



Selected NCI Findings and General Population Comparisons

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Overview

- Brief review of the history of NCI
- Update on current status
- Exploration of comparisons of NCI findings to general population in areas such as:
 - Young people living at home with families
 - Wellness (tobacco, exercise, etc.)
 - Rates of obesity
 - Medication use
 - Flu vaccination
 - Employment
 - Family income
 - Loneliness, friendship



NCI Overview

- NCI is a voluntary effort by public developmental disabilities agencies to measure and track their own performance.
- Coordinated by HSRI and NASDDDS
- Collaboration began in 1997
- Support from ACL to expand NCI – now currently 41 states including Washington D.C. plus 22 sub-state entities
- Most recently, ACL funding NCI-AD for older adults and people with physical disabilities

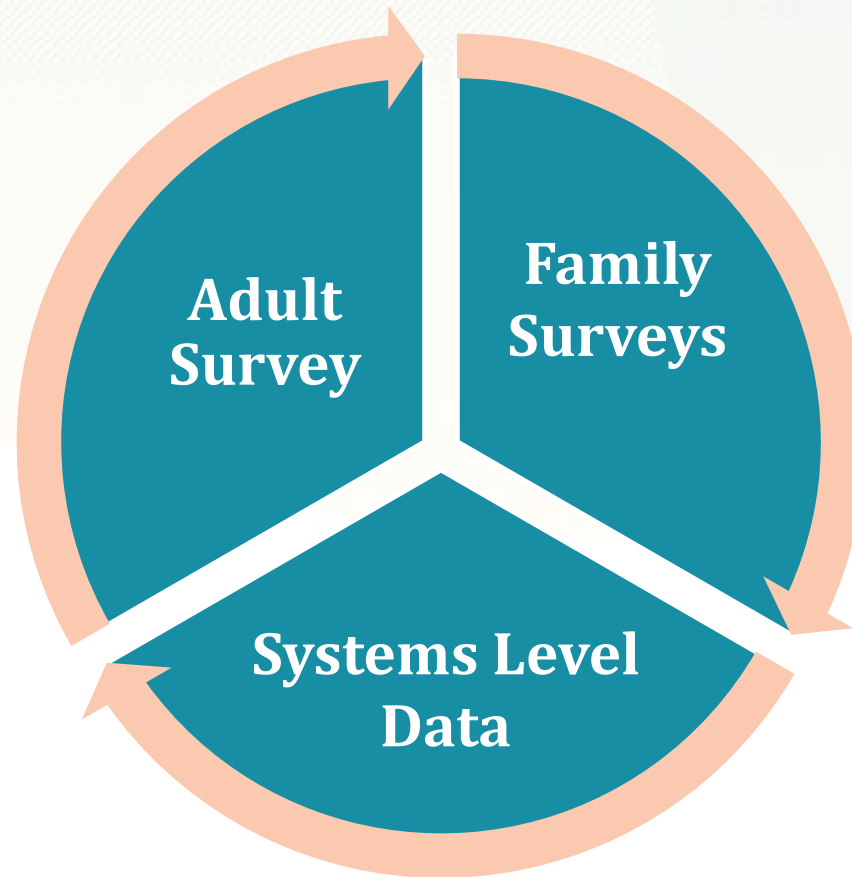


NCI Measures Offer a Unique View

- Individual characteristics of people receiving services
- Locations where people live
- Activities they engage in during the day, including whether or not they are working
- Nature of experiences with the supports they receive (e.g., with case managers, ability to make choices)
- Context of their lives – friends, community involvement, safety
- Health and well-being



What are the Data Sources



NCI Reporting and Resources

NCI website is a public data source for:

- Annual national reports
- Annual state reports
- Publications: Data used by researchers for journal articles
- NCI Data Briefs: Medications, Employment Outcomes, Autism, Dual Diagnosis, Living Arrangement, etc.
- Webinars: Managed Care, Interviewer Training
- Chart function for customized data analysis

<http://www.nationalcoreindicators.org/>



National Core Indicators

Aging and Disabilities



- NCI-AD - Joint initiative of NASUAD, HSRI, and NASDDDS
- Survey instrument focused on the performance of publicly-funded aging and disability service systems
- Measures how services impact the quality of life and outcomes of service recipients
- Gathers information directly from service recipients through face-to-face interviews
- Currently in pilot phase in Minnesota, Ohio, and Georgia – data collection finished
- Full expansion to ~15 additional states begins June 1, 2015

