?</td>
<td>Yes, No</td>
</tr>
<tr>
<td>37. How many containers of snuff or chewing tobacco per week do you use?</td>
<td>NUMBER OF CONTAINERS</td>
</tr>
<tr>
<td>38. The next few questions are about drinks of alcoholic beverages. By a “drink,” we mean a can or bottle of beer, a glass of wine or a wine cooler, a shot of liquor, or a mixed drink with liquor in it. How long has it been since you last drank an alcoholic beverage?</td>
<td>Within the past 30 days, More than 30 days ago but within the past 12 months, More than 12 months ago but within the past 3 years, More than 3 years ago, I have never had an alcoholic drink in my life (if you have never had an alcoholic drink, skip to question #40)</td>
</tr>
<tr>
<td>39. During the past 30 days, on how many days did you have five or more drinks on the same occasion? (By “occasion,” we mean at the same time or within a couple hours of each other)</td>
<td>None, 1 or 2 days, 3 to 5 days, 6 or more days</td>
</tr>
</tbody>
</table>

#### WEIGHT & NUTRITION

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>40. How tall are you without shoes?</td>
<td>FEET</td>
</tr>
<tr>
<td>41. How much do you weigh today?</td>
<td>POUNDS</td>
</tr>
<tr>
<td>42. Are you presently trying to lose or gain weight?</td>
<td>Yes, trying to lose weight, Yes, trying to gain weight, No</td>
</tr>
<tr>
<td>43. Over the past 30 days, what vigorous exercises did you do? (Please mark all that apply)</td>
<td>Aerobics, Walking, Bicycling or bicycling on a stationary bike, Swimming, Weight Lifting, Gardening, Yard Work, Jogging, Tai Chi, Golf, Running, Squash, Hula, Yoga, Rowing, Other</td>
</tr>
<tr>
<td>44. Please mark all that apply to your nutritional health.</td>
<td>I have an illness or condition that made me change the kind and/or amount of food I eat, I eat fewer than 2 meals per day, I eat few fruits or vegetables or milk products, I have 3 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, I usually have enough money to buy the food I need, I eat alone most of the time, I eat more often than once a day, I am not always physically able to shop, cook and/or feed myself</td>
</tr>
</tbody>
</table>

#### SOCIAL SUPPORT/HOUSING

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>45. Do you participate in cultural practices that include traditional food, music, and customs?</td>
<td>All the time, Most of the time, Some of the time, None of the time</td>
</tr>
<tr>
<td>46. How often do you get out and socialize (attend church/religious meetings, clubs/organizations you belong to or cultural activities/traditional ceremonies)?</td>
<td>TIMES PER MONTH</td>
</tr>
<tr>
<td>47. How long have you lived at your present address?</td>
<td>Less than 5 years, 6-10 years, Over 10 years</td>
</tr>
<tr>
<td>48. What type of housing do you presently have?</td>
<td>Single family residence, Apartment, Home, Dormitory, Mobile home, Rooming house, Condominium, Townhouse, Other</td>
</tr>
<tr>
<td>49. Are you living with family members, non-family members, or alone?</td>
<td>With family members, With non-family members, Both family and non-family members, Alone</td>
</tr>
<tr>
<td>50. How many (INCLUDING YOURSELF) live in your household?</td>
<td>NUMBER IN YOUR HOUSEHOLD</td>
</tr>
<tr>
<td>51. Do you have a family member who provides care for you?</td>
<td>Yes, No</td>
</tr>
<tr>
<td>52. Do you take care of grandchildren?</td>
<td>Yes, No</td>
</tr>
<tr>
<td>53. Are you the primary caregiver of grandchildren?</td>
<td>Yes, No</td>
</tr>
</tbody>
</table>

#### SOCIAL FUNCTIONING

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>54. During the past month, how much of the time were you a happy person?</td>
<td>All of the time, Most of the time, Some of the time, None of the time</td>
</tr>
<tr>
<td>55. How much of the time, during the past month, have you felt calm and peaceful?</td>
<td>All of the time, Most of the time, Some of the time, None of the time</td>
</tr>
</tbody>
</table>
56. How much of the time, during the past month, have you been a very nervous person?
- All of the time
- Most of the time
- Some of the time
- None of the time

57. How much of the time, during the past month, have you felt downhearted and blue?
- All of the time
- Most of the time
- Some of the time
- None of the time

58. How much of the time, during the past month, have you felt so down in the dumps that nothing could cheer you up?
- All of the time
- Most of the time
- Some of the time
- None of the time

59. We would like to ask the extent to which you feel you can personally influence things by what you do or say. How much influence do you feel over your life in general?
- Almost no influence
- Little influence
- Some influence
- A lot of influence
- Total influence

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.)

