

White House Conference On Aging

CONNECTICUT PUBLIC FORUM & COMMENT SESSION

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Connecticut Department of Public Health



ASTHO 2014-2015 President's Challenge

Healthy Aging: Living Longer Better

Jewel Mullen, MD, MPH, MPA

Commissioner, Connecticut Department of Health

ASTHO President



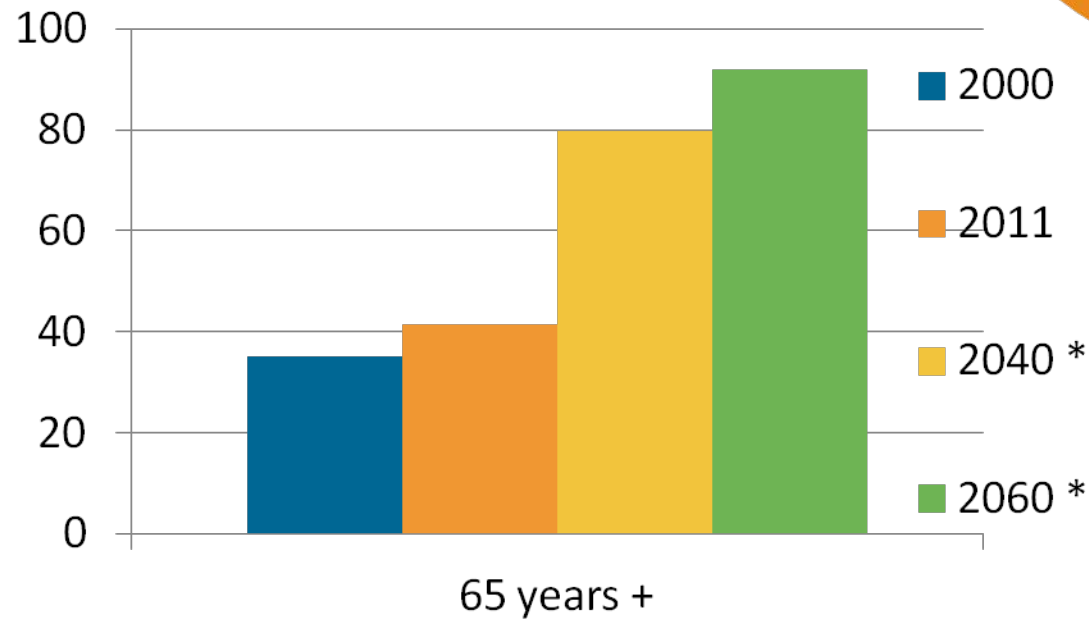
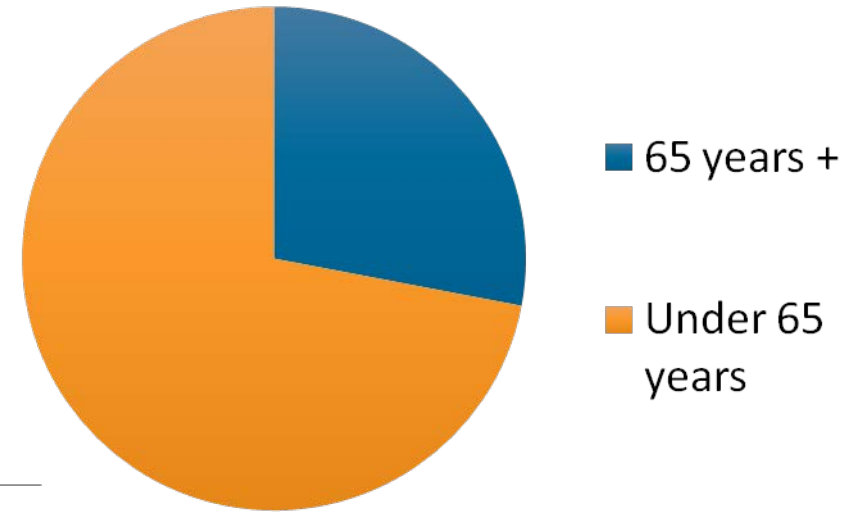
Healthy Aging

- The development and maintenance of **optimal** physical, mental, and social well-being and function in **older adults** ¹



Demographic Trend & Projections for 65 years+³

U.S. Population 2012²

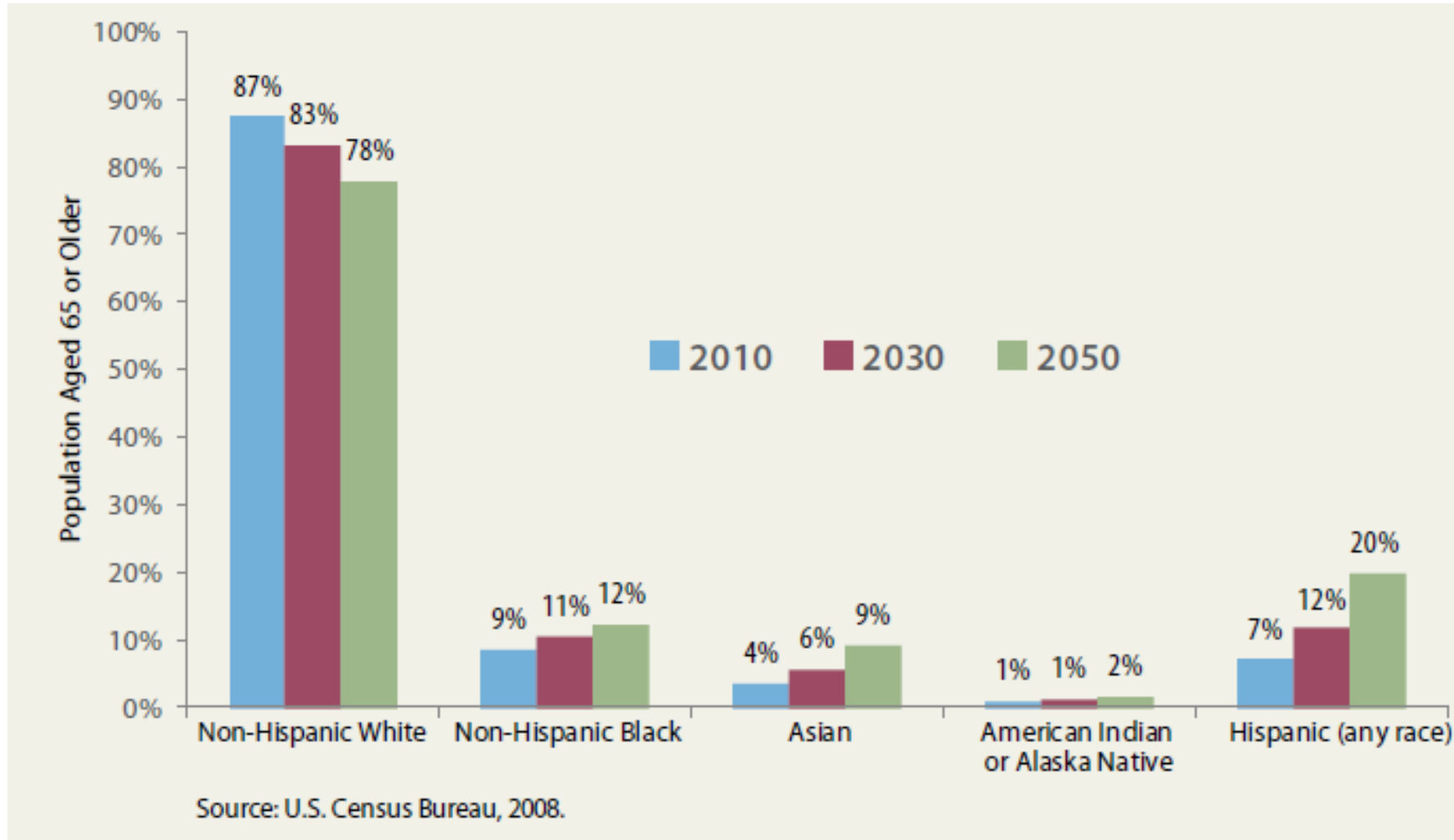


*Projections; populations displayed in millions



Racial & Ethnic Diversity

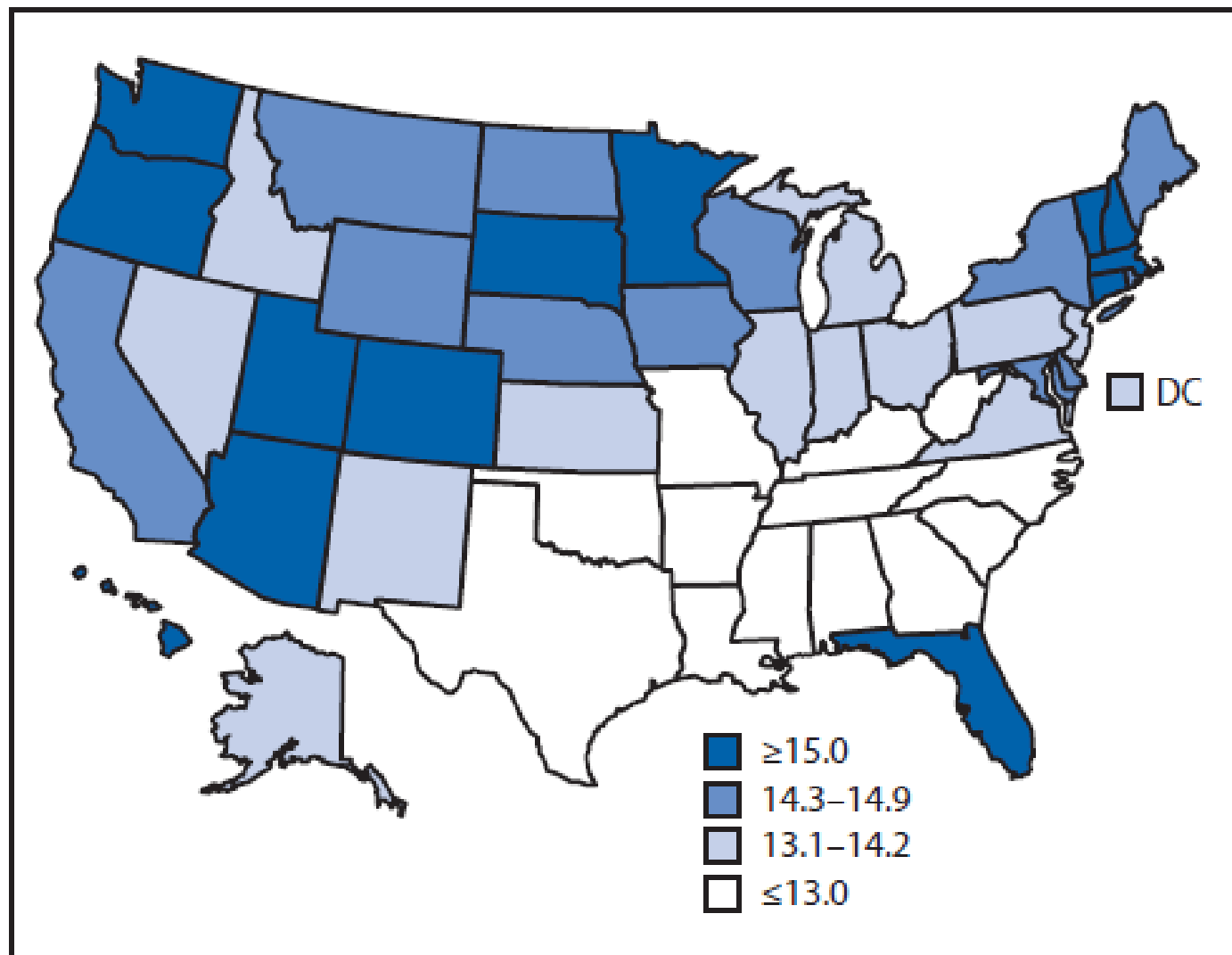
U.S. population age 65 years or older and diversity, 2010-2050