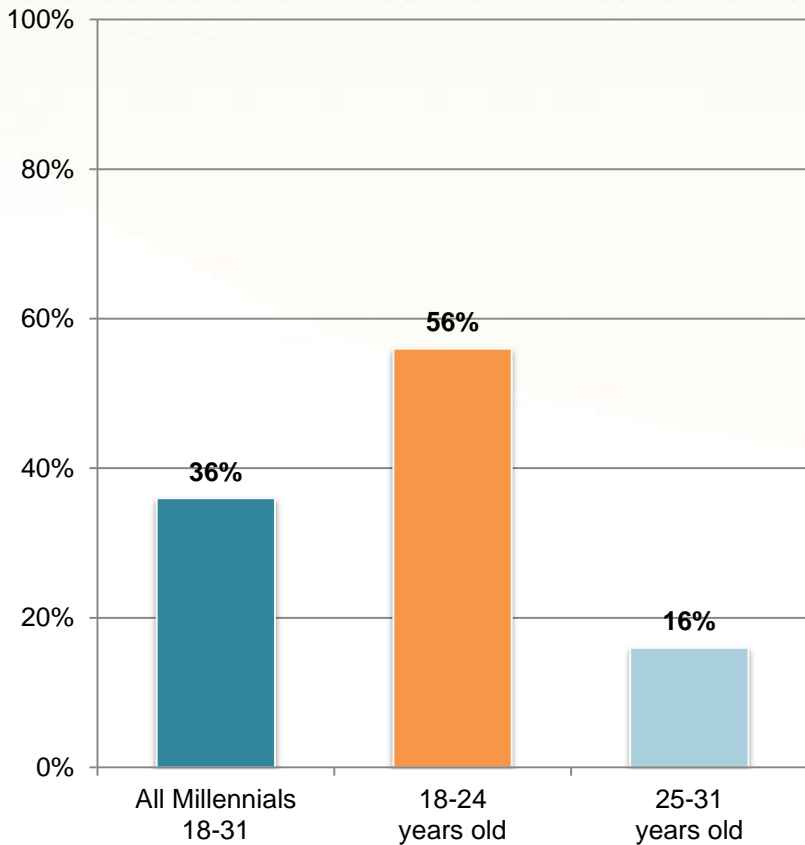


NCI Comparisons

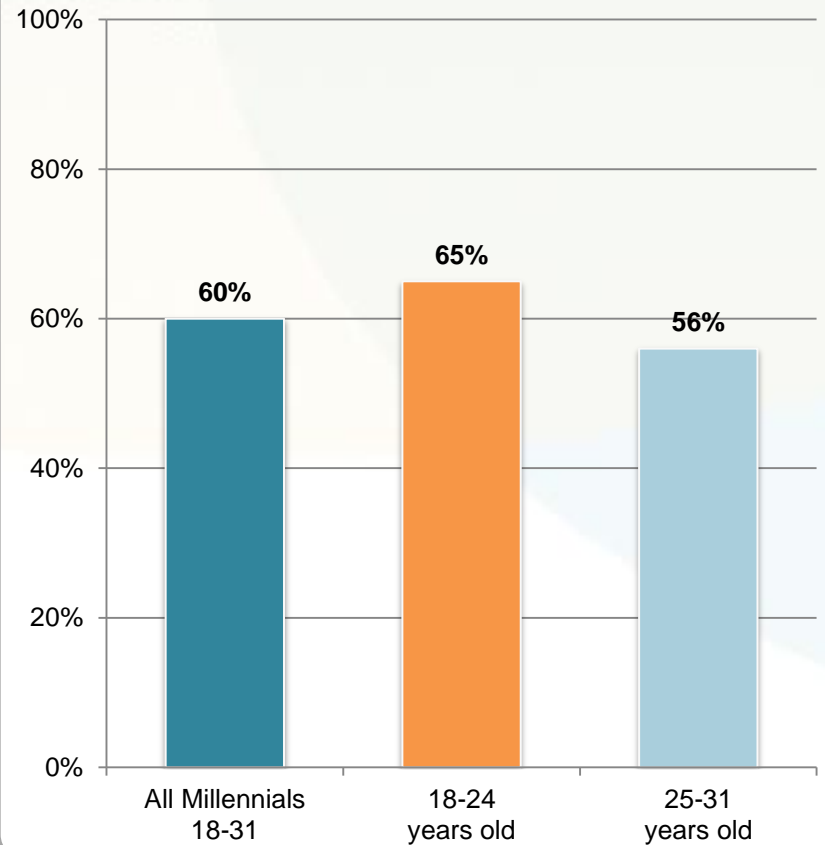
Selected National Norms

Millennials at Home

Pew Research



NCI



Exercise

CDC

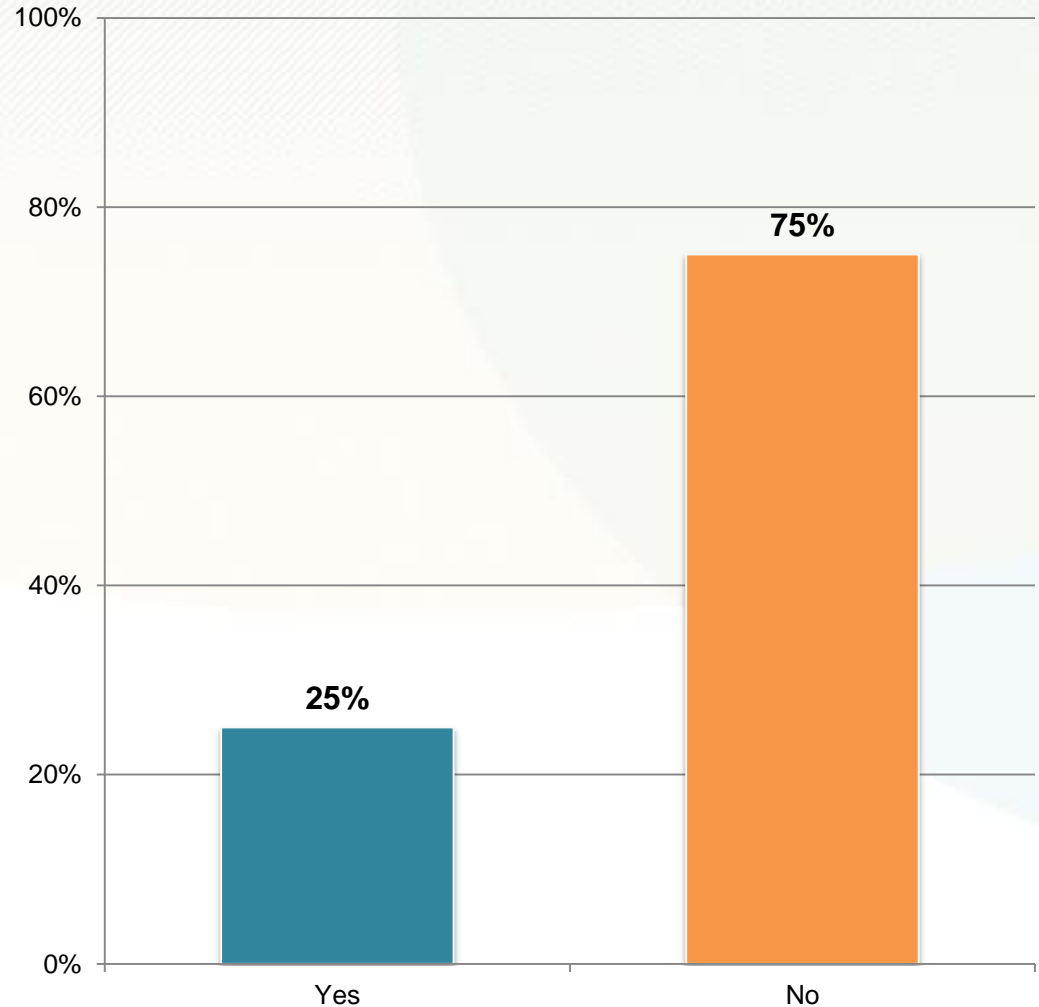
Recommends a combination of aerobic and muscle conditioning for approximately 150 minutes per week

In 2011:

- 48% adults met CDC guidelines for aerobic physical activity
- 24% adults met CDC guidelines for muscle-strengthening physical activity
- 21% adults met CDC guidelines for both aerobic and muscle-strengthening physical activity

