



The Results Are In!

***A Review of the USF Health in The
Villages Preliminary Survey Results***

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USF Health
August 21, 2012

We started with a question . . .

Could The Villages be America's Healthiest Hometown?

- Is it already the healthiest place in America?
- And if not, could we make it the healthiest place in America?

We started with a premise . . .

- That it's *your health* and only you can tell us what health means to you
- That while we have expertise in health, your health desires and challenges, beliefs and concerns must guide what we do or our actions will have no meaning
- That the most important thing we could do would be to *listen to you*

Listening

- “to pay attention, heed, obey”
- We listened at this speaker series to your questions
- We listened at meetings of clubs and groups
- We listened to 2644 of you who filled out forms to participate in focus groups
- We listened to over 800 of you in 59 focus groups

Listening

- AND . . .
- We listened to **33,119** of you who completed the USF Health in The Villages Survey
- The largest single, one-time survey conducted exclusively of older adults in the United States EVER!

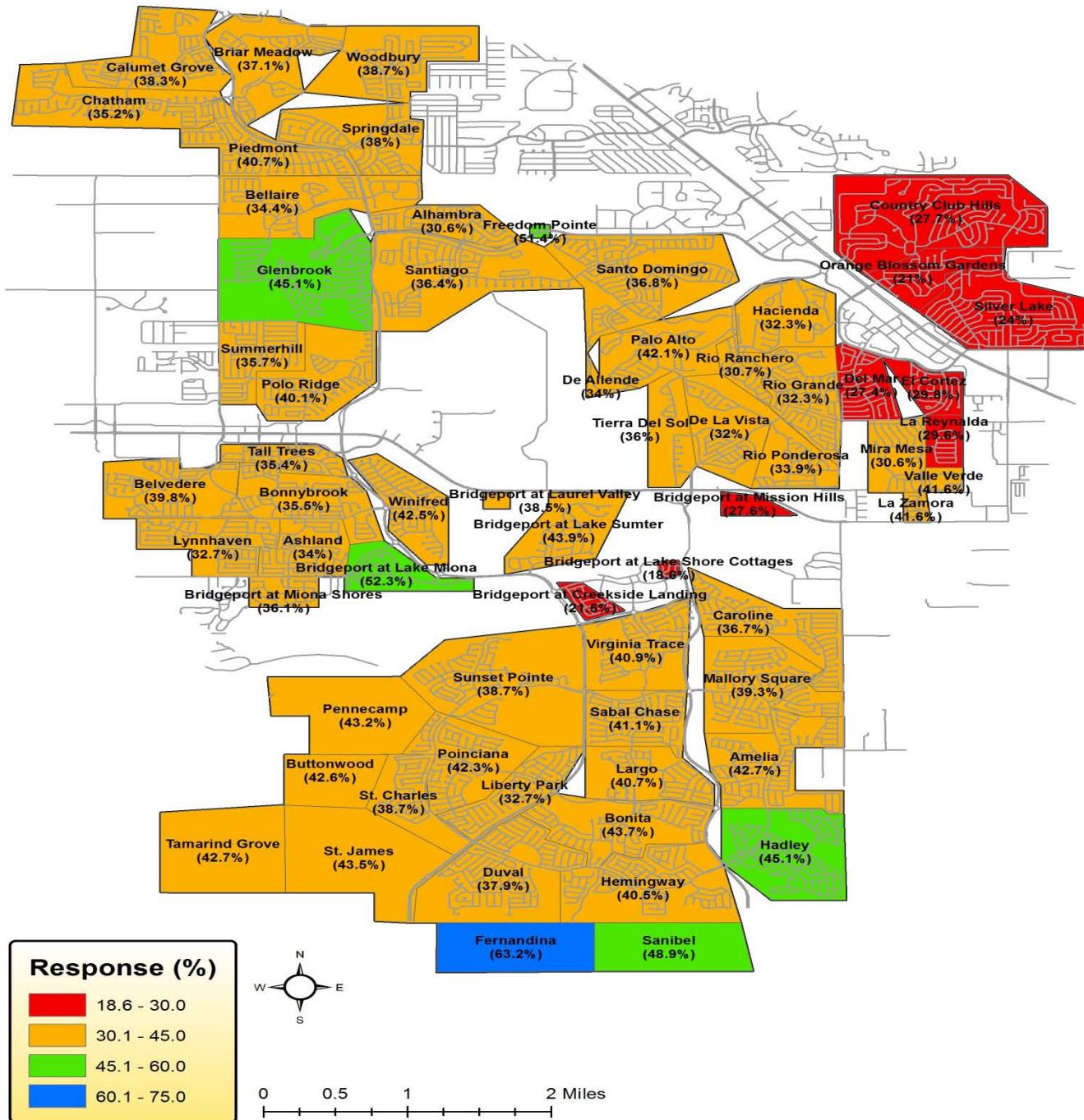
Health Assessment

- All of that listening allowed us to craft a survey instrument that reflected what mattered to you
- We also designed it to your specifications
 - It could take no more than 20 minutes to fill out
 - The font had to be big enough to read but not so big as to be insulting
 - Everyone had to receive a copy of the survey
 - It had to be easy to return (drop boxes)

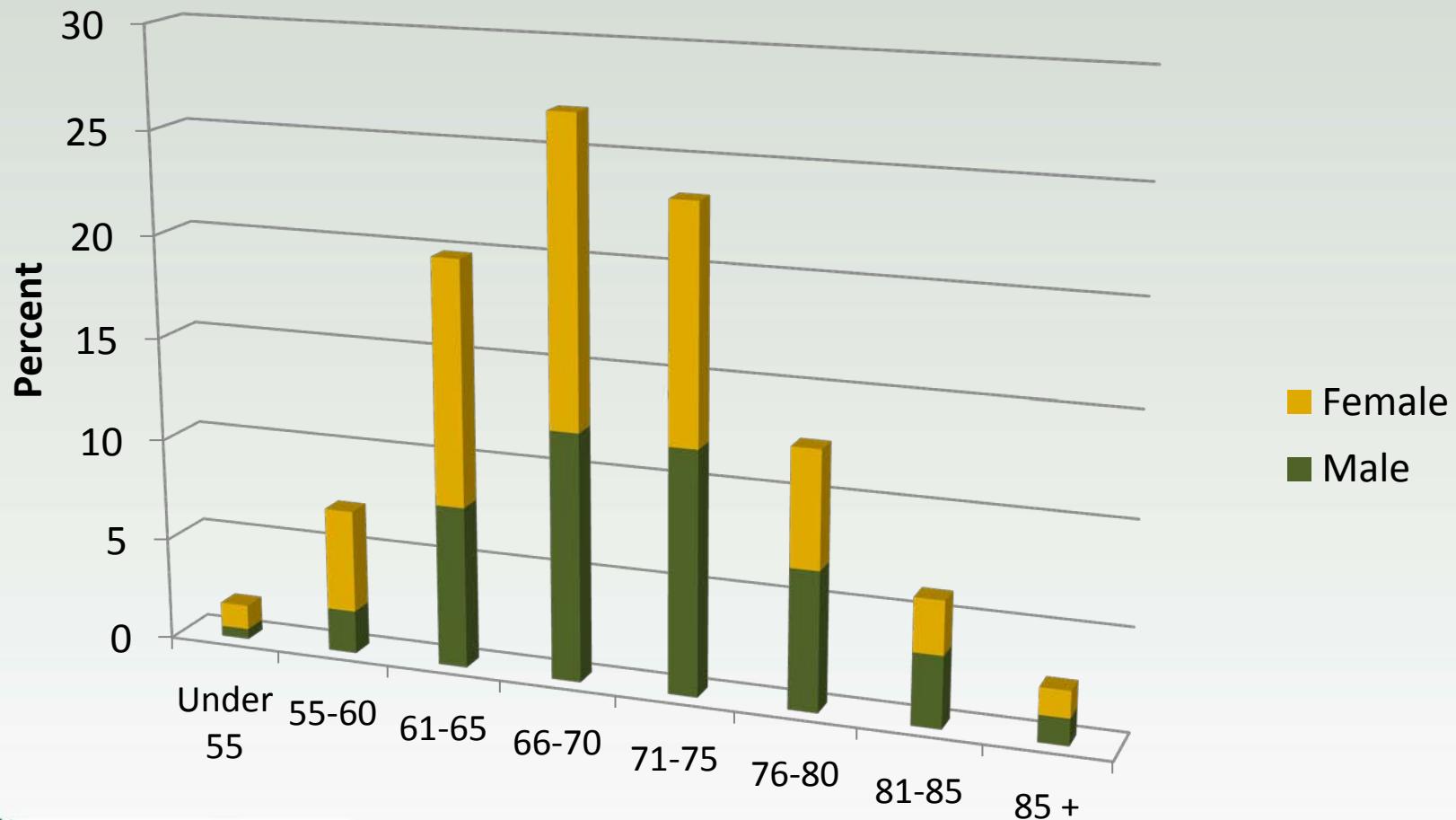
Health Assessment

- Every survey asked basic demographic information
- Three versions of the survey covered questions on the topics that mattered most to you
 - Quality of life
 - Health behaviors
 - Mental health
 - Access to services
 - Social support and social cohesion

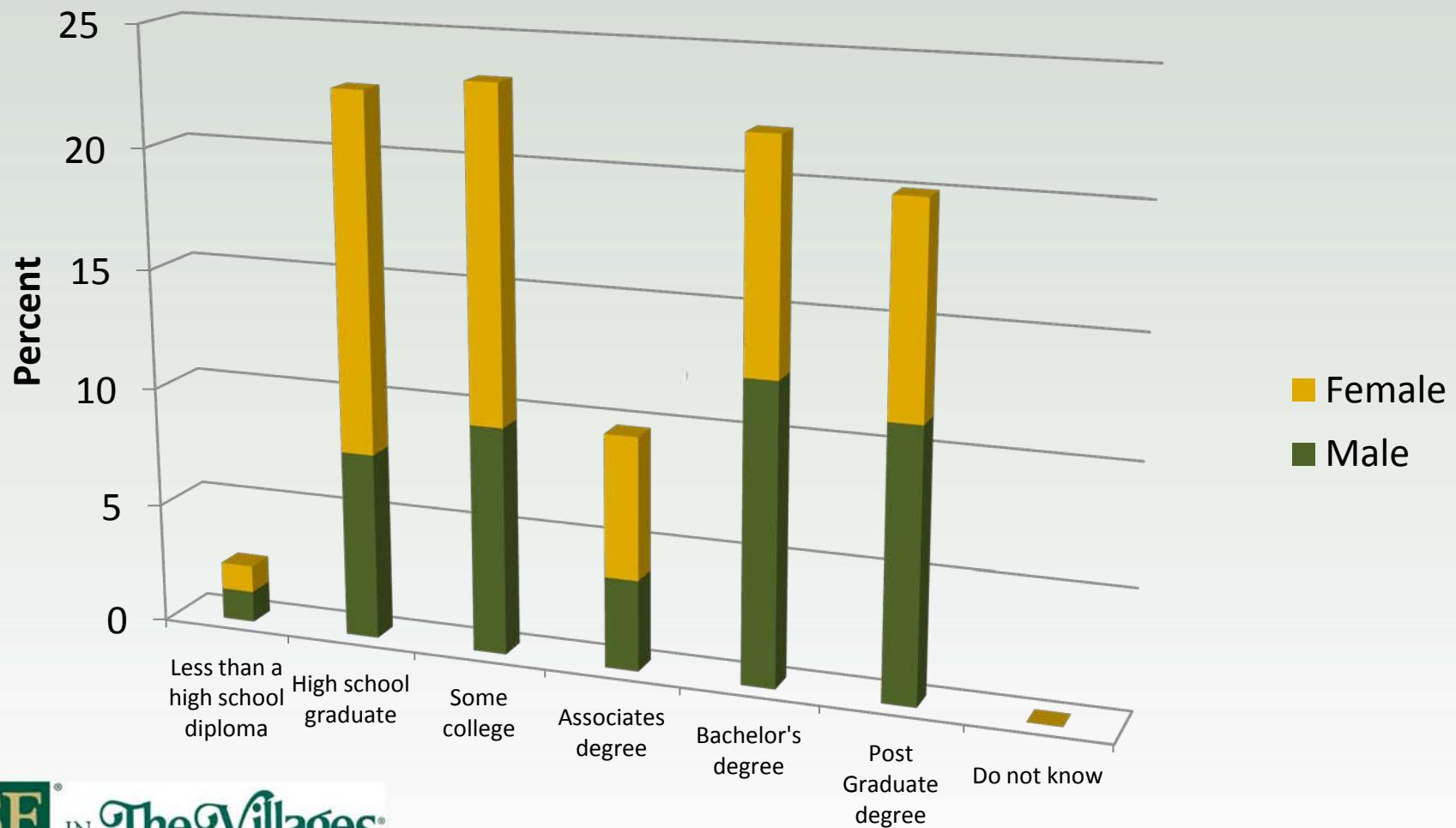
So who are you?



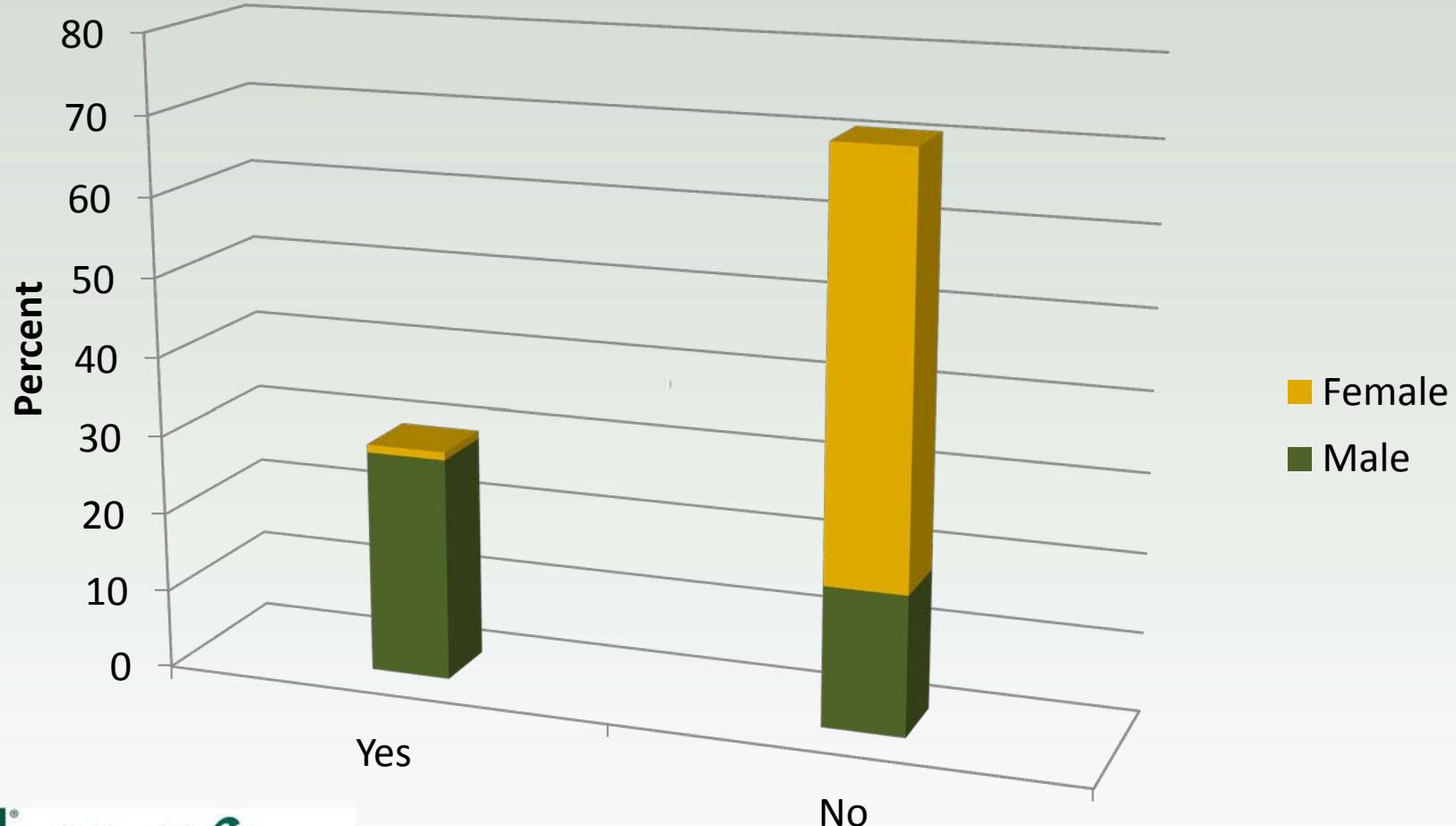
Residents' Age



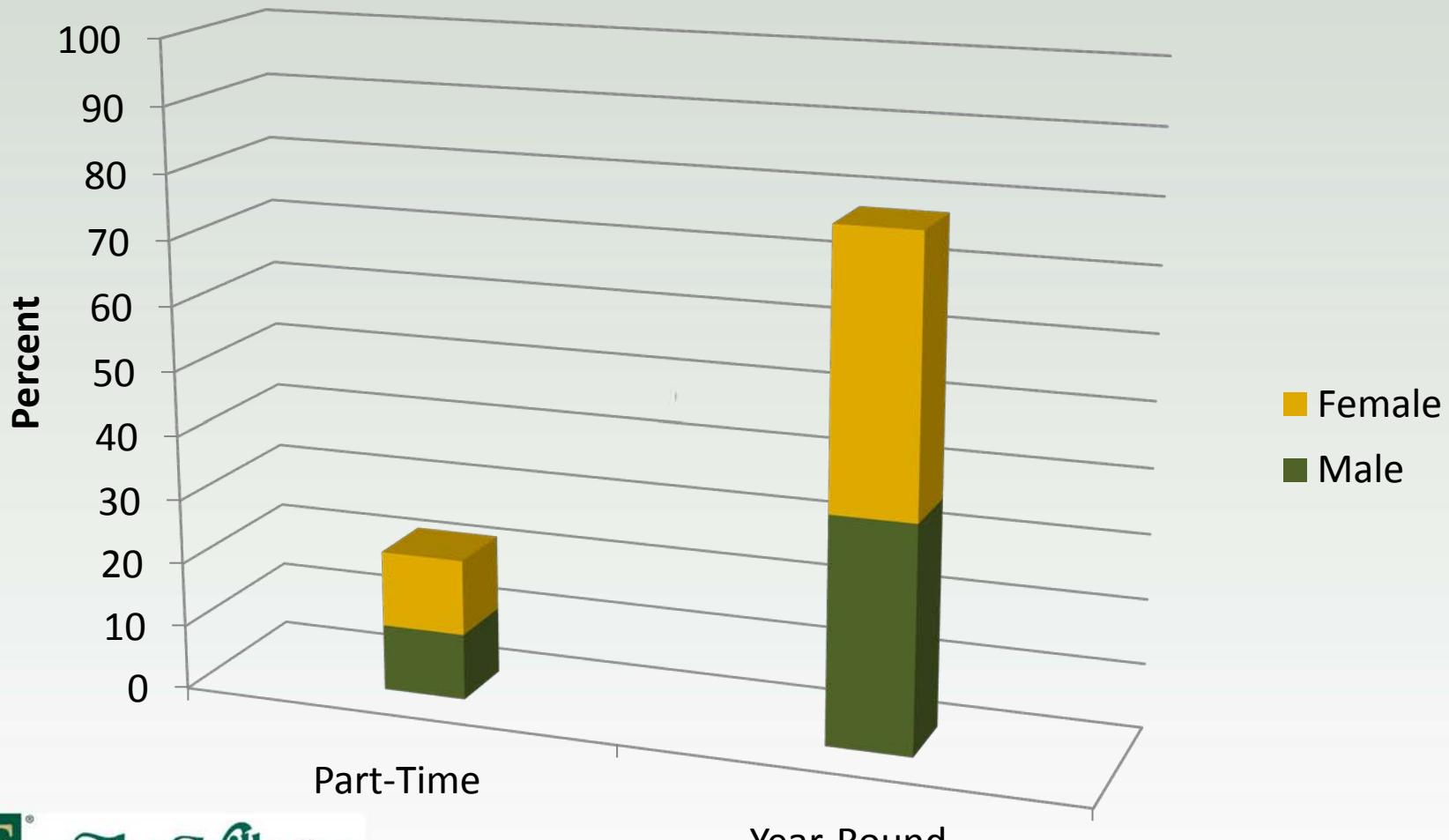
Residents' Education



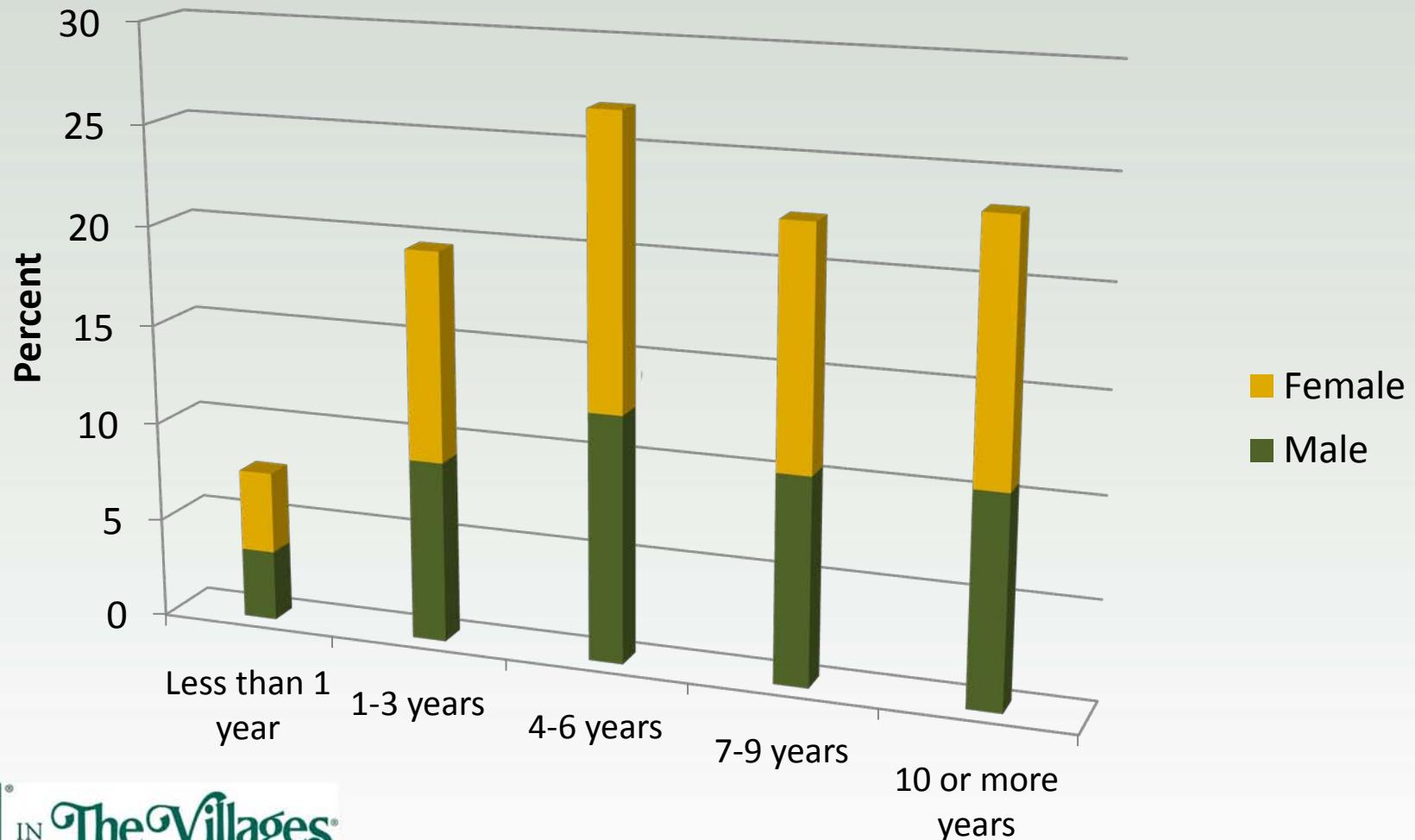
Military Service



Villages Residences



How long have you lived full-time or seasonally in The Villages?