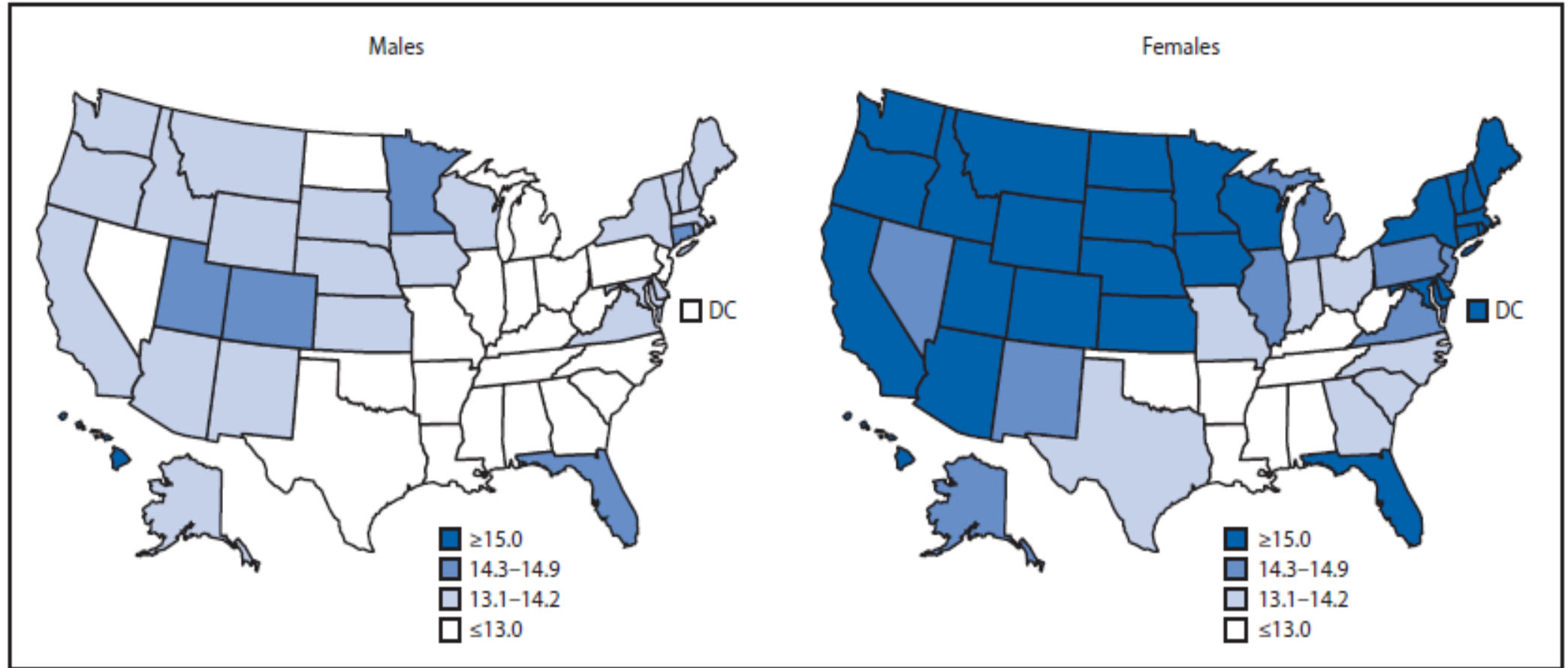
Health Disparities

- The level of social support is strongly different by race/ethnicity, education, and income
- Older adults with the lowest income and education feel they have less emotional support compared to those with higher income and education levels
- 60% of older adults with the highest incomes indicate that their health is very good or excellent
 - Only $\frac{1}{4}$ of those with lowest income feel that their health is very good or excellent

State-specific healthy life expectancy in years at age 65 years — United States, 2007–2009

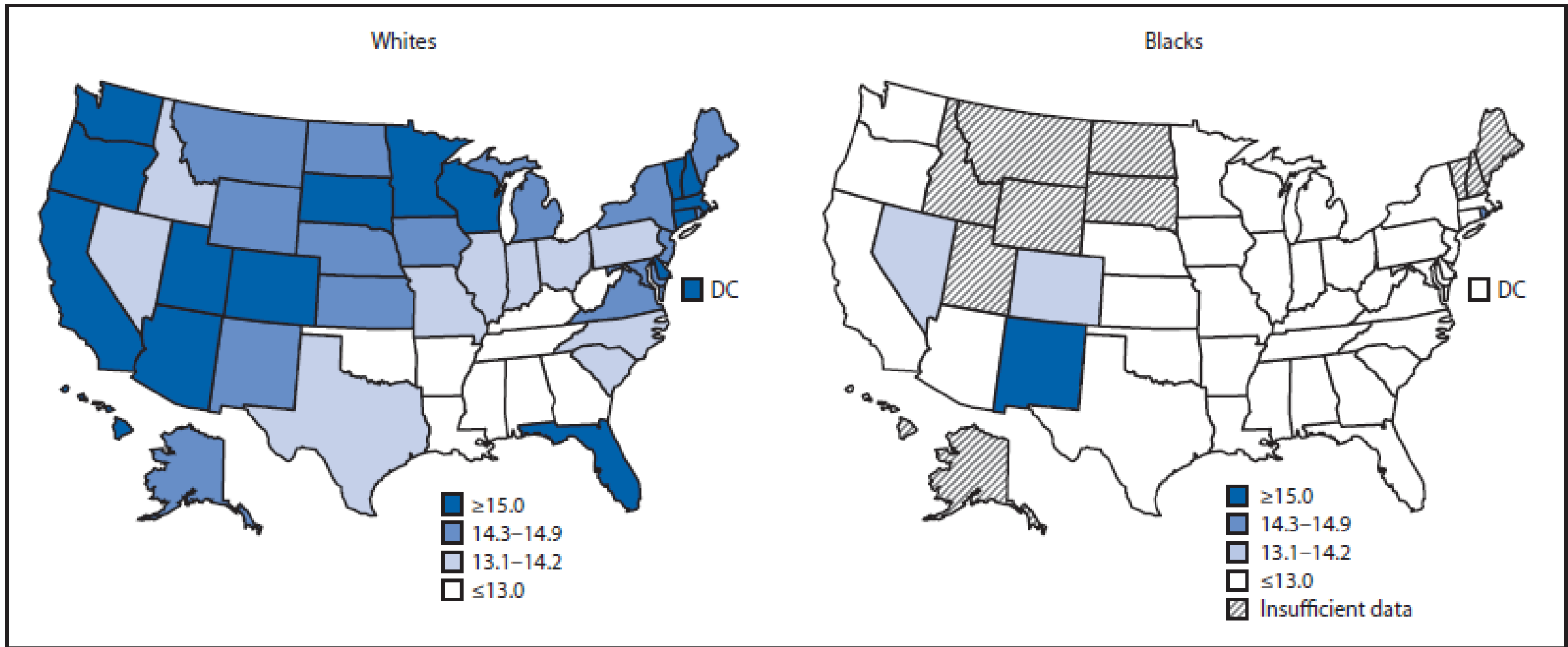


State-specific healthy life expectancy in years at age 65 (2007-2009) by sex



➤ Females have a greater HLE than males

State-specific healthy life expectancy in years at age 65 (2007-2009) by race



Physical Activity: Active Living

- National Prevention Strategy Recommendations:
 - Encourage community design and development supporting physical activity conducive to older adults
 - Promote community programs that engage and encourage older adults to be active
 - Facilitate access to safe, accessible, and affordable places for physical activity



Preventive Services

- Vaccinations: Influenza & Pneumococcal
- Screenings: Breast cancer, Colorectal cancer, Diabetes, Lipid disorder, Osteoporosis
- Counseling: Smoking cessation



Injury Prevention

- In 2010, the total direct medical costs of fall injuries for people 65+ was \$30 billion.
- By 2020, the annual direct and indirect cost of fall injuries is expected to reach \$54.9 billion.
- Among community-dwelling older adults, fall-related injury is one of the 20 most expensive medical conditions.



