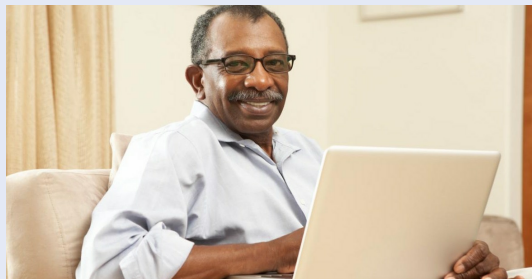


September 28, 2022

## Age-Friendly Public Health Systems Learning and Action Network News



### News:

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#### Trust for America's Health 19<sup>th</sup> Annual State of Obesity Report

The 19th annual [State of Obesity: Better Policies for a Healthier America report](#) reveals that obesity rates continue to climb nationwide, and that these increases are caused by a combination of factors including societal, biological, genetic, and environmental. To address the obesity crisis, efforts will need to focus on the economic and structural factors of where and how people live.

### Events and Opportunities:

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#### Age-Friendly Public Health Systems (AFPHS) Monthly Trainings

Transportation is a key social determinant as it is fundamental to supporting healthy communities for older adults. Reliable and safe transportation is not only important for getting to health care appointments and wellness resources, it also aids in fostering social connections and engagement.

The October AFPHS training will focus on the role of transportation in supporting healthy aging. This session will be held **October 20 at 3 pm ET**. Register [here](#).

You can also view a recording of our [September training](#) – Addressing Social Determinants of Health among Older Adults in Rural Communities – and read September's [blog post](#) *What's Public Health Got to Do With...Rural Communities*.

Reminder: Individuals who attend 6 or more AFPHS monthly trainings will be designated as AFPHS Champions. Over 30 people across the country have been recognized as Champions! Visit the [AFPHS Recognition Program page](#) for more information.

#### Equity Considerations for Conducting Needs Assessments –

Thursday, *September 29, 2022, 3:00 pm – 4:15 pm ET*. The second part of this two-part training focuses on developing and conducting needs assessments with an equitable approach. Part one of the training focused on the development of regional and local needs assessments. Part two of the training will focus on the application of the equitable needs assessments in the community. Register [here for Part two](#).

**Equity & Strategic Planning** – *Thursday September 29, 2022, 1:30 pm – 2:30 pm ET*. Raising the Bar will explore how to move from aspirations of equity to meaningful action in an upcoming webinar. Panelists will discuss: 1) how to make the Raising the Bar Principles an active part of organizational strategies; 2) what it looks like to put an equity strategy into practice; and 3) how your organization can measure your equity strategy and establish accountability standards. Register [here](#).

**National Family Caregiving Strategy: State Roadmap for Supporting Family Caregivers** – *Monday, October 3, 2022, 2:00 – 3:00 pm ET.* The National Academy for State Health Policy is hosting this webinar to share opportunities identified in the newly released National Family Caregiving Strategy (read more below) for states to develop a roadmap for supporting family caregivers. Register [here](#).

**Better Health through Data: Opportunities and Limitations of Health Data** – *October 6, 2022, 12:00 pm – 1:30 pm ET.* To review the importance and use of health data to address health disparities, the Alliance for Health Policy is hosting a webinar to discuss how health data is critical to addressing public health needs. Presenters will also explore the barriers to accessing data and the policy levers that can improve health data collection and utilization at the federal level. Register [here](#).

**The Long Shadow of Covid: Older People and the Ongoing Pandemic** – *Tuesday, October 11, 2022, 12:00 pm – 1:30 pm ET.* The Kaiser Family Foundation's Kaiser Health News and The John A. Hartford Foundation will discuss the current state of the pandemic in an upcoming webinar. Many people have lingering questions that include whether or not the pandemic is over, if ongoing precautions are still warranted, and how can older adults and their family caregivers best protect themselves in the coming months. This event will address these questions and more. Participants will be able to ask additional questions. Register [here](#).

**Using Data to Improve Communities and Advance Equity** – *Thursday, October 13, 2022, 3:30 pm ET.* The Chicago Department of Public Health (CDPH) has focused on making data accessible, understandable and sharable via the Chicago Health Atlas. In an upcoming Metopio webinar, CDPH will provide a roadmap for better access to better data to fuel collaboration. Register [here](#).

