

End-of-Life Care Survey Highlights

A Survey of Upstate New York, 2017

Survey Methods

Method and Design

Excellus BCBS commissioned One Research to conduct an online survey of upstate New York adults. Participants were recruited from a vendor panel by email invitation to take the survey between January 6 and January 19, 2017. Participants were not asked to disclose their health care provider.

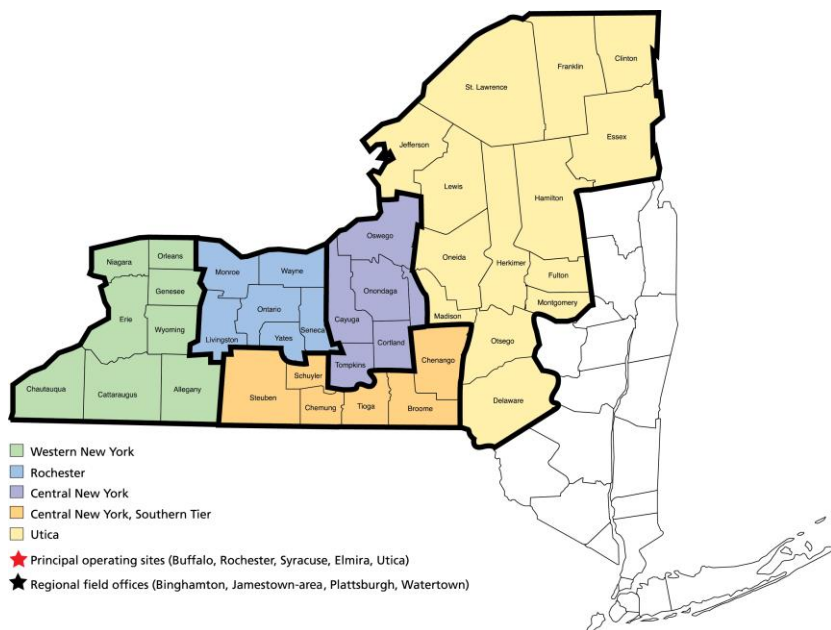
Survey respondents had to be at least 18 years old and living within the health plan's 39-county coverage area. County-level quotas were established to ensure that the geographic distribution of the final sample would closely match the actual distribution of the general population.

The design of the study was cross-sectional. The survey instrument contained a brief screening, demographic questions and randomized questions on several health-related topics. The survey was designed for self-completion via an online platform. In conducting the analysis, data were tested at a 95 percent confidence interval.

Participants

2,000 individuals from a 39-county region in upstate New York completed the survey.

The demographics of the respondents indicate that the survey sample was representative of upstate New York adults.



Participant Characteristics (n = 2,000)

Region	
Western NY	31%
Rochester/Finger Lakes	21%
Central NY	16%
Southern Tier	10%
Utica/Rome/North Country	21%
Sex	
Male	49%
Female	51%
Age	
18-24	12%
25-34	18%
35-44	18%
45-54	20%
55-64	16%
65+	17%

Participant Characteristics Cont. (n = 2,000)

Race		Education Level	
White	92%	High school graduate or less	24%
Black or African American	4%	Some college	20%
Asian or Pacific Islander	1%	Associate's degree	15%
Native American or Alaskan Native	1%	College 4 years	24%
Mixed Race	1%	Post graduate	18%
Some other race	1%	Annual Household Income	
Employment Status		Less than \$15,000	9%
Employed full or part-time	53%	\$15,000-\$24,999	11%
Self-employed	4%	\$25,000-\$34,999	10%
Not employed, looking for work	5%	\$35,000 to \$49,999	14%
Not employed, not looking for work	3%	\$50,000 to \$74,999	19%
Retired	20%	\$75,000 to \$99,999	17%
Student	4%	\$100,000 or more	15%
Homemaker	8%	Prefer not to respond	6%
Other	4%	Currently taking prescription Rx for Chronic Condition	
		Yes	60%

End-Of-Life Care Results

(n = 2,000, all respondents)

Most people have heard the term, “health care proxy,” and 89% know its correct meaning. Only 41% of respondents have completed a health care proxy form.

Total

Awareness

86%

Have heard the term, health care proxy

Knowledge

89%
(n=1,727)

Of those that have heard the term, 89% correctly identified a health care proxy as “a form you complete to designate a person to make medical care decisions for you if you become unable to make your own decisions due to illness or injury”

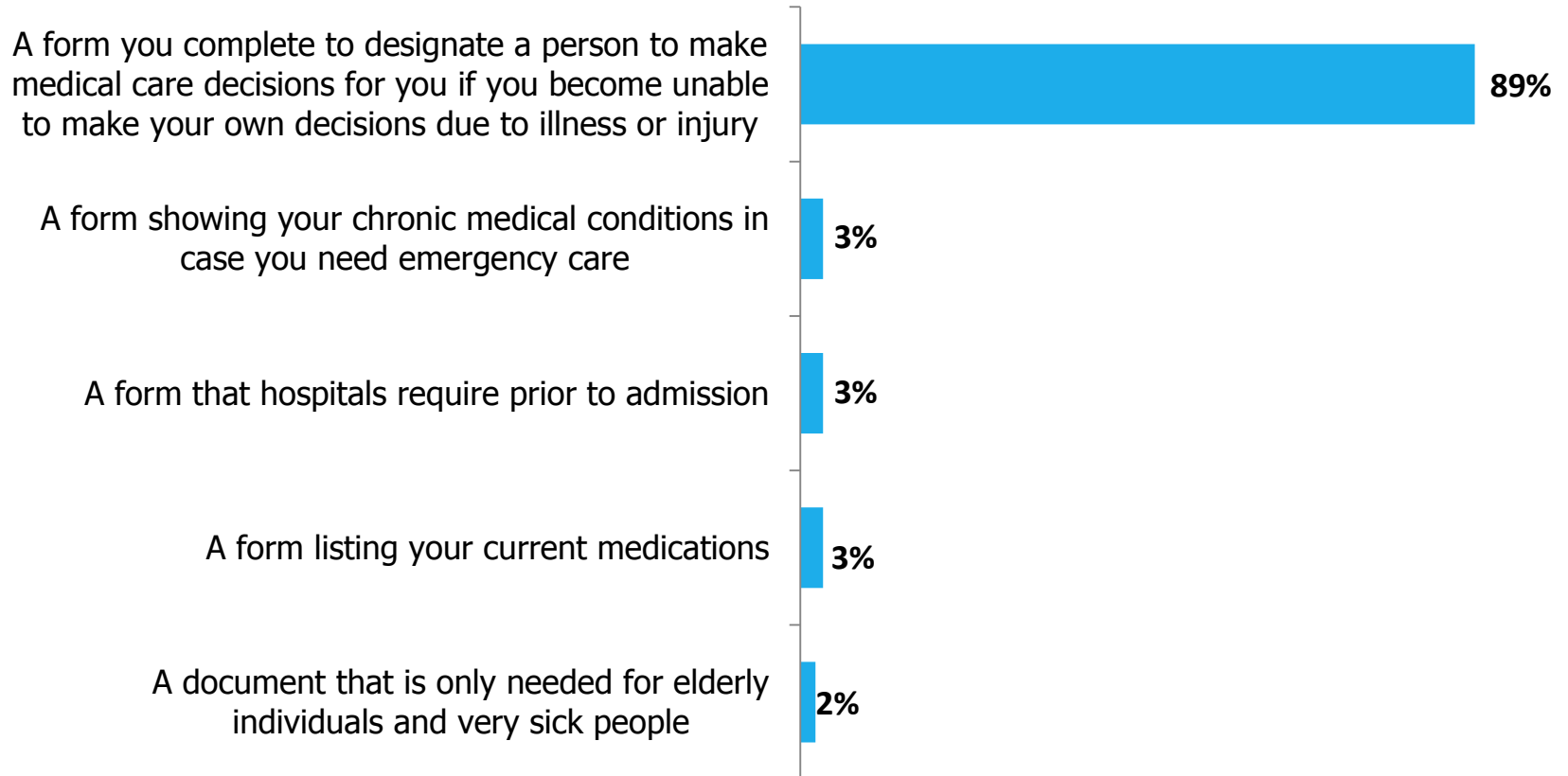
Completion

41%

Have completed a health care proxy (that reflects their wishes or needs to be changed)

