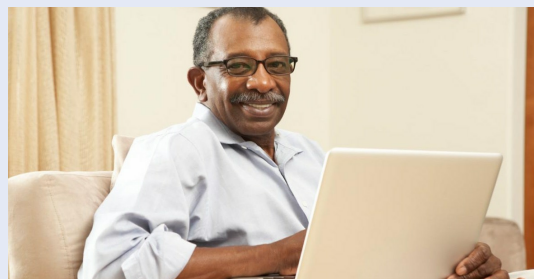


November 21, 2022

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



### News:

#### New AFPHS Resources!

The AFPHS website now offers [topic one-pagers](#) that include specific recommendations for public health actions aligned with the [AFPHS 6Cs Framework](#). The focus of the one-pagers align with AFPHS trainings and are currently available on food security, rural health, technology, and transportation. Keep checking the site for resources on additional topics.

#### Last Edition for 2022 of the AFPHS Newsletter

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

### Events and Opportunities:

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

The December AFPHS training will provide guidance for public health practitioners to incorporate equitable healthy aging components within public health practices that address the social determinants of health, all in the context of the AFPHS 6Cs Framework.

This session will be held **December 15 at 3 pm ET**. Register [here](#).

You can also view a recording of our [November training](#) – Public Health Influence and Authority in Healthy Aging and Brain Health Through Policy, Systems, and Environmental Change.

Reminder: Individuals who attend 6 or more AFPHS monthly trainings will be designated as AFPHS Champions. Over 45 people across the country have been recognized as Champions! Visit the [AFPHS Recognition Program page](#) for more information.

#### Addressing the Needs of an Aging Population through Health Professions Education: Part 1

**Part 1 – Wednesday, December 7, 2022, 3:00 pm – 5:00 pm ET** Hosted by the National Academies' Global Forum on Innovation in Health Professional Education, this workshop will focus on understanding the importance of social determinants of health in health promotion and disease prevention. Register [here](#).

#### Addressing the Needs of an Aging Population through Health Professions Education: Part 2

**Part 2 – Thursday, December 8, 2022, 9:00 am to 11:30 am ET** The National Academies' Global Forum on Innovation in Health Professional Education will host a second workshop on preparing the health workforce for an aging population. This session will focus on building interprofessional programs to address the needs of older

adults. Register [here](#).

**Racial Disparities in Nursing Facilities—and How to Address Them** – *Thursday, December 8, 2022, 2:00pm ET*. Nursing facilities are not immune from structural racism. This was made evident during the COVID-19 pandemic when we saw more deaths in nursing facilities, especially among older adults of color. Justice in Aging is offering this webinar to provide an overview of key findings from a new issue brief, [Racial Disparities in Nursing Facilities—and How to Address Them](#). The webinar will include an overview of systemic inequities and provide an overview of five policy recommendations to improve Medicaid long-term care to meet the needs of older adults more equitably. Register [here](#).

### **Strengthening Diversity Practices**

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.

### **UsA2 Brain Health Equity Nurse Fellowship**

Applications for the Brain Health Equity Fellowship are not open. The fellowship, which is supported by the National Association of Hispanic Nurses, National Black Nurses Association, UsAgainstAlzheimer's and the Centers for Disease Control and Prevention, will train a cohort of nurse professionals to be brain health ambassadors. The fellowship will run from February to August 2023, require a commitment of approximately 25 hours total, and will include a \$2,000 stipend. The Fellowship program is designed to achieve the following objectives:

- **Improve Knowledge:** Provide you with tailored continuing education on Alzheimer's and related dementias to address brain health knowledge gaps.
- **Cultivate Leadership:** Provide you with the leadership skills and content needed to promote tailored brain health education among your peers and in your community.
- **Facilitate Networking and Linking:** Connect you to a national network of nurses and experts working at the intersections of brain health, public health, and health equity to create opportunities for collaboration, knowledge sharing, and linking of local resources.

[Click here](#) for application requirements. The online application is due by January 1, 2023.

