

June 15, 2023

AFPHS News



News:

World Elder Abuse Day – June 15th

Today is World Elder Abuse Awareness Day. This day provides an opportunity for communities around the world to promote awareness of the abuse and neglect of older adults, and take action to advance elder justice. The National Center on Law & Elder Rights has several [resources](#) and [tools](#) to support professionals and share the importance of this day.

New Publication on the Value of Age-Friendly Public Health Systems

TFAH recently published a new manuscript that highlights the importance of age-friendly public health systems. [The Value of Age-Friendly Public Health Systems in the Age Friendly Ecosystem paper](#) describes why the public health sector should adopt healthy aging policies and practices, how this is being operationalized at the state and local levels, and the value of age-friendly public health systems within the age-friendly ecosystem.

Congratulations to Florida Department of Health in Putnam County!

The [Florida Department of Health in Putnam County](#) has recently been acknowledged as an Age-Friendly Public Health System through the AFPHS [Recognition Program](#)!

Events and Opportunities:

Age-Friendly Public Health Systems (AFPHS) Monthly Trainings

TFAH's 2023 AFPHS training series provides guidance on implementing each of the AFPHS 6Cs ([based on the 6Cs Framework](#)). Each session highlights specific examples of public health programs, policies, or other activities that align with the 6Cs and advance healthy aging as a core function.

The June training will focus on collecting, analyzing, and translating data by highlighting data sources that provide information on the health of older adults. Speakers include:

- Dr. Machell Town, Branch Chief, Population Health Surveillance Branch, Centers for Disease Control and Prevention
- Dr. Kristen Robinson, Social Science Analyst, Administration for Community Living
- Matthias Kirch, Statistician Staff Specialist, Institute for Healthcare Policy and Innovation & Health Informatics Specialist, Michigan Social Health Interventions to

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

You can also view a recording of our [May training](#) – Complementing Existing Health Promoting Programs.

Build your expertise and healthy aging knowledge! Individuals who attend 6 or more AFPHS monthly trainings will be designated as AFPHS Champions. More than 70 people across the country have been recognized as Champions to date. Visit the [AFPHS Recognition Program page](#) for more information.

It's a Journey - Age-Friendly and Dementia Capable Health Systems – *Tuesday, June 20, 2023, 3:00 pm – 4:00 pm ET*. The National Alzheimer's and Dementia Resource Center will host a webinar that highlights how the age-friendly and dementia-friendly movements can work together to improve the health and well-being of older adults living with dementia as well as their families. The speakers for this session will discuss how systems programming and community partnerships can establish sustainable mechanisms to support individuals with dementia and their caregivers. Register [here](#).

Shortchanged: The Impact of Chronic Underinvestment in Public Health – *Tuesday, June 20, 2023, 3:00 pm ET*. TFAH and the Coalition for Health Funding are gathering experts in public health policy and funding to discuss the critical need for increased, sustainable, and flexible funding that specifically targets public health and prevention in an upcoming webinar. The discussion will focus on how to address the longstanding gaps in public health capacity resulting from chronic underfunding. This webinar will include findings and recommendations from TFAH's [The Impact of Chronic Underfunding on America's Public Health System: Trends, Risks, and Recommendations 2023 report](#). Register [here](#).

National Hispanic Council on Aging Mental Health Webinar – *Thursday, June 22, 2023, 2:00 pm – 3:00 pm ET*. This webinar will discuss mental health issues impacting Hispanic/Latino older adults. A panel of experts from across the field will provide tips on strengthening mental health and share resources available to address mental health. Register [here](#).

Multisector Plan for Aging (MPA) Future Proof Live: Cross-sector Planning for Aging at the Local and State Levels! – *June 28, 2023, 1:00 pm – 2:00 pm ET*. West Health, The SCAN Foundation and The John A. Hartford Foundation will provide an in-depth look at how states can plan strategically to transform infrastructure and coordinate services to address the needs of a rapidly aging population. Speakers from Windham Aging (Vermont) and the California Department of Aging will share strategies they use to engage a range of agencies and departments as part of the MPA. Register [here](#).

Emerging Respite Care Strategies in Medicaid Home and Community-Based Services Waivers – *Thursday, June 29, 2023, 3:00 – 4:00 pm ET*. With support from The Administration for Community Living and The John A. Hartford Foundation, the National Academy for State Health Policy (NASHP) RAISE Act Family Caregiver Resource and Dissemination Center is holding a webinar to highlight key takeaways from a new NASHP report that explores emerging respite care strategies within Medicaid home and community-based services waivers serving older adults and adults with physical disabilities. Kentucky and Virginia Medicaid officials will also outline respite care policies that increase service access within their states, with a particular focus on how other states can replicate in this session. Register [here](#).

