

HEALTHWORD
Putting Health Promotion Back in Motion

December 2004

=====

HEALTHWORD is a monthly e-mail newsletter produced by the American Society on Aging's Live Well, Live Long project, funded by the Centers for Disease Control and Prevention. Live Well, Live Long provides education and resources to professionals in the field of aging to help them improve health promotion and disease prevention efforts aimed at older adults. Current and past issues of this newsletter are available on the Live Well, Live Long website at <http://www.asaging.org/cdc/HealthWord.cfm>.

=====

IN THIS ISSUE

FEATURE

If you want your voice to be heard at the 2005 White House Conference on Aging, start organizing now

TOOLS YOU CAN USE

The Fall 2004 issue of *Generations* translates nutrition science into advice on healthy eating for older adults

PROGRAM EXCHANGE

Profiles of health promotion programs submitted by HEALTHWORD readers

CALENDAR

Health-promotion education and training events around the United States

FEATURE

HEALTH PROMOTION AND THE 2005 WHITE HOUSE CONFERENCE ON AGING

The White House Conference on Aging (WHCoA) convenes once a decade to make aging-policy recommendations to the president and Congress and to highlight some of the pressing issues related to aging. Congress recently approved legislation to hold the WHCoA for this decade October 23-26, 2005, at the Hyatt Regency in Washington, D.C.

What does this mean for the fields of healthcare and health promotion?

From past White House conferences have emerged programs and policies that have dramatically changed aging services. Out of the 1961 conference arose the Older Americans Act of 1965, which established the federal Administration on Aging and many state commissions on aging. The 1971 WHCoA resulted in a national nutrition program for older adults. The 1995 WHCoA reaffirmed support for existing programs, especially those constituting the social safety net for older Americans.

How can we prepare for the 2005 WHCoA in the coming year?

For the 2005 WHCoA, the Policy Committee appointed by President Bush in 2004 will make recommendations to the Secretary of Health and Human Services for the appointment of participants and delegates to the conference. The committee will invite 1,200 individuals, representing the following groups, to serve as delegates:

- * Governors of all 50 states, the U.S. territories, Puerto Rico, and the District of Columbia
- * The National Congress of American Indians
- * Members of the 109th Congress
- * Representatives of national aging and other allied organizations, academic institutions, business and industry, nonprofit and veterans' organizations, and other entities with a stake in the aging of America

The WHCoA Advisory Committee and the Policy Committee have developed five topic areas that will be used for developing the discussion at the conference and the resolutions (policy recommendations for the president) that will come out of it. At present, the following topic areas are under consideration:

- * Planning Along the Lifespan
- * Employment
- * Social Engagement
- * Marketplace
- * Our Community

Each topic area has a number of subtopic areas, again to develop dialogue and eventually form the agenda for discussion at the conference. The majority of healthcare and health-promotion topics are found as subtopics under "Our Community." In itself, each subtopic covers numerous issues. A small sampling of subtopic titles:

- * Healthy Lifestyles, Prevention, and Disease Management
- * Delivery of Quality Care by Caregivers
- * Use of Information to Improve the Delivery, Administration, and Quality of Healthcare Services
- * Affordable, Defined Health Benefits Through Medicare, Medicaid, and Other Federal and State Healthcare Programs

You can find additional subtopics related to health and long-term care, as well as full descriptions of the issues that each covers, on the WHCoA website at <http://www.whcoa.gov>.

The number of delegates for the 2005 WHCoA is smaller than in the past. Therefore, to gather the best information, the WHCoA committees and staff will hold "listening sessions" in January 2005 to educate themselves about the topic and subtopic areas. In February 2005, the Policy Committee will finalize the list of issues that will form the

agenda for delegates in October. From February to July 2005, the Policy Committee will then accept recommendations from the community on possible WHCoA resolutions.

Prior to the 2005 conference, we hope to see a number of local and regional events take place. Organizations that wish to plan one can secure official designation as a WHCoA event. Doing so provides the organizers with an official channel to make reports and recommend resolutions to the Policy Committee. The committee will determine what potential resolutions the delegates will consider at the conference, and will draft these potential resolutions prior to the conference. At the WHCoA itself, the delegates will pare the number of resolutions down to 50, so the competition to have specific issues addressed will be intense.

To find out where official preconference events are taking place, visit http://www.whcoa.gov/about/whcoa_events.asp#General.

Over the next months, HEALTHWORD will post the addresses of websites that list draft resolutions affecting health promotion. This month, we direct you to three resolutions developed by the Coalition on Mental Health and Aging at <http://www.ncmha.org>.

For inclusion in future issues, send the URL where your health resolutions are posted to Nancy Ceridwyn at nancyc@asaging.org. To find more information on the history and purpose of the WHCoA and on the selection of delegates, visit <http://www.whcoa.gov>.

TOOLS YOU CAN USE:
DEVELOPING HEALTHY EATING STRATEGIES BASED ON NUTRITION
SCIENCE

The Fall 2004 issue of *Generations*, the quarterly journal of the American Society on Aging, is devoted to translating the science of nutrition into the art of healthy eating. The guest editors for the issue are Nancy Wellman, a professor on dietetics and nutrition at Florida International University in Miami, and Mary Ann Johnson, a professor of foods and nutrition and a member of the gerontology faculty at the University of Georgia in Athens.

