



# Identifying Our Needs: A Survey of Elders

Collette Adamsen, PhD  
Director, National Resource Center on Native American Aging  
Turtle Mountain Band of Chippewa  
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## National Resource Center on Native American Aging (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 & Health Sciences.

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## 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



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## Data Roadmap

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



Image retrieved from: <http://roadmap.bftek.com/>

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## 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

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## 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.

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## 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

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## Identifying Our Needs: A Survey of Elders VII

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

Funding for this project is provided by Cooperative Agreement #0010088 from the Administration For Community Living, AGA - Older Indians National Resource Centers (an agency within the US Department of Health and Human Services).

• Use black or blue pen or a number 2 pencil.  
• Make dark marks that fill the oval completely.  
• See instructions on the back of the survey.

• Do not use pens with ink that soaks through the paper.  
• Make no stray marks and do not bend survey.  
• Correctly mark answers.

**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? ☐ Prostate Cancer? (For men only)  
☐ Congestive Heart Failure? ☐ Colon/Rectal Cancer?  
☐ Stroke? ☐ Lung Cancer?  
☐ Asthma? ☐ Breast Cancer?  
☐ Diabetes? ☐ Cervical Cancer? (For women only)  
☐ Osteoporosis?  
☐ High Blood Pressure?  
☐ Do you take oral medication?  
☐ Do you take insulin?  
☐ Are you a diabetic amputee?  
☐ Do you ever have any difficulty?  
☐ Do you ever have any difficulty?  
☐ Do you ever have any difficulty?  
☐ Do you ever have any difficulty?

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

**ACTIVITIES OF DAILY LIVING (ADL'S)**

5. Because of a health or physical problem that lasted longer than 3 months, did you have any difficulty...? (Please mark all that apply)

☐ Getting in or out of bed?  
☐ Eating?  
☐ Walking?  
☐ Using the toilet, including getting to the toilet?

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 groceries?  
☐ Using the telephone?  
☐ Doing heavy housework (such as scrubbing floors, or mending curtains)?  
☐ 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  
☐ 3 or more years ago

8. How long has it been since you had your blood about tested for blood using a home kit?

☐ Never had a checkup  
☐ Within the past year  
☐ Within the past 2 years  
☐ 3 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  
☐ 3 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  
☐ 3 or more years ago

11. (FOR MEN ONLY) How long has it been since you had your last PSA, prostate-specific antigen test, blood test used to check MEN for prostate cancer?

☐ Never had a checkup  
☐ Within the past year  
☐ Within the past 2 years  
☐ 3 or more years ago

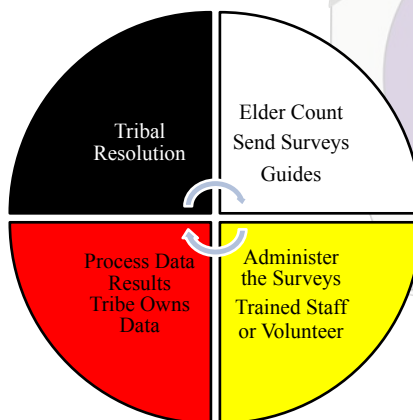
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## NRCNAA Research Model



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## Comparison Sheet

Tribe Name (N= ) Comparison Data to Aggregate Tribal Data and National Data				
Question	Response(s)	Tribal Data (55 and over)	Aggregate Tribal Data (55 and over)	National Data <sup>a</sup> (55 and over)
General Health Status				
1. Would you say your health in general is excellent, very good, good, fair, or poor?	Excellent			13.8% <sup>a</sup>
	Very Good			29.2% <sup>a</sup>
	Good			32% <sup>a</sup>
	Fair			16.8% <sup>a</sup>
	Poor			7.8% <sup>a</sup>

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## 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

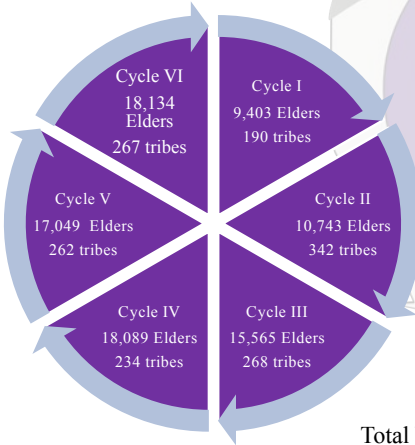
\*Cycle VII began April 1, 2017 and will end March 31, 2020

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## Needs Assessment Participation



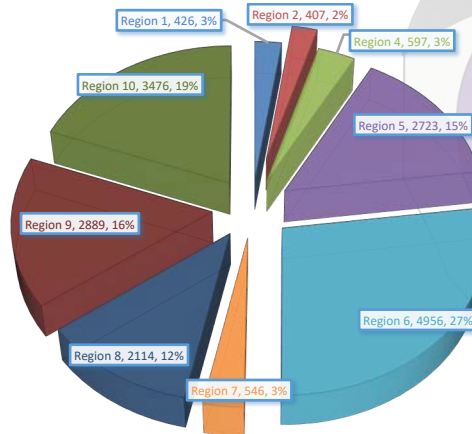
Total N = 89,436 surveys

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## Participation by DHHS Regions for Cycle VI



