

October 28, 2022

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



### News:

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#### **New Publication!**

A new article in the *Journal of Public Health Management and Practice* describes a partnership between the Association of State and Territorial Health Officials (ASTHO) and Trust for America's Health focused on a systematic crosswalk of Georgia's State Health Improvement Plan and its State Plan on Aging. The crosswalk helped to identify synergies between the two plans and lead to the development of collaborative actions to improve older adult health in the state. [Read more.](#)

#### **Upcoming Editions of the AFPHS Newsletter**

As we approach the end of the year, there will only be one edition of the AFPHS Newsletter for November and December.

### Events and Opportunities:

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

The November AFPHS training will feature ASTHO's Health Improvement and Healthy Aging teams who will provide an overview of strategies and tools public health agencies can use to propel healthy aging work forward through policy, systems, and environmental changes supported by collaboration.

This session will be held **November 17 at 3 pm ET**. Register [here](#).

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

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.

**Food Insecurity and Health: Strategies to Address Community Needs** – Tuesday, November 1, 2022, 3:00 pm – 4:00 pm ET. The National Institute for Health Care Management Foundation is hosting a webinar to explore the impact of food insecurity on health and factors that reduce access to healthy and affordable food. Food insecurity disproportionately impacts children, seniors, Black, Indigenous, and Native American/American Indian communities. The speakers for

this session will discuss solutions such as community-based food system partnerships targeting vulnerable populations. They will also address the importance of having access to nutritious food to support good health, how social determinants of health can be addressed through partnerships with health care and community partners, and a health plan's perspective on ensuring equitable food access. Register [here](#).

**Improving SNAP Access for Older Adults** – *Wednesday, November 2, 2022, 3:00 pm - 4:00 pm ET*. This Blooming Health webinar will feature aging care and food security leaders from the community, state, and national levels who will share best practices and new tools identified since the pandemic for improving SNAP-related outreach and engagement with older adults. Attendees will also be able to see data and lessons learned by Blooming Health from a recent partnership with the AARP Foundation to improve SNAP access for older adults. Register [here](#).

**Reentry and Older Adults: Accessing Income and Health Care Benefits** - *Wednesday, November 9, 2022, 2:00 pm ET*. Reintegrating into society after incarceration can be especially challenging for older people. These older adults, especially older adults of color, experience difficulty accessing health, housing, and economic security programs that could help them adjust to returning to the community. This Justice in Aging webinar, delivered as part of its newly launched [Reentry Project](#), will offer advocates information on the benefits available to older adults after incarceration and tips for connecting them with those benefits. 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. 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](#).

**Disabling Ableism: Tips for Partnering with Disabled People** – *Thursday, November 10, 2022, 3:00 pm – 4:00 pm ET*. This Applied Self-Direction webinar will feature a compilation of examples designed to demonstrate how simple it can be to communicate with individuals living with a disability. While this program is geared toward professionals working with self-direction programs, the key takeaways will be applicable to anyone who is nondisabled and working with the disability community. Register [here](#).

**Global Roadmap for Healthy Longevity Report Summit: Enabling a Virtuous Cycle for Healthy Longevity in the U.S.** – *Monday, November 14, 2022, 8:45 am – 5:30 pm ET*. The National Academy of Medicine is holding a one-day symposium to discuss how recommendations presented in the [Global Roadmap for Healthy Longevity report](#) can be used to create healthy longevity. National experts from various disciplines will discuss how to overcome barriers to healthy longevity. Register [here](#).

**Behavioral Health Coaching: An Innovative Program Addressing Housing and Mental Health** – *Wednesday, November 16, 2022, 3:00 pm – 4:00 pm ET*.

Join the National I&R Support Center for their upcoming webinar to learn about the Atlanta Regional Commission's innovative Behavioral Health Coaching Service for older adults who are at risk of eviction. Behavioral health coaching helps older adults manage conditions such as depression and dementia, reduces their risk of eviction, and improves their quality of life. The webinar will highlight the program's components and outcomes. Register [here](#).

**Conversation with the Chair** – *Wednesday, November 16, 2022, 2:00 pm & 7:00 pm ET*. Moving Forward, a nursing home quality coalition, will host the November conversation on the coalition's vision and priority recommendations during which questions about the Moving Forward coalition and related work will be addressed. This session is part of the "Coalition Conversations" series which are monthly virtual meetings for sharing information and ideas on improving nursing home quality. Learn more about registering for this session [here](#).

