Municipal Data Across Sectors for Health (M-DASH)
South Portland Task Force on Healthy Aging
March-October, 2020

Jess Maurer, Executive Director

Ted Rooney, Community Member

Challenge

Oldest and most rural state in the country.

Maine has 9 cities with more than 25,000 people.

44% of Mainers live in towns with fewer than 5,000.

72% of *older* Mainers live in towns with no transportation systems.

A third of 65+ live only on Social Security, with an average income of <$16,000.

When things go bad, older residents look to the town for help – the town is a trusted source.

Pathway Forward

The 2018 Maine Blueprint for Action on Healthy Aging identifies the need to “build an integrated system of formal and informal supports and care that prioritizes low cost/high value interventions and that builds across all systems – volunteer community efforts, municipal services, social services, and health care.”

One recommendation from the Blueprint is to "enhance community level supports and services which support healthy, engaged and secure aging in a multitude of ways." The Blueprint recommends helping municipal leaders leverage their investments to influence the quality and number of services available to people in the community.

Question

Can municipal officials, with proper data and support, collaborate with health systems, social service providers, payers, and volunteer groups to improve access to health and social health services for older residents?

Hypothesis: A strong municipality that is making decisions based on data will be ready to partner with health systems, community based providers and public health to address health inequities and unmet needs.

Initial 2019 Municipal Task Force on Healthy Aging Recommendations

February to October, 2019

- A data dashboard to help municipalities use objective data to help understand the unmet needs of their older residents
- A guide to what actions a municipality and/or their partners could take to help address those unmet needs
- Beginnings of an education program to help educate and motivate others to take action.

DASH - Municipal Govt & Older Adults Leading March-October 2020 - *Virtual*

Municipality

- Manager/ Administrator
- Selectperson/ Councilor
- Planner
- Fire-Rescue
- Housing
- Food Cupboard
- Etc.

- Lifelong community members/citizens

Core Partners

- Area Agency on Aging
- Community Action Program
- Local transportation provider
- HealthInfoNet
- Health Care
  - Health system rep
  - FQHC
- Medicare Advantage Plans
- Office of Aging and Disability (State)
- Public Health
- Dept. of Transportation
- Councils of Governments

Project Deliverables

Deliverable 1:

- Development of a process for local multi-stakeholder involvement in developing and using a municipal dashboard

Deliverable 2:

- Development of a prototype municipal data dashboard design for unmet needs of older adults in a community, in concert with our HIE and other partners.

Deliverable 3:

- By the end of the initiative, identify data sharing lessons that are being learned about meeting the needs of older adults in response to the Covid-19 challenge.

Demographics

South Portland Data—An Emerging Picture

Demographics (South Portland)	South Portland		Cumberland County	Maine	Notes
	#	%			
Population Ages (Table S0101, C21007 2014-2018 ACS, 5-year estimates)					
Total Population	25,515	NA	293,557	1,338,404	
Under 18	4,595	18.0%	19.4%	19.1%	South Portland has a healthy mix of older and younger residents.
18-64	16,757	65.7%	63.8%	61.5%	
65+	4,163	16.3%	16.8%	19.4%	
Median Age	41.5	NA	42.1	44.6	Neighborhood variation, see map one in slide deck
Older Adults					
50-59 year old	3,894	15.3%	15.60%	15.7%	South Portland is not getting younger—note the 50-59 age category.
60-69 year old	3,170	12.4%	12.50%	14.3%	
70-79 year old	1,568	6.2%	6.70%	7.9%	
80 and older	955	3.7%	4.30%	4.7%	
Veterans, 65+	864	20.7%	19.4%	22.0%	Need: Education to make sure they access benefits.
Income Descriptive (Table DP03, Table B19037, B27007, B23004 2013-2017 ACS, Five-Year Estimates)					

Economic Security, Housing…..