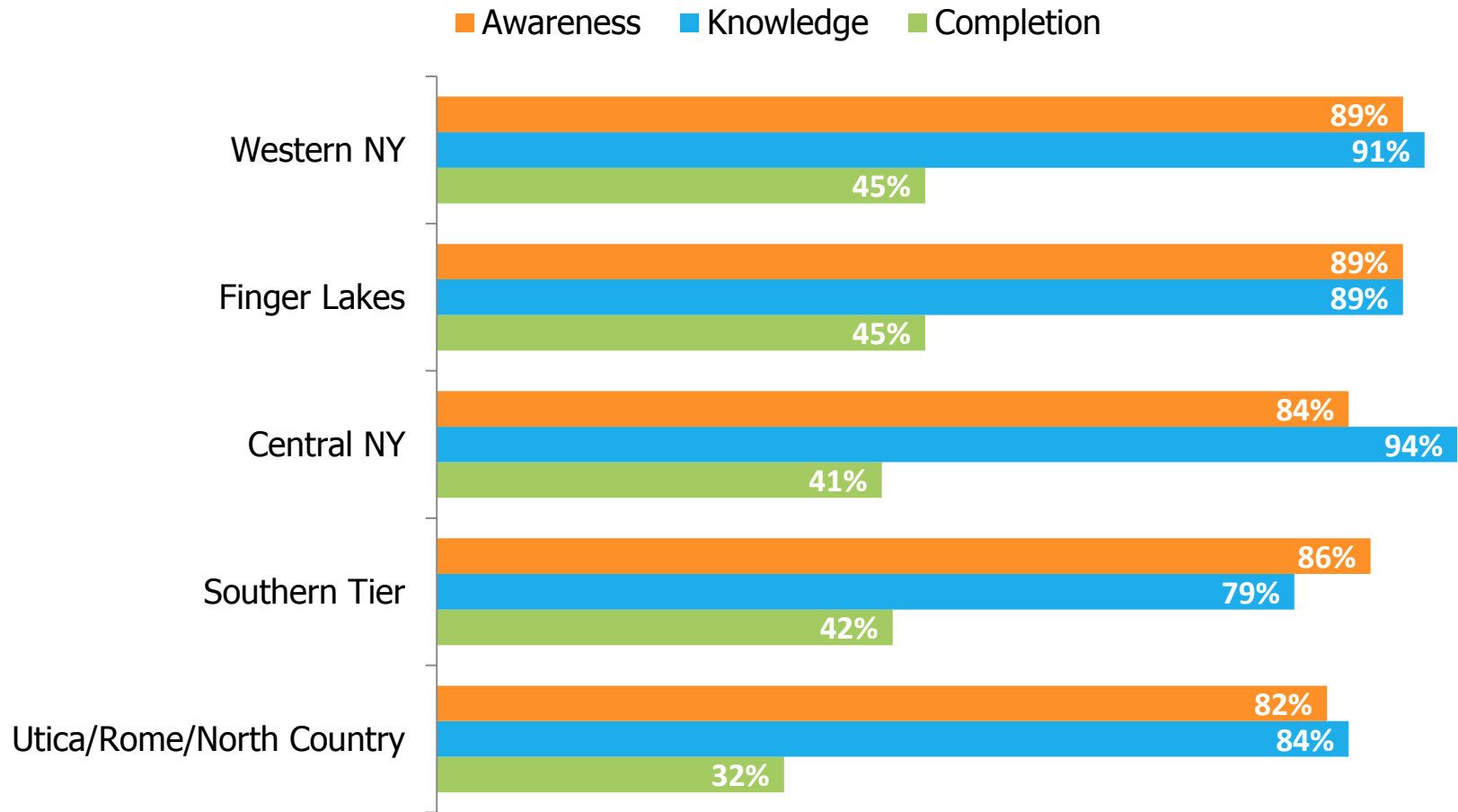
The majority of respondents correctly identified a health care proxy.

Knowledge of Health Care Proxy



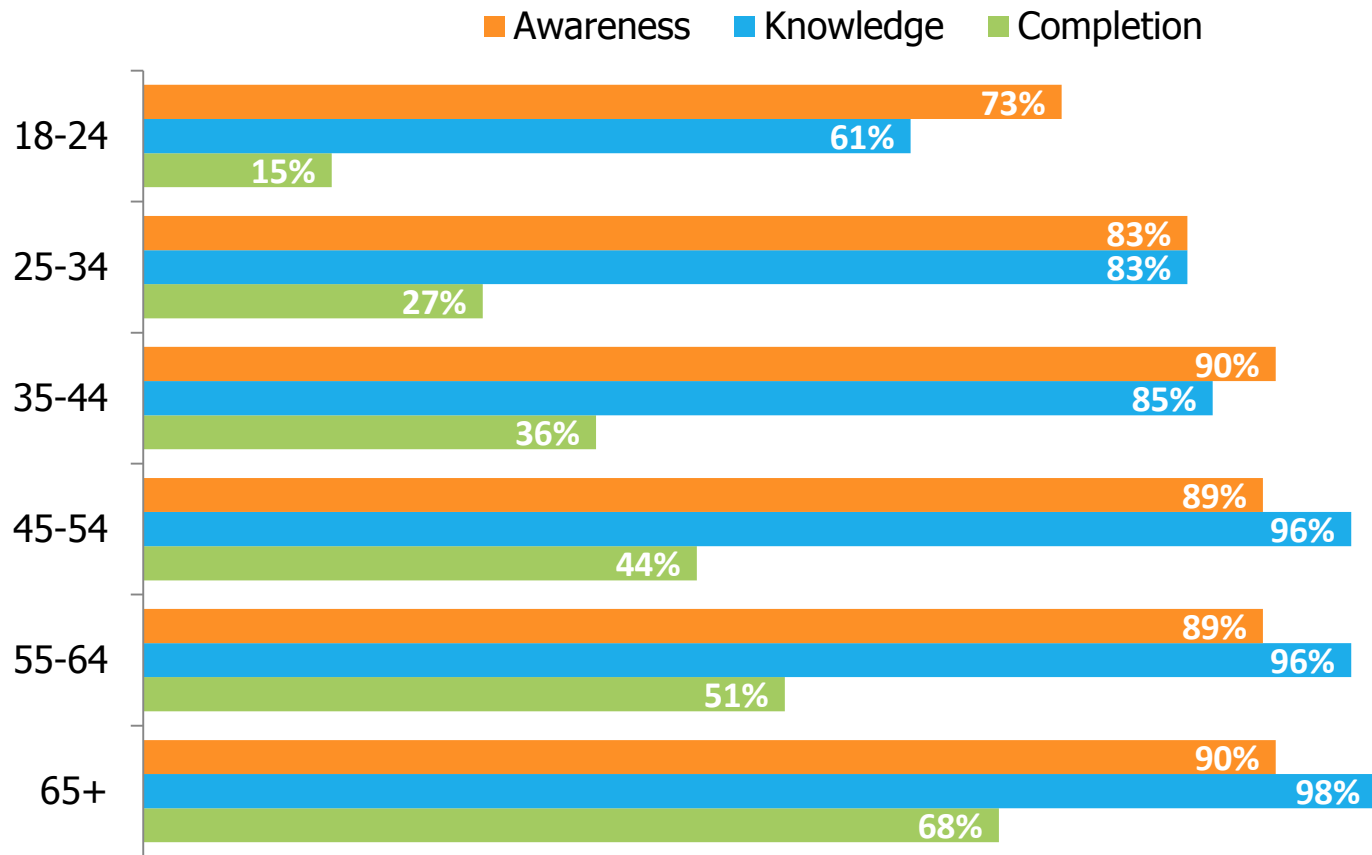
Significant regional variations were observed in awareness, knowledge and completion of health care proxy forms.

Awareness, Knowledge and Completion of Health Care Proxy, by Region



Respondents ages 18 to 24 have significantly lower health care proxy awareness and knowledge compared with older respondents. Completion increased with age.

