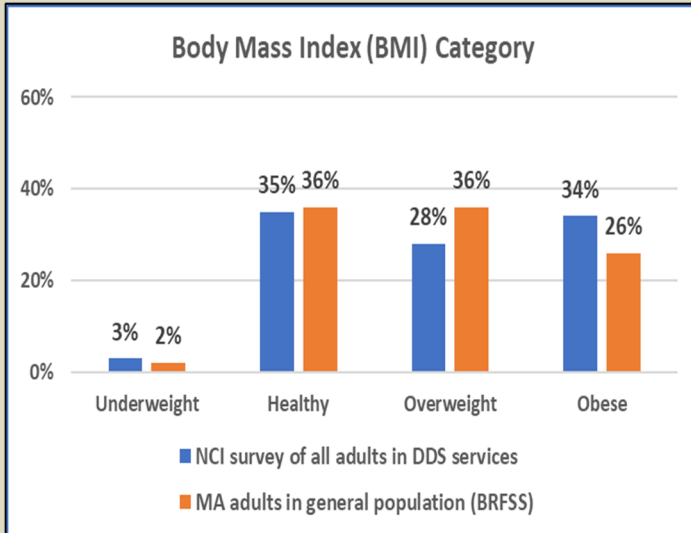


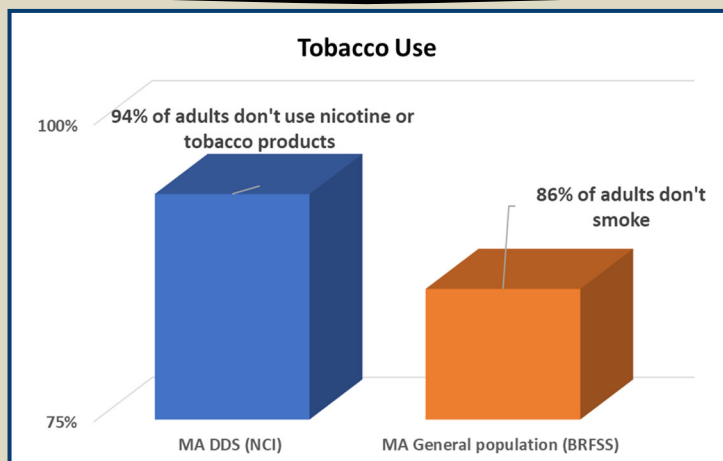
Healthy Lifestyle

February 2021



- 100% of providers surveyed had nutritious foods on hand.
- 92% of provider staff surveyed followed special dietary requirements for people.
- 100% of provider staff surveyed knew what constitutes a nutritionally sound diet and were found to offer a balanced diet of choices.
- 62% of adults surveyed through NCI are overweight or obese, equal to MA adults.

Healthy Habits



Exercise

- 30% of people say they exercise at least 10 minutes at a time, five or more times a week. 20% say they do no physical exercise.
- 47% say they do some exercise per week to make the muscles in their arms, legs, back or chest work hard. 53% say they do no exercise with weights.



People report their overall health is:

- Excellent or Very Good: 74%
- Fairly Good: 24%
- Poor: 2%

Sources of Information: Provider Data: Collected from the 2017—2018 Licensure and Certification survey which is collected on-site by a team of trained Quality Enhancement Specialists through interviews/documentation reviews/observations with staff, families, and recipients in residential, day, and employment series. **National Core Indicators (NCI):** Collected in 2017—2018 through a random, representative sample of all people who receive paid supports from DDS. Data are collected through face-to-face interviews. **MA General Population:** Collected in the 2017 Behavioral Risk Factor Surveillance System (BRFSS) of a sample of adults living in MA.

Questions and Answers

1) What are Quality Assurance (QA) Outcomes?

With the guidance of stakeholders, DDS established a set of outcomes that represent system expectations and form the basis for evaluating the quality of services and supports that DDS provides to individuals. Quality Assurance Outcomes help create a more “holistic” picture of the quality of supports within the DDS system and help identify areas that may become the focus for quality improvement initiatives and activities.

2) Where does the data come from?

DDS Health data are from the following two sources:

Licensure and Certification: Data are collected through licensure and certification processes by which providers of community services are licensed and certified by DDS to provide supports. Data are collected on-site by a team of trained Quality Enhancement Specialists through interviews with staff, families, and service recipients as well as reviews of documentation and through observation. Data is collected from residential, day, and employment services. The goal is to ensure that providers meet an acceptable level of quality, that essential safeguards for service recipients are in place, and that outcomes for specific service types are achieved. The data are collected to inform whether the provider has met or not met each standard and ratings are restricted to these two categories only.

National Core Indicators (NCI): The National Core Indicators is a standard measure used across states to assess the outcomes of services provided to individuals by public developmental disabilities agencies. The Massachusetts DDS has been collecting National Core Indicators data every two years since 1999. Trained staff conduct face-to-face interviews with people who receive paid supports from the MA DDS to ask questions across core indicators such as employment, choice, and rights. Interviews are conducted with a random, representative sample of all people who receive paid supports from the MA DDS, including people who live by themselves, in residential supports, and with family. +/- 5% margin of error with a 95% confidence level. Please note that, due to calculation differences, values reported in this brief may not align exactly with those reported by NCI. <https://www.nationalcoreindicators.org/states/MA/>

MA state data for the general population is from the Centers for Disease Control (CDC) Massachusetts Behavioral Risk Factor Surveillance System (BRFSS) 2017 survey. https://www.cdc.gov/brfss/annual_data/annual_2017.html

3) How often is data collected? DDS collects data through its Licensure and Certification process each year. NCI data are collected every two years in MA.

4) Why is only one year of data shown? Data are collected each year; however, data have been consistent over the past 5 years. Only the most current year(s) of data are shown here for simplicity.

5) Where can I learn more about this process?

DDS Licensure and Certification information: <https://www.mass.gov/lists/dds-licensure-and-certification>

DDS Quality Management: <https://www.mass.gov/dds-quality-management>