

# National Health and Aging Trends Study: COVID-19 Supplements

*Vicki A. Freedman  
Institute for Social Research  
University of Michigan*

*PAA Webinar on COVID-19 &  
Longitudinal Studies  
June 23, 2020*

The logo for the National Health and Aging Trends Study (nhats) is located in the bottom left corner. It consists of a dark blue circle containing the lowercase letters 'nhats' in a white, sans-serif font. A thin white horizontal line is positioned below the text.

**nhats**

National Health &  
Aging Trends Study

how daily life changes as we age

*Funded by the National Institute on Aging*

# Acknowledgments

---

- Study leadership
  - Judith Kasper, Johns Hopkins University Bloomberg School of Public Health
  - Vicki Freedman, Institute for Social Research, University of Michigan
- Data collection
  - Westat
- Funding
  - National Institute on Aging

# Vision for NHATS

---

- Long-term panel study of late-life disability trends and dynamics, disparities, antecedents and consequences
- Platform designed to guide efforts to reduce disability, maximize functioning, and enhance quality of life of older Americans

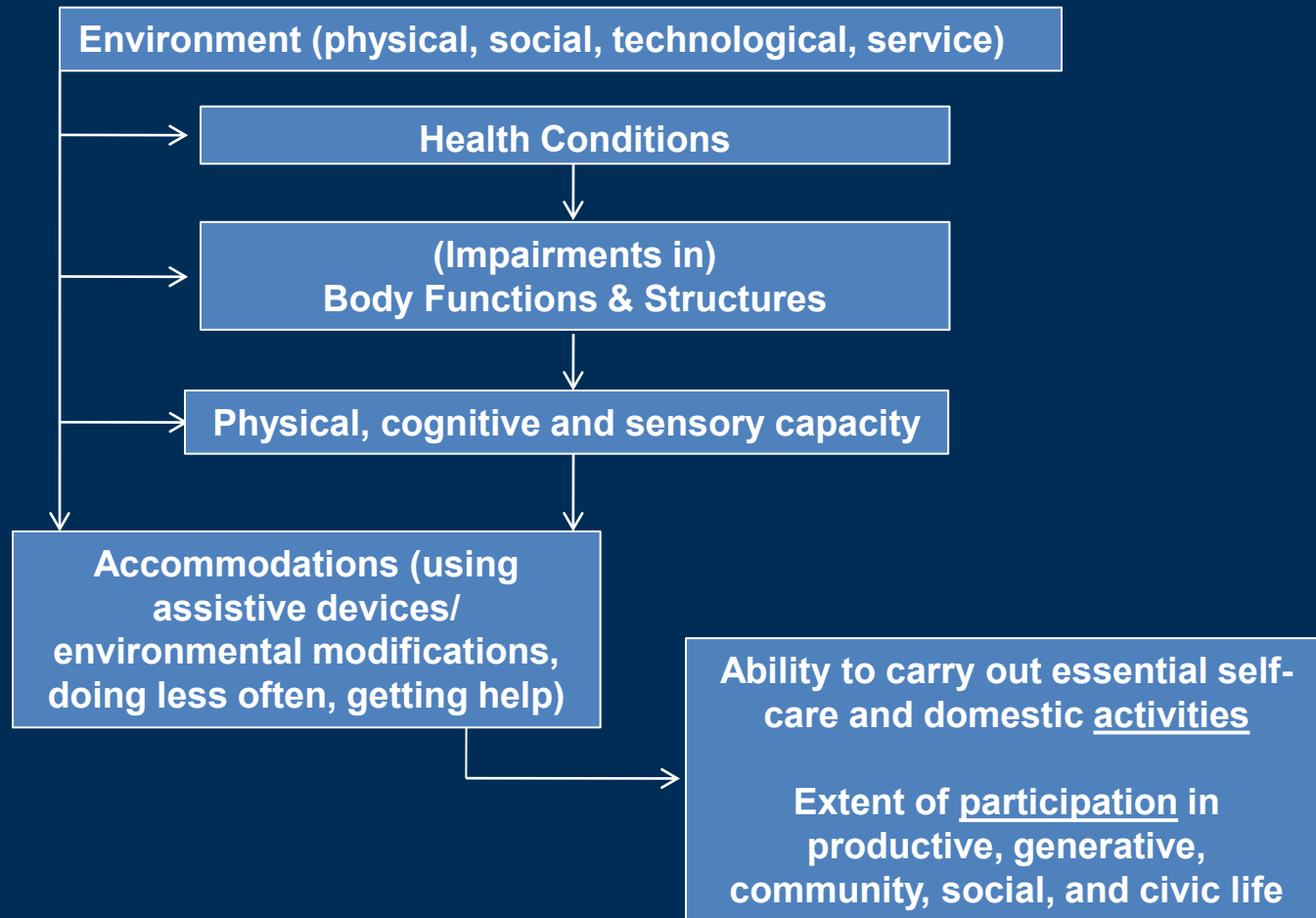
# Sample & Fieldwork

---

- Study population
  - Initially 8,000+ Medicare beneficiaries ages 65 years or older living in all settings
  - Oversample by age and race
  - Periodic replenishment of sample
- In 2020, ~4600 cases ages 70 and older
  - >50% age 80 or older & ~20% Black
- Fieldwork
  - 2011-2019: annual in-person interviews
  - 2020: telephone interview

# NHATS Conceptual Framework

## Guiding Content



# Additional Content

---

- Socioeconomic and demographic characteristics, wellbeing
- Facility interview: facility type, services, monthly payments
- Last Month of Life interview: place and quality of end of life care
- Dried blood spot collection
- Links to Medicare claims and assessment files
- Geocoded files (older adults, children, caregivers)
- Periodic interviews with family and unpaid caregivers [National Study of Caregivers (NSOC)]

# COVID-19 Collections

---

- During 2020 interview: New open ended item on how COVID-19 has affected participants
  - Plan to transcribe and make available for qualitative analysis
- Following 2020 interview: Two mail-out/mail-back COVID-19 surveys
  - NHATS Participant (or Proxy)
  - Family Members and Friends
  - Instruments available at <https://micda.isr.umich.edu/research/covid-19/>

# NHATS Participant Questionnaire

---

- COVID-19: symptoms, defining “during” the outbreak, measures taken to limit spread
- Changes (before/during/changes): living situation, social activities, coping behaviors, caregiving, grocery shopping, health care, finances, wellbeing
- Help with daily activities & reasons changed



# NHATS Participant Questionnaire

---

- Contact information for (up to) two adult family members or friends who have helped the most during the outbreak

# Family & Friends Questionnaire

---

- About you: demographic items
- COVID-19: symptoms, defining “during” the outbreak, measures taken to limit spread
- Changes (before/during/changes): coping behaviors, caregiving, work & finances, wellbeing, living situation, contact with NHATS participant, relationship with NHATS participant

# Family & Friends Questionnaire

---

- Help to NHATS participant before/during & reasons for helping
- If help was for health or functioning reasons before or during
  - Change in amount & reasons for change
  - If related to memory: dementia care during outbreak
  - Challenges and supports during outbreak

# NHATS COVID-19 Data

---

- Goal: Covid-19 collections end by Dec 2020; early release in 2021
- For announcements and access to data register at: [www.nhats.org](http://www.nhats.org)