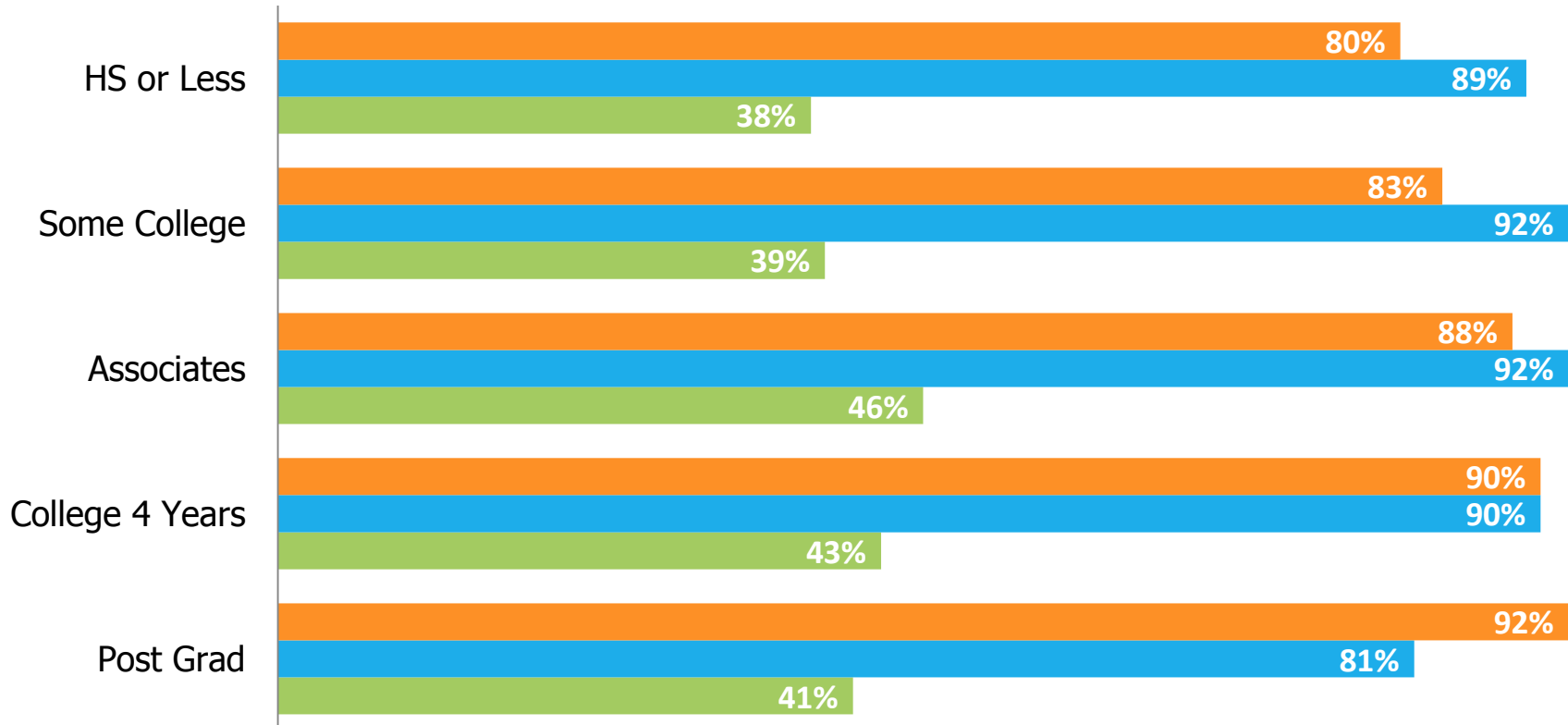
Awareness, Knowledge and Completion of Health Care Proxy, by Age



Respondents with a higher education reported greater health care proxy awareness, but knowledge was lowest among post graduates. Completion rates varied.

Awareness, Knowledge and Completion of Health Care Proxy, by Education

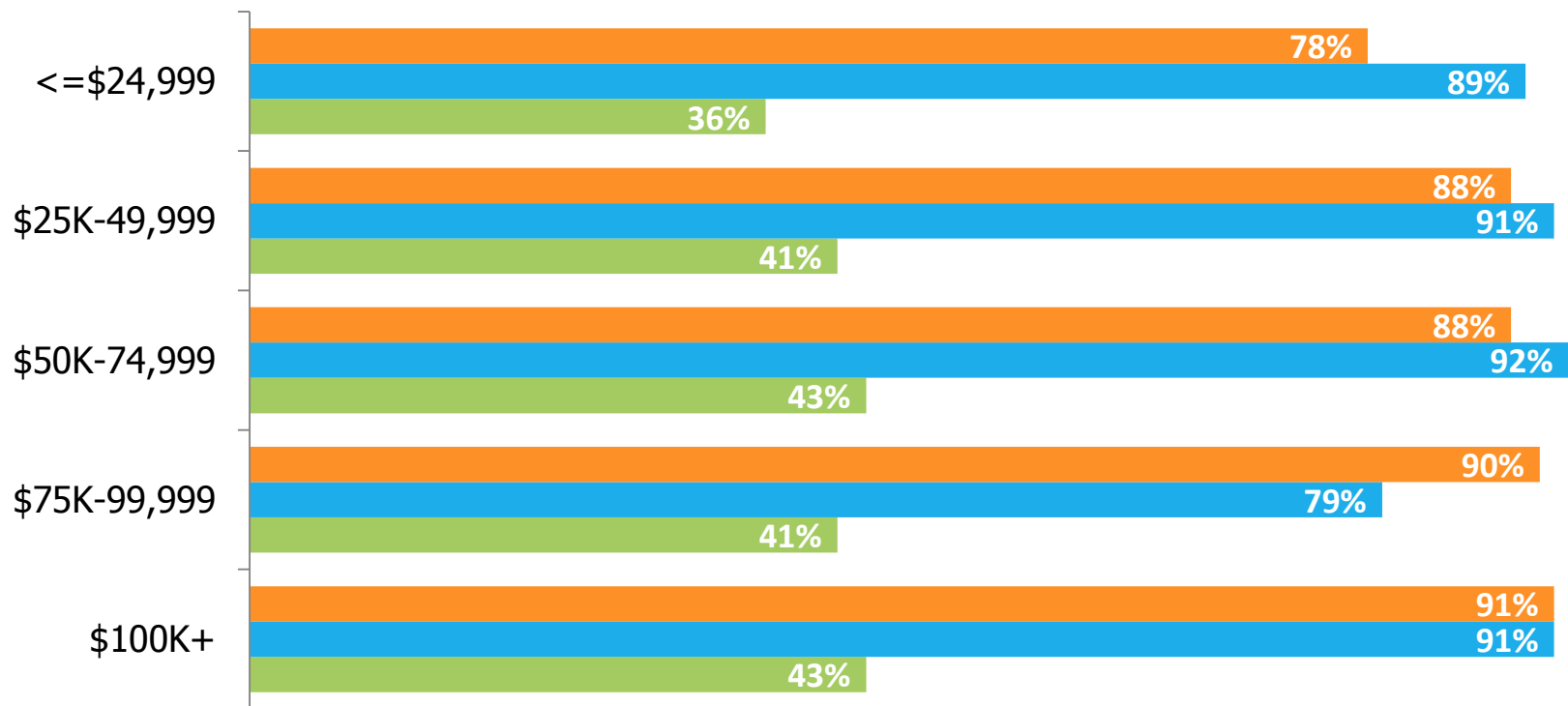
■ Awareness ■ Knowledge ■ Completion



Respondents with a total annual income of greater than \$25,000 had greater health care proxy awareness. Knowledge was significantly lower for respondents in the \$75,000-\$99,999 income bracket.

Awareness, Knowledge and Completion of Health Care Proxy, by Income

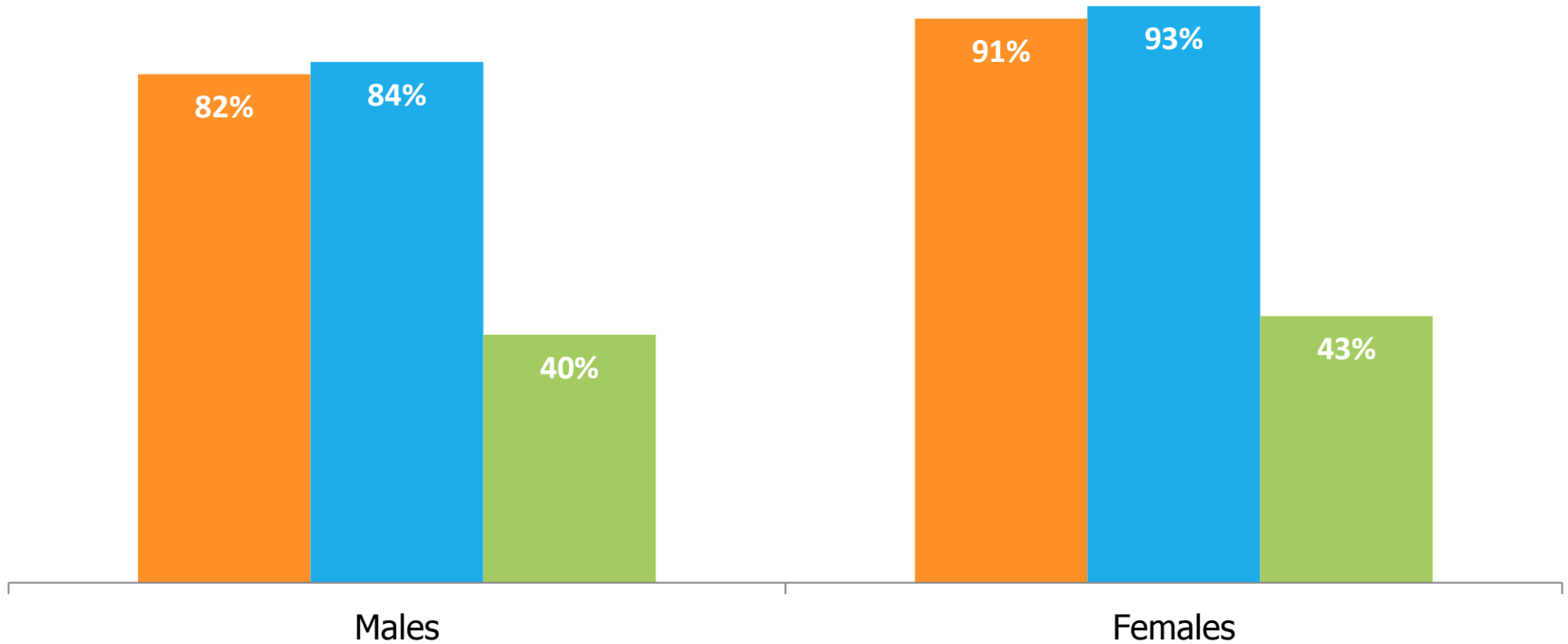
■ Awareness ■ Knowledge ■ Completion



Health care proxy awareness and knowledge was significantly higher for women compared to men. Completion did not vary significantly.

