

April 19, 2024

AFPHS News



News:

Marion County Public Health Department Achieves Recognition

Congratulations to the [Marion County Public Health Department](#) on becoming recognized as an Age-Friendly Public Health System.

Did You Know...?

That the Office of Disease Prevention and Health Promotion has a [Healthy Aging Custom List](#)? This resource allows users to develop a custom list of Healthy People 2030 objectives that can be incorporated in projects and plans.

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 will focus on various topics related to equity.

The 2024 Older Americans Month theme is “Powered by Connection”, a focus that underscores the importance social connections have on the health and well-being of older adults. Given the serious negative health effects of social isolation and loneliness, the public health sector can lead strategies to improve connection through innovative and collaborative cross-sector approaches. The May AFPHS training will focus on equitable strategies to promote connection among older people. The speaker for this training is Phil Bors, Senior Project Director with Healthy Places by Design.

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. More than 95 people in 24 states across the country have been recognized as Champions to date. Visit the [AFPHS Recognition Program page](#) for more information.

Strategies to Address Social Isolation and Loneliness for People Living with Dementia and their Caregivers – April 23, 2024, 2:00 pm – 3:00 pm ET. Hosted by the National Alzheimer’s and Dementia Resource Center, this webinar will provide insight on the impact of dementia on social isolation and loneliness, tools for measuring these experiences, and common types of programs for addressing social isolation and loneliness among people living with dementia and their caregivers. Representatives from the

Oakwood Creative Care program will share how they use Memory Cafés to address the needs of people living with dementia (PLWD) and their caregivers. Attendees will learn how to create a successful Memory Café and how participation in the Memory Café can significantly reduce social isolation and loneliness for both PLWD and their caregivers. Register [here](#).

Vibrant Encores: Vacant Buildings Helping to Solve the Housing Crisis – *April 23, 2024, 11:00 am ET*. An increasing number of properties like commercial and office spaces, schools, factories, hospitals, and churches are standing vacant in cities around the world. COVID-19 further exacerbated pre-existing trends toward greater remote work and consequent office vacancies. This session of AARP’s Next Equity by Design webinar series will provide insight on how cities of all sizes around the world are converting these vacant buildings into other uses, including much needed affordable housing for people as they age. Register [here](#).

Comms Crash Course: Developing and Producing Videos to Expand Public Health Messaging – *Wednesday, May 1, 2024, 12:00 pm ET*. The Public Health Communications Collaborative is hosting a session for public health communicators to learn about video production tools and storytelling techniques. Experts will share how these strategies have helped them broaden their outreach, engage with diverse populations, and foster health-aware communities. Register [here](#).

7th Annual Older Adult Mental Health Awareness Day Symposium – *Thursday, May 2, 2024*. The National Council on Aging, the U.S. Administration for Community Living, the Substance Abuse and Mental Health Services Administration, the Health Resources and Services Administration, and the E4 Center of Excellence for Behavioral Health Disparities in Aging are hosting a free virtual event to highlight the latest tools and the best strategies to meet the mental health needs of older adults. Register [here](#).

Unique Approaches to Support Brain Health and Reduce Risk through Education, Exercise, Diet, and Art – *Wednesday, May 22, 2024, 2:00 pm – 3:00 pm ET*. The National Alzheimer’s and Dementia Resource Center is hosting a webinar to help people understand how modifiable risk factors – such as maintaining a healthy lifestyle and managing long term health conditions – play a role in promoting brain health and reducing dementia risk. The Administration for Community Living will provide an overview of the benefits of reducing risk and supporting brain health and will review the resources that can be used to educate the public about brain health. Recruitment and creative strategies for sustaining the program will also be shared. 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, 1:00 pm – 3:00 pm ET*.

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.

2024 Archstone Foundation Award for Excellence in Program Innovation

APPLY FOR THE ARCHSTONE FOUNDATION
AWARD FOR EXCELLENCE IN PROGRAM INNOVATION



ARCHSTONE
FOUNDATION



AGING AND
PUBLIC HEALTH SECTION

**Do You Know of a Non-profit
Organization with an Innovative
Program in Health and Aging?**

- \$1,000 Cash Award Recognition
(Award will assist with travel expenses)
- Submission due
Wednesday, May 15, 2024
- Winner is expected to attend the
Aging & Public Health Section
Awards Ceremony at the
152nd APHA Annual Meeting
on October 28, 2024,
in Minneapolis, Minnesota
- U.S.-based organizations only

PROGRAM CRITERIA

Programs should show:

- ▶ Creativity in project design;
- ▶ Documented outcomes & benefits;
- ▶ Impact for adults 65 and older;
- ▶ Potential for program replication with a focus on diverse groups of older adults;
- ▶ Evidence of collaboration & partnerships.