Elder Economic Security Index—Cumberland County (reference: https://elderindex.org/)					
	65+, living alone in rental		65+ couple, own, no mort.		
Housing (utility, tax, insurance)	$1030	$809	$640	$532	
Food	$257	$257	$471	$471	
Transportation	$299	$316	$461	$486	
Health Care (good health)	$369	$394	$738	$788	See slide 3 of slide deck for economic security by neighborhood
Miscellaneous	$313	$300	$462	$455	
Total Costs Per month	$2268	$2076	$2772	$2732	
Housing Descriptive (Table B07001, B09020, B25007, B25027, B25072, B25126, S0102, S2507, ACS 2013-2017 5-year est.)					
65+ own home	1839	72.3%	77.5%	79.3%	
60+, Median home value	$240,463	NA	$261,400	$182,700	Property tax: 4,592.84/yr
65+ own home--mortgage	631	34.3%	42.6%	34.7%	
65+ own home--no mortgage	1208	65.7%	57.4%	65.3%	
65+ renting	703	27.7%	22.5%	20.7%	
Local Data					
ADU permit approvals	88 since 2004				SoPo Planning Dept. Data

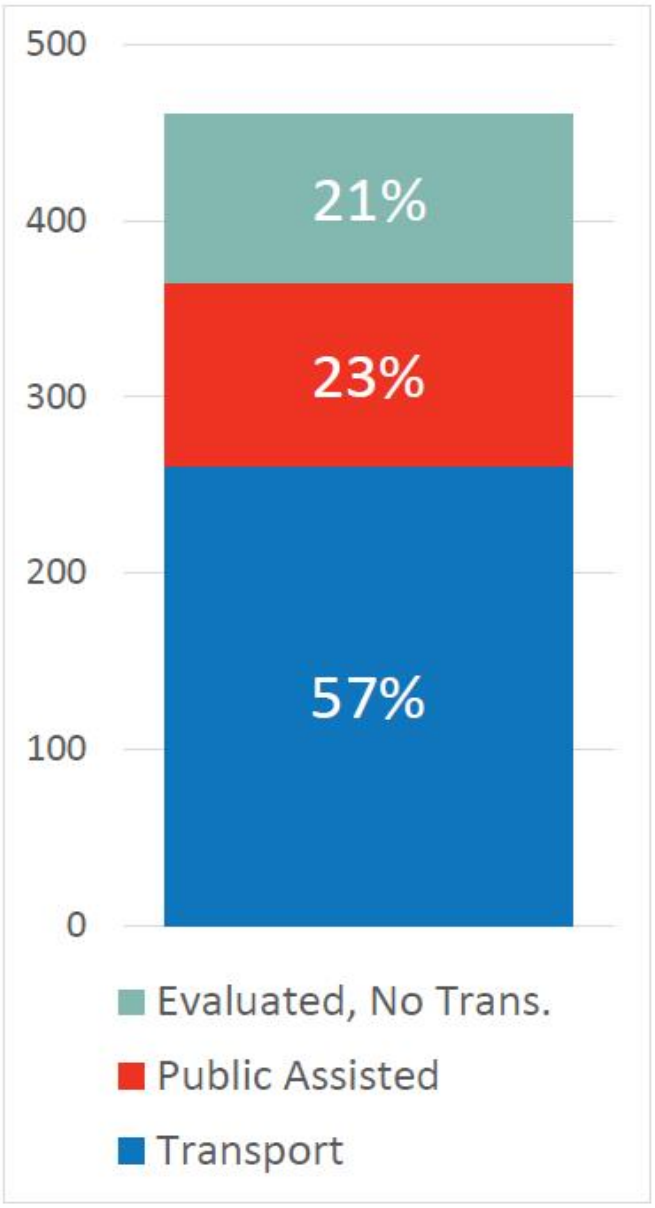
Housing Affordability

Demographics	South Portland #	South Portland %	Cumberland County	Maine	NOTES
Housing Affordability					
65+, Owner Occupied Housing, spending 30% or more on housing	577	31.4%	30.8%	26.5%	Home owners struggling to pay bills. Unmet need for home repair, maintenance, modification programs
65+ Rental Expenses, 30% or more of household income	408	61.8%	59.4%	53.4%	
Subsidized housing Units, 65+	573 units, 481 sub.	14 units per 100 older hhld	HUD data—This is a healthy number of units. Public and Affordable Housing Research Corporation and the National Low Income Housing Coalition's 2015 National Housing Preservation Database; U.S. Housing and Urban Development (HUD) Public Housing Buildings Database, http://www.preservationdatabase.org/;		
Waiting List for Subsidized Housing			Data from South Portland Housing		
Note: Walk Score (https://www.walkscore.com/score/) measures walkability based on the distance to nearby places and pedestrian friendliness. The overall Walk Score for South Portland is 41, which means most errands require a car.					
Housing Condition					
65+ hhld, Age of home, 30+ years (owner or renter occ)	2307	38.9%	69.4%	86.3%	Age-Friendly SoPo survey: snow removal: 62% Home maint: 27% Home repair: 24%
65+ hhld, Age of home, 50+ years (owner or renter occ)	1701	28.7%	59.4%	61.6%	

