

# Seniors Wellness Tele-Health Phase II Results- 2014

## Using Health Care Technology to Enhance

## New Canaan As An Optimal Livable Community

Enabling Aging in Place, Improving Care Quality, Reducing Health Costs

New Canaan Health & Human Services Commission

October 7, 2014



# **Senior Tele-Health Wellness: Phase II Results- 2014**

## **Using Health Care Technology to Enhance New Canaan As An Optimal Livable Community**

### **Introductory Summary & Process**

The following report summarizes the results of a test program conducted among 60 senior citizens aged 65-94 in New Canaan, Connecticut during the period of January 1 – June 30, 2014. The test was conducted under the sponsorship of the New Canaan Health & Human Services Commission and Human Services Department. The project was part of an ongoing development of methods of helping seniors age in place with healthy behaviors and nutritional lifestyles, aided by weekly vital sign monitoring via Tele-Health technologies and a regular-every 2 week video visit via FaceTime or Skype with a town provided Tele-Nurse (a professional RN with public health expertise and experience).

Detailed self administered questionnaires were conducted at the beginning of the program, and at the end. The questionnaire designs were quite similar in order to judge shifts in attitudes and behaviors on a pre: post basis. The questionnaires were designed specifically for the New Canaan study, but generally conformed to commonly used health and wellness studies/ questions done by Federal and State agencies in monitoring health and wellness in senior communities. At month 3 of the program, two professionally led focus groups by age cohort were used to monitor communications effectiveness and productivity of the program.

The basic objective of the test was to judge participant behavioral experience and wellness attitudes for seniors aging in place in their own homes, using tele-health technologies for monitoring vital signs(Blood Pressure, Pulse, Blood Oxygen, and Weight). Levels of physical activity were monitored by the use of a FITBIT device with Bluetooth recording and reporting weekly.

# New Canaan Tele-Health

## Phase II 2014 Results

### (60 Seniors 65-94)

#### Objectives

#### Pre: Post Study Results

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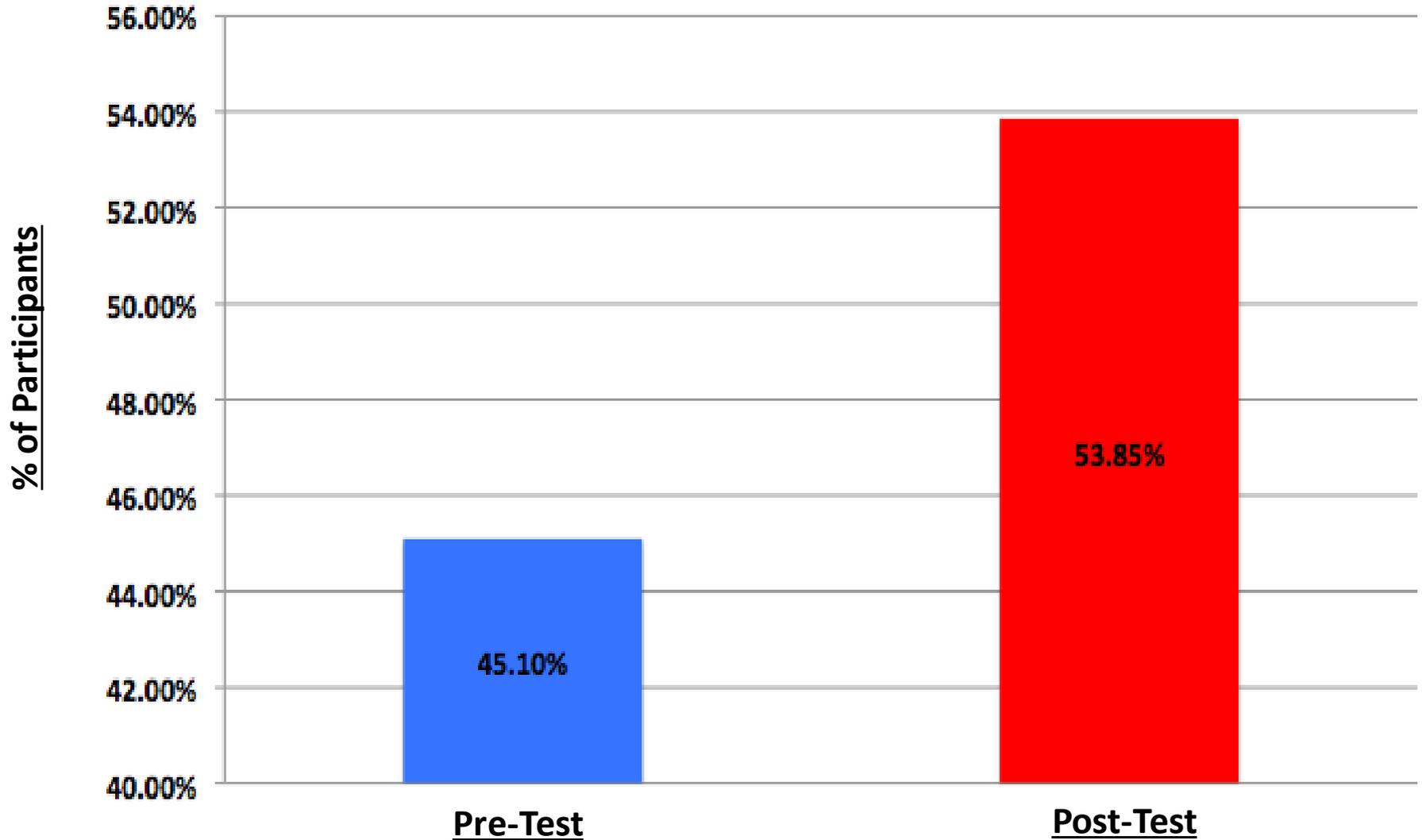
- 1) A **Healthier Senior** 18% improvement in “Very Healthy” Perception
- 2) A **Smarter Health Care Consumer** 72% Felt Smarter about their health  
100% Recommending  
86% Continuing
- 3) A **Senior Who Exercises Regularly** 6X increase of time exercising Pre: Post
- 4) A **Health Care Professional Counselor** 39% Valued Most Important Attribute
- 5) An **informed use of technology to age in place** 80%+ now use iPads/ smart phones