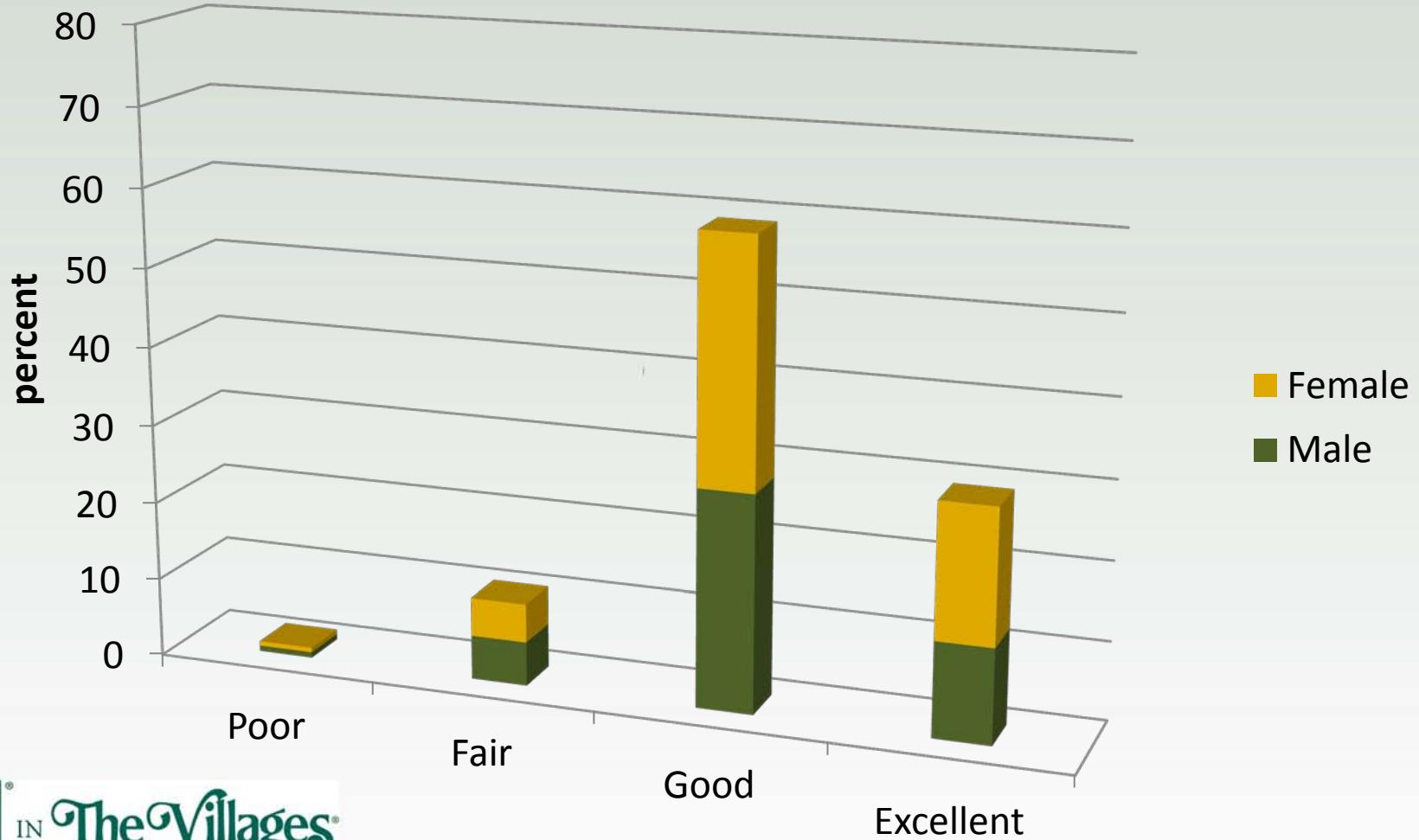


You are a special bunch!

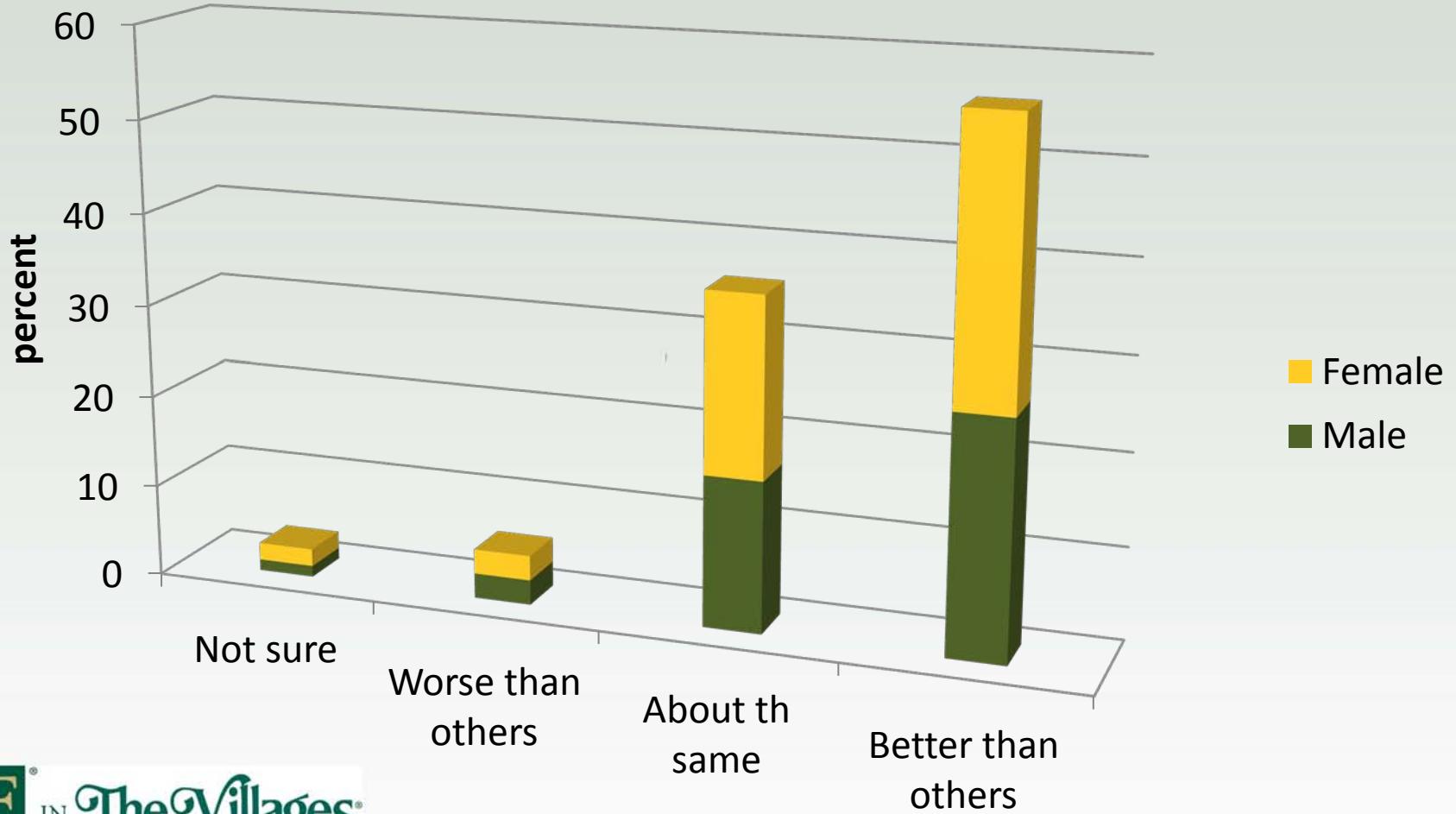
- You are better educated than the general population of older adults and your parents were better educated
 - 17.7% of your mothers and 22.1% of your fathers had education beyond a high school diploma
- 80.2% of you are married
- 81.2% of you consider yourselves to be spiritual and 69.5% of you consider yourselves to be religious
- You have lots of health insurance

How healthy do you feel?

In general, would you say that your health is ...



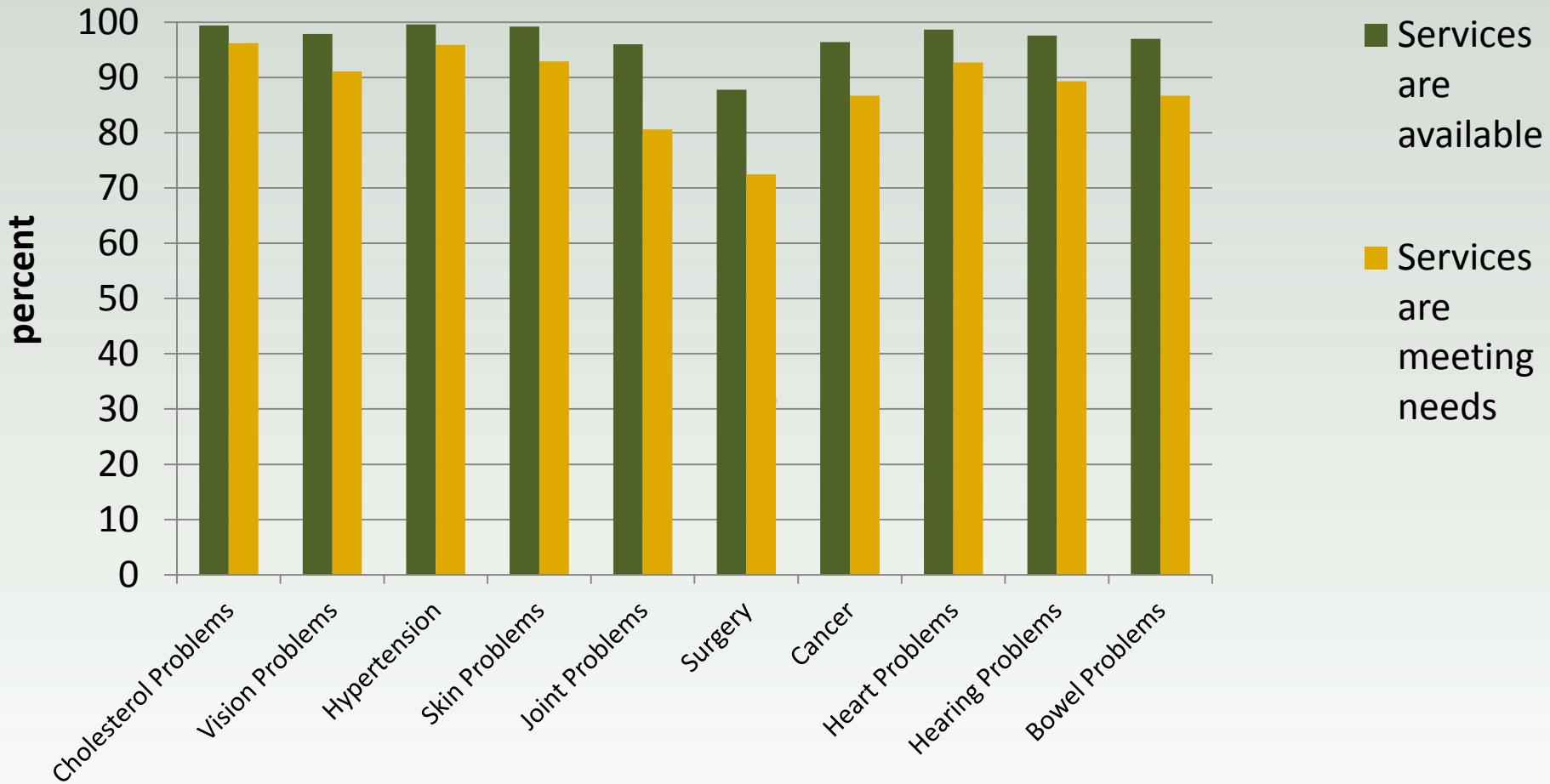
Health Compared to Others



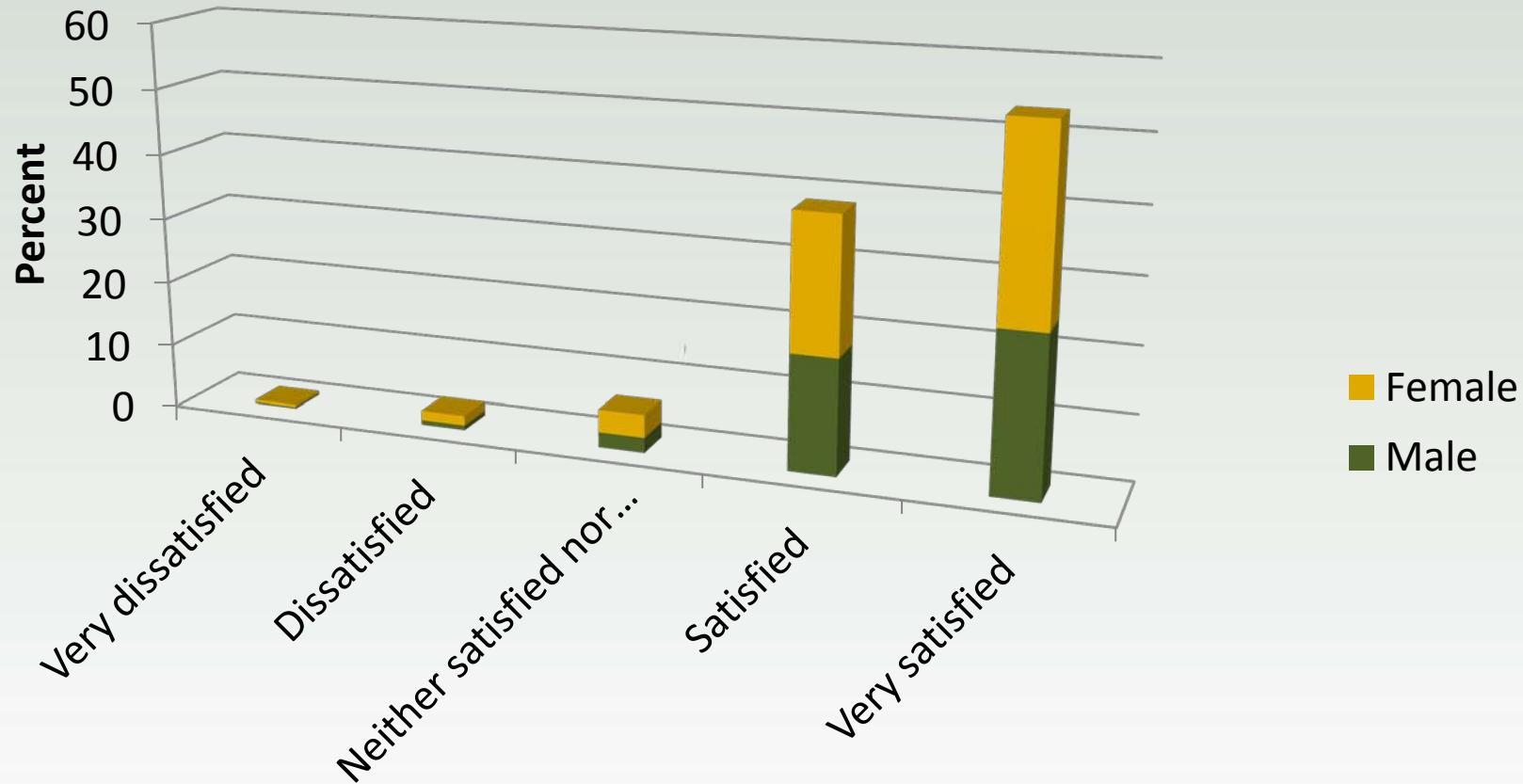
Top 10 Health Conditions Villagers Reported to be a problem

Ranking	Health Condition	% of Villages Population
#1	Cholesterol Problems	42.5%
#2	Vision Problems	32.0%
#3	Hypertension	28.0%
#4	Skin Problems	27.4%
#5	Joint Problems	27.2%
#6	Surgery	22.9%
#7	Heart Problems	15.3%
#7	Cancer	15.3%
#8	Hearing Problems	14.5%
#9	Bowel Problems	12.9%
#10	GI Problems	12.8%

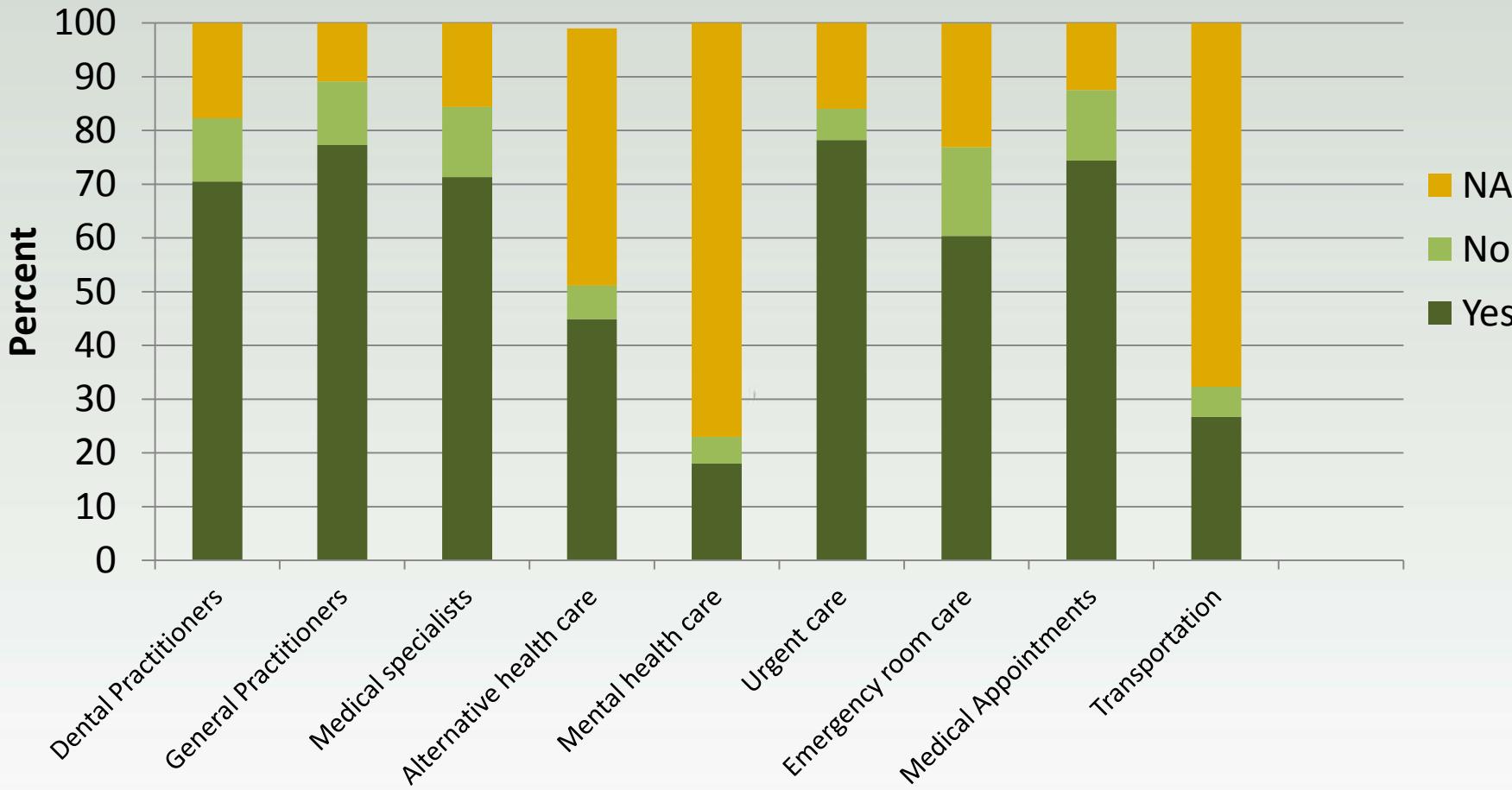
Services for Health Conditions



How satisfied are you with your access to health care services?