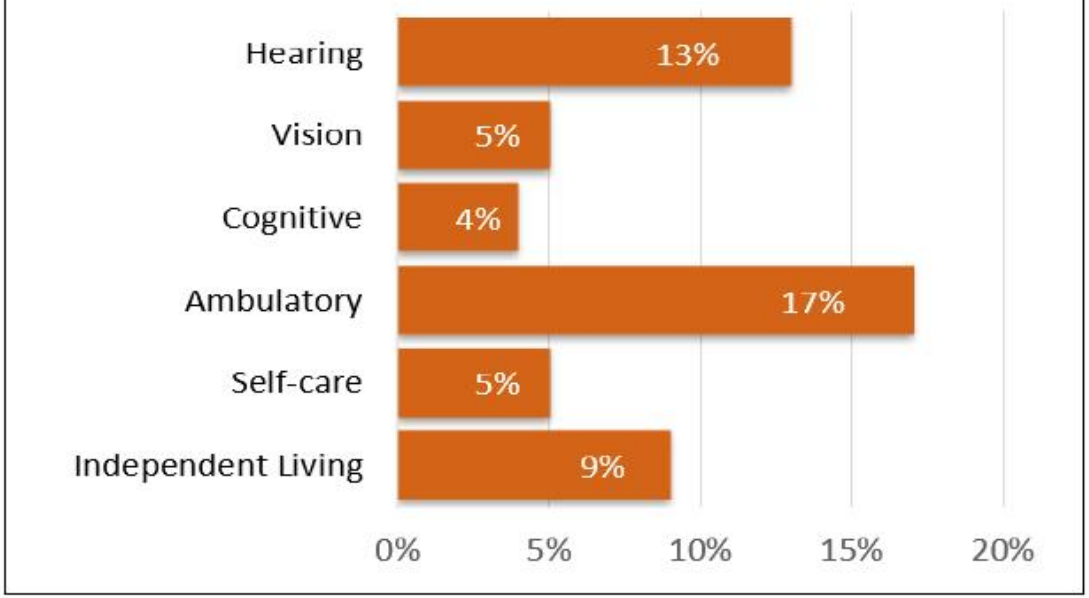
Deep Dives

- Municipality Chose 4 Areas
  - Falls Prevention
  - Food Security
  - Housing
  - Transportation
- All Connected

South Portland, EMS Calls for Falls, 2019 (n=461)



Percentage of South Portland Residents, 65+ who experience the following disabilities



Walkability of Housing for Older Adults (overall walk score: 41)

M-DASH Action Planning Tool

General Topic (e.g. food/falls/transportation/housing, etc.): **Falls**

Broad Goal: Reduce falls by residents over 65

Specific Objectives, in order of priority (e.g. create way to share information about people who have fallen, design intervention to address reason for fall, host more evidence-based falls prevention classes):

1. Create referral system to refer people who have fallen to address the cause
2. Understand why people fall and fall prevalence (specific to 65-74, 75-84, 85+ over)
3. Public learns prevention strategies to avoid falls
4. Increase opportunities for people to participate in evidence based classes & other exercise
5. ?Improve safety of walkways, particularly in winter

Key *Municipal Staff* to involve in the project (for instance, General assistance Public Safety, public health committee, age-friendly committee, Town clerk, Recreation, Planning, Code Enforcement/Health Officer, etc.):

Key *Local Partners* with subject matter connection to involve in the project (for instance, public housing authority, regional transportation provider, local food pantry, library, etc)

Key *Healthcare & Social Services Partners* to involve in the project (for instance, FQHC, Primary Care practices, Area Agency on Aging, CAP, health system, etc)

General Questions:

Do we have sufficient baseline data? If not, what additional data do we want to collect?

