

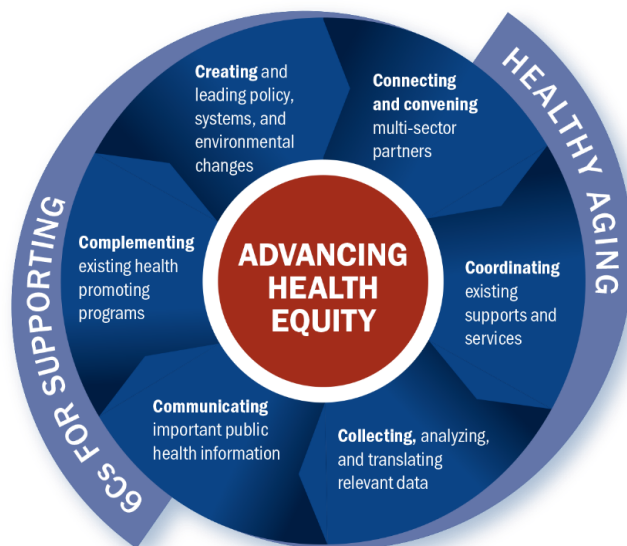


Age-Friendly Public Health Systems 6Cs Training and Implementation Guide

Welcome to the Age-Friendly Public Health Systems 6Cs Framework Training and Implementation Guide (6Cs Guide). This guide and related materials are designed to increase your knowledge and expertise in understanding the public health roles in improving and supporting older adult health and well-being at all levels, with the goal of creating a jurisdictional-wide action plan for implementing policies and programs that align with the Framework. The Training Guide was developed by Trust for America's Health (TFAH) in partnership with the Association for State and Territorial Health Officials (ASTHO), the National Association of County and City Health Officials (NACCHO), and the National Network of Public Health Institutes (NNPHI). TFAH's Age-Friendly Public Health Systems work is supported with generous funding from The John A. Hartford Foundation.

The 6Cs Guide provides background information and context, learning objectives, and training activities organized into modules that align with the 6Cs Framework. Each module includes either a Competence Check (Modules 1-3) or a practice activity to provide opportunities for both reflection on your learning as well as practical application of your knowledge. Within the six modules, you will also find recommendations for partnerships, data collection, state and community-wide assessment, and considerations for alignment with other frameworks (e.g., the 10 Essential Public Health Services). It also includes a special supplement on operationalizing equity, with tools and resources for improving the processes and building capacity to support all people across the life course.

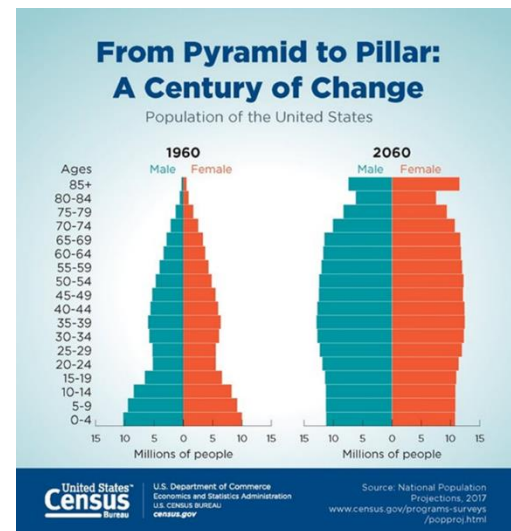
TFAH and our partners hope the 6Cs Guide will provide a step-by-step, comprehensive system for advancing public health's role in older adult health and well-being in your jurisdiction.



Making the case for Age-Friendly Public Health Systems

The older adult population (for the purpose of this resource, those 65 and older) is growing in every state in the US, although some states are experiencing a higher rate of growth than others, with Alaska seeing a 72% increase from 2009 to 2019, and Iowa seeing a 22.6% growth during that time. The number of older Americans increased from 39.6 million in 2009 to 54.1 million in 2019 (a 36% increase) and is projected to reach 94.7 million in 2060.ⁱ By then, one in five of us will be considered older adults. The 85 and older population is projected to more than double from 6.6 million in 2019 to 14.4 million in 2040 – a 118% increase.ⁱⁱ Longevity brings a myriad of opportunities (e.g., learning from the wisdom that accompanies older age and enjoying the connection with our older family members longer), as well as numerous challenges (many older adults have complex and expensive health care needs).