Wellman and Johnson, nationally recognized researchers who also have the human touch, meld the perspectives of healthcare and social service for a much-needed holistic look at how healthy eating can postpone, prevent, or be used to manage chronic disease -- as well as enhance function and independence and improve the quality of life for older people.

The editors have assembled a wide-ranging series of articles on eating and appetite, tooth and mouth problems, cultural aspects of food choices, hunger and aging, weight issues, nutritional supplements, and the influence of nutritional health on physical function.

You can read the full table of contents at <http://www.generationsjournal.org>. To order a copy of the issue, e-mail customerservice@asaging.org or call (800) 537-9728. The cost is \$12.00 per copy, with special discounts for ASA members and bulk orders.

PROGRAM EXCHANGE

Based on the response we received to our November 2004 feature on building an online health promotion community through information sharing (<http://www.asaging.org/cdc/HealthWord.cfm>), the editors of HEALTHWORD are adding a new monthly section to the newsletter. Each month, the "Program Exchange" column will briefly profile programs that you, the readers, have shared with us.

Program Exchange will not focus on any one area of health promotion or region of North America. Nor is it a commercial forum. Instead, we're presenting programs as they're submitted to us so that readers can learn about other program models in the field and build connections.

To submit your program for inclusion in the Program Exchange, e-mail Nancy Ceridwyn, ASA's Director of Special Projects, at nancyc@asaging.org. You can find descriptions of additional programs, as well as program profiles from past issues of HEALTHWORD, posted in the Forum section of the Live Well, Live Long website. This month's featured program:

CARING-AND-CONNECTING

The Caring-and-Connecting Online Eldercare Community is a low-cost subscription online community for professionals in all disciplines who work with older adults and family caregivers.

The Gerontology Center of Boston University started Caring-and-Connecting about three years ago, and it remains affiliated with Eldercare and Technology Matters, the center's online education program. The interactive online community program encourages participation and discussion, with gerontology and other specialists available regularly to answer questions from subscribers.

Providers are welcome to visit the program's website, which gives an overall description of Caring-and-Connecting, at <http://www.caregiving-online.com>. For more information, contact Lauren E. Storck, community coordinator, at DrStorck@caregiving-online.com.

CALENDAR OF EVENTS

Call for Abstracts: Unite for Sight Second Annual International Health Conference
Submission Deadline: January 15, 2005

Unite for Sight, an organization that empowers communities worldwide to improve eye health and eliminate preventable blindness, encourages proposals for poster presentations at its 2005 International Health Conference. The theme of this year's conference, which will be held at Harvard University on April 2-3, 2005, is "Eyes on International Collaboration: Promoting Health From Campus to Lab to Field." It is open to all

professionals and students involved in medicine, health education, health promotion, public health, and international service. The purpose of the conference is to provide an international forum for the exchange of ideas about health and medical research and international service.

To obtain more information and an abstract application, visit
http://www.uniteforsight.org/2005_conference_posters.php.

* * *

Event: Mood and Menopause

Sponsors: The Alexander Foundation for Women's Health (AFWH) and the Claremont Resort and Spa

Date: February 16, 2005

Location: The Claremont, Berkeley, Calif.

As part of a four-lecture series on women's health, Jeanne Leventhal Alexander, the founder of the Alexander Foundation, will present a lecture on mood and menopause. Issues Alexander will address include the following:

- * How can I take control of menopause?
- * What's the latest research on hormone replacement therapy?
- * How can I holistically manage mood problems, hot flashes, and vaginal dryness?
- * Will I ever get my memory back?

For more information on "Mood and Menopause" or other lectures in the series, contact the Alexander Foundation at (510) 527-3010; website: <http://www.afwh.org>.

* * *

For more educational offerings in the field of aging, visit the searchable "Events in Aging" calendar on the ASA website at <http://www.asaging.org/calendar>.

Have an event related to health promotion and aging that you would like to tell your colleagues about? Please submit your event, call for papers, or grant announcements to Nancy Bui at nbui@asaging.org. Include the title, organization, date and time, location, contact information, and a short description of the event.

=====

HEALTHWORD

HEALTHWORD is published monthly by the American Society on Aging through a grant provided by the Centers for Disease Control and Prevention. Subscription is free of charge, and you are welcome to forward this newsletter to interested colleagues.

SUBSCRIBE or UNSUBSCRIBE. To subscribe or unsubscribe to this newsletter, send an e-mail containing your name and e-mail address to livewell@asaging.org.

UPDATE E-MAIL. If you wish to update the e-mail address for your subscription, send your name, old e-mail address and new e-mail address to livewell@asaging.org.

SUGGESTIONS AND QUESTIONS. For more information or comments about the newsletter, please contact Nancy Ceridwyn, Director of Special Projects at ASA, at nancyc@asaging.org.

EDITOR

Nancy Ceridwyn

ASSOCIATE EDITOR

Jonathan Kauffman

CONTRIBUTORS

Nancy Bui, Chaya Gordon, Sandra Maldague

LIVE WELL, LIVE LONG

American Society on Aging

833 Market Street, Suite 511

San Francisco, CA 94103

Tel: (415) 974-9613

Website: <http://www.asaging.org/CDC>

Copyright (c) 2004 American Society on Aging; all rights reserved.

=====