

Brief Introduction to the National Health and Aging Trends Study (NHATS)

Donovan T. Maust, MD, MS
University of Michigan

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Support

This work was supported by National Institute on Aging of the National Institutes of Health (award No. P30 AG066582).

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Outline

- What is NHATS?
- How do you identify dementia in NHATS?
- Example papers
- Where do you find the data?



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National Health & Aging Trends Study (NHATS)

- NIA-funded, nationally representative sample of Medicare beneficiaries ≥ 65 years of age
- “Annual, in-person interviews collect detailed information on the disablement process and its consequences.”
- Started in 2011



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What's in it?

- A lot.
 - Physical / cognitive / functional capacity
 - Assistance to help with daily activities
 - Technological environment
 - Living arrangements
 - Economic status
 - Last month of life interview administered to informants of respondents who die between rounds



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Physical / cognitive / functional capacity

- Functional capacity
 - Mobility (e.g., going outside of one's home)
 - Self-care (e.g., eating)
 - Household Activities (e.g., doing laundry or shopping)
 - Medical care activities (e.g., handle prescription medications)



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Assistance to help with daily activities

- People?
- Devices?
- Home modifications?



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Technological environment

- Cell phone?
- Computer?
- Use tech to do tasks like shopping, bill paying, contact medical providers



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Living arrangements

- Type of residence
- Features of home environment, incl environmental modifications (e.g., shower grab bar)
- Household information incl spouse/partner, who lives with respondent



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Economic status

- Insurance plans
- Labor force participation
- Home ownership
- Income and assets
- Car ownership
- Economic well-being



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- respondents who die between

Last month of life

- Whether respondent experienced pain, breathing troubles, anxiety/sadness
- Surrogate input into decisions re: care/treatment, whether respondent's personal care needs were met
- Interaction with doctors and medical professionals, including attention to religious beliefs.



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NHATS Add-ons:

- Medicare claims
 - As part of consent, respondents agree to Medicare linkage
- NSOC (National Study of Caregiving)
 - A survey of caregivers of NHATS respondents, where respondents indicated receiving help on mobility, self-care, or household activities



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How is dementia identified?

- Probable dementia based on 3 data pieces:
 - *Cognitive instruments:*
memory, orientation, name of POTUS/VP
 - *Self- (or proxy-) report* of doctor's diagnosis
 - *AD8* administered to proxy respondent, e.g.:
 - Difficulty remember the month or year?
 - Repeating questions, stories, or statements?
 - Difficulty remembering appointments?
 - Technical paper + stata code available here:
<https://nhats.org/researcher/nhats/methods-documentation?id=technical-papers>



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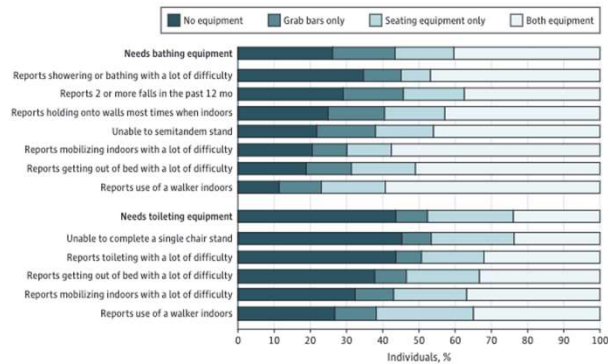
NHATS

Unmet Need for Equipment to Help With Bathing and Toileting Among Older US Adults

Kenneth Lam, MD; Ying Shi, PhD; John Boscardin, PhD; Kenneth E. Covinsky, MD, MPH

JAMA Intern Med. doi:10.1001/jamainternmed.2021.0204
Published online March 22, 2021.

Figure 1. National Estimates of Equipment Presence Among Individuals in Need of Bathing or Toileting Equipment in the US, 2015



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NHATS + NSOC

DOI: 10.1377/hlthaff.2015.0536
HEALTH AFFAIRS 34,
NO. 10 (2015): 1642-1649
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The People-to-People Health
Foundation, Inc.

