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From Data to Community Action: A Case Study Building on the Massachusetts Healthy Aging Community Profiles

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From Data to Community Action: A Case Study Building on the **Massachusetts Healthy Aging Community Profiles**

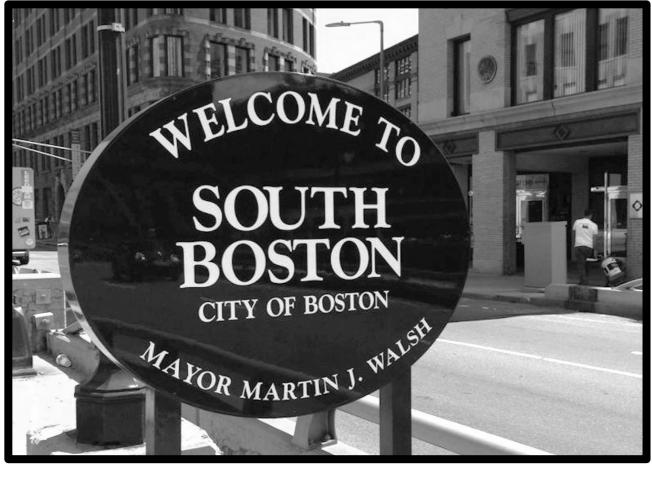
Background

The Healthy Aging movement is a driver in the promotion of Evidence-Based programs such as Chronic Disease Self-Management (CDSMP) programs related to falls prevention and diabetes. Such programs are critical in any recommendations for short or long term interventions to communities to address challenges to aging well.

Applied Research in Aging Seminar

- Students in an undergraduate gerontology Applied Research in Aging seminar are learning research methods by addressing healthy aging challenges in one Boston community.
- South Boston was chosen because of its high number of challenges evidenced on the profile and its access to the University for students to interview key stakeholders.
- A UMass Boston alum who is Director of Senior Programs for the South Boston Neighborhood House will helped to identify the key stakeholders.









Student Activities

With the help of our Tufts Health Plan Community Partner, we selected South Boston to focus on for our group project.

MASSACHUSETTS HEALTHY AGING COMMUNITY PROFILE	1011	S THealth FOUNDAT
South Boston (Boston)		
South Boston has 3,066 residents aged 65 or older. Older residents of South Bostor do better than state averages on a few healthy aging indicators: high cholesterol, cataracts, and BPH. However compared to state averages, rates are higher on: depression, Alzheimer's disease, COPD, heart attacks, ischemic heart disease, congestive heart failure, atrial fibrillation, colon cancer, lung cancer, kidney disease, and hip fracture. Health service utilization rates are higher than state rates for emergency room visits, prescription refills, hospital stays, hospital readmission, and skilled nursing home stays. Older residents of South Boston have fewer dentist visits	fren ?	
when compared to the state average. Community resources to promote healthy aging include a walking club, a Council on Aging, YMCA, access to the MBTA Ride, Cultural Council. The voter participation, crime, and poverty rates are worse than sta	volunteer driver progr ite averages.	
POPULATION CHARACTERISTICS	COMMUNITY ESTIMATE	STAT ESTIMAT
Total population all ages	33,674	6,547,62
Population 60 years or older as % of total population	12.9%	19.2%
Total population 60 years or older	4,307	1,249,723
Population 65 years or older as % of total population	9.2%	13.7%
Total population 65 years or older	3,066	891,303
% 65-74 years	46.9%	49.8%
% 75-84 years	33.6%	34.3%
% 85 years or older	19.4%	15.8%
Gender (65+ population)		
% female	62.7%	58.5%
Race/Ethnicity (65+ population)		
% White	86.6%	91.5%
% African American	2.5%	3.8%
	6.1%	2.7%
% Asian	4.9%	2.1%
% Asian % Other	4.570	

The students:

- South Boston
- Completed online training for the protection of human subjects; submitted and had the project approved by UMass Boston IRB
- developed an interview guide targeted \bullet at healthy aging challenges within the community
- conducted in-person interviews

Finalized a list of key stakeholders in

Outcome

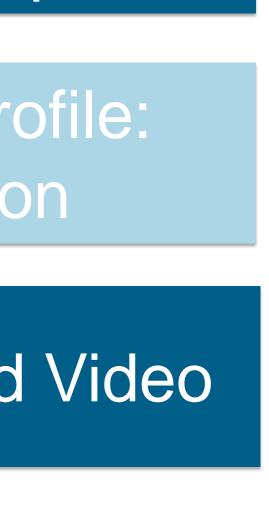
The major outcome will be the completion of the "Healthy Aging Strategic Planning Worksheet" with specific recommendations for initial, intermediate, and long-term healthy aging interventions and outcomes.

