

4-8-2015

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

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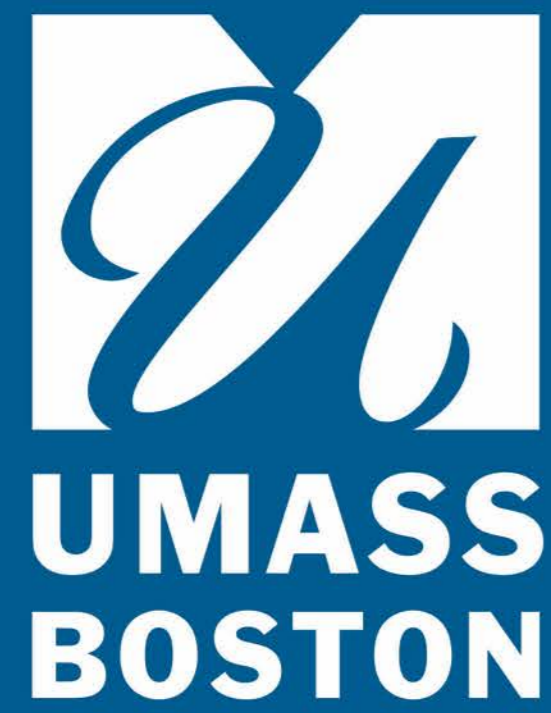
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## Recommended Citation

Silverstein, Nina M.; Gaines, Brittany; Adams, Darlene; and Wideman, Dorothy, "From Data to Community Action: A Case Study Building on the Massachusetts