

January 17, 2024

AFPHS News



News:



Happy New Year! We are excited about the year ahead and look forward to bringing you more news and information to support your healthy aging efforts. If there is an article, study, event, or other resource that may be valuable for this community, please share it with us via email at afphsnews@tfah.org.

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 recorded session highlights specific examples of public health programs, policies, and other activities that align with the 6Cs and advance healthy aging as a core function. You can [view recordings of each of the 2023 trainings](#) and [the related 2023 blog posts](#).

The first training of 2024 will be our annual training on ageism. This session will provide context on how mitigating ageism is also a way to address and improve health equity for older adults.

This session will be held **tomorrow, January 18 at 3 pm ET**. Register [here](#). Build your expertise and healthy aging knowledge! Individuals who attend 6 or more AFPHS monthly trainings will be designated as AFPHS Champions. More than 85 people across the country have been recognized as Champions to date. Visit the [AFPHS Recognition Program page](#) for more information.

Opportunity to Comment: 2025 Dietary Guidelines Advisory Committee – Friday, January 19, 2024, 8:30 am – 3:00 pm ET. Convened jointly by the U.S. Departments of Health and Human Services and Agriculture, the meeting will provide an opportunity for the Advisory Committee to hear updates from each subcommittee and discuss progress made since the third public meeting. Topics will include protocol development, evidence review and synthesis, draft conclusion statements, and plans for

future committee work, including development of the committee's scientific report. This meeting will provide attendees with the opportunity to provide comments as the 2025 Dietary Guidelines are being developed. Register [here](#).

Adopting Trauma-Informed Care in Rural Communities – *Tuesday, January 23, 2024, 2:00 pm – 3:15 pm ET*. Hosted by the Better Care Playbook, this webinar will highlight the challenges faced and successful strategies employed when implementing trauma-informed care in rural communities. Presenters will focus on a decade-long collaboration between Behavioral Health Alliance of Rural Pennsylvania, a group of county-based behavioral health and human service administrators, and the University of Pittsburgh Medical Center's Community Care Behavioral Health Organization, a nonprofit behavioral health Medicaid managed care organization. Attendees will hear about experiences implementing trauma-informed care across a network of behavioral health and human service providers in rural communities. Register [here](#).

Senior Nutrition Program Anniversary: Get Ready To Connect and Celebrate – *Wednesday, January 24, 2024, 2:00 pm ET*. The Administration for Community Living's (ACL) Office of Nutrition and Health Promotion Programs and the Nutrition & Aging Resource Center is hosting a session to share resources and offer a sneak peek of the 2024 **Senior Nutrition Program**. In March of this year, ACL will celebrate accomplishments at the national and local levels, share information about nutrition's impact on health and independence, and highlight important topics relating to older adults' nutrition. The 2024 theme, "Connection in Every Bite," highlights an important aspect of the Senior Nutrition Program: the profound relationship between food and social connection. Register [here](#).

Successful Public Health Approaches in Dementia Caregiving: A Virtual Roundtable Series – *Wednesday, January 24, 2024 11:00 am ET*. The next installment of this series hosted by the BOLD Public Health Center of Excellence on Dementia Caregiving will focus on efforts by the Georgia Department of Health. Elizabeth Head, Lynn Joyner, and Dr. Sarah Saint Hamilton will highlight innovative, state-wide public health approaches for supporting dementia caregivers. The goal of the series is to create a public health community of practice, where agencies can share experiences and lessons learned, and get ideas of strategies that can be implemented to support dementia caregivers. Register [here](#).

Statewide Dementia Screening Linked to Diagnostic and Social Services – *Wednesday, January 31, 2024 12:00 pm ET*. The **BOLD PHCOE on Early Detection of Dementia** is offering a webinar to share how health system interventions can promote earlier dementia detection as a pathway to better care and outcomes. The speakers for this session are Dr. Nathaniel Chin and Ms. Krista Pfister from the University of Wisconsin Health Alzheimer's Disease Resource Center and Memory Assessment Clinic. Register [here](#).

