

October 17, 2024

AFPHS News



News:

Recordings from the National Healthy Aging Symposium are now available for viewing and sharing on the [AFPHS website](#). Speaker slide presentations are also available for downloading.

Come Visit the AFPHS Booth at APHA!

If you are attending the American Public Health Association Annual Meeting in Minneapolis, MN this year, stop by **booth 618** to say Hi and enter your name to win a special prize!

Did You Know...?

The Food and Nutrition Service's **latest report** on Supplemental Nutrition Assistance Program (SNAP) participation rates highlights how valuable this program remains in supporting individuals and families with low incomes. In FY 2022, 88% of eligible individuals participated in SNAP, marking the highest participation rate since the program's inception. Unfortunately, **adults ages 60 and older participated at lower rates, with only 55% of eligible older adults enrolling in the program.**

Events and Opportunities:

Age-Friendly Public Health Systems (AFPHS) Monthly Trainings

Ensuring all older adults have an equitable opportunity to live healthy lives is foundational to age-friendly public health. The 2024 AFPHS trainings are focused on various topics related to equity.

With over 2,560 locations across the country, the YMCA provides communities with resources and services that optimize healthy living across the life course. They partner across sectors to enhance engagement opportunities that can help meet the health and social needs of older adults across the 10,000 communities they serve. The October AFPHS training will feature some of these programs and partnerships that not only improve older adult health but also foster equitable healthy aging.

Speaker for this training is:

- Katie Adamson, Vice President, Health Partnerships & Policy Government Relations and Policy, YMCA

You can register for one or all the trainings in this series [here](#).

Build your expertise and healthy aging knowledge! Individuals who attend 6 or more AFPHS monthly trainings will be designated as AFPHS Champions. Over 100 people in 24 states across the country have been recognized as Champions to date. Visit the [AFPHS Recognition Program page](#) for more information.

AARP Livable Communities Workshop – *Thursday, October 17, 2024*. This is day two of a two-day virtual workshop which will explore how local leaders can design for people of all ages in urban, suburban and rural communities. The core themes for the conference are housing, transportation, public spaces, and community engagement. Innovative solutions and best practices to design places that benefit people of all ages and abilities will be share. Register [here](#).

Preventing and Addressing Disability Discrimination – *Thursday, October 17, 2024, 11:30 am ET*. Hosted by the Federal Emergency Management Agency's (FEMA) Office of Civil Rights, this webinar will provide information about compliance with Section 504 of the Rehabilitation Act of 1973. Section 504 prohibits the discrimination of individuals with disabilities in programs and activities that are federally funded. Attendees will learn all of the necessary information to provide equal access to people with disabilities for recipients of FEMA funding. Register [here](#).

Connecting Civic Engagement and Public Health – *Friday, October 25, 2024, 2:30 pm ET*. The upcoming election is consequential for the field of public health and our communities, and older adults are among the most civically engaged. During this webinar, attendees will learn non-partisan practices and tools to increase civic engagement and help ensure people's safety at the polls. Register [here](#).

Conversations on Caregiving, Ethics, and Elder Mistreatment – *Wednesday, November 6, 2024, 1:00 pm ET*. In honor of National Family Caregivers Month, the National Center on Elder Abuse is holding a webinar to discuss the ethical issues in caregiving and practices to prevent mistreatment. Register [here](#).

Brain Health Academy Webinars

The Brain Health Academy, facilitated by UsAgainstAlzheimer's, is offering free, evidence-based courses in 2024. These sessions are designed to equip health and community providers with the knowledge and resources to reduce the risk of dementia and Alzheimer's disease. The webinars will be recorded and available for viewing for up to 60 days after the live presentations. The final session in this series is:

- Risk Reduction and Dementia – *Thursday, November 14, 2024, 1:00 pm – 2:00 pm ET*. Register [here](#).

NIA Research Centers Collaborative Network Climate Change and Aging – *Tuesday, November 12, 2024, 11:30 am – 8:15 pm ET* Taking place in-person in Seattle, WA and virtually, this meeting will include sessions on exposures, vulnerabilities, and interventions to cope with climate change. A draft of the agenda is available [here](#). Registration to attend virtually is free and open to the public. Register [here](#) by November 8 at 9:00 am ET.

State Learning Collaborative for Family Caregiving

The National Academy for State Health Policy (NASHP) has a new opportunity for states to participate in an 18-month Caregiving State Policy Collaborative. States that participate in the Collaborative will share best practices and opportunities to strengthen policies and strategies to improve family caregiver policy. States will also learn from subject matter experts and be able to provide ongoing feedback to NASHP that will inform a state implementation guide of action steps. [Learn more about this opportunity](#).

Healthy People 2030 Champion

Improving health, eliminating health disparities, and advancing health equity requires coordination and collaboration with organizations nationwide. That's why the [Office of Disease Prevention and Health Promotion](#) (ODPHP) within the U.S. Department of Health and Human Services (HHS) is excited to **invite you to become a [Healthy People 2030 Champion!](#)**

Healthy People 2030 Champions are public and private organizations that support the [Healthy People 2030 vision](#), work toward Healthy People's overarching goals and [objectives](#), and improve health and well-being at the local, state, territorial, and tribal level. Champions receive information, resources, and recognition from ODPHP to help them promote the Healthy People 2030 initiative among their networks.

If your organization is interested in becoming a Healthy People 2030 Champion, apply today using the [online application form!](#) ODPHP reviews applications on a rolling basis. To become a Champion, an organization must have a demonstrated interest in or understanding of disease prevention, health promotion, [social determinants of health](#), [health disparities](#), health equity, or well-being.

