

Greater Phoenix Region Aging in Place Network Conference

Connecting Caring Communities

May 14, 2013

LIVING WELL

A-HA
Arizona Healthy Aging
Staying Ahead of the "Gray Tsunami"



Health and Wellness for all Arizonans

azdhs.gov



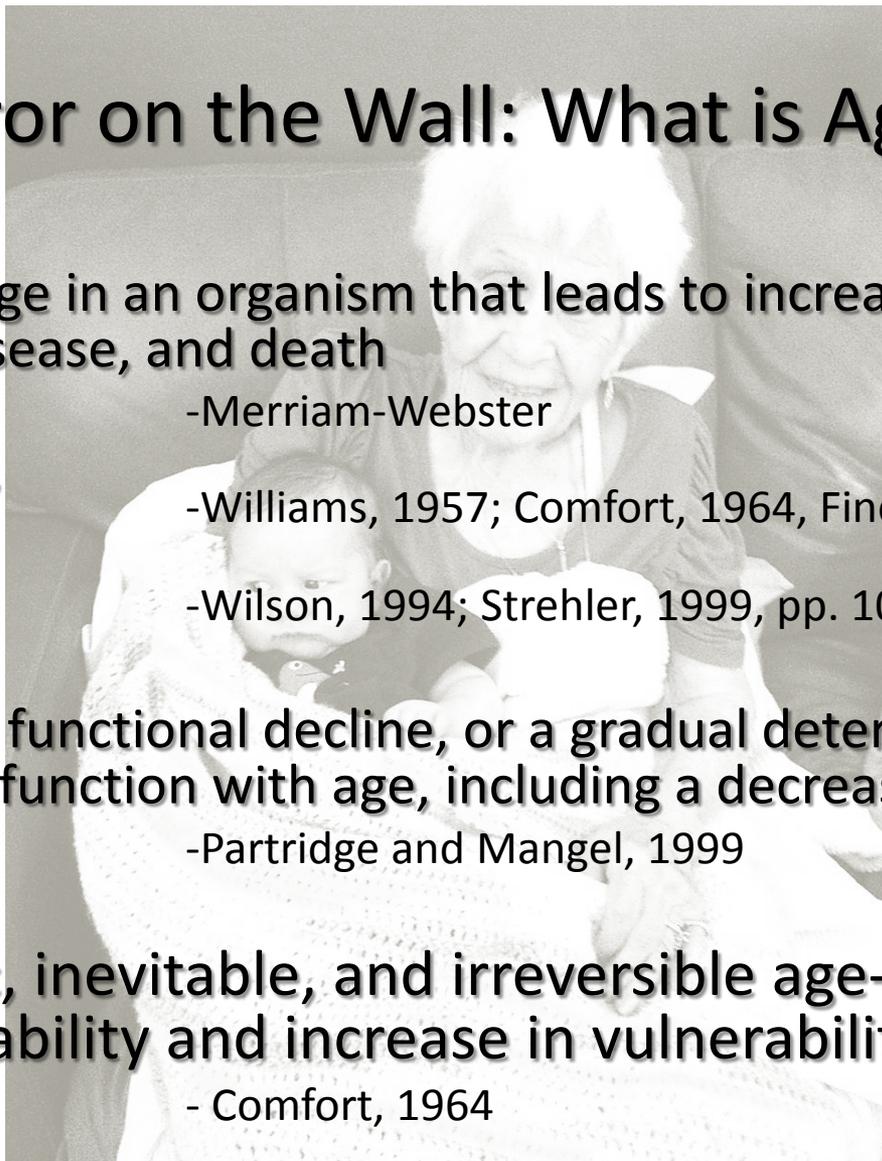
Silver Tsunami challenges and solutions



*“Knowing is not enough; we must apply.
Willing is not enough; we must do.”*
—Goethe

Mirror, Mirror on the Wall: What is Aging After All

- Gradual change in an organism that leads to increased risk of weakness, disease, and death
 - Merriam-Webster
- “senescence”
 - Williams, 1957; Comfort, 1964, Finch, 1990
- $m(t) = Ae^{Gt}$
 - Wilson, 1994; Strehler, 1999, pp. 103-124
- a progressive functional decline, or a gradual deterioration of physiological function with age, including a decrease in fecundity
 - Partridge and Mangel, 1999
- the intrinsic, inevitable, and irreversible age-related process of loss of viability and increase in vulnerability
 - Comfort, 1964



ADHS

two-fold mission of public health services includes prevention & preparedness

- Over 1,600 employees
- About ½ employed at the State Hospital
- State Laboratory
- 5 Divisions
 - ✓ behavioral health
 - ✓ Licensing
 - ✓ planning and operations
 - ✓ public health prevention
 - ✓ public health preparedness

ADHS-PHS-BTCD

- Inventories
- Identifying gaps in public health services
- Dynamic planning
- Integration (4 domains)
- Policy & policy
- Education, Awareness & Advocacy
- Linking resources
- Promoting Behavioral Health
- Promoting Evidence Based Programs
- Innovative design and new developments in biological treatments.*
- Home Health Workers Demonstration Project
 - Build the capacity of home health workers to deliver and /or refer consumers to evidence-based interventions, including CDSMP and tobacco cessation.
- Cancer Prevention and Control Programs
 - Ensure that preventive services, surveillance and systems are in place to decrease the incidence of late stage diagnosis of cancer.
- Proposition 303 Programs
 - Targets the prevention and early detection of the four leading causes of death in Arizona (e.g. CPR Dispatch, COPD Collaborative Activities, and the Population Health IGA's)

BTCD Major Goals (*continued*)

- Assist in the Prevention and Early Detection of the Four Leading Disease-Related Causes of Death, as well as HIV, in Arizona
- Develop and Implement a Comprehensive Communications and Social Marketing Plan
- Conduct Surveillance and Evaluation
- Advance Policies that Address the Impact of Commercial Tobacco Use, the Risk Factors of Chronic Disease, and the Prevention and Spread of HIV Infection.

Arizona is in the “Top Ten”

- #1 Lowest overall cancer rates (men/women)
- #1 Lowest overall cancer rates among men
- #1 Lowest rate of breast cancer
- #1 Lowest rate of prostate cancer
- #1 Lowest exposure to SHS in home (3%)
- #1 Lowest exposure to SHS in workplace
- #1 Lowest tobacco use among pregnant women (4.9%)
- #1 Highest drop in tobacco use since 2007
- #1 Highest drop in heavy tobacco use among youth

Arizona is in the “Top Ten” (*continued*)

- #2 Lowest overall cancer rates among women
- #2 Lowest overall colