

February 9, 2022

Age-Friendly Public Health Systems Learning and Action Network News



News:

As the AFPHS team continues to develop timely and relevant trainings, we want to make sure we incorporate your feedback on our 2021 trainings. Please take a moment to fill out [this brief survey](#) on our past trainings. Thank you for your time and feedback.

New Resource on Age-Friendly Health Systems

The John A. Hartford Foundation (JAHF) and the Institute for Healthcare Improvement (IHI) have just released a new book –

[***Age-Friendly Health Systems: A Guide to Using the 4Ms While Caring for Older Adults***](#). Written by JAHF President Terry Fulmer and IHI Vice President Leslie Pelton, this comprehensive, easy-to-use guide for health care professionals synthesizes learnings about reliably delivering age-friendly care to older adults in all settings. Public health practitioners can use this resource to share with potential health system partners to introduce Age-Friendly Health Systems.

Events and Opportunities:

Age-Friendly Public Health Systems (AFPHS) Monthly Trainings

Understanding the environments and social context that can influence health can be pivotal in supporting older adults as they age. In a concerted effort to address disparities and inequities, Healthy People 2030 contains many objectives that are focused on the social determinants of health. One of the goals in particular is to “Create social, physical, and economic environments that promote attaining the full potential for health and well-being for all.”

The February AFPHS Training will focus on the Department of Health and Human Service’s programming and resources that support healthy aging. Some key objectives included in Healthy People 2030 related to older adults will also be highlighted. TFAH is delighted to host the Deputy Director of the HHS Office of Disease Prevention and Health Promotion, Carter Blakey, as our speaker.

This session will occur on **Thursday, February 17, 2022, at 3:00 pm ET**. Register [here](#). The March AFPHS training will provide an overview of healthy aging and the social determinants of health.

You can also view a recording of our January training on [Framing Communications on Aging](#) February’s [blog post](#) What’s Public Health Got to do With....Healthy Living &

Aging.

Addressing Housing Issues Facing Older Adults Following A Natural Disaster

– *Wednesday, February 9, 2022, 2:00 pm – 3:00 pm ET* The National Center on Law & Elder Rights is hosting a training to discuss common housing issues faced by homeowners and renters following a natural disaster. This session will focus on how advocates and providers working with older adults can assist them pre-disaster to head off these housing issues. Presenters will share post-disaster resources for older adults and advocates to help address housing recovery needs following a natural disaster. Register [here](#).

Award-Winning CBOs Discuss Their Innovative Programs and Partnerships with Health Care

– *Thursday, February 10, 2022, 1:00 pm to 2:00 pm ET*. Recognized as runners-up for The John A. Hartford Foundation Business Innovation Award, Daybreak's Rapid Response Case Management Pilot and the Area Agency on Aging and Disabilities of Southwest Washington's (AAADSW) Community Paramedicine program will teach participants how Daybreak and AAADSW developed their programs and overcame challenges they encountered along the way. This award recognizes community-based organizations that are working to improve health outcomes and quality of life for older adults and people with disabilities. Register [here](#).

Partners in Social Engagement: Collaborating with Parks and Recs

– *Tuesday, February 22, 2022, 1:00pm - 2:00 pm ET*. The February engAGED: The National Resource Center for Engaging Older Adults webinar will highlight how the Aging Network can partner with parks and recreation agencies to offer social engagement opportunities. The National Recreation and Park Association will share how parks and recreation agencies are working locally to address social isolation. The County of San Diego Health & Human Services Agency, Aging & Independence Services will then share how they developed collaborative efforts with their local parks and recreation departments to create opportunities for social engagement for older adults. Register [here](#).

Getting Serious About Housing Supply: Aligning Housing Subsidies

– *Thursday, February 17, 2022, 1:00 pm – 2:00 pm ET*. To explore how to streamline and improve incentives to build more homes, from affordable multifamily rental housing units to entry-level homes for purchase, the Bipartisan Policy Center is hosting a webinar to share innovative solutions for housing development. Innovations—such as modular and off-site construction, the use of novel building materials like mass timber and SIPs panels, and 3D printing—could help unlock housing production at all levels of affordability. Register [here](#).