TO APPLY

- Download application at: www.archstone.org
- Email nomination packet with the subject line: "Award Application" - Organization Name to: Karon L. Phillips, Ph.D., MPH, CHES, Award Chair Karonlphillips@gmail.com

PASSED WINNERS

<p>Community Care Connections, Lifespan of Greater Rochester, Inc.</p>	<p>Advanced Illness Care Program AC Care Alliance, a program of the Public Health Institute</p>	<p>Support at Home Institute on Aging, San Francisco Human Services Agency, and Senior & Disability Action</p>
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Visit www.archstone.org to view all past winners

Resources:

Caregiving

Alzheimer's Data & Navigating Dementia Care

The [***Alzheimer's Disease Facts and Figures***](#) report from the Alzheimer's Association contains state-by-state statistics on Alzheimer's disease prevalence, mortality, caregiving and costs of care. A new accompanying report – [***Mapping a Better Future for Dementia Care Navigation***](#) – supports caregivers and health care workers who are experiencing difficulties navigating dementia care. It also includes survey results that highlight these challenges. Some of the resources and programs featured in this report to address the noted challenges are using care navigators as dementia care wayfinders and the Guiding an Improved Dementia Experience (GUIDE) Model.

New Directory for Caregiving Resources

[***Best Programs for Caregiving***](#) has developed a new portal to help friend and family caregivers find and directly access programs and support for dementia caregiving. This directory contains about 50 top-rated dementia support programs, including local availability, program outcomes, and enrollment information. The programs included in the directory are offered in-person, online, or by phone. There are also resources on reducing caregiver stress.

Additional Resources

Addressing the Challenge of Affordable Housing

Rent has become unaffordable in several parts of the country due to the surge in home prices and increasing rent prices. According to data from 2022, over 31% of people over age 65 are experiencing homelessness. Several cities have created [***new strategies to create more affordable housing opportunities***](#) to combat the escalating housing crisis and rising homelessness among older adults. New York City is trying to increase the number of affordable housing units by rezoning areas. A new ordinance was introduced in Denver, CO that requires all new residential developments with 10 or more units to designate 8% to 12% of the units affordable for households making less than the area median income.

The Importance of Age in DEI Initiatives

Washington University in St. Louis professor Nancy Morrow-Howell commented in a recent article published in the Journal of Gerontological Social Work that while diversity, equity and inclusion initiatives address a variety of factors, [***age is often neglected***](#). Morrow-Howell conducted six focus groups consisting of 42 people working in DEI at 36 higher education institutions in the US to examine the issue. She shared that, "Although focus group participants acknowledged the pervasive ageism in these highly age-segregated institutions, age is not regarded as an important factor to address in their programming." She further shares that age-inclusive policies and practices must be

incorporated into DEI initiatives to address the diverse needs and perspectives of all the members of the university community.

The Impact of Diet on Brain Health

A recent article published in the journal Nature Mental Health examined brain health domains of individuals with four dietary patterns – starch-free, vegetarian, high-protein-low-fiber, and balanced. The results show that **individuals in the balanced diet group had better cognitive functioning and brain health** compared to the other groups. The study included data from 181,990 older adults. These results indicate the need for early-age dietary education to promote long-term brain health.

Benefits of Exercising with Peers

According to a study published in JAMA Network Open, starting an exercise regimen with peers can significantly boost physical activity levels in older adults. **Talking with peers about their exercise program led to older adults being able increase and sustain physical activity levels** better than those that focused on self-motivation strategies. Researchers note that connections between peers are important as they encourage and provide support to each other.

Emergency Department Visits for Heat-Related Illness

From May to September of 2023, **the rate of heat-related emergency department visits increased across several regions** (as defined by the U.S. Department of Health and Human Services) compared to previous years. The highest rate was reported by Region 6 (Arkansas, Louisiana, New Mexico, Oklahoma, and Texas). The rates were also higher among males, and adults ages 18 to 64. The data used for this analysis were extracted from the National Syndromic Surveillance Program's Electronic Surveillance System for the Early Notification of Community-Based Epidemics (ESSENCE). Understanding the causes for these differences across regions and age groups could guide the development of public health interventions.

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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



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

[Unsubscribe thughes@tfah.org](mailto:Unsubscribe_thughes@tfah.org)

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