

HEALTHWORD
Putting Health Promotion Back in Motion

April 2005

=====

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

The Merck Institute of Aging & Health, in cooperation with the CDC, just released its annual state-by-state report card on the health and well-being of older Americans

TOOLS YOU CAN USE

The new Live Well, Live Long Web-based module on physical activity is now live!

BEST PRACTICES

ASA's 2005 Healthcare and Aging Awards recognize innovative health programming for older adults across North America

WHCoA EVENTS

Contribute your voice to the 2005 White House Conference on Aging by attending these events

CALENDAR

Health promotion education and training events around North America

FEATURE:

'REPORT CARD' ON THE STATE OF AGING AND HEALTH IN AMERICA

By Jason Lang

The Merck Institute of Aging and Health (MIAH), the U.S. Centers for Disease Control and Prevention (CDC), and the Gerontological Society of America (GSA) recently released "The State of Aging and Health in America, 2004" report to assess the health status of older Americans and to make recommendations to improve the mental and physical health of all Americans in their later years.

The report is divided into six sections. Two sections offer "report cards" -- one at the national level and one for individual states and the District of Columbia -- that show whether older Americans are meeting specific health targets set in "Healthy People 2000." The other four sections examine issues that are critical to improving our ability to meet these targets.

The “National Report Card on Healthy Aging” section of the report presents data on 15 key indicators related to older adult health status (such as physically unhealthy days and obesity), health behaviors (such as leisure-time physical activity and consumption of fruits and vegetables), preventive care and screening (such as flu and pneumonia vaccination and mammography), and injuries (hip fracture hospitalizations). Together, these indicators -- each of which has been judged to be modifiable -- present a comprehensive picture of older adults’ health.

Of special interest is the “State-by-State Report Card on Healthy Aging.” This section presents, for each of the 15 indicators, the states ranked best and worst and the number of states that met each target. The report card shows mixed progress since MIAH and GSA released the 2002 edition of “The State of Aging and Health in America” as well as considerable variation among the states in meeting the targets. The report card alerts states and communities to areas where innovative methods to promote healthy aging could be adopted.

Two other sections cover areas contributing to healthy aging. The “Spotlight: Physical Activity and Older Americans” section discusses the physical and mental health benefits that older adults gain from engaging in regular physical activity, and “Our Nation’s Healthcare Workforce: Is It Ready for the Graying of America?” points to the urgent need to recruit, train, and prepare America’s healthcare providers for the aging of the population.

To read “The State of Aging and Health in America, 2004,” visit <http://www.cdc.gov/aging> or <http://www.miahonline.org>.

Jason Lang serves as a public health advisor in the Healthy Aging Branch of CDC’s National Center for Chronic Disease Prevention and Health Promotion. In addition to overseeing the health aging grant programs, Lang works extensively with the Prevention Research Centers located in Universities throughout the country.

TOOLS YOU CAN USE:
PHYSICAL ACTIVITY MODULE NOW ACTIVE

In March, the American Society on Aging (ASA) debuted "Physical Activity for Older Adults: Exercise for Life!," a new comprehensive resource for aging-services and healthcare providers, on the Live Well, Live Long project website. The module features information on the benefits of exercise, the public-health problem of physical inactivity among older adults, barriers and solutions, exercise and functional fitness programming, lifestyle physical activity guidelines, and tips for working with elders with sensory changes, cognitive loss, or chronic disease.

To access the module, visit <http://www.asaging.org/cdc>. If you have any questions, contact module author Chaya Gordon at chayag@asaging.org.

BEST PRACTICES:

2005 HEALTHCARE AND AGING AWARDS

Each year, ASA's Healthcare and Aging Network (ASA) presents the Healthcare and Aging Awards, sponsored by Pfizer Medical Humanities Initiative, to recognize organizations that have demonstrated high-quality, innovative programs that enhance the health-related quality of life in older adults. For more information about any of the 2005 winners listed below, including their contact information, e-mail HAN staff liaison Sandra Maldague at sandram@asaging.org. Learn how your program can apply for the 2006 Healthcare and Aging Awards at <http://www.asaging.org/awards/han.cfm>. Congratulations to this year's winners:

MAXIMIZING BRIEF ENCOUNTERS: REALIZING MEASURABLE GAINS

Oregon State University Extension
Central Point, Ore.

This program taught Meals on Wheels volunteers to make in-home observations of the elders they visited and to initiate simple interventions to respond to age-associated memory loss, recognize depression in older adults, and improve food safety practices.

CAREGIVING AT LIFE'S END: THE NATIONAL TRAIN-THE-TRAINER PROGRAM

The Hospice Institute of the Florida Suncoast
Palm Harbor, Fla.

This program was designed to reach caregivers by teaching professionals and volunteers to help family caregivers find meaning and create positive experiences when caring for a terminally ill loved one.

ALZHEIMER'S DISEASE PROJECT

Coalition of Limited English Speaking Elderly
Chicago

The Alzheimer's Disease Project assists families of elders with memory problems who belong to five language groups: Chinese, Korean, Polish, Russian, and Spanish. It has adapted materials on Alzheimer's disease for publication in the ethnic media and has trained bilingual, bicultural physicians to comprehensively assess memory problems.

