

January 25, 2023

## Age-Friendly Public Health Systems Learning and Action Network News



### News:

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#### National Day of Racial Healing Statement

January 17<sup>th</sup> was the National Day of Racial Healing, a day to take action to end racism, heal the impact of racial injustice, and promote equity for all people. Trust for America's Health is committed to promoting health equity and has [developed policy priorities for 2023 to promote meaningful change through racial healing](#).

#### Survey on AFPHS Newsletter

We want to hear from you! We are considering ways to refresh our newsletter. Please take a moment to complete [this survey](#) to let us know what features you find most valuable and any changes you'd like to see included in future editions.

### Events and Opportunities:

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#### Age-Friendly Public Health Systems (AFPHS) Monthly Trainings

The 2023 AFPHS training series will provide guidance on implementing the AFPHS 6Cs (based on [the 6Cs Framework](#)). Each session will highlight specific examples within the 6Cs and how departments of health can make healthy aging a priority, one activity at a time.

February's training will feature Dr. Kina White, Director, Office of Community Health Improvement, who will share the strategies that the Mississippi State Department of Health is using to develop an age-friendly eco-system in the state.

This session will be held **February 16 at 3 pm ET**. Register [here](#).

You can also view a recording of our [January training](#) – Reframing Aging: Harnessing the Power of Our Words.

Individuals who attend 6 or more AFPHS monthly trainings will be designated as AFPHS Champions. More than 50 people across the country have been recognized as Champions to date. Visit the [AFPHS Recognition Program page](#) for more information.

#### Expanding Vaccine Access – Thursday, January 26, 2023, 1:00 pm ET.

A Centers for Disease Control and Prevention vaccine confidence report suggests that (non-COVID related) vaccination rates plummeted during the pandemic and have yet to reach pre-pandemic levels. An upcoming webinar hosted by The Hill will bring together

policy-makers and health care leaders for a discussion on the importance of vaccinations and improving access among adult populations. Register [here](#).

**Webinar Series: Promising Practices from Successful Elder Fraud Prevention and Response Networks** – *Wednesday, February 8, 2023 & Wednesday, February 15, 2023, 2:00 pm – 3:30 pm ET*. The Consumer Financial Protection Bureau is hosting a webinar series focused on approaches to combat elder financial exploitation. **Part 1** of this webinar series features network leaders in Michigan and South Carolina who will discuss strategies for funding elder justice networks, how networks can provide training across disciplines, and more. Register [here](#). **Part 2** will feature network leaders in Hawaii and Florida. Participants will learn how state-level elder justice networks can effectively support locally based sub-networks, how networks can coordinate with the payments industry to spot and respond to exploitation, and more. Register [here](#).

### **HIV and Aging Webinar Series**

People aging with HIV may also experience additional unique health challenges such as multiple chronic conditions, multiple medications, and increased vulnerability to stressors. The MidAtlantic AIDS Education and Training Center is hosting a webinar series that will address the complexities of care, treatment and management, the psychosocial needs and impact of social determinants of health, and how to improve the quality of life for a growing population of older adults living with HIV.

- *Monday, January 30, 2023* - HIV and Aging: Understanding the 5M's in the care of Older Adults with HIV – Register [here](#).
- *Wednesday, February 8, 2023* - HIV and Aging: Using Senior Case Management Model – Register [here](#).
- *Tuesday, February 14, 2023* - HIV and Aging: Trauma Informed Care and Resilience – Register [here](#).
- *Friday, March 3, 2023* - HIV and Aging: Exploring Brain Health and Cognition – Register [here](#).
- *Friday, April 28, 2023* - HIV and Aging: Mental Health-understanding the complex co-morbidities we face – Register [here](#).

### **Spring 2023 Columbia Aging Center Seminar Series**

The 2022-23 Robert N. Butler Columbia Aging Center seminars and speakers are inspired by the [National Academy of Medicine Global Roadmap for Healthy Longevity](#) and speak to future-back solutions, the assets of aging, social infrastructure, health systems and public health, health equity, and physical environments.

- **Patterns & Determinants of Racialized Inequities in Health & Aging**, Courtney Boen, PhD, MPH, Assistant Professor of Sociology, University of Pennsylvania – *Tuesday, February 28, 2023, 11:30 am-12:30 pm ET*. Register [here](#).
- **A seminar on loneliness and isolation in aging**, Ashwin Vasani MD PhD, Commissioner of Health, NYC Dept of Health & Mental Hygiene, City of New York – *Thursday, March 2, 2023, 11:30 am-12:30 pm ET*. Register [here](#).
- **The Value of Public Health Engagement in Healthy Aging**, Megan Wolfe, JD, Senior Policy Development Manager, Trust for America's Health – *Tuesday, March 7, 2023, 11:30 am-12:30 pm ET*. Register [here](#).
- **Translating Frailty Assessment & Management into Clinical Practice: Can technology help us in the future? Accelerometry & Voice-Activated Assistants**, Megan Huisinck-Scheetz, MD, MPH, Associate Professor of Medicine, University of Chicago – *Tuesday, March 14, 2023, 11:30 am-12:30 pm ET*. Register [here](#).
- **Upstream approaches to help seniors age at home: the view from Silicon Valley**, Nirav R. Shah, MD, MPH, Senior Scholar, Clinical Excellence Research Center, Stanford University – *Thursday, March 23, 2023, 11:30 am-12:30 pm ET*. Register [here](#).