Satisfaction with choices available for health care



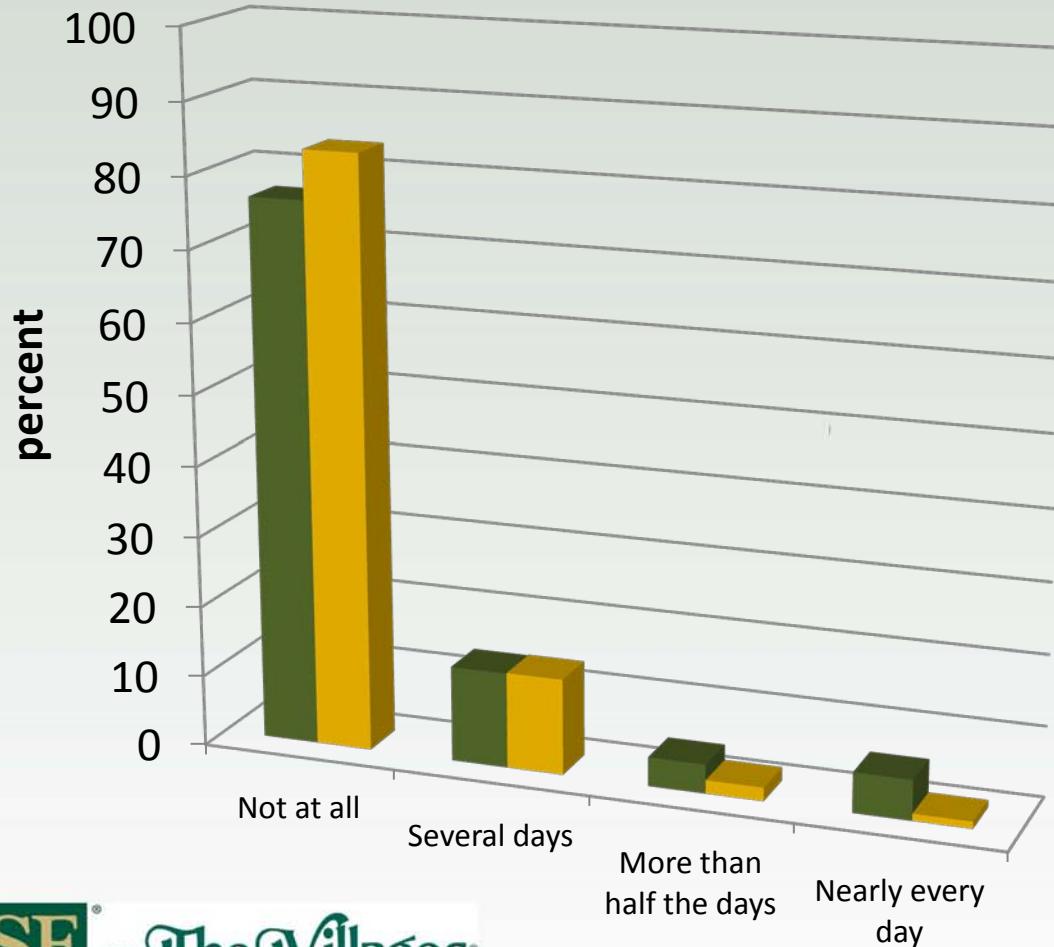
Health Study At-A-Glance

Top Conditions Villagers Reported Going Beyond Villages for Care

Condition	% of Villagers that went beyond Villages for care in past 6 months
Neurological	58%
Surgery	41.6%
Dementia	37.9%
Joint	37.0%

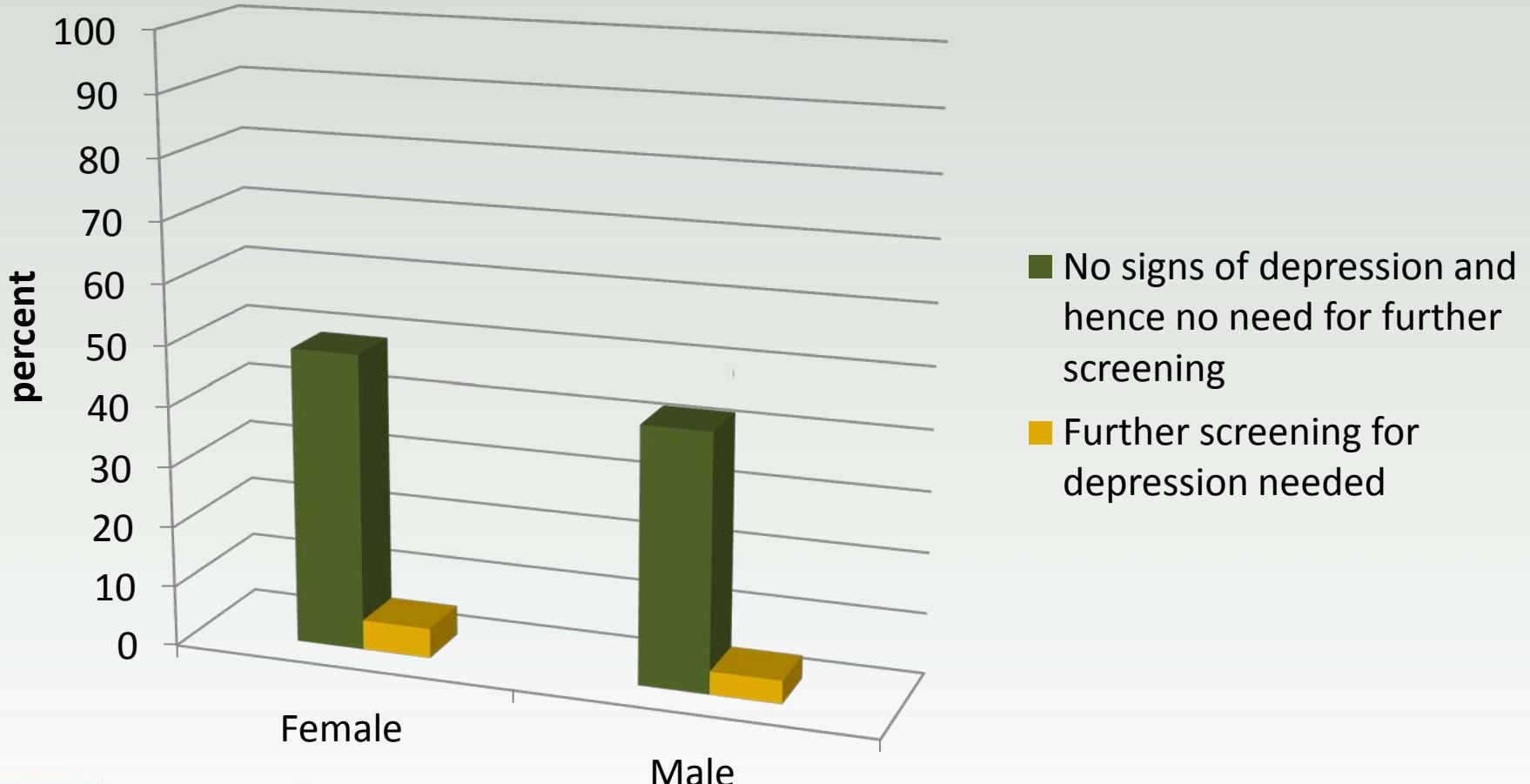
Taking the average of reported health problems, an *average of 30% of Villagers* having various health conditions have gone beyond the Villages for care of their condition *in past 6 months*.

Personal Health Questionnaire (PHQ-2)



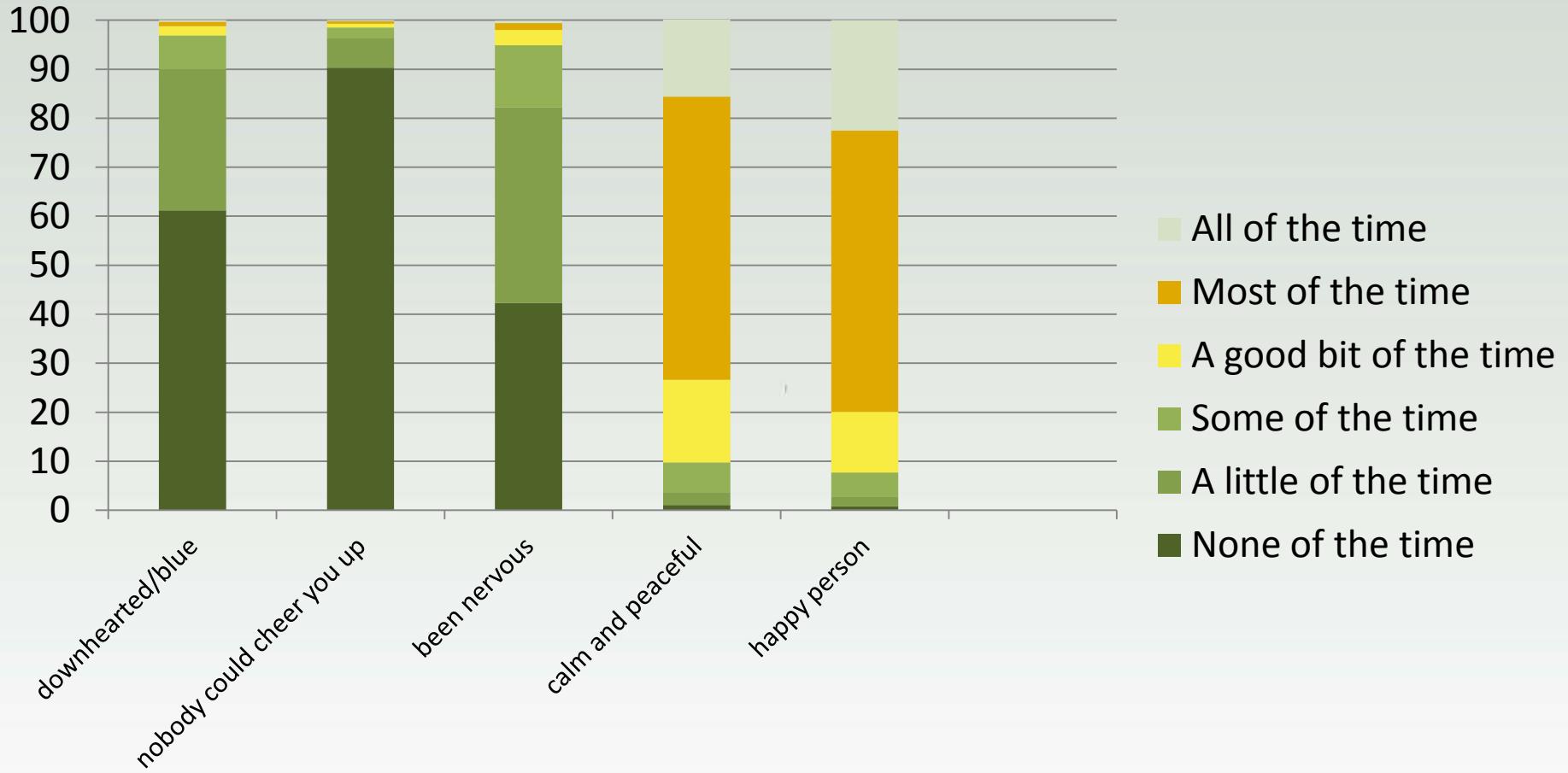
- Over the past two weeks, how often have you had little interest or pleasure in doing things?
- Over the past two weeks, how often have you been bothered by feeling down, depressed or helpless?

PHQ-2 Results Summary

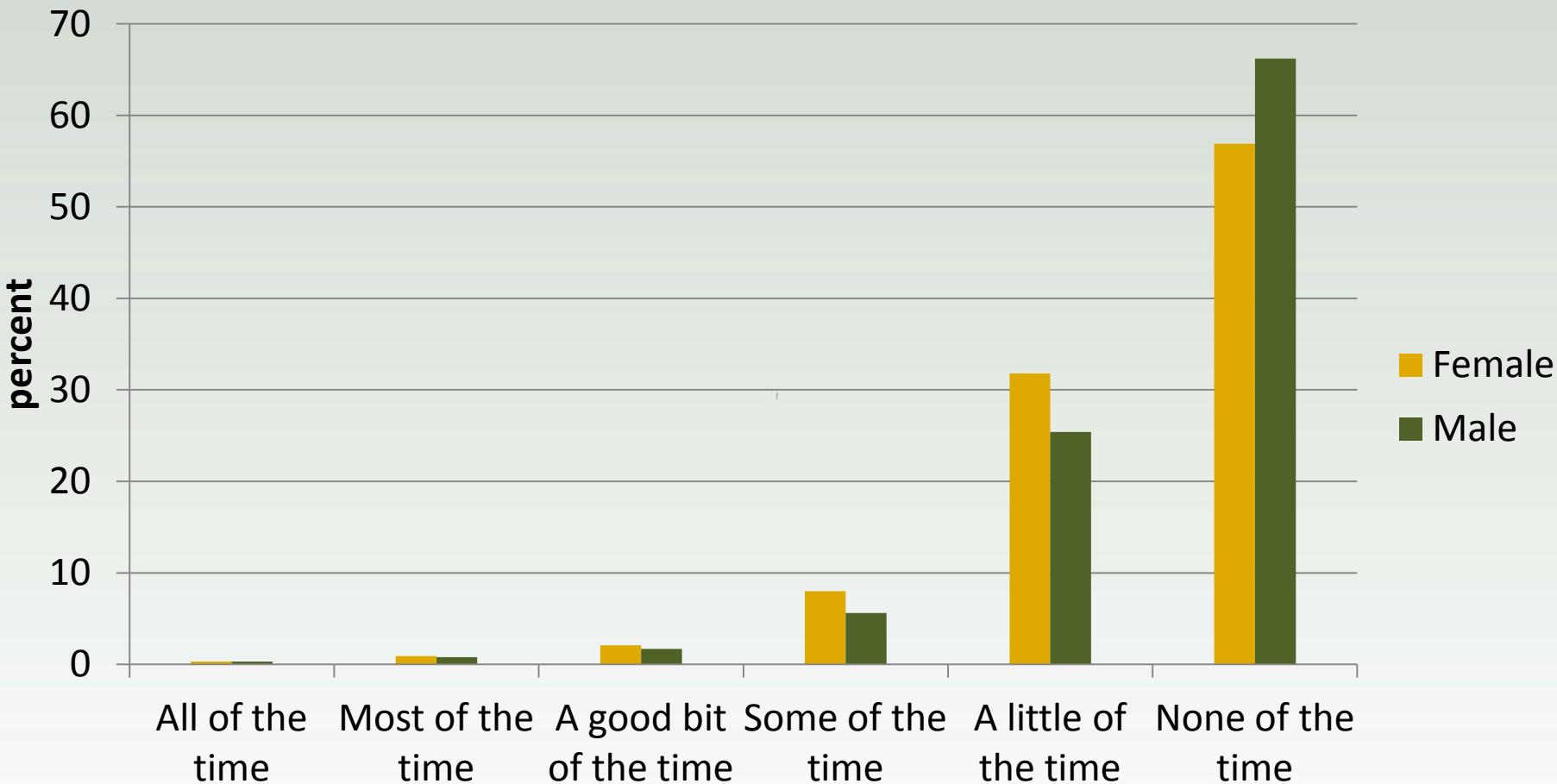


Mental Health Inventory (MHI-5)

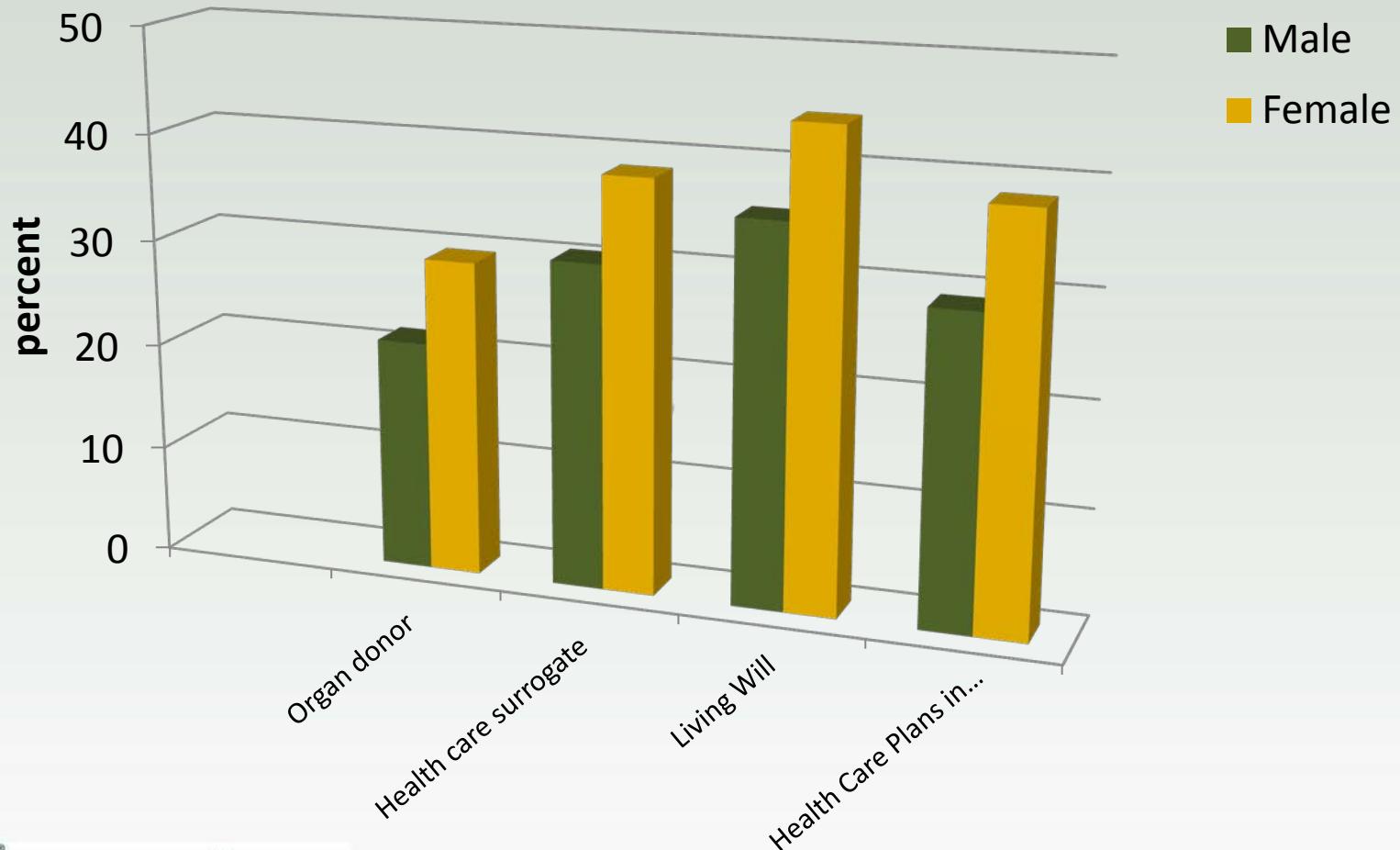
How much time in the past 4 four weeks have you...



How much time in the past 4 weeks have you felt downhearted and blue?



Advanced Care Planning

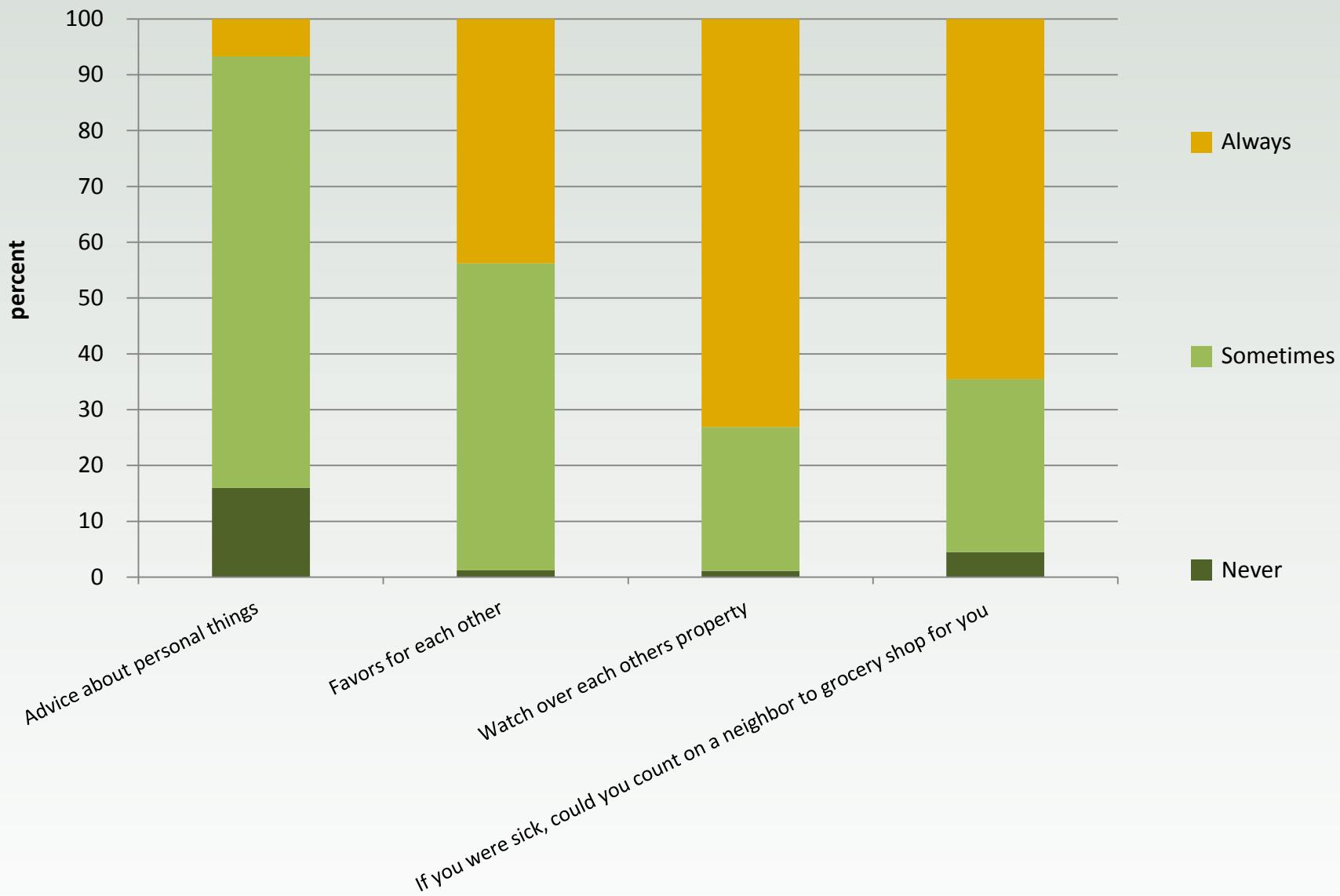


You are a healthy bunch!

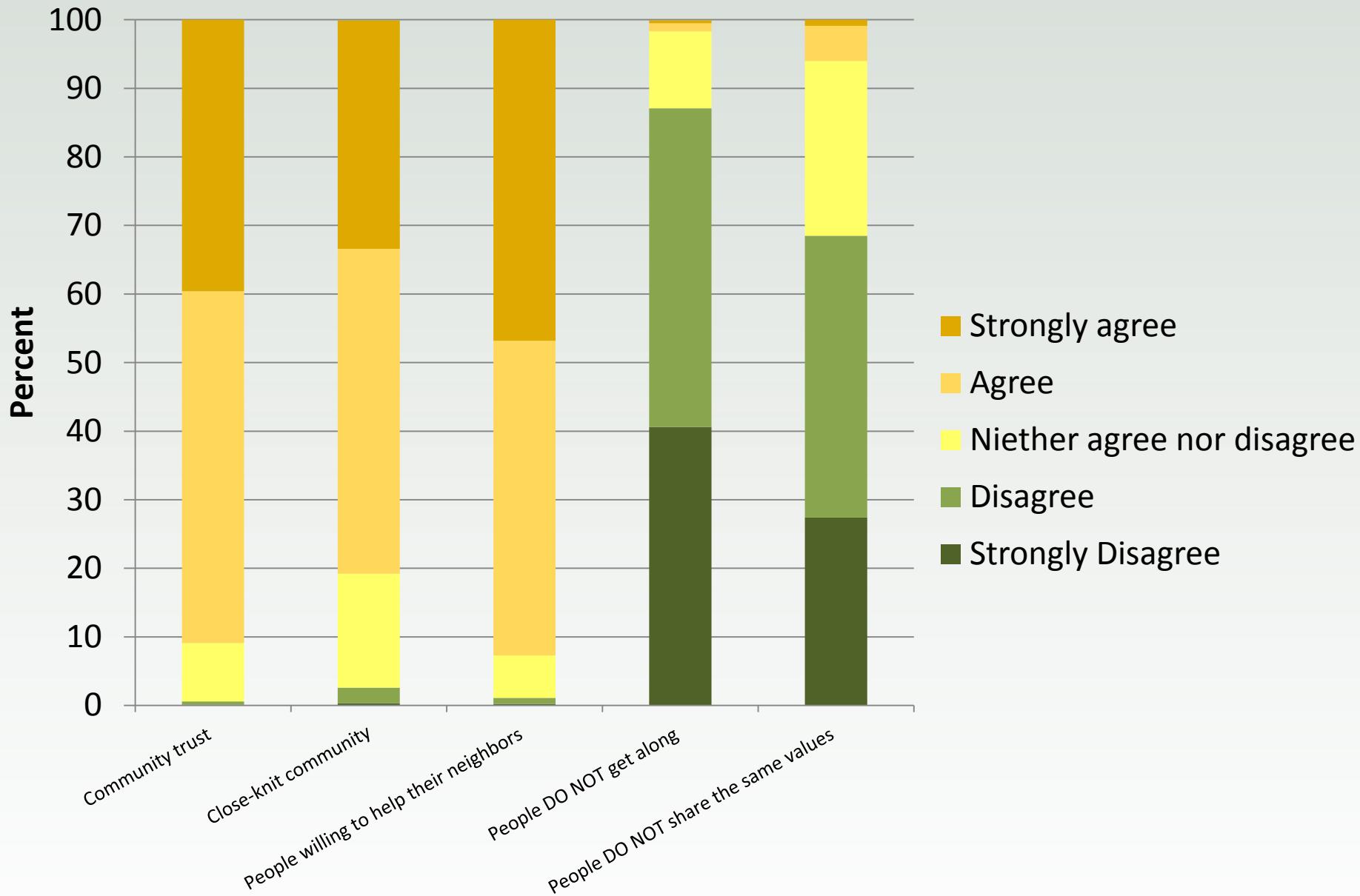
- Compared to older adults in the US in general, overall you rate your health higher (88% of you say your health is good or excellent compared to 75.6% of US older adults)
- However, fewer of you rate your health as excellent (29% versus 41%)
- 85.6% of you believe your quality of life is better than older adults living outside The Villages

How connected do you feel?

