

SCI Life Long Outcomes Results 2018

1. **General overall health:** 50% rated health as good (improved from last survey of 42%) , 20% rated as fair, 30% rated as poor. Previous survey rated fair as 26% and poor as 11%.
2. **Satisfaction with life:** 70% rated as satisfied (down from 74% last year), 30% rated as dissatisfied with no ratings of very dissatisfied.
3. **Needed emotional support:** 30% indicated they always receive the needed emotional support (improved over last year with only 16% for this indicator), 40% usually, 10% sometimes and 20% rarely.
4. **Hospitalizations in the last year:** 80% indicated no hospitalizations in the past year, 10% indicated 1 hospitalization, 10% rated 2 hospitalizations. This was an improvement over last year with 53% rating no hospitalizations, and 16% rating 4 hospitalizations.
5. **Weight change in the last year:** 30% indicated weight gain of more than 10 pounds, 30% lost more than 10 pounds and 40% reported no weight change. Last year: 16% reported more than 10 pounds gained, 11% weight loss, and 74% reported no change in weight.
6. **Diet:** 60% reported eating a healthy, balanced diet, 30% sometimes and 10% not at all. Last year, 63% yes, 37% sometimes, and no one indicated that they never eat a healthy diet.
7. **Participation in activities other than regular job or daily activities, such as running, wheelchair biking, yoga, golf, gardening or walking/wheeling for exercise:** 70% indicated yes and 30% indicated no. Last year, 63% yes and 37% no. Slight improvement noted.
8. **Smoking cigarettes every day, some days or not at all:** 10% everyday, 90% not at all. Last year, 11% yes and 89% not at all.
9. **Use of chewing tobacco, snuff:** 100% not at all, 9% don't know/not sure. Last year 95% not at all, 5% don't know/not sure.
10. **Use of alcohol in the past 30 days:** 50% no, 50% yes, 5% no answer. Last year, 47% yes and 37% no 5% no answer.
11. **Hours per day of assistance for personal care activities such as eating, dressing, toileting and mobility:**
 - a. **Paid assistance:** 70% none, 30% no answer. Last year: 47% none, 21% 1-3 hours, 16% 4-7 hours.
 - b. **Unpaid assistance:** 50% none, 20% 1-3, 10% 4-7, 10% 12 or more and 10% no answer. Last year: 53% none, 32% 1-3, 16% 4-7.
12. **Weekly Activities:**
 - a. **Work:** 90% did not work, 10% worked 1-10 hours per week, Last year: 63% did not work, 11% worked 1-10 hours, 11% worked 11-20 hours, 5% worked 31-40

- b. **Volunteer:** 90% none, 10% 1-10 hours. Last year: 63% none, 26% 1-10 hours, 11% 11-20 hour.
 - c. **School:** 100% none. Last year: 100% none.
 - d. **Active homemaking including parenting, housekeeping and food preparation:** 30% none, 50% 1-10 hours, 20% 11-20 hours. Last year: 21% none, 53% 1-10, 26% 11-20.
 - e. **Home Maintenance i.e. gardening, house repairs etc:** 40% none, 60% 1-10. Last year: 47% none, 47% 1-10, and 5% 11-20.
 - f. **Recreation such as cards, sports, movies (not including TV or radio):** 30% none and 60% 1-10 and 10% 31-40 hours. Last year: 21% none, 47% 1-10, 16% 11-20, 5% 21-30 and 5% 40 or more.
13. **How well prepared for your household to handle a large-scale disaster or emergency:** 50% well prepared, 30% somewhat prepared, 10% not prepared and 10% unsure. Last year 16% well prepared, 53% somewhat prepared, 26% not prepared 5% unsure.
14. **Who completed the survey:** 20% patient without help, 50% patient with help and 30% health care personnel. Last year: 42% completed without help, 0% required help, 5% had spouse/partner assist, 47% had healthcare personnel assist and 11% did not respond.

ACTION: Based on the survey results, the SCI CARF team has set goals to target the weight change and the satisfaction with life. Education regarding preventative health and wellness as well as emphasis on adaptive recreational opportunities and support groups will be emphasized.