Awareness, Knowledge and Completion of Health Care Proxy, by Sex

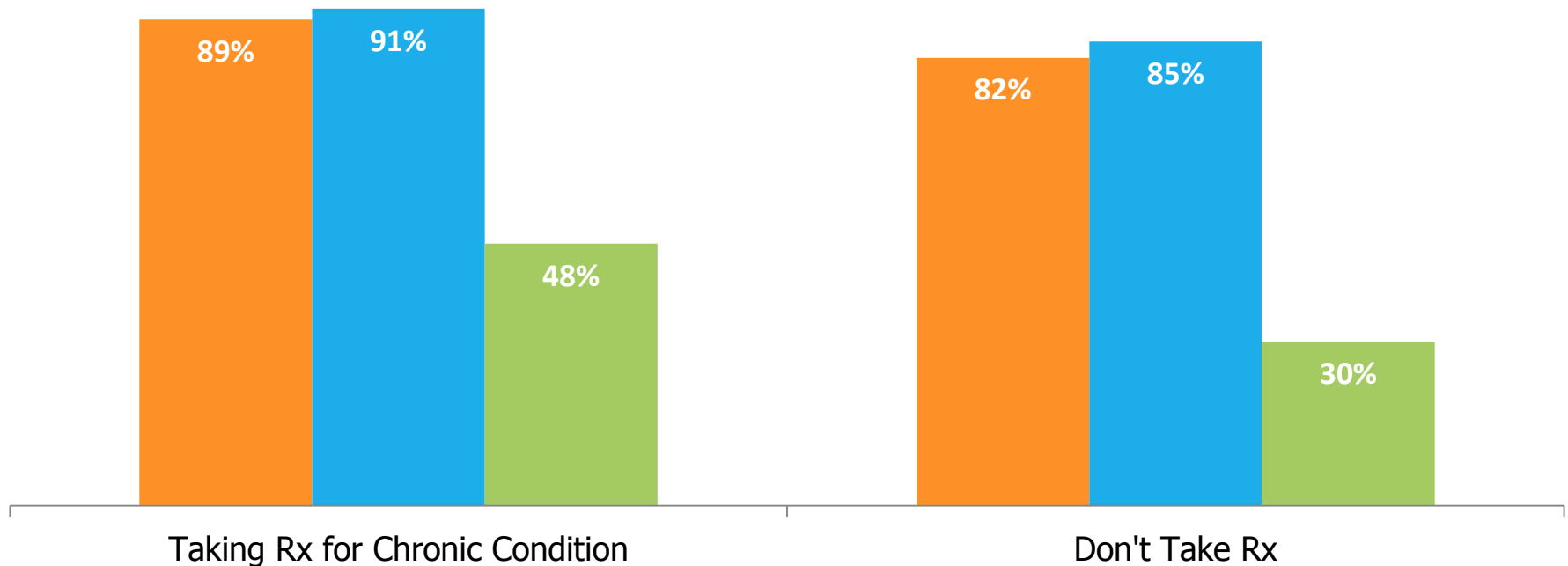
■ Awareness ■ Knowledge ■ Completion



Health care proxy awareness, knowledge and completion was significantly higher among respondents currently taking a prescription medication for a chronic condition.

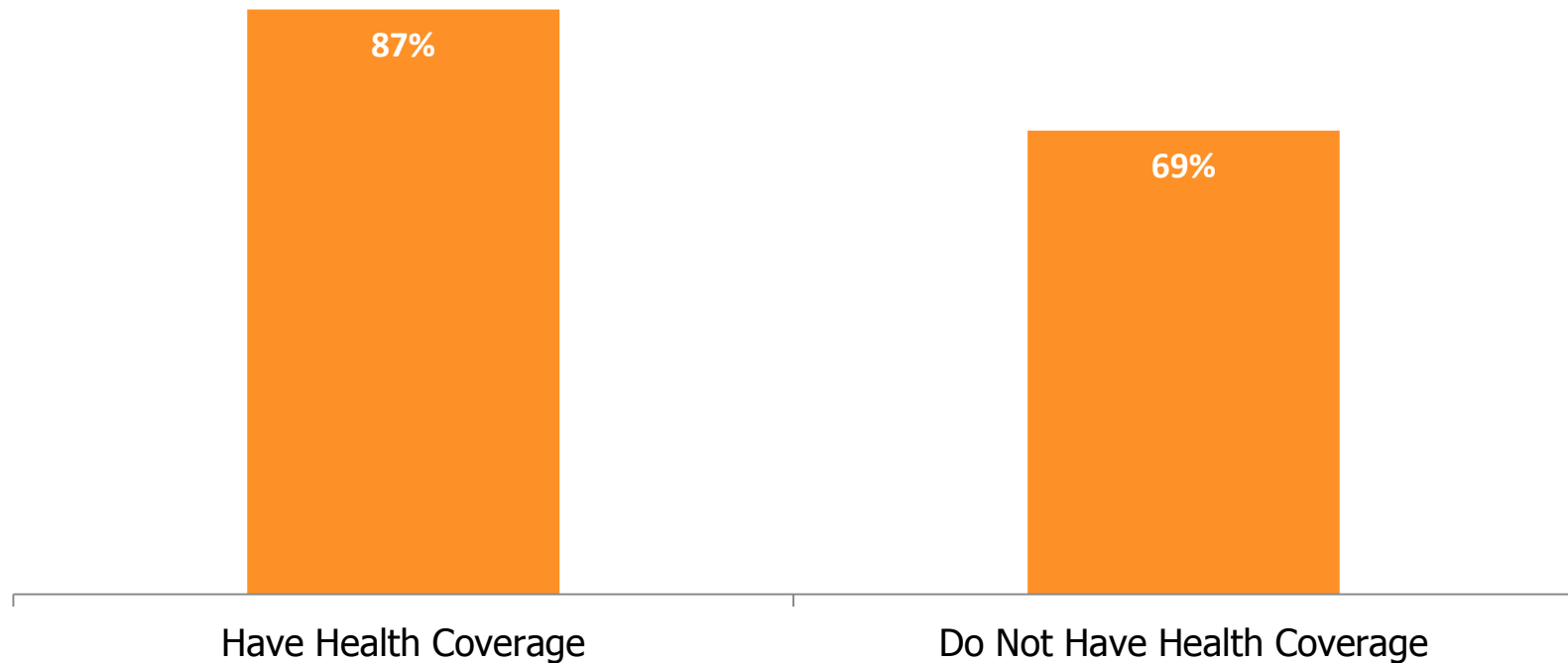
**Awareness, Knowledge and Completion of Health Care Proxy,
by Prescription Status**