NOW USING  WOULD USE
- Adult Day Care
- Caregiver Programs
- Caregiver Services
- Eldercare Assistance
- Elder Abuse Prevention Programs
- Emergency Response Systems
- Employment Services
- Financial Assistance
- Home Health Services
- Home Repair/Modification
- Information and Referral Assistance
- Legal Assistance
- Home Delivered Meals
- Congregate Meals
- Nutrition Services
- Respite Care
- Assisted Living
- Retirement Communities
- Nursing Facilities
- Volunteer Services
- Government Assisted Housing
- Shared Housing
- Senior Center Programs
- Telephone Reassurance
- Transportation
- Volunteer Services
- Long Term Care Services

DEMOGRAPHICS

61. Gender
- Male
- Female

62. Age

63. Current marital status
- Married or living with partner
- Single/divorced/separated
- Widowed

64. What is your individual annual income?
- Under $9,999
- $10,000 - $14,999
- $15,000 - $19,999
- $20,000 - $24,999
- $25,000 - $29,999
- $30,000- $34,999
- $35,000 - $39,999
- $40,000 - $49,999
- $50,000 or more

65. Have you been employed full or part-time during the past 12 months?
- Full-time
- Part-time
- Retired
- No

66. What is the highest grade or year of school you completed?
- Never attended or kindergarten only
- Elementary
- High School
- College/Technical School
- Graduate/Professional School

67. What zip code do you currently reside in?

ZIP CODE

68. What county/borough do you currently reside in?

COUNTY/BOROUGH

69. Are you American Indian, Alaska Native, Native Hawaiian, Descendent or other?
- American Indian
- Native Hawaiian
- Alaska Native
- Other

70. Do you reside on/in a reservation, trust land, Alaska village, or Hawaiian homestead?
- Yes
- No

71. Are you an enrolled member of a federally recognized tribe?
- Yes
- No

72. Have you ever served on active duty in the U.S. Armed Forces, Military Reserves, or National Guard?
- Yes
- No
## General Health Status

<table>
<thead>
<tr>
<th>Question</th>
<th>Tribe Name (N= )</th>
<th>Tribal Data (55 and over)</th>
<th>Aggregate Tribal Data (55 and over)</th>
<th>National Data(^A) (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></td>
<td></td>
<td>13.8(^1)</td>
</tr>
<tr>
<td></td>
<td>Very Good</td>
<td></td>
<td></td>
<td>29.2(^1)</td>
</tr>
<tr>
<td></td>
<td>Good</td>
<td></td>
<td></td>
<td>32(^1)</td>
</tr>
<tr>
<td></td>
<td>Fair</td>
<td></td>
<td></td>
<td>16.8(^1)</td>
</tr>
<tr>
<td></td>
<td>Poor</td>
<td></td>
<td></td>
<td>7.8(^1)</td>
</tr>
</tbody>
</table>
Alzheimer, Dementia, and Disability for Native Elders Cycle VI

- 4.2% Alzheimer Diagnosed
- 6.4% Alzheimer Care for Diagnosed
- 23.1% Timely Diagnosis
- 74.6% Know where to go/what to do
- 66.5% Caregiver well supported
- 80.8% Listened to and respected
- 29.4% Are you disabled
Cycle VI Tribal Aggregate Unmet Needs