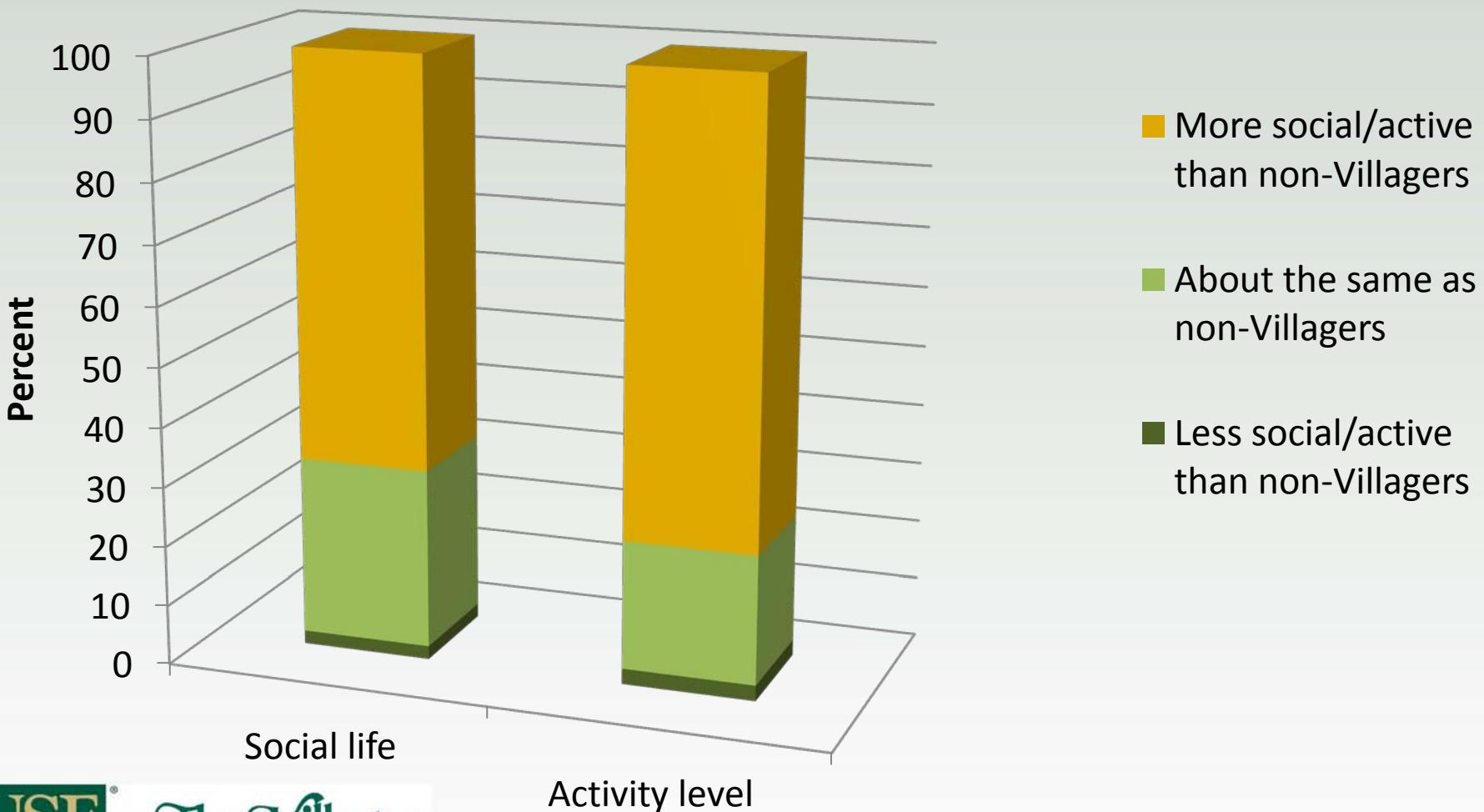
Collective Efficacy in The Villages



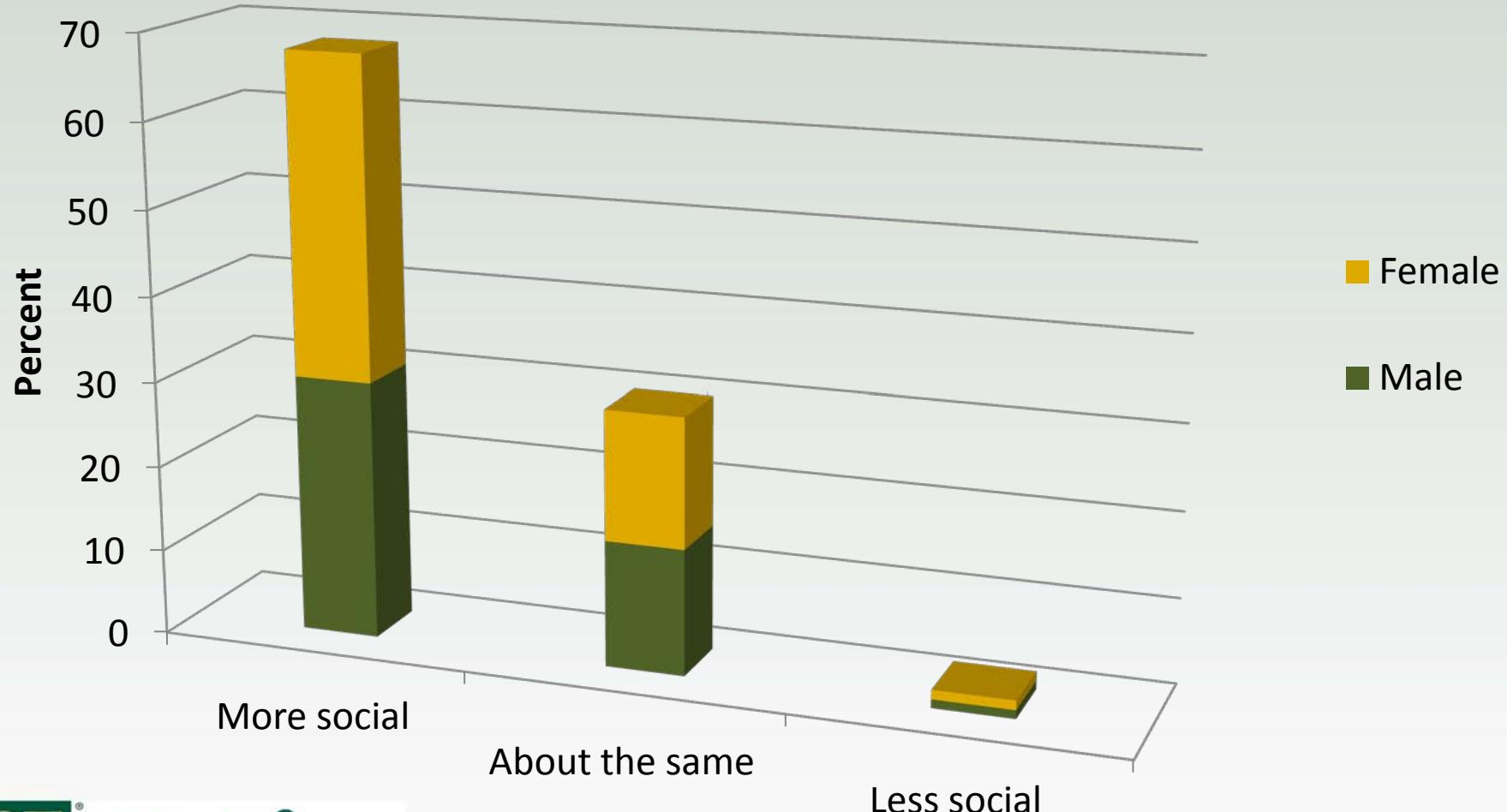
Social Cohesion in The Villages



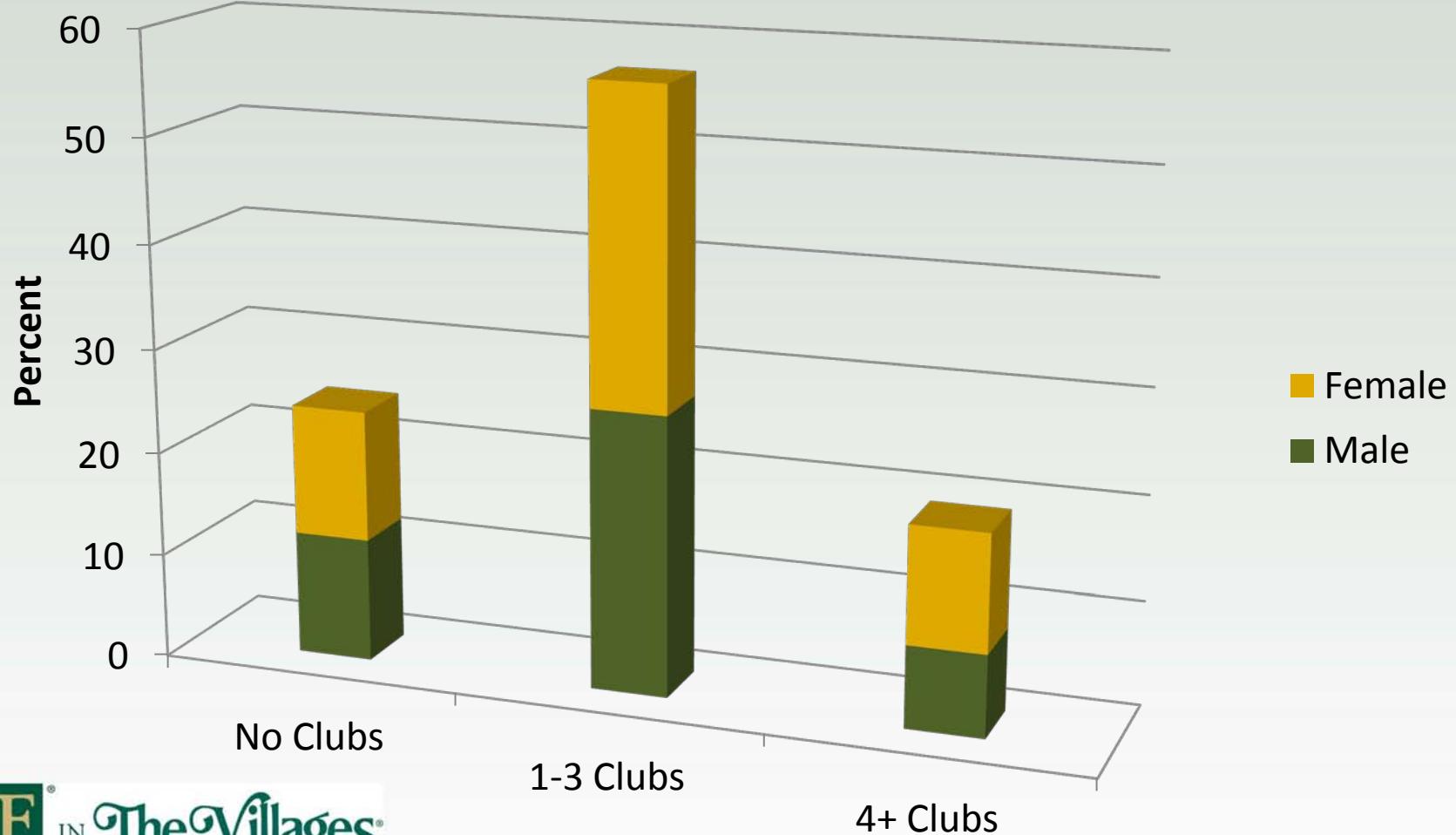
Villager's social life and activity level compared to non-Villagers



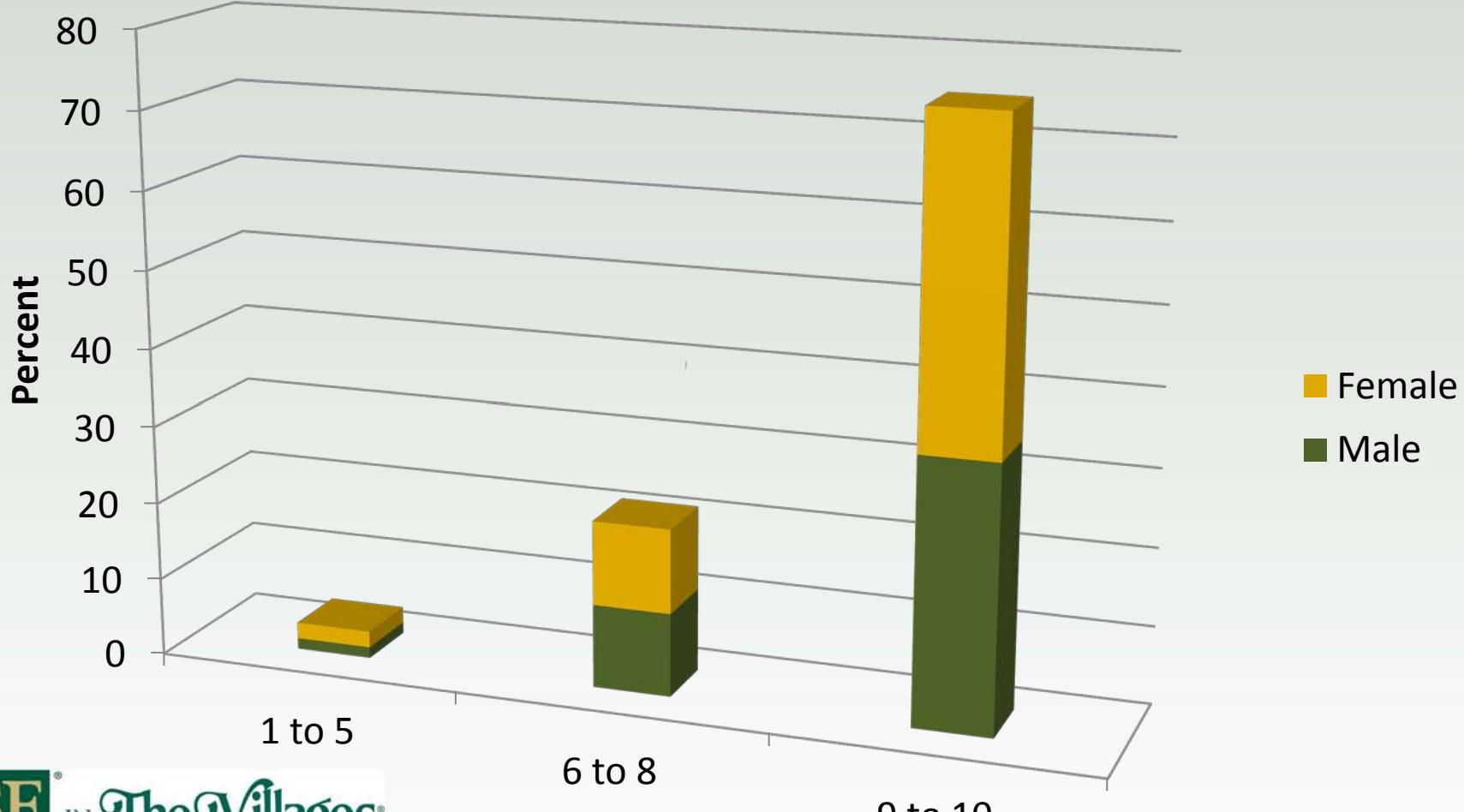
In general, compared to seniors living outside The Villages how social are you?



How many organized clubs do you belong to in The Villages?



On a scale of 1 to 10 how satisfied are you with life in The Villages?



Social Cohesion

- 90.9% agree or strongly agree that people in their **community can be trusted**
- 80.7% agree or strongly agree they live in a **close-knit community**
- 92.6% agree or strongly agree that people in The Villages are **willing to help** their neighbors
- 73.1% ALWAYS feel when a neighbor is not home, other **neighbors watch** over their property
- 64.5% feel if they were sick, they could ALWAYS **count on their neighbors to shop** for groceries for them

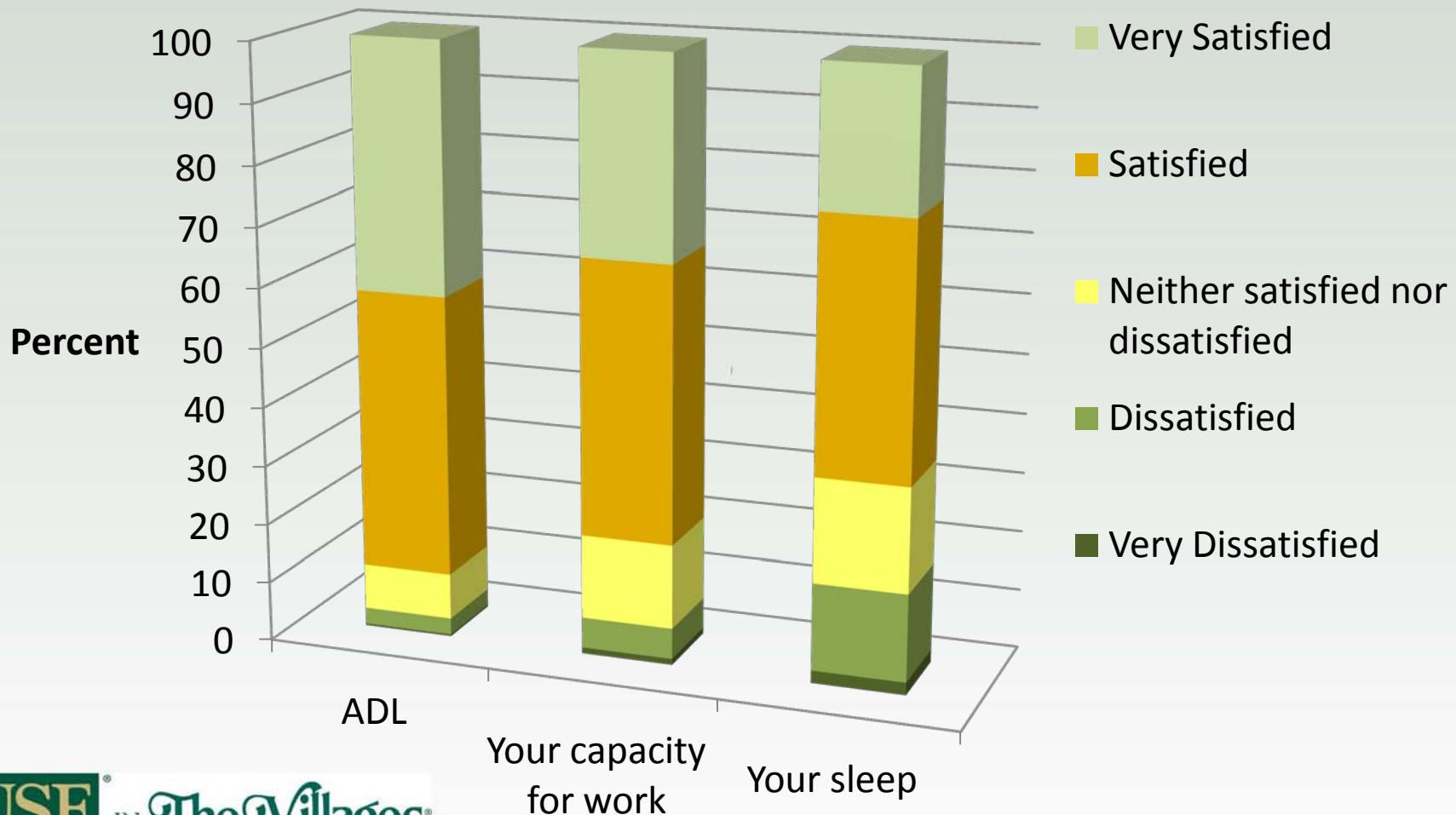
Social Support and Satisfaction

- 94.5% can count on someone to provide emotional support
- 93.1% feel they have a friend, neighbor, or relative who could take care of them for a few days
- 89.3% feel satisfied or very satisfied with support they get from their friends
- 67.7% feel they are **more social** compared to seniors living outside The Villages
- 75.8% feel they are **more active** compared to seniors living outside The Villages
- 85.9% feel they have a **better quality of life** than seniors living outside The Villages

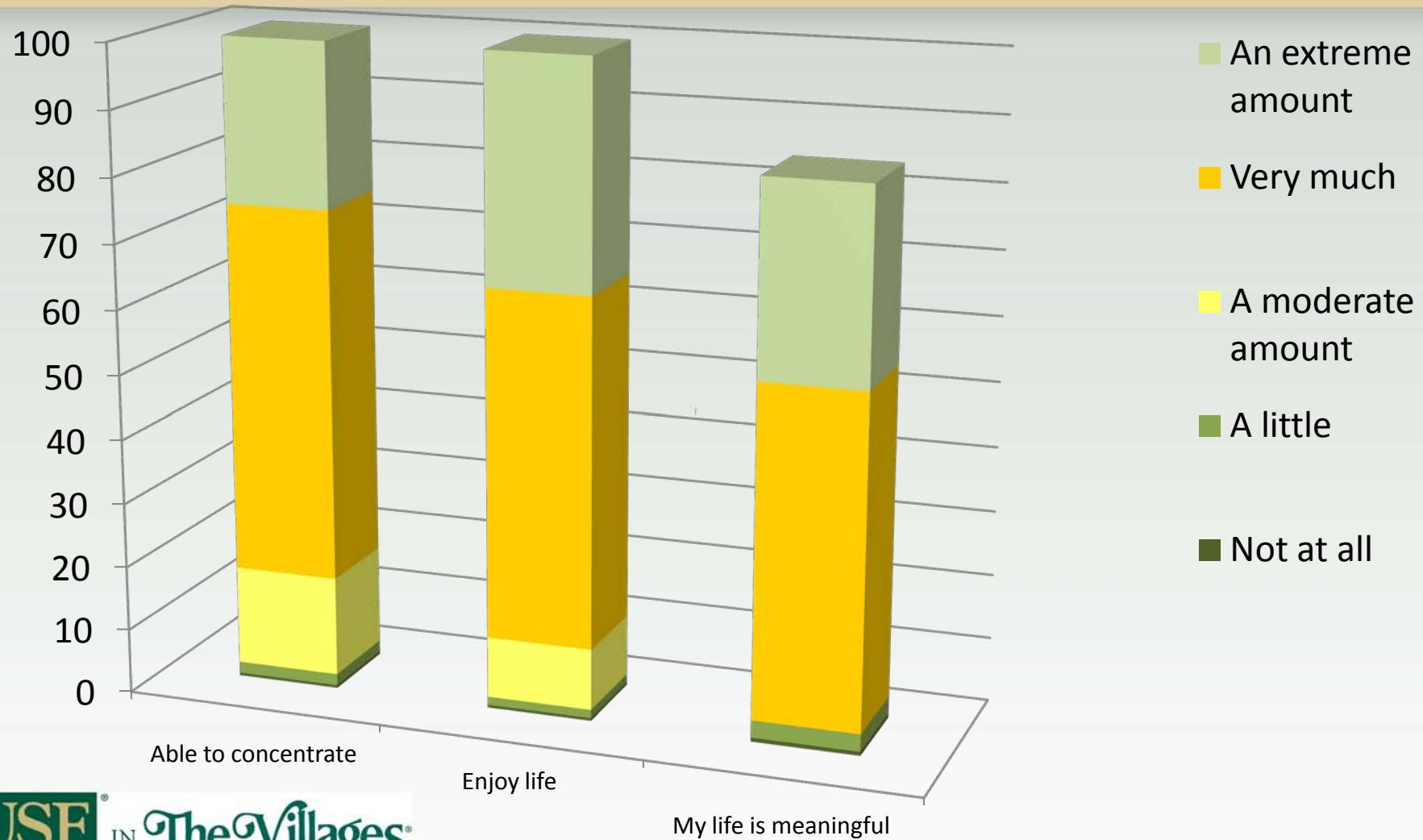
How do you rate your quality of life?

