

July 15, 2024

AFPHS News



News:

Save the Date: National Healthy Aging Symposium to Take Place September 26, 2024

The Office of Disease Prevention and Health Promotion and Trust for America's Health are excited to announce the National Healthy Aging Symposium: Innovation Across the Age-Friendly Ecosystem. In observance of Healthy Aging Month, this no-cost virtual event will take place on **September 26, 2024**.

The Symposium will explore successful innovations developed to improve older adult health and well-being. It will build upon the successful and ongoing collaborations between aging services and public health that began at the first National Healthy Aging Summit in 2015. Policymakers, researchers, and professionals from across sectors will share their perspectives on important topics related to healthy aging through a series of panels covering topics like caregiving, social engagement, housing, transportation, brain health, and workforce.

Registration will open later this summer. To stay up to date with the latest information about the National Healthy Aging Symposium, sign up for the [health.gov listserv](#).

Did You Know...?

AFPHS Topic One-Pagers

The AFPHS website houses a [collection of one-pagers](#) on several key topics related to healthy aging, like caregiving, housing, and rural aging, that include examples of policies and programs aligned with the AFPHS 6Cs Framework.

Events and Opportunities:

Age-Friendly Public Health Systems (AFPHS) Monthly Trainings

Ensuring all older adults have an equitable opportunity to live healthy lives is foundational to age-friendly public health. The 2024 AFPHS trainings are focused on various topics related to equity.

A recent report by Harvard University's Joint Center for Housing Studies – [Housing America's Older Adults 2023](#) – examined the dual burden of housing and care faced by older people. This month's training, to be held this **Thursday, July 18** at 3 pm ET, will provide insights from the report as well as recent research on the factors that impact the ability of older adults to live in the community with independence and safety. This presentation will also help practitioners use a housing lens when addressing the social

determinants of older adult health.

The presenter for this training is Dr. Samara Scheckler with the Harvard Joint Center for Housing Studies.

You can register for one or all the trainings in this series [here](#).

Build your expertise and healthy aging knowledge! Individuals who attend 6 or more AFPHS monthly trainings will be designated as AFPHS Champions. Over 100 people in 24 states across the country have been recognized as Champions to date. Visit the [AFPHS Recognition Program page](#) for more information.

National Telehealth Conference – *Tuesday, July 16, 2024, 9:30 am – 5:00 pm ET.* The Health Resources and Services Administration is hosting a one-day virtual conference to discuss telehealth best practices. Speakers from the U.S. Department of Health and Human Services' leadership, experts, and industry representatives will share the latest in telehealth policy and health care innovation. Conference topics include implications of health policy to inform telehealth's future and expanding access to services for underserved and low-income communities. Register [here](#).

Trauma-Informed Practices: Serving Older Adults Facing Housing Instability – *Tuesday, July 16, 2024, 2:00 pm – 3:00pm ET.* Trauma-informed lawyering and advocacy practices aim to reduce re-traumatization and recognize the role trauma plays in the advocate-client relationship. Integrating trauma-informed practices is particularly important when representing clients facing housing instability. This webinar will explore how trauma can appear uniquely for older adults facing a loss or change in their housing and how advocates can adjust their practice to accommodate and empower their clients. This webinar will also explore how trauma can impact older adults in a nursing facility setting who may be facing involuntary discharge. Register [here](#).

Community Matters: Understanding Social Determinants of Health to Reduce Dementia Risk – *Wednesday, July 24, 2024, 3:00-4:00p ET.* The BOLD Public Health Center of Excellence on Dementia Risk Reduction is hosting a series focused on social determinants of health and dementia risk. The second webinar in the series – Nourishing Minds: Exploring Nutrition and Food Security's Role in Dementia Prevention – will focus on understanding the role of nutrition for dementia prevention. The topics for the other sessions in the series are:

- August 24, 2024 - Breaking Barriers: Combating Dementia Through Social Engagement
- September 25, 2024 - Creating Healthier Environments: Harnessing Social Determinants for Dementia Risk Reduction

Register [here](#).

Disseminating Evidence-Based Programs to Support Family Dementia Caregivers: The Role of Public Health – *Wednesday, July 24, 2024, 1:00 pm ET.* The BOLD Public Health Center of Excellence on Dementia Caregiving is hosting a webinar to introduce a new caregiver toolkit for public health agencies and to review key actions public health can take to help disseminate programs for caregivers for people living with dementia. Speakers from the Benjamin Rose Institute and the Alzheimer's Disease Programs Initiative will share where agencies can find evidence-based and evidence-informed programs for dementia caregivers. Register [here](#).

