



# Fostering Healthy Aging At the Community Level

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Patrick M. Libbey  
Executive Director  
National Association of County  
and City Health Officials





# Learning Objectives

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- Discuss local health department involvement with older adults
- Identify community level model practices promoting physical health and well being of older adults
- Identify policies supportive of local consideration of health impacts on development
- Identify collaborations between local health departments and area agencies on aging



# Local Health Departments and Older Adults

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- Injury Prevention
- Chronic Disease and Physical Activity
- Medicare
- Home Health
- Adult Day Care



## Innovative Local Practice in Health and Aging: Medicare Part D Surveillance and Response Initiative, Baltimore City Health Department

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- 2006 NACCHO Model Practice Award
- Collaboration with the Commission on Aging and Retirement Education, representatives from chain pharmacies, and Maryland Pharmacy Association
- Established 24 hour surveillance system to identify problems residents experienced with Part D
- Prevented most vulnerable residents from forgoing medication during the transition



# Innovative Local Practice in Health and Aging: Arthritis Self Help Course Pasco County (FL) Health Department

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- 2004 NACCHO Promising Practice Award
- Series of 6 classes that teach self management techniques, including exercise and relaxation



# Innovative Local Practice in Health and Aging: Home Injury Prevention Program Cuyahoga County (OH) Board of Health

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- 2007 NACCHO Promising Practice Award
- Developed as a result of dialogue between CCBH, community hospitals, senior centers & senior living complexes
- Utilized *Remembering When*, the evidence-based fire & fall safety program developed by CDC & the National Fire Protection Association
- Activities include
  - Home safety assessments
  - Educational seminars



# Local Consideration Of Health Impacts On Development

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- Health Impact Assessments
  - San Francisco Department of Public Health
- Active for Life
  - San Mateo County (CA)
  - Berkley (CA)
- Active Community Environments (ACEs)
  - Tri-County Health Department
  - Denver Public Health
  - North Carolina local health departments
- Los Angeles County Public Health –  
Policies for Livable, Active Communities  
and Environments



## Local Collaborations Between Health Departments and Area Agencies on Aging:

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### **Broward County (FL) Health Department, in collaboration with the Aging and Disability Resource Center**

- Older adults are at high risk for HIV infection
  - Inability or unwillingness to use condoms
  - Hesitant to discuss sexual health with medical providers
  - Early symptoms of HIV infection can mimic the natural aging process
- Senior HIV Intervention Project (SHIP) provides
  - HIV education
  - Counseling & testing services
  - Improved access to HIV care & treatment services





## Local Collaborations Between Health Departments and Area Agencies on Aging:

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### **Jackson County (MI) Health Department, in collaboration with the Jackson County Department of Aging**

- Red Hat Society: a social group for women over 50
- Chore Program: volunteers are recruited to assist seniors with household tasks
- Immunization clinics
- Car Seat Program: seniors learn how to properly install child's safety seat
- Grandparents and Other Relatives As Parents Program



## Local Collaborations Between Health Departments and Area Agencies on Aging:

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### Rockland County (NY) Department of Health, in collaboration with the Office for the Aging

- Alzheimer's disease identified as health priority
- Memory Education and Research Initiative (MERI)
  - Conducts assessments of individuals with early signs of dementia & provides linkages to case management & mental health services for individuals & caregivers
- Support & counseling services for patients requiring follow-up
  - In-home evaluation provided for an individual with Alzheimer's disease, followed by development of care plan
  - If more intensive mental health counseling is needed, Alzheimer's Association refers the patient & family to Jewish Family Services for individual or group therapy



# NACCHO Resources

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Compendium: *Building Healthier Communities: Local Collaborations to Promote Healthy Aging* –

Available at

[www.naccho.org/pubs/documents/na127\\_building.pdf](http://www.naccho.org/pubs/documents/na127_building.pdf)

- Issue Brief: *Fall Prevention Programs in Local Health Departments* – Available at [www.naccho.org/topics/HPDP/documents/FallPreventionIssueBrief.pdf](http://www.naccho.org/topics/HPDP/documents/FallPreventionIssueBrief.pdf)
- Health Impact Assessment Resources – Available at [http://www.naccho.org/topics/hpdp/land\\_use\\_planning/LUP\\_Tools\\_Links\\_to\\_HIA.cfm](http://www.naccho.org/topics/hpdp/land_use_planning/LUP_Tools_Links_to_HIA.cfm)