Source: <http://www.cdc.gov/nchs/fastats/exercise.htm>

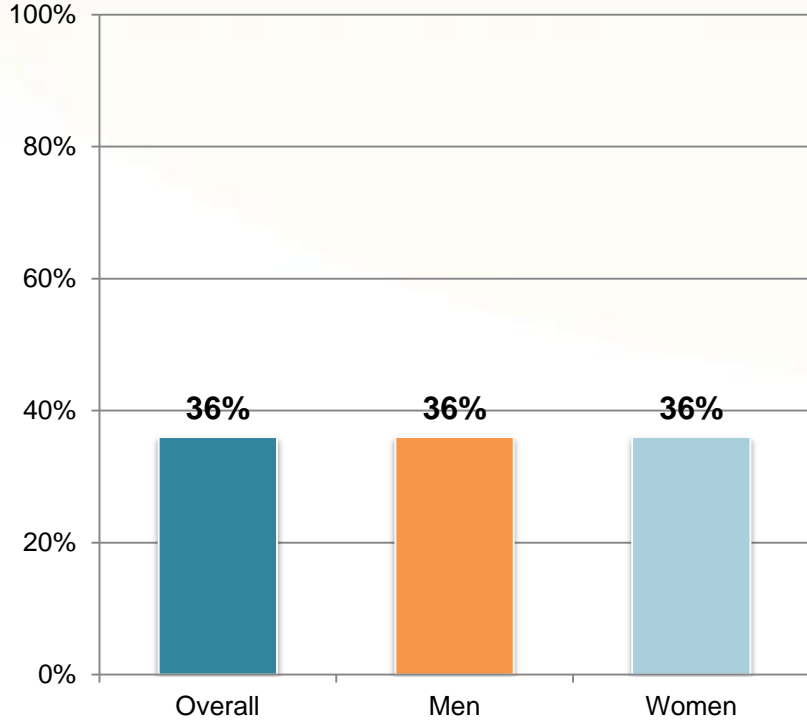
NCI Engages in Moderate Physical Activity at least 30 minutes a day 3 days a week



Obesity Rates

CDC Obesity Rate

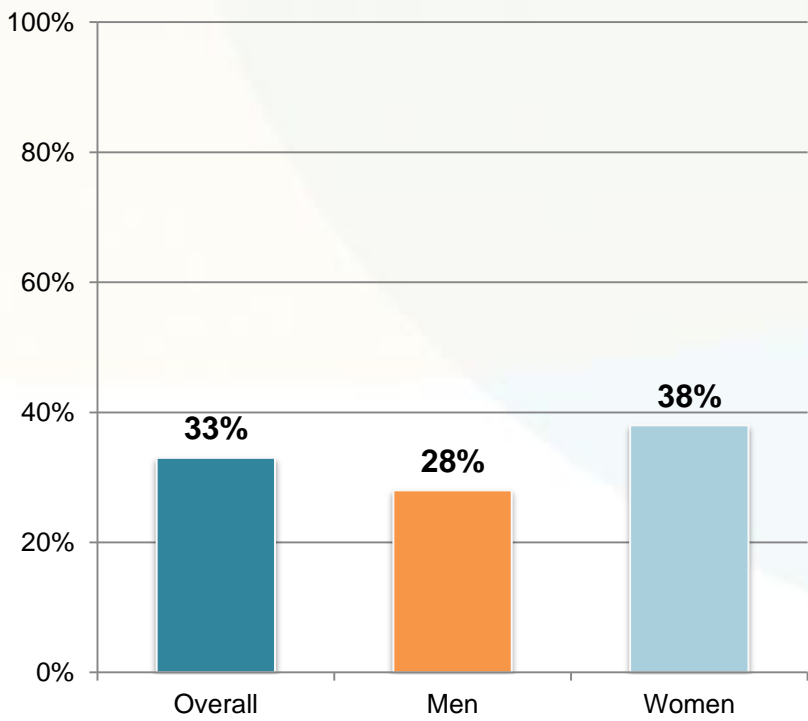
Based on self reports from people 20 and older



Source: <http://www.cdc.gov/obesity/data/adult.html>

NCI Obesity Rate

Collected from the Background Information Section of the Adult Consumer Survey



Obesity Rates

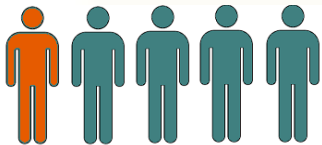
- CDC and NCI data show similar ranges of obesity by state
- CDC showed a range of 21% to 35% between states
- NCI showed a range of 26% to 43% between states