ACL ICDR Webinar on Climate Change, Health, and Disability – *Thursday, July 25, 2024, 12:00 pm ET.* The Interagency Committee on Disability Research (ICDR) is hosting a webinar on climate change, health, and disability. This session is intended for ICDR stakeholders, federal interagency partners, researchers, practitioners, disability organizations, and ICDR committee members. Registration for the webinar ends on July 18. Email events@1sourceevents.com with questions. Click here to register for the webinar. Register [here](#).

National Virtual Symposium: Person-Centered Approaches in Elder Abuse Multidisciplinary Teams – *Tuesday, August 13, 2024, 1:00 pm – 3:00 pm ET.* This virtual discussion, hosted by the Keck School of Medicine at the University of Southern California, will focus on the national movement to advance person-centered approaches in elder abuse multidisciplinary teams. Register [here](#).

2024 Age-Friendly Ecosystem Summit – Save the Date

The 2024 Age-Friendly Ecosystem Summit hosted by the George Washington Center for Aging, Health and Humanities will take place on October 8th, 9th, 15th, & 16th. Each date of the summit has a focus:

- October 8, 2024 (1-3PM) - Shaping Tomorrow: Unlocking the Potential of Longevity, Age-Friendly, and Multisector Planning
- October 9, 2024 (1-3PM) - Inclusive by Design: Strategies for Age-Friendly and

Dementia-Friendly Businesses

- October 15, 2024 (1-3PM) - Unlocking Potential: Lifelong Learning for a Thriving Society
- October 16, 2024 (10AM-12PM) - Healthy Communities and Healthier Aging: Collaborative Solutions

Register [here](#).

Healthy People 2030 Champion

Improving health, eliminating health disparities, and advancing health equity requires coordination and collaboration with organizations nationwide. That's why the **[Office of Disease Prevention and Health Promotion](#)** (ODPHP) within the U.S. Department of Health and Human Services (HHS) is excited to **invite you to become a [Healthy People 2030 Champion!](#)**

Healthy People 2030 Champions are public and private organizations that support the [Healthy People 2030 vision](#), work toward Healthy People's overarching goals and [objectives](#), and improve health and well-being at the local, state, territorial, and tribal level. Champions receive information, resources, and recognition from ODPHP to help them promote the Healthy People 2030 initiative among their networks.

If your organization is interested in becoming a Healthy People 2030 Champion, apply today using the **[online application form!](#)** ODPHP reviews applications on a rolling basis. To become a Champion, an organization must have a demonstrated interest in or understanding of disease prevention, health promotion, [social determinants of health](#), [health disparities](#), health equity, or well-being.

Funding Available to Support State Implementation of the National Strategy to Support Family Caregivers

The Administration for Community Living has announced the availability of approximately \$2 million to support statewide implementation of the **[National Strategy to Support Family Caregivers](#)**. Four cooperative agreements will be awarded to state units on aging to undertake a range of activities for a period of 24 months with one, 24-month budget of up to \$490,000. Each grantee will be expected to focus on implementing *at least three (3)* of the five goals of the Strategy, as determined by the state's needs and priorities, including:

- Goal 1: Increasing awareness of, and outreach to, family caregivers.
- Goal 2: Advancing partnerships and engagement with family caregivers.
- Goal 3: Strengthening services and supports for family caregivers.
- Goal 4: Ensuring financial and workplace security for family caregivers.
- Goal 5: Expanding data and the use of research and evidence-based practices to support family caregivers.

Applications due Tuesday, August 6, 2024. **[Learn more about this opportunity.](#)**

Upcoming Conference Abstract/Proposal Deadlines

- **[American Society of Aging](#)** – August 9, 2024. Theme: Ageism & Culture

Resources:

[Caregiver Support](#)

Spotlight on the Veteran Affairs Caregiver Support Program

["Caregiving and Well-being Coaching"](#) has been selected as the Resource of the Month for the Veteran's Affairs Caregiver Support Program (CSP). This resource empowers caregivers by prioritizing their health and well-being. Caregivers receive support from a trained CSP team member to create a plan for their physical, emotional, and mental health wellness. The coaching is free to caregivers enrolled in CSP's Program of General Caregiver Support Services and Program of Comprehensive Assistance for Family Caregivers.

New Issue Brief on the RAISE Family Caregivers Act

[A new issue brief developed by West Health and National Alliance for Caregiving](#) outlines the process that was used to develop the RAISE Family Caregivers Act. This brief highlights how this development process can inform similar efforts to advance a national plan on aging while building on existing efforts to drive multisector plans for aging.