Healthy Aging Community Profiles" (2015). *Office of Community Partnerships Posters*. Paper 252. [http://scholarworks.umb.edu/ocp\\_posters/252](http://scholarworks.umb.edu/ocp_posters/252)

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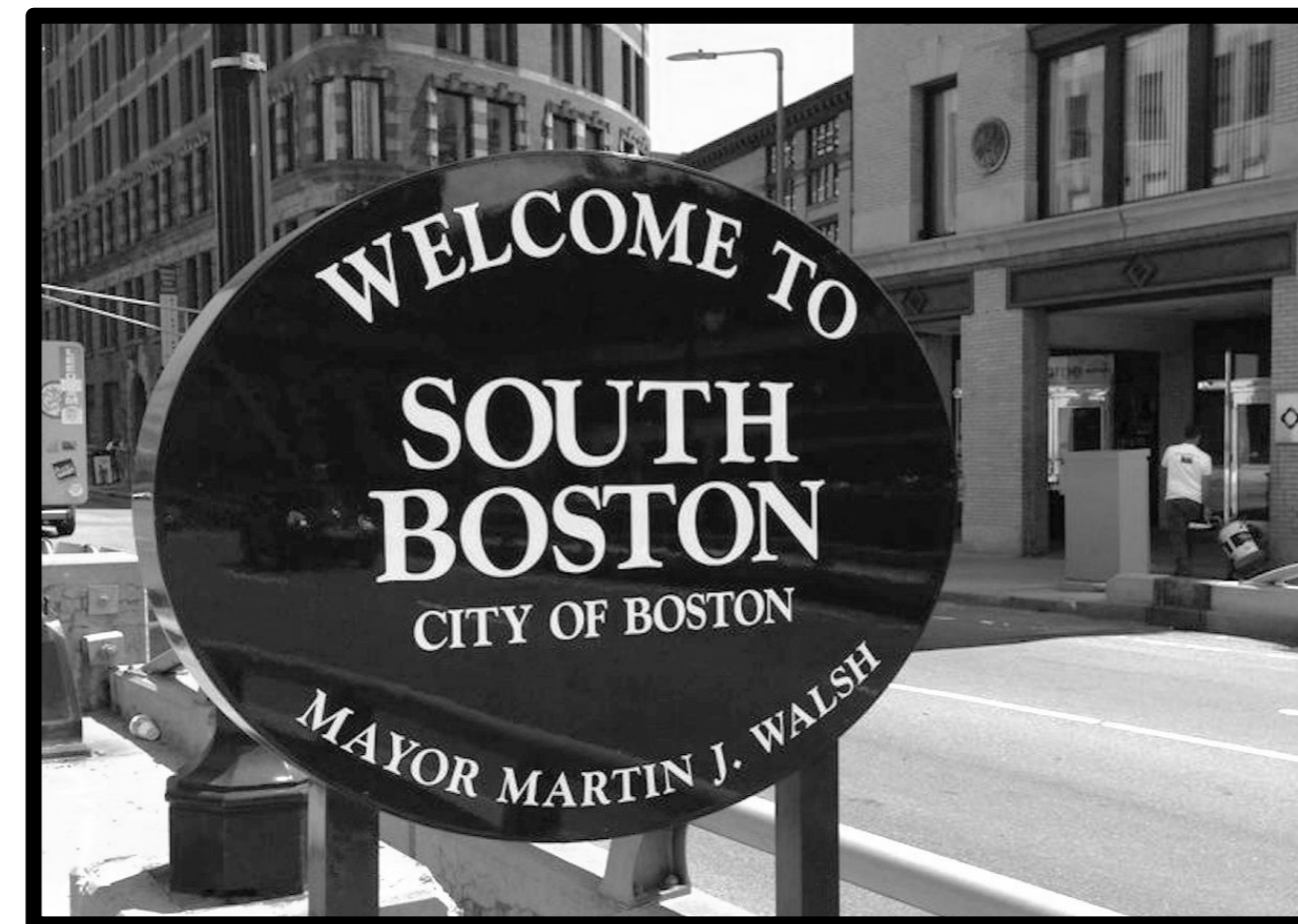
# From Data to Community Action: A Case Study Building on the Massachusetts Healthy Aging Community Profiles