Pandemic Preparedness: Now is the Time

– *Wednesday, February 23, 2022. 2:00 pm – 3:00 pm ET*. To better prepare for future emergencies similar to COVID-19, stronger intergovernmental coordination, greater sustainable funding, and a robust public health data infrastructure are critical to ensuring we know where the nation is and where it needs to be during a crisis. The Bipartisan Policy Center is hosting a discussion with public health and health care experts on topics crucial to our nation's health and security. Register [here](#).

Strengthening Service Delivery Through Trauma-Informed Care Training

– *Thursday, February 24, 2022, 3:00 pm – 4:00 pm* A workforce that is trained on trauma-informed care can help diminish the potential for trauma triggers and improve both quality of care and quality of life for older adults. The ADvancing States National Information & Referral Support Center will host program leaders from Texas Health and Human Services who will describe a three-part training series on person-centered, trauma-informed care for Texas' aging service providers. While this training, informed by the needs and experiences of Holocaust survivors, was developed for service providers, the care techniques and methods are best practices that improve the quality of care of all older adults. Register [here](#).

Building a Continuum of Care for People with Serious Illness through Patient Engagement

– *Friday, February 25, 2022, 1:00 pm – 2:00 pm ET*. The National Academy for State Health Policy is holding a webinar to discuss initiatives in the state of Washington that support patient engagement and review new tools from the National Committee for Quality Assurance. People who are more engaged in their care are shown to have better outcomes, use fewer resources, and report more satisfaction with the care they

receive. These new tools can help states track and measure what matters most to people with serious illness. Register [here](#).

engAGED Office Hours: Nutrition and Social Engagement – *Thursday, March 10, 2022 1:00 pm – 2:00 pm ET*. The March Office Hours session for engAGED: The National Resource Center for Engaging Older Adults will focus on the connection between nutrition and social engagement. LifeStream Services will highlight how its Curbside Nutrition program is addressing social isolation. Attendance will be capped at 30 participants. RSVP to [Meredith Hanley](#).

Request for Proposals – The Johns Hopkins School of Nursing invites qualified organizations to respond to a request for proposals (RFP) to identify a national lead organization responsible for administering and scaling the Community Aging in Place—Advancing Better Living for Elders (CAPABLE) program. CAPABLE is a time-limited, participant-directed, home-based program with demonstrated results that increase mobility and functionality of older adults in their home environment. CAPABLE achieves this through goal setting and action planning directed by the older adult working with an inter-professional team comprised of an occupational therapist (OT), registered nurse (RN), and handy worker. Proposals must be received at CAPABLEinfo@jhu.edu no later than 5:00 pm EDT on **Wednesday, March 16**. Questions can be sent to CAPABLEinfo@jhu.edu by Wednesday, February 9. A webinar about the RFP will be held on Friday, February 18 at 1:00 EST where a Q&A document will be distributed. Register for the webinar [here](#).

Job Opportunity – Senior Program Assistant, National Academy of Medicine. The National Academy of Medicine is hiring a Senior Program Assistant to support the Healthy Longevity Global Competition. This international prize program aims to accelerate research, innovation, and entrepreneurship across disciplines and sectors to improve health as people age. [Learn more about this opportunity](#).

Job Opportunity – Program Associate/Senior Program Associate, USAging . USAging is searching for a Program Associate/Senior Program Association to support the work of engAGED: The National Resource Center for Engaging Older Adults and supporting USAging’s role in the National Technical Assistance Center on Grandfamilies and Kinship. The application deadline is February 11. Families. [Learn more about this opportunity](#).

Resources:

COVID-19

Importance of COVID-19 Boosters for Older Adults

According to recent data from the Centers for Disease Control and Prevention, [COVID-19 booster vaccines may be more beneficial in older adults than younger people](#).

The data also shows that boosters are important for people who live in long-term care communities and those who have certain immune disorders. In adults under 50 years older, two doses of the Moderna or Pfizer-BioNTech vaccines, or one dose of the Johnson & Johnson vaccine decreased the risk of hospitalization and death so sharply that a booster shot did not seem to add much benefit.