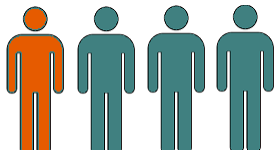
Medication Use

Medco Health Solutions 2010 data

- 1 in 5 took at least 1 psychiatric medication in 2010



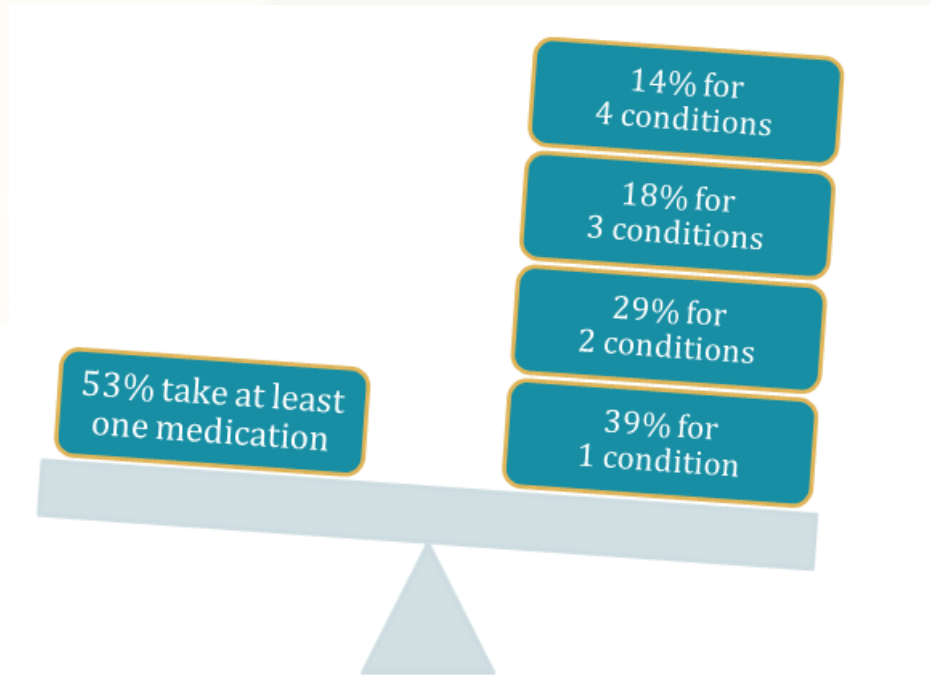
- 1 in 4 women took at least 1 psychiatric medication in 2010



Source:
<http://www.medscape.com/viewarticle/753789>

NCI

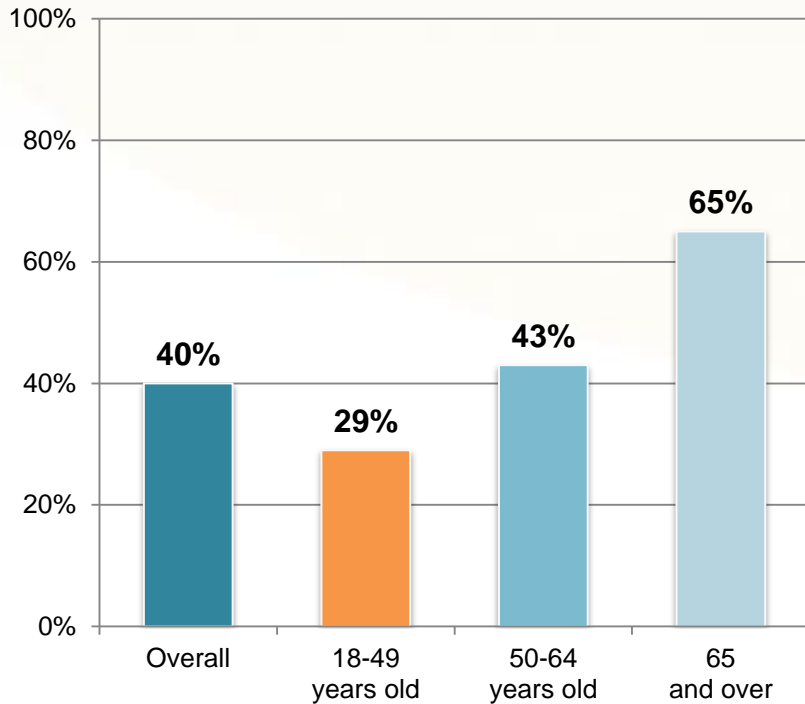
takes medication for mood, behavior, anxiety, and/or psychotic disorder and number of conditions medication treat



