

**Hillsborough County Department of Aging Services
Recommended Quality of Life Measures**

Health

Benchmark	2007 (Baseline)	2010	2013	2016	2019	2022	2025	2028	2030	Survey Question Number	Actions/Comments	BOCC	Aging	Emergency	Health	Parks	Planning and Growth Management	Public Wks
Physical Health																		
Illness Days: Percent reporting they were never to sick during the last year to participate in normal activities	45.0%	46.4%	47.8%	49.2%	50.7%	52.2%	53.8%	55.4%	57.1%	#8	Goal: Improve by 3% every three years	*	*		*		*	
Self Rated Health: Average self rated self of older adults ages 60+ (1=excellent, 4=poor)	2.1	2.0	1.9	1.8	1.7	1.6	1.5	1.5	1.4	#10	Goal: Improve by 5% every three years	*	*		*		*	
Health Insurance: Reduce the percentage of uninsured older adults ages 60+ with no insurance.	2.5%	2.4%	2.3%	2.1%	2.0%	1.9%	1.8%	1.7%	1.7%	#12	Goal: Reduce by 5% every three years	*	*		*		*	
Medical Access: Percent delaying or not obtaining medical care because of cost?	12.5%	11.9%	11.3%	10.7%	10.2%	9.7%	9.2%	8.7%	8.3%	#15	Goal: Reduce by 5% every three years	*	*		*		*	
Prescriptions: Percent delaying or not obtaining prescriptions because of cost.	9.9%	9.4%	8.9%	8.5%	8.1%	7.7%	7.3%	6.9%	6.6%	#17	Goal: Reduce by 5% every three years	*	*		*		*	
Hospitalization: Improve the percent of older adults ages 60+ never going to the emergency room for care.	73.0%	70.8%	68.7%	66.6%	64.6%	62.7%	60.8%	59.0%	57.2%	#18	Goal: Improve by 3% every three years	*	*		*		*	
Falls Prevention: Reduce the incidence of bone fractures.	14.5%	13.2%	11.9%	10.8%	9.6%	8.6%	7.6%	6.6%	5.7%	#18	Goal: Reduce by 5% every three years	*	*		*		*	
Exercise: Percent of older adults ages 60+ who do no type of physical activity regularly	13.6%	12.9%	12.2%	11.6%	10.9%	10.4%	9.8%	9.3%	8.8%	#70	Goal: Reduce by 5% every three years	*	*			*	*	

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Mental Health																		
Well Being: Frequency of depressive symptoms for older adults ages 60+	27.5	26.1	24.8	23.6	22.4	21.3	20.2	19.2	18.2	#11a	Goal: Reduce by 5% every three years	*	*		*		*	
Mental Stimulation: Percent older adults ages 60+ who have attended classes?	26.2%	27.5%	28.9%	30.3%	31.8%	33.4%	35.1%	36.9%	38.7%	#71	Goal: Improve by 5% every three years	*	*		*		*	
Life Satisfaction: Average level of satisfaction with life in general?	1.6	1.5	1.4	1.4	1.3	1.2	1.2	1.1	1.1	#78	Goal: Improve by 5% every three years (1 is very satisfied, 4 is very dissatisfied)	*	*		*		*	
Other																		
Adult Day Care																		

