

September 17, 2024

## AFPHS News



### News:

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#### **Nevada Division of Public and Behavioral Health Achieves Recognition**

Congratulations to the [Nevada Division of Public and Behavioral Health](#) on achieving Advanced Recognition. Nevada has exhibited a strong commitment to not just supporting older adults, but also weaving healthy aging into programs and activities.

#### **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...?**

September 16<sup>th</sup> through the 20<sup>th</sup> is [Malnutrition Awareness Week](#). This campaign is led by the American Society for Parenteral and Enteral Nutrition and is focused on educating professionals and consumers about detecting and treating malnutrition.

### Events and Opportunities:

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#### **National Healthy Aging Symposium: Innovation Across the Age-Friendly Ecosystem**

This no-cost virtual event will take place on September 26, 2024, during Healthy Aging Month. The Symposium will explore successful innovations being implemented across the country that are designed to improve older adult health and well-being. Policymakers, researchers, and professionals from across sectors will share their perspectives on important topics related to healthy aging through a series of panels covering topics like caregiving, social engagement, housing, transportation, brain health, and workforce. [Check out the agenda and register.](#)

#### **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.

The September training will feature TFAH's [Pain in the Nation](#) report series which tracks levels of alcohol, drug, and suicide deaths nationally. The 2024 edition, reporting on 2022 data, found that a decrease in the alcohol-induced mortality rate led to a slightly lower combined rate of all U.S. deaths due to substance misuse and suicide, but the long-

term trend of such fatalities is still alarmingly high. The session will focus on mental health and substance use among older adults, with key findings and policy recommendations. Equitable approaches to support older adults will also be shared.

Speakers for this training are:

- Molly Warren, Senior Health Policy Research and Analyst, Trust for America's Health
- Brandon Reavis, Senior Government Relations Manager, Trust for America's Health

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.

**Back-To-Basics Series Webinar on Nutrition Services Under OAA Title III**  
*Wednesday, September 25, 2024, 2:00 pm – 3:30 pm ET.* The Administration for Community Living is hosting a webinar on the Older Americans Act (OAA) statute and the new OAA final rule that contains provisions for the administration of OAA Title III, and Part C nutrition services formula grant programs. Nutrition services-related flexibilities and expectations for state and area plans on aging and additional resources will also be highlighted in this session. Register [here](#).

**9 Elements of a Person-Centered System** – *Wednesday, September 25, 2024, 2:00 pm – 3:30 pm ET.* The [National Center on Advancing Person-Centered Practices and Systems](#) will introduce the **9 Elements of a Person-Centered System framework** in an upcoming session. Developed by Support Development Associates, this framework describes a person-centered system as nine elements working together. Panelists will outline how attendees can leverage positive pressures for change, lead and influence change within their organizations and systems, and ultimately align systemic processes and practices to create a person-centered system. Register [here](#).

**State Policies on Caregiving: Opportunities for Supporting Dementia Caregivers** – *Tuesday, October 1, 2024, 12:00 pm – 1:00 pm ET.* The BOLD Public Health Center of Excellence on Dementia Caregiving is hosting a webinar to introduce the caregiving policy approaches of New York and Illinois, discuss successful strategies, identify policy gaps, and highlight opportunities for innovation in state-level caregiving policies. Register [here](#).

**Getting Ready for Ageism Awareness Day**

**[Ageism Awareness Day is October 9<sup>th</sup>](#)**. This day is an opportunity to bring awareness to the impact of ageism and how the narrative around it can be reframed. The American Society on Aging has several free resources, social media graphics and toolkits on their website that can be shared.

**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.

- Physical Activity and Dementia – *Thursday, October 10, 2024, 1:00 pm – 2:00 pm ET.* Register [here](#).
- Risk Reduction and Dementia – *Thursday, November 14, 2024, 1:00 pm – 2:00 pm ET.* Register [here](#).

**2024 Age-Friendly Ecosystem Summit**

The 2024 Age-Friendly Ecosystem Summit hosted by the George Washington Center for Aging, Health and Humanities will take place on October 8<sup>th</sup>, 9<sup>th</sup>, 15<sup>th</sup>, & 16<sup>th</sup>. Each date of the summit has a focus:

- Shaping Tomorrow: Unlocking the Potential of Longevity, Age-Friendly, and Multisector Planning – *Tuesday, October 8, 2024, 1:00 pm – 3:00 pm ET*
- Inclusive by Design: Strategies for Age-Friendly and Dementia-Friendly Businesses – *Wednesday, October 9, 2024, 1:00 pm – 3:00 pm ET*
- Unlocking Potential: Lifelong Learning for a Thriving Society – *Tuesday, October 15, 2024, 1:00 pm – 3:00 pm ET*
- Healthy Communities and Healthier Aging: Collaborative Solutions – *Wednesday, October 16, 2024, 10:00 AM – 12:00 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 9am ET.

### **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:**

### **Nutrition**

#### **Dietary Recommendations for Longevity**

Prioritizing plant-based proteins, calcium, Vitamin D, polyphenols and healthful fats is recommended to [promote longevity in later life](#). Researchers also recommend that individuals consume more unprocessed foods and note that this is more effective than any single dietary change. Legumes, nuts, whole grains, and fatty fish are also highlighted as beneficial.