**2nd Annual Innovations in Healthy Aging Summit – Building Resiliency with Healthy Aging Research** – *Wednesday, May 24, 2023, 9:00 am - 4:00 pm ET (In-person and Online)*. This interactive hybrid event featuring research projects focused on solving the grand challenges of healthy aging, improving aging for all, and positively impacting older adults. The highlighted research is funded by Innovations in Healthy Aging, a strategic initiative of the University of Arizona Health Sciences. Registration and more information coming soon.

### **Funding Opportunity – Seniors Workforce Development Senior Demonstration Program**

The [Seniors Workforce Development Senior Demonstration Program](#) will fund projects focused on supporting older adult engagement in the public health workforce. This program will help older adults as they seek to secure employment in professional, skilled labor, or para-professional careers including a public health career track. This program is led by the Public Health AmeriCorps and the AmeriCorps Seniors. [Learn more](#). Applications are due by **February 1, 2023, at 5:00 pm ET**.

### **Funding Opportunity – AARP Community Challenge**

Applications are now open for the 7<sup>th</sup> annual AARP Community Challenge quick-action grant program. Local governments and non-profits can receive funds to work on a community-improving project. [Learn more](#). Applications are due by **March 15, 2023, at 5:00 pm ET**.

### **Funding Opportunity – BOLD Public Health Programs to Address Alzheimer’s Disease and Related Dementias**

The Centers for Disease Control and Prevention (CDC) recently announced the availability of funding for the BOLD Public Health Programs to Address Alzheimer’s Disease and Related Dementias (CDC-RFA-DP23-0010) to fulfill the BOLD Infrastructure for Alzheimer’s Act (P.L. 115-406). These 5-year grants are designed to build public health infrastructure and increase capacity in addressing and preventing Alzheimer’s Disease and Related Dementias (ADRD) and support dementia caregiving, emphasizing social determinants of health. All BOLD activities are designed to improve the health of populations across the lifespan by employing data-driven strategies and aligning CDC’s Healthy Brain Initiative [State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map](#) and [Road Map for Indian Country](#) frameworks. [Learn more](#). Applications are due by **March 23, 2023**.

### **Funding Opportunity – Rural HIV and Aging Challenge**

The "\$500,000 Rural HIV and Aging Challenge" is an opportunity created by the U.S. Department of Health and Human Services Office of Infectious Disease and HIV/AIDS Policy and the Administration for Community Living. Applicants will submit innovative and effective pilot solutions that address the needs of people aging with HIV in rural communities, with a focus on racial and ethnic minorities and LGBTQ+ populations. Examples of possible solutions include:

- identifying HIV and aging service integration interventions including poverty, access to health care services, and education to improve health outcomes;
- reducing socio-economic barriers and improving access to mental health services particularly in rural communities; and
- addressing social determinants of health, particularly wellness through physical activity, nutrition and others that improve overall quality of life.

The submission period: Phase 1 is open until **January 31, 2023 at 5:00 pm ET**. [Click here](#) for more information.

### **Health and Aging Policy Fellows**

Applications are now being accepted for the [2023-2024 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 17, 2023**.

### **Upcoming Conference Abstract/Proposal Deadlines**

- [American Public Health Association](#) – *March 31, 2023, 11:59 pm PT/2:59 am ET*. Theme: Creating the Healthiest Nation: Overcoming Social and Ethical Challenges
- [Gerontological Society of America](#) – *March 9, 2023*. Theme: Building Bridges > Catalyzing Research > Empowering All Ages
- [National Association of County and City Health Officials](#) – *Monday, January 30, 2023, 11:59 pm PT/2:59 am ET*. Theme: Elevating Public Health Practice for Today and Tomorrow

## **Resources:**

### **COVID-19**

#### **Effects of the Pandemic on Older Women**

[“The Impact, Experience, and Challenges of COVID-19: The Women’s Health Initiative \(WHI\)”](#) is a supplemental issue in *The Journals of Gerontology, Series A: Biological Sciences and Medical Sciences* which explores older women’s response to and concerns about the COVID-19 pandemic. The issue includes an exploration of how a woman’s prior health influenced the degree to which COVID-19 affected their lives. The WHI is a long-term national health study funded by the National Heart, Lung, and Blood Institute and is focused on examining strategies to prevent the major causes of death, disability, and frailty in older women. Findings from the research for this issue will guide the response to the multifaceted social, psychological, and physical struggles and comorbidities associated with older women living in the era of COVID-19.