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Social

Benchmark	2007 (Baseline)	2010	2013	2016	2019	2022	2025	2028	2030	Survey Question Number	Actions/Comments	BOCC	Aging	Emergency	Health	Parks	Planning and Growth Management	Public Wks
Group Activity: Percent of older adults ages 60+ who never get together with friends who live nearby.	3.2%	3.0%	2.9%	2.7%	2.6%	2.5%	2.4%	2.2%	2.2%	#56	Goal: Reduce by 5% every three years	*	*			*	*	
Group Activity: Percent of older adults ages 60+ who regularly attend meetings of any group or organization.	48.6%	51.0%	53.6%	56.3%	59.1%	62.0%	65.1%	68.4%	71.8%	#58	Goal: Improve by 5% every three years	*	*			*	*	
Group Activity: Percent of older adults ages 60+ who are involved in any volunteer work.	32.8%	34.4%	36.2%	38.0%	39.9%	41.9%	44.0%	46.2%	48.5%	#64	Goal: Improve by 5% every three years	*	*			*	*	
Group Activity: Percent of older adults ages 60+ who never go to to a movie, a concert or out to eat.	8.8%	8.4%	7.9%	7.5%	7.2%	6.8%	6.5%	6.1%	5.8%	#69	Goal: Reduce by 5% every three years	*	*			*	*	
Group Activity: Percent older adults ages 60+ who attend classes.	26.2%	27.5%	28.9%	30.3%	31.8%	33.4%	35.1%	36.9%	38.7%	#71	Goal: Improve by 5% every three years	*	*		*		*	
Group Activity: Percent of older adults ages 60+ who are involved in activities organized by a religious organization?	21.6%	22.7%	23.8%	25.0%	26.3%	27.6%	28.9%	30.4%	31.9%	#76	Goal: Improve by 5% every three years Percent who answer "a lot."	*	*			*	*	
Transportation: Average round trips per week by car or other transportation?	3.5	3.7	3.9	4.1	4.3	4.5	4.7	4.9	5.2	#40	Goal: Improve by 5% every three years	*	*				*	
Transportation: Percent of older adults ages 60+ who do not know what type of transportation they would use if they can no longer get around.	44.1%	41.9%	39.8%	37.8%	35.9%	34.1%	32.4%	30.8%	29.3%	#43	Goal: Reduce by 5% every three years	*	*				*	

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Safety

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Neighborhood Safety: The extent to which older adults feel safe in their neighborhoods (1=safe)	1.5	1.4	1.3	1.2	1.1	1.1	1.1	1.1	1.1	#56	Goal: Improve 5% every three years	*	*			*	*	

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Spiritual

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Group Activity: Percent of older adults ages 60+ who are involved in activities organized by a religious organization?	21.6%	22.7%	23.8%	25.0%	26.3%	27.6%	28.9%	30.4%	31.9%	#76	Goal: Improve by 5% every three years Percent who answer "a lot."	*	*			*	*	

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Financial

Benchmark	2007 (Baseline)	2010	2013	2016	2019	2022	2025	2028	2030	Survey Question Number	Actions/Comments	BOCC	Aging	Emergency	Health	Parks	Planning and Growth Management	Public Wks
Cost of Medical Care: Percent delaying or not obtaining medical care because of cost?	12.5%	11.9%	11.3%	10.7%	10.2%	9.7%	9.2%	8.7%	8.3%	#15	Goal: Reduce by 5% every three years	*	*		*		*	
Cost of Medicines: Percent delaying or not obtaining prescriptions because of cost.	9.9%	9.4%	8.9%	8.5%	8.1%	7.7%	7.3%	6.9%	6.6%	#17	Goal: Reduce by 5% every three years	*	*		*		*	
Raising Grandchildren: Percent of older adults ages 60+ who are raising a grandchildren.	3.0%	2.9%	2.7%	2.6%	2.4%	2.3%	2.2%	2.1%	2.0%	#55	Goal: Reduce by 5% every three years							
Raising Grandchildren: Percent older adults ages 60+ who are raising grandchildren and can afford to do so.	38.9%	40.8%	42.9%	45.0%	47.3%	49.6%	52.1%	54.7%	57.5%	#56	Goal: Improve by 5% every three years							
Poverty Level: Percent of older adults ages 60+ who do not have just enough money to make ends meet.	12.5%	11.9%	11.3%	10.7%	10.2%	9.7%	9.2%	8.7%	8.3%	#65	Goal: Reduce by 5% every three years The is a measure of poverty in the community per the survey							
Financial Planning: Percent of older adults ages 60+ who have enough money for the rest of their lives.	62.5%	65.6%	68.9%	72.4%	76.0%	79.8%	83.8%	87.9%	92.3%	#68	Goal: Improve by 5% every three years							