Cognition & Dementia

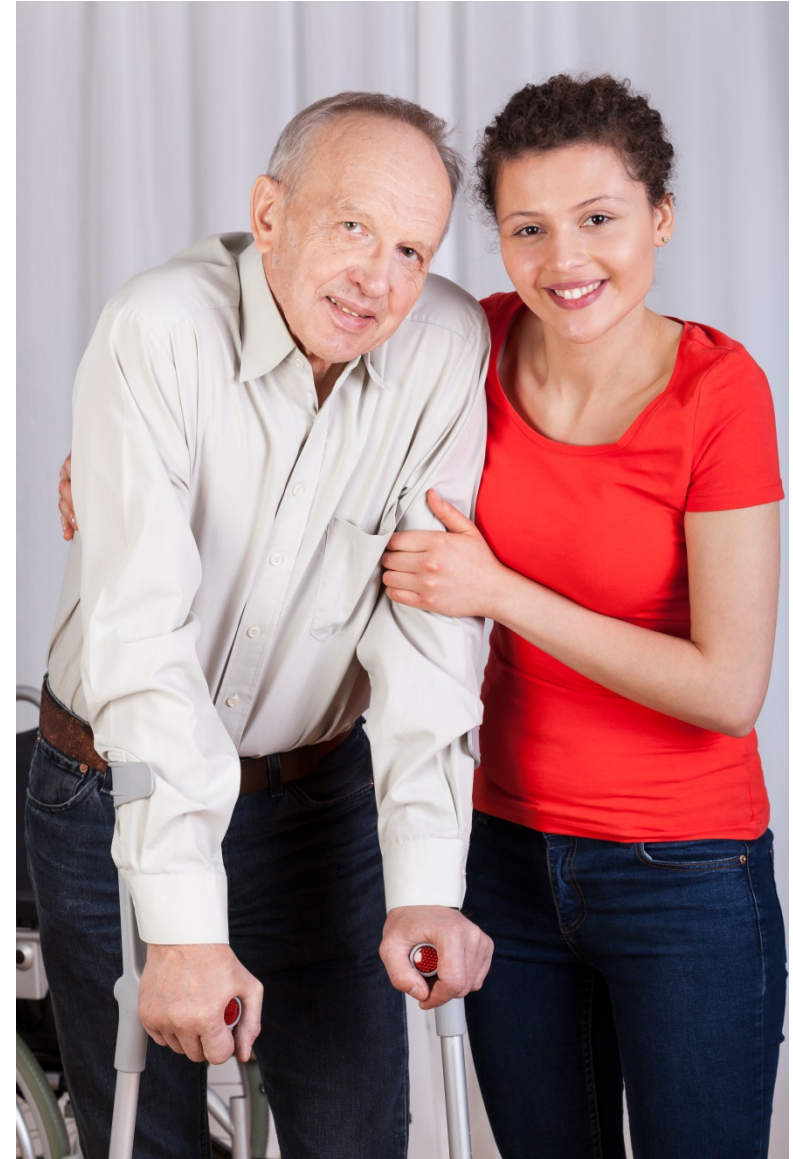
- Memory problems are the first warning signs of cognitive decline – **2/3** of conditions that meet criteria for dementia go **undiagnosed**



- ▶ 1 in 8 of ≥ 60 year individuals surveyed in 21 states reported **increased** confusion/memory loss in the preceding year. Among these, 35% experienced difficulties resulting from confusion or memory loss (CML)

Caregiving

- 85% of baby boomers plan on staying in current homes or “age in place”
 - 4.6 years is the average length of time for caregiving in home settings, and in the case of persons living with dementia may range from 4-20 years
- 25% of adults aged 18+ reported providing care or assistance to person with long-term illness or disabilities in past 30 days (2009 BRFSS)



CDC Healthy Aging Call to Action

- Addressing lesbian, gay, bisexual, and transgender (LGBT) aging and health issues.
- Using data on physically unhealthy days to guide interventions.
- Addressing mental distress among older adults.
- Monitoring vaccination rates for shingles.

CDC, National Center for Chronic Disease Prevention and Health Promotion, 2013



ASTHO's President's Challenge 2014-2015
"Healthy Aging: Living Longer Better"