■ Awareness ■ Knowledge ■ Completion

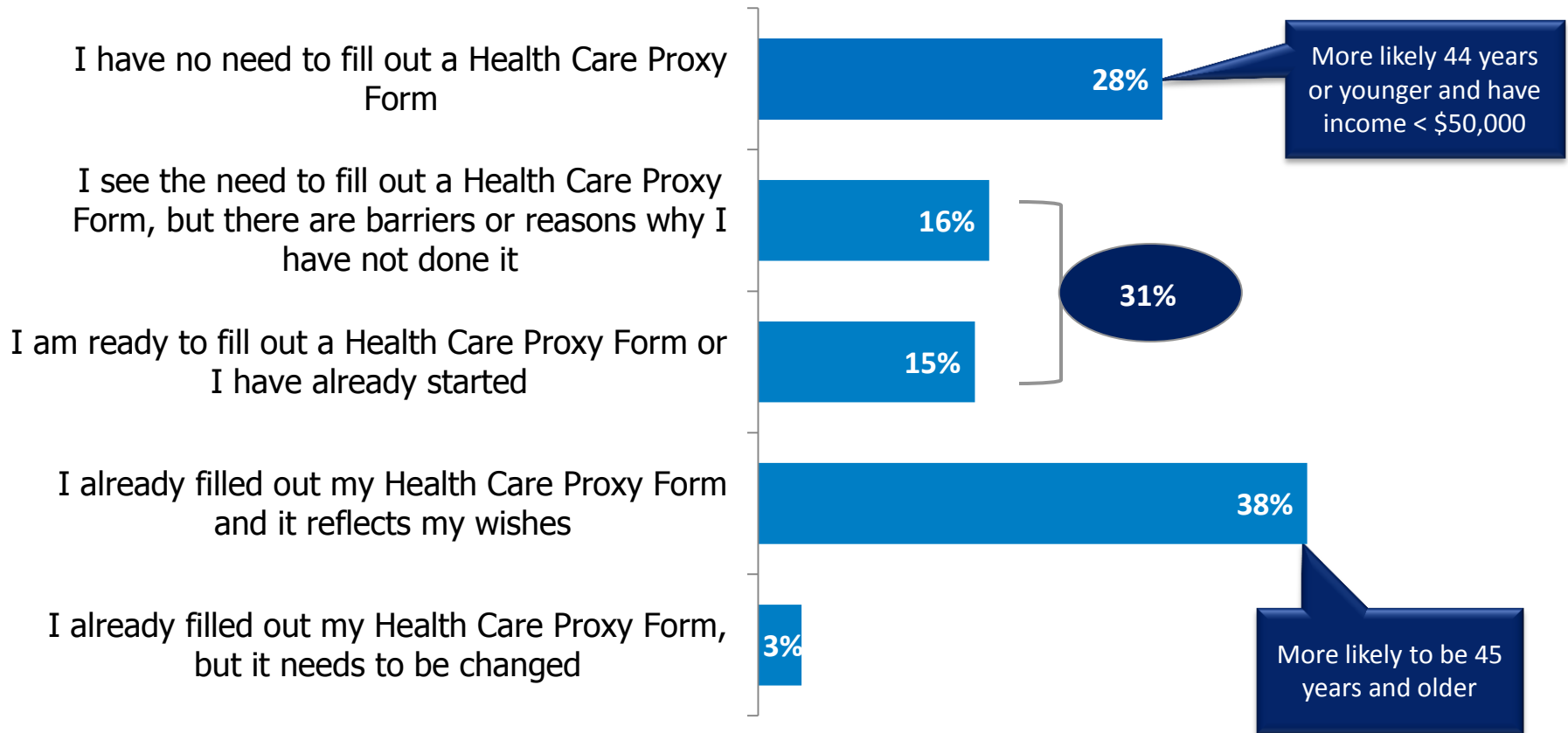


Significantly more people with health coverage have heard of the term “health care proxy”.

Heard the Term “Health Care Proxy,” by Health Coverage

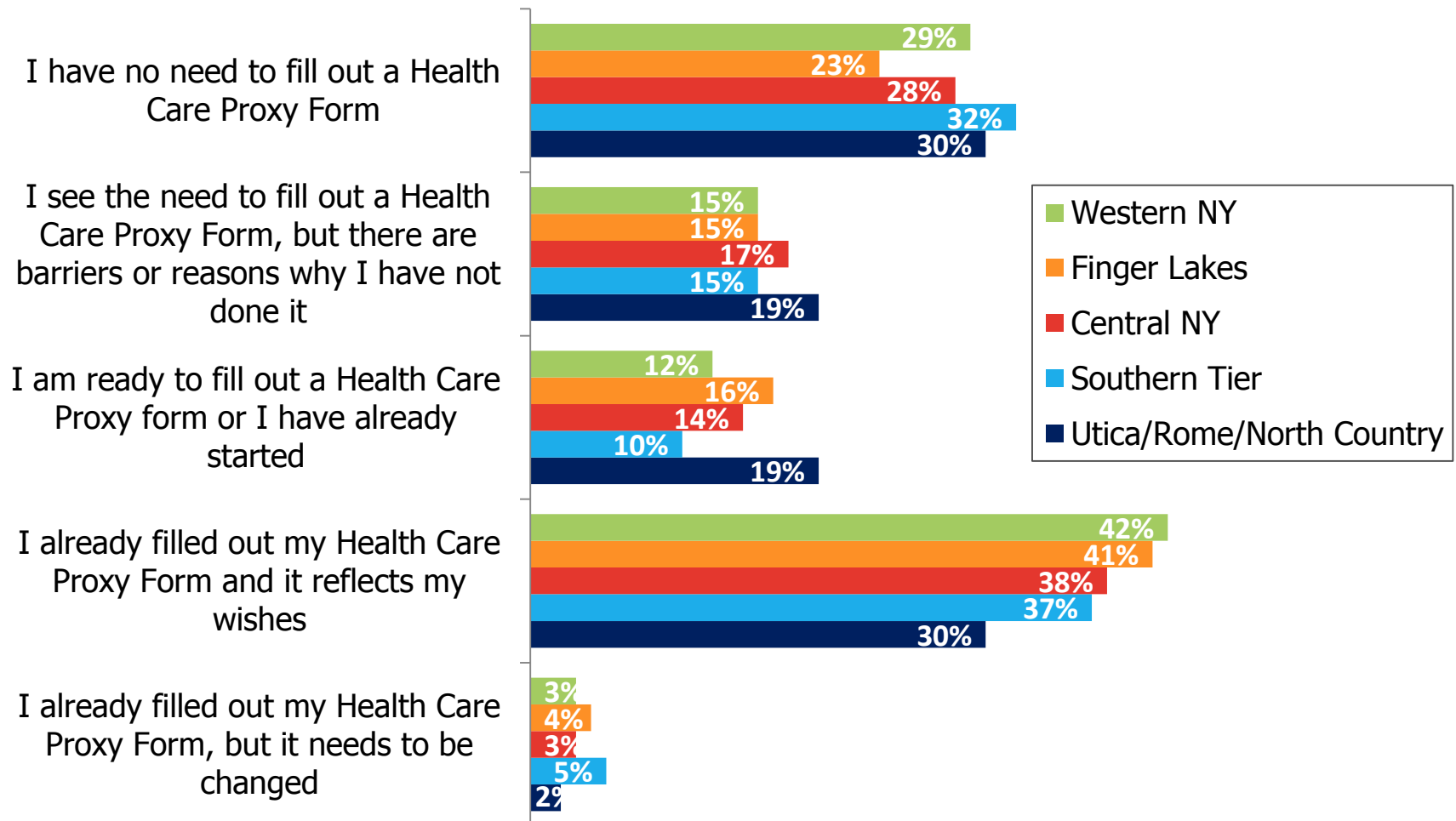


Approximately 1 out of 4 respondents see no need to fill out a health care proxy form. About a third of respondents see the need to fill out a form, but have not completed a form.