The longevity we're now experiencing is largely attributable to public health interventions over the last 100 years (in chronic disease prevention, vaccinations, clean water, tobacco cessation) and yet the public health sector is just now recognizing its role in supporting older adult health and well-being. The COVID-19 pandemic served as an unfortunate catalyst that both raised the awareness of older adult health needs and the lack of public health engagement in healthy aging. Data from the US Centers for Disease Control and Prevention (CDC) indicate that 77% of deaths attributable to COVID-19 were adults 65 and olderⁱⁱⁱ even though older people represent 17% of the total US population.



Not only is the population of older adults in the US growing, but it is also becoming more racially and ethnically diverse. In the last 10 years, racial and ethnic minority populations grew from 20% to 24% of older Americans and are expected to increase to 34% of the older adult population by 2040.^{iv} Between 2019 and 2040, the white older adult population is projected to increase by 29% compared to 115% for racial and ethnic minority populations: Hispanic (161%), African American (not Hispanic) (80%), American Indian and Alaska Native (not Hispanic) (67%), and Asian American (not Hispanic) (102%).^v

Equitable healthy aging means that everyone has a fair and just opportunity to optimize health and well-being at all life stages and abilities across the life course. However, the health impacts of poverty and structural racism that accumulate over the life course raise the risk factors for poor health. Indeed, the medical breakthroughs that have added to longevity disproportionately enhance the health of people in higher socio-economic positions.^{vi} Conversely, disadvantages, such as lack of quality education and health care, can accumulate across the life course and lead to greater, or cumulative, disadvantage in older age.

Public health departments at all levels can significantly impact the health of older adults, whether through life course approaches that seek to dismantle the social constructs that lead to poor health, or by embracing the public health roles that directly affect the health and well-being of older adults. This

Training Guide will provide strategies that can be uniquely tailored to the needs of each state and community to advance healthy aging across the life course.

The Age-Friendly Public Health Systems 6Cs Framework

Since 2017, TFAH has been engaged in exploring and promoting public health roles in healthy aging. TFAH envisions a nation in which every state and local health department prioritizes health across the life course, including for those ages 65 and older. Since public health interventions are responsible for longevity, public health should also embrace the opportunity to serve and support older adult health.

TFAH created the Age-Friendly Public Health Systems (AFPHS) framework to help guide the public health sector in expanding its roles in healthy aging. Originally a five-tenet framework, the model was expanded to include six components in 2021 to recognize the importance of leadership in the transformation toward becoming an age-friendly system. The framework was developed with input from public health, health care, aging services, academia, and public policy representatives. The current “6Cs” framework is also the foundation for the AFPHS Recognition Program.

The 6Cs with accompanying examples are:

Creating and leading policy, systems, and environmental changes to improve older adult health and well-being. *Example:* Becoming an AFPHS Champion through the AFPHS Recognition Program, demonstrating a commitment to developing expertise by attending or viewing six AFPHS training webinars.

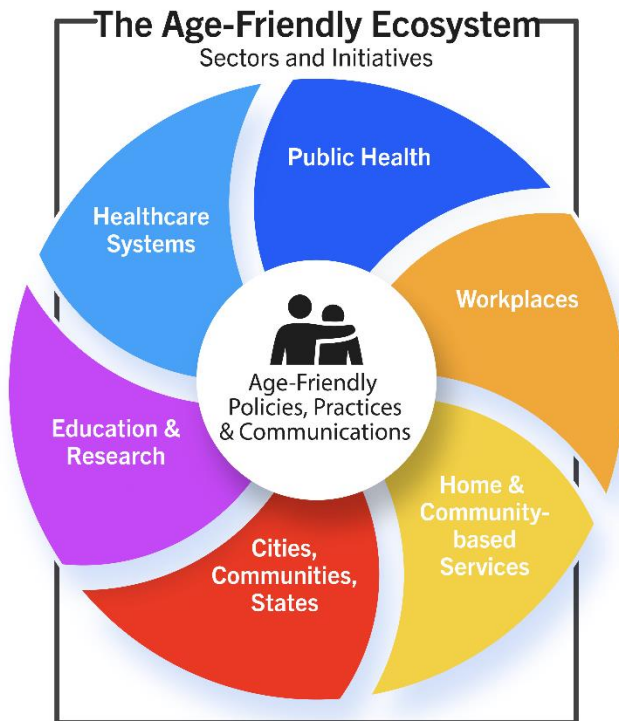
Connecting and convening multi-sector stakeholders to address the health and social needs of older adults through collective impact approaches focused on the social determinants of health. *Example:* Leading a community coalition designed to improve the built environment to make trails and walkways safer and more accessible.

