



Arkansas  
Medicaid

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# Health Status Profile Survey Results

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# 2010







# About the Survey

**T**he Medicaid ConnectCare program provided health care for more than 100,000 Arkansans between the ages of 18 and 62 in State Fiscal Year 2010. The purpose of the Health Status Profile Survey is to help the Arkansas Division of Medical Services (DMS) evaluate how those beneficiaries perceive their overall health. Under contract with DMS, Medicaid Managed Care Services (MMCS), a division of the Arkansas Foundation for Medical Care, has conducted the survey every other year since 2002. The data for this year's survey were collected from August 2010 to November 2010.

MMCS based the Health Status Profile Survey on the SF-36 Health survey to measure the physical and mental health of the Medicaid population between the ages of 18 and 62.

## Who was surveyed

**A**ll Medicaid ConnectCare beneficiaries who had been enrolled in the program for at least six months prior to the survey were eligible to participate. From this group, MMCS mailed surveys to **1,620 randomly selected ConnectCare beneficiaries**. After excluding beneficiaries with undeliverable addresses, **1,469 beneficiaries received a survey**.

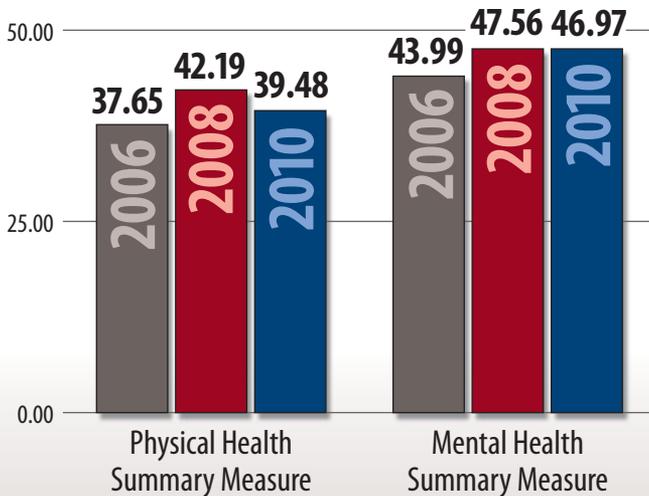
## How they responded

**M**MMCS received surveys from **618 beneficiaries** before the cutoff date. Of those, **616 were eligible for analysis, resulting in a final response rate of 41.9 percent**.

# Health Scales and Summary Measures categories

Questions on the survey are grouped into eight categories: Physical Functioning, Role Limitations due to Physical Health Problems (Role-Physical), Bodily Pain, General Health, Vitality, Social Functioning, Role Limitations due to Emotional Problems (Role-Emotional) and Mental Health. In addition, scores are computed for two summary measures, Physical Health and Mental Health. The Physical Health summary is the average of the Physical Functioning, Role-Physical, Bodily Pain and General Health scale scores. The Mental Health summary is the average of the Vitality, Social Functioning, Role-Emotional and Mental Health scale scores.

Responses on each question within a category are combined to produce a single score for the category on a scale of 1 (worst) to 100 (best). Higher scale scores indicate a healthier state.





# Physical Functioning



**Q**uestions in this category asked about any limitations respondents had on a range of physical activities because of their health. A low score meant the respondent is very limited in performing all physical activities, including bathing or dressing; a high score meant the respondent performs all types of activities, including the most vigorous, without limitations due to health.



Overall, beneficiaries reported an average score of **44.36 for their Physical Functioning**, compared with **43.11 in 2006**, and **46.69 in 2008**.

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## EXAMPLES OF SURVEY QUESTIONS:

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*Does your health keep you from:*

- Lifting things or carrying groceries?  
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- Climbing one flight of stairs?  
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- Bending, kneeling or stooping?

# Role Limitations due to Physical Problems

These questions asked respondents about any limitations they had on work or other usual activities (kind of activity, duration of activity, difficulty performing activity) because of physical problems.

Overall, beneficiaries reported an **average score of 30.45 for the Role-Physical domain**, compared with **29.59 in 2006 and 34.30 in 2008**.

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## EXAMPLES OF SURVEY QUESTIONS:

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*During the past month, have you:*

- Had to cut down on work or other activities because of your physical health?
- Gotten less done than you would like because of your physical health?

## Bodily Pain

This part of the survey asked about respondents' pain levels and to what extent pain interfered with normal activities.