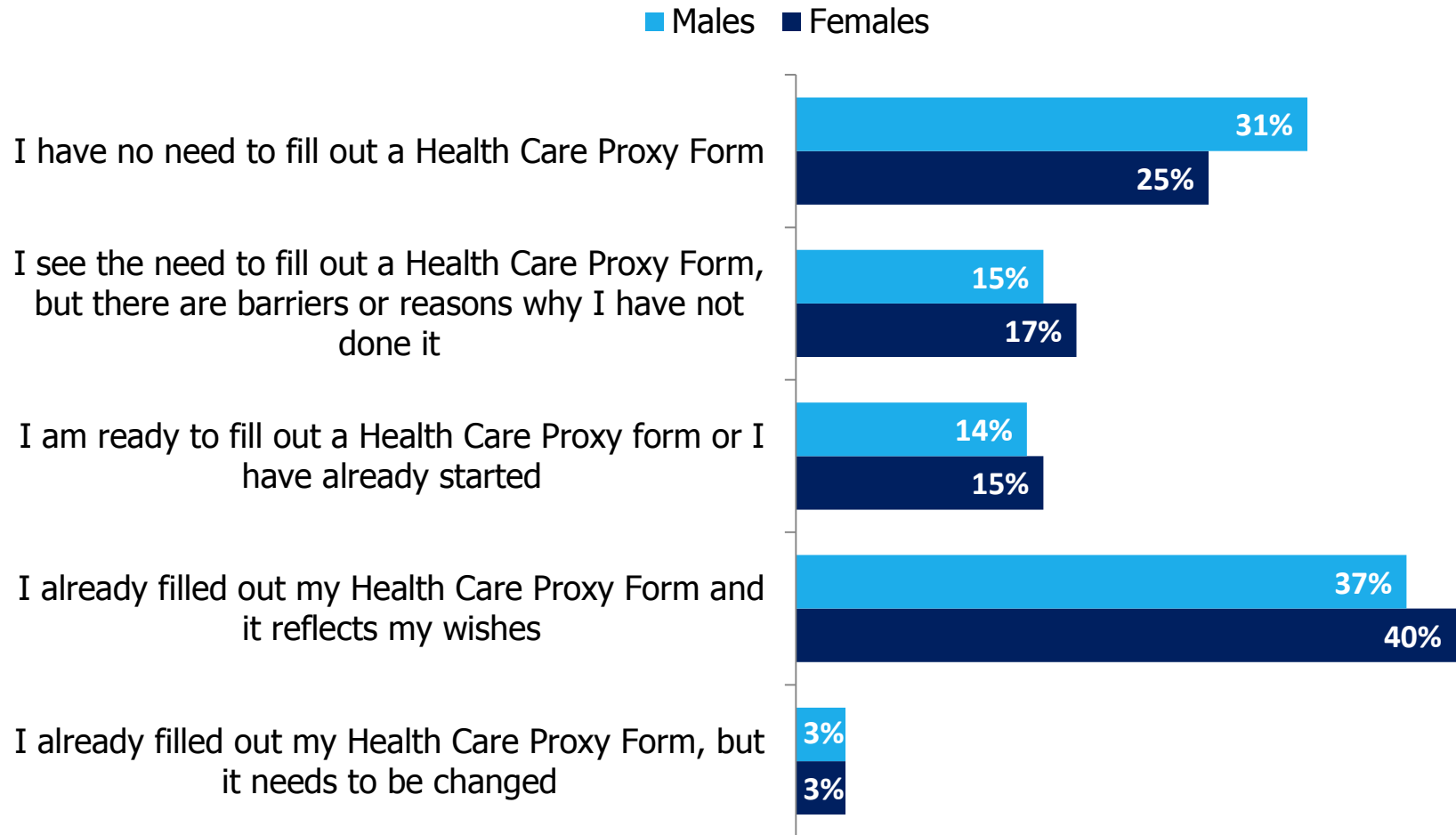


n = 2,000, all respondents

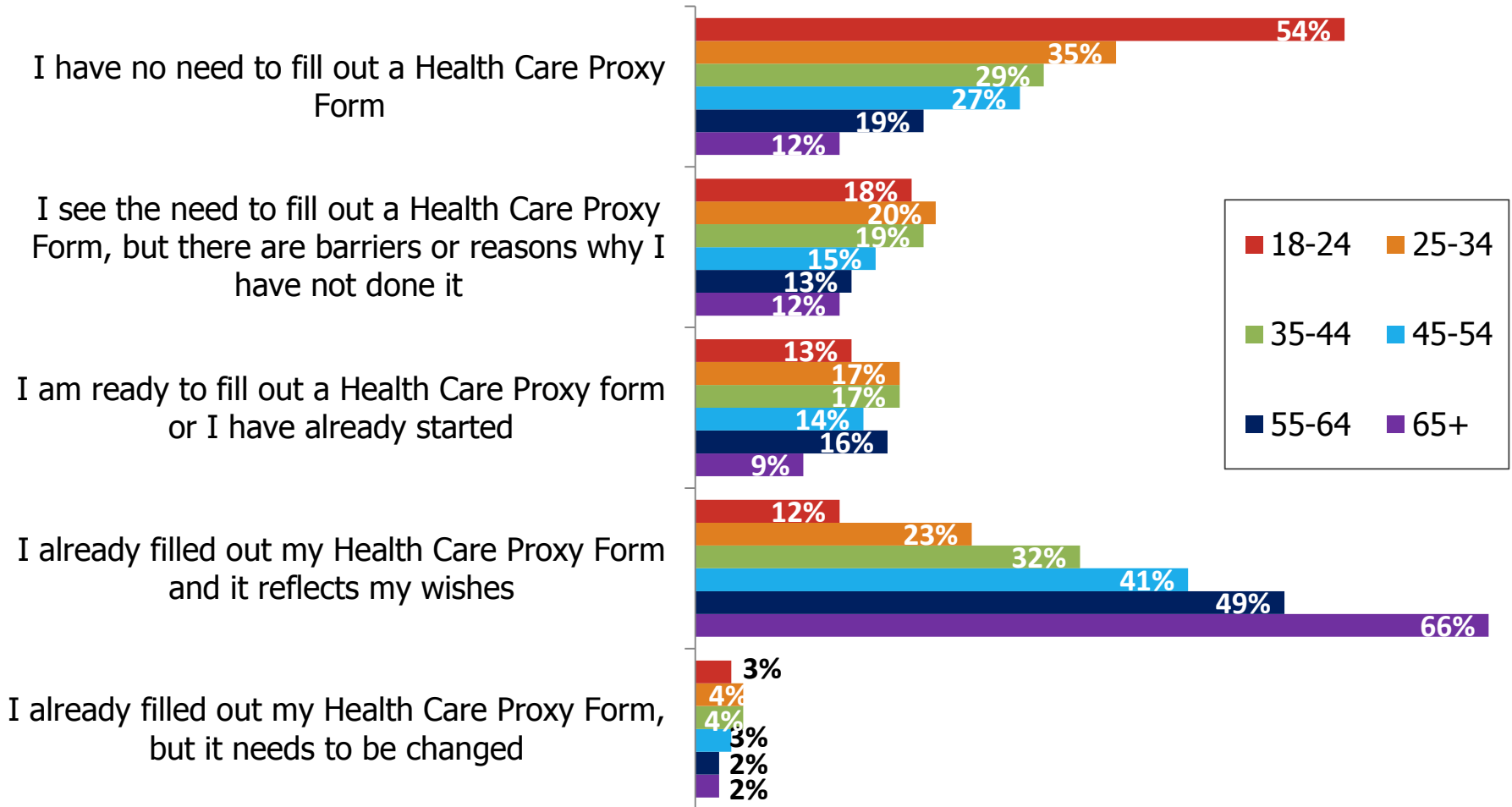
Significant regional variations were observed in completion rates of health care proxy forms. Utica/Rome/North Country has the lowest completion percentage.



Significantly more men than women feel they have no need to fill out a health care proxy form.

