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

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Healthy Aging

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

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Demographic Trend & Projections for 65 years+³

*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 ¼ 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
I Want to grow old at home

older & bolder
Tel: 01 8783623
Support equality for older people
Find out how www.tiolderandbolder.ie