A Call to Action to Help Older Adults Live and Age Well in Their Communities

National Prevention Strategy (NPS): Healthy Aging

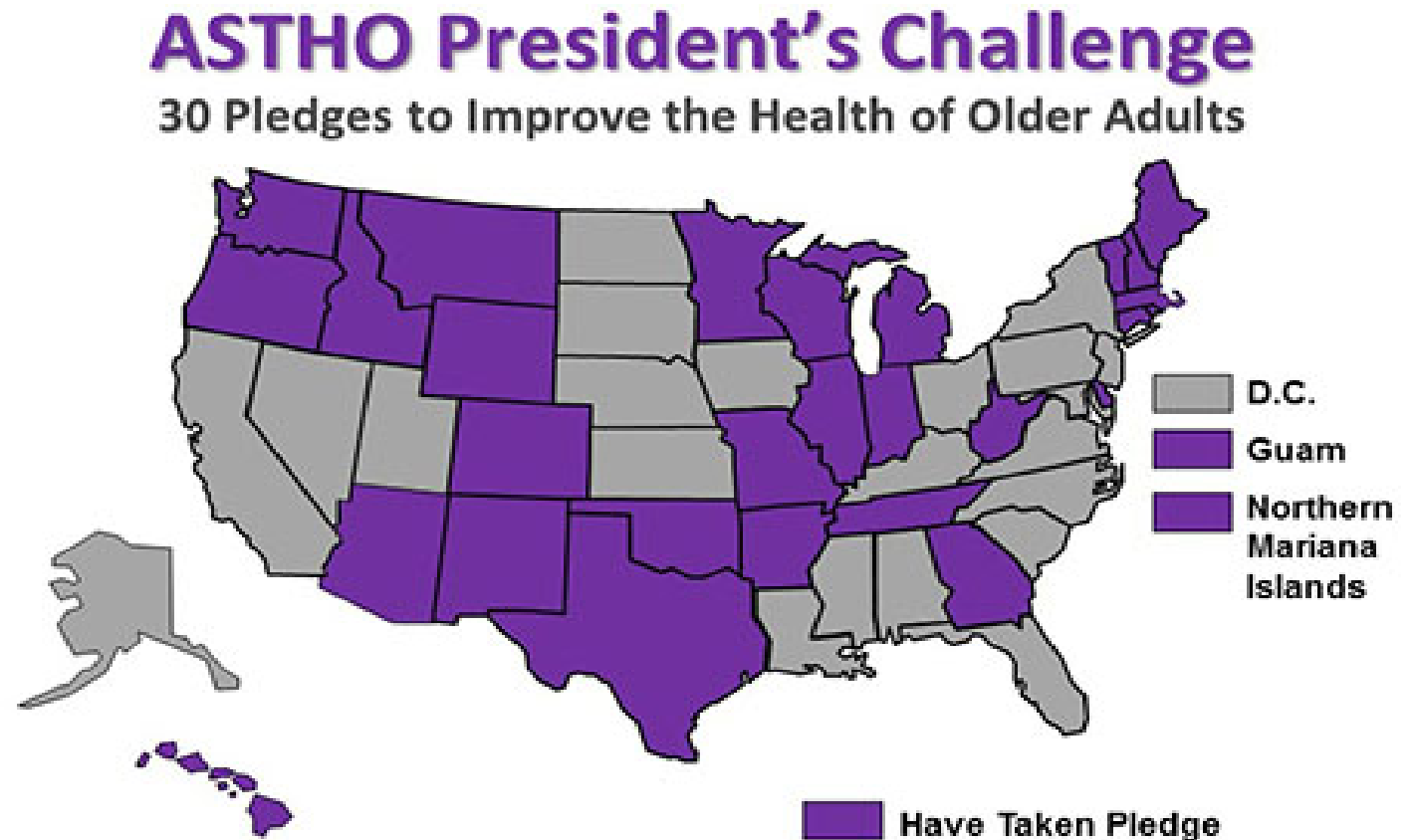


ASTHO's President's Challenge 2014-2015

- Aims to galvanize support for state health officials, their public health teams, state and local experts in aging and a broad network of partners
- Hopes to increase the number of older adults living well in their communities through the implementation of evidence-based strategies and new or enhanced partnerships
- National Prevention Strategy Framework
 - Four strategic action directions: *Healthy and Safe Community Environments, Clinical and Community Preventive Services, Empowered People, and the Elimination of Health Disparities*
 - Seven priority areas: *Tobacco Free Living, Prevention Drug Abuse and Excessive Alcohol Use, Healthy Eating, Active Living, Injury and Violence Free Living, Reproductive and Sexual Health, and Mental and Emotional Well-Being*

Supporting the President's Challenge

- To date, there are a total of 30 pledges (28 states and 2 territories) committed to supporting the 2014-2015 President's Challenge



States are addressing:

- **Healthy and Safe Community Environments**
- **Injury and falls prevention**
- **Empowered People (including Caregivers)**
- **Alzheimer's plan (where there is one)**
- **Active Living**
- **Clinical and Community Preventive Services**



For More Information, Visit...

ASTHO's President's Challenge website:
www.astho.org/healthyaging





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bolder**

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