Physical Health

How satisfied are you with...

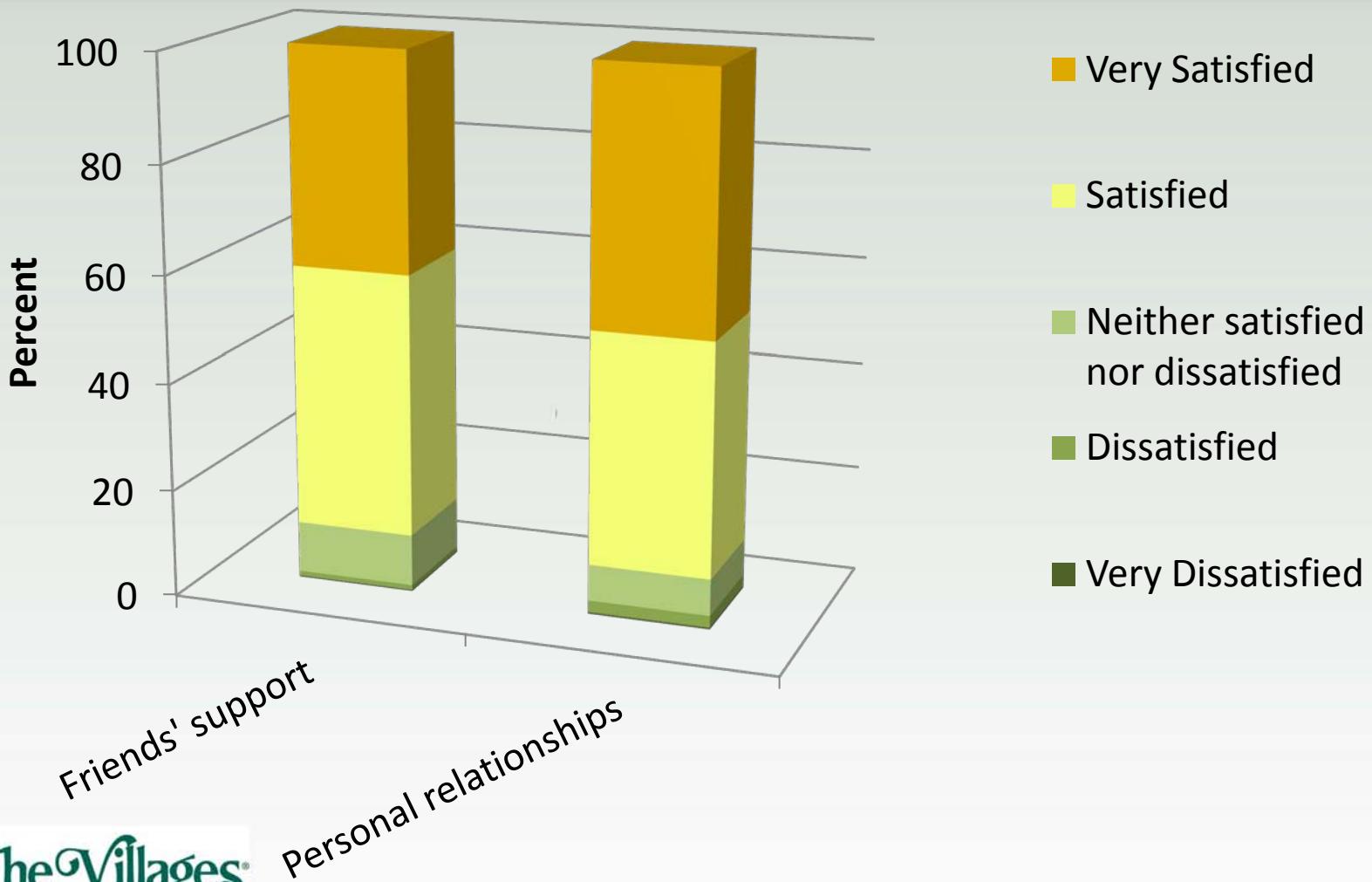


Psychological Health

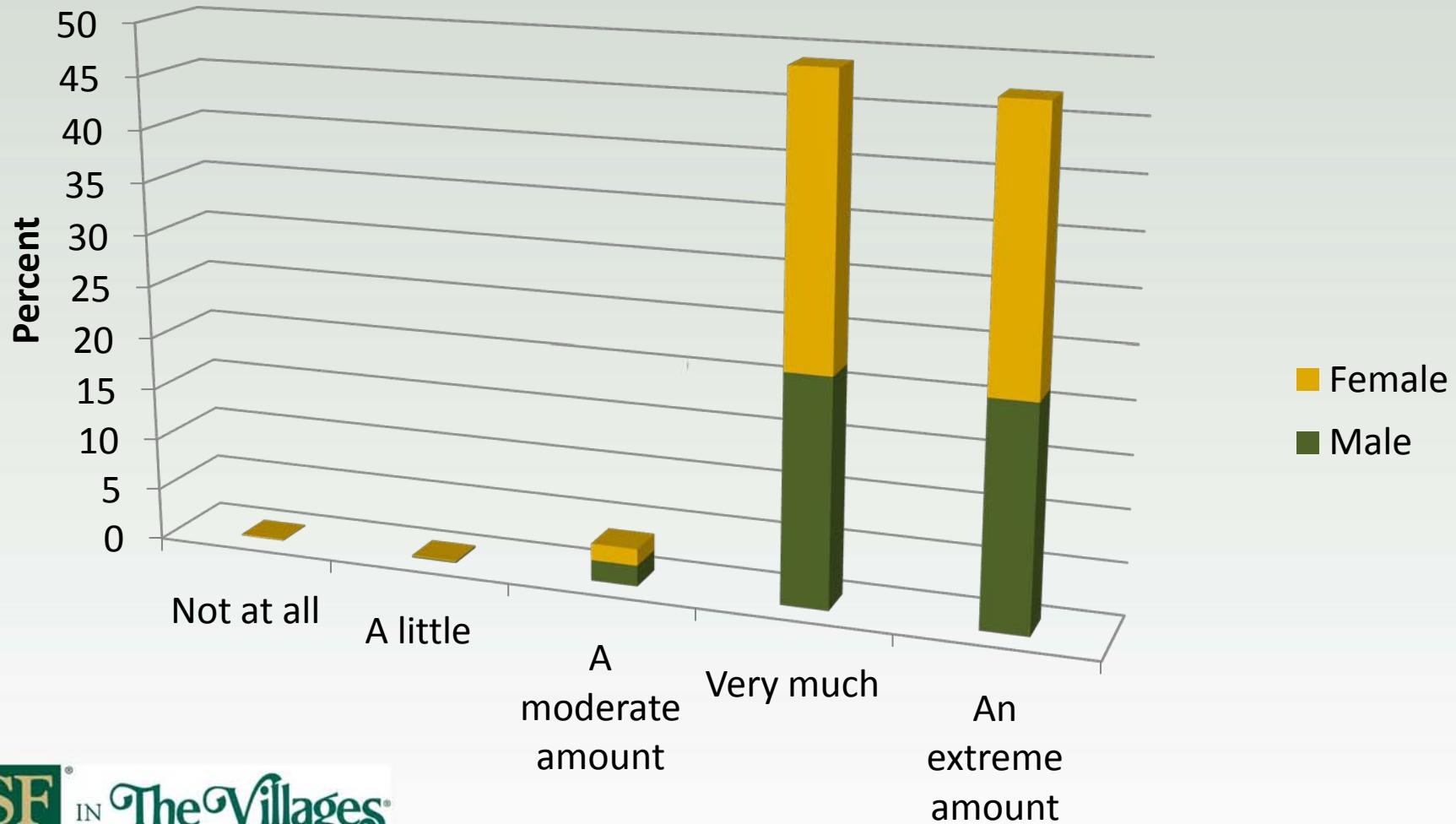


Social Relationships

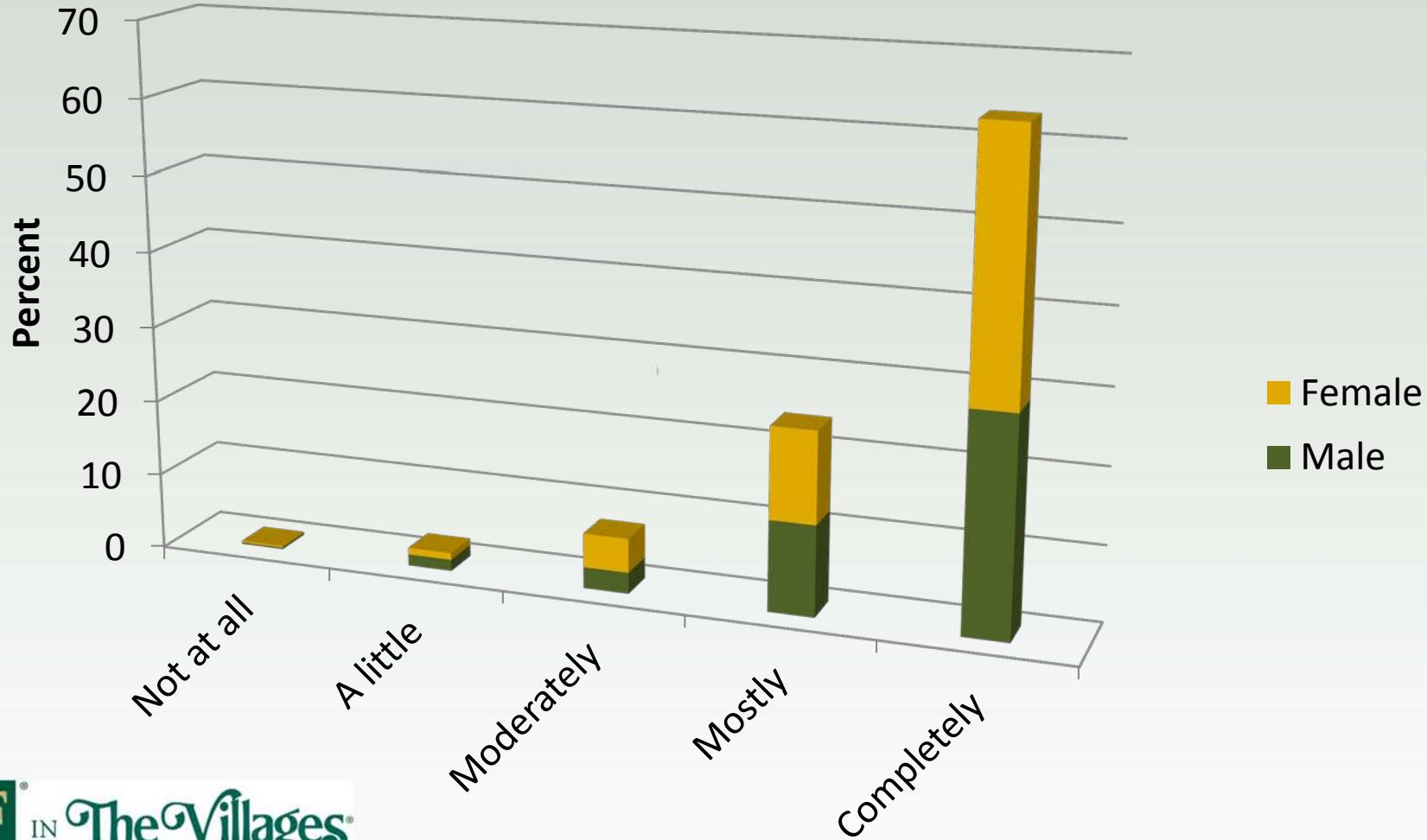
How satisfied are you with...



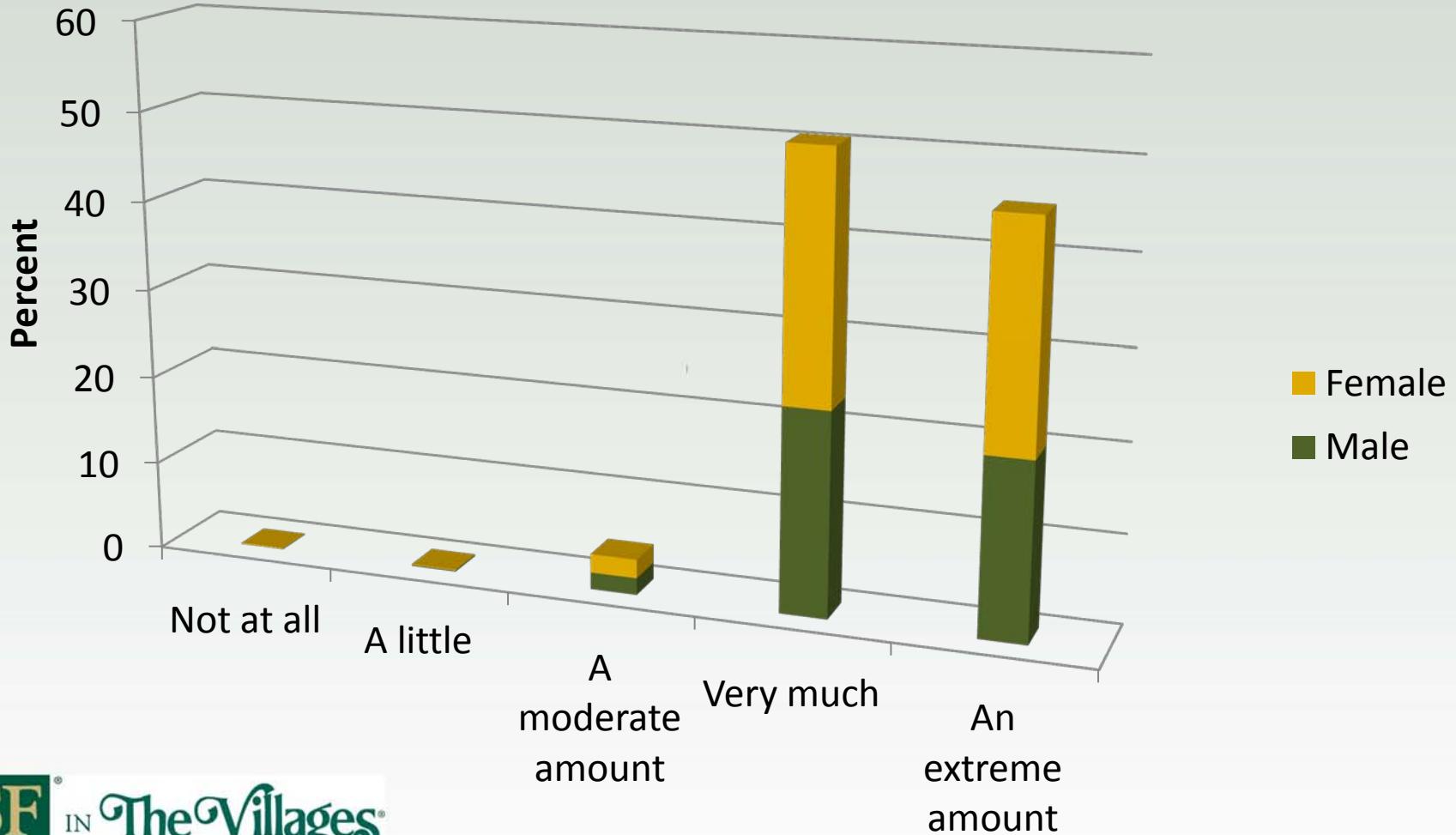
How safe do you feel in your daily life?



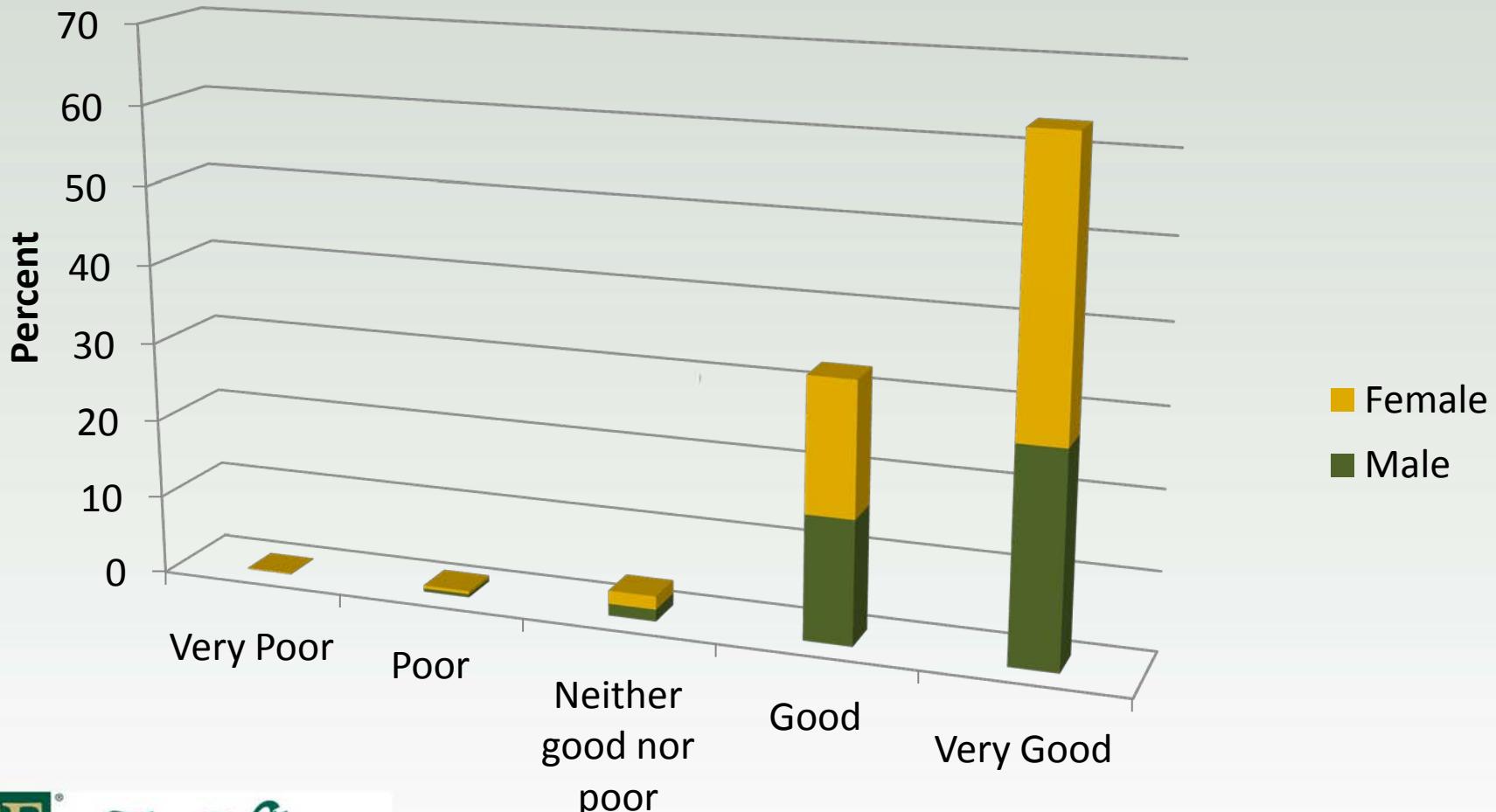
To what extent do you have the opportunity for leisure activities?



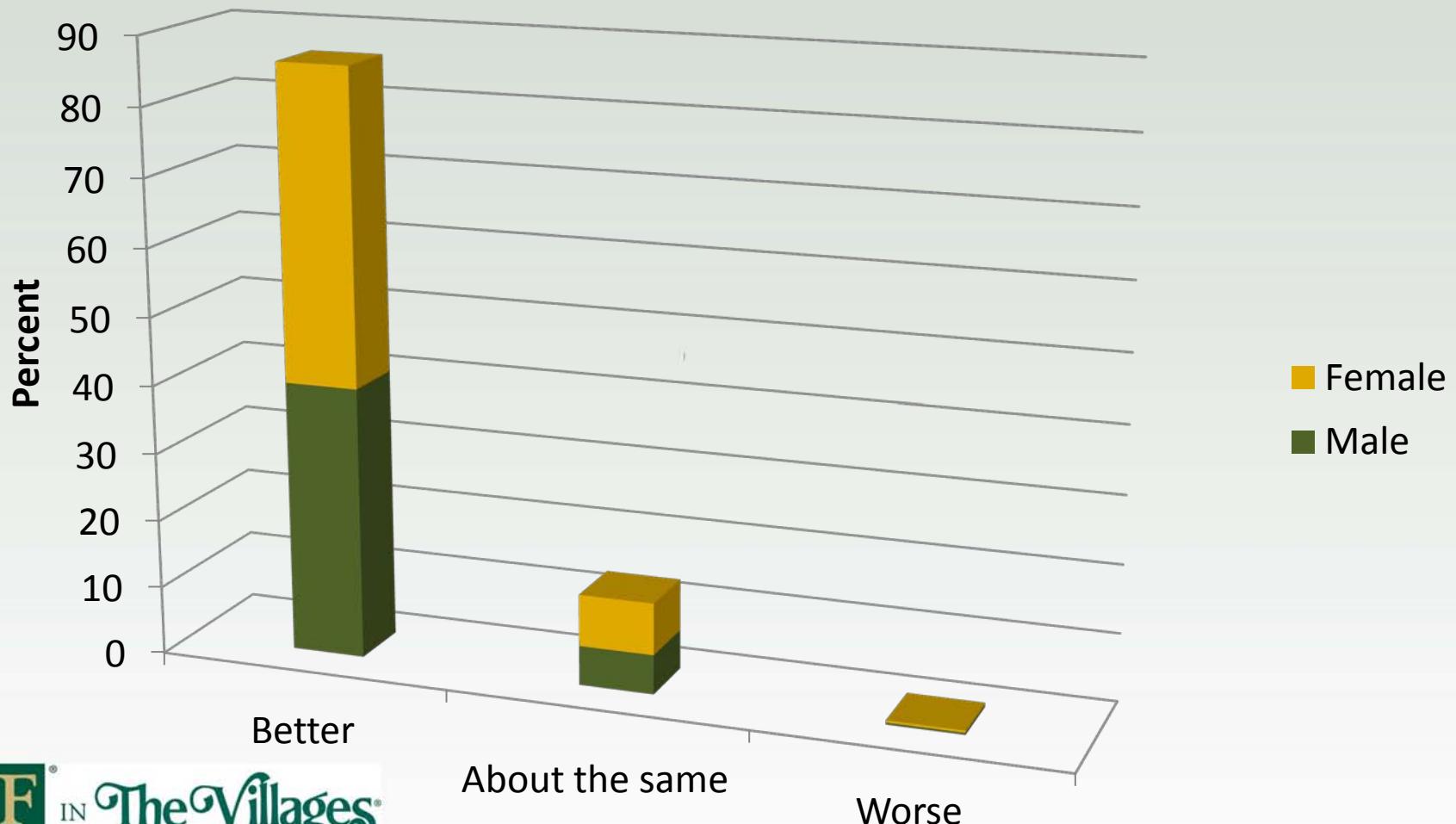
How healthy is your physical environment?