FAMILY CAREGIVER PROGRAM

Home Care Services, Tanana Chiefs Conference
Fairbanks, Alaska

This program uses "talking circles," video educational tools, and in-person conferences to train and support Alaskan native family caregivers. The program also provides classes, community discussions, and presentations on aging to school-age children.

SENIOR SERVICES OUTREACH PROGRAM

Chestnut Health Systems, Southern Region
Granite City, Ill.

To address the barriers that keep isolated and vulnerable elders from accessing mental health treatment, program staff train aging-services case managers, elder abuse investigators, and advocates on aging-related mental health and wellness issues.

**SAGE-BOSTON COLLABORATIVE TO END INTIMATE PARTNER ABUSE
AMONG OLDER WOMEN**
Boston

This collaborative trains representatives from aging services and criminal justice workers to improve services for older women in abusive relationships with other women.

INTEGRATED SUPPORT SERVICE MODEL
Committee to End Elder Homelessness
Boston

The Committee to End Elder Homelessness provides a continuum of services that include five affordable, permanent housing sites with supportive services, an extensive outreach program, and integrated health services and wellness programs.

WHCoA EVENTS

For the next year, HEALTHWORD will post websites listing White House Conference on Aging (WHCoA) events and draft resolutions affecting health promotion. To read more about the importance of participating in the planning process, read the December 2004 issue of HEALTHWORD (posted at <http://www.asaging.org/cdc/HealthWord.cfm>).

UPCOMING SOLUTIONS FORUMS

The WHCoA Policy Committee will be attending “solutions forums” to help further refine agenda it has adopted. The Policy Committee is seeking creative, thoughtful, and specific solutions to some of the challenges that we face as an aging society. The solutions presented at these forums may form the basis for resolutions to be considered by the delegates. Statements presented at “Solutions Forums” will be posted on the WHCoA website.

Minnesota Board on Aging Symposium: “Challenges to Health and Long-Term Care”

Date: April 25, 2005

Location: St. Paul, Minn.

Contact: jim.varpness@state.mn.us

Center on Ethnic and Minority Aging Conference

Date: May 24, 2005

Location: Philadelphia

Contact: cemaorg@aol.com

To find additional solutions forums near you, visit <http://www.whcoa.gov/calendar/calendar.asp>.

UPCOMING WHCOA MINI-CONFERENCES

Official WHCoA mini-conferences are coordinated by a variety of partner agencies, organizations, and the WHCoA on key topic areas identified by the Policy Committee. These events provide the committee with focused information on a specific issue and are intended to generate recommendations and solutions from the public and private sectors for use in the development of resolutions and implementation recommendations at the 2005 conference.

WHCoA Mini-Conference on Long-Term Care -- "Creating a Comprehensive National Long-Term Policy"

Date: April 19-20, 2005

Partial list of planning committee members: AARP, American Council of Life Insurers, American Health Care Association, the National Alliance for Caregiving, and the National Association of Home Care & Hospice

Location: 101 Constitution Ave. NW, 9th floor, Washington, D.C.

Contact: Todd Smith, (202) 898-2854 or tsmith@ahca.org

CALENDAR OF EVENTS

Event: Videoconference on Substance Abuse in Older Adults

Dates: Consecutive Tuesdays at 1:00 p.m. EDT April 12, 19, and 26

This new videoconference on substance abuse is divided into three weekly sessions. Part one is titled "Overview and Prevention"; part two, "Assessment and Diagnosis"; and part three, "Treatment." If you cannot participate in any of the videoconferences, program rebroadcasts are available. Registration is free, and continuing education credits will be processed at no charge through the Veterans' Administration. For more information, visit <http://www.sahp.vcu.edu/gerontology/html/substanceabusepage.html> or contact Kathleen Watson at (804) 828-9060 or kdwatson@vcu.edu.

* * *

Event: Concepts in Care

Date: May 3, 2005

Location: Wyndham Palace Resort and Spa, Orlando, Fla.

Sponsored by the Alzheimer's Foundation of America, "Concepts in Care" is an educational conference for family caregivers and healthcare professionals. It focuses on medical, behavioral, and practical care issues surrounding Alzheimer's disease and related illnesses. For more information and registration, visit <http://www.alzfdn.org/> or call (866) 232-8484.

* * *

Event: Benevolent Ballet Fall Prevention for the Elderly

Dates and Locations: June 17, 2005 (D.C.); June 20, 2005 (Baltimore); July 15, 2005 (Tampa, Fla.); July 22, 2005 (New York City); and August 5, 2005 (Chicago)

Benevolent Ballet is a unique exercise program using classical ballet-inspired exercises and music to motivate frail elders. The program is designed for use in assisted living, skilled nursing, and independent living facilities and can be adapted to all levels of functioning and cognition. The exercises are designed to improve ranged of motion, balance, and posture to reduce the risk of falls. For more information, contact Sheila Lehner at (407) 889-7770 or visit <http://www.geocities.com/benevolentballet/>.

* * *

For more educational offerings in the field of aging, visit the searchable "Events in Aging" calendar on the ASA website: <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 (ISSN 1554-5997) 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) 2005 American Society on Aging; all rights reserved.

=====