

AFPHS 6Cs Training and Implementation Guide

Module 1: Capacity Building Strategies for “Creating and Leading Change”

This module is designed to expand understanding and build public health champions in healthy aging. After completing the steps outlined below, public health practitioners should be able to identify and work toward policy and systems changes in their agencies, as well as toward the adoption of healthy aging as a core public health function.

Definition: Creating and leading policy, systems, and environmental changes to improve older adult health and well-being means that there is an established person or team within a health department committed to ensuring that older adult health is prioritized within the public health system.

Module 1 Learning Objectives:

1. Define “Creating & Leading”
2. Identify at least three strategies that demonstrate “Creating & Leading”
3. Describe how to operationalize health equity from a leadership perspective
4. Identify challenges to and opportunities for public health engagement in healthy aging
5. Identify potential partners that can enhance engagement as well as policy and systems change

Policy and Practice Strategies

The strategies listed below have been compiled based on current activities of state, local, tribal, and territorial health departments that are building age-friendly public health systems. Some are very practical and may be easier to adopt and implement (Tier One) and some will be more challenging, requiring more time, resources and potentially funding (Tier Two). No policy or practice change is too large or small for consideration and should be considered in the context of department leadership, existing partnerships, and appetite for change.

The steps below are intended to guide exploration of healthy aging with a view toward full adoption of healthy aging as a core public health function. Practitioners are encouraged to consider additional strategies based on the healthy aging work already underway, the structure of the public health agency, and the unique needs of older adults and caregivers in their own jurisdictions.

Steps:

1. Identify 2-3 strategies to explore and/or commit to.
2. Answer all questions and identify the next steps for that strategy.
3. Select the tools and resources you can use to better understand how to move toward completion of that strategy.
4. Identify other healthy aging strategies that are achievable and sustainable within this tenet.

Strategies	Questions to Consider: These are meant to expand your thinking around the strategies and prompt further exploration of other approaches.	Resources to Explore: These resources may or may not be related to the questions on the left but increase awareness of additional approaches to various aspects of this work.	Selected Strategies
Tier One			
Join, create, or expand a state or community coalition or task force on healthy aging that engages multi-sector agencies and organizations working to improve the health and well-being of older adults and caregivers.	<i>-Is the state engaged in developing or implementing a multi-sector plan for aging? If so, who are the leaders and partners in the effort? (Note these for further partnership development.)</i> <i>-If a healthy aging task force or coalition already exists, who are its members? (Same as above.)</i> <i>-If it doesn't exist, which partners should be invited? (Consider the partner's capacity to perform the work.)</i> <i>-What existing healthy aging initiatives can be leveraged to expand the coalition's focus to include public health?</i>	<ul style="list-style-type: none">◇ Developing a Multi-Sector Plan for Aging◇ Collective Impact◇ The Waters of Systems Change◇ Guide to Building Community Coalitions◇ Three Keys to Cross-Sector Age-Friendly Care	

<p>Assess whether the state or local government has prioritized older adult health through the State Health Improvement Plan (SHIP) or Community Health Improvement Plan (CHIP).</p>	<p><i>-Does my state or community health improvement plan prioritize older adults?</i> <i>-What programs or policies support older adults?</i> <i>-How much funding is available specifically for older adult programs and services (all sources in the jurisdiction)?</i> <i>-Does my state have a prevention agenda and is older adult health specified?</i></p>	<ul style="list-style-type: none"> ◇ Older Americans Act funding for each state and territory ◇ Tennessee State Health Plan (includes healthy aging priorities) ◇ Practitioners should find the SHIP/CHIP for their own jurisdiction and identify whether older adult health is prioritized. 	
<p>Explore opportunities to support neighborhood improvement and incorporate sidewalks, paths, and recreation areas to include older adults into community design.</p>	<p><i>-Is my jurisdiction an age-friendly community, city, or state? If so, is the built environment prioritized?</i> <i>-If not, what opportunities exist to improve the built environment to better support older adults?</i></p>	<ul style="list-style-type: none"> ◇ Healthy Places by Design ◇ AARP Livable Communities Toolkit 	
<p>Assess state and local emergency preparedness plans and work with emergency preparedness colleagues to ensure the needs of older adults and caregivers are included in the planning process.</p>	<p><i>-Does my jurisdiction's emergency plan address older adults and caregivers?</i> <i>-Have our emergency shelters been assessed for fall risk and for space needed for medical equipment?</i> <i>-If it's common for your jurisdiction to have emergency shelters, are all the older adults in my community registered for one?</i> <i>-Does my jurisdiction's emergency plan address heat-related emergencies and is there a plan for older adults?</i></p>	<ul style="list-style-type: none"> ◇ Ready or Not 2024 ◇ Toolkit for Including Aging & Disability Networks in Emergency Planning, ASPR ◇ ASPR Training Course for Addressing the Needs of Older Adults During Emergencies ◇ Lean on Me, DOH-Escambia, Florida program to register older adults for emergencies 	