How will we know we've been successful?

What's already in place that's working in the community?

What do we need to learn to create an action plan to meet our objectives?

What models exist that we can learn from?

Emerging Opportunity

Will use South Portland's initiative to begin to build use cases for real-time information sharing related to falls between EMS, CBOs and healthcare providers through HIE.

Begins to help create workflows and use cases that can help inform the creation of a CIE.

Phase Two

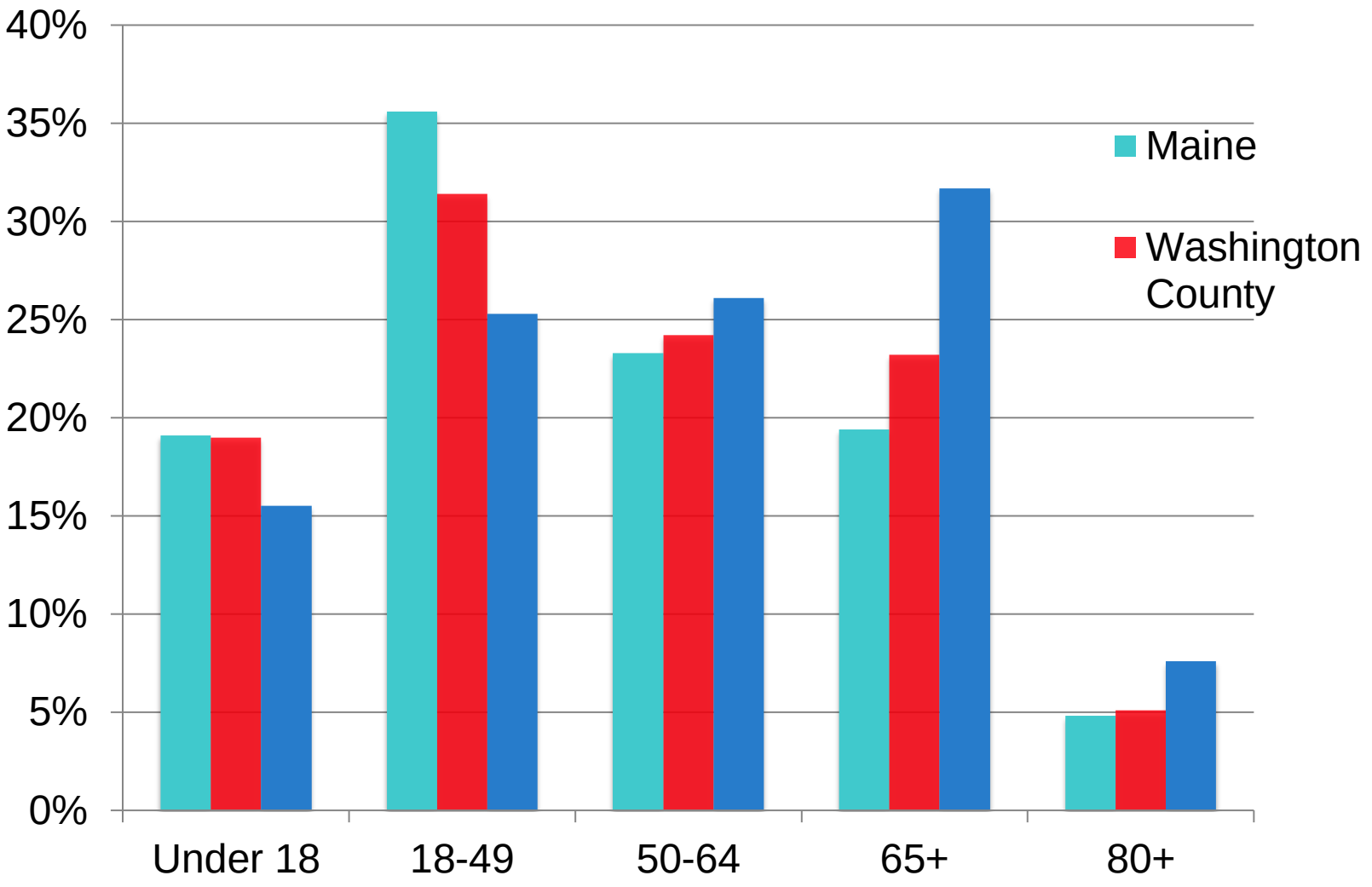
Three new communities have been added to the pilot.