Flu Vaccination

CDC

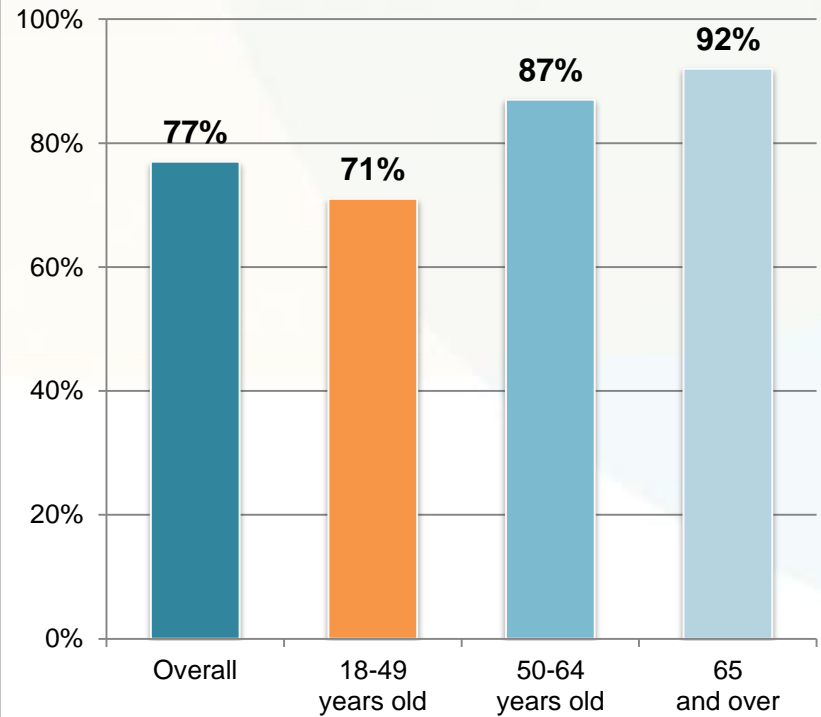
Based on self reports



Source:
http://www.cdc.gov/flu/fluview/coverage_1112estimates.htm

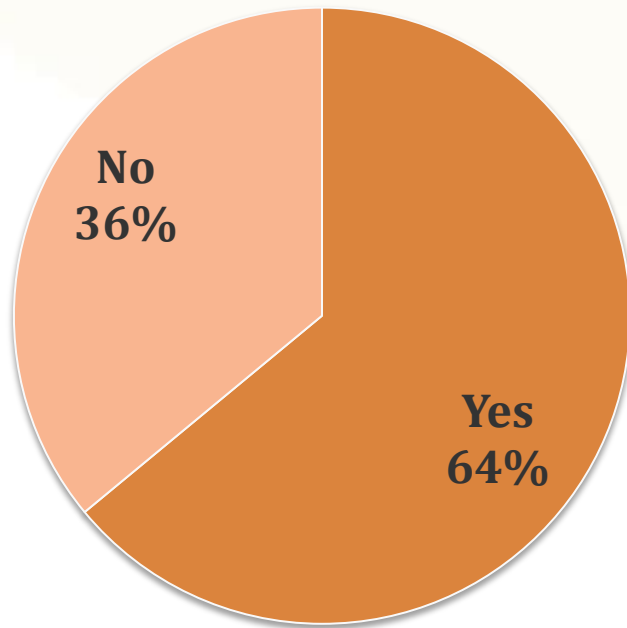
NCI

Collected from the Background Information Section of the Adult Consumer Survey

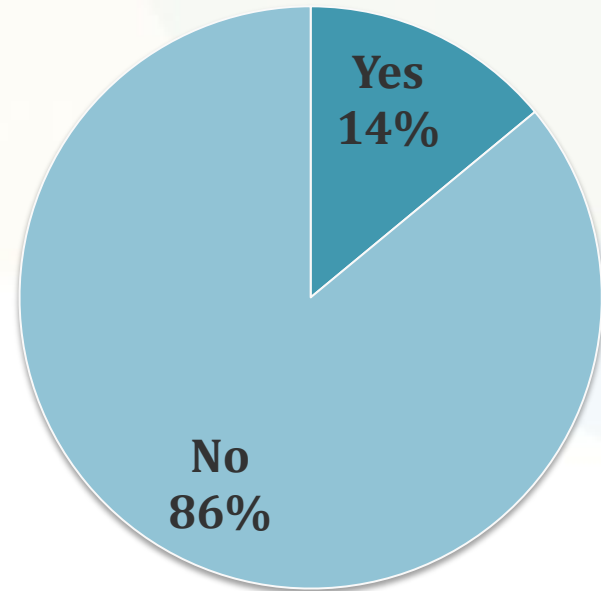


Employment

Bureau of Labor Statistics
Non-institutional civilian labor force
2012



NCI
Collected from the Background
Information Section of the Adult
Consumer Survey