Upcoming Conference Abstract/Proposal Deadlines

- [National Association of County and City Health Officials](#) – November 15, 2024, 11:59 pm PT/2:59 am ET. Theme: Bright Lights, Bold Ideas: Shaping the Future of Public Health Practice

Resources:

Elder Mistreatment

New Issue Brief on Self-Neglect and New Data on Adult Maltreatment

ADvancing States recently published findings on self-neglect from the 2022 national survey of Adult Protective Services (APS) Programs in a new issue brief – [Self-Neglect: Findings from the ADvancing States National Survey of Adult Protective Services](#). Self-neglect is the most prevalent form of maltreatment reported. This brief describes the issue of self-neglect, discusses services needed for this population, and highlights what states are doing to address self-neglect. In addition to the report on self-neglect, there is [a report on the full survey that examines the current state of APS programs](#) and identifies trends related to topics such as caseload, staff retention, and client assessment.

The seventh adult maltreatment data report from the National Adult Maltreatment Reporting System (NAMRS)

has recently been released by the Adult Protective Services Technical Assistance Resource Center. This System contains voluntarily reported data from state adult protective services programs. This report highlights efforts to improve NAMRS data collection and how the data has been used to increase understanding of adult maltreatment and adult protective services programs.

Loneliness & Social Engagement

Connections between Loneliness and Dementia

A recent study published in *Nature Mental Health* noted that people that experienced persistent loneliness had a [31% higher risk of developing dementia and a 15% greater likelihood of cognitive impairment](#). This study used data on self-reported loneliness and neurological health from the National Institute of Mental Health. Study co-author Dr. Páraic Ó Súilleabháin shared that “Loneliness is critically important [to understand] cognitive health, in that loneliness leads to the future development of dementia, vascular dementia, Alzheimer’s disease and more general cognitive impairment.”

New Examples of Social Engagement Innovations

[New examples have been added](#) to the Social Engagement Innovations Hub, a searchable clearinghouse of evidence-based programs, interventions, and services designed to address social isolation and loneliness. This Hub was developed by the Administration for Community Living’s Commit to Connect initiative and engAGED: The National Resource Center for Engaging Older Adults. There are now more than 100 social connection programs, services, and interventions included in the Hub from across the country.

Additional Resources

Updates to the AARP Livability Index Tool

AARP has recently released their rankings for the top 100 communities in 2024. These rankings are categorized by very large cities, large cities, mid-sized cities, and small cities. The [Livability Index website](#) is an interactive and data-driven platform that provides measures for every community and neighborhood in the United States. It covers 61 indicators of livability, ranging from monthly housing costs to environmental pollution, as well as opportunities for strong social connections to the presence of age-friendly plans.

Factors that Influence Healthy Aging among Older Latino Adults

[Results from a study published in the journal *Health Education & Behavior*](#) indicate that the main barriers to fitness class attendance and park use among older Latino adults were family and/or work commitments, perceived safety, and perceived discrimination. The factors that facilitated participation were socialization into a group, social connectedness with group members, fitness instructor characteristics, and exercise history. The goal of this study was to understand factors that impacted leisure time physical activity.

New Awards to Fund Shelters for Older Adults

The Administration for Community Living has announced [six new award grantees that will develop innovative and cost-effective approaches](#) for emergency shelters and supportive services for older adults. These grantees are:

- County of Stanislaus Community Services Agency, Adult Protective Services (CA)

- Benjamin Rose Institute on Aging and Oklahoma Adult Protective Services
- The Virginia Center on Aging, Virginia Commonwealth University
- Center for the Prevention of Elder Abuse and Neglect at Hebrew SeniorLife (NY)
- Allegheny County Department of Human Services (PA)
- Milwaukee County Department of Health and Human Services (WI)

These six grantees will develop models that can be replicated in communities across the country.

Health Literacy Leads to Health Equity

Health literacy is an important social determinant of health and as noted in [Healthy People 2030](#) is essential to achieving health equity. Healthy People 2030 also notes that **[achieving population-level health equity requires contributions from multiple sectors across multiple levels of influence, including systems and organizations](#)**. Organizational health literacy, according to the Centers for Disease Control and Prevention, is defined as “the degree to which organizations equitably enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.” Practicing health literacy can help organizations improve health care and health outcomes, and eliminate health disparities. Some examples of actionable steps that organizations can take include:

- Learn about the attributes of health literate care organizations.
- Conduct a self-assessment to determine how well your organization’s current practices align with health literacy.
- Develop and implement a health literacy plan within your organization.
- Engage staff in ongoing health literacy training.
- Create materials that reach your audience where they’re at.
- Consider best practices for digital communication.

New Tool to Help Reframe Aging

The National Center to Reframe Aging has developed an **[Advocacy Quick Start Guide](#)**. It provides an overview of key principles to reframe aging, specifically tailored for advocacy efforts. This Guide also includes practical examples of themes to avoid and alternative approaches to strengthen your advocacy communications.

New Caregiving Podcast

The Robert Wood Johnson Foundation, in partnership Lemonada Media, developed a podcast called Squeezed. This a **[seven-part podcast series that captures the ups and downs of caregiving in the United States](#)**. Host actress and caregiver Yvette Nicole Brown examines caregiving over the course of a lifetime in the series. Some of the guests on the series include a death doula, a community organizer in Minneapolis, and divorced gay man raising 11-year-old triplets in New York City.

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