Coordinating existing supports and services to help older adults, families, and caregivers navigate and access services and supports, avoid duplication, and promote an integrated system of care. *Example:* Supporting a web-based hub of information to help caregivers find community services.

Collecting, analyzing, and translating relevant and robust data on older adults to identify the needs and assets of a community and inform the development of interventions through community-wide assessment. *Example:* Use older adult data indicators in the community health assessment process to target programs and resources to those most in need.

Communicating important public health information to promote and support older adult health and well-being, including conducting and disseminating research findings, and emerging and best practices to support healthy aging. *Example:* Creating and disseminating culturally appropriate messaging to encourage vaccination against COVID-19 and other infectious diseases.

Complementing existing health-promoting programs to ensure they are adequately meeting the needs of older adults. *Example:* Working with emergency management agencies to assess emergency shelters for fall risks and space to accommodate caregivers.



Alignment with the Age-Friendly Ecosystem

Age-friendly ecosystem: Wholistically addressing older adult health requires a multi-sector, collaborative approach that promotes policies and environments that foster healthy aging across the age-friendly ecosystem. An ideal system of care aligns frameworks and strategies across sectors to create a seamless care journey that meets the health and social needs of older adults and their caregivers. The Age-Friendly Public Health Systems movement is a part of the age-friendly ecosystem that also includes:

AARP Network of Age-Friendly States and Communities: The eight domains of livability that comprise the Age-Friendly Communities model are well-aligned to the many social

determinants of health models that guide public health policies and programs. Age-Friendly Communities and States support personal independence; allow residents to remain in their homes and communities as they age; and provide opportunities for residents of all ages, ability levels, and backgrounds to engage fully in civic, economic, and social life.

Age-Friendly Health Systems (Institute for Healthcare Improvement) Becoming an Age-Friendly Health System (AFHS) entails providing a set of four evidence-based elements of high-quality care in a clinical or nursing home setting. The AFHS 4Ms model for older adult care includes considering “What Matters” to an older adult; ensuring “Medication” is necessary and does not interfere with mobility or mental state; preventing, identifying and managing “Mentation”; and ensuring that older adults have “Mobility”, or can move safely every day and in every setting to maintain function.

Age-Friendly University Global Network (Age-Friendly Universities administered by Arizona State University) The Age-Friendly Global Network (AFUGN) is a movement that aims to shape how we live and work by increasing educational opportunities across the life span. Institutions that endorse and adopt the AFUGN principles recognize the range of educational needs of older adults, promote intergenerational learning, and ensure that the institution’s research agenda is informed by the needs of an aging population.

Age-Friendly Home and Community-based Services: The aging services network provides a myriad of services and supports for older adults at the community level. These include nutrition education and meals, caregiver resources, health and wellness programs including screenings, and elder rights. Some

communities also provide care coordination, home upgrades and repairs, elder abuse victim supports, adult day care, and training for direct care workers.

6Cs Training and Implementation Guide Learning Objectives

1. Define each of the AFPHS 6Cs tenets
2. Identify public health roles within each of the 6Cs and how these roles can be strengthened
3. Demonstrate how healthy aging aligns with the 10 Essential Services of Public Health
4. Explain how to advance health equity within healthy aging practices by addressing the social determinants of health
5. Identify state and community partners to create an AFPHS Advisory Committee or team to advance selected strategies and identify the best approach for state- or community-wide adoption
6. Identify where healthy aging practices may be incorporated in the state or community public health framework

Steps to Become an Age-Friendly Public Health System

1. Create a team of staff within your department or agency to lead the development of an AFPHS action plan
2. Create an external Advisory Committee, Council or Team of partner organizations and/or agencies with individuals that have varying areas of expertise
3. Complete the 6Cs Training Guide and related activities
4. Develop your AFPHS state- or community-wide plan



The AFPHS 6Cs Training and Implementation Guide was developed by Trust for America's Health with funding from The John A. Hartford Foundation and in partnership with:



ASSOCIATION OF STATE AND TERRITORIAL HEALTH OFFICIALS



ⁱ ACL, Profile of Older Americans, 2020. Accessed online October 2, 2023: [2020ProfileOlderAmericans.Final_.pdf](#)

ⁱⁱ Ibid

ⁱⁱⁱ [CDC COVID Data Tracker: Total Deaths by Race/Ethnicity, Age, and Sex](#)

^{iv} Ibid

^v Ibid

^{vi} Carr, Deborah. *Aging in America*, Univ. of California Press, San Francisco, 2023.