Finding the Way in Dementia Care: Use of Care Navigators for People Living with Dementia and their Caregivers – *Tuesday, February 6, 2024, 3:00 pm – 4:00 pm ET*. The National Alzheimer's and Dementia Resource Center is hosting a webinar to share information about two programs that use Care Navigators - CALz Connect in California and OCCK, Inc in Kansas. CALz provides dementia care management services to people living with dementia and their caregivers in Imperial, Marin, and Ventura counties, using the Care Ecosystem and HomeMeds evidence-based programs. OCCK, Inc. is implementing the evidence-based Care Ecosystem in various rural communities in KY. Email questions to NADRC-Webinars@rti.org. Register [here](#).

Building Community Capacity to Meet the Needs of People with Disabilities as they Age – *Tuesday, February 27, 2024, 1:00 pm – 2:00 pm ET*. An upcoming webinar from the American Association on Intellectual and Developmental Disabilities will discuss findings from a national study that sought to identify the areas where capacity building is most needed to effectively serve people with life-long disability or long-term disability experience as they age. Professional skills, organizational operations, service/care models, and public policies to effectively serve older adults with long-term serious mental illness, intellectual and developmental disabilities, and physical and sensory disabilities will be discussed. Register [here](#).

NRHA Call for Best Practices: 2024 Compendium of Rural-Healthy-Aging Initiatives & Best Practices

Submissions are now open for a compendium of rural-healthy-aging initiatives and best practices in rural communities. The National Rural Health Association, in partnership with The John A. Hartford Foundation (JAHF), is compiling these best practices as a component of the National Rural Age-Friendly Initiative. Organizations with relevant programs, models, or policies aimed at enhancing the quality of aging in rural communities are encouraged to submit their contributions for inclusion in the compendium. The initiative will help share resources with rural communities across the

U.S., providing accessible and creative practices for both individuals and their health providers. Submissions will be accepted until **Thursday, February 8, 2024**. [Click here](#) to learn more and to submit.

AARP Community Challenge Small Grants

The AARP Community Challenge is now accepting applications. This opportunity provides small grants to fund quick-action projects that can help communities become more livable for people of all ages. In 2024, the AARP Community Challenge will be accepting applications for three different grant opportunities – 1) Flagship Grants; 2) Capacity-Building Microgrants; and 3) Demonstration Grants. Applications are due **March 6, 2024, 5:00 pm ET**. [Click here](#) to learn more about this opportunity.

Next HBI Road Map for Indian Country

The process to update the [HBI Road Map for Indian Country](#) has begun, starting with an open input period. The response window will close on **January 19th**. This feedback will help shape the guide for the public health response to Alzheimer's and dementia led by American Indian and Alaska Native communities. Input can be shared at alz.org/publichealthindiancountry.

Request for Applications – Guiding an Improved Dementia Experience (GUIDE) Model Now Available

The Centers for Medicare & Medicaid Services (CMS) is currently [accepting applications for the Guiding an Improved Dementia Experience \(GUIDE\) Model](#), which aims to support people living with dementia and their caregivers. The GUIDE Model will test whether providing an alternative payment methodology for participating dementia care programs reduces expenditures while preserving or enhancing quality of care. Eligible participants include Medicare Part B-enrolled providers or suppliers, excluding durable medical equipment and laboratory suppliers. A GUIDE participant must meet the GUIDE Model's care delivery requirements but may choose to partner with other organizations, including both Medicare-enrolled providers and suppliers and non-Medicare enrolled entities, including community-based organizations (CBOs), to meet these requirements. CMS plans to announce applicants selected to participate in **Spring 2024**. The model will launch on **July 1, 2024**, and will run for eight years. The application period will close on **Tuesday, January 30, 2024**.

Advance Your Career and the Future of Dementia Research

The Alzheimer's Association is holding an [Interdisciplinary Summer Research Institute](#) (AA-ISRI). This immersive, no-cost experience provides early career researchers in psychosocial care and public health the opportunity to further their knowledge of dementia science and accelerate breakthroughs in the field. The Institute will take place in Chicago, IL August 19-23, 2024. Applications are due March 11, 2024. A total of 24 applicants will be selected for this exclusive experience. Learn more and submit your application [here](#).