Meet Public Health AmeriCorps: A Pipeline for Public Health Workforce – *Friday, June 29, 2023, 3:00 pm – 4:00 pm ET*. The Association of State and Territorial Health Officials and the National Association of County and City Health Officials are hosting a virtual "meet and greet" with AJ Pearlman, the director of the national Public Health AmeriCorps program. Pearlman will unveil the initiative to enhance staff capacity and provide an overview of the program plans for the upcoming year. Register [here](#).

RCCN Workshop: Promoting Healthy Aging Through Nutrition – *July 20-21, 2023 (Boston, MA)*. This workshop will include sessions on Timing and Targeting

Interventions, Social Context of Diet and Food Choice, Dietary Patterns in Health and Disease, and Advancing the Field. The [agenda](#) is available and the workshop will be livestreamed virtually on Zoom. Register [here](#).

The GW Center for Aging, Health and Humanities presents: THE 2023 Age-Friendly Ecosystem Summit

The George Washington University's Center for Aging, Health and Humanities is hosting the third annual Age-Friendly Ecosystem Summit. It is being held in partnership with Age-Friendly Alexandria, Arlington, DC, Howard County (new partner), Hyattsville, Montgomery County, and the Georgetown University Aging & Health Program. The summit will occur in four two-hour blocks over four days: 1. *Ageism, September 26th from 1-3pm ET*; 2. *Inclusivity, September 27th from 1-3pm ET*; 3. *Communications, October 3rd from 1-3pm ET*; and *Creativity, October 4th from 1-3pm ET*. Register for the sessions [here](#).

Climate Communities Network

The Climate Communities Network (CCN), a new initiative to address climate change-related health inequities at the local level, is now accepting Member applications. Hosted by the National Academy of Medicine (NAM), the CCN will bring together community leaders from U.S. regions disproportionately impacted by climate change to work collaboratively on solutions. The NAM welcomes applications from individuals who work for community-based organizations in a U.S. state or territory with an interest in climate change and health equity. Full eligibility details are available on their [website](#), along with answers to [frequently asked questions](#). Applications for CCN Membership will be accepted through **June 23 at 11:59pm ET**.

Thriving Communities Technical Assistance

Local governments can apply for federal [Thriving Communities Technical Assistance](#) (TCTA) funding to help plan for and create transit-oriented housing. The TCTA program supports coordination and integration of transportation and housing in infrastructure planning and implementation. Eligible local government entities should apply if they:

- Will be receiving transportation funding, either directly or through a state pass-through, with priority given to those receiving competitive funds
- Want to address housing needs in disadvantaged communities in accordance with their housing and/or equity goals
- Want to work on at least one of the four TCTA topic areas
- Are committed to community engagement to ensure residents and businesses in disadvantaged communities benefit from the transportation investment

Priority for the 30-40 jurisdictions selected will be given to those with populations of less than 250,000 people. Applications are reviewed on a rolling basis.

Brain Health Academy

UsAgainstAlzheimers is offering new classes through their Brain Health Academy starting on May 17, 2023. These virtual classes are designed to equip healthcare providers and wellness professionals with the knowledge and resources to help people reduce their risk of Alzheimer's and related dementias. The remaining schedule for 2023 is:

- Diabetes and Dementia- June 21, 2023
- Hearing and Dementia- July 19, 2023
- Depression and Dementia- September 20, 2023
- Smoking and Dementia- October 18, 2023
- Alcohol Use and Dementia- November 15, 2023

All courses are from 1:00 pm – 2:00 pm ET. Learn more [here](#).

How to be Anti-Racist in the Everyday Practice of Public Health

[The How to be Anti-Racist in the Everyday Practice of Public Health](#) training course is designed to equip public health professionals with the skills to recognize and manage biases, promote more equitable health services. This training explores: 1) The myriad ways that racism and bias can be operationalized in the everyday practice of public health; 2) Why being explicit about microaggressions, bias, and racism is foundational to eliminating racial health disparities; and 3) Practical strategies for addressing racism, bias, and microaggressions as essential aspects of everyday practice in public health. Learn more [here](#).

Upcoming Conference Abstract/Proposal Deadlines

- [American Society on Aging](#) – August 1, 2023.

Resources:

Housing & Homelessness

Federal Initiative to Address Homelessness

The Biden-Harris administration has launched an initiative to address unsheltered homeless people. [ALL INside](#) is a key part of "[All In: The Federal Strategic Plan to Prevent and End Homelessness](#)," which includes the goal of reducing homelessness by 25% by 2025. Through this initiative, the U.S. Interagency Council on Homelessness (USICH) and its 19 federal member agencies will partner with state and local governments to strengthen and accelerate local efforts to get unsheltered people into homes in six places: Chicago, Dallas, Los Angeles, Phoenix Metro, Seattle, and the state of California.