# New Canaan Tele-Health Pioneers-Phase II

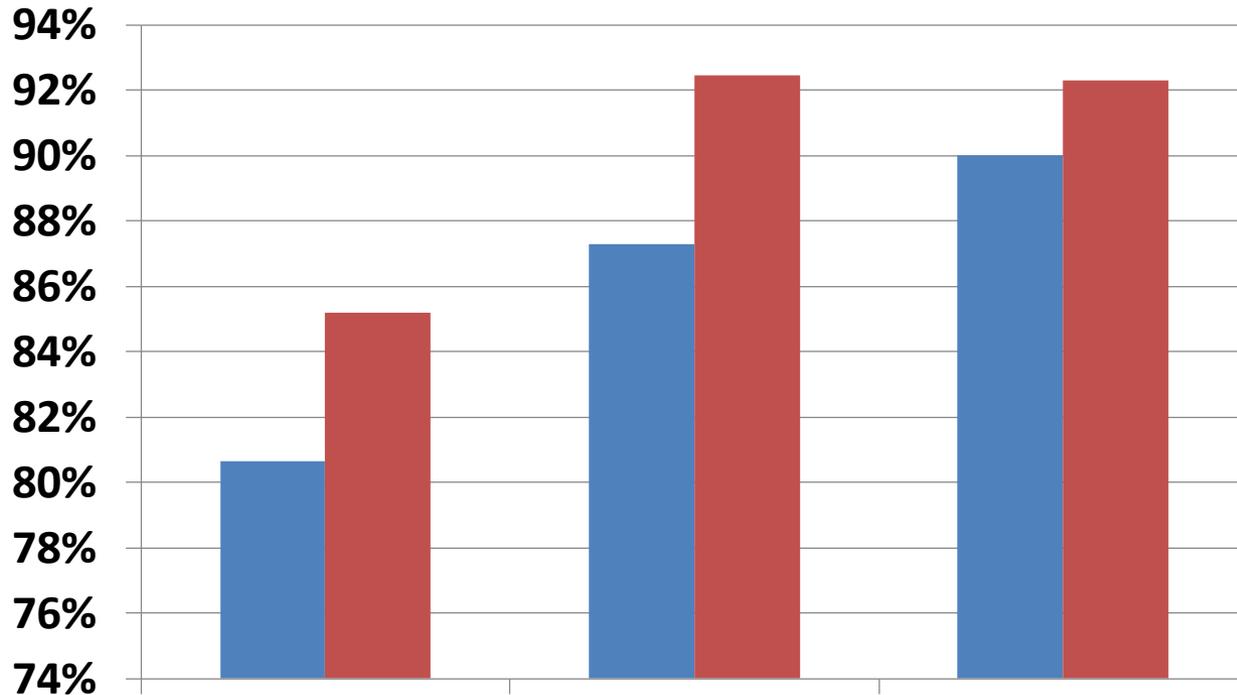
## High Lights

- **60 finished** 63 Started, (55 intend to stay)
- **103.5 Pounds Lost** (largest loss was 20 pounds)
- **Most steps walked in a week** (2 x 105,000 or 50 miles)