For example, South Boston has a higher prevalence of hip fractures compared to the state average. A possible recommendation emerging from the stakeholder interviews might be to consider offering evidence-based program such as Matter of Balance.

Massachusetts Healthy Aging Data Report

Community Profile: South Boston

Contact Info and Video





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Health Aging

This project builds on multi-year funded research from Tufts Health Care Foundation that resulted in the Massachusetts Healthy Aging Data Report.

www.mahealthyagingcollaborative.org

Principal Investigator: Beth Dugan, PI

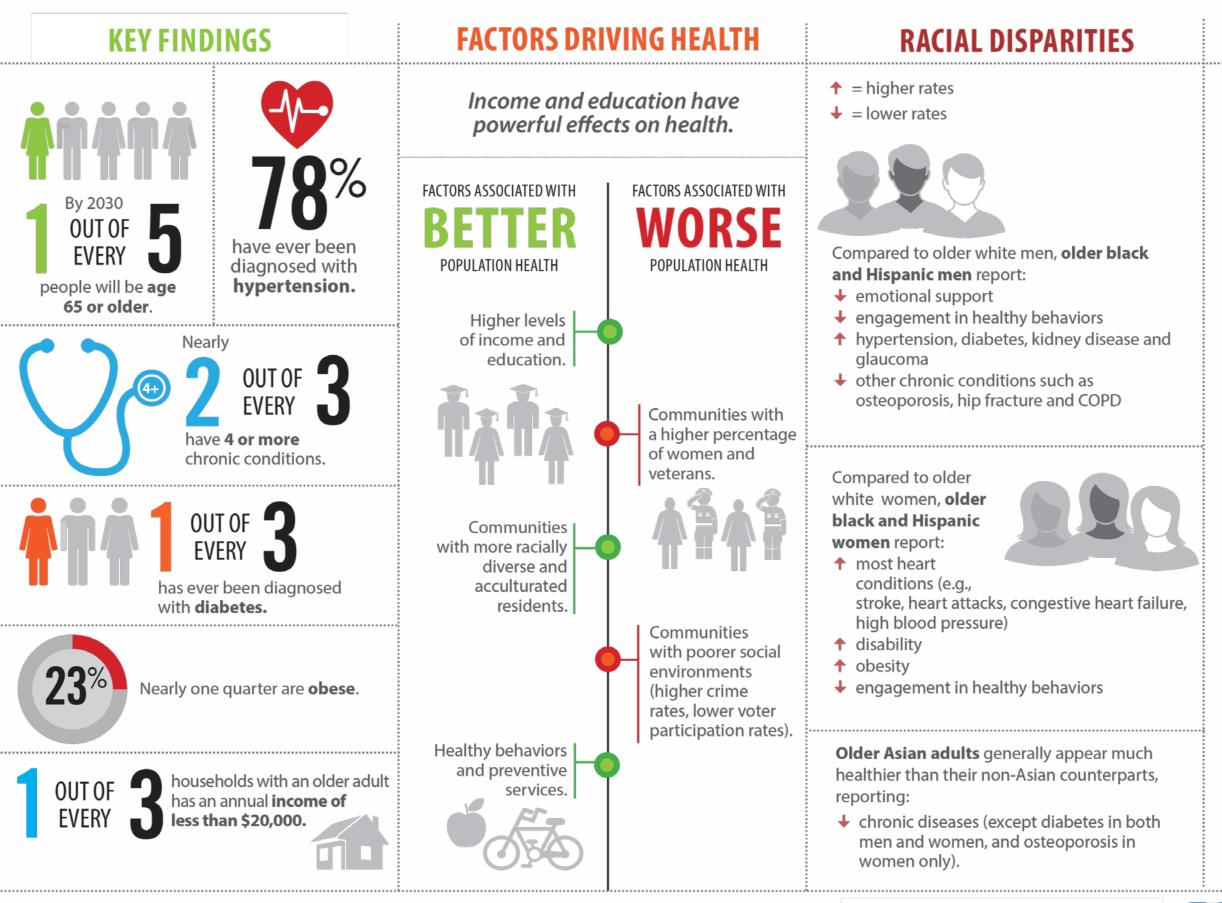
Co-Investigators: Frank Porell & Nina Silverstein;

PhD research assistants:

Chae Man Lee Kristina Turk Brittany Gaines Joo Suk Chae Mei Chen Hyo Jung Lee.