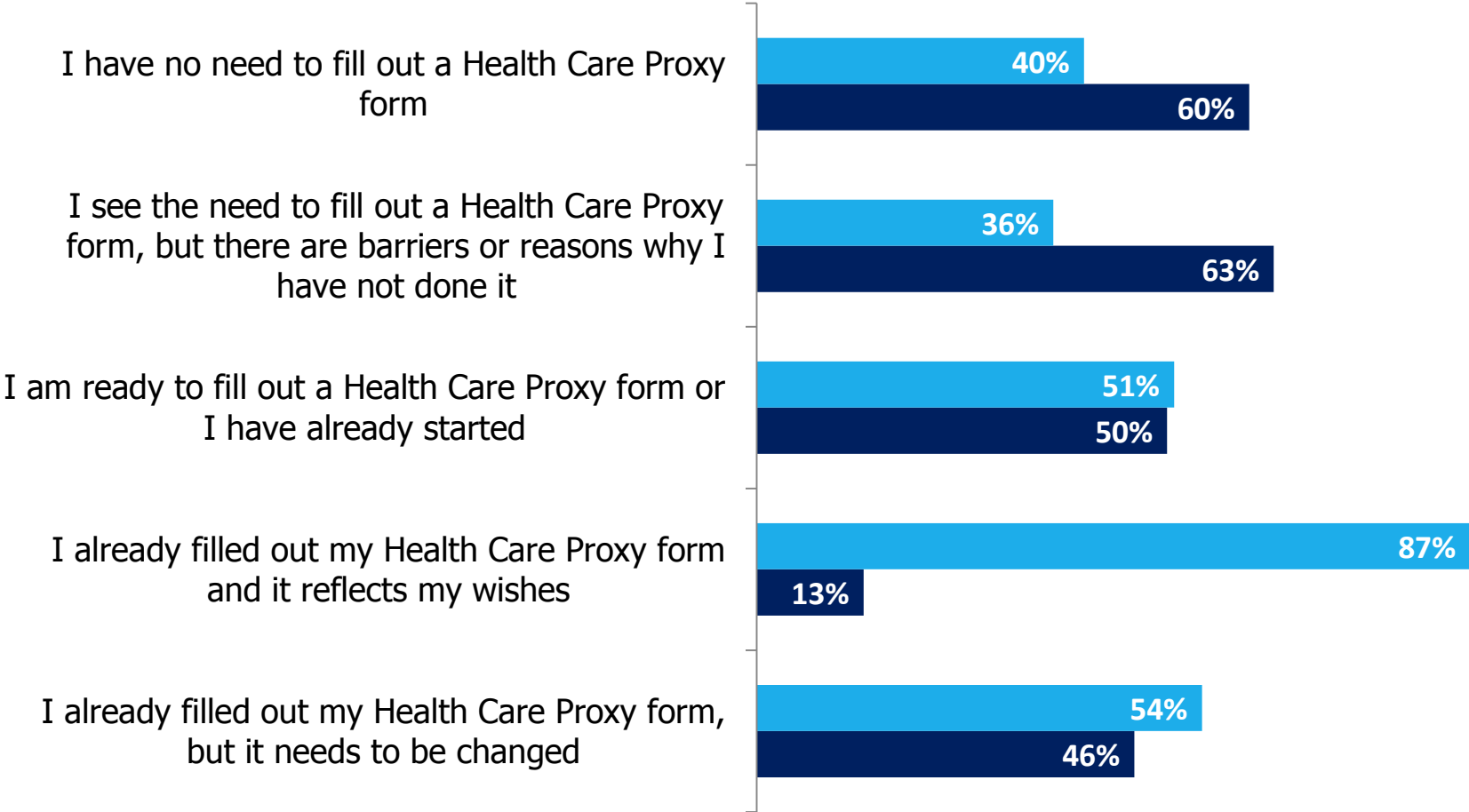


Respondents ages 18-24 are more likely to see no need to fill out a health care proxy form. Respondents ages 65 and older are more likely to report filling out a form.



More than half of respondents who see no need to fill out a health care proxy also have not shared their care wishes.

■ Have shared wishes with family and/or agent ■ Have not shared wishes with some or all family



Among those who completed a health care proxy form, most have shared their wishes with family and the designated health care agent.

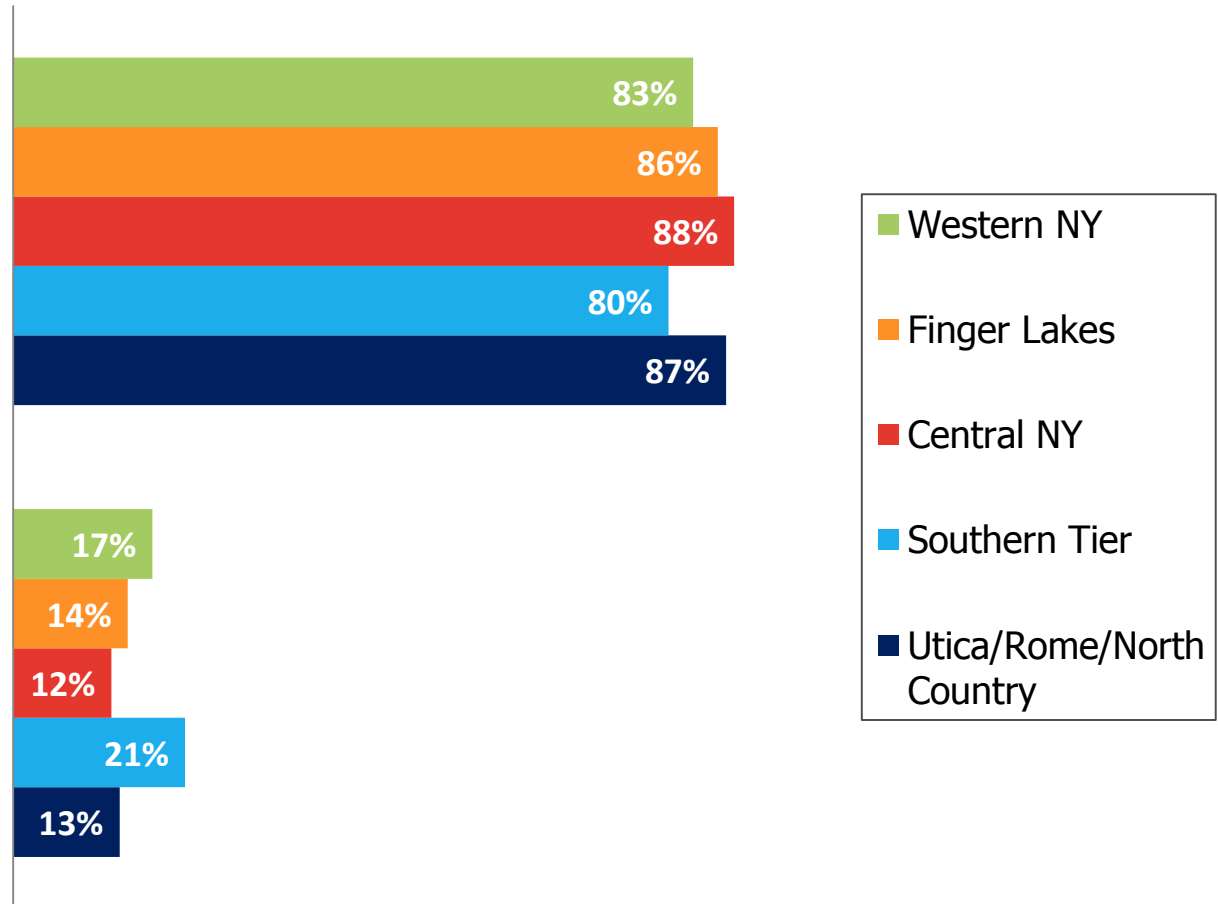
Total

85%

Have shared wishes with family & agent

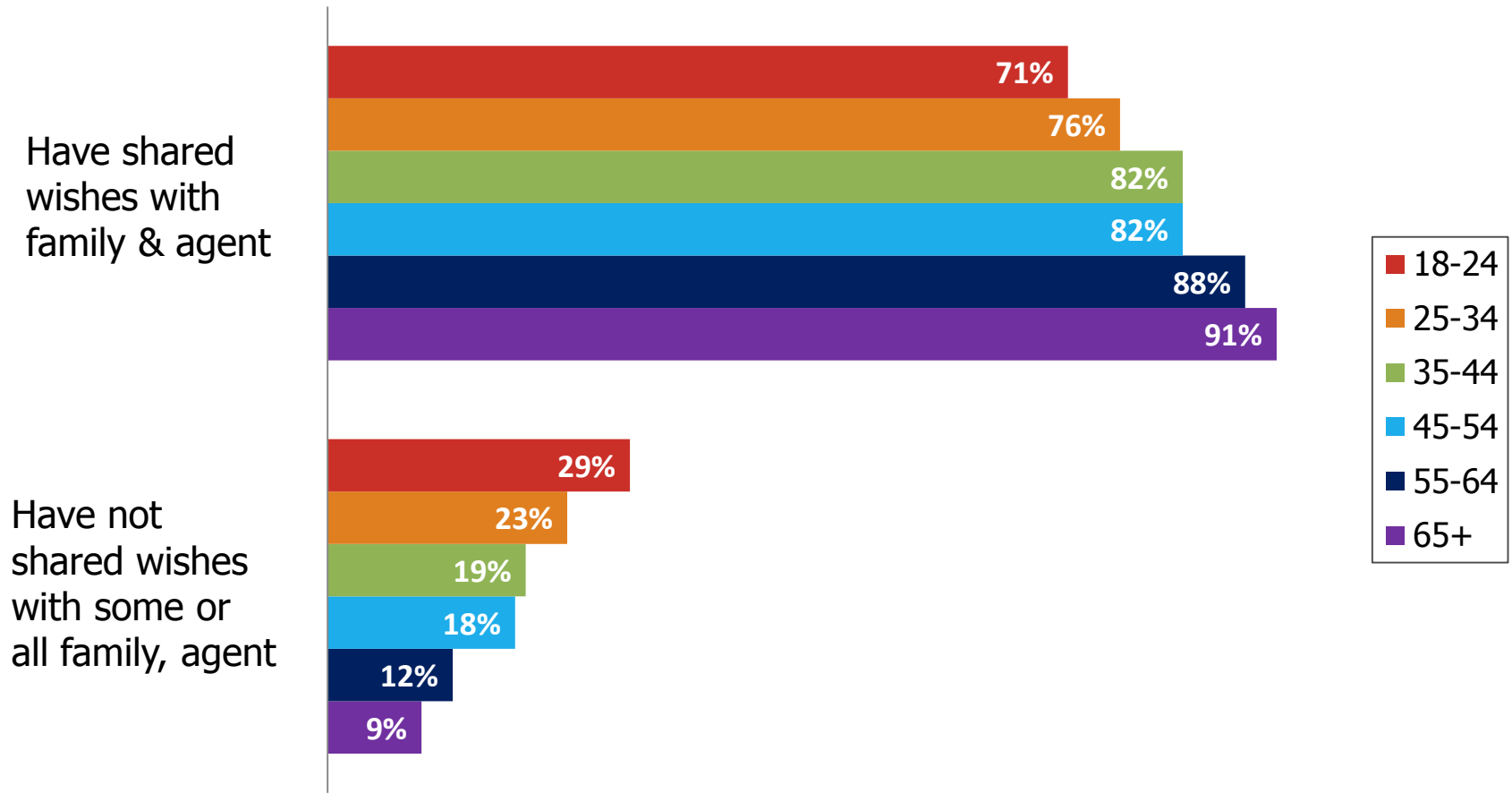
15%

Have not shared wishes with some or all family, agent



n = 832, only respondents who filled out a Health Care Proxy form that reflects wishes or needs to be changed

Among those who completed a health care proxy form, significantly more people ages 65+ have shared their wishes, compared to those younger than 55.



n = 832, only respondents who filled out a Health Care Proxy form that reflects wishes or needs to be changed

Among those who have not filled out a health care proxy form, 42% have shared their wishes with family.

