

COMPARATIVE DATA WORKBOOK

The Comparative Data Gathering workbook will help you organize the Health Indicators data you've collected, put the results into context, so you can decide where to focus your efforts. Comparing your survey results to local, state, and/or national measures will help you put your data in perspective in relation to local and national health promotion and wellness goals, such as those of Healthy People 2020, and prepare you to share your results with others concerned about the health risks of seniors in your community.

As a reminder, the Health Indicators survey focuses on four health-related categories of information about the seniors living in your community. This workbook is organized in the same way and groups the information by health related category.

- **Demographic Information (People and Community)**
- **Access to Care and Information**
- **Health Promotion, Disease Prevention, and Wellness**
- **Chronic Conditions**

There is a separate page of the workbook for each health related category.

Completing the Workbook

Each page has **two main parts**:

- A **context box** at the top of the page identifies the category of the information on that page. In the box is a series of three questions. The answers to these questions serve as a reminder of the context in which the survey responses should be considered. In the context box, answer the following questions:
 - # of seniors who live in this community
 - # of seniors who are connected to our organization
 - # of our seniors who completed the health indicators survey
- A **table of suggested key health indicator** questions and comparative data results. To complete each table:
 - Fill in survey results (from your Frequency Report) in the left hand column for each indicator.
 - Record the comparative data in the middle column for each indicator. This may come from local, state, or national data sets*.
 - Note the national goal in the right hand column for each indicator. This will help you see where your survey respondents are on a particular health indicator versus the national goals, such as those in Healthy People 2020.
 - Use the blank rows to add other specific indicators you wish to compare.

**Note: We recommend making a note of what source you are using for your comparative data so you can easily refer back to that same data when you want to re-assess or re-survey later.*

Remember, when considering and organizing your results, ask yourself these questions:

- Do the results make sense to you?
- To what extent do the results confirm what you see and experience in your community? How do they surprise you?
- As you look at the results, what issues jump out at you?
- What else would you like to know?

PEOPLE AND COMMUNITY
(DEMOGRAPHIC INFORMATION)

# seniors	Category
	Live in this community
	Connected to this organization
	Completed Health Indicators Survey (sample)

Your Results		Comparison Data select comparison group; indicate source in notes for reference		
		Local	State	National
<i>Health Indicator</i>	<i>%</i>	<i>%</i>	<i>%</i>	<i>%</i>
Female				
Age 85+				
Age 60-64				
Born in US				
Asian				
Black				
Hispanic				
White				
Lives Alone				

ACCESS TO CARE AND INFORMATION

# seniors	Category
	Live in this community
	Connected to this organization
	Completed Health Indicators Survey (sample)

Your Results		Comparison Data select comparison group; indicate source in notes for reference			Healthy People 2020 Goal
		Local	State	National	
<i>Health Indicator</i>	<i>%</i>	<i>%</i>	<i>%</i>	<i>%</i>	<i>%</i>
primary health insurance					
prescription drug insurance					
usual source of medical care					
emergency room use more than once in the past 12 months					
Difficulty (trouble) paying for health care/related expenses in the past 12 months					

HEALTH PROMOTION, DISEASE PREVENTION, AND WELLNESS

# seniors	Category
	Live in this community
	Connected to this organization
	Completed Health Indicators Survey (sample)

Your Results		Comparison Data select comparison group; indicate source in notes for reference			Healthy People 2020 Goal
		Local	State	National	
<i>Health Indicator</i>	<i>%</i>	<i>%</i>	<i>%</i>	<i>%</i>	<i>%</i>
Flu shot, past 12 months					
Pneumonia shot, ever					
Colonoscopy Within last 10 years					
Mammogram, past 2 years (female only)					
Take 5 or more medications					
Physical Activity (Get recommended level)					
Health Status Fair to Poor					
Currently Smoke					
Seen an Eye Doctor (past 12 months)					
Seen a Dentist (past 12 months)					
Had a Hearing Test (past 12 months)					

CHRONIC CONDITIONS

# seniors	Category
	Live in this community
	Connected to this organization
	Completed Health Indicators Survey (sample)

Your Results		Comparison Data select comparison group; indicate source in notes for reference		
		Local	State	National
<i>Health Indicator</i>	<i>%</i>	<i>%</i>	<i>%</i>	<i>%</i>
Diabetes (Told by a doctor)				
High Blood Pressure (Told by a doctor)				
Heart Disease (told by a doctor)				
Lung disease (told by a doctor)				
Fallen in past 12 months				
Overweight or Obese (told by a doctor)				