

March 15, 2024

AFPHS News



News:

[Ready or Not 2024: Protecting the Public's Health from Diseases, Disasters, and Bioterrorism](#) is now available. This report illustrates the urgent need to strengthen public health emergency preparedness nationwide. The report includes information on preparedness for health emergencies based on nine key indicators and tiers states and the District of Columbia into three performance categories: high, middle, and low. Twenty-one states and DC placed in the high-performance tier, 13 in the middle performance tier, and 16 in the low performance tier. The report also includes a special feature on the health impacts of extreme heat and its disproportionate risk for older adults.

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 March AFPHS training will feature insights on how to prioritize equity within healthy aging practice in public health. Representatives from California and Tennessee will share examples of how they are operationalizing equity in their states.

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 Support Older Adults and Their Caregivers – Monday, March 18, 2024, 1:00 pm – 2:00 pm ET. The National Association of Counties and the National Academy for State Health Policy are hosting a webinar to highlight features of the new Action Guide for counties. This session will also include information on how counties can leverage the National Strategy to Support Family Caregivers and innovative programs at the local level to support family caregivers and increase their access to county-based services. Register [here](#).

Using Crowdsourcing to Support Dementia Caregivers: Opportunities for Public Health – Monday, March 18, 2024, 11:00 am ET. Finding resources and support

in the community for dementia caregivers can be challenging. Crowdsourcing has emerged as an innovative approach to mapping community assets to help identify new caregiver-focused resources. Some of the challenges associated with crowdsourcing include quality, sharing, and maintenance of data. This webinar will highlight design solutions to some of these challenges and provide information on how public health can use crowdsourcing to support its dementia caregiving efforts. Register [here](#).

Planning for Individual and Community Health – *Tuesday, March 19, 2024, 2:00 pm – 3:00 pm ET*. The next Office of Disease Prevention and Health Promotion Healthy People 2030 webinar will focus on public health infrastructure and planning. The progress made to date on the following four Healthy People 2030 objectives will also be shared:

- AHS-01: Increase the proportion of people with health insurance (Leading Health Indicator)
- PHI-04: Increase the proportion of state and territorial jurisdictions that have a health improvement plan
- PHI-05: Increase the proportion of local jurisdictions that have a health improvement plan
- PHI-08: Increase the proportion of tribal communities that have a health improvement plan

Register [here](#).

Support Aging in Place: Older Adult Peer Support Training – *Tuesday, March 19 & 26, 2024, 1:00 pm – 3:00 pm ET*. The E4 Center of Excellence for Behavioral Health Disparities in Aging is hosting a training series to promote the uptake of digital peer support that is specifically designed to address the needs of older adults. Attendees will learn the skills to support older adults in the community through peer assistance, understand the mental health needs and related support options for older adults, and identify free or low-cost technologies suitable for older adults.

- Register [here](#) for the **March 19 session** – Available Technologies in the Community that can Support Aging in Place
- Register [here](#) for the **March 26 session** – Privacy and Confidentiality and Engagement in Technology as an Option for Supporting Older Adults

Using Data Visualization in Public Health Communications – *Thursday, March 21, 2024, 1:00 pm ET*. An upcoming webinar hosted by the Public Health Communications Collaborative will explore how effective data presentations can increase health literacy, build trust, and motivate action in communities. Register [here](#).

Sustainability: Keeping Dementia Programs Active Years After Initial Funding Ends – *Tuesday, April 9, 2024, 2:00 pm – 3:00 pm ET*. The National Alzheimer's and Dementia Resource Center is hosting a webinar to share strategies for sustaining dementia programming after funding has ended. The Southern Maine Agency on Aging and the Michigan Department of Community Health received funding for ACL dementia grants in 2014 and 2016, respectively. The Southern Maine Agency on Aging will talk about the impact of ACL funding and how they worked to maintain their original program. The Michigan Department of Community Health will share how it worked with the Michigan Area Agencies on Aging (AAA) to adapt the training and hand over management and dissemination of the trainings to the AAA network. Register [here](#).

National Center to Reframe Aging Summit 2024: The Movement to Reframe Aging – *Wednesday, April 10, 2024*.

The National Center to Reframe Aging is hosting a Summit focused on revolutionizing how we communicate, think, and act around the universal aging experience. Thought leaders, national experts, federal representatives, and leaders from local, regional, and state-based communities will share their thoughts on reshaping perspectives on aging. Panel discussions during this Summit will explore the implications of the movement across diverse sectors, fostering a collaborative environment and offering participants a unique opportunity to interact with experts and exchange ideas with fellow attendees. The Summit has a virtual component that is open to all audiences. To see the agenda and speaker details, visit the [Summit homepage](#).

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](#).