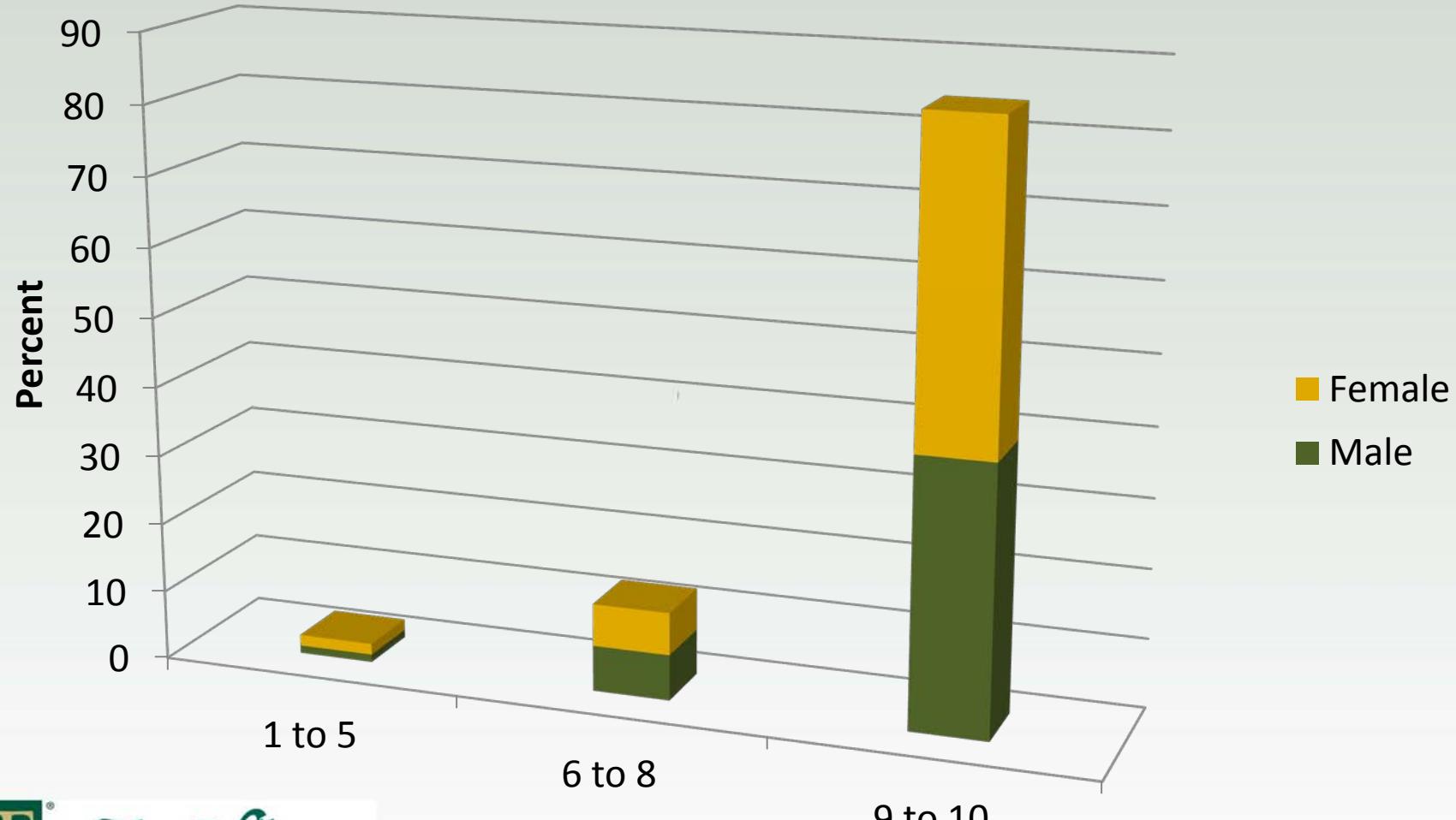
How would you rate your quality of life



In general, compared to seniors living outside The Villages, would you say your quality of life is

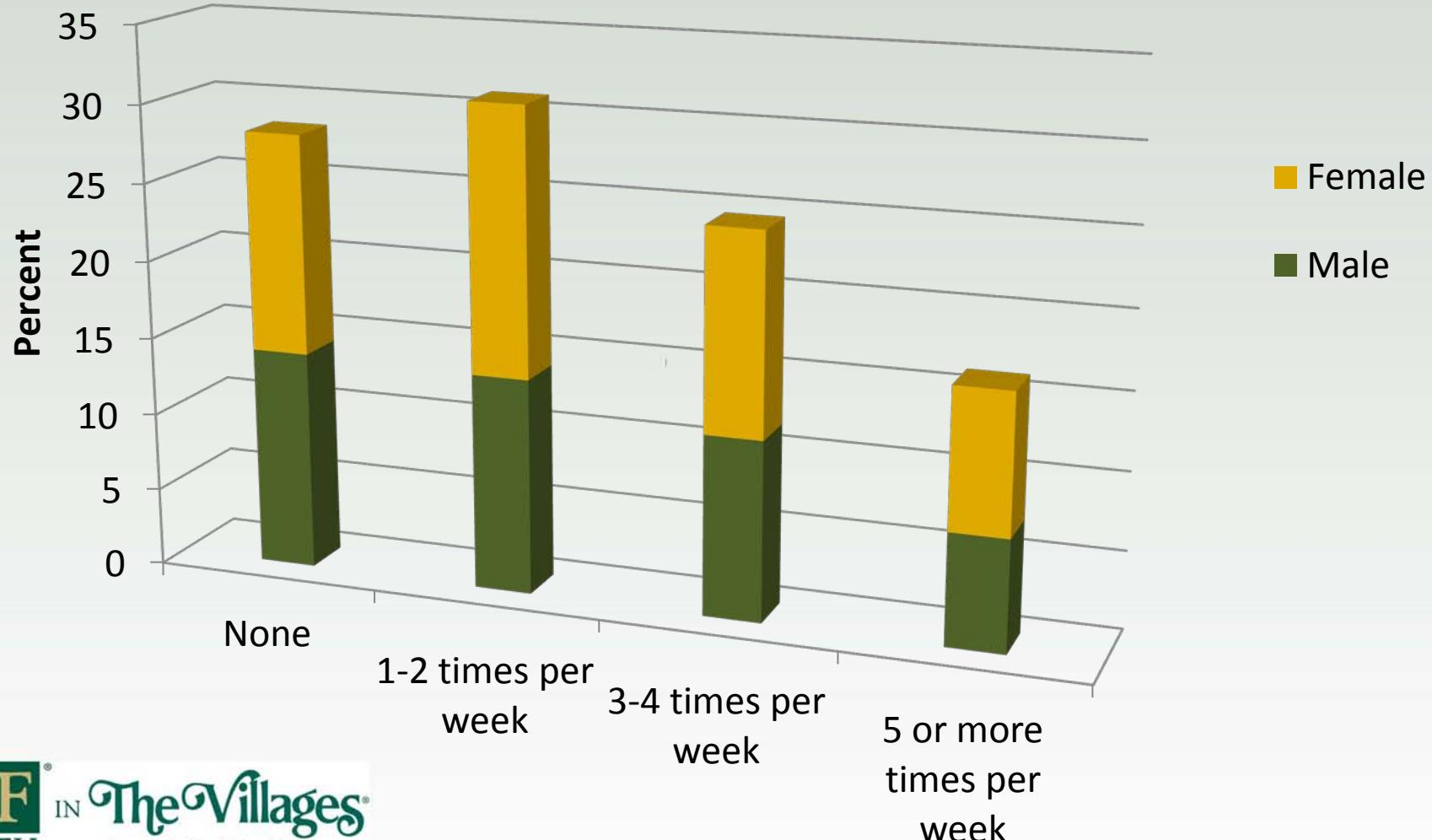


On a scale of 1 to 10 how likely would you be to recommend The Villages to a friend or colleague?

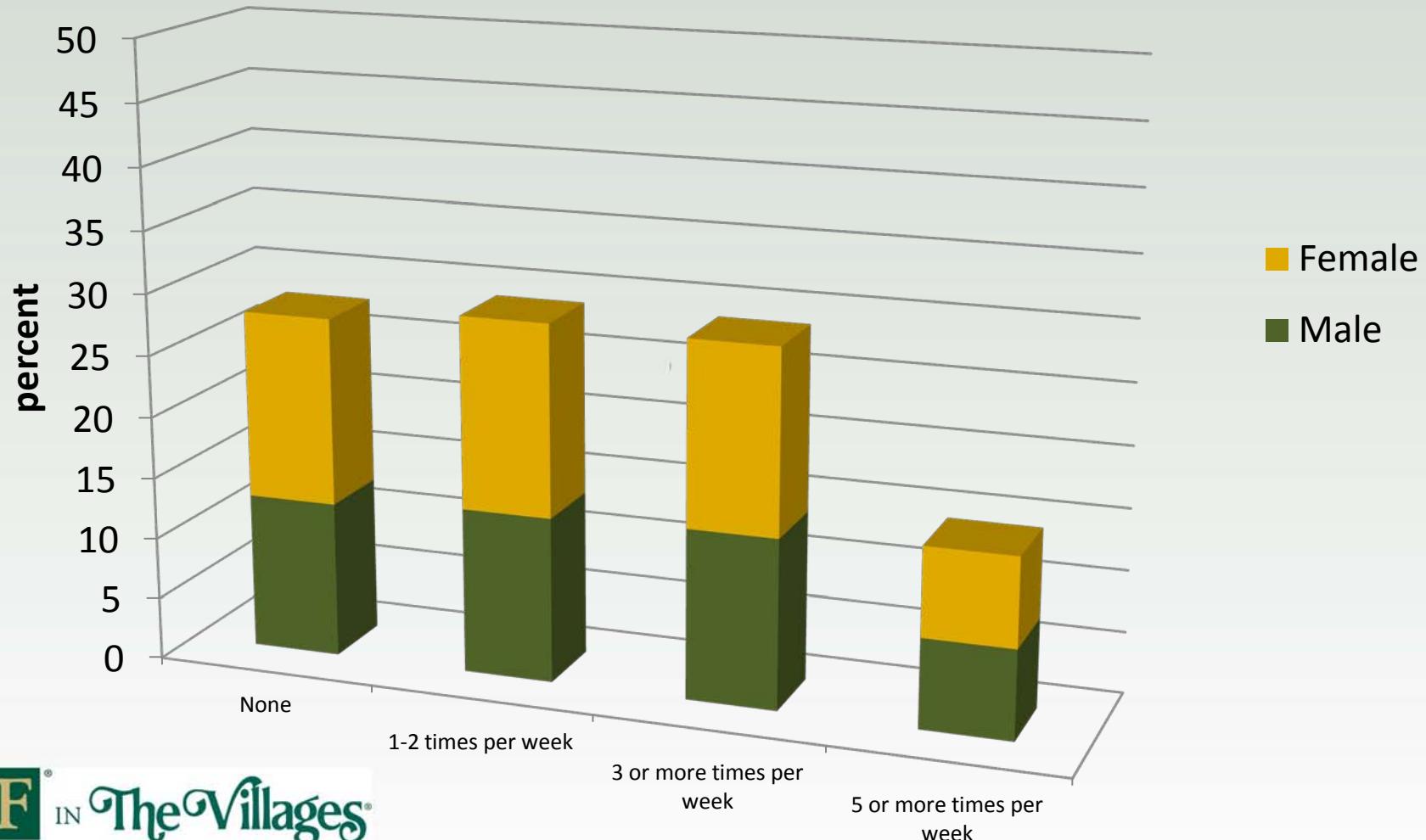


Which health promoting behaviors do you engage in?

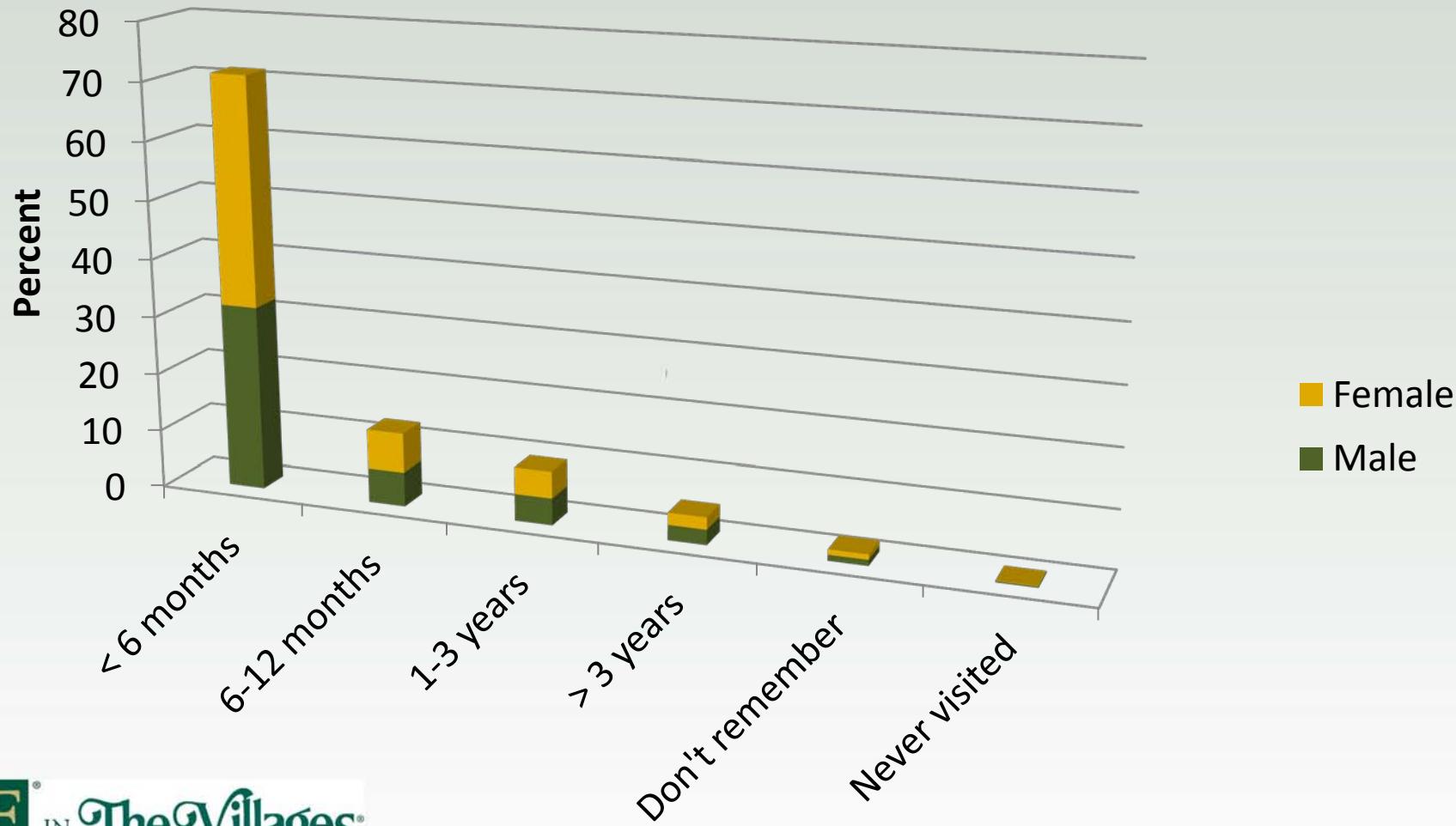
How many times a week do you usually do 30 minutes or more walking?



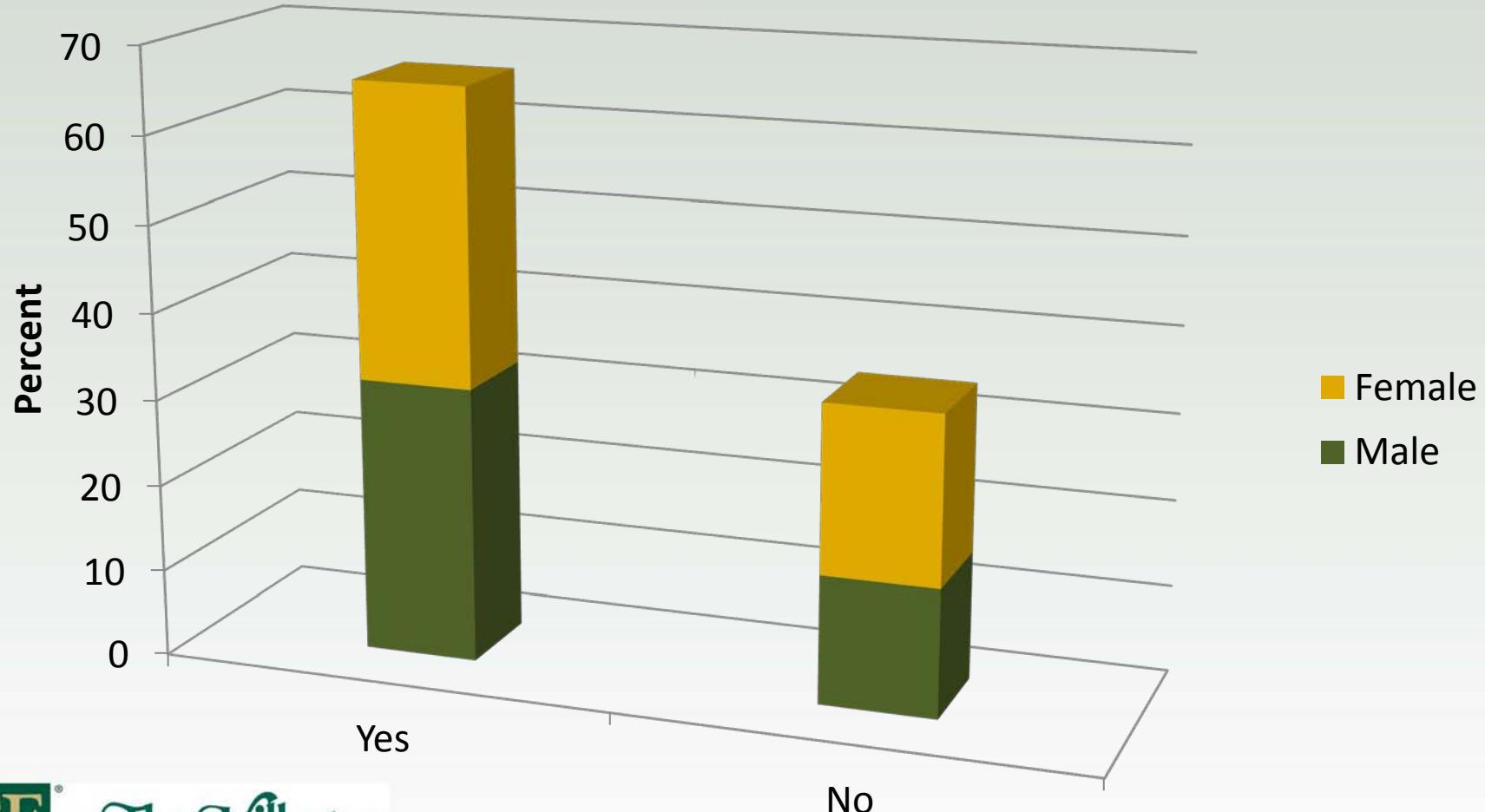
How many times a week do you usually do 30 minutes or more of moderate-intensity physical activity?



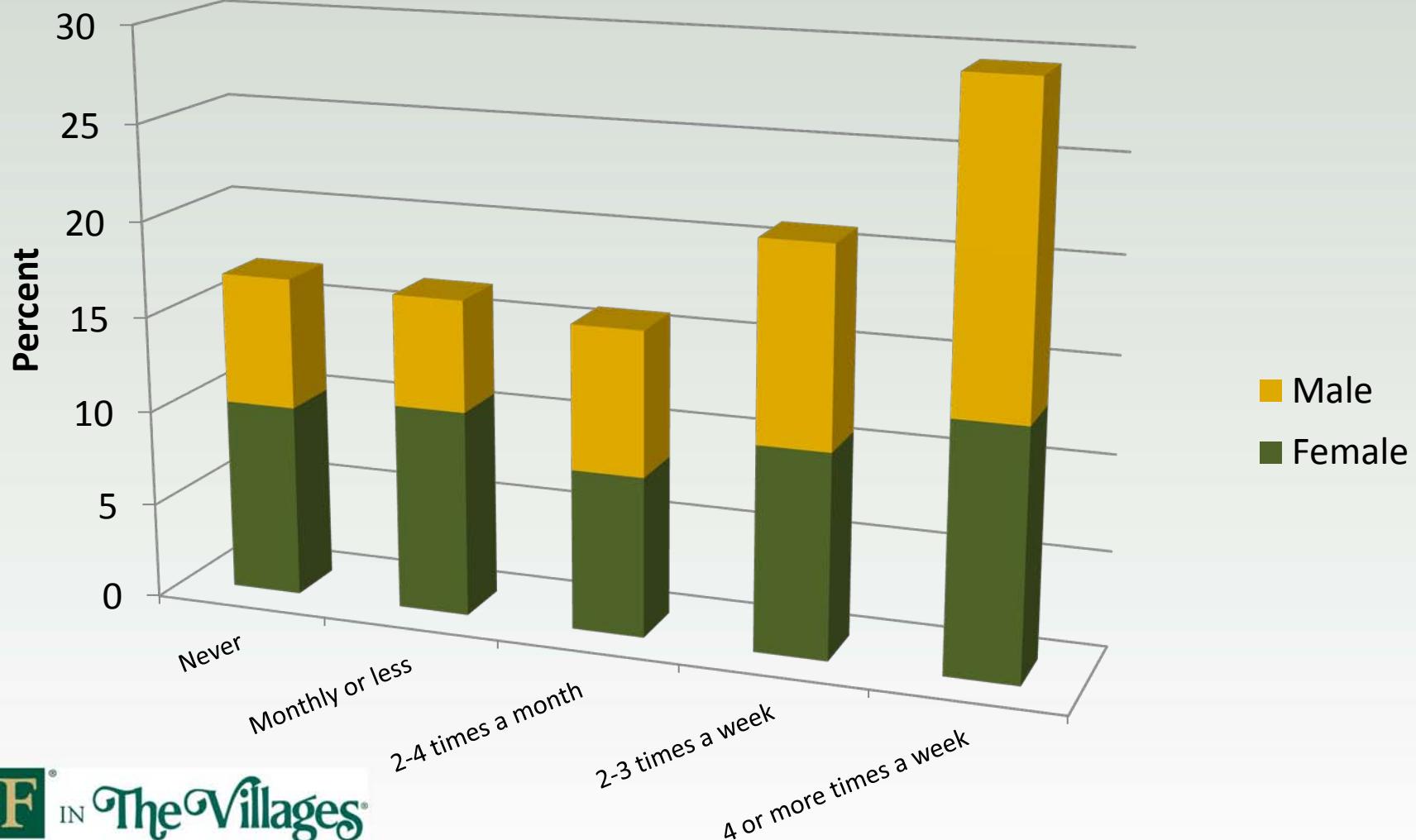
How long has it been since you last visited a dentist or a dental clinic for any reason?



