



# Healthy Aging in Neighborhoods of Diversity across the Life Span

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## The Healthy Journey

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U.S DEPARTMENT OF HEALTH AND HUMAN SERVICES • NATIONAL INSTITUTES OF HEALTH • NATIONAL INSTITUTE ON AGING

### The 2020 U.S. Census

By Allison Udris M.S. LCPC

#### What is the Census?

The U.S. Census is an official count of every person and residence in the country. The United States has used the Census to count its population every 10 years since 1790. The Census is led by an agency called the U.S. Census Bureau.

The U.S. Census is more than a population count. The Census also collects data about age, race, gender, and home ownership.

The Census is more than just a population count

The U.S. Census Bureau keeps your personal information private. Your answers to the Census can't be used against you in court. The U.S. Census Bureau is non-partisan, meaning it is not associated with a political party.

Participating in the Census is your right. Federal and local governments use Census data to give funding to your community. This funding is used to address the needs and concerns of the residents. By participating in the Census, you may help your community receive funding to improve your life.

#### Why should I participate in the Census?

The Census reveals how our country's population changes over time. Specifically, Census data showed that the U.S. population grew by about 10% from 2000 to 2010. The 2020 Census will tell us if the U.S. grew as much since 2010.

Census counts are used to decide how federal funds will flow into your community. Local governments rely on Census data to make decisions such as where to build roads, hospitals, schools, and fire departments. Census data also helps officials apply federal assistance to help communities in need. These include neighborhood im-

provements, social services, food and income security, housing, and transportation. Businesses use Census counts to choose where to open new stores and which products to sell.

Census results also determine how many seats your state will have in the U.S. House of Representatives. The House of Representatives is part of the federal government's legislative branch. This branch makes and passes laws. Each state is guaranteed 1 representative. States can receive more representatives based on Census data.

Baltimore has a high number of people who are considered "difficult to count" during the Census. Baltimore's self-response rate for the 2010 Census was 68%. Lower-income households, older adults, and families with very young children are among the hardest to count. It is important for Baltimore residents to participate in the Census so the city can receive its fair share of funds.

Baltimore communities benefit from an accurate Census count of the city's population

#### How does the Census affect my health?

The Census helps government leaders plan for public health needs. If people do not participate in the Census, the population count is not correct. This keeps your community from receiving money and resources. Healthcare providers and insurance companies need correct Census data to make decisions about the services they provide. Communities need funding for hospitals, and health centers, and health and nutrition programs that are convenient and affordable.

Medicaid uses Census data to calculate rates of payment for medical services you receive. The Census uses the average income per person in each state to list a fair rate.

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Census data are used to fund programs like the Children's Health Insurance Program (CHIP). The Women, Infants, and Children (WIC) program uses Census data to set monthly food voucher prices. It is important to participate in the Census so your community will receive enough money for these programs.



HANDLS examines how health is affected by age and race. The Census also asks questions about age and race. Many groups of people face discrimination in their communities. Accurate Census data will help create health resources in communities that need them. The Census data also can be used to deal with threats to public health, such as infectious diseases and environmental risks. Finally, Census data can be used to see if there is discrimination in your community's healthcare system.

## Meet our New Staff!

HANDLS is pleased to welcome two Clinical Research Coordinators, Bridgette Clarke and Andrea Jones. Bridgette and Andrea perform eye testing, physical performance testing, and specimen collection at the MRVs.

Bridgette has a Master's degree in Psychology and recently moved to Maryland from North Carolina. Her husband recently retired after serving 24 years in the Army.



Bridgette Clarke

## Important Dates

**March 12-20, 2020.** You will receive an invitation in the mail to respond to the U.S. Census.

**March 16-24.** You may receive a reminder letter to respond to the Census.

**April 1, 2020.** Census Day! By this date, every home in the country will receive an invitation to participate in the 2020 Census. You can respond for your home by phone, by mail, or online.

**April 20-27, 2020.** If you have not responded to the Census yet, a final reminder will be sent in the mail. If you do not respond by this time, a Census worker may visit your home to ask you the questions.

**May 2020.** Census workers begin visiting homes that have not yet responded to the Census.

**December 2020.** The Census Bureau delivers apportionment counts to the President and Congress. These counts decide how many seats in Congress each state will get.