# In general, would you describe your health as *excellent*?



**% of Participants Responding "YES"**  
**to the Following Questions:**



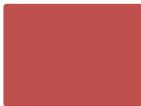
**exercising  
regularly?**

**eating a healthy  
diet?**

**dealing with  
stress in your life?**

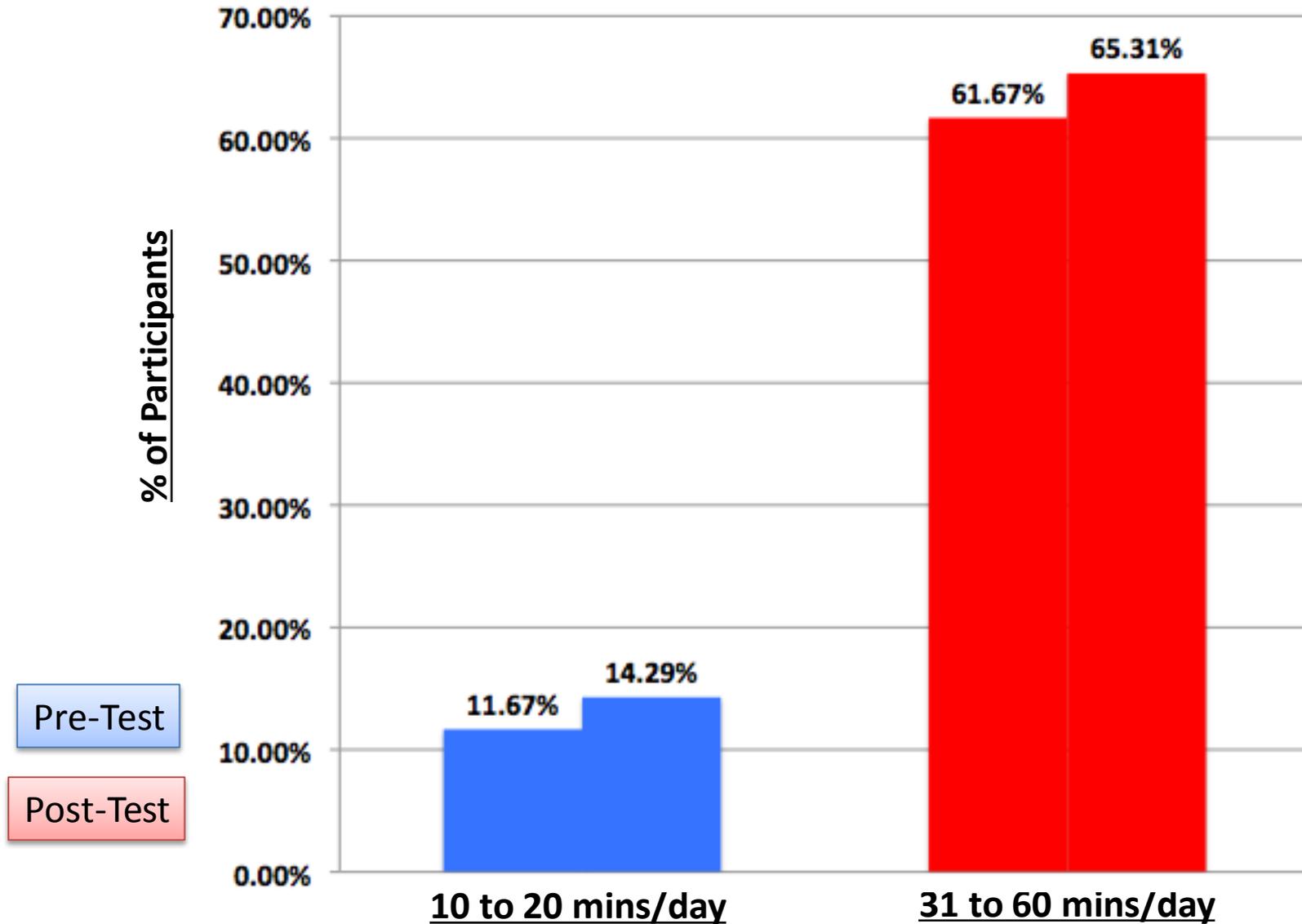