Resources:

Brain Health

Connection between Sleep and Cognitive Functioning

In a recent study published in the *Neurology* journal, sleep fragmentation in midlife, mid-30s to late 40s, was associated with [worse cognitive performance more than a decade later](#). The study examined sleep duration and quality among 526 adults. Data were gathered using a wrist device worn by all participants for 3 consecutive days on two occasions roughly 1 year apart. The Pittsburgh Sleep Quality Index was also used. Sleep fragmentation and cognitive performance were not affected by race or sex. The lead researcher on the study, Dr. Yue Leng, commented that "Clinicians should pay more attention to patients' sleep patterns for optimal brain health."

Early-Onset Dementia Risk Factors

According to results from a new study, alcohol misuse, a lower socioeconomic background, loneliness, and having a hearing impairment are among [15 factors found to significantly increase the risk of early-onset dementia](#). The study included 350,000 adults under the age of 65. The authors of this study note that the findings suggest that the risk of early-onset dementia could be reduced by addressing these 15 factors. Leah Mursaleen, head of clinical research at Alzheimer's Research UK, shared that "We're witnessing a transformation in understanding of dementia risk and, potentially, how to reduce it on an individual and societal level."

Additional Resources

Caregiving Legacy of Rosalynn Carter

[Former First Lady Rosalynn Carter was a trailblazer for caregivers](#)

throughout her life. She helped care for her father when he was diagnosed with cancer and helped her mother care for her grandfather. These life experiences sparked her deep commitment to advocate for the health and strength of caregivers. Established 36 years ago, The Rosalynn Carter Institute for Caregivers is focused on “building cross-sector partnerships, leading research projects and strategic initiatives, developing and implementing evidence-based programs, and advocating for systems-level policy change at the state and federal level.” The Institute is currently engaged in several important research endeavors including organizing variations in care experiences into 9 profiles of caregiving to help strengthen the efficacy of support provided.

Older Adults and Adults on Dialysis Should Stay Up to Date with COVID-19 Vaccines

New research highlighted in the Morbidity and Mortality Weekly Report finds that **[older adults age 65 and older and adults on dialysis should stay up to date with COVID-19 vaccines.](#)** The bivalent COVID-19 vaccine increased protection against COVID-19-related strokes, blood clots, and heart attacks. Adults in these two groups that received the bivalent COVID-19 vaccine were about 50% less likely to have a COVID-19-related stroke, blood clots, or heart attack compared with those who received only the original COVID-19 vaccine.

Disparities and Inequities Experienced by Tribal Elders

[A new brief from Justice in Aging](#) highlights the challenges and barriers that tribal elders face accessing necessities such as health care, long-term care, and housing. Tribal elders are considered the most valued members of their communities but experience significant systemic inequities. Barriers such as transportation limitations and cultural barriers compound these issues. The brief provides an analysis of the economic social services programs and opportunities to improve those systems.

Social Determinants of Health Now Included in CDC PLACES

[Nine social determinants of health measures](#) from the 2017-2021 American Community Survey are now included in the Centers for Disease Control and Prevention Population Level Analysis and Community Estimates (PLACES). The measures are education, housing, housing cost burden, housing crowding, internet access, older persons, poverty, racial or ethnic minority status, single-parent households, and unemployment. Adding these measures 1) provides the opportunity to examine local health in the context of local-level social factors and 2) can inform cross-sector planning activities among partners with shared goals.

People with Disabilities are a Health Disparities Population

To understand the disparities experienced by people with disabilities, the National Institute on Minority Health and Health Disparities **[designated people with disabilities a health disparities population.](#)** This designation makes new research dollars available for research studies that focus on understanding and eliminating health disparities among people with disabilities. Dr. Tara Lagu, Professor of Medicine and Director of the Center for Health Services and Outcomes Research in the Institute for Public Health and Medicine in the Northwestern University Feinberg School of Medicine commented “We have to change the culture of medicine, we have to change medical education, we have to change clinical training, we have to remove the kind of ableist language that is used throughout health care to preferentially choose non-disabled over disabled people.”

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