Massachusetts Healthy Aging Data Report: The Health of Older Adults in Every Community

121 health risk indicators in 367 communities*



* Data reflect health for adults age 60+ or 65+ in Massachusetts.

Learn more at mahealthyagingcollaborative.org/data-report/explore-the-profiles

TUFTS <mark>ii</mark> Health Plan FOUNDATION

Community Profile: South Boston

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Contact Info and Video

RECOMMENDATIONS

UNDERSTAND.

- Download your Community Profile.
- Educate yourself and others about the older adults who live in your city or town.
- Compare your city or town to state averages for every indicator.



ENGAGE.

- Start a conversation about what the data mean and what can be done to address challenges.
- Bring stakeholders and community members together.



- Prioritize needs, potential interventions, and allocation of resources.
- Diversify partnerships and funding sources.

Gerontology Institute John W. McCormack Graduate ool of Policy and Global Studies UMASS



Interactive Map

Chronic Disease Maps

ALZHEIMER'S DISEASE OR RELATED DEMENTIAS DIABETES

STROKE

CHRONIC OBSTRUCT PULMONARY DISEA HYPERTENSION

EVER HAD A HEAP ATTACK ISCHEMIC HEART DISEAS

CONGESTIVE HEAR FAILURE

OSTEOARTHRITIS/ RHEUMATOID ARTHRITIS EVER HAD HIP FRACTURE

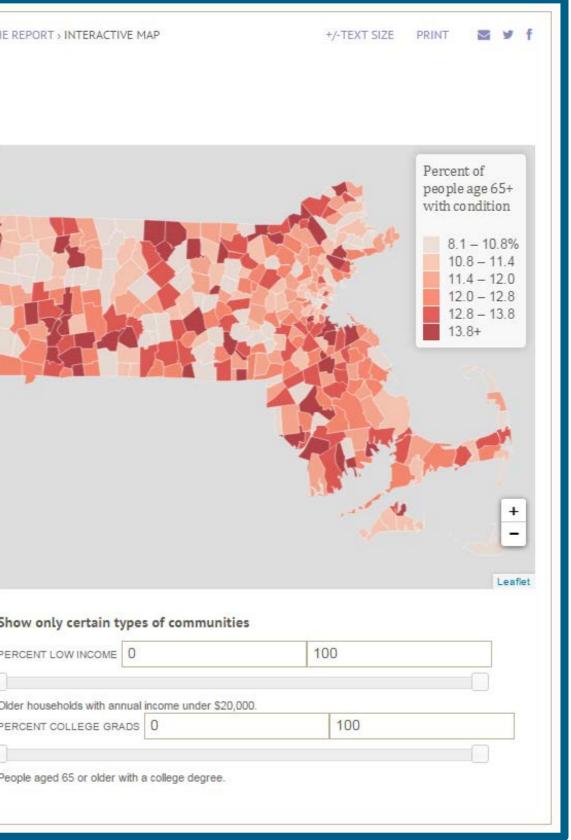
GLAUCOMA

WOMEN WITH BREAST CANCER

COLON CANCER MEN WITH PROSTAT

CANCER LUNG CANCER

4+ CHRONIC CONDITIONS (OF 14) NO CHRONIC CONDITION (OF 14)

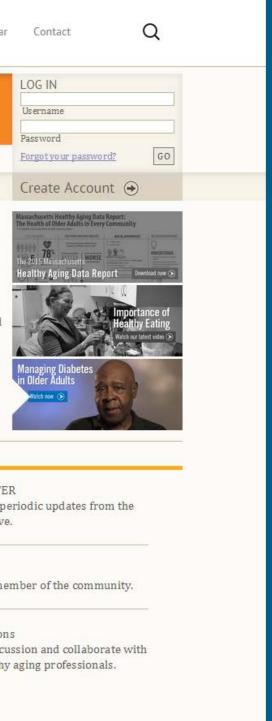


Show only certain types of communities

PERCENT LOW INCOME)	100
Older households with ann		0.

People aged 65 or older with a college degree.

