

HEALTHWORD

Putting Health Promotion Back in Motion

March 2006

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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>.

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Over the years, the National Center on Health Statistics has stockpiled a treasure trove of statistics on health and aging -- and new Live Well, Live Long training modules can help you mine it

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The Hartford Institute for Geriatric Nursing's "Try This: Best Practices in Care for Older Adults" website offers 30 short, effective health assessment tools to use with older adults

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Health promotion education and training events around North America

FEATURE:

FINDING AND USING TRENDS IN HEALTH AND AGING

Need national or state data on a health condition for a grant you're writing? Want to determine the significance of particular risk and resiliency factors to a health problem? How about finding statistics that indicate a need for intervention?

You can find this information in the National Center for Health Statistics' (NCHS) "Tables on Trends in Aging and Health," which you can now link to from the Live Well, Live Long website at <http://www.asaging.org/cdc>.

The NCHS, the nation's principal health statistics agency, maintains an online Data Warehouse (you can access it directly at <http://www.cdc.gov/nchs/datawh.htm>), where it makes available to the public information from a variety of national and state data systems. With funding from the National Institute on Aging, NCHS recently added a new section to the Data Warehouse.

"Trends in Health and Aging" presents the most requested data on health and older Americans.

The tables and numbers can appear overwhelming, even to experienced researchers. To ensure that this valuable information receives wide use in the fields of aging and health, NCHS, in cooperation with ASA and the University of Michigan Social Science Data Analysis Network, developed a series of teaching modules, also accessible through the Well, Live Long website.

These eight teaching modules can help you understand the tables or demonstrate how different surveys can highlight important health information related to older adults. The online courses cover three areas:

Using the Warehouse

- * NCHS Data Warehouse on Trends in Health and Aging: An Overview of the Value and Uses of These Data Sources
- * Using Beyond 20/20 to Access the Data Warehouse (note: Beyond 20/20 is a software tool)

Using Statistics

- * Basic Measures and Statistics Used in the Data Warehouse

Pointing out Highlights of the Data

- * U.S. Population Structure: An Aging America
- * Life Expectancy and Mortality
- * Trends in Chronic Diseases Among the Aged Population
- * Disability Trends Among the U.S. Aged Population
- * Health Care Utilization for Older Persons (Short-Term Hospital Care) -- soon to be added

The modules illustrate how the data may be used and discuss how to identify trends by age, race, gender, and state. They also demonstrate how changes in technology have influenced care costs and hospital stays and reveal trends in public policy for healthcare provision.

No longer do you have to be a statistician to use data tables to strengthen justifications for programs and focus your services. Explore this new section of the Live Well, Live Long site!

TOOLS YOU CAN USE:

ASSESSMENT TOOLS FOR OLDER ADULT CARE

New York University's Hartford Institute of Geriatric Nursing has published online a series of screening tools called "Try This: Best Practices in Care for Older Adults." Developed for nurses, this one-stop shop offers resources that health professionals serving older adults in nonclinical settings will also find valuable.

The "Try This" series consists of 30 tools -- including 10 related to dementia -- geared toward applying the highest standards of practice in older-adult care. Each two-page tool, available for printing out or downloading to your PDA, orients the provider by discussing the importance of the issue it addresses, describing what problems it assesses best, identifying the target population

for which the tool would be most effective, and assessing its strengths and limitations. The tools are free and easy to understand and can be administered in 20 minutes or less.

To view the entire series, visit <http://www.hartfordign.org/resources/education/tryThis.html>. A few of the highlights:

* Fulmer SPICES: An Overall Assessment Tool for Older Adults

<http://www.hartfordign.org/publications/trythis/issue01.pdf>

Developed by Terry Fulmer, this tool serves as a warning system for the most common health problems of older adults, identified by the mnemonic “spices”: sleep disorders, problems with eating or feeding, incontinence, confusion, evidence of falls, and skin breakdown.

* Assessing Nutrition in Older Adults

http://www.hartfordign.org/publications/trythis/issue_9.pdf

This tool uses the Mini Nutritional Assessment to assess older adults at risk for malnutrition quickly and noninvasively.

* Alcohol Use Screening and Assessment

<http://www.hartfordign.org/publications/trythis/issue17.pdf>

This tool presents the Short Michigan Alcoholism Screening Test, Geriatric Version (SMAST-G), a 10-question “yes” or “no” survey to identify older adults at risk for alcohol problems.

CALENDAR OF EVENTS

March is Deep-Vein Thrombosis Awareness Month!

The Coalition to Prevent Deep-Vein Thrombosis (DVT) is raising national awareness about this condition (which manifests as blood clots in the legs), its risk factors and symptoms, and its potentially fatal complication, pulmonary embolism. Funded by Sanofi-Aventis, the coalition has developed information about the condition, a press kit, and a risk assessment tool to help facilitate dialogue between patients and healthcare providers. To view these materials, visit <http://www.preventdvt.org/index.asp>.

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Event: Twenty Years: Creative New Directions in Alzheimer's Disease Research and Care, 1987-2006

Dates: April 27-28, 2006

Location: Durham, N.C.

Duke University's Bryan Alzheimer's Disease Research Center is hosting a special celebration of creativity, the arts, and Alzheimer's research at its 20th annual conference. Plenary presentations on the future of Alzheimer's care, as well as special workshops featuring writers, visual artists, musicians, and people living with Alzheimer's, are open to affected families and healthcare and

aging-services professionals. For full information, visit <http://adrc.mc.duke.edu/news.html> or call (800) 646-2028.

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Event: 14th Annual Gerontology Institute: Developing Healthy Communities for Older Adults
Dates: May 1-5, 2006
Location: Calgary, Alberta

Mount Royal College is offering a five-day conference for professionals serving older adults in acute care, continuing care, and homecare settings. Each day of the conference will focus on a specific theme, such as “Community and Health” or “Targeting Different Communities.” For more information, visit <http://www.mtroyal.ca/events/gero/>.

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Event: Native Peoples of North America HIV/AIDS Conference
Dates: May 2-6, 2006
Location: Anchorage, Alaska

Sponsored in part by the National Institute on Health’s Office of AIDS Research, this national conference, whose theme is “Embracing Our Traditions, Values, and Teachings,” will provide an abstract-driven program intended to equip participants with the culturally targeted information and knowledge needed to make a difference in HIV/AIDS prevention and treatment in Native communities around North America. There is no registration fee. For more information, visit <http://www.embracingourtraditions.org/home.asp>.

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Event: 12th Annual Rural Minority and Multicultural Health Conference
Date: May 15-16, 2006
Location: Reno, Nev.

At this conference, professionals dedicated to bringing high-quality healthcare to underserved rural populations will learn innovative strategies to address environmental changes and violence, debate how to organize communities for action, and discuss behavioral factors that have an impact on rural racial and ethnic populations. This year’s conference will feature sessions on such topics as assisted living, cultural competence, treatment of older adults, and tribal health issues. For more information, visit <http://www.nrharural.org/conferences/sub/AnnConf.html>.

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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.

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