COVID-19 and Stroke Risk

[Results from a new study from the Centers for Disease Control and Prevention](#) indicate that the risk of coronavirus-related ischemic stroke may be highest

in the first three days after being diagnosed in older adults. This is 10 times greater when compared to the period before a person is diagnosed with COVID-19. Previous studies have been inconsistent in their findings on stroke risk among adults with COVID-19, and only a few have focused on older adults. The study results serve as a reminder to patients and clinicians to focus on treating risk factors like high cholesterol and high blood pressure that reduce stroke risk overall.

Exercise & Physical Activity

Physical Inactivity Levels Across the Country

Results from a recent Centers for Disease Control and Prevention (CDC) study indicate that **25% of adults are physically inactive**. Colorado, Utah, Washington and Vermont, has a physical inactivity prevalence of 17.7% to less than 20 percent, compared to West Virginia, Oklahoma, Louisiana, Alabama, Kentucky, Arkansas, Mississippi, and Puerto Rico where physical inactivity prevalence is 30% or more. There were also variations in race and ethnicity, with non-Hispanic Asian adults having a 20 percent prevalence of physical inactivity, while non-Hispanic whites had a 23 percent rate, non-Hispanic Blacks a 30 percent rate and Hispanic adults a 32 percent inactivity rate. The CDC notes that “reducing physical inactivity requires a comprehensive effort from many groups—including states, communities, worksites, and individuals—to make it easier for everyone to move more.”

Reducing Diabetes Risk with Frequent Physical Activity

A study recently published in the journal *Diabetes & Metabolic Syndrome: Clinical Research & Reviews* noted that the **risk of diabetes was lower among older adults that engaged in physical activity frequently**. The study included 72,250 people from India. For older adults who started a physical activity regimen, the prevalence of diabetes would decrease by 2.2%. The study highlights the need for strategies to promote an active lifestyle to reduce diabetes in older adults

Technology

Benefits of a Metaverse for Older Adults

The metaverse, which encompasses virtual reality, augmented reality, extended reality, and gaming worlds, is growing in popularity. **Designing a metaverse that is accessible** to all users, including those with visual and physical impairments as well as older adults, can lead to a better product and user experience. Expert in digital accessibility Geoff Freed commented that "if inclusion and accessibility are at the forefront of its design, the metaverse could prove to be more usable than current digital experiences."

Using Technology to Help Older Adults Avoid Suicide

Adults ages 65 and older account for nearly 19% of suicides, with the highest rates seen in men ages 75 and older. The reasons for suicide among older adults include cognitive functioning, physical illness, psychiatric illness, and psychosocial factors. Technology provides an opportunity for older adults to receive clinical interventions when they may have difficulty adhering to or accessing treatment. Evidence from using **mobile apps** like WellPATH, a tablet application that focuses on emotion regulation strategies, shows a reduction in negative emotions is associated with increased suicide risk.

Additional Resources

Medicare Advantage Helps Drive Health Equity

Confirmed by a study published in the *Journal of the American Medical Association*, Black, Latino, and Asian individuals are disproportionately more likely to receive a positive diagnosis and to be admitted to intensive care units for COVID-19. Given these disparities, government agencies, local communities, and private industry leaders are identifying and testing health equity solutions. The **increase in Medicare Advantage (MA) enrollment** among racial/ethnic minorities has highlighted the potential for MA to help improve equity. The same study indicates that Black and Latino beneficiaries are more likely to report receiving routine health care services, including mammograms, flu shots, blood pressure screenings, and cholesterol checks, when enrolled in MA as compared to fee for service Medicare.

Aging in Place Lacks Focus on Rural Areas

A recent environmental scan on statewide-age friendly initiatives for aging in place conducted by the University of Minnesota Rural Health Research Center revealed that **only six programs focused explicitly on rural communities** or included rural communities in one of the priority areas. The scan reviewed 33 statewide aging in place and age-friendly initiatives in 22 states that support independence as people age. To support older adults in rural communities, programs such as the Age Friendly Care PA and Verde Valley Caregivers have worked in partnership with geriatric centers, health care organizations, primary care providers, students studying careers in health care, and

community organizations.

Addressing Housing Instability and Homelessness through Coordination

A new report from the National Academy for State Health Policy, [**Health and Housing: Introduction to Cross-Sector Collaboration**](#), highlights the importance of health and housing sector collaboration. Partnerships can advance goals of healthy, equitable, and thriving communities. Successful models of cross-agency partnerships and collaboration between the housing and health sectors are included in the report.

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