MASSAC HEAL	COLLABORATIVE				
				Ŷ	•••
DATA REPORT	PROGRAMS BRO	WSE TOPICS	RESOURCES	CONNECT	BLOG
In Ulder A Watch now	Diabetes dults ②	25	0	Olc In this explai their o	betes in der Adults s video, Oree and Stev n how they've manag diabetes through
and the second second		BLOG		Old In this explai their of diabet classe that h contro	ter Adults s video, Oree and Stev n how they've manag





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South Boston

South Boston was selected as the target community given its lower or worse than state rate on a number of healthy aging indicators including prevalence of:

- Alzheimer's disease
- COPD
- heart disease
- depression
- colon cancer
- lung cancer

In addition, residents of South Boston had significant challenges with service utilization and were less likely to have annual dental visits.

Name Intervi

Job Ti Locatio

INTRO

Key stakeholders were identified for in-depth interviews designed to share the data and discuss implications as well as short and long term strategies for making positive steps toward healthy aging.

Interviewing Key Stakeholders

3/15 GERCTR 325/355

SOUTH BOSTON HEALTHY AGING STUDY UMASS Boston

Date:	Time Start:	Time End:	
Name of Interviewee:			
)rganization:	
Location of Interview	V		
Interviewers			
INTRODUCTION			
Thank you for agree	eing to be interviewed. V	Ve are undergraduate studen	ts at UMass
Boston and are enro	olled in an applied resea	arch in aging course. We are o	conducting a
group project on He	althy Aging. Before we l	begin the interview, please re	view and sign
this consent form. O	our starting point are the	2014 Community Profiles for	und on the MA
Healthy Aging Colla	borative Website and de	eveloped by researchers at th	e UMass
Boston Gerontology	Institute. Our Professo	r, Nina Silverstein is a Co-Inve	estigator for
that project. We sha	ared a pdf from that web	site of over 100 indicators of I	healthy aging
specific to South Bo	ston. Have you had a cl	hance to look at it? (WAIT FO	R

South Boston is a great place to grow old in because....

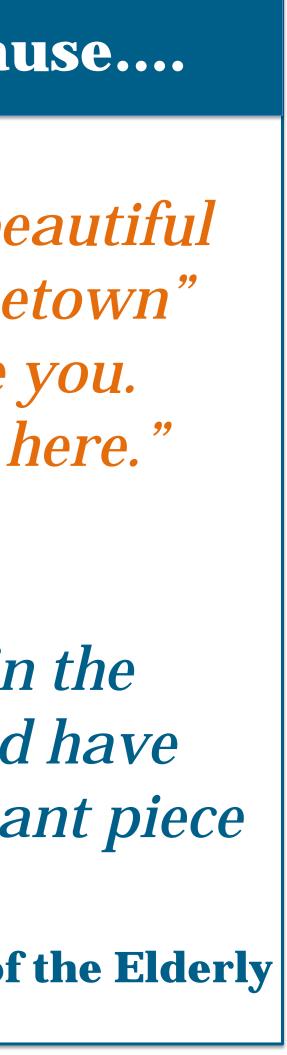
"...of the traditions that we have here. We have the beautiful Castle Island. [And] as the song "Southie is My Hometown" says we'll take you and break you, but never forsake you. Southie is my hometown, we take care of each other here." - Lu O'Brien, Senior Advocate, West Broadway Task Force

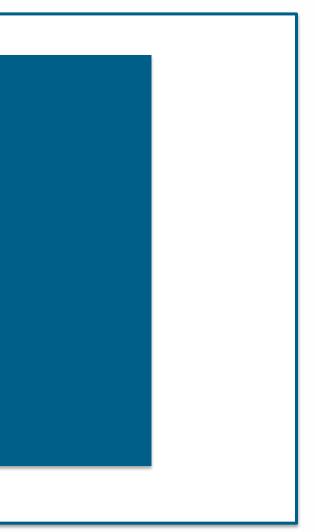
"...of the people in the community...the older adults in the *community have often lived there for a long time and have* strong community connections and that's an important piece in growing old." - Emily Shea, Commissioner, Boston Commission on Affairs of the Elderly

Massachusetts Healthy Aging Data Report

Contact Info and Video

Home









Contact Information

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- Robert Juliano
- Henry Lora
- Sean McArthur
- Nalat Siwapronchai lacksquare
- Dorothy Wideman \bullet

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Beth Dugan, PhD Frank Porell, PhD Len Fishman, JD - Director of the Gerontology Institute

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Partners

Gerontology Institute, UMass Boston





Healthy Aging Video

Massachusetts Healthy Aging Data Report

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