### **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.

### **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](#).

### **Rural HIV and Aging Challenge**

The "\$500,000 Rural HIV and Aging Challenge" is an opportunity created by the U.S. Department of Health and Human Services (HHS) Office of Infectious Disease and HIV/AIDS Policy (OIDP) and the Administration for Community Living (ACL). The Challenge is a competition to identify innovative and effective pilot solutions that address the needs of people aging with HIV in rural communities, with a focus on racial and ethnic minorities and LGBTQ+ populations. Some of examples of areas that solutions can focus on include:

- identifying HIV and aging service integration interventions including, but not limited to, addressing poverty, access to health care services, and education that improve health outcomes;
- reducing socio economic barriers and improve access to mental health services

- particularly in rural communities;
- addressing social determinants of health, particularly wellness through physical activity, nutrition and others that improve overall quality of life;
- reducing health inequities for people in rural communities, who are aging with HIV or long-term survivors, particularly among racial and ethnic minorities and LGBTQ+ populations;
- promoting and providing health education and training; or
- evaluating scalability of existing solutions.

The submission period: Phase 1 is open until January 31, 2023 at 5:00 pm ET. [Click here](#) for more information.

## Resources:

### Food Insecurity

#### **Challenges for Grandparents Raising Grandchildren**

Grandparents taking care of their grandchildren are struggling with food insecurity, and inflation is making this worse. A [new Robert Wood Johnson Foundation \(RWJF\)-funded report](#) notes that grandparent-headed households with grandchildren are experiencing hunger and food insecurity at much higher rates. Many policies and programs designed to address hunger were not designed with grandfamilies in mind. This report notes that policy changes are necessary to ensure access to adequate nutritious food for grandparents, other relatives, and close family friends who are providing care for children when their parents cannot. In a [blog post](#) earlier this year, RWJF also highlighted the challenges relatives experience raising children when they are not the parents.

#### **Addressing Food Insecurity**

A recent National Institute for Health Care Management Foundation [webinar on food insecurity](#) highlighted risk factors for food insecurity and offered solutions to improve access to nutritious foods, such as community-based food system partnerships targeting vulnerable populations. The session also highlighted the importance of addressing the social determinants of health through partnerships with health care and community partners.

### Dementia & Alzheimer's Disease

#### **Slowing Cognitive Decline**

According to brain health scientist Marc Milstein there [are seven strategies to fight off dementia](#). These strategies include cutting sugar and eating fatty fish, nuts, blueberries, and cruciferous vegetables. Not smoking, getting quality sleep, making social connections, learning new skills, and staying physically active are also important to keep the brain sharp.

#### **Gene Related to Increased Risk of Alzheimer's Disease among Women**

[A gene found on the X chromosome can cause women to be at an increased risk for Alzheimer's disease](#) according to researchers at Case Western Reserve University. This is related to a gene called USP11. Males have one copy of USP11 and females have two copies of it. This gene signals the body that extra tau, a waste product produced by the brain, should be removed. Having too much of this enzyme interferes with tau removal. USP11 is higher when a person has Alzheimer's disease.

#### **Connection between SNAP benefits and Cognitive Health**

Results from a recent study published in the journal *Neurology* using data from the Health and Retirement Study indicate that [use of the Supplemental Nutrition Assistance Program was associated with slower cognitive decline](#). This study assessed the memory function of 3,555 people 50 and older every couple of years from 1996 to 2016. Study participants were more likely to have more chronic conditions and lower incomes. These participants also had lower memory scores at the start of the study period, but their memories declined more slowly than the memories of those who did not take advantage of the benefits.

### Additional Resources

#### **Older Adult Caregivers**

The University of Michigan's National Poll on Healthy Aging found that [54% of American adults ages 50 to 80 are caregivers](#). The majority of the support and help they are providing is medical in nature. These caregivers also help with yard work, home repairs, grocery shopping, cooking, and paying bills. Many older adults do not necessarily consider themselves to be caregivers but see themselves more as helpers. Almost half of the survey respondents were providing care to

parents.

### Homelessness among Older Adults on the Rise

Increasing housing prices, the COVID-19 pandemic, and inflation are causing a **surge in homelessness among older adults**. They are turning to homeless shelters or putting their names on long waiting lists to get into assisted-living housing. To address this challenge in their state, advocates in Montana are planning to lobby the state legislature to make homeless shelters eligible for Medicaid funds.

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#### CONTACT

TRUST FOR AMERICA'S HEALTH  
1730 M ST NW  
SUITE 900  
WASHINGTON, DC 20036

P (202) 223-9870

F (202) 223-9871

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



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

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