



Healthy Aging: A Shared vision for Aging and Public Health Networks

Promoting Healthy Communities for Healthy Aging

American Public Health Association Conference

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Agenda

- Older Americans Act and the Aging Network
- History of Aging Network and Public Health Collaboration
- Moving Forward: Evidence-Based Disease and Disability Prevention



Older Americans Act: Foundation of the Aging Network

- **Older Americans Act of 1965**
 - Congressionally Initiated
 - Constituent Based

- **Goal**
 - To provide maximum opportunities to live independent, meaningful, and productive lives in their own homes and communities as long as possible
 - To protect the rights of vulnerable older persons



Older Americans Act Key Provisions

- Title I — Objectives
- Title II — Administration on Aging
- Title III — Grants for State & Community Programs
 - A. Administration
 - B. Supportive Services & Senior Centers
 - C. Congregate & Home Delivered Nutrition Services
 - **D. Disease Prevention & Health Promotion**
 - E. National Family Caregiver Support Program
- Title IV — Training, Research & Discretionary Projects
- Title V — Senior Community Service Employment
- Title VI — Grants for Native Americans
- Title VII — Elder Rights Protection

Infrastructure

U.S. Department of Health and Human Services

Administration on Aging

Central Office and Regional Offices

State Units on Aging (56)

Area Agencies on Aging (655)

Local Service Provider Organizations (30,000+)

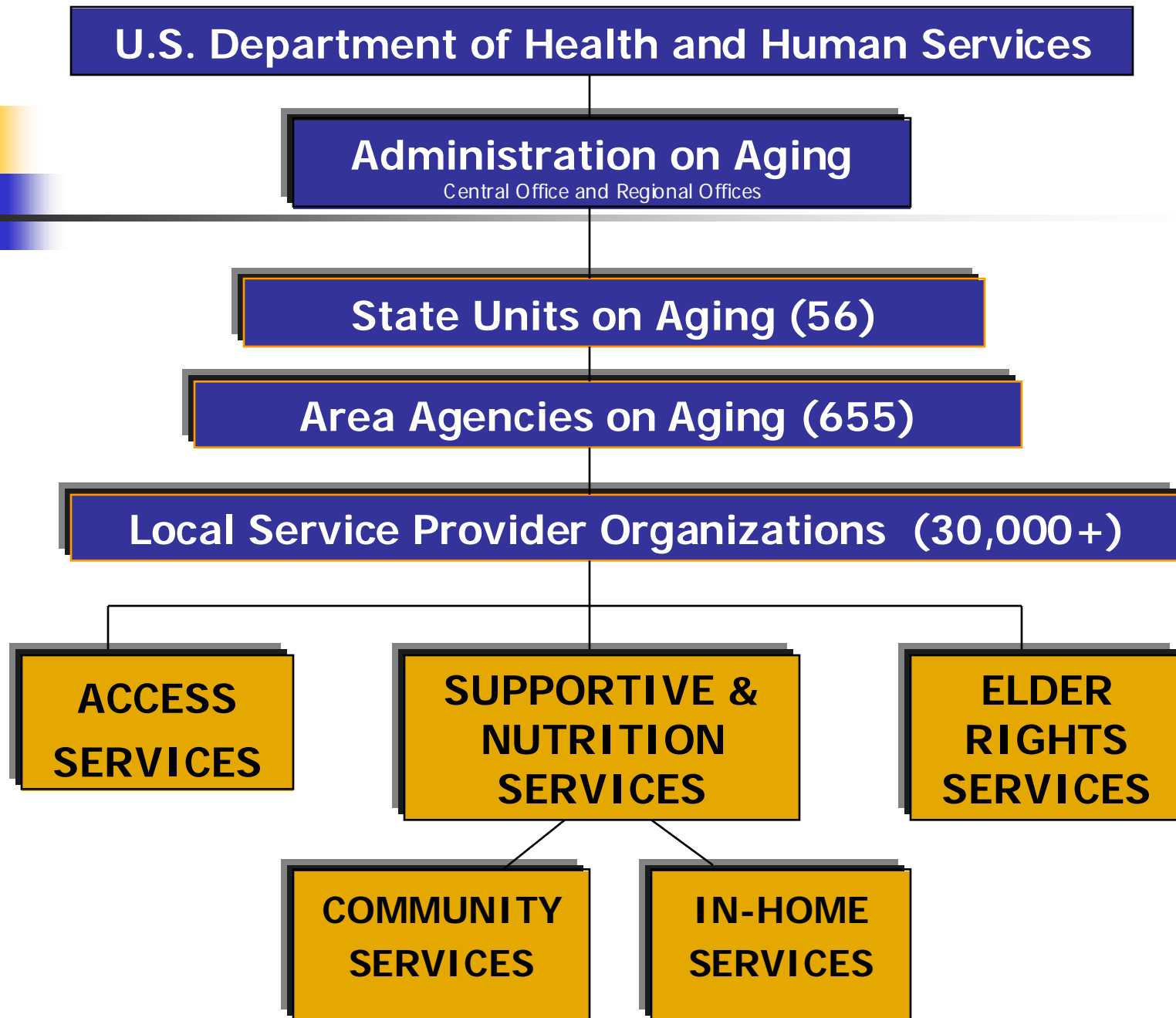
Tribal Organizations
(228)