Addressing Homelessness among Older Adults

[Approximately a quarter of a million people ages 55 and older were estimated to be homeless](#) in 2019. Professor Dennis Culhane estimates that the population of homeless older adults will double or triple 2017 levels in some places before peaking in 2030. Many large cities like Phoenix and Orange County in California are working on developing novel solutions including hiring specially trained staff and establishing senior shelters. The chief executive of Central Arizona Shelter Services Lisa Glow commented that older adults in shelters “need a higher level of care than the current shelter system can provide.”

Additional Resources

Strategies to Improve Respite Care Policies

One of the key components of the 2022 National Strategy to Support Family Caregivers is respite. In listening sessions conducted with family caregivers by the University of Massachusetts at Boston and Community Catalyst, one of the highest priorities that family caregivers identified was respite care and the need for a “break.” A [recent paper](#) published by the National Academy for State Health Policy provides emerging respite policy strategies and key themes based on interviews of state Medicaid administrators. Some of the strategies include making sure caregivers and caseworkers understand the availability and importance of respite, providing flexibility to meet month-to-month changes in family caregivers’ respite needs, and using self-direction programs to integrate family members and friends into the direct care workforce.

Death due to Cardiovascular Disease is High among Older Adults

[Cardiovascular disease is the number one cause of death among people age 65 and older](#). Research suggests that by 2060 coronary artery disease is projected to rise 31% compared with 2025; heart failure will increase 33%; heart attacks will grow by 30%; and strokes will increase by 34%. Cardiovascular disease is more common among older adults than younger adults, and there are rising numbers of people with conditions that put them at risk of heart disease and stroke such as high blood pressure, diabetes, and obesity. These risk factors are more prevalent among Black and Hispanic populations, thus cardiovascular disease and death will be more common among these groups. Dr. Rishi Wadhera, a cardiologist and section head of health policy and equity research at the Smith Center for Outcomes Research in Cardiology at Beth Israel Deaconess Medical Center in Boston shared that “more vigorous efforts to ensure all older patients, including those from disadvantaged communities, are connected with primary care physicians and receive appropriate screening and treatment for cardiovascular risk factors, and high-quality, evidence-based care in the event of heart failure, a heart attack, or a stroke.”

Birth Rates Dropped and America is Aging Rapidly

New figures from the recent census indicate that the number of children declined while the [number of adults age 65 and older grew by more than a third from 2010 to 2020](#). This growth in the number of adults ages 65 and older is the fastest rate of any decade in 130 years. These changes are propelled by more baby boomers turning 65 and women delaying having babies until later in life. The median age in the U.S. jumped from 37.2 to 38.8 over the decade.

Preparing for Extreme Heat

In 2022, the Biden Administration launched [a one-stop hub for resources and information on heat and health](#). This site is overseen by the National Integrated Heat Health Information System (NIHHIS), an interagency collaboration that includes the National Oceanic and Atmospheric Administration, Centers for Disease Control and Prevention (CDC), Federal Emergency Management Agency, Administration for Strategic

Preparedness and Response and the Substance Abuse and Mental Health Services Administration (SAMHSA). Research by British Columbia public health researchers suggests that people with depression and substance use disorder had an increased risk of death during a heat wave. In addition, research suggests that emergency department visits related to mental health conditions and substance use disorder may increase during a heat wave. [SAMHSA is working with the Office of Climate Change and Health Equity](#) to ensure behavioral health needs are among the Department's climate change priorities. In addition, they recently released a [fact sheet](#) that discusses steps those taking medications for mental health conditions can take to help reduce their risk.

Loneliness Linked to Increased Death Risk among Cancer Survivors

Researchers at the American Cancer Society conducted an analysis of data from almost 3,450 cancer survivors ages 50 and older that were part of the 2008-2018 Health and Retirement Study. These study participants were followed through the end of 2020 and their degree of loneliness was assessed every four years. [Cancer survivors who reported any loneliness were more likely to die during the follow up period compared to their counterparts](#) that did not report being lonely. Study author Jingxuan Zhao commented that it is time to help cancer survivors feel connected by asking "cancer survivors about their feelings or help them navigate programs that can screen for loneliness and provide social support to those in need."

Age of Diabetes Diagnosis Linked to Dementia Risk

[Being younger than 60 years old when diagnosed with diabetes is associated with an increased risk of developing dementia.](#) Receiving a diabetes diagnosis at age 80 and older was not associated with a higher dementia risk. Researchers also did not find a connection between prediabetes and dementia risk. Published in the *Diabetologia* journal, researchers at the Johns Hopkins Bloomberg School of Public Health analyzed data on 11,656 adults from the Atherosclerosis Risk in Communities study.

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