- Home Repair/Modification: 3.8% (Would Use), 34.5% (Now Use)
- Home Delivered Meals: 13.1% (Would Use), 32.2% (Now Use)
- Transportation: 9.6% (Would Use), 31.1% (Now Use)
- Home Health Services: 4.4% (Would Use), 29.4% (Now Use)
- Financial Assistance: 3.0% (Would Use), 28.4% (Now Use)
- Caregiver Programs: 5.6% (Would Use), 27.4% (Now Use)
- Emergency Response Systems: 3.0% (Would Use), 26.1% (Now Use)
- Senior Center Prog.: 14.9% (Would Use), 25.3% (Now Use)
- Legal Assistance: 2.5% (Would Use), 21.6% (Now Use)
- Adult Day Care: 1.5% (Would Use), 21.2% (Now Use)
- Assisted Living: 1.3% (Would Use), 20.5% (Now Use)
- L.T. Care Services: 1.4% (Would Use), 19.5% (Now Use)
- Information and Referral Asst.: 5.2% (Would Use), 18.8% (Now Use)
- Personal Care: 2.5% (Would Use), 18.4% (Now Use)
- Congregate Meals: 17.2% (Would Use), 17.7% (Now Use)
- Volunteer Services: 1.6% (Would Use), 16.0% (Now Use)
- Respite Care: 2.1% (Would Use), 16.0% (Now Use)
- Govt. Asst. Housing: 3.3% (Would Use), 15.8% (Now Use)
- Telephone Reassurance: 2.7% (Would Use), 15.4% (Now Use)
- Nursing Facilities: 0.8% (Would Use), 15.4% (Now Use)
- Retirement Comm.: 0.9% (Would Use), 13.8% (Now Use)
- Case Management: 3.6% (Would Use), 13.7% (Now Use)
- Elder Abuse Prevention Program: 1.0% (Would Use), 13.7% (Now Use)
- Employment Services: 1.0% (Would Use), 12.7% (Now Use)
- Shared Housing: 8.2% (Would Use), 12.7% (Now Use)

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Health Care Access Data
Results for Cycle VI
Insurance Coverage

- Medicare: 56.8%
- IHS: 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: 8.1%
- CHA/CHR: 6.3%
- Traditional Healer: 4.6%
- No usual place: 3.6%
Barriers and Challenges to Receive Medical Services

- No transportation: 10.9%
- Long wait for appt.: 10.6%
- Distance: 10.3%
- 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

- Take 3 or more prescriptions/otc drugs a day: 35.0%
- Eat few fruits, veg., or milk prod.: 26.3%
- Illness/Condition affected kind or amount of food eaten: 23.0%
- Eat alone most of the time: 18.4%
- Eat fewer than 2 meals a day: 16.3%
- Lost or gained 10 lbs in past 6 months w/o intent: 11.6%
- Not physically able to shop/cook/feed self: 11.3%
- Not enough money to buy food: 10.8%
- Tooth/mouth prob. cause diff. eating: 9.5%
- 3 or more drinks of alcohol everyday: 2.1%
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

- **53%**: Good Nutritional Health
- **28%**: Moderate Nutrition Risk
- **19%**: High Nutrition Risk
Vision, Hearing, & Dental for Native Elders over a 12 Year Span

<table>
<thead>
<tr>
<th></th>
<th>Cycle III</th>
<th>Cycle IV</th>
<th>Cycle V</th>
<th>Cycle VI</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>85.6%</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>49.1%</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 III</th>
<th>Cycle IV</th>
<th>Cycle V</th>
<th>Cycle VI</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>

Teeth filled or replaced  |  |  |  |  |
Teeth pulled             |  |  |  |  |
Gum treatment            |  |  |  |  |
Denture Work             |  |  |  |  |
Relief of Pain           |  |  |  |  |
Work to Improve Appear.  |  |  |  |  |
Other                    |  |  |  |  |
None                     |  |  |  |  |
Trending Data for Top 5 Chronic Diseases among AI/AN elders

<table>
<thead>
<tr>
<th></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>52.3%</td>
<td>48.7%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>50.1%</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>47.1%</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>7.5%</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>8.5%</td>
<td>8.4%</td>
<td>7.5%</td>
</tr>
</tbody>
</table>
### Trending Data for Instrumental Activities of Daily Living for AI/AN elders