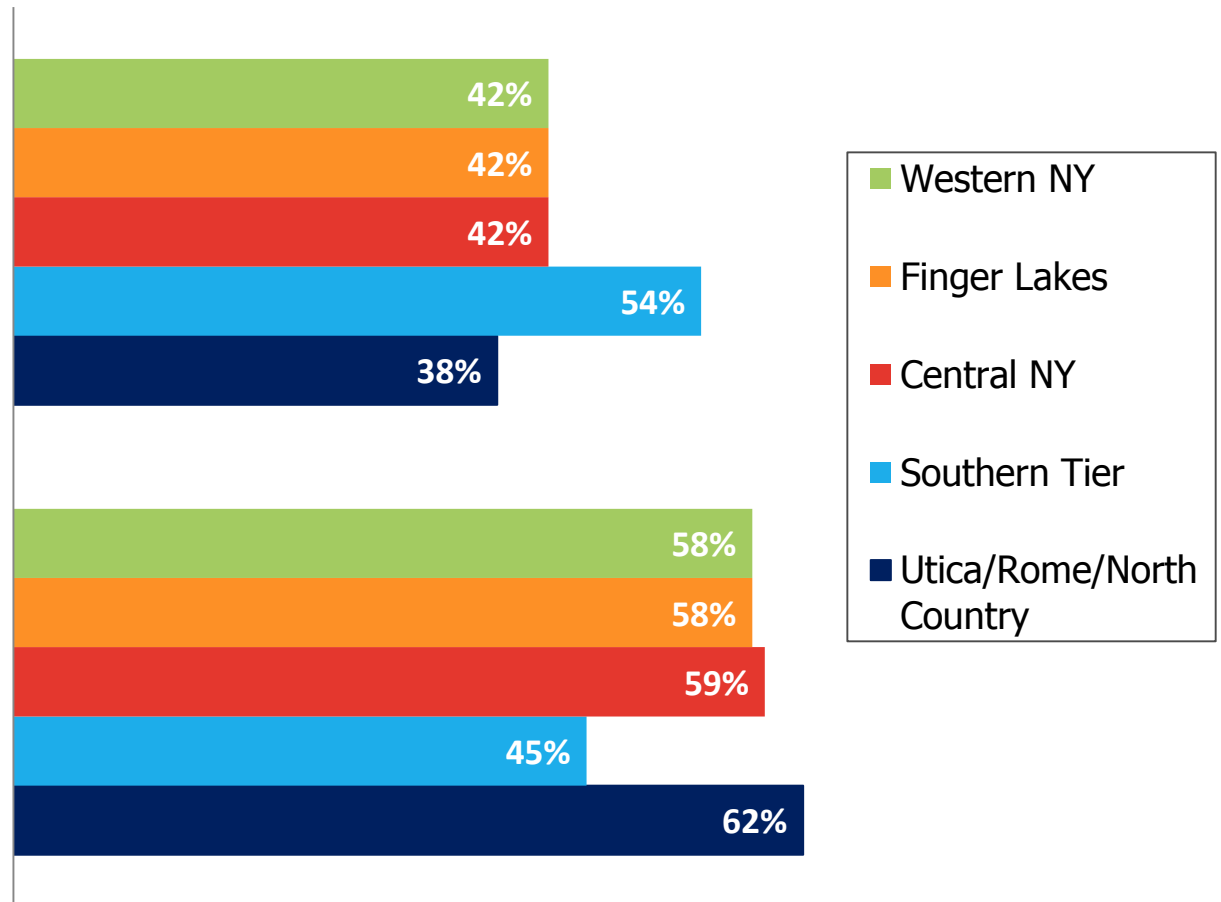
Total

42%

Have shared wishes with family

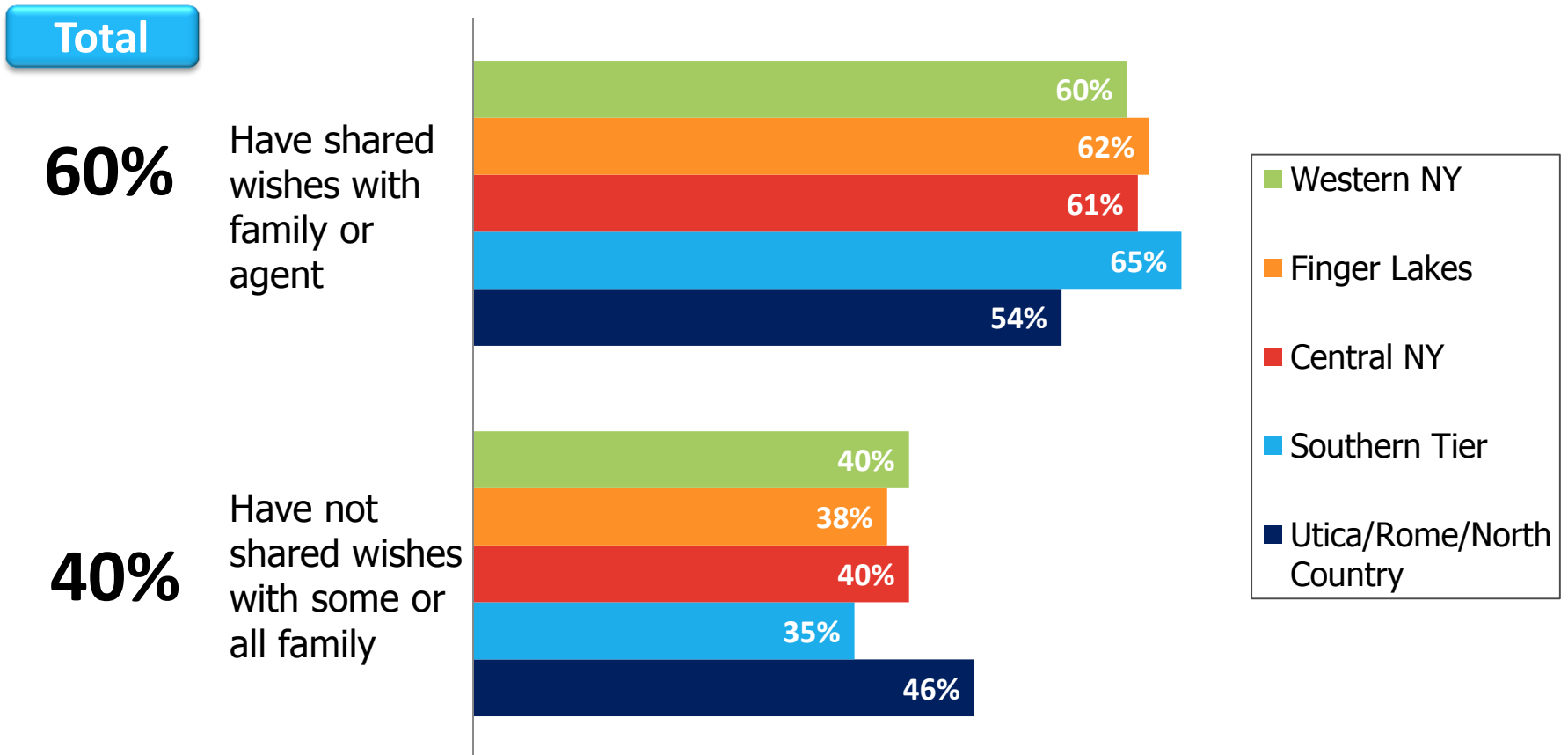
58%

Have not shared wishes with some or all family



n = 1,168, only respondents who did not fill out a Health Care Proxy form

Among all respondents, 2 out of 5 have not shared their wishes with some or all of their family or close friends.



n = 2,000, all respondents