Source: <http://www.bls.gov/news.release/empsit.t01.htm>



Family Income

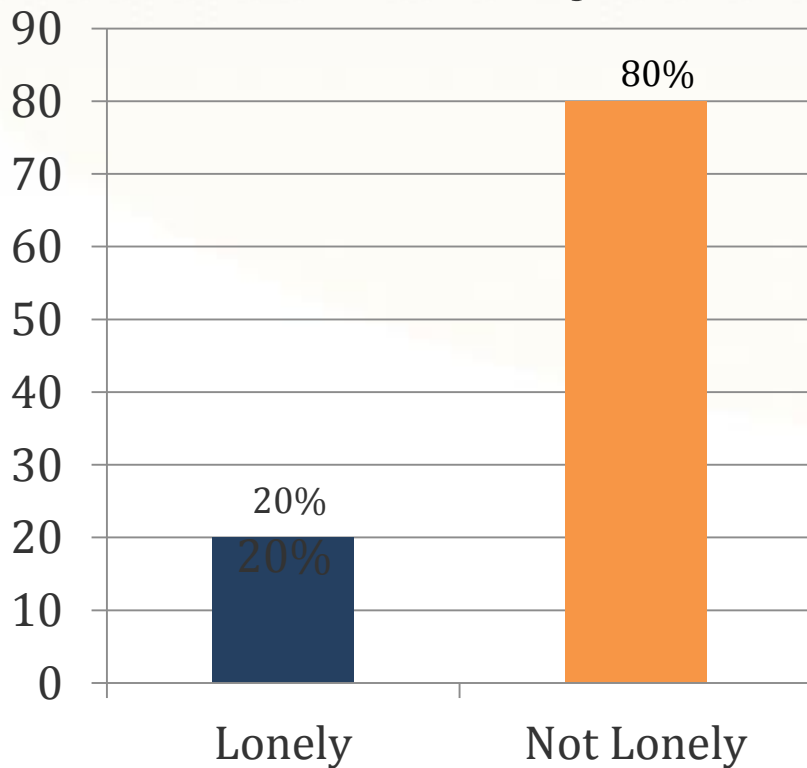


- Forty-six percent of families with an adult family member living at home have incomes under \$25,000
- Forty percent of families with children have incomes under \$25,000
- 2011 HHS Poverty Guidelines for a Family of Four: \$22,350