## Alzheimer's Disease & Dementia

### **Lowering Risk of Dementia & Alzheimer's with Blood Pressure Medications**

New research reported in JAMA Network Open suggests that **some antihypertensive drugs may help decrease adult dementia rates** among those who recently have begun using the medications. Results from a cohort study of 57,000 Medicare beneficiaries showed a 16% lower risk of Alzheimer's and related dementia, and an 18% lower risk of vascular dementia in patients taking antihypertensive medications.

### **Dementia-Friendly Dining with Dignity Program**

Restaurants in Tampa Bay, Florida are participating in a **Dementia-Friendly Dining** program to bring some normalcy to the lives of those living with Alzheimer's and dementia. This program is designed help older adults have positive dining experiences with their families. The program's founder worked with memory care organizations to train servers in restaurants on how to interact with people who have dementia.

## **Additional Resources**

### **Needs Assessment Toolkit Available on SNAP-Ed Connection**

A new **Needs Assessment Toolkit** developed by the United States Department of Agriculture aims to assist Supplemental Nutrition Assistance Program (SNAP) state agencies to meet program requirements and enhance their existing needs assessment capabilities. The toolkit makes suggestions to increase diversity of voices involved in the needs assessment process and provides strategies to link findings to State goals and SNAP-Ed programming. The purpose of the SNAP-Ed needs assessment and the role of state agencies were discussed in two FNS **webinars** which include highlights from the Needs Assessment Toolkit and its development.

### **CDC Announces the Latest Release for PLACES**

The **latest release for Population Level Analysis and Community Estimates (PLACES)** provides model-based estimates of population health data on 29 chronic disease-related indicators at all 4 U.S. geographic levels: counties, incorporated and census-designated places, census tracts, and ZIP Code Tabulation Areas. This new release contains a data dictionary table and new how-to videos. PLACES provides nationwide data on chronic disease conditions, behavioral risk factors, and health outcomes. These data can be used to understand the burden and geographic distribution of health risk factors and diseases, identify health disparities and emerging health problems, and inform public health action through the development and implementation of effective prevention policies and programs.

### **Two Programs Successfully Helping Younger Caregivers**

In 2020, **there were over 5.4 million caregivers under age 18 in the United States and 290,000 identified in public schools in Florida alone.** These younger caregivers are often juggling the responsibilities of school with the important role they have caring for a loved one. Studies show that younger caregivers have a higher prevalence of anxiety and depression than their non-caregiving peers. The **Caregiving Youth Institute** was founded in response to the rising number of younger caregivers and hosts conferences for community members and professionals. The **Caregiving Youth Project (CYP)** of the **American Association of Caregiving Youth** is a no-cost school-based program in Palm Beach County that provides comprehensive services to younger caregivers in 35 middle and high schools. The CYP supports students by offering tutoring, respite, mentoring, counseling, referrals to appropriate community partners, and awarding community service hours for caregiving to high school students.

### **Boosting the Mental/Behavioral Health Infrastructure to Prevent Elder Suicide**

Suicide is a serious public health issue with nearly 46,000 Americans in 2020 dying by suicide. **More than one third of people who die by suicide are age 55 or older.** Older adults are less likely to be assessed for suicidal risk due to ageism and the belief that suicidal thoughts are an expected reaction to aging. This assumption contributes to suicide risk in older adults and blocks access to care. Two strong predictors of suicidal thinking are perceived burdensomeness (on family or close friends due to disability and loss of functioning) and thwarted belongingness (feeling of alienation from others). Reducing ageist beliefs alongside increasing knowledge of aging and training in issues related to older adulthood could prove beneficial in boosting detection and intervention for suicide among older adults.

### **Advancing Health Equity with Data**

In a recent blog post, the Robert Wood Johnson Foundation highlights **four databases and tools that researchers, policymakers and community leaders can use to improve health outcomes in their communities.** These tools can help leaders understand how neighborhoods influence child health and wellbeing, health at the local level in comparison to other communities across the nation, estimated life expectancy, and

learn how policies impact population health and health equity.

### **Reducing Inappropriate Use of Antipsychotic Medications**

As part of the continuing efforts under President Biden's initiative to improve nursing home transparency, safety and quality, and accountability, the Centers for Medicare & Medicaid Services (CMS) announced [new actions to reduce the inappropriate use of antipsychotic medications](#). This effort will help bring greater transparency about nursing home citations to families. CMS will begin conducting targeted, off-site audits to determine whether nursing homes are accurately assessing and coding individuals with a schizophrenia diagnosis.

### **Social Isolation Associated with Dementia**

Using data from the National Health and Aging Trends Study, researchers have found that [social isolation among older adults is associated with a greater dementia risk](#). Being socially isolated was associated with a higher hazard of incident dementia over 9 years among 5,022 older adults.

### **Aging and HIV Education Webinars**

The National AIDS Treatment Advocacy Project has hosted several webinars in 2022 related HIV among older adults. The topics for these webinars include: [Caring for Older Adults with HIV in the 21st Century: It's Time for a Geriatric Approach, Aging, Comorbidities, & HIV: CROI Update, Heart Disease Risk, Prevention & Treatment in People with HIV](#), and [HIV and Aging: Effects on the Brain](#).

Created with support from The  
John A. Hartford Foundation



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