**Pre-Test**

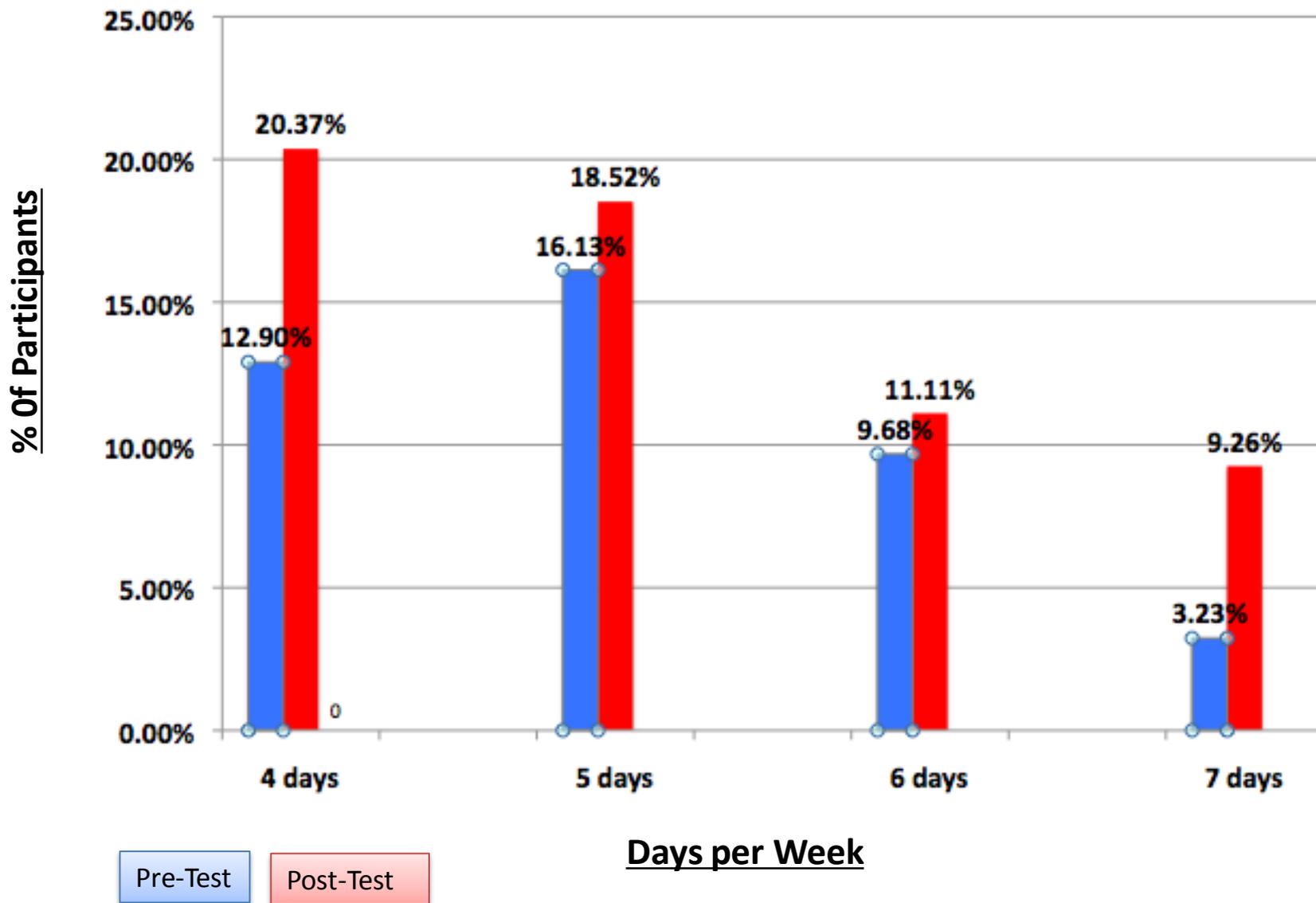


**Post-Test**

**On the days you did exercise, how many minutes did you usually exercise, on average?**

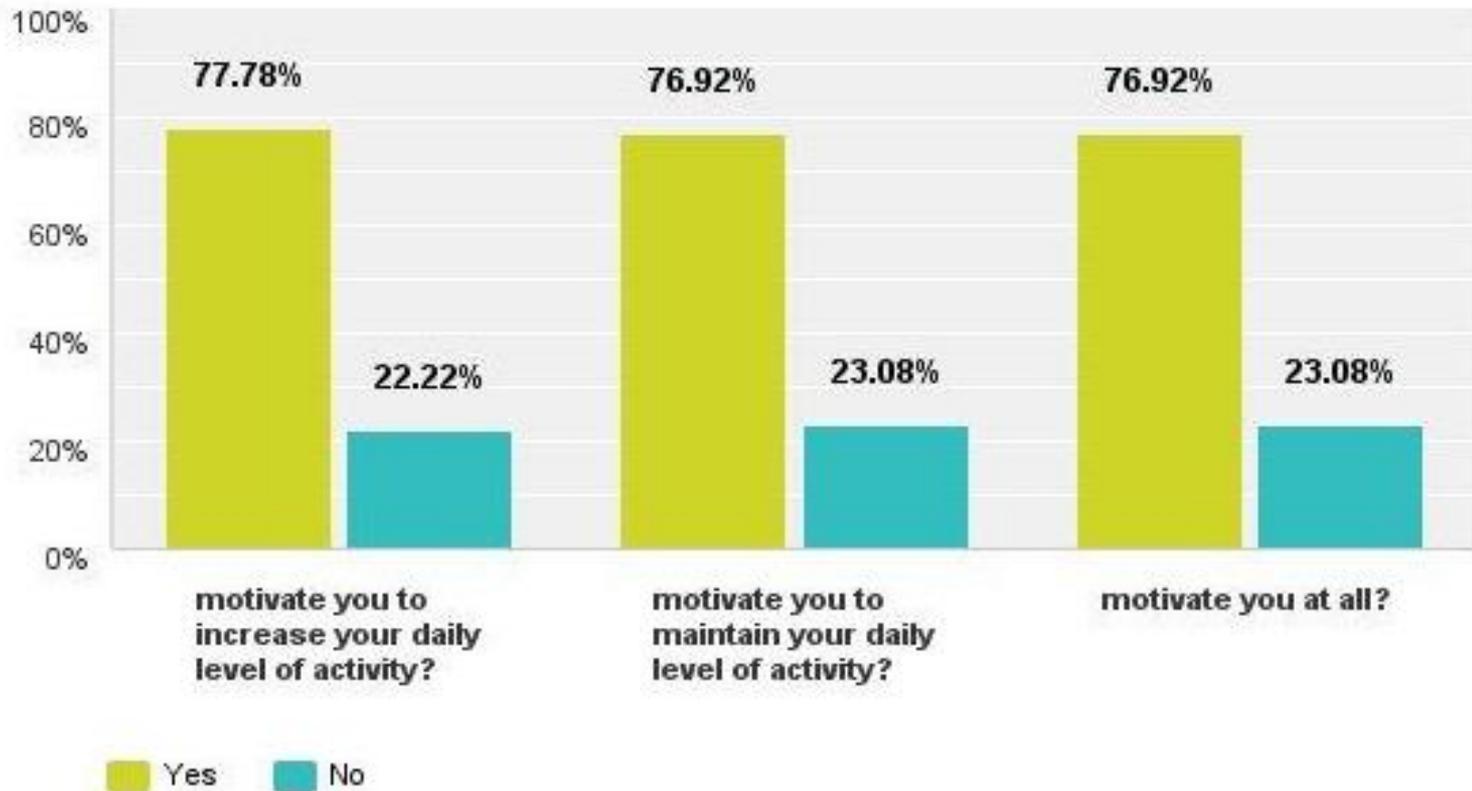


# In the last 3 months, how many days per week did you usually exercise?



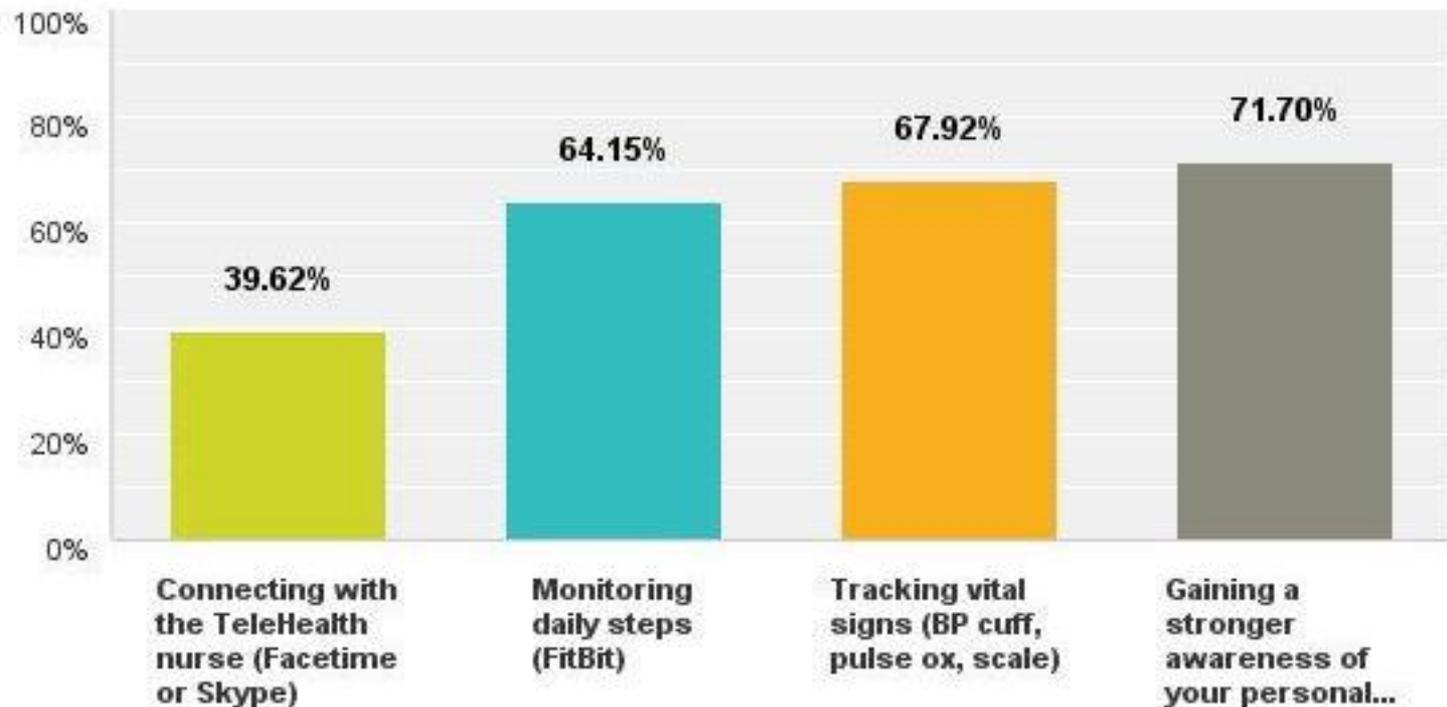
## Q47 Did the Fitbit.....

