CJE SeniorLife Population Health Survey

Between 2015 to 2016, residents, clients, and participants of the many programs at CJE SeniorLife volunteered to be interviewed.

THANK YOU to all of our volunteers!

Of the 412 participants surveyed...

- The most common chronic health conditions included high blood pressure, arthritis, and diabetes.
- 95% have a primary care physician.
- 3/4 people reported good to excellent quality of life.
- 48% exercise at least 150 minutes per week.
- 47% limit their activity due to fear of falling.
- 29% of those interviewed are at risk for social isolation.

What do people think is important for quality of life?

- Mobility
- General health
- Access to medical care

CJE SeniorLife will use this information to better serve our population in areas such as social support, exercise and mobility programs, and to improve quality of life in the community. To learn more about this project or the Leonard Schanfield Research Institute go to www.cje.net/research.