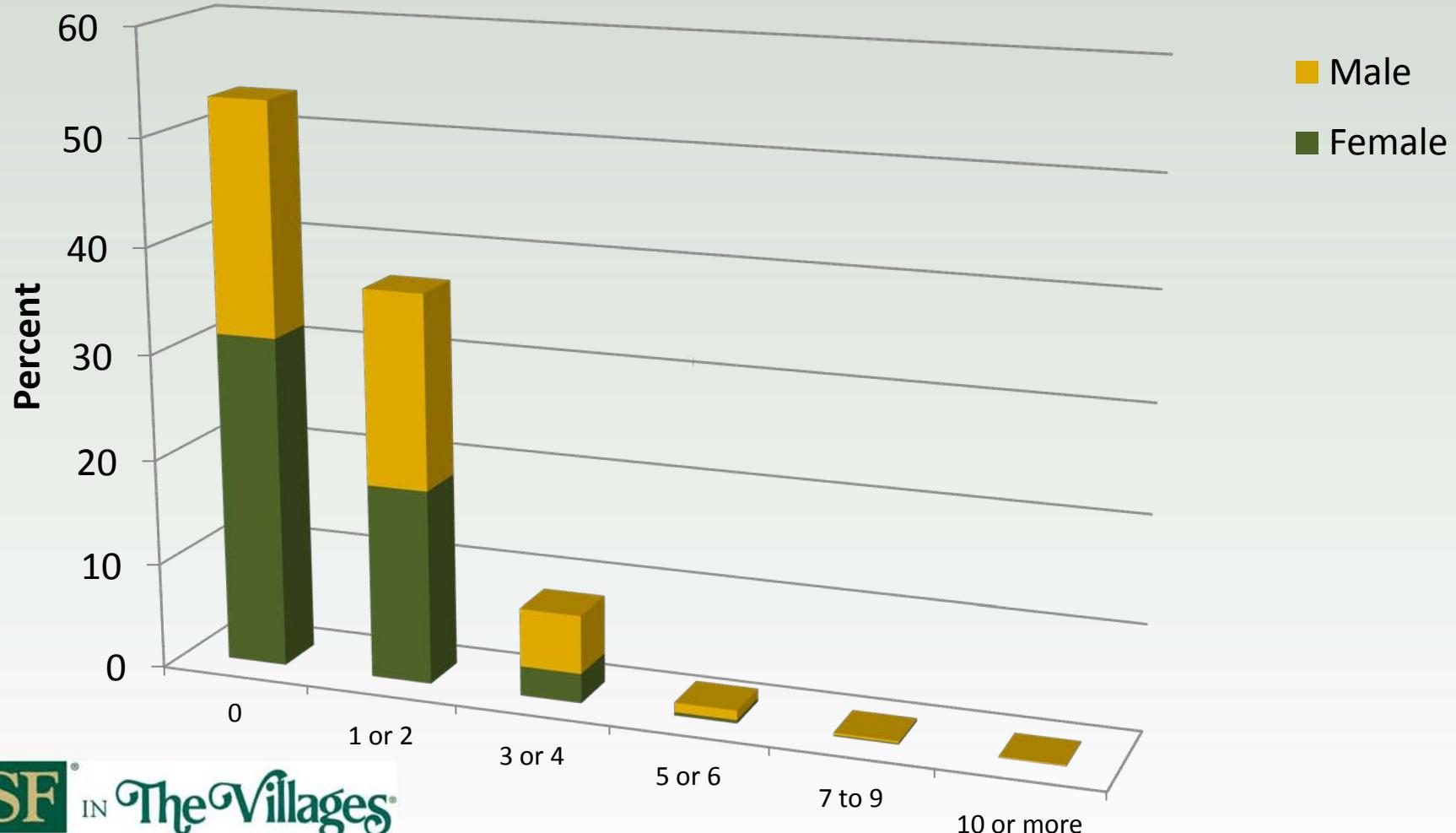
Do you take 3 or more different prescribed or over-the-counter drugs a day?



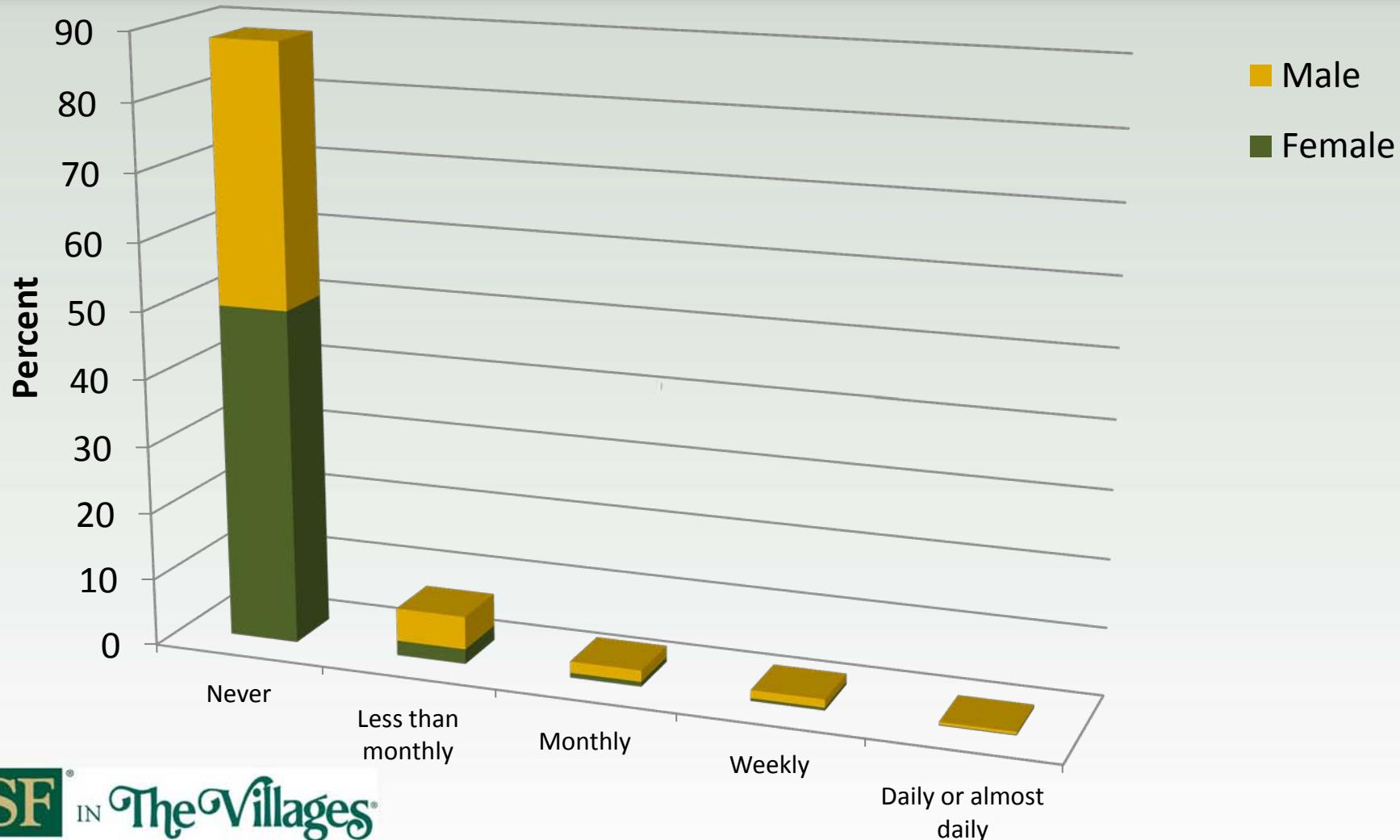
How often do you have a drink containing alcohol ?



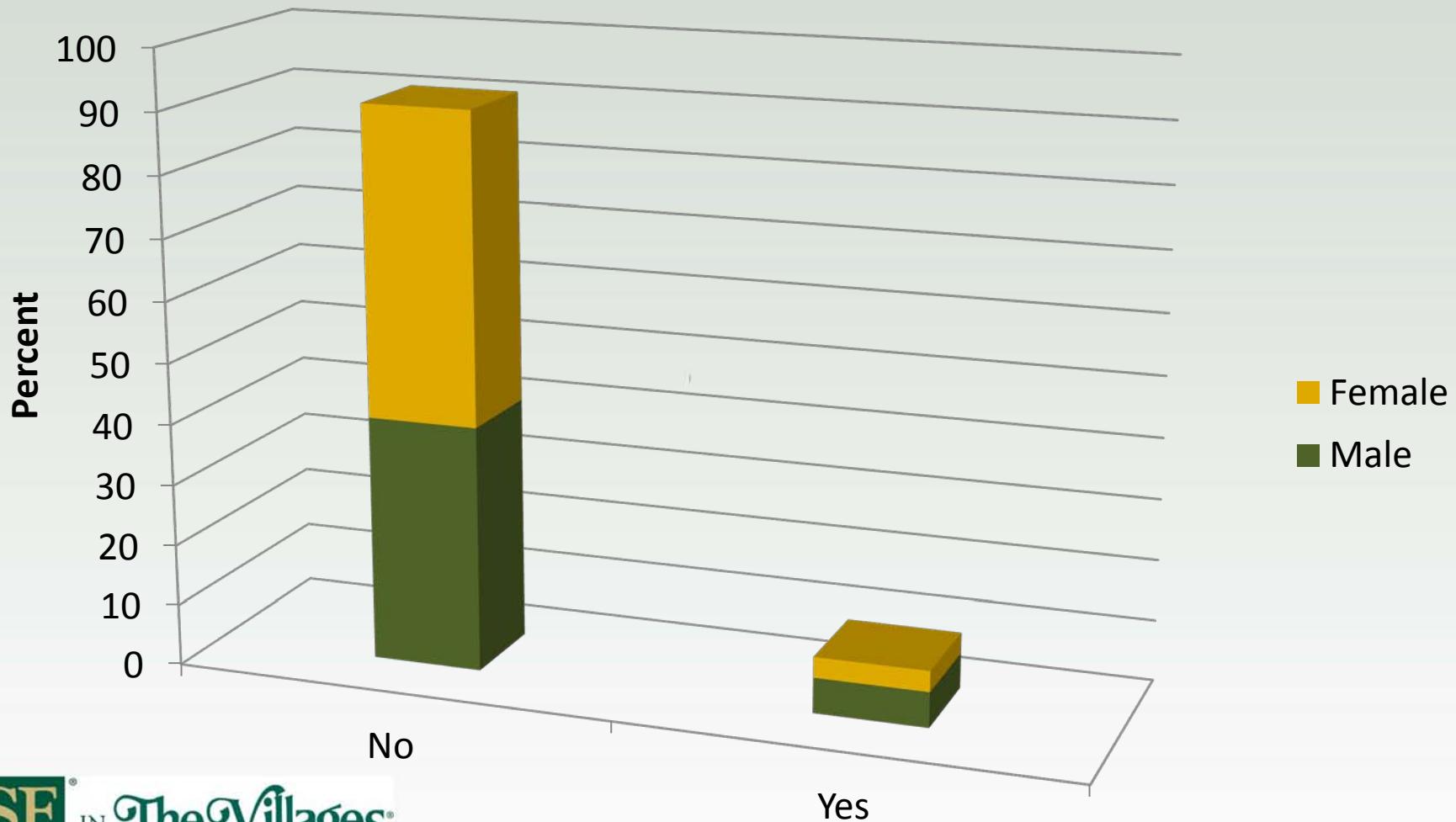
How many Standard drinks containing alcohol do you have on a typical day?



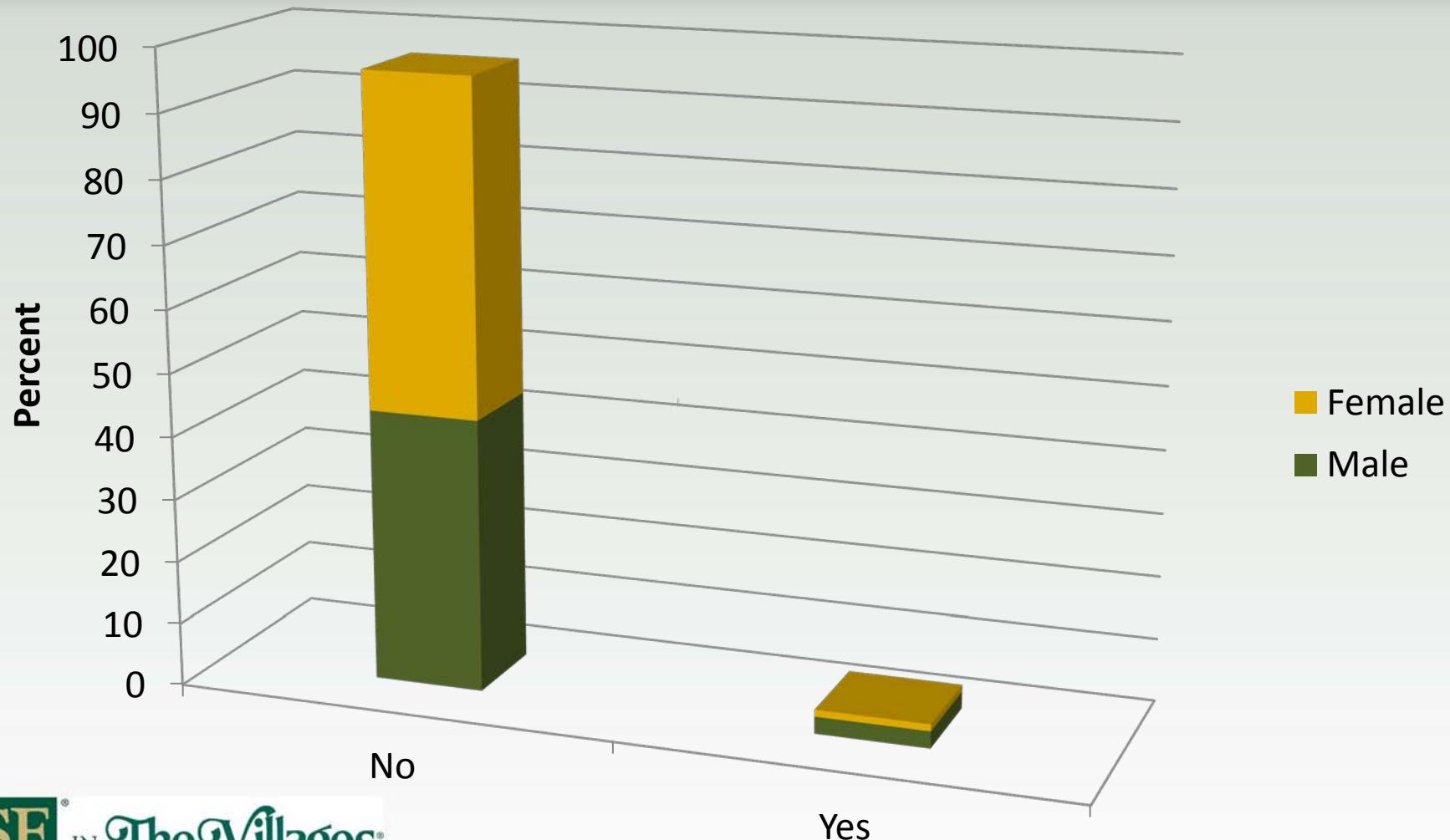
How often do you have six or more drinks on one occasion?



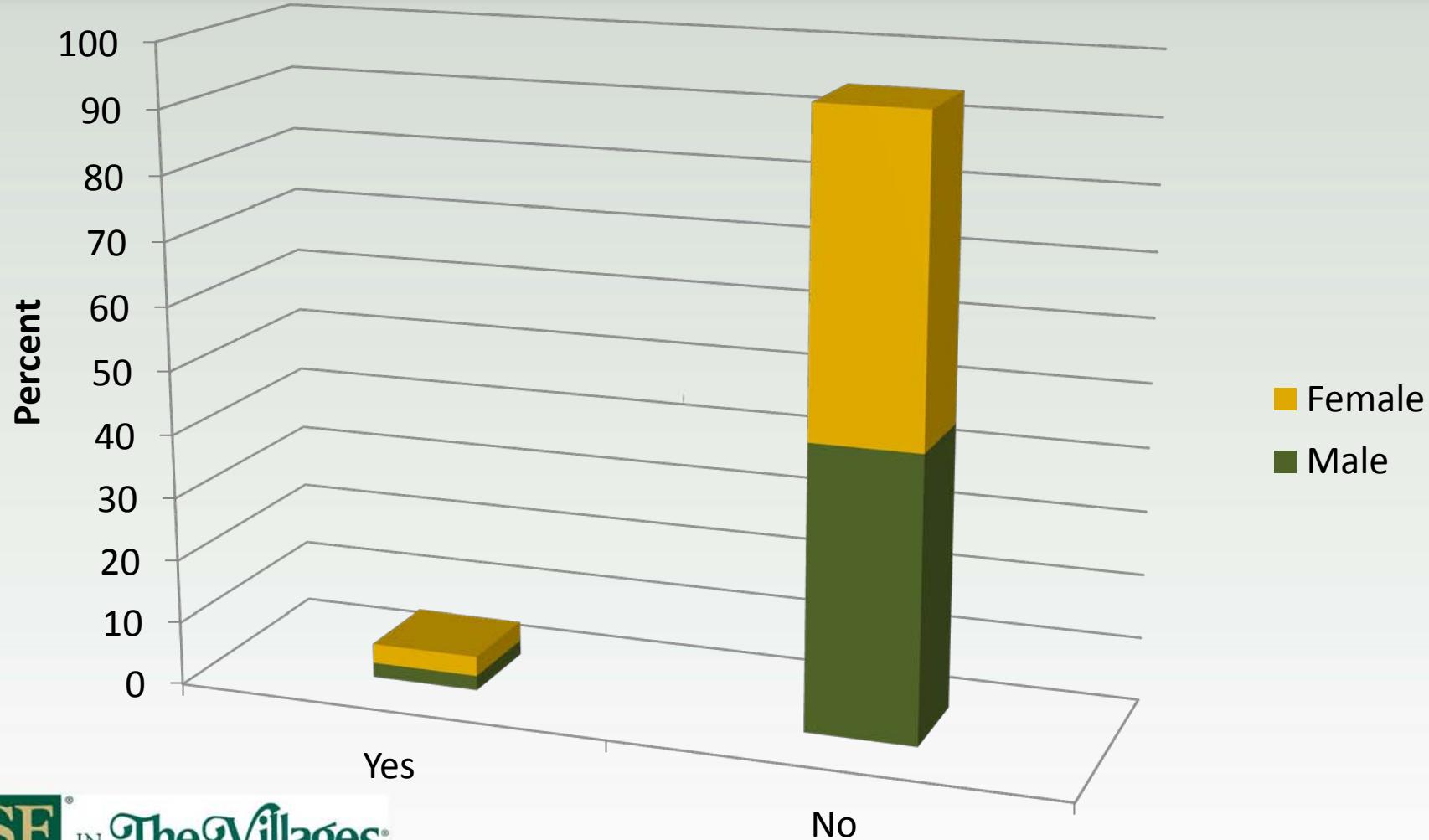
Do you have 3 or more drinks of beer, liquor, or wine almost every day?



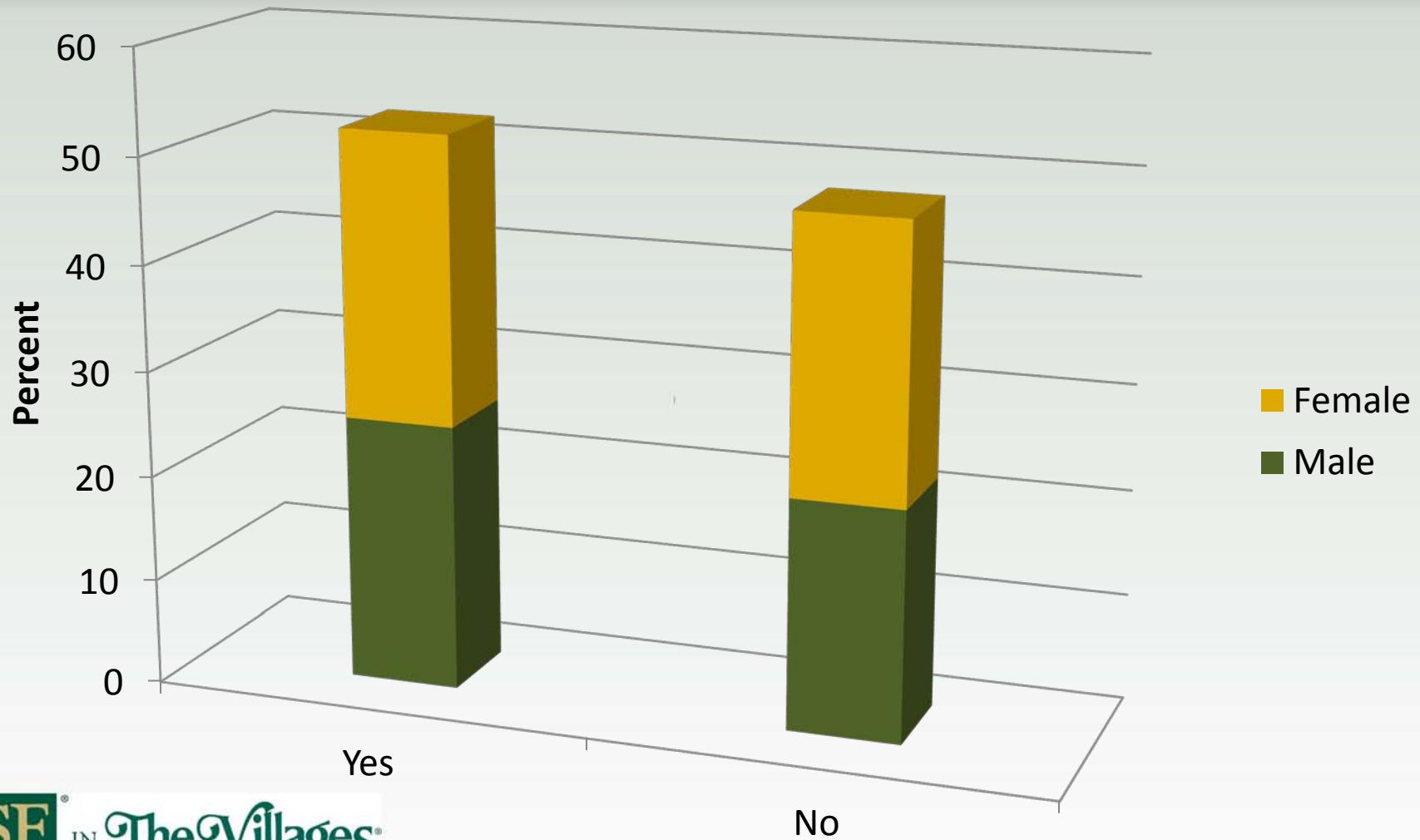
Has anyone suggested you cut down your drinking?