CONSUMERS

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Service System





Older Americans Act Health Promotion Disease Prevention

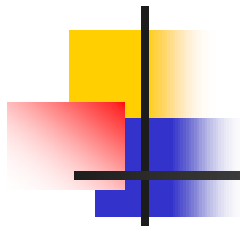
- **Health Education**-- healthy diet, exercise, disease specific (arthritis, cholesterol, high blood pressure, osteoporosis, etc.), smoking cessation, substance abuse prevention, immunizations, etc.
- **Health Screening**--diabetes, blood pressure, hearing, vision, mammography, bone density, flu shots, pneumonia vaccines, etc.
- **Fitness Programs**--walking clubs, exercise programs, tai chi, dance, swimming, weight bearing exercise programs, wellness centers, etc.
- **Medication Review and Management**
- **Evidence Based Programs**



Aging and Public Health Collaboration: A Brief History

- **Public Health and an Aging Population: A Call to Action**
 - Report from the 1994 conference “A Public Health Agenda for an Aging Society”
 - The population is rapidly aging and becoming more diverse
 - The goal: Enhancing health throughout life
 - Build productive partnerships between the Aging and Public Health networks

Aging and Public Health Collaboration: A Brief History



- **Guide to State Health Departments and State Aging Agencies Working Together**
 - 1996 Joint publication of the CDC and AoA
 - Provides SUAs and SHDs with a set of recommendations to facilitate coordination and collaboration between the two agencies



Aging and Public Health Collaboration: A Brief History

- **Aging States Project**

- 2001 - 2004

- Funded by:

- Centers for Disease Control and Prevention

- Administration on Aging

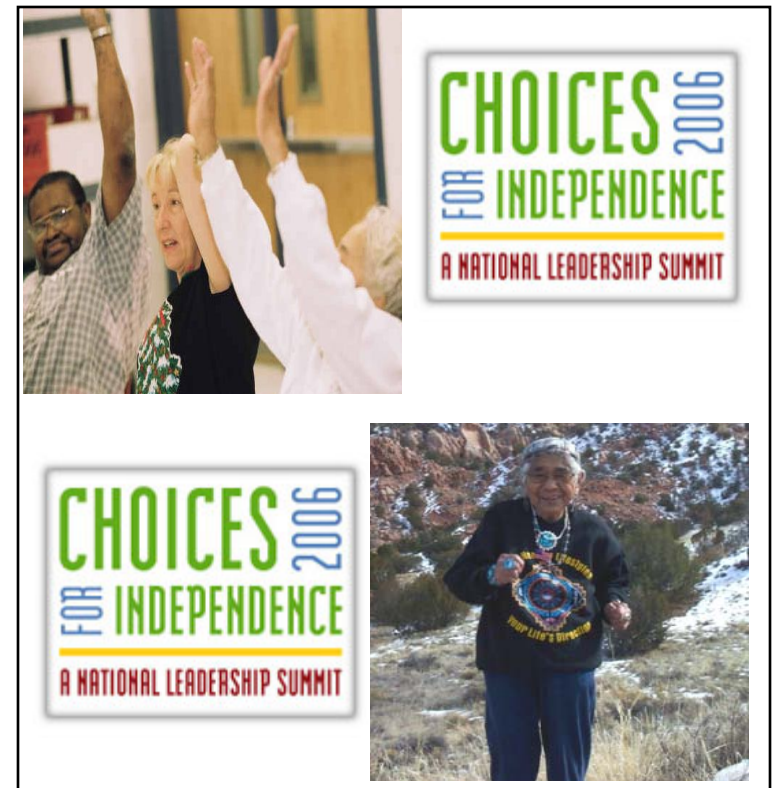
- Goal:

- To bring together public health and aging networks to work at the community level to provide health promotion/disease prevention activities

AoA CHOICES for Independence

Three Pronged Nursing Home Diversion Strategy

- **Consumer Empowerment**
 - Aging and Disability Resource Centers
- **More Choices for High Risk Individuals**
 - Nursing Home Diversion Modernization Grants
- **Healthy Lifestyles**
 - Evidence-Based Disease Prevention

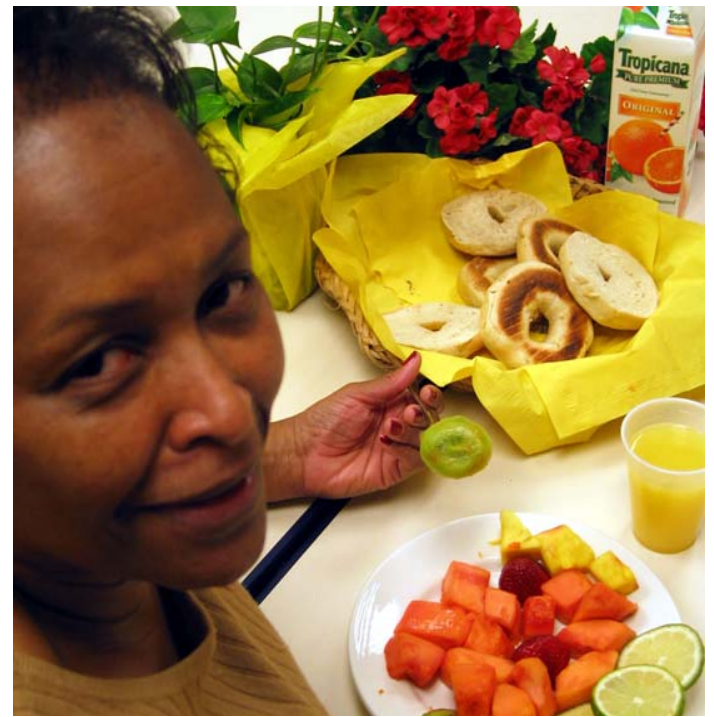




Healthy Lifestyles

Evidence-based Disease and Disability Prevention:

- Chronic Disease Self-Management
- Falls Prevention
- Nutrition
- Physical Activity
- Others



- **Partnership Between Aging and Public Health**
- **Delivered Through Aging Network Services Providers**



Evidence-Based Disease & Disability Prevention

- **AoA EBDP Initiative**
- Modeled after John A. Hartford Foundation Program
- 2003 – 12 demonstration grants to communities
- 2006 – grants to 16 states and 8 additional states in 2007
 - Demonstrate how states can develop systems to bring EBDP to scale
 - State Unit on Aging or State Public Health – Lead Agency



Evidence-Based Disease and Disability Prevention

■ 2006 & 2007 EBDP Grants

- States expected to implement programs in at least three geographic areas.
- States must implement the Stanford University Chronic Disease Self-Management Program (CDSMP) in at least one geographic area.
- States must develop the infrastructure and partnerships to embed EBDP programs for older adults within their systems of health and long-term care.



Evidence-Based Disease and Disability Prevention

■ **Criteria for Selecting Interventions**

- Intervention based upon a randomized controlled trial with results published in a peer-reviewed journal.
- Developed and tested on older adults or a rationale as to why it would be effective with older adults.
- Replicable in a community-based setting.
- Continuing Research and Improvements.



Evidence-Based Disease and Disability Prevention

Technical Assistance Center for Healthy Aging

- Provides program information and advice on the development of EBDP programs to the aging services network and others
- Maintains a website on "Healthy Aging" Program Development www.healthyagingprograms.org
- Administered by the National Council on Aging
 - Funded by AoA, CDC, foundations, and others