By Judith D. Kasper, Vicki A. Freedman, Brenda C. Spillman, and Jennifer L. Wolff

The Disproportionate Impact Of Dementia On Family And Unpaid Caregiving To Older Adults

EXHIBIT 1

Assistance With Activities Received By Adults Ages Sixty-Five And Older Not Residing In A Nursing Home, By Dementia Status, 2011

	Dementia	No dementia	All
ALL OLDER ADULTS			
Number (millions)	3.6	33.4	37.0
Percent	9.7%	90.3%	100.0%
Type of assistance			
Any self-care activities	53.1%	10.7%***	14.9%
Any household activities	73.9	17.0***	22.7
Self-care or household activities	77.2	20.3***	26.1
OLDER ADULTS RECEIVING HELP			
Number (millions)	2.8	6.9	9.7
Percent	28.9%	71.1%	100.0%
Level of assistance for people receiving help			
3 or more self-care activities	39.8%	14.4%***	22.0%
1-2 self-care activities	29.0	38.0	35.4
Household activities only	31.2	47.5	42.7

EXHIBIT 4

Hours Of Assistance Per Month From Family And Unpaid Caregivers To Adults Ages Sixty-Five And Older Not Residing In A Nursing Home, By Dementia Status, 2011

	Total hours		Mean hours per caregiver	
	Dementia	No dementia	Dementia	No dementia
Caregiving hours	40.9%	59.1%	91.7	67.5***
Relationship of caregiver				
Spouse	24.6	34.5	145.1	97.6*
Daughter	38.9	25.3	101.7	65.0***
Son	17.0	15.8	80.4	59.2*
Other family and unpaid	19.5	24.4	59.6	51.9
Caregiver lives with recipient				
Yes	66.7	65.8	142.6	96.5***
No	33.3	34.2	53.5	42.9
Caregiver assists someone living in:				
Community	91.5	95.0	101.6	73.2***
Residential care	8.5	5.0	44.6	27.3

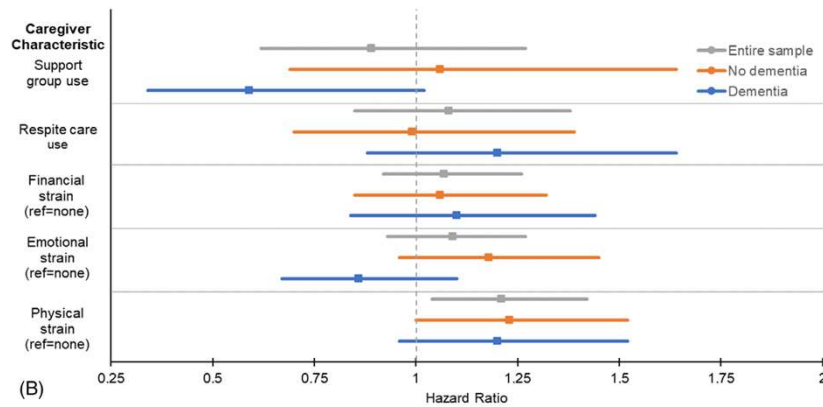


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NHATS + Medicare

Do Caregiving Factors Affect Hospitalization Risk Among Disabled Older Adults?

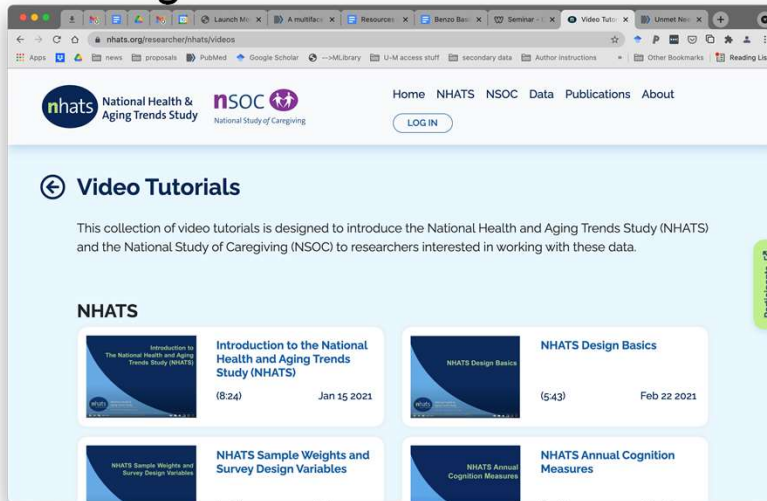
Halima Amjad, MD, MPH,*† John Mulcahy, MSPH,§§ Judith D. Kasper, PhD,§§
Julia Burgdorf, PhD,§§ David L. Roth, PhD,*† Ken Covinsky, MD, MPH,¶ and
Jennifer L. Wolff, PhD*§§ DOI: 10.1111/jgs.16817



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Go to the source:

<https://nhats.org/researcher/nhats/videos>



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<https://capra.med.umich.edu/>



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Thanks.