## 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.

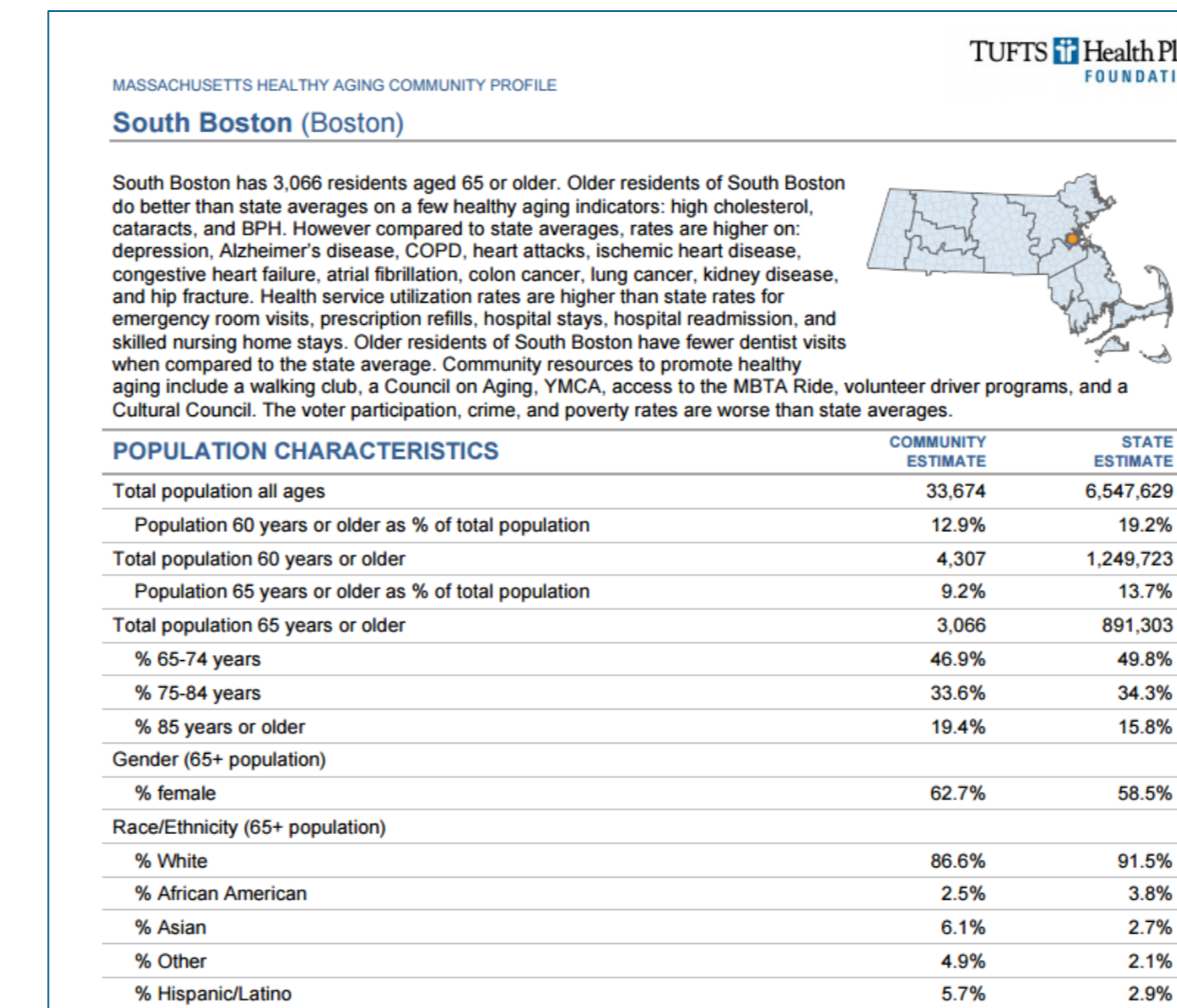
## Applied Research in Aging Seminar

- 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 help 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.



### The students:

- Finalized a list of key stakeholders in 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 at healthy aging challenges within the community
- conducted in-person interviews

## 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.

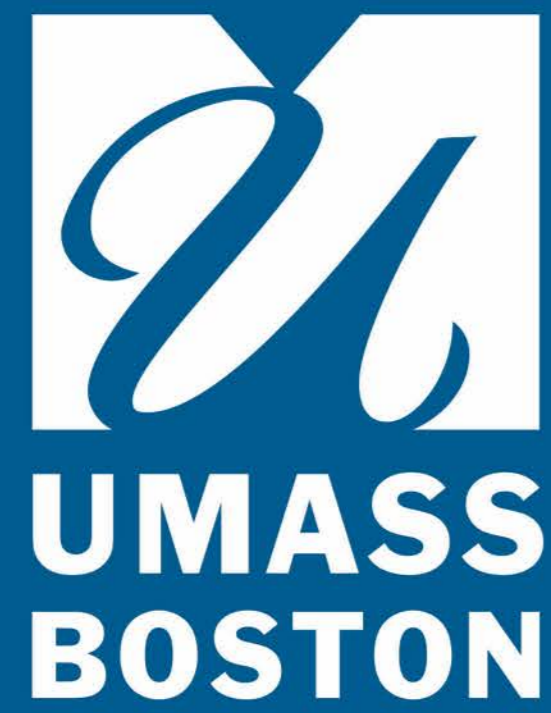
For example, South Boston has a higher prevalence of hip fractures compared to the state average. A possible recommendation emerging from the stakeholder interviews might be to consider offering evidence-based program such as Matter of Balance.