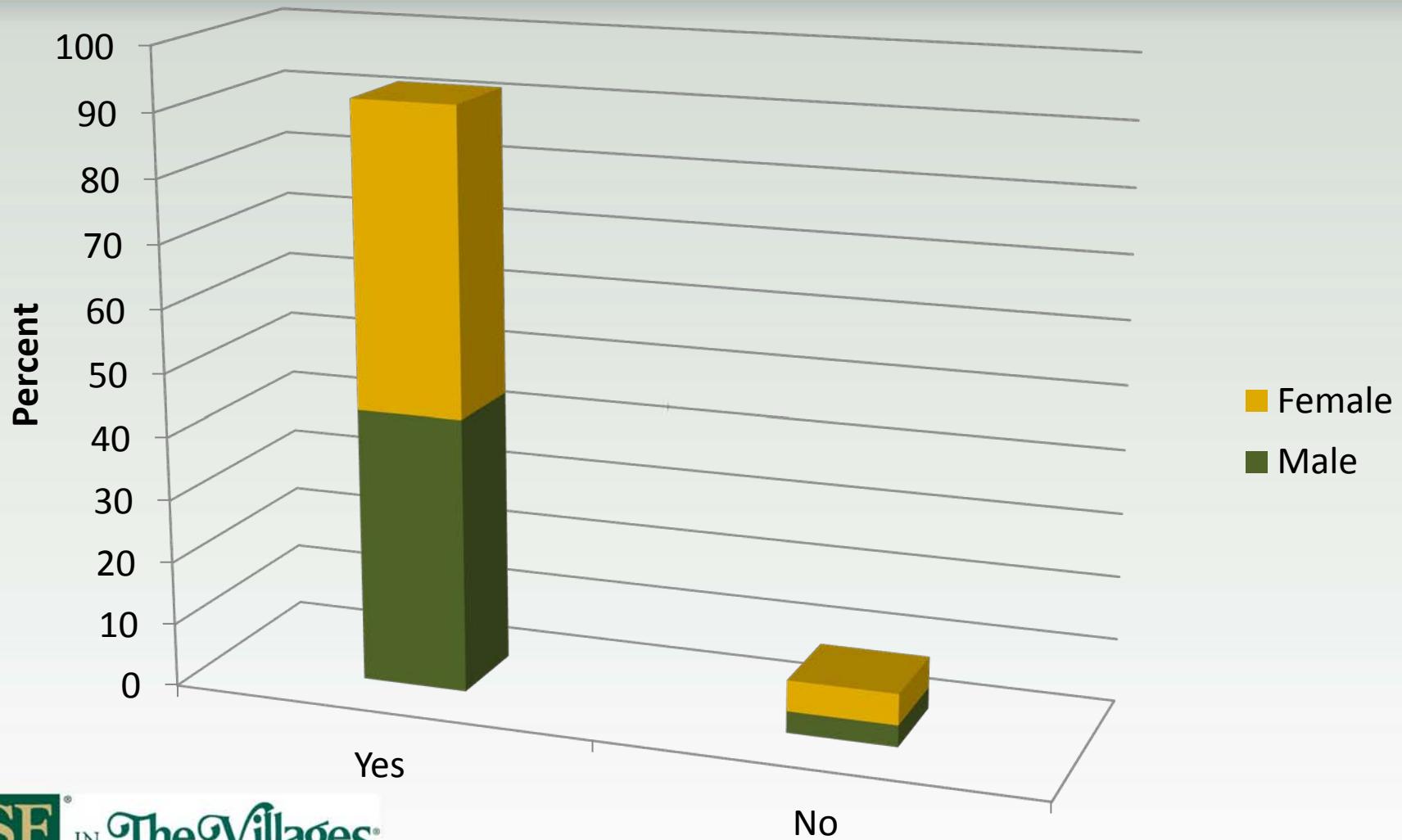
When you feel bad, have you ever discontinued your medication?



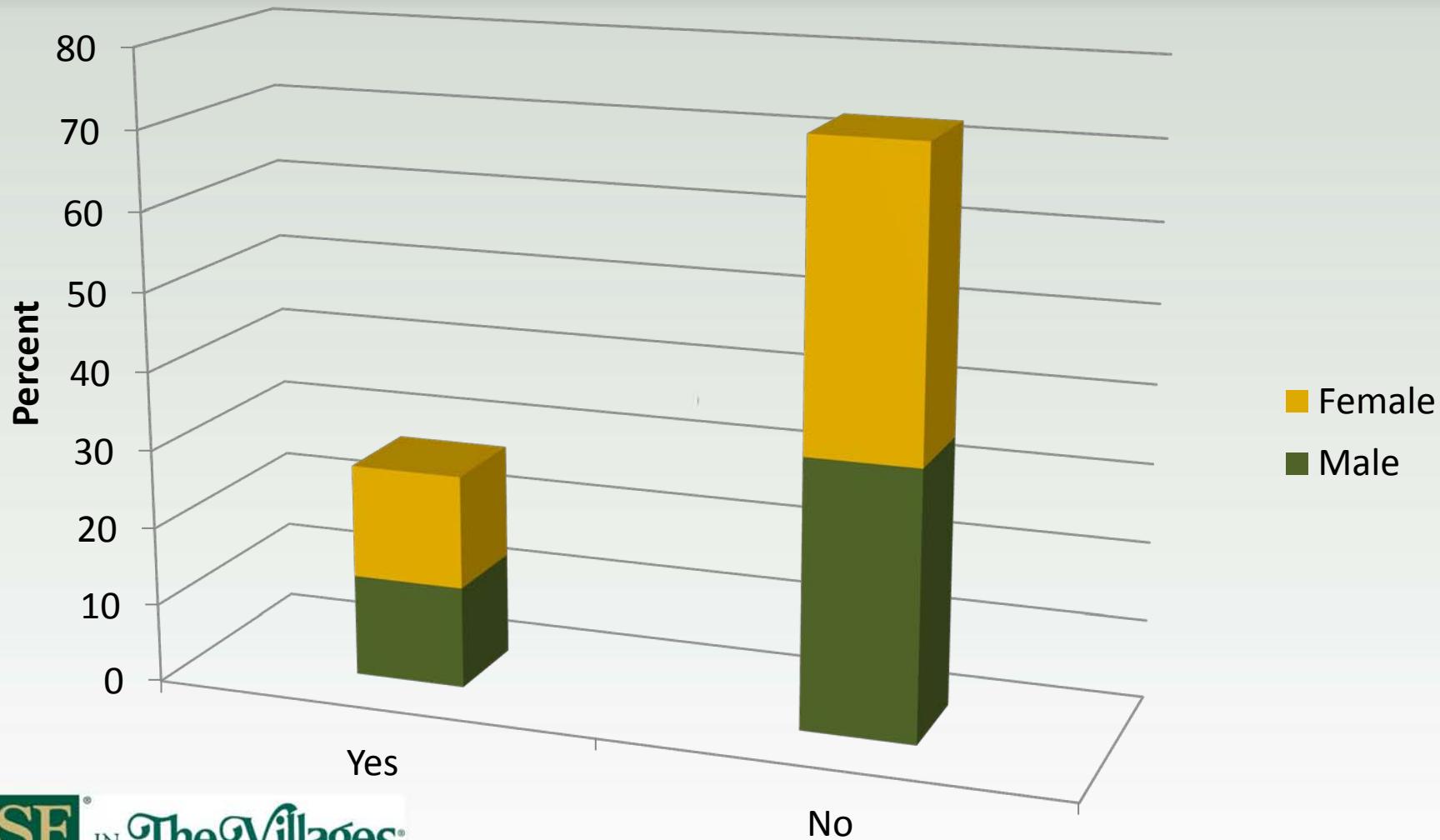
Have you ever forgotten to take your medication?



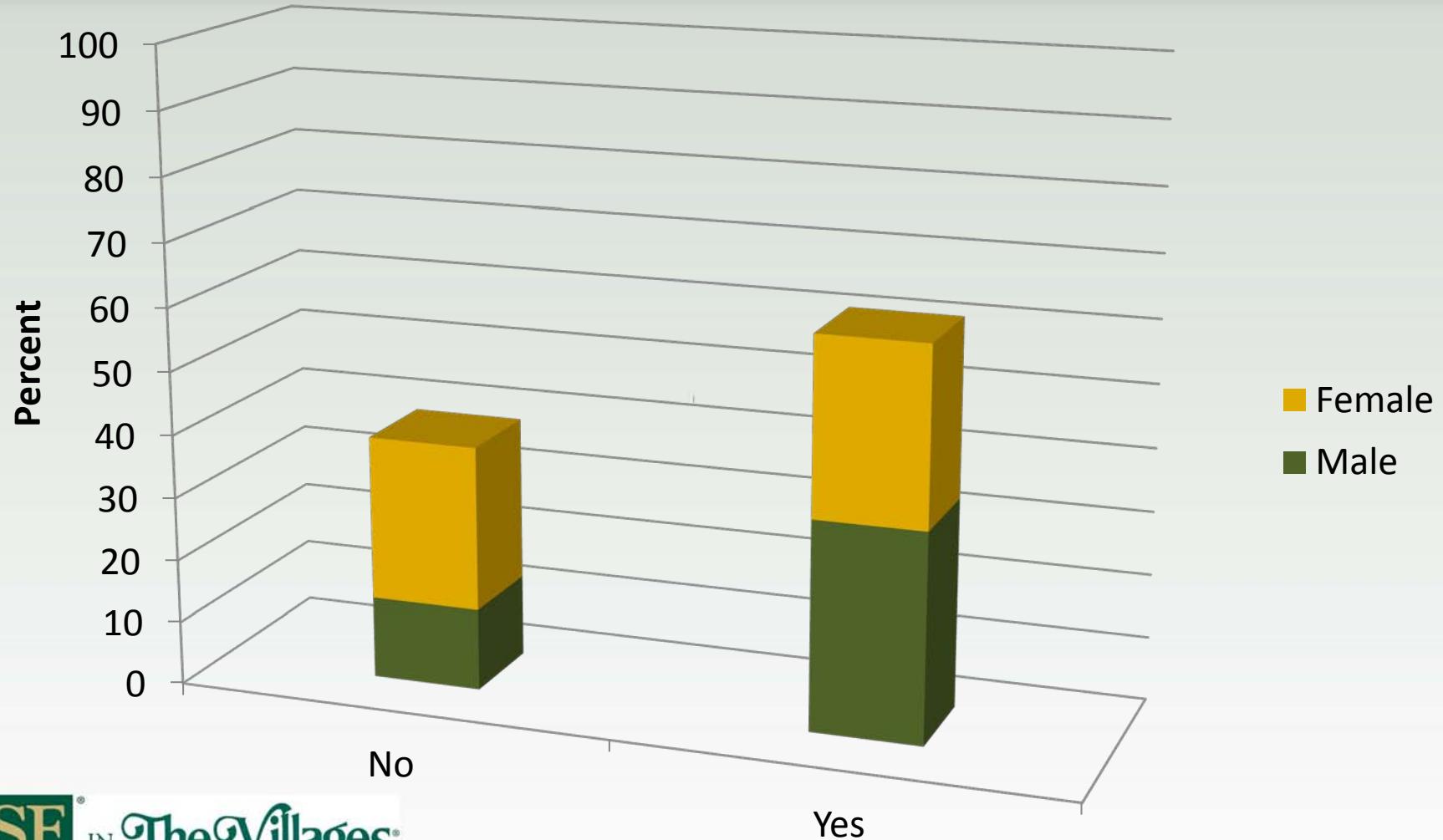
Do you always take your medication at the appropriate time?



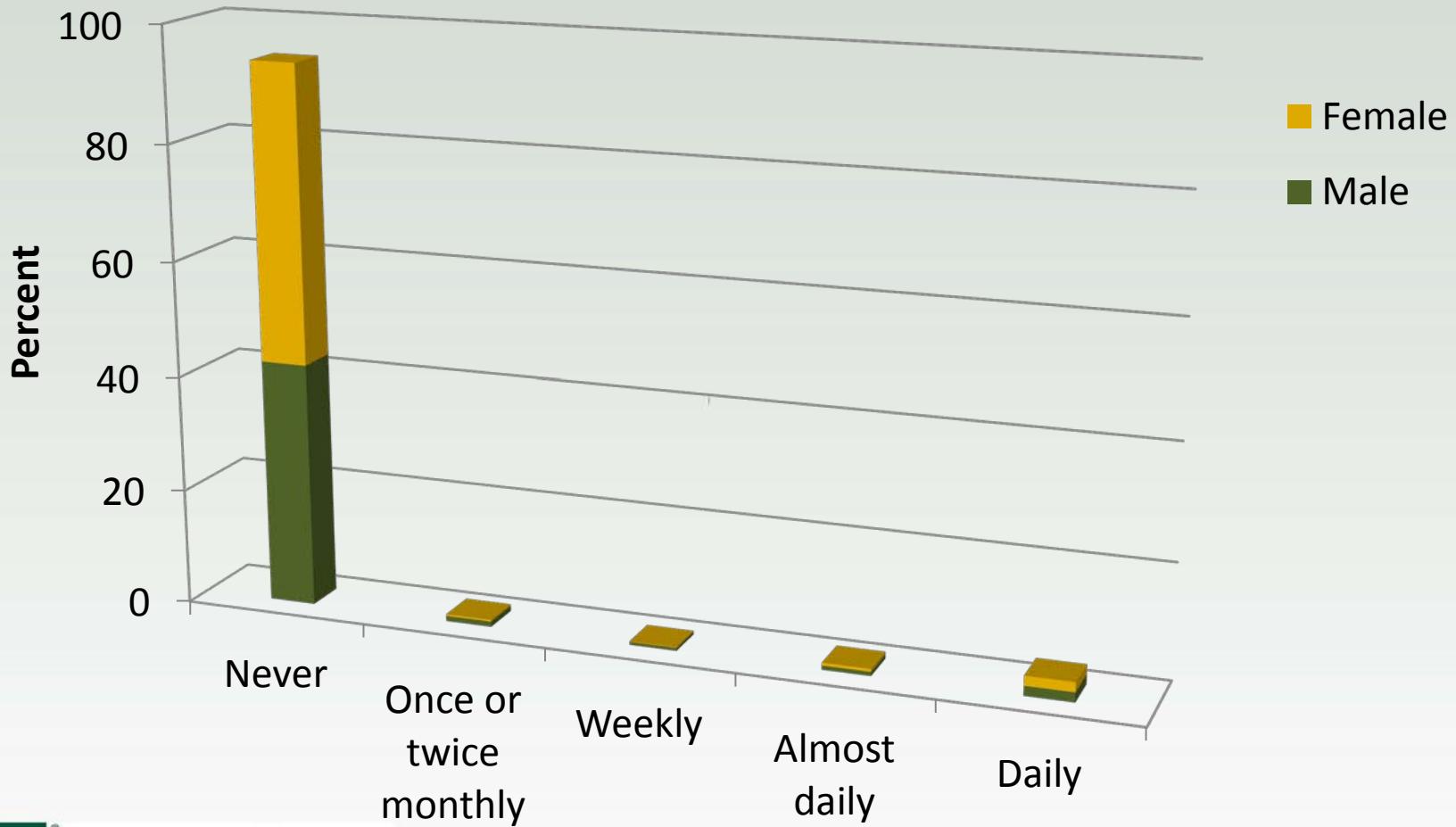
Have you ever forgotten to take your medication during the weekend?



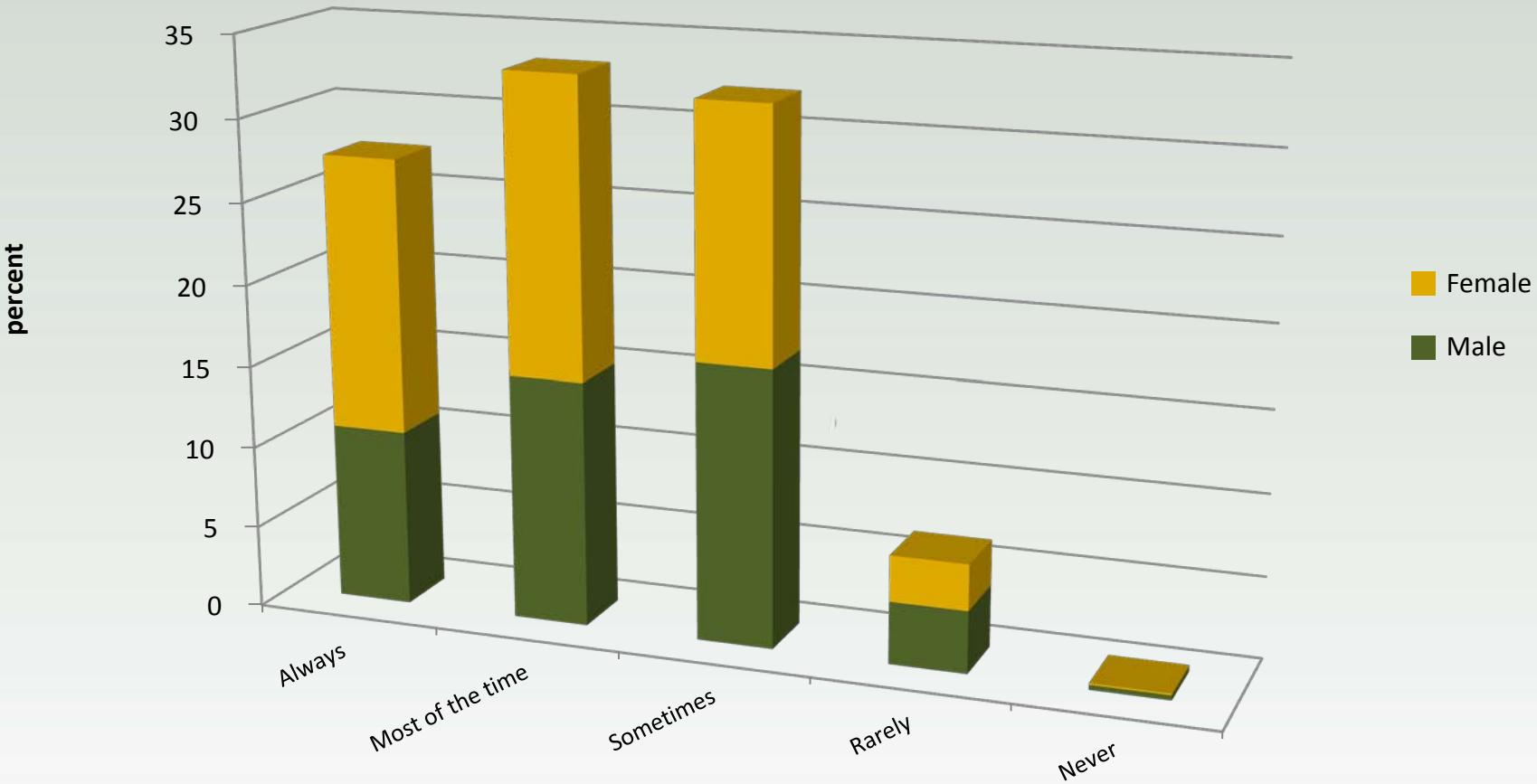
In your life, have you ever used tobacco products?



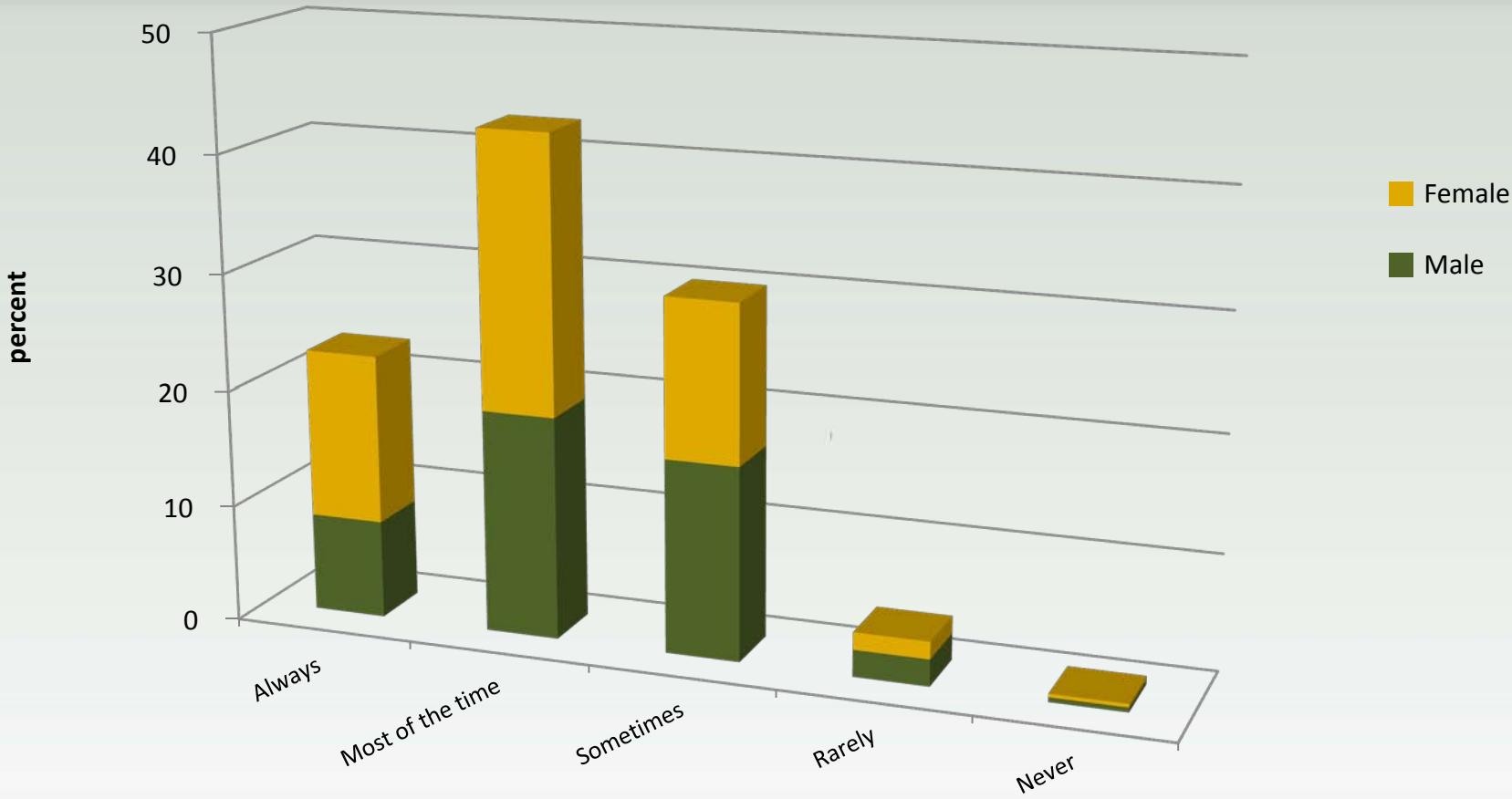
In the past three months, how often have you used tobacco products?



How often do you eat fruits?



How often do you eat dark green vegetables (including fresh, canned, dried or frozen)?



A few other fun facts

Villages Health At-A-Glance

Sleep

- 16.9% of respondents say they are dissatisfied or very dissatisfied with their sleep

Sex Life

- 16.8% of respondents say they are dissatisfied or very dissatisfied with their sex life
- Another 32% say they are neither satisfied or dissatisfied

Concentration

- When asked “**How well are you able to concentrate?**”
 - 18% respondents suggest some issues(moderate, a little, not at all)

Villages Health At-A-Glance

Nutrition

- **24%** of Villagers have had to **change** the kind or amount of **food** they eat **due to an illness or condition**
- **13% (approximately 11,500 residents*) eat alone most of the time**
- **23.5%** of Villagers are **on some kind of diet**, either to lose weight or for some health-related reason (**over 20,000 people***)
- **24%** feel their needs are **NOT being met** in terms of getting the info they need to make **healthy food choices when eating in restaurants**

Villages Health At-A-Glance

Physical Health

- **19%** of Villages respondents say they need a moderate amount, very much, or an extreme amount of **medical treatment to function in daily life**
- **22%** feel that **Physical Pain prevents** them from doing what they **NEED** to do a moderate amount, very much, or extreme amount of the time
- **24.5%** feel that **Physical Pain prevents** them from doing what they **WANT** to do a moderate amount, very much, or extreme amount of the time.

**So what does this
all mean to you?**

That's what we want to know!

- You helped us design the survey, now we need you to help us interpret it
- We want to use these data to design programs and interventions that will promote and improve *your health*
- We will host another series of focus groups
- If you signed up last fall, you are still in the pool; sign on to the USF Health in The Villages web-site for updates on how to sign up

What does this all mean for you?

What's Next?

How will this information impact our future directions?

- Efforts to promote access to primary and specialty care will emphasize those specialists and services Villages residents care most about and seek currently outside The Villages
- We will work with you to enhance opportunities for health improvements in key areas identified
- We will work toward linking future data collection efforts to electronic health records system
- We will create a residents advisory board to guide decisions around future assessments and research studies

What's Next?

How will this information impact our future directions?

- And we will keep listening to you!
- The first lecture in the next series will be Dr. Jay Wolfson addressing issues of Advanced Care Planning
- The next set of lectures will directly address those health conditions you said were most important to you

America's Healthiest Hometown

We won't stop until this is true
Thank you for being our partners!

To your health!

GET CONNECTED TODAY!

Log on and Sign Up at:

Villages.health.usf.edu

Visit The USF Health in The Villages Office
1040 Sumter Landing