

Sharing Your Results Form

Identifying Problems and Seeking Effective Solutions

This “Sharing Your Results” form gives you a way to share your Health Indicators results with others about the health risks of seniors in your community. As a reminder, The Health Indicators survey focuses on identifying three types of information on seniors living in your community:

- **Health Care Access**
- **Health Promotion & Wellness**
- **Management of Chronic Conditions**

This form can help organize the data you’ve collected, show how it compares to local, state, and national measures, and start a discussion with others in your community. A thorough understanding of the information can help you and your community decide where you want to focus your efforts.

How to Use the “Sharing Results” Form

All of your data needed for the left hand column of this report can be found in your Health Indicators frequency report. Fill in your results in the left hand column for each indicator. The first page examines demographic information for your community. Each of the remaining pages is dedicated to a different type of information: health care access, health promotion and wellness, and chronic conditions.

The right hand column shows national data or standards, where available. In many cases, city, county and state data may also be available. We recommend that before you share this form with others, you do a little research and see what data are available for your community. The Gathering Comparative Data Guide will help you do this. Feel free to add any measures or standards that you believe are relevant for your community in the right hand column.

Questions and Suggestions to Guide Your Discussion:

Do the results make sense to you? Is there anything that just doesn't make sense?

Consider how the information you've gathered compares with the comparison data.

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 factors do you think contribute to these issues?

What else would you like to know?

It is important to provide a context for your data. Please fill in the following numbers to put your data in perspective.

_____ # of seniors who live in this community

_____ # of seniors who are connected to our organization

_____ # of our seniors who completed the survey

These categories repeat themselves on each corresponding page (for easy reference as you share this form with others).

PEOPLE AND COMMUNITY

_____ # of seniors who live in this community _____ # of seniors who are connected to our organization _____ # of our seniors who completed the survey

% of our respondents are female	<ul style="list-style-type: none"> • 56 % of people 60+ in the US are female http://www.census.gov/popest/national/national.html
% of our respondents are 85+	<ul style="list-style-type: none"> • 10% of people 60+ in the US are 85+ http://www.census.gov/popest/national/national.html
% of our respondents were born in the US	<ul style="list-style-type: none"> •
% of our respondents live alone	<ul style="list-style-type: none"> •
% of our respondents are White	<ul style="list-style-type: none"> •
% of our respondents are Black	<ul style="list-style-type: none"> •
% of our respondents are Asian	<ul style="list-style-type: none"> •
% of our respondents are Hispanic	<ul style="list-style-type: none"> •
% of	<ul style="list-style-type: none"> •

ACCESS TO CARE AND INFORMATION

_____ # of seniors who live in this community _____ # of seniors who are connected to our organization _____ # of our seniors who completed the survey

% of our respondents have primary health insurance	<ul style="list-style-type: none"> • 98.2% BRFSS 65+ 2008 (Do you have any type of health care coverage) http://apps.nccd.cdc.gov/brfss/age.asp?cat=HC&yrr=2008&qkey=868&state=US
% of our respondents have prescription drug insurance	<ul style="list-style-type: none"> • 90% of MEDICARE beneficiaries have drug coverage http://www.kff.org/rxdrugs/upload/3057-08.pdf p.5
% of our respondents have a usual source of medical care	<ul style="list-style-type: none"> • 3.8% have NO usual source of medical care NHIS 65+ 1997-2008 http://205.207.175.93/HDI/TableViewer/tableViewer.aspx?ReportId=454
% of our respondents went to the emergency room more than once in the past 12 months	<ul style="list-style-type: none"> •
% of our respondents have had trouble paying for health care/related expenses in the past 12 months	<ul style="list-style-type: none"> •
% of	<ul style="list-style-type: none"> •

HEALTH PROMOTION, DISEASE PREVENTION, & WELLNESS

_____ # of seniors who live in this community
 _____ # of seniors who are connected to our organization
 _____ # of our seniors who completed the survey

% of our respondents got a flu shot in the past 12 months	•
% of our respondents have ever had a pneumonia shot	•
% of our respondents that have ever had a colonoscopy	•
% of our female respondents have had a mammogram in the past 2 years	•
% of our respondents report taking 5 or more medications	•
% of our respondents do the recommended level of physical activity	•
% of our clients	•

CHRONIC CONDITIONS

_____ # of seniors who live in this community _____ # of seniors who are connected to our organization _____ # of our seniors who completed the survey

<p>% of our respondents have been told by a doctor that they have diabetes</p>	<ul style="list-style-type: none"> • 19% 65+ BRFSS 2009 http://apps.nccd.cdc.gov/brfss/age.asp?cat=DB&yr=2009&qkey=1363&state=UB
<p>% of our respondents have been told by a doctor that they have heart disease</p>	<ul style="list-style-type: none"> • 12.1% 65+ BRFSS 2009 (Has a doctor ever told you that you had angina or coronary heart disease?) http://apps.nccd.cdc.gov/brfss/age.asp?cat=CV&yr=2009&qkey=5011&state=UB
<p>% of our respondents reported a fall in the past 12 months</p>	<ul style="list-style-type: none"> • The national fall rate for people 65+ is 1 in 3 (33%) http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html
<p>% of our respondents have been told by a doctor that they have high blood pressure</p>	<ul style="list-style-type: none"> • 59.1% 65+ BRFSS 2009 http://apps.nccd.cdc.gov/brfss/age.asp?cat=HA&yr=2009&qkey=4420&state=UB
<p>% of our respondents answered yes to 1 or 2 of the following questions (PHQ2):</p>	<ul style="list-style-type: none"> •
<ol style="list-style-type: none"> 1. In the past 2 weeks, have you been bothered by feeling down, depressed, or hopeless? 2. In the past 2 weeks, have you been bothered by little interest or pleasure in doing things? 	
<p>% of our clients</p>	<ul style="list-style-type: none"> •