**2022 MIT AgeLab OMEGA Summit** – *Saturday, October 15, 2022, 1:00 pm – 3:00 pm ET.* OMEGA is an initiative from the MIT AgeLab that is designed to support student-led projects that create connections between high school students and older adults. Every year OMEGA hosts summits to encourage students to connect across generations, brainstorm and share programming ideas, learn about careers in aging, and plan intergenerational activities. This year's summit will provide attendees with the opportunity to learn about: 1) careers in aging; 2) community-based intergenerational programming to strengthen relationships between the generations; and 3) the OMEGA scholarship application process and eligibility requirements. Register [here](#).

**Second Annual Age-Friendly Ecosystem Summit** – *Wednesday, November 9, 2022, 9:00 am – 5:00 pm ET.* The George Washington University's Center for Aging, Health and Humanities is hosting the Second Annual Age-Friendly Ecosystem Summit. Interested parties are [invited to submit](#) innovative, replicable, successful initiatives for the Regional Age-Friendly Resource Guide. The Summit will focus on transportation, housing, the long-term care workforce and health systems, and emergency preparedness and resilience. This virtual regional collaborative event will be held in partnership with Age-Friendly Alexandria, Arlington, DC, Howard County, Hyattsville, Montgomery County, and the Georgetown University Aging & Health Program. Register [here](#).

**Accelerating Health Equity Conference** – *May 16-18, 2023.* Proposals are now being accepted for the Accelerating Health Equity: Together on the Quest for Healthy Ecosystems conference, hosted by the American Hospital Association, in the following content areas: building authentic and sustained community engagement and partnership, understanding and meeting individual health and social needs, establishing systematic and shared accountability and building diverse leadership and governance, creating equitable and include workplaces, and other emerging topics. The conference is focused on the development of equitable solutions to address barriers that prevent access to high-quality care and improved health outcomes. [Click here](#) for more information.

**Funding Opportunity: Public Health AmeriCorps Program** The next round of funding for the [Public Health AmeriCorps](#) program is now available. Organizations interested in hosting one or more Public Health AmeriCorps members may apply for the [2023 Public Health AmeriCorps Grant](#) until **January 4, 2023 by 5pm ET**. Eligible organizations include Indian Tribes, institutions of higher education, local governments, public health departments; nonprofit organizations, state service commissions, and states and U.S. Territories. Successful applicants will be notified in April 2023.

**Funding Opportunity: Optimizing Physical and Mental Functioning across the Aging Continuum**

The Patient-Centered Outcomes Research Institute (PCORI) is seeking research projects that focus on optimizing physical and mental functioning for community-dwelling older

adults and their caregivers. Applications should address one or more of the following domains: 1) maintaining function and independence, 2) facilitating chronic disease management, 3) supporting individuals with significant functional impairment, and 4) reducing caregiving burden and improving quality of life. [Click here](#) to review the full funding announcement. For questions or to speak with a Program Officer email [sciencequestions@pcori.org](mailto:sciencequestions@pcori.org).

### **Community Care Hub National Learning Community**

The Administration for Community Living (ACL), with support from the Centers for Disease Control and Prevention, invites community-based organizations (CBO) from across the country to apply for the Community Care Hub National Learning Community. This opportunity will provide CBOs with the opportunity to gain access to vital peer support, technical assistance from national experts, and up-to-date information on resources, initiatives, and collaborations aimed at furthering the capacity of Community Care Hubs nationwide. The technical assistance and resources provided through the National Learning Community are designed to complement ACL's forecasted funding opportunity to scale Community Care Hubs. The application deadline is **Tuesday, October 4, 2022 at 11:59 pm ET**. [Click here](#) to learn more.

## **Resources:**

### COVID-19

#### **Impact of the COVID-19 Pandemic on Nursing Home Residents**

A recent study published in the Journal of the American Medical Association found that residents who lived in nursing homes that did not experience a COVID-19 outbreak were [more depressed and lost weight, compared to pre-pandemic times](#). In nursing homes that did experience outbreaks, residents experienced greater depression, functional decline and weight loss. Two additional findings from the study were that hospital visits declined for all facilities studied, whether or not they had an outbreak, and those with no outbreak saw a decrease in deaths that could be credited to increased infection control.