<table>
<thead>
<tr>
<th></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>Prepare Meals</td>
<td>17.9%</td>
<td>15.7%</td>
<td>16.8%</td>
<td>16.3%</td>
<td>15.8%</td>
<td>14.9%</td>
</tr>
<tr>
<td>Shop Pers. Items</td>
<td>17.0%</td>
<td>15.2%</td>
<td>14.6%</td>
<td>15.1%</td>
<td>14.8%</td>
<td>12.8%</td>
</tr>
<tr>
<td>Managing Money</td>
<td>10.0%</td>
<td>8.3%</td>
<td>8.8%</td>
<td>8.7%</td>
<td>8.1%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Using telephone</td>
<td>8.0%</td>
<td>5.2%</td>
<td>5.8%</td>
<td>5.5%</td>
<td>5.1%</td>
<td>4.0%</td>
</tr>
<tr>
<td>Doing Heavy Housework</td>
<td>37.5%</td>
<td>31.0%</td>
<td>36.1%</td>
<td>35.1%</td>
<td>35.1%</td>
<td>34.9%</td>
</tr>
<tr>
<td>Doing Light Housework</td>
<td>17.2%</td>
<td>14.8%</td>
<td>16.2%</td>
<td>15.7%</td>
<td>15.6%</td>
<td>15.2%</td>
</tr>
<tr>
<td>Getting Outside</td>
<td>15.4%</td>
<td>12.6%</td>
<td>13.2%</td>
<td>13.0%</td>
<td>12.8%</td>
<td>12.1%</td>
</tr>
</tbody>
</table>

- Prepare Meals
- Shop Pers. Items
- Managing Money
- Using telephone
- Doing Heavy Housework
- Doing Light Housework
- Getting Outside
Data: Caregiving Data

Caregiving by Native Elders Cycle VI

- Family Mem. Caregiver: 42.5%, 39.2%, 37.7%, 33.7%
- Care for Grandchildren: 31.3%, 30.0%, 29.5%, 28.3%
- Prim. Caregiver of Grandchild: 10.2%
Chronic Disease Rates by Gender among Native Elders

- **High Blood Pressure**
  - Female: 56.7%
  - Male: 58.2%

- **Diabetes**
  - Female: 39.7%
  - Male: 40.3%

- **Arthritis**
  - Female: 38.9%
  - Male: 50.2%

- **Depression**
  - Female: 9.8%
  - Male: 15.6%

- **Osteoporosis**
  - Female: 2.9%
  - Male: 14.0%
Health Status by Age for Native Elders Cycle VI