		◇ Helping Communities During Public Health Emergencies	
Demonstrate expertise by becoming an AFPHS Champion through TFAH's AFPHS Recognition Program.	<p><i>-Thinking about the older adults in my jurisdiction, what issues or topics are or should be prioritized? (Explore the AFPHS trainings on those issues to help build awareness.)</i></p> <p><i>-Who else in my agency can I invite to participate in the trainings to develop capacity and raise awareness of public health roles in healthy aging?</i></p>	◇ AFPHS Recognition Program ◇ AFPHS Monthly Trainings	
Tier Two			
Strategies	Questions to Consider: These are meant to expand your thinking around the strategies and prompt further exploration of other approaches.	Resources to Explore: ◇ These resources may or may not be related to the questions on the left, but increase awareness of additional approaches to various aspects of this work.	Selected Strategies
Develop a plan to elevate healthy aging as a core function of a state or local health department.	<p><i>-Is there a priority or goal in my jurisdiction on healthy aging?</i></p> <p><i>-What healthy aging initiatives currently exist in my agency or others in my jurisdiction?</i></p>	◇ AFPHS 6Cs Framework ◇ Indicators of Healthy Aging ◇ Multi-sector Plans for Aging ◇ AFPHS Monthly Trainings ◇ AFPHS Brief: Aligning the 10 Essential Public Health Services with the AFPHS 6Cs	

	<p><i>-Is data on older adult demographics and health available for my jurisdiction and who should I share this data with?</i></p> <p><i>-What existing initiatives or programs could be expanded to include older adults?</i></p> <p><i>-What parts of the Mississippi statewide plan can I work toward to elevate healthy aging?</i></p> <p><i>-What internal or external coalitions or advisory groups can I engage with to promote healthy aging as a core function?</i></p>		
<p>Lead adaptation of policies and systems to ensure that they support older adults throughout the state or community (Healthy Aging in All Policies).</p>	<p><i>-How does my jurisdiction prioritize health for all people and across all programs?</i></p> <p><i>-Is data disaggregated by age, gender, race, and ethnicity?</i></p> <p><i>-What would “healthy aging in all policies” look like in my jurisdiction?</i></p>	<ul style="list-style-type: none"> ◇ What is Health Equity? (CDC) ◇ HHS Healthy Aging in Action prevention agenda ◇ Health Equity in All Policies (Chicago) ◇ MA Healthy Aging for All Guide ◇ Equitable Healthy Aging Toolkit ◇ Rural Aging in Place Toolkit ◇ Justice in Aging ◇ NY’s Healthy Aging in All Policies Initiative 	
<p>Work with your state/community health improvement teams to include older adult health as a priority in state and</p>	<p><i>-Does the SHIP/CHIP include a priority or goal related to older adults?</i></p>	<ul style="list-style-type: none"> ◇ MAPP 2.0 ◇ Indicators of Healthy Aging ◇ Crosswalk SHIP/SPoA 	

<p>community health improvement processes and plans.</p>	<p><i>-Are there issues on which the SHIP/CHIP and State Plan on Aging (SPoA) are or could be aligned?</i> <i>-Who leads the health improvement team?</i> <i>-What additional partners (think outside the box) should be on the team?</i> <i>-Based on data in my jurisdiction, should we prioritize issues such as fall prevention, brain health, diabetes prevention and management, or social engagement?</i></p>	<ul style="list-style-type: none"> ◇ Integrating Brain Health Into Improvement Planning ◇ Fall Prevention Guidance for Public Health 	
<p>Initiate and lead efforts to join the Age-Friendly Communities network and align public health work in the social determinants of health with AARP's eight domains of livability.</p>	<p><i>-Has my jurisdiction already been designated as an age-friendly community, city, or state?</i> <i>-If not, can my health department lead the effort?</i> <i>-Do the 8 domains of livability align with our SHIP/CHIP priorities?</i> <i>-What other partners should be engaged?</i></p>	<ul style="list-style-type: none"> ◇ AARP Livable Communities ◇ TFAH's Age-Friendly Ecosystem Map (identifies Age-Friendly Communities in the U.S.) ◇ Social Determinants of Health (CDC) ◇ Healthy People 2030: SDOH 	
<p>Develop a public health-centered older adult data dashboard to provide current data on older adult health and well-being.</p>	<p><i>-Does my state have an older adult data dashboard, or data profiles (public health or state unit on aging)?</i> <i>-If not, who should I engage to start the process?</i> <i>-What other agencies collect data on older adults?</i></p>	<p>Data Sources:</p> <ul style="list-style-type: none"> ◇ ACL Profile of Older Americans ◇ U.S. Census Data ◇ CDC Behavioral Risk Factor Surveillance Survey ◇ CDC Alzheimer's Disease and Healthy Aging Data Portal 	