**Experiences of Diverse Older Adults Living with Dementia** – *Wednesday,*

November 16, 2022, 12:00 pm ET. The BOLD Public Health Center of Excellence on Dementia Caregiving is hosting a webinar where attendees can hear directly from people who live with dementia and their caregivers about their personal experiences with stigma surrounding dementia and how it impacts their lives. This webinar is intended to educate health care, social service, aging-focused professionals, anyone interested in brain health, and people interested in learning about the unique experiences of diverse older adults and their care team in dealing with dementias and mild cognitive impairment. Register [here](#).

**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.

### **Request for Information - Person-Centered Care Planning for Multiple Chronic Conditions**

The Agency for Healthcare Research and Quality is seeking public comments about comprehensive, longitudinal, person-centered care planning for people at risk for or living with multiple chronic conditions. This request is for comments on the current state of care planning for people at risk for or living with multiple chronic conditions across settings of care (e.g., health systems, primary care, home, and other ambulatory practices), including:

- Existing models of person-centered care planning, their current scale, and what can help or interfere with implementation.
- Innovative models of care, approaches, promising strategies, and solutions in order for clinicians and practices to routinely engage in person-centered care planning.
- Evidence for effectiveness of strategies for implementation and delivery of person-centered care planning, their impact on improving health outcomes, as well as evidence on how to adapt, scale, and spread the intervention.

Comments are due on **November 15, 2022**. [Click here](#) for more information.

### **Call for Papers – Reimagining Public Health Preparedness with Lessons from COVID-19**

The 2022 Preparedness Summit Planning Committee and the Johns Hopkins Center for Health Security invite manuscripts for a special supplement to the *Health Security* journal. The aim of the supplement is to contribute to a growing body of knowledge about the COVID-19 pandemic and its impact on public health preparedness. Potential authors are encouraged to submit manuscripts that consider how the COVID-19 pandemic is transforming public health preparedness policy and practice and discuss what public health preparedness needs to look like in the future. [Learn more](#).

### **Opportunity to Participate in a Learning Collaborative**

Apply now to participate in the [Network Diversity, Equity and Inclusion Learning Collaborative](#). Williams Jaxon Consulting will facilitate 12 networks of community-based organizations in building and strengthening their diversity, equity, and inclusion (DEI) strategies and practices. The learning collaborative will equip network leadership with the knowledge and skills necessary to create and sustain realistic and actionable DEI strategies that will enhance their business culture, create more consumer-friendly programs and services, and demonstrate value to the health care ecosystem. Applications are due by November 21, and sessions begin in January 2023. Contact Maya Op de Beke ([mopdebeke@usaging.org](mailto:mopdebeke@usaging.org)) for more information.

## **Resources:**

### **Data**

#### **New Aging in Florida Dashboard**

A [new Aging in Florida Dashboard](#) on Florida Health CHARTS (Community Health Assessment Resource Tool Set) has recently been released and offers a national model for older adult health and social data. This updated dashboard

contains visualizations that make information easier to interpret and share. It includes data on Social and Community Context, Family and Living Arrangements, Health Status and Behaviors, Health Related Conditions, Emergency Department and Hospital Visits, and Leading Causes of Death. The Dashboard provides sources of data and can be used for advocacy, research, assessments, and planning.

### **Sharing Data to Support Health-Related Social Needs**

The Centers for Medicare & Medicaid Services has supported Accountable Health Communities (AHC) Model awardees, known as bridge organizations, from 2017 to 2022. Bridge organizations represent entities such as health systems, health information exchanges, and community-based organizations (CBOs). With this support, Medicare and Medicaid patients were screened for health-related social needs (HRSN) and then referred to community services to address identified needs. To learn more about the data sharing process with this model, Mathematica conducted a series of focus groups and interviews with 26 AHC participants in February and March of 2022. These participants included 19 bridge organizations, one health information exchange partner, three health care provider partners, and CBO partners. The focus group discussions focused on [sharing HRSN data with clinical and community partners](#) and if that data was used to inform clinical care, or used to advance equity.

### **Telehealth Use Trends**

In the early part of the COVID-19 pandemic, telehealth visits were at an all-time high. These rates have seen a steady decline since 2020 but they are still higher than pre-pandemic levels. [Older Americans are more likely to use telehealth](#) than any other age group. Data from the Centers for Disease Control and Prevention indicate that 20% of adults had a virtual visit within the past month. Primary care has seen more telehealth growth than other medical specialties.

### **Additional Resources**

#### **Communicating about Public Health**

Informed by new research from the FrameWorks Institute and message testing conducted by Hattaway Communications, a new book from the de Beaumont Foundation provides new research-based tools to help health professionals communicate more effectively about public health. [Talking Health: A New Way to Communicate About Public Health](#) contains strategies to strengthen community partnerships and improve health outcomes from leading voices in health and communication.