Answered: 49 Skipped: 6

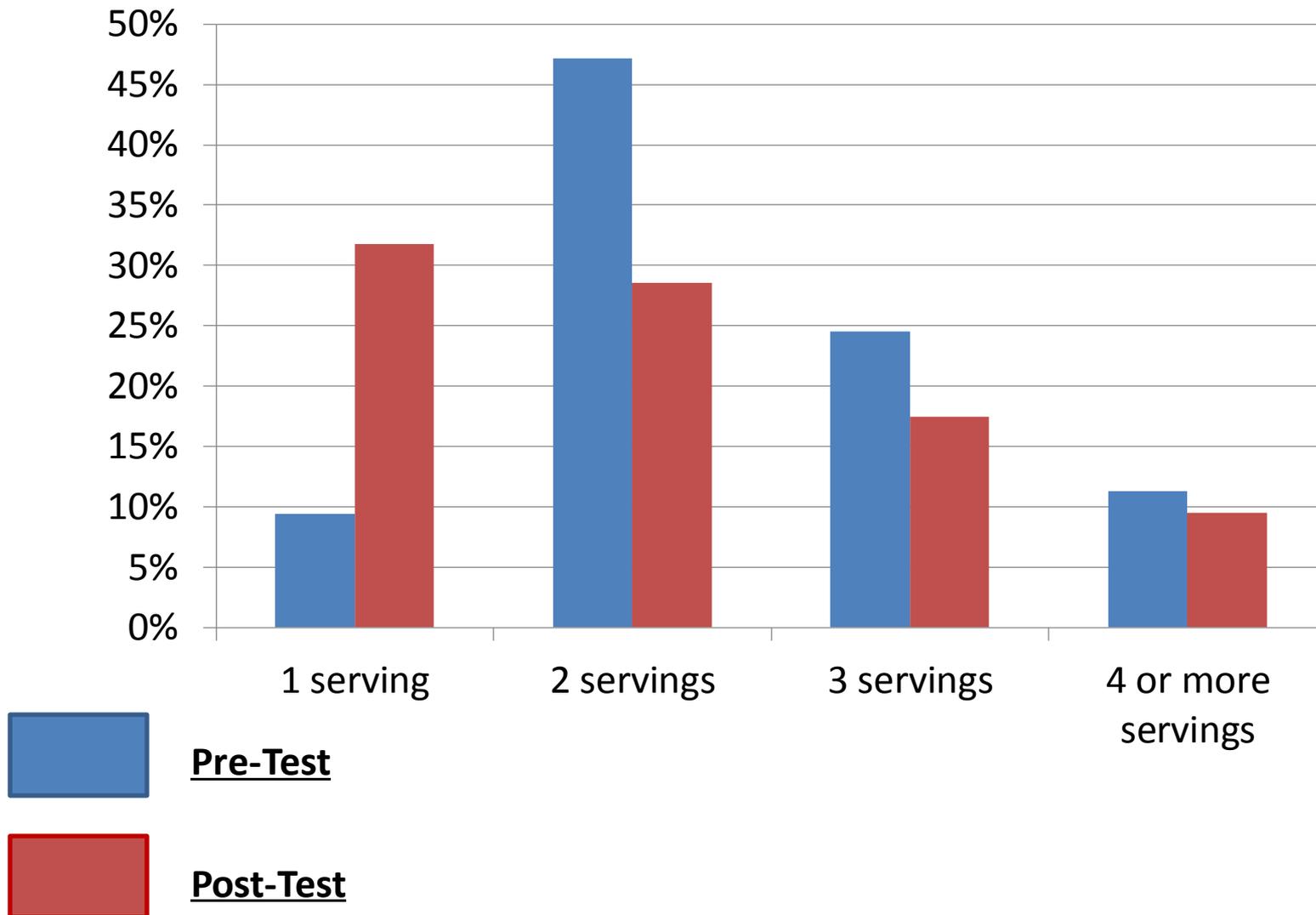


## Q46 What aspects of the program were most important to you? Check all that apply.

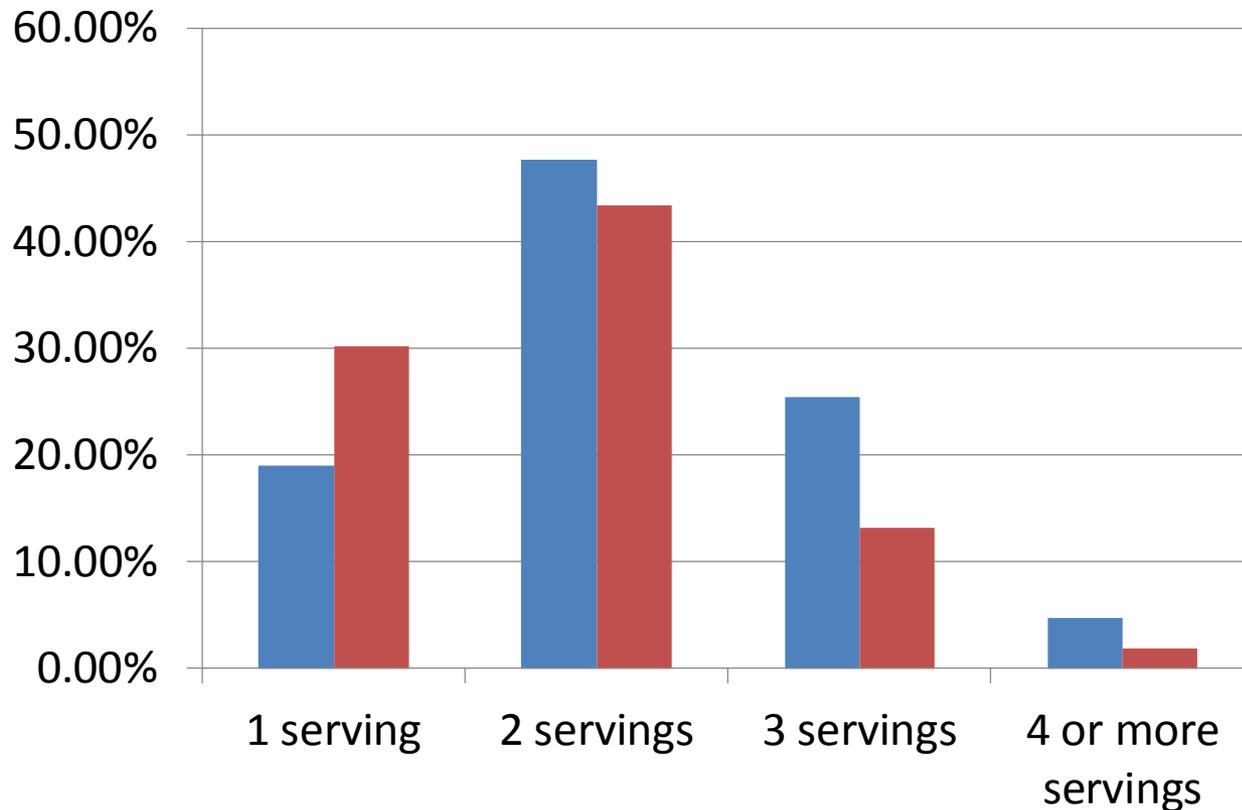
Answered: 53 Skipped: 2



# On average, how many servings of fruit do you eat each day?



# On average, how many servings of high fiber or whole grain foods do you eat each day?

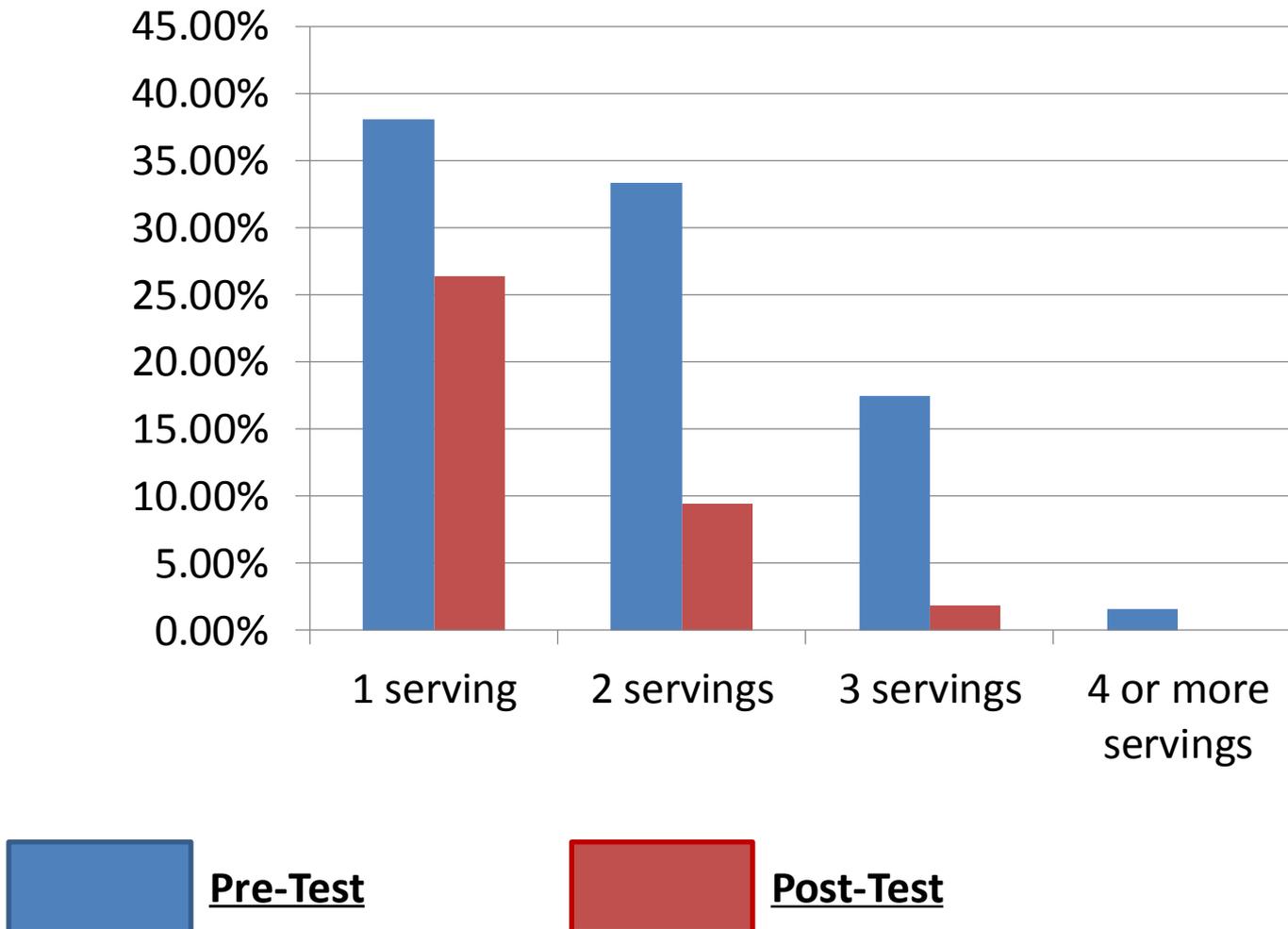


Pre-Test



Post-Test

# On average, how many servings of fried or high-fat foods do you eat each day?

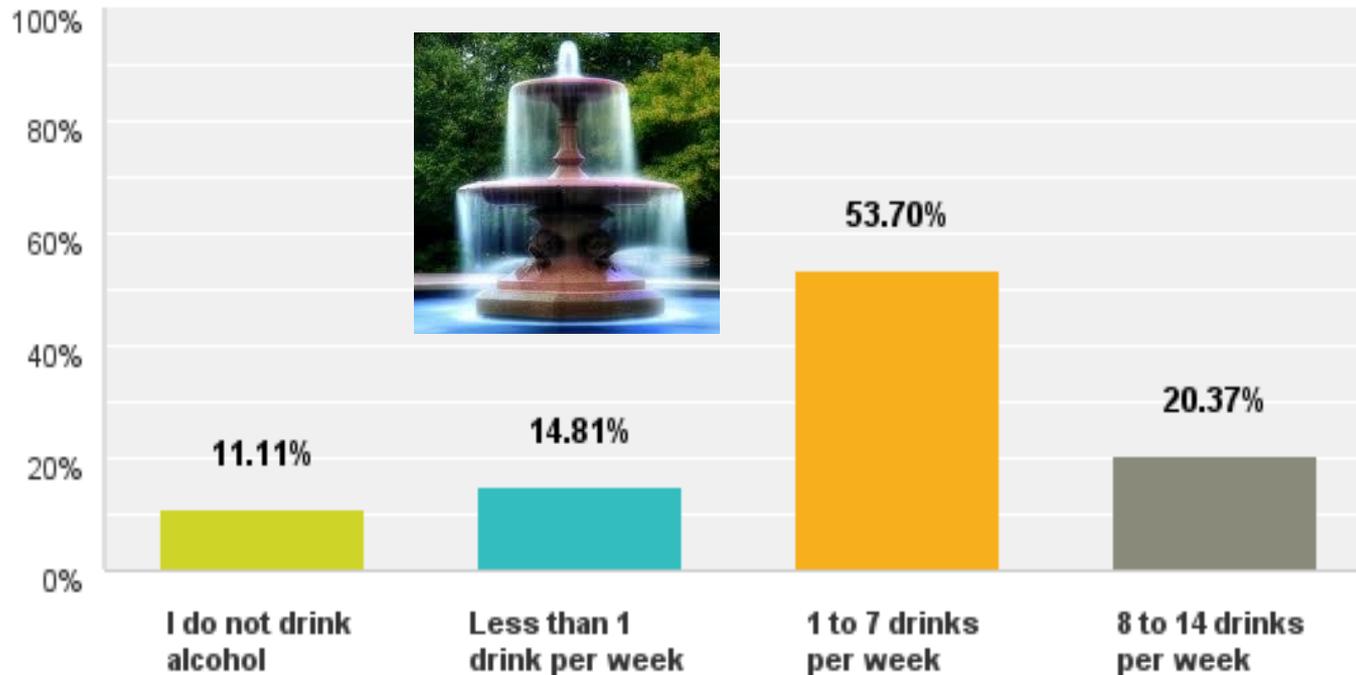


