The Tufts Health Plan Foundation

Healthy Aging Report Card

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**Project Tasks:**

1) Develop the *Tufts Health Plan Foundation Healthy Aging Report Card*
2) Conduct an *environmental scan* of HA interventions in MA
3) Support and strengthen the *Healthy Aging Collaborative*
Ingredients of Healthy Aging

Older adults will...

- Be socially engaged
  - close relationships
  - social activities
  - civic involvement
  - work
  - have valued roles

- Be physically active
  - cardio
  - strength
  - balance
  - mobility

- Be proactive about health
  - understand and manage their health conditions
  - seek and receive care

- Lead meaningful lives
  - valued activities
  - spiritual satisfaction
  - handle loss and anxiety

- Have good diets
  - healthy eating
  - healthy drinking

- Feel safe and secure
  - in income
  - in housing
  - from violence
  - in mobility

...live in communities that support healthy aging...

Task 1: Develop Healthy Aging Report Card

Analyze data from multiple sources to determine the state of healthy aging at a local (actionable) level. CMS, BRFSS, and other data.

Task 2: Conduct an Environmental Scan of Healthy Aging Interventions in MA

To collect data from stakeholders, service providers, and local leaders on what healthy aging interventions exist now.

We will be contacting you!
County Level Data
City and Town Level Data

Massachusetts Cities and Towns

Updated 11/21/11 (population figures are based on the 2010 Census)
Zip Code Level Data
Domains of Healthy Aging

MENTAL HEALTH (mental health status, depression, life satisfaction)

PHYSICAL HEALTH (health status, falls, physical activity, disability, tooth loss)

CHRONIC DISEASE (Alzheimer’s and related dementias, stroke, diabetes, COPD, hypertension, myocardial infarction, coronary heart disease, congestive heart failure, osteoarthritis, rheumatoid arthritis, hip fracture, cataract, cancers – breast, prostate, lung, colon)

ACCESS TO CARE (have a regular doctor, did not see doctor because of cost, ER visits, dentists per 1,000)

CMS PAYMENT/UTILIZATION (inpatient hospital stays, skilled nursing facility days, annual home health visits, annual physician visits, durable medical equipment, % Medicare Advantage enrollees)
Domains of Healthy Aging

PROACTIVITY/HEALTH BEHAVIOR (regular physical activity, cancer screening, flu shot, pneumonia vaccine, shingles vaccine, dental exam, cholesterol screening)

NUTRITION/DIET (obesity, limited access to healthy foods, 5+ servings of fruit and vegetables per day, current smoking, current drinking)

DESCRIPTIVES (age, gender, race, education, marital status, % Medicare fee-for-service, % Medicaid dually-eligible).

SAFETY/SECURITY (crime rate, fatal auto accidents 65+, reports of abuse)
Task 3: Activate *You* to Improve Healthy Aging In Your Community and in MA
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