- South Portland (pop. 25,600) – now in planning phase
- Gray (pop. 7,700)
- Hallowell (pop. 2,400)
- Eastport (pop. 1,300)

After creating of the data dashboard for each community, will work with stakeholder group to develop scalable solutions.

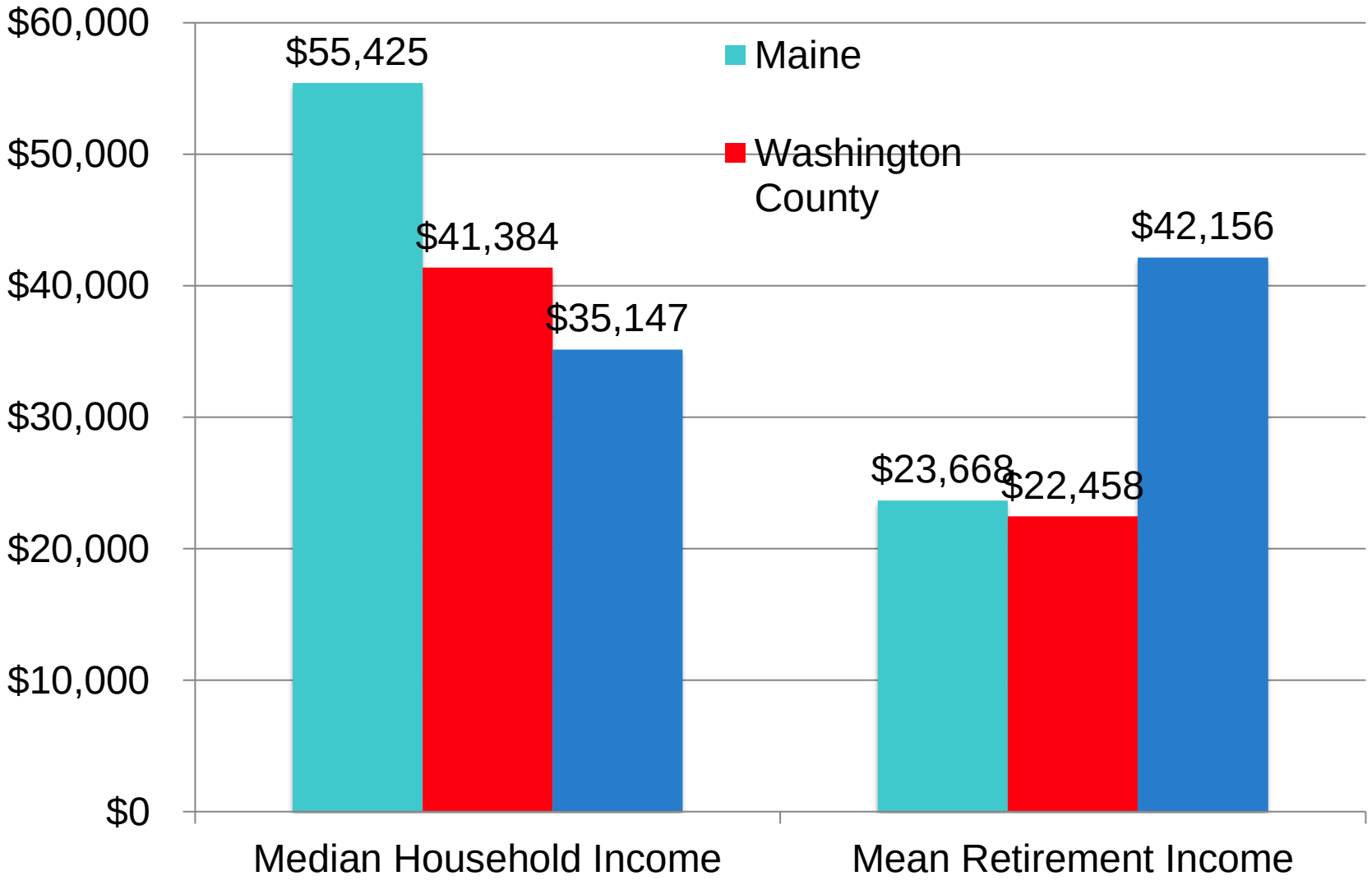
MAINE COUNCIL ON AGING

Sneak Peak Forward - Eastport



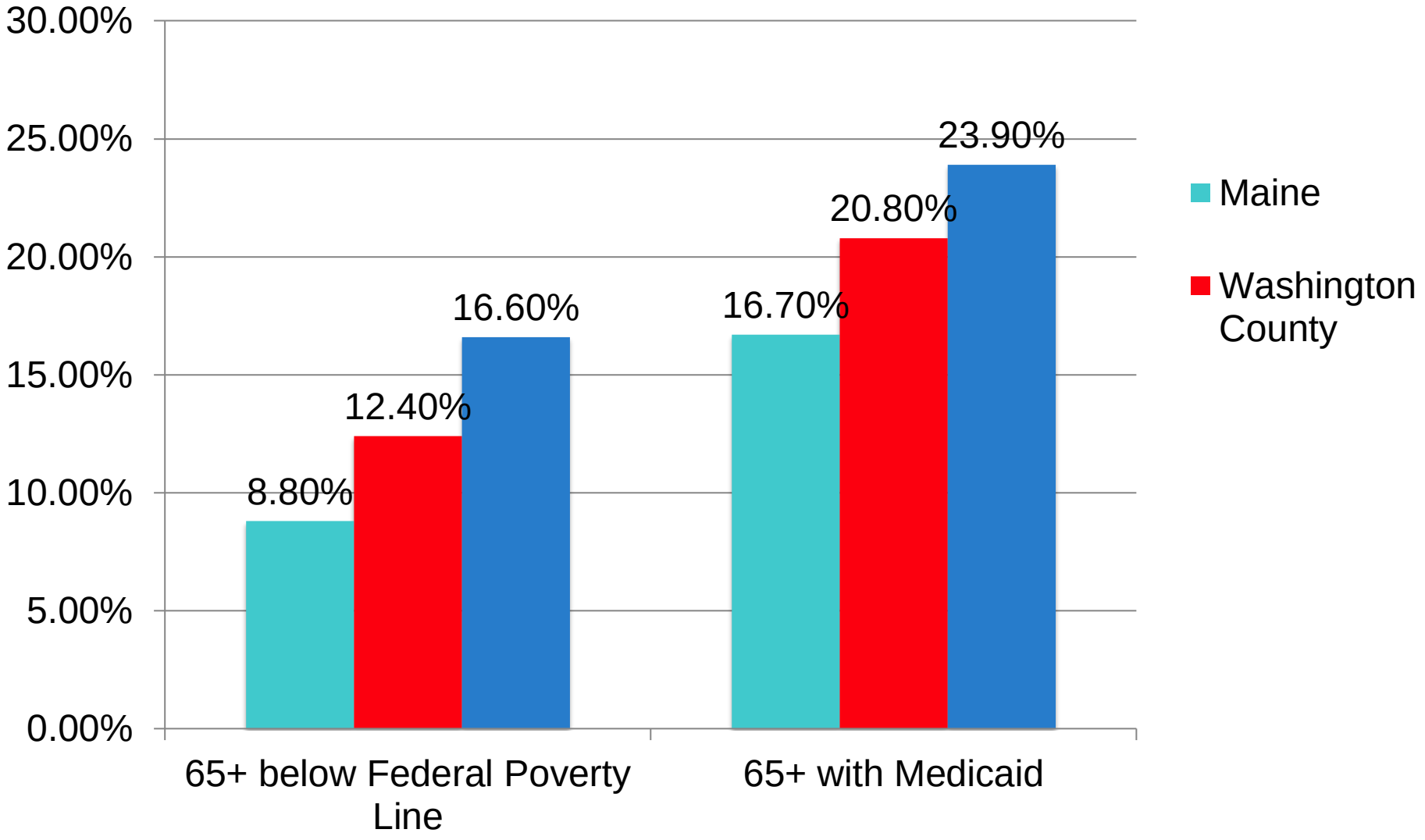