#### **Impact of Different Diet Plans on Healthy Aging**

A recent study published in the journal *Nutrients* examined how [eating patterns like intermittent fasting, the Mediterranean diet, caloric restriction, and the ketogenic diet contribute to healthy aging](#). Results from the study indicate that these diets impact key pathways involved in cellular repair and metabolic regulation which can potentially extend one's health span. Registered dietitian nutritionists Alyssa Simpson and Kiran Campbell, who were not part of the study, suggest combining these dietary approaches for maximum benefits. They advise caution regarding the long-term effects and recommend personalized plans for individual needs.

### **Additional Resources**

#### **Uniting to Support Older Adults in Rural Communities**

Approximately one third of the residents of Glen Ullin, ND are age 65 and older. To support the older adults in their small rural town, community members are stepping in to help. Through the [Western Morton County Aging in Community program](#), community members are able to check in on older residents in their communities and provide support. The program staff consists of a program coordinator, a nurse practitioner, a volunteer emergency medical services team, and priest. The program is a pilot developed at North Dakota State University Extension to support older people living alone in rural areas.

#### **Baby Boomers Rooming with Other Baby Boomers**

To cope with the rising costs of rent, groceries, and bills [many older adults are now choosing to have roommates](#). Some of these roommates are “boomerates” - roommates from the baby boomer generation. Other older adults have opted to have roommates from other generations. According to a Harvard study, one million people age

65 and older have a roommate from another generation. There are several platforms to support roommate matching including HomeShare Online and Nesterly.

### **Health Status of Caregivers**

A new Centers for Disease Control and Prevention study published in the [\*\*Morbidity and Mortality Weekly Review \(MMWR\)\*\*](#) highlights the health changes among U.S. caregivers from a pre-pandemic period (2015-2016) to more recent years (2021-2022). Data from the Behavioral Risk Factor Surveillance System tracked changes in the prevalence of 19 health indicators between caregivers and non-caregivers over time. The study revealed increases in mental distress, depression, obesity, and chronic physical conditions among caregivers in recent years. In addition, the results indicate that caregivers continue to have worse health than non-caregivers based on 13 of the 19 health measures analyzed.

### **Improving Equity through a National Plan on Aging**

Earlier this year the Administration for Community Living released its [\*\*Strategic Framework for a National Plan on Aging\*\*](#) on behalf of the [\*\*Interagency Coordinating Committee\*\*](#) on Healthy Aging and Age-Friendly Communities (ICC). Justice in Aging has recently developed an issue brief – [\*\*Ageing with Dignity and Justice: Opportunities to Meet the Needs of All of Us Through a National Plan on Aging\*\*](#) – that describes how a National Plan on Aging can help all of us as we grow older. The brief contains examples of specific policies that a National Plan on Aging could advance to improve the lives of older adults, families, and communities, with a particular focus on equity.

### **Impact of Mental Resilience on Health**

[\*\*Older adults with higher mental resilience\*\*](#), the ability to cope with challenges, are 53% less likely to die within the next 10 years than those with the lowest coping levels. Even when examining resilience among older adults with chronic health problems or an unhealthy lifestyle, people with high mental resilience remained 46% and 38% less likely to die within 10 years. The team lead for the project, Dr. Yiqiang Zhan, commented that “Resilience is often discussed in terms of protective factors, allowing adults in normal environments to maintain relative stability even in the face of highly disruptive events.”

[\*\*Exercise Associated with Lower Hospitalization Risk among Older Women Participating in a structured exercise program was associated with 46% lower risk of hospitalization\*\*](#) for all causes among older women, compared to those that did not participate in an exercise program. This trend was not observed among the men that participated in the program. Published in the *American Journal of Preventative Medicine*, the study included 718 older adults (mean age, 69.5 years; women, 76.5%) who participated in a structured, individualized exercise training program at a privately owned community gym.

### **Spotlight in Mid-Florida on Advancing Equity for Older Adults**

The [\*\*latest episode of the National Center on Law and Elder Rights \(NCLER\) video series Spotlighting Equity\*\*](#) features Lizzie Johnson, Senior Managing Attorney of Older Adult Programs at [\*\*Community Legal Services of Mid-Florida\*\*](#). Johnson talks about the impact of the NCLER Advancing Equity Cohort for Older Adults program on the strategic planning at her organization. The program offers trainings, peer-to-peer learning opportunities, and technical assistance for participating programs to improve their systems and service delivery methods to better serve all older adults.

### **“RISE” Model in Adult Protective Services**

The Administration for Community Living has awarded a nearly \$1.2 million Elder Justice Innovation Grant (EJIG) to the [\*\*RISE Collaborative, Inc.\*\*](#) The EJIG program supports the continued development of evidence-based practices on elder abuse intervention and response. This project seeks to better understand how the [\*\*RISE model\*\*](#) is working as an evidenced-based intervention embedded in Adult Protective Services (APS) programs. The RISE project team will conduct site selection, adaptation, training, implementation, and evaluation of the RISE-APS model in diverse communities. The model is rooted in four approaches: repair harm, inspire change, support Connection, and empower choice.



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