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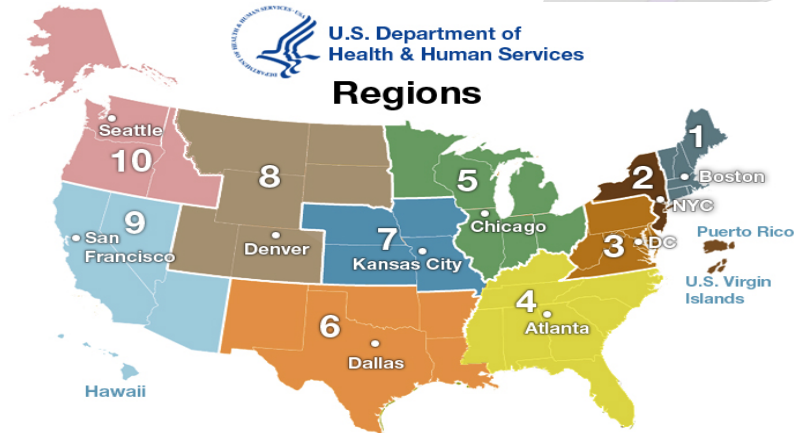
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## Map of DHHS Regions



U.S. Department of  
Health & Human Services

### Regions



U.S. Department of Health and Human Services  
<https://www.hhs.gov/about/agencies/ice/regional-offices/index.html>

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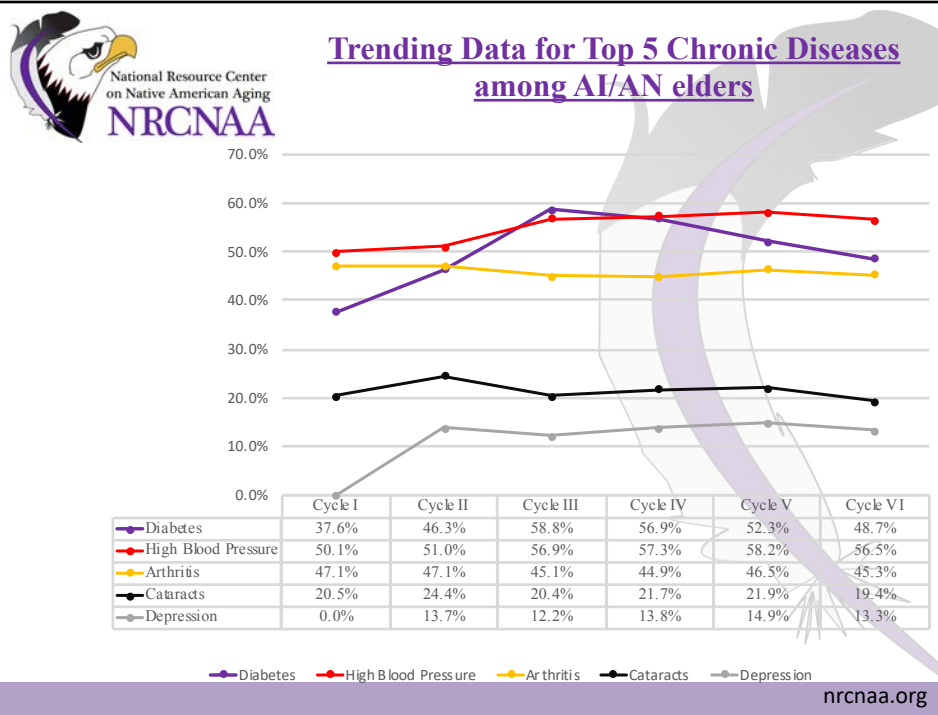
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## Top Chronic Diseases for Native Elders by Region and Tribal Aggregate

	Diabetes	High Blood Pressure	Arthritis	Cataracts	Depression	Asthma
National	18%	55.2%	47.4%	40.2%	17.2%	12%
Tribal Aggregate	**48.7%	*56.5%	***45.3%	19.4%	13.3%	12.6%
Region 1	***47.9%	*55.2%	**49.3%	12.7%	15%	13.8%
Region 2	***45.7%	*56%	**51.4%	18.4%	14.7%	16%
Region 4	**57.8%	*64.3%	***41.7%	23.5%	12.2%	12.1%
Region 5	**52.4%	*57.2%	***48.7%	21.6%	17.6%	14.6%
Region 6	*52.5%	**43.1%	***43%	17.8%	12.5%	10.3%
Region 7	*61.7%	**60.6%	***58.2%	20.9%	12.6%	12.3%
Region 8	**48.3%	*55.1%	*45.4%	15.8%	10%	12.8%
Region 9	***53%	*57.1%	**56.7%	19.6%	10.7%	12.6%
Region 10	***33.8%	*54%	**47.2%	22.2%	15.1%	13.9%

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 **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

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## The NRCNAA Team



Collette Adamsen, PhD, Program Director



Erica Gunville, M.S., Project Coordinator



Cole Ward, M.A., Research Specialist

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## Contact Information

For more information contact:

***National Resource Center on  
Native American Aging***

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.nrcnaa.org>

[nrcnaa.org](http://nrcnaa.org)