	<p><i>-What other sources are available to begin development of data dashboard?</i></p>	<p>Data Dashboard Examples:</p> <ul style="list-style-type: none">◇ <u>Florida's Aging in Florida Dashboard</u>◇ <u>Mississippi's Older Adult Data Profiles</u>◇ <u>Massachusetts Older Adult Profiles</u>◇ <u>California's Data Dashboard for Aging</u>◇ <u>New York's Prevention Agenda</u>	
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Strategies to Address Barriers and Opportunities

Given your position as a strategic convener, as well as your engagement with multi-sector partners, you are well positioned to influence policy and systems change and promote older adult health and well-being within your jurisdiction. Public health professionals can assess the barriers that may exist within their jurisdiction that prevent systemic change. Specific actions are listed here that public health professionals can take to address barriers that they may experience in their efforts to create and lead change.

Steps:

1. Identify which challenges you may face in your efforts to advance healthy aging and the related strategy.
2. Answer all questions and identify the next steps for that strategy.
3. Select the tools and resources you can use to better understand how to move toward completion of this strategy.
4. Identify other healthy aging strategies that are achievable and sustainable within this tenet.

Strategies	Questions to Consider	Resources to Explore	Selected Strategies
Address agency siloes by analyzing public health department structure and assessing for systems change.	<i>-What siloes exist within my agency and between other agencies?</i> <i>-What are successful examples of breaking down siloes between my agency and other agencies?</i> <i>-What opportunities exist to collaborate with other health and governmental agencies to create policy, systems, or environmental changes to advance healthy aging?</i>	◇ From Silos to Systems: Using Performance Management to Improve the Public's Health	
Use the state or community health assessment and planning process to identify steps to address barriers.	<i>-What are barriers to including older adult health and healthy aging in jurisdiction health plans?</i> <i>-What steps can my agency take to promote inclusion of older adult health</i>	◇ Creating a Culture of Healthy Aging in Public Health ◇ Supporting Healthy Aging and Older Adult Health: The Role of	

	<p><i>and healthy aging in health assessments and health improvement plans?</i></p> <p><i>-What are barriers to aligning jurisdiction-wide plans focused on older adult health?</i></p> <p><i>-What opportunities exist for alignment between existing jurisdiction-wide plans, such as cross-walking these plans?</i></p>	<p>State and Territorial Health Agencies</p> <p>◇ Improving Older Adult Health by Operationalizing State Plans</p>	
<p>Improve data practices to create and lead change.</p>	<p><i>-What data sources are currently utilized to collect data on older adult health and healthy aging?</i></p> <p><i>-How often are data sources examined?</i></p> <p><i>-Are data-sharing agreements in place between the health department and organizations that provide data?</i></p> <p><i>-How can data equity principles be implemented into each stage of the data cycle?</i></p> <p><i>-Is data around older adult health and healthy aging included in statewide plans?</i></p> <p><i>-What tools can be used to track progress toward the state of healthy aging in one's jurisdiction?</i></p>	<p>◇ Data Equity Principles</p> <p>◇ Data Dashboard for Aging - Let's Get Healthy California</p> <p>◇ Indicators of Healthy Aging: A Guide to Explore Healthy Aging through Community</p> <p>Data sources</p> <p>◇ Healthcare Cost and Utilization Project, Center for Medicare and Medicaid Services (CMS)</p> <p>◇ Behavioral Risk Factor Surveillance System (BRFSS)</p>	
<p>Identify opportunities to advance policy and systems change through community engagement and involvement.</p>	<p><i>-What existing community relationships do public health agency leaders have that could be leveraged to promote older adult health and healthy aging?</i></p> <p><i>-How can public health agency leaders utilize their influence to promote healthy</i></p>	<p>◇ Expanding Falls Prevention Through Surveillance, Community-Clinical Linkages, and Strategic Planning and Evaluation</p>	

	aging and prioritize older adult health in their jurisdictions?	<ul style="list-style-type: none"> ◇ Healthy Aging and Older Adult Health Policy Statement ◇ Supporting Healthy Aging and Older Adult Health: The Role of State and Territorial Health Agencies 	
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