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She is looking forward to settling down in Maryland with her husband and 3 sons. Andrea is born and raised in Baltimore and enjoys spending time with her 3 children and husband who serves the community as a Baltimore City firefighter. Andrea has a Bachelor's degree in Biology.

Both Bridgette and Andrea are looking forward to contributing to the success of the HANDLS study. They are excited to meet you during your next MRV visit!



Andrea Jones

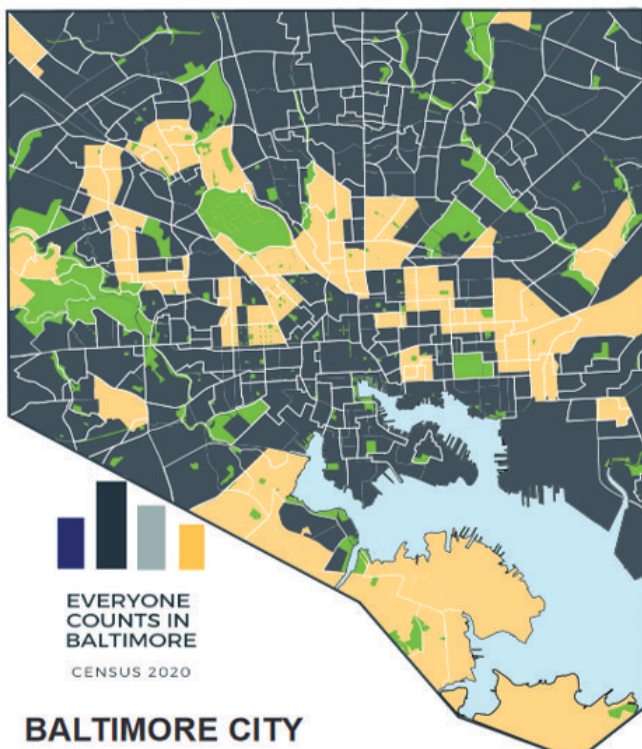
### What types of questions are in the Census?

- How many people are living in your home on April 1, 2020?
- What is the age, sex, and race of each person living in your home?
- Do you own or rent your home?
- How are you and the members of your household related?
- What is your level of education?
- What is your telephone number?

The Census will never ask you for money, your social security number, or information about your personal accounts.

### How do I participate in the Census?

You will receive an invitation letter to participate on April 1, 2020. Most households will receive this invitation in the mail from a postal worker or in-person by a census worker. Your invitation will include a unique ID to protect your personal information.



**Online.** 2020 is the first year that the Census will offer an online response option. A website link will be listed on your invitation. You can visit this link to provide your responses to the Census. Most households will be encouraged to use this option.



**Phone.** A phone number will be listed on your invitation. You can call this phone number to give your responses to the Census.

**Paper.** Areas and households that are less likely to respond online will receive a paper questionnaire in their Census invitation letter. You can give your answers to the Census on this questionnaire. The questionnaire comes with a postage-paid return envelope so that you can send your answers for free. If you receive a paper questionnaire, you are still able to respond online or by phone; it is your personal choice.

### Baltimore Census Events

As Census Day gets closer, you will notice ads on the MTA and throughout your community. You will hear a lot about the Census on the local TV and radio stations. You will also notice events hosted at community centers, senior centers, and public libraries. If you would like to stay informed about census information and local events that will happen in 2020, please enter your email when you visit this link: [https://public.gov-delivery.com/accounts/MDBALT/subscriber/new-?topic\\_id=MDBALT\\_685](https://public.gov-delivery.com/accounts/MDBALT/subscriber/new-?topic_id=MDBALT_685).

### References and resources

<https://www.census.gov/>

<https://2020census.gov/en>

<https://census2020.baltimorecity.gov/>

<https://census.maryland.gov/Pages/how-census-works.aspx>

<https://www.cnn.com/2013/08/27/us/u-s-census-fast-facts/index.html>

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## **Newsletter for the HANDLS community**

The purpose of this study is to learn about changes in health over time. Using our medical research vehicles, we want to study as many people with different backgrounds as we can. We want this study to help us understand healthy aging by examining the influences of different backgrounds on changes in health over time. The information we gather will help improve health and prevent disabilities. Our goal is to gather information to improve health and prevent disabilities for people of all backgrounds, particularly in minority communities and communities with limited resources.

**For information about our study call 877-677-9538 or visit our website <https://handls.nih.gov>.**