

## SCI Life Long Outcomes Results 2019

1. **General overall health:** 50% rated their health as **Very Good** (improved from last survey with 0% ), 14% rated health as **Excellent** and 21% rated as **Good** ( improvement over last year with 0% Excellent and 50% good).
2. **Satisfaction with life:** 86% rated as **Satisfied** and 7% rated as **Very Satisfied** (improvement over last year of 70% **Satisfied** and 0% rated **Very Satisfied**).
3. **Emotional support:** 71% rated they **Usually** received the needed emotional support while 7% rated they **Always** received needed emotional support. Last year, 30% rated they **Always** receive support and 40% rated **Usually**. Decrease noted in **Always** receiving needed emotional support.
4. **Hospitalizations in the last year:** 71% indicated **NO** hospitalizations in 2019, **21%** indicated One hospitalization and 7% indicated **Four** or more hospitalizations as compared to 2018 with 80% recording **NO** hospitalizations, 10% **One** and 10% **Two**.
5. **Weight change in the last year:** Improvement noted in weight change category as 64% stated they experience weight gain of **less than 10 lbs** during the year, 14% gained **more than 10 lbs** and 14% **lost more than 10 lbs**. 2018 results revealed a larger percentage of **weight gain more than 10 lbs at 30%** and a larger percentage **lost more than 10 lbs at 30%** with **40% reporting no weight change**.
6. **Diet:** There was a slight improvement in percentage of SCI respondents who **do not eat** a healthy diet this year with 7% indicating they **do not eat a healthy diet** at all compared to 10% last year, 43% indicated they **Sometimes** eat a healthy diet and 43% indicated that they **do eat a healthy diet**. Last year 17% more respondents indicated they did indeed **eat a healthy diet** at 60% while 13% fewer indicated they **Sometimes** ate a healthy diet.
7. **Participation in activities:** Improvement over last year with 79% indicating they **Do** participate in activities other than their regular job or daily activities compared to 70% last year. Only 14% said they do **NOT** participate compared to 30% last year.
8. **Smoking cigarettes:** Improvement noted with 0% indicating they **smoke everyday** compared to 10% last year, 79% stated they **don't smoke** at all compared to 90% last year and a confusing 14% indicated they **Don't know/not sure** if they smoke.
9. **Use of chewing tobacco ,snuff:** Improvement noted this year with 0% indicating they use **Every day** compared to 10% last year. 79% indicated they **do not use it at all** compared to 90% last year and 7% admitted to using it **Some days** with a confusing 14% **didn't know or was not sure**.
10. **Use of Alcohol in the past 30 days:** 71% indicated they had at **least one drink** compared to 0% last year and 29% said **No** compared to 50% last year.

11. **Daily Assistance:** More people in 2019 indicated they were receiving unpaid assistance compared to 2018 and more indicated they were also receiving more assistance that was compensated compared to 2017.
12. **Weekly activities:** 36% of the respondents in 2019 indicated they **did NOT work** compared to 90% in 2018. 36% in 2019 indicated they **did NOT volunteer** compared to 90% last year. Improvements noted included 63% **worked from 1 hour per week to over 40 + hours per week** only 10% in 2018. 64% in 2019 indicated they **volunteered from 1 to 40+ hours per week** compared to only 10% last year. In 2019, 7% indicated **they were in school** compared to 0% in 2018. Those involved in **Active Homemaking** also improved compared to last year as well as the number of hours involved in **Home maintenance** improved compared to 2018. Participation in **Recreational Activities** also improved in 2019.
13. **Disaster-preparedness:** This metric decreased in 2019 compared to 2018, despite having a table with disaster preparedness information available at the time of the survey.
14. **Who filled out survey:** Because of the location of the survey administration, more individuals completed the survey compared to 2018 with 79% completing the tool without help compared to 20% in 2018.

Based on last year's Action Plan:

1. Emphasis placed on body weight education and importance of maintaining proper body weight as well as efforts toward improving the perception of satisfaction with life, the scores of the 2019 survey seemed to indicate that the efforts of the action plan were successful as both of these metrics improved. The culmination of the action plan included the Abilities Fair held in November of 2019.
2. Action plan based on 2019 results include:
  - a. Continued education regarding importance of proper weight.
  - b. Continued introduction of adaptive activities for recreation, exercise leading to improved perception of quality of life.
  - c. Explore ways to impact availability of emotional support.
  - d. Continued growth of Peer Support Mentors and increasing numbers attending Spinal Cord Support Group.
  - e. Continued efforts at disaster preparedness education to SCI population.