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*.

Health and Aging Policy Fellows

Applications are now being accepted for the [2024-2025 class of the Health and Aging Policy Fellows](#). This one-year Fellowship runs from October 1 – September 30 and has full-time and part-time tracks. It is conducted as a hybrid program of mentoring, networking, learning and practicum experiences. Health and Aging Policy Fellows work across diverse fields of aging and develop lifelong partnerships and networks. Applications are due by **April 15, 2024**.

Upcoming Conference Abstract/Proposal Deadlines

- [American Public Health Association](#) – *March 29, 2024, 11:59 pm PT/2:59 am ET*. Theme: Rebuilding Trust in Public Health and Science
- [Home and Community-Based Services](#) – *March 31, 2024, 11:59pm ET*.

APPLY FOR THE ARCHSTONE FOUNDATION
AWARD FOR EXCELLENCE IN PROGRAM INNOVATION

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

ARCHSTONE FOUNDATION

APHA
AGING AND PUBLIC HEALTH SECTION

- \$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

- 1 Download application at: www.archstone.org
- 2 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

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

Resources:

[Brain Health](#)

New Videos Highlight Healthy Brain Initiative Integration

The [Program Sustainability in Healthy Brain Initiative three-part video series](#), developed by the Association for State and Territorial Health Officials, with support from Centers for Disease Control and Prevention, is designed to highlight program sustainability in ongoing Healthy Brain Initiative (HBI) work. Three state leaders and an academic expert provide context on partnerships, equitable practice, and the blending of public health planning and sustainability for long-term benefits of the HBI. In addition to the videos, the [Sustainability in HBI Implementation: Who? What? Why? Now!](#) resource provides additional information for health agencies implementing the HBI State and Local Road Map for Public Health, 2023-2027. This document offers collaborative approaches and resources for integrating sustainability in HBI work, operationalizing equity, and highlights successful sustainability efforts in three states.

Free Course on How Public Health Should Approach Dementia

The Alzheimer's Association Public Health Education Center has a [free course available for public health students and professionals – A Public Health Approach to Dementia](#). This online course contains interactive curricula with videos,

knowledge checks, and next steps. Each module also includes a downloadable instructor guide for educators or trainers. These guides offer learning objectives, a list of relevant competencies, teaching aids such as case studies, test questions, video resources, and additional learning activities.

Additional Resources

Digital Literacy for Older Adults

Older adults are one of the largest demographics without access to the internet, with about **42% of adults age 65 and older having no access to internet in their homes**. Black and Latinx older adults are more likely to be offline than the general population. The Digital Equity Act (DEA), part of the Infrastructure Investment and Jobs Act, provides funding for community-centric programs that offer digital skills training and readiness for underserved populations. State entities and community groups can apply for digital inclusion initiatives under the DEA for the next five years. Based on data gathered from evidence-based digital literacy training and models, having digital literacy for older adults can improve better connection, health, and wellbeing.

Falls are the Leading Cause of Injury among Older Adults

According to data from the Centers for Disease Control and Prevention, **about one in four adults 65 and older in the U.S. suffer a fall each year**. While all falls do not result in an injury, falls are the leading cause of injury among those 65 and older. Among older adults that have fallen, about 37 percent have sustained an injury that required medical treatment or activity restrictions. The National Institute on Aging notes that while the odds of falling increase with age, falls can be prevented. Recommendations for preventing falls include fall-proofing the home (ex. having hand-rails and clutter-free spaces), careful management of medications, having regular vision checks and staying as active as possible (including doing exercises to maintain strength and balance).

Food Insecurity among Older Adults Doubled

According to the results of study published in JAMA Health Forum **food insecurity for families that include older adults doubled even before the COVID-19 pandemic**. According to the study, which measured food insecurity during the period from 1999-2003, and then compared rates to the period 2015-2019, food insecurity increased from 12.5 to 23.1 percent, respectively. This was particularly the case for low-income households and those participating in the federal Supplemental Nutrition Assistance Program. The researchers for the study, Dr. Cindy W. Leung and colleagues at the Harvard T.H. Chan School of Public Health in Boston, recommend developing policy and programmatic strategies to address the issue.

Finding New Friends to Combat Loneliness

The COVID-19 pandemic exacerbated loneliness and social isolation among older adults. When individual activities such as reading were not enough, older adults in the Chicago area turned to the neighborhood group Nextdoor to connect with others. Local senior centers and libraries facilitated groups as well so older adults can meet and socialize. Senior villages also provided opportunities for older adults to connect virtually and in-person with people in their buildings, and next door. These solutions were more accessible to older populations. According to Rick Grossman, a 70 year old resident of Seattle, WA, **"We are social beings, and we just need those connections."**

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