### Caregiving

#### **Framework for Family Caregiving and Public Health**

The National Alliance for Caregiving, in partnership with the National Association of Chronic Disease Directors, developed an outline of actions that the public health community can take to support America's 53 million family caregivers. The [Chronic Disease Family Caregiving Through A Public Health Lens report](#) includes policy recommendations, implementation opportunities, and messaging content aimed at enhancing the national family caregiver support infrastructure through a public health lens. Information is also provided on mechanisms and practices that support family caregivers through not just public health departments, but also community-based organizations, faith-based organizations, direct care workers, insurers, health care providers, and employers.

#### **Supporting Family Caregivers**

The [2022 National Strategy to Support Family Caregivers](#) contains nearly 350 actions that federal agencies plan to take over the next three years to support the nation's 53 million family caregivers. Of these actions, there are more than 150 actions for state and local governments, public health departments, philanthropies, and community-based, faith-based, and nonprofit organizations. The strategy is organized around the following five goals:

- Access to Respite Services
- Support with Day-to-Day and Complex Medical Tasks
- Inclusion of Caregivers in Care Teams
- Financial Education on Caregiving Costs
- Better Identification of Family Caregivers
- Research on the Needs of Family Caregivers

To ensure that it continue to meet the needs of family caregivers, this National Strategy will be updated on a biennial basis.

### Additional Resources

#### **Addressing Malnutrition in Older Adults**

In honor of Malnutrition Awareness Week, the Administration on Community Living offers tools to identify malnutrition or the risk of malnutrition among older adults. The [Malnutrition Screening Tool](#) is recognized by the [Academy of Nutrition and Diabetics](#). The [Senior Nutrition Program](#), funded by the Older Americans Act, supports nutrition services for older adults across the country to reduce hunger, increase engagement, and promote overall health for older Americans. For more information on

older adult malnutrition, refer to the video: [Malnutrition: A Hidden Epidemic in Older Adults](#).

### **Medicare Beneficiaries not Receiving Treatment for Opioid Use**

According to a recent report from the Department of Health and Human Services Office of Inspector General, [only 18% of Medicare enrollees](#) that have been diagnosed with an opioid use disorder receive the medication that is recommended. Data from the report also indicates that there has been a decline in prescriptions for opioids, but there has been an increase in prescriptions for naloxone, the overdose reversal medication. The report also notes that more than 50,000 Part D beneficiaries overdosed on opioids in 2021. This overdose figure, according to the report, is an undercount because it only tallied overdoses for Medicare recipients.

### **Multivitamins May Improve Brain Function**

Taking a daily multivitamin may improve brain function among older adults. Results from a study published in the journal *Alzheimer's & Dementia* noted that taking a multivitamin for three years was associated with [60% slower cognitive aging than for those given a placebo](#). Older adults in the study were assigned to take a cocoa extract supplement containing flavonoids, a multivitamin, or a placebo every day for three years. The cocoa extract supplement had no impact on cognitive functioning.

### **Addressing the Challenges of an Aging Population**

There will be [more adults age 65 and older than children by the year 2034](#). Older adults can expect to live an additional 18 years on average. Demographer Joseph Chamie notes that challenges with finances, personal health and social support are some of the main concerns among older adults. Chamie says "lawmakers should proactively address today the mounting economic, social, cultural and health challenges of an aging America" and not focus on younger demographic age structures.

### **Addressing Racial Disparities in Nursing Homes**

There has been a disproportionate number of deaths among older adults of color in nursing homes during the COVID-19 pandemic. Older adults of color were more likely to live in poorly performing nursing facilities with a higher death rate, compared to higher quality nursing facilities. A new issue brief by Justice in Aging – [Racial Disparities in Nursing Facilities—and How to Address Them](#) – contains relevant research into disparities in nursing facility care in the following areas: admissions, hospitalization of residents, staffing levels, other quality measures, and COVID-19 infections and deaths. Five policy recommendations are also included in the brief to improve Medicaid long-term care.

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[SUBSCRIBE](#)

P (202) 223-9870

F (202) 223-9871

E [AFPHS@TFAH.ORG](mailto:AFPHS@TFAH.ORG)



**CONTACT**

TRUST FOR AMERICA'S HEALTH

1730 M ST NW

SUITE 900

WASHINGTON, DC 20036



Trust for America's Health | 1730 M Street NW, Suite 900, Washington, DC 20036

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