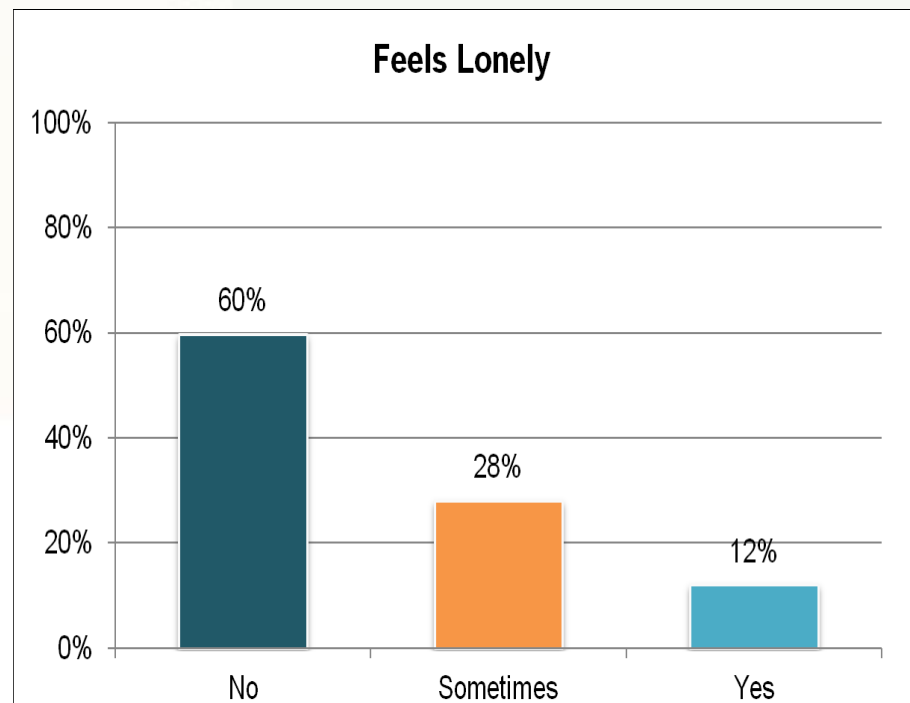


Loneliness

Feels Lonely*



NCI

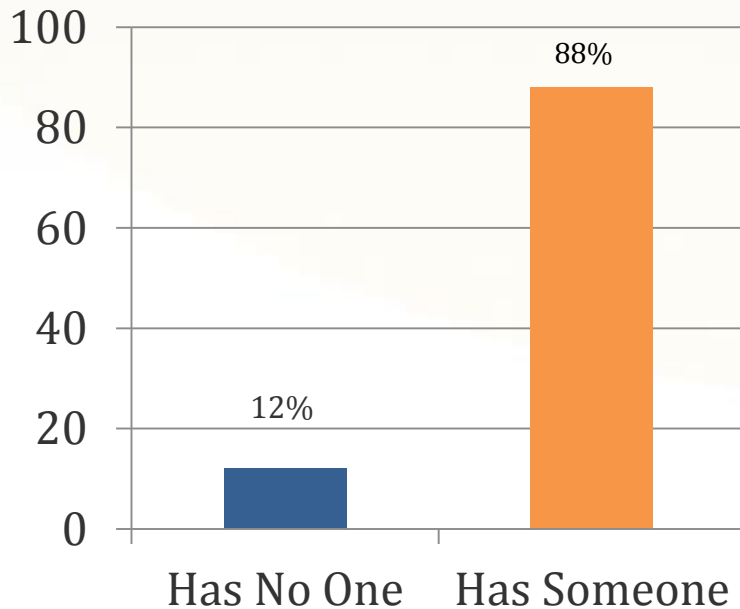


Cacioppo, John; [Patrick, William](#), *Loneliness: Human Nature and the Need for Social Connection*, New York : W.W. Norton & Co., 2008



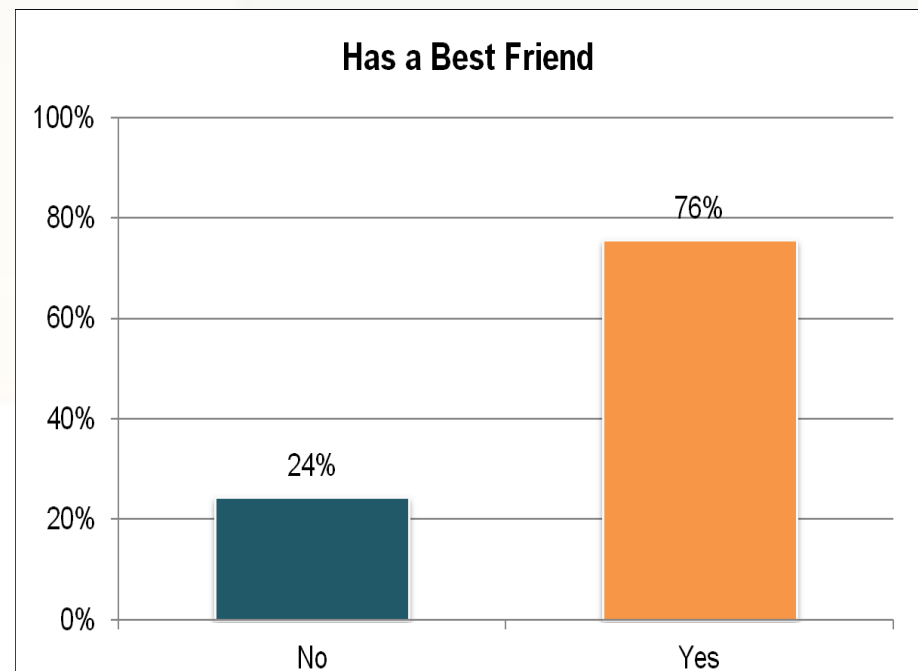
Has Friends

Someone With Whom to Share Time and Thoughts*



Christakis, N.A. & Fowler, J.H. (2009).
Connected: The surprising power of our social
networks and how they shape our lives. New
York, NY: Little, Brown and Company.

NCI



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