# Study discovered the Fountain of Youth for Successful Aging in New Canaan

On average, how many drinks that contain alcohol do you usually drink in a week?

“An average daily intake of 1-2 alcoholic beverages is associated with the lowest all-cause mortality and a low risk of diabetes & Chronic Heart Disease.”

*Dietary guidelines for Americans 2010 US Department of Disease Prevention & Health Promotion - USDHHS*



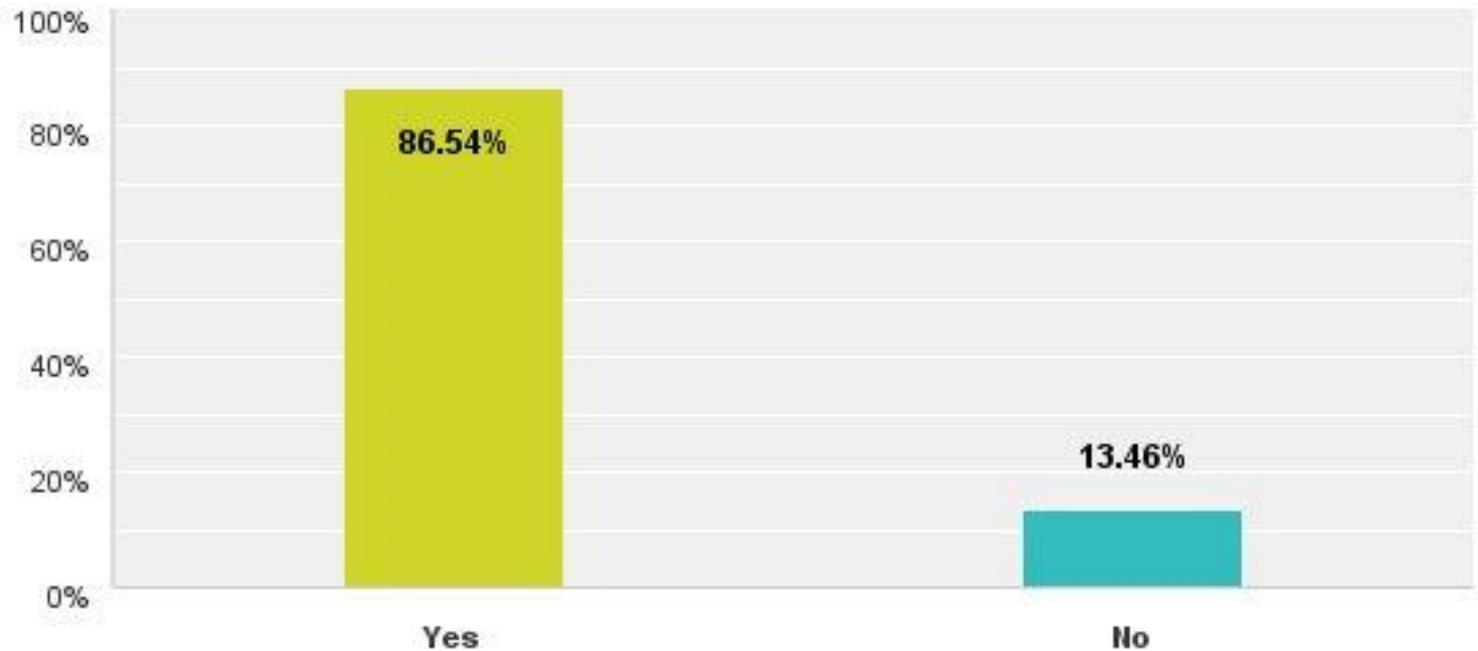
## Q44 Would you recommend the TeleHealth Program to a friend?