#### **In-Home Falls Prevention Program**

In conjunction with Green & Healthy Homes Initiative, Blue Cross and Blue Shield of North Carolina is developing [a new program that aims to protect members from falls in their homes](#). Program members will receive a home evaluation and, if needed, will be provided home renovations. This program will be open to members ages 45 and older across nine counties in NC who are deemed at risk for falls.

#### **Medically Tailored Meals**

Oregon and Massachusetts are now able to provide [medically tailored meals to Medicaid beneficiaries in their homes](#). New York and Washington are expected to receive approval for a similar benefit later this year. Research from the Food is Medicine Coalition, a research and advocacy group, suggests that these programs can help reduce health care costs and usage. It is anticipated that the recent White House Conference on Hunger, Nutrition and Health is going to prompt the expansion of Medicaid nutrition programs.

#### **Volunteer Shortage Impacts Access to Care in Rural Communities**

Faith in Action in Red Wing, Minnesota is a nonprofit that relies on older adults to take residents to and from appointments. The residents that rely on these rides are mostly older adults. As the number of volunteers starts to decline, however, the existence of programs like these have become precarious. In addition to the volunteers reaching the point where they can no longer drive, reimbursement for charitable mileage is only 14 cents per mile, which generally does not cover the cost of gas and wear and tear on a vehicle. Data from 2018 indicates that [Minnesota had 1,900 volunteers that served 77,000 riders](#).

#### **Exercise Associated with Increased Longevity among Older Adults**

For adults age 65 and older, engaging in strength training two to six times a week can lead to an increased lifespan, compared to those who train less than two times a



week. Published in JAMA Network Open, **older adults who did both muscle-strengthening and aerobic exercise guidelines had a 30% lower mortality risk**. Doing only the aerobic guidelines was associated with a 24% lower risk and doing only the muscle-strengthening guidelines was associated with a 10% lower risk. Researchers also noted that these findings were applicable to other age groups as well.

### **Increased Death Risk Associated with Missing Medical Appointments**

According to a recent publication from the National Bureau of Economic Research, **missing one outpatient medical appointment could increase a patient's relative risk of death** over a period of a year by 10%. Researchers started collecting data for this study at the peak of the COVID-19 pandemic lockdown. Cancelled appointments were linked to 48.5 extra deaths per 10,000 people among those ages 65 and older.

### **Primary Care Centers for Older Adults**

Staffed by integrated care teams, Humana has developed a **model for primary care centers designed to support the growing number of older adults**. These centers offer a holistic approach that addresses both the medical and social needs of older adults. Reneé Buckingham, president of Humana's Primary Care Organization, shares that they "believe that it's important to develop a care model that is built around the unique needs of seniors to really support them in the aging process and to allow them to achieve their best health, whatever that might be for them, as they define it." The goal is to have 100 centers established by 2025.

### **Framing Public Health Messages to Reach Audiences Across the Political Spectrum**

In a **recent webinar hosted by the Public Health Communications Collaborative**, speakers provided strategies to effectively frame public health messaging to reach audiences across the political spectrum. Public health leaders from across the country shared their ideas for responding to a wide range of scenarios inspired by real-world challenges, such as vaccine hesitancy, the politicization of public health, and COVID-19 fatigue.

### **Comparison of Older Households**

Disparities in income and wealth have been increasing among older Americans in recent decades. These disparities exceed the differences by older adults in Canada, Germany, and the United Kingdom. Data from 2007 revealed that **low-income older American households needed to work 12 years to equal what a typical high-income older household earned in 1 year**. In Germany, low-income older adults have to work 6 years, and low-income older adults have to work 10 years in the U.K. For those under 80 years old, having a higher income and more wealth were associated with living longer in the U.S. and the U.K. Higher wealth and income were associated with homeownership and higher education.

### **AARP Housing Solution Resources**

There are four resources from AARP that provide resources to support housing solutions. **Discovering and Developing Missing Middle Housing** is a tool that can be used by local leaders, building and planning professionals, and involved community members to define Missing Middle Housing and why communities nationwide should consider returning to this versatile housing model. Developed in partnership with the National Building Museum, **Making Room: Housing for a Changing America** contains infographics, ideas, solutions, photographs and floor plans from an innovative exhibition on providing housing for a changing America. **The ABCs of ADUs** is a guide that explains what accessory dwelling units are and how they can be an affordable flexible and often income-generating housing option. The **AARP HomeFit Guide** contains strategies to make a home comfortable, safe and a great fit for older adults and people of all ages.



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