MAINE COUNCIL ON AGING

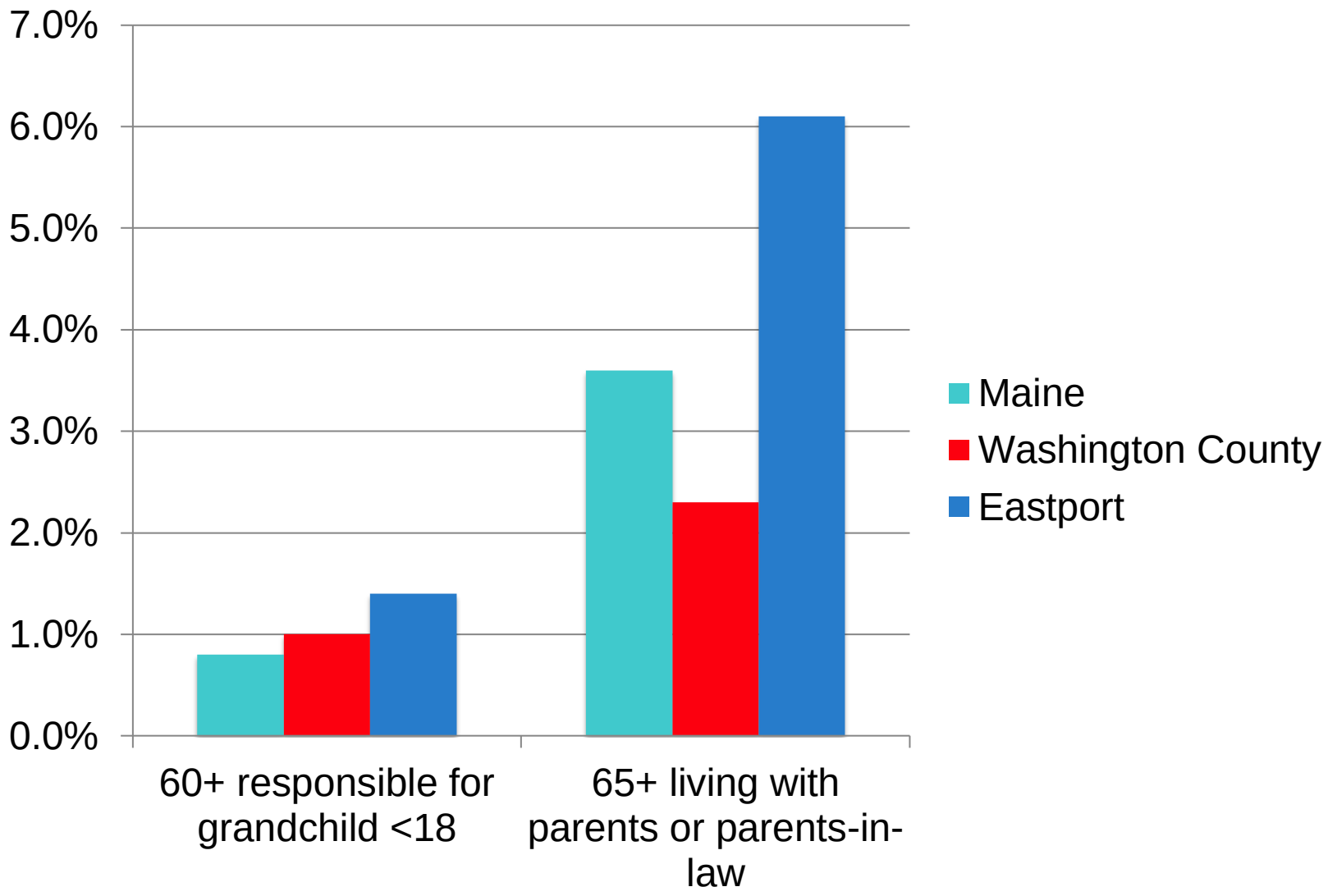
Income and Economic Security



MAINE COUNCIL ON AGING

Income and Economic Security



MAINE COUNCIL ON AGING

Unique about Eastport