Identifying Our Needs: A Survey of Elders

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Turtle Mountain Band of Chippewa
National Congress of American Indians
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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.
• 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.
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 and Would Use
- Demographics
# Identifying Our Needs: A Survey of Elders VII

**General Health Status**

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?
   - Stroke?
   - Cancer?
   - 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?
     - Are you a diabetic amputee?

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?
   - Walking?
   - Using the toilet, including getting to the toilet?

**Screening**

6. Because of a health or physical problem that lasted longer than 3 months, did you have any difficulty... (Please mark all that apply)
   - Preparing your own meals?
   - Shopping for personal items (such as toilet items or medicines)?
   - Using the telephone?
   - Doing heavy housework (such as scrubbing floors, or washing windows)?
   - Doing light housework (such as doing dishes, straightening up, or light clean up)?
   - 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 year
   - Within the past 2 years
   - Within the past 5 years
   - 5 or more years ago

8. How long has it been since you had your blood stool tested for blood using a home kit?
   - Never had a checkup
   - Within the past year
   - 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 year
   - 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 year
    - 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, prostate-specific antigen test, a blood test used to check MEN for prostate cancer?
    - Never had a checkup
    - Within the past year
    - Within the past 2 years
    - Within the past 5 years
    - 5 or more years ago

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**DO NOT WRITE IN THIS AREA**

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NRCNAA Research Model

Tribal Resolution

Elder Count
Send Surveys Guides

Process Data Results
Tribe Owns Data

Administer the Surveys
Trained Staff or Volunteer

Tribe Owns Data
## Comparison Sheet

### Tribe Name (N= ) Comparison Data to Aggregate Tribal Data and National Data

<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>206.1%</td>
<td>13.8%</td>
<td>13.8%¹</td>
</tr>
<tr>
<td></td>
<td>Very Good</td>
<td>29.2%</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Good</td>
<td>32%</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fair</td>
<td>16.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Poor</td>
<td>7.8%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¹ Data source: National Health and Aging Data (NHAAD)
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
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
Participation by DHHS Regions for Cycle VI

- Region 1, 426, 3%
- Region 2, 407, 2%
- 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%
Map of DHHS Regions

U.S. Department of Health and Human Services

https://www.hhs.gov/about/agencies/iea/regional-offices/index.html
# Top Chronic Diseases for Native Elders by Region and Tribal Aggregate

<table>
<thead>
<tr>
<th></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><strong>National</strong></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><strong>Tribal</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Aggregate</strong></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><strong>Region 1</strong></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><strong>Region 2</strong></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><strong>Region 4</strong></td>
<td><strong>57.8%</strong></td>
<td>*64.3%</td>
<td>**41.7%</td>
<td>23.5%</td>
<td>12.2%</td>
<td>12.1%</td>
</tr>
<tr>
<td><strong>Region 5</strong></td>
<td><strong>52.4%</strong></td>
<td>*57.2%</td>
<td>***48.7%</td>
<td>21.6%</td>
<td>17.6%</td>
<td>14.6%</td>
</tr>
<tr>
<td><strong>Region 6</strong></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><strong>Region 7</strong></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><strong>Region 8</strong></td>
<td><strong>48.3%</strong></td>
<td>*55.1%</td>
<td>**45.4%</td>
<td>15.8%</td>
<td>10%</td>
<td>12.8%</td>
</tr>
<tr>
<td><strong>Region 9</strong></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><strong>Region 10</strong></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>
Trending Data for Top 5 Chronic Diseases among AI/AN elders

<table>
<thead>
<tr>
<th>Condition</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>
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

- 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
The NRCNAA Team

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Contact Information

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