[Housing](#)

Addressing Housing and Loneliness with Roommates

To address the challenges associated with the rising cost of housing and the impact of loneliness, Baby Boomers have decided to become "boommates" (**[adults ages 57 to 75 that share their homes with peers](#)**). According to Harvard University's Joint Center for Housing Studies, there are approximately 913,000 people age 65 older that share their

homes with non-relatives. Baby Boomers own 28% of America's homes that have three or more bedrooms. Websites such as HomeShareOnline have helped people seeking "boommates" connect.

Living Affordability for Older Adults Improves

Data from the latest NIC MAP Vision report Senior Housing Outlook indicate that **living affordability for older adults is improving**. Older adult household net worth and income are rising faster than rents over the past decade, which suggests that affordability is at an all-time high and continuing to grow. According to NIC MAP Vision CEO Arick Morton, the growth of high-income households supports the further expansion of the private-pay older adult housing market. Morton stated that "From an industry viability perspective and industry growth prospects perspective, the data suggest affordability is better than ever and is set to get even better."

Preparing Homes for Aging in Place

Several studies have noted that a majority of older adults want to stay in their homes as long as possible. There are **several recommendations to prepare homes** so that they are safe and comfortable to age in place. Experts James Bowdler and Stacey Eisenberg recommend starting early and making small changes such as adding ramps and upgrading lighting. Larger renovations like widening doorways and installing bathroom supports are also important. There are some concerns about aging in place that the authors note. It may not be affordable to make the necessary renovations. Older adults with limited mobility may need to plan for additional resources such as technology-based interactions to prevent loneliness.

Additional Resources

Gratitude May Increase Lifespan

Results from a study conducted in 2016 among 50,000 older nurses found that respondents that had a **higher gratitude score** were less likely to be among the 4,609 who died since the 2016 survey. The average age of the respondents was 79 and they were asked to complete a questionnaire assessing how grateful they were for everything in their lives. Conducted by researchers at the Harvard TH Chan School of Public Health, these results suggest that there could be a link between mental perspectives and physical health. A researcher on the team, Ying Chen, shared that "Prior research has shown an association between gratitude and lower risk of mental distress and greater emotional and social wellbeing" but the association with physical health is not understood. This study "provides the first empirical evidence on this topic."

Cancer Study Points to Value of Prevention

Results from a study led by the American Cancer Society indicate that **40% of cancer cases and 44% of deaths from certain cancers among adults age 30 and older are attributed to modifiable risk factors**. The top risk factor is cigarette smoking which contributes to nearly one in five cancer cases and nearly three in 10 cancer deaths. Other modifiable risk factors include excess body weight, alcohol consumption, UV radiation exposure, and physical inactivity. Senior study author Dr. Ahmedin Jemal shared that, "These findings show there is a continued need to increase equitable access to preventive health care and awareness about preventive measures."

Boosting Energy Levels for Older Adults

Although not a natural result of aging, fatigue has been **cited as the reason why older adults have trouble getting out of bed**, according to one study. Additional studies link fatigue with an **increased risk of becoming disabled, increased loneliness, and higher mortality rates**. **Recommendations for boosting energy levels include listening to physician advice, improving diet by increasing protein intake, reducing ultraprocesed foods, and taking care of oral health**. Strength training can also help by counteracting muscle loss, and adjusting sleep patterns and room temperature can improve sleep quality.

Podcast Episode Highlights Trailblazers in Elder Justice

Hilary Dalin, Senior Advisor of Elder Justice and Elder Rights, and Vicki Gottlich, Deputy Administrator for Policy and Evaluation at the Administration for Community Living, discuss the importance of combining policy work with an understanding of the individual experiences of older adults in a **recent podcast episode from the National Center on Elder Abuse**.

Tribal Adult Protective Services and Elder Mistreatment Resources

A blog post by the Adult Protective Services (APS) Technical Assistance Resources Center highlights **several resources for adult protective services and elder justice**. The Spirit Lake Nation and five federally recognized tribes in South Dakota partnered in 2021 to establish an APS program and a multidisciplinary Elder and Vulnerable Adult Protection Team. The Native American Elder Justice Initiative, housed at the International Association of Indigenous Aging, was developed to address the lack of culturally

appropriate information and community education materials on elder abuse, neglect, and exploitation of American Indian, Alaska Native, and Native Hawaiian elders.

New Guide for Outcome Evaluation of Social Engagement Programs

Commit to Connect has developed a guide for staff and volunteer leaders interested in the **[outcome evaluation of social isolation and loneliness programs and interventions supporting older adults and people with disabilities](#)**. Collecting data on effective programs and interventions is important in building an evidence base for health outcomes associated with social isolation and loneliness. This guide also includes key considerations and resources in measuring outcomes for programs promoting social connections.

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