Massachusetts Healthy Aging Data Report

Community Profile: South Boston

Contact Info and Video





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

## 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](http://www.mahealthyagingcollaborative.org)

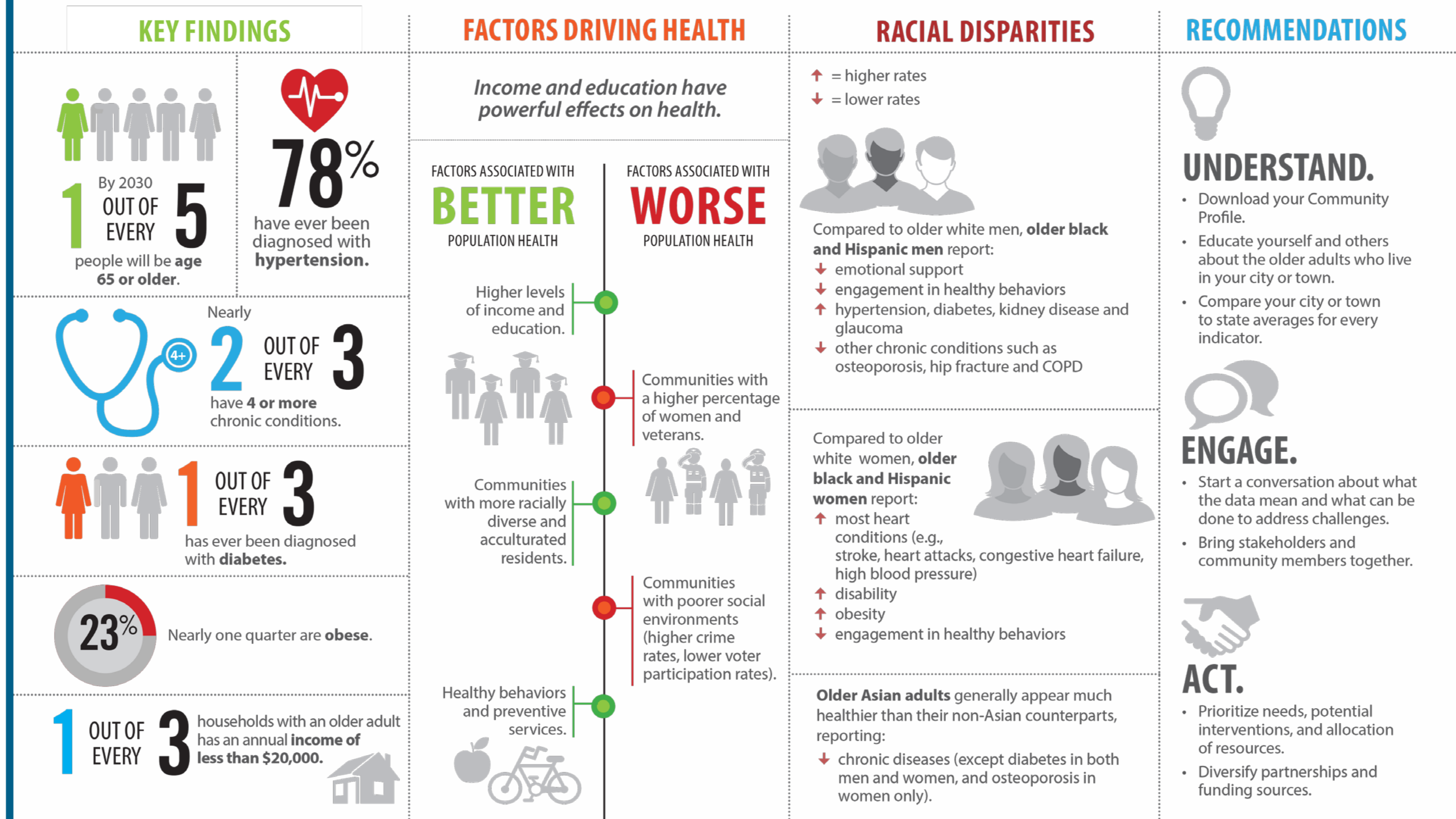
**Principal Investigator:**  
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**Co-Investigators:**  
Frank Porell & Nina Silverstein;

**PhD research assistants:**  
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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

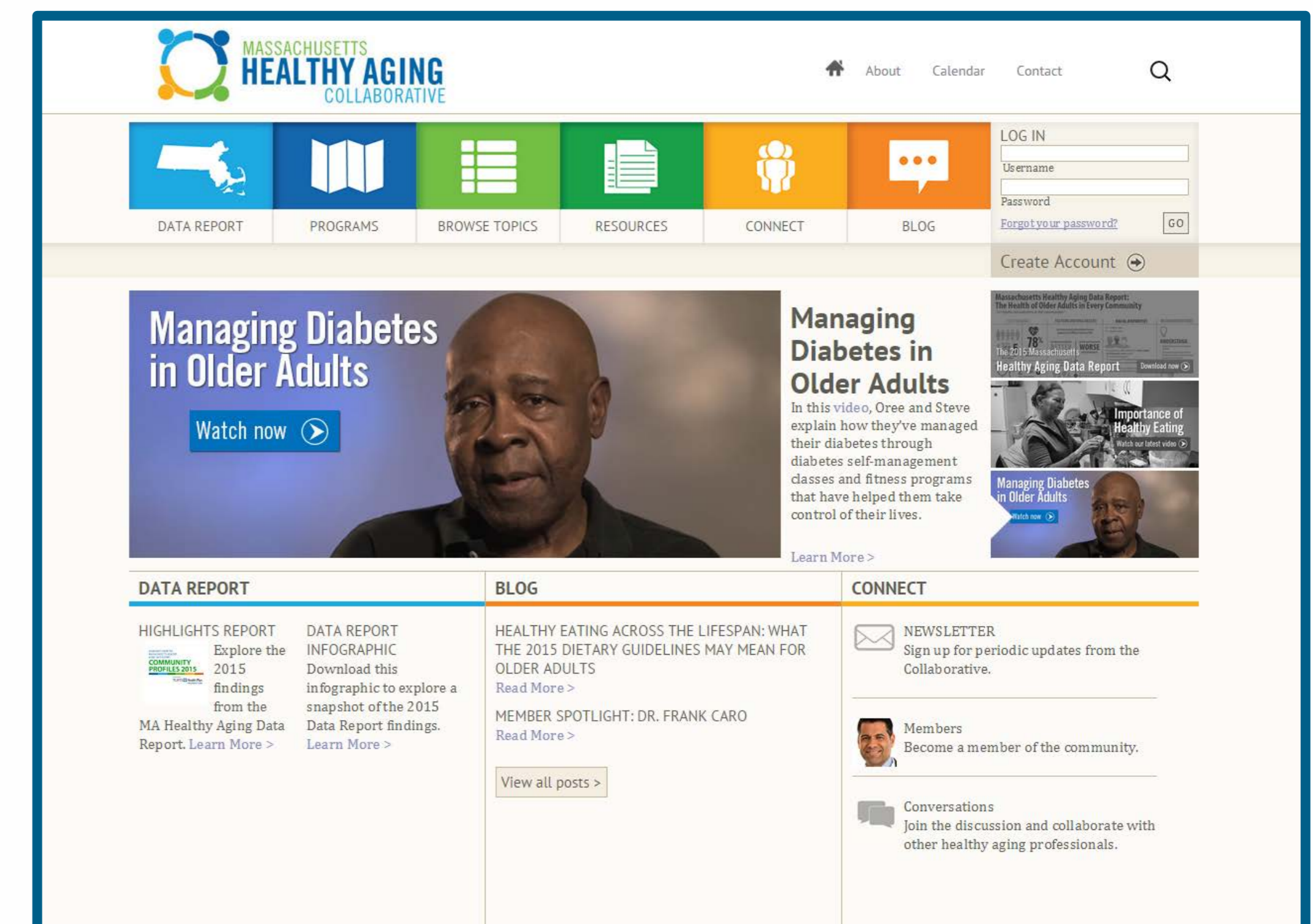
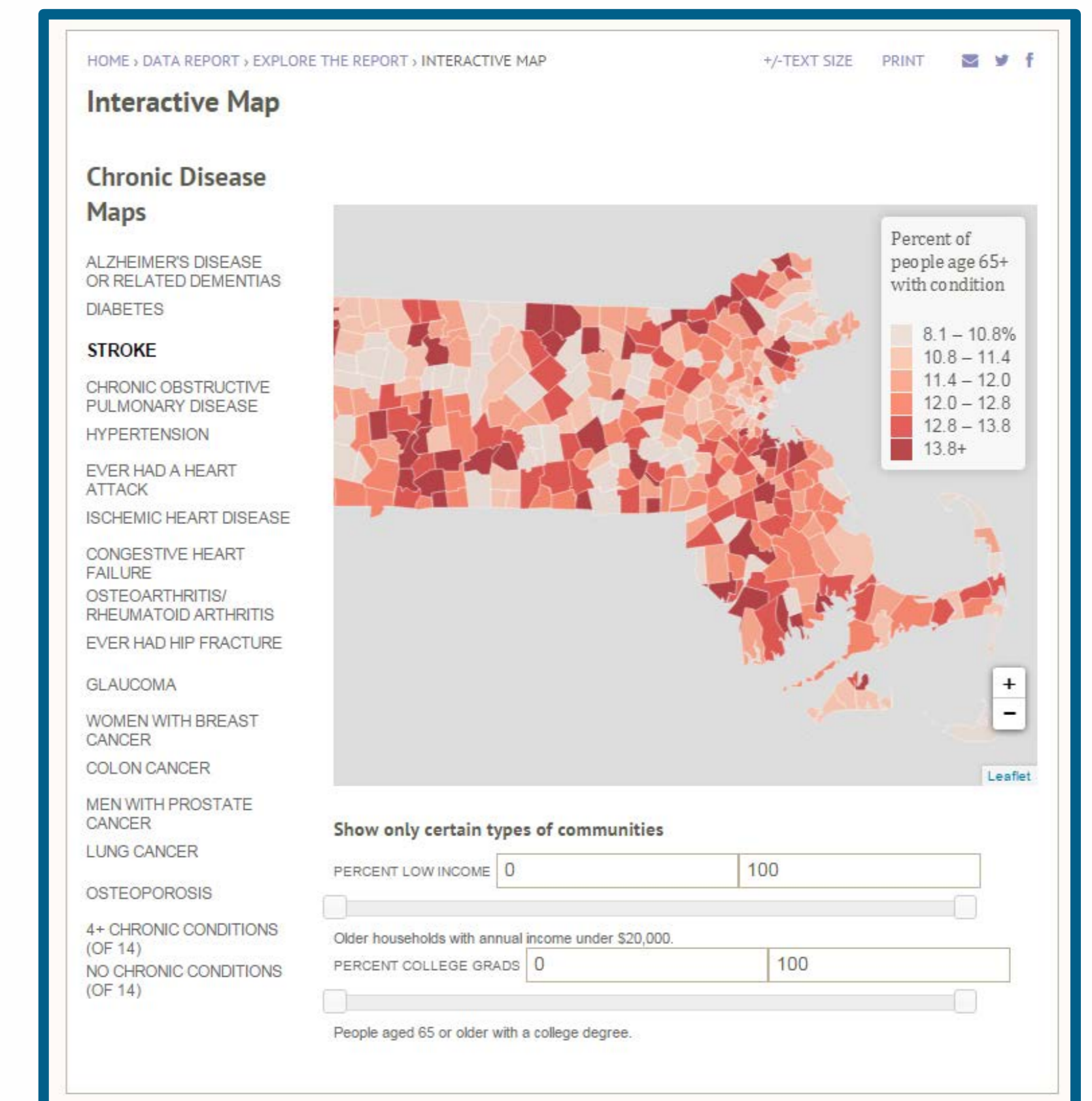
121 health risk indicators in 367 communities\*



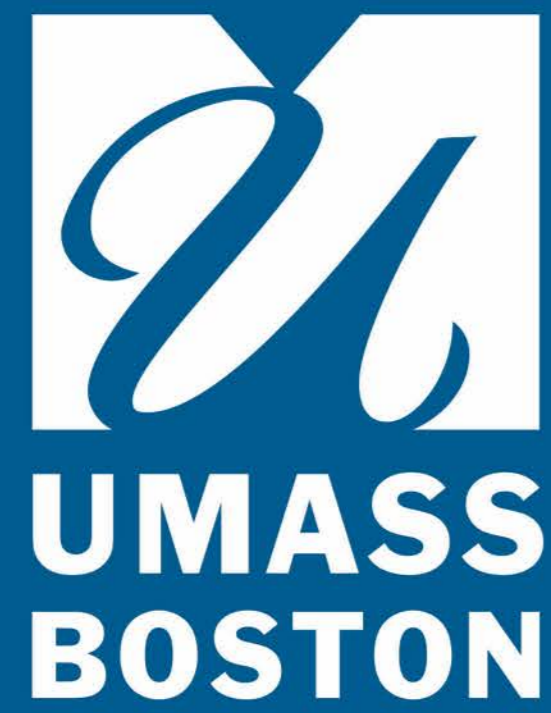
Community Profile:  
South Boston

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

## 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.

## Interviewing Key Stakeholders

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SOUTH BOSTON HEALTHY AGING STUDY  
UMASS Boston

Date: \_\_\_\_\_ Time Start: \_\_\_\_\_ Time End: \_\_\_\_\_

Name of Interviewee: \_\_\_\_\_

Job Title: \_\_\_\_\_ Organization: \_\_\_\_\_

Location of Interview: \_\_\_\_\_

Interviewers: \_\_\_\_\_

**INTRODUCTION**

Thank you for agreeing to be interviewed. We are undergraduate students at UMass Boston and are enrolled in an applied research in aging course. We are conducting a group project on Healthy Aging. Before we begin the interview, please review and sign this consent form. Our starting point are the 2014 Community Profiles found on the MA Healthy Aging Collaborative Website and developed by researchers at the UMass Boston Gerontology Institute. Our Professor, Nina Silverstein is a Co-Investigator for that project. We shared a pdf from that website of over 100 indicators of healthy aging specific to South Boston. Have you had a chance to look at it? (WAIT FOR RESPONSE)

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.

## 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.”*

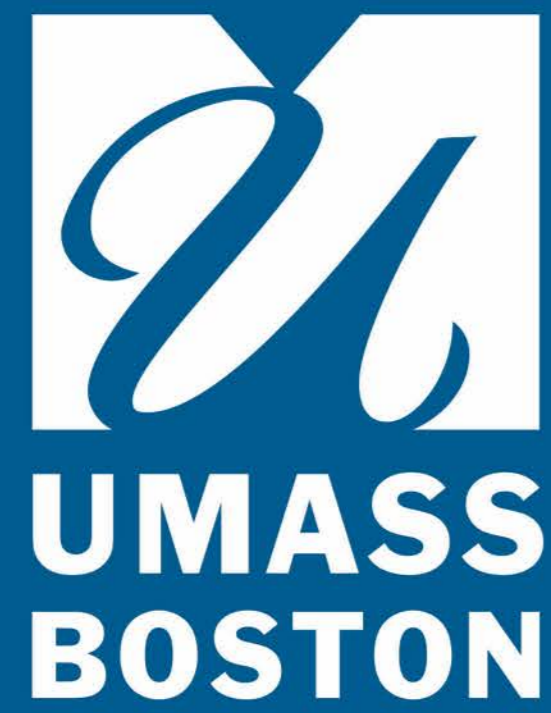
**- Emily Shea, Commissioner, Boston Commission on Affairs of the Elderly**

Massachusetts Healthy  
Aging Data Report

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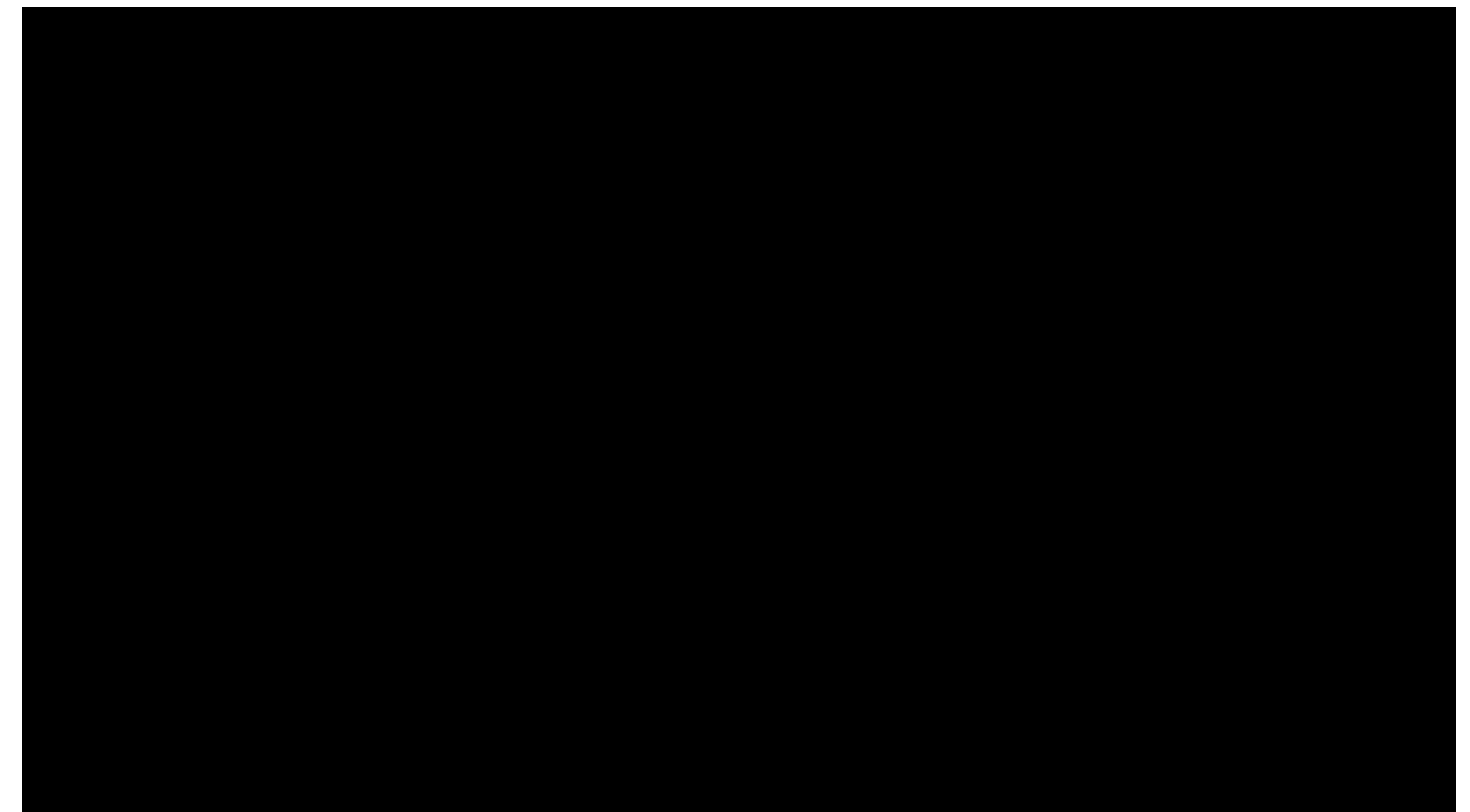
## Partners

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

## Healthy Aging Video



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