Health Status by Age for Native Elders Cycle VI

- Poor
  - 75+ years: 10.7%
  - 65-74 years: 7.1%
  - 55-64 years: 6.4%

- Fair
  - 75+ years: 30.1%
  - 65-74 years: 25.7%
  - 55-64 years: 25.4%

- Good
  - 75+ years: 38.2%
  - 65-74 years: 41.1%
  - 55-64 years: 39.5%

- Very Good
  - 75+ years: 16.4%
  - 65-74 years: 20.4%
  - 55-64 years: 21.8%

- Excellent
  - 75+ years: 4.7%
  - 65-74 years: 5.6%
  - 55-64 years: 6.9%
## 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>Tribal Aggregate</td>
<td><strong>48.7%</strong></td>
<td>*56.5%</td>
<td>***45.3%</td>
<td>19.4%</td>
<td>13.3%</td>
<td>12.6%</td>
</tr>
<tr>
<td>Region 1</td>
<td>***47.9%</td>
<td>*55.2%</td>
<td>**49.3%</td>
<td>12.7%</td>
<td>15%</td>
<td>13.8%</td>
</tr>
<tr>
<td>Region 2</td>
<td>***45.7%</td>
<td>*56%</td>
<td>**51.4%</td>
<td>18.4%</td>
<td>14.7%</td>
<td>16%</td>
</tr>
<tr>
<td>Region 4</td>
<td>**57.8%</td>
<td>*64.3%</td>
<td>***41.7%</td>
<td>23.5%</td>
<td>12.2%</td>
<td>12.1%</td>
</tr>
<tr>
<td>Region 5</td>
<td>**52.4%</td>
<td>*57.2%</td>
<td>***48.7%</td>
<td>21.6%</td>
<td>17.6%</td>
<td>14.6%</td>
</tr>
<tr>
<td>Region 6</td>
<td>*52.5%</td>
<td>**43.1%</td>
<td>***43%</td>
<td>17.8%</td>
<td>12.5%</td>
<td>10.3%</td>
</tr>
<tr>
<td>Region 7</td>
<td>*61.7%</td>
<td>**60.6%</td>
<td>***58.2%</td>
<td>20.9%</td>
<td>12.6%</td>
<td>12.3%</td>
</tr>
<tr>
<td>Region 8</td>
<td>**48.3%</td>
<td>*55.1%</td>
<td>*45.4%</td>
<td>15.8%</td>
<td>10%</td>
<td>12.8%</td>
</tr>
<tr>
<td>Region 9</td>
<td>***53%</td>
<td>*57.1%</td>
<td>**56.7%</td>
<td>19.6%</td>
<td>10.7%</td>
<td>12.6%</td>
</tr>
<tr>
<td>Region 10</td>
<td>***33.8%</td>
<td>*54%</td>
<td>**47.2%</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, 426, 3%
Region 2, 407, 2%
Region 3, 597, 3%
Region 4, 597, 3%
Region 5, 2723, 15%
Region 6, 4956, 27%
Region 7, 546, 3%
Region 8, 2114, 12%
Region 9, 2889, 16%
Region 10, 3476, 19%
Region 6 Chronic Disease Data for Native Elders

- High Blood Pressure: 56.9%
- Diabetes: 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%
Nutritional 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%
Nutritional Health Data for Native Elders Region 6 Data

- Take 3 or more different prescriptions/otc drugs 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: 3.9% (Would Use) 0.0% (Now Use)
- Home Delivered Meals: 6.0% (Would Use) 16.2% (Now Use)
- Home Health Services: 8.8% (Would Use) 35.1% (Now Use)
- Transportation: 6.8% (Would Use) 33.3% (Now Use)
- Caregiver Programs: 2.6% (Would Use) 22.3% (Now Use)
- Financial Assistance: 17.1% (Would Use) 27.8% (Now Use)
- Senior Center Prog.: 1.8% (Would Use) 26.4% (Now Use)
- Adult Day Care: 1.4% (Would Use) 26.2% (Now Use)
- Emergency Response Systems: 4.0% (Would Use) 25.0% (Now Use)
- Legal Assistance: 11.1% (Would Use) 23.3% (Now Use)
- Assisted Living: 2.1% (Would Use) 27.8% (Now Use)
- L.T. Care Services: 2.3% (Would Use) 23.3% (Now Use)
- Personal Care: 1.1% (Would Use) 23.3% (Now Use)
- Congregate Meals: 4.0% (Would Use) 20.1% (Now Use)
- Information and Referral Asst.: 6.4% (Would Use) 20.0% (Now Use)
- Govt. Asst. Housing: 3.6% (Would Use) 19.4% (Now Use)
- Retirement Comm.: 4.0% (Would Use) 18.4% (Now Use)
- Respite Care: 0.8% (Would Use) 18.2% (Now Use)
- Nursing Facilities: 0.7% (Would Use) 18.2% (Now Use)
- Volunteer Services: 1.4% (Would Use) 17.9% (Now Use)
- Telephone Reassurance: 2.1% (Would Use) 16.4% (Now Use)
- Elder Abuse Prevention: 0.7% (Would Use) 15.5% (Now Use)
- Case Management: 4.7% (Would Use) 15.3% (Now Use)
- Employment Services: 0.8% (Would Use) 15.3% (Now Use)
- Shared Housing: 3.1% (Would Use) 11.7% (Now Use)
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>20.4%</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>13.3%</td>
</tr>
</tbody>
</table>
Falls Trending Data: 12 year time period

One or more falls in past 12 months

- Cycle III: 38.6%
- Cycle IV: 38.1%
- Cycle V: 39.0%
- Cycle VI: 39.2%
WELL Balanced Benefits

- 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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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.nrcnnaa.org
Questions?