Overall, beneficiaries reported an **average score of 44.13 for the Bodily Pain domain**, compared with **43.35 in 2006 and 47.59 in 2008**.

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## EXAMPLES OF SURVEY QUESTIONS:

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- How much physical pain have you had during the past month?
- During the past month, how much did physical pain interfere with your normal work?





# General Health

**T**he General Health score shows how respondents perceive their overall health.

Overall, beneficiaries reported an **average score of 37.16 for the General Health domain**, compared with **34.33 in 2006 and 39.47 in 2008**.

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## EXAMPLES OF SURVEY QUESTIONS / STATEMENTS:

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- In general, how would you rate your overall health?  
.....
- I seem to get sick a little easier than other people.  
.....
- My health is excellent.

# Vitality

**T**he Vitality domain asked respondents about their energy levels — whether they felt tired, full of pep and energy, or in between.

Overall, beneficiaries reported an average score of **30.97 for the Vitality domain**, compared with **29.16 in 2006 and 32.73 in 2008**.

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## EXAMPLES OF SURVEY QUESTIONS / STATEMENTS:

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*During the past month, how often did you:*

- Have a lot of energy?  
.....
- Feel worn out?

# Social Functioning

**T**his section of the survey asked respondents whether, and to what extent, physical or emotional problems interfered with normal social activities.

Overall, beneficiaries reported an average score of **54.76 for the Social Functioning domain**, compared with **51.19 in 2006 and 54.83 in 2008**.

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## EXAMPLES OF SURVEY QUESTIONS / STATEMENTS:

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*During the past month...*

- How much has your physical health or emotional problems interfered with the time you spend with family, friends, neighbors or groups?

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- How often has your health forced you to cancel visits with your friends or relatives?





# Role Limitations Due to Emotional Problems

**T**his section of the survey asked respondents whether emotional problems had caused them to limit or change their work or other usual activities.

Overall, beneficiaries reported an **average score of 49.61 for the Role-Emotional domain**, compared with **46.70 in 2006 and 50.03 in 2008**.

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## EXAMPLES OF SURVEY QUESTIONS / STATEMENTS:

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*During the past month, have you:*

- Gotten less done because of emotional problems?
- Been less careful in your work or other activities because of emotional problems?

# Mental Health

**T**his section asked respondents how they felt about their overall mental health.

Overall, beneficiaries reported an average score of **52.08 for the Mental Health domain**, compared with **48.63 in 2006 and 52.25 in 2008**.

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## EXAMPLES OF SURVEY QUESTIONS / STATEMENTS:

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*During the past month, how often have you:*

- Felt very nervous?
- Felt so down-in-the-dumps that nothing could cheer you up?

# About MMCS

**M**edicaid Managed Care Services (MMCS) provides utilization review and quality assurance services for ConnectCare and other waived managed care programs. MMCS is a division of the Arkansas Foundation for Medical Care (AFMC).

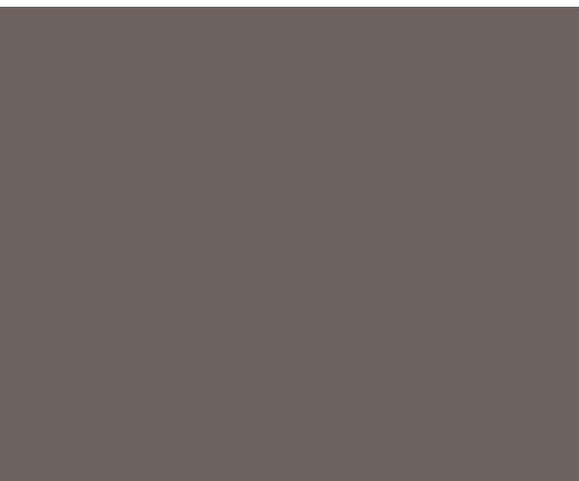
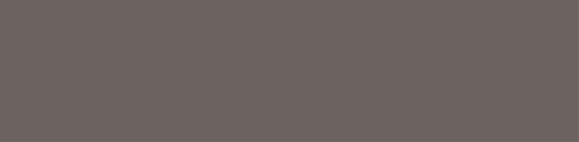
Community-based and clinically oriented, AFMC works collaboratively with health care plans, providers, facilities and physicians to identify opportunities for improvement and encourage innovation in health care. AFMC strives to ensure health care quality in a meaningful and effective way by initiating quality improvement projects and disseminating information about best practices.

## FOR MORE INFORMATION, CONTACT:



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