Answered: 52 Skipped: 3



## Q43 Do you plan to continue in the Telehealth Program?

Answered: 52 Skipped: 3



# Major Lessons LEARNED TO DATE

- 1) **Aging in place in own home** for as long as possible is a major senior goal. As a community public health goal, it can save money & improve quality.
- 2) **A Smarter Health Care Consumer** taking an active role in their own health management generates a longer and higher quality life
- 3) **Wellness programs at the community level** have the highest degree of success in achieving meaningful public health goals for senior life quality.
- 4) **The use of Tele-Health Technology** increases convenience, accuracy, and involvement. Seniors have little/ no difficulty in using the technology.
- 5) **The regular overview of a town medical professional** reviewing vital signs and activity levels is of value. Physicians see seniors primarily when there is a medical need. Wellness management is an ongoing daily task and behavior.

# Appendix

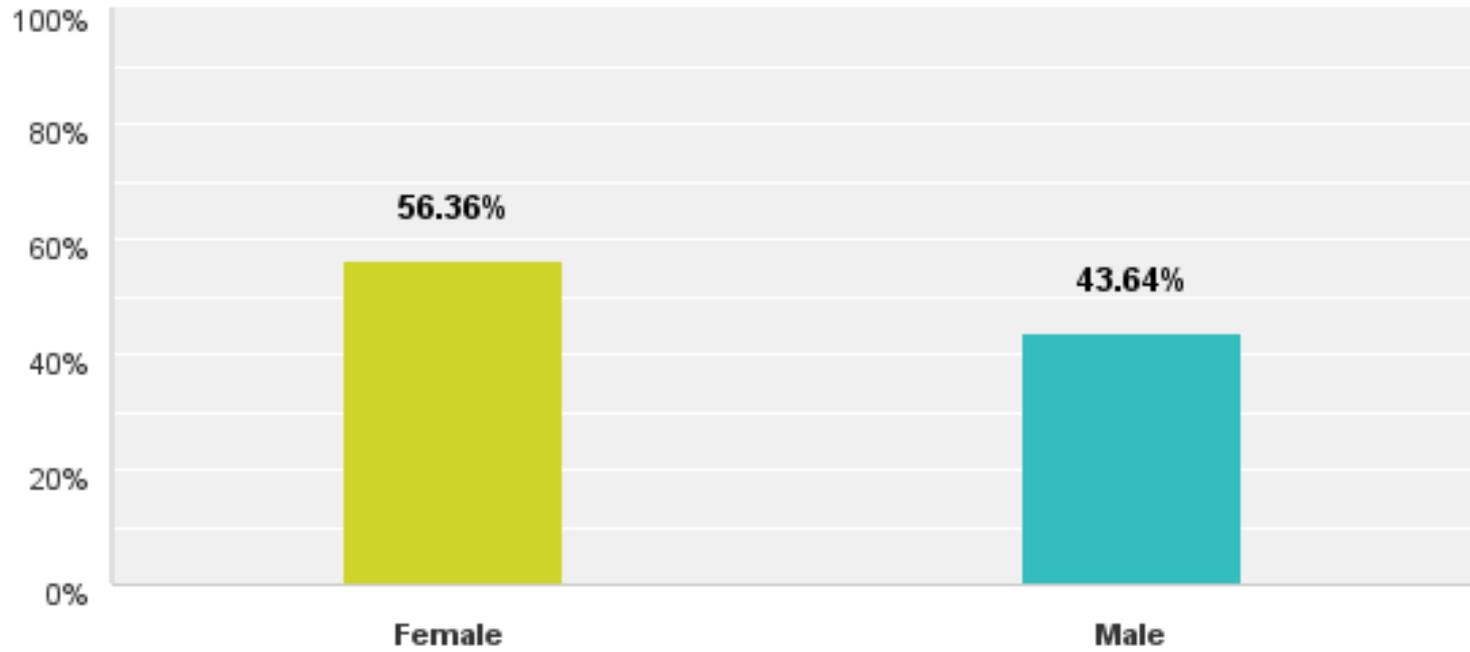
- **Age Demographics**
- **Gender**
- **Frequency of Tele-Nurse Contact**

# New Canaan Tele-Health Age Demographics 2014 Program Pre: Post Study

	<b>2010 Census <u>New Canaan</u></b>	<b>2014 Tele-Health <u>Study Completed</u></b>
<b>Total Seniors</b>	<b>2787(100%)</b> (100%)	<b>60 (100%)</b> (2.1% Sample)
<b>65-74</b>	<b>1387 (49.8%)</b>	<b>28 (46.7%)</b>
<b>75-84</b>	<b>973 (34.9%)</b>	<b>23 (38.3%)</b>
<b>85-94</b>	<b>427 (15.3%)</b>	<b>9 (15.0%)</b>

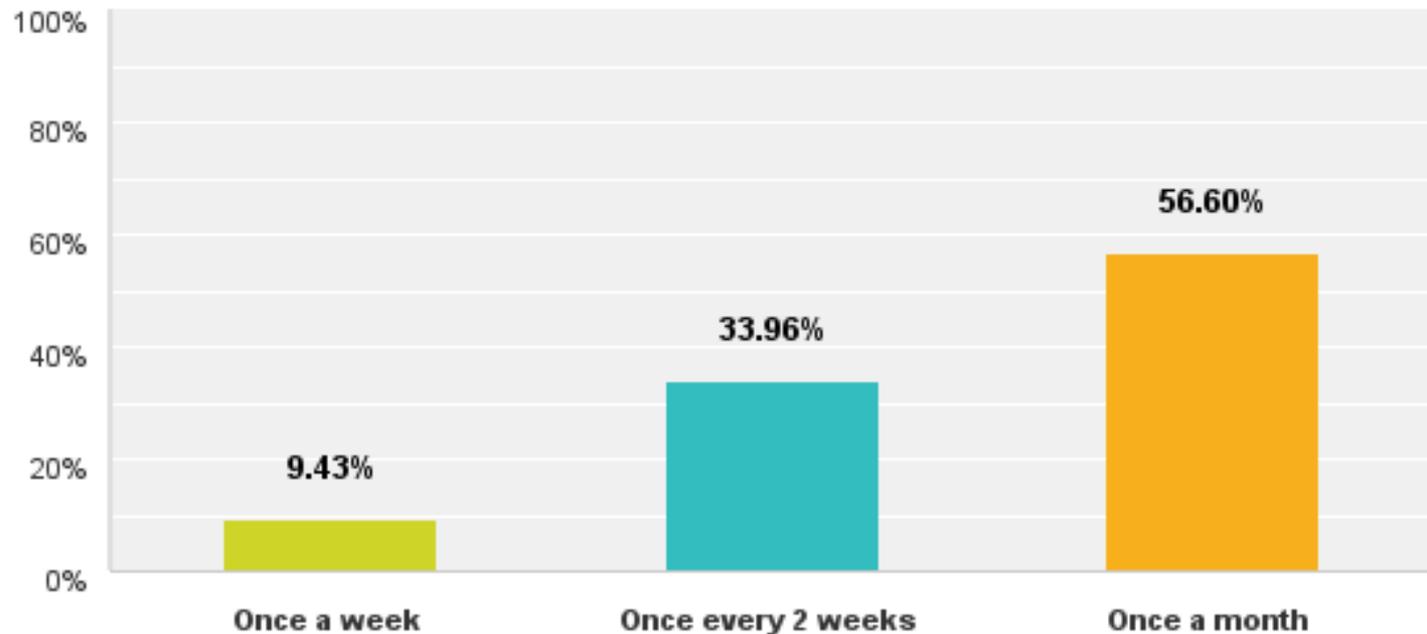
## Q2 What is your gender?

Answered: 55 Skipped: 0



## Q42 After your vital sign trends are established, how often would you recommend talking with the TeleHealth nurse?

Answered: 53 Skipped: 2



Next Steps

**2015 Program  
Summary Recommendations**

New Canaan  
Senior Tele-Health Wellness *iSTEP* Program  
2015

Welcome to *iSTEP* 2015

*Senior*

*Tele-Health*

*Enabled*

*Pioneers*

# Recommended 2015 *iSTEP* Program

- 1) Expand to 100 Participants- Statistically Viable proof of concept- Starts Jan 1, 2015
- 2) Major behavior study of options for improving wellness
- 3) Implement test of new data management program to leverage Tele-Nurse time and results
- 4) Explore more integration of area and local health care services for education and action
- 5) Explore ways to use wellness knowledge & technology programs to smarter health for all ages
- 6) Continue *iSTEP* program development as a Public: Private Partnership

**Long Term Vision: Develop the Tele-Health Wellness Program into town public health program**

# New Canaan 2015

## **iSTEP** Tele-Health Wellness Program Options

**Expand Current Program:  
to 100+ participants**

**Current Program Elements**

**Educational Program Tie-Ins:**  
(Waveny, YMCA, NC Wellness Center, SP, SMC)

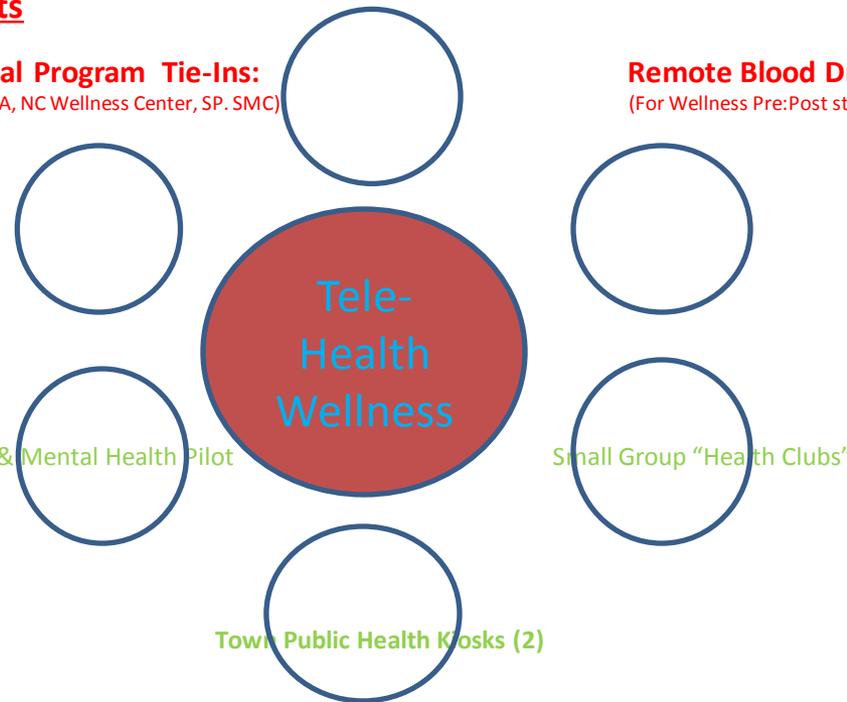
**Remote Blood Drop Testing:**  
(For Wellness Pre:Post standards: VAE, MSR, BMI, BS, CH)

**Incremental Possibilities**

Cognitive & Mental Health Pilot

Small Group "Health Clubs"

Town Public Health Kiosks (2)



# 2015 Tele-Health *iSTEP* will continue as a Public: Private Partnership

## Cost to Town (Estimated to require no new funds):

- 50% of Budgeted Public Health Nurse's time
- Supervisory time of Budgeted Department HHS Director Minimal
- Town provide 501c3 status for private funding, Held as Designated Funds

## Cost from Private Funding (Estimated at \$40K):

- Pays for vital signs and activity monitors for and addition 60 seniors
- Pays for development of proprietary software for Tele-Nurse efficiency
- Pays for a bench mark study of community seniors behavior modification & health education
- Pays for the participant support required for a successful test program

## Benefits to Town (Estimated to be Long Term Public Health Program):

- Staff Learning Curve enhanced using technology for wellness case management
- Proprietary management software donated to town Health & Human Services Department
- Healthier & Happier Seniors staying in town contributing on many levels
- All citizens benefit from awareness of Tele-Health education and other tools  
(Including 22 Benches on major walkways as part of project)
- Town will apply for national & state certification as **"OPTIMAL LIVABLE COMMUNITY"**

# New Canaan Senior Tele-Health Wellness Program

## Long Term Vision & Goals- *Draft*

### **Vision:**

**For New Canaan-** To create a more informed, optimized wellness senior health care consumer by using tele-health technology to support aging in place in their own home, supported by regular communication with Town public health professionals.

**For Connecticut-** To develop optimized aging in place in own home capability by demonstrating the power and results of community based innovation using affordable tele-health technology supported with local health care professional providing education and guidance.

### **Goals:**

- 1) Generate a more educated, more savvy health care consumer through constantly improving knowledge of their own personal health via regular remote vital signs monitoring, efficient use of medical resources and developing a robust health knowledge base.
- 2) Create a healthier, more active senior through regular physical and mental exercise programs to better maintain health and happiness seeking to extend quality of life by aging in place in their own home.
- 3) Educate the senior community and the community by demonstrating the actions and benefits of healthy living, maintaining a maximum activity level and contributing to the betterment of the community. Develop a new knowledge of personal vital signs that can help identify early potential medical problems and help manage around major risk using technology plus public health.
- 4) Development of community based actions that seek to improve general senior health and well being and help to contain personal and public health care costs adapting and using available , affordable personal portable computing technology.
- 5) Seek to develop the New Canaan tele-health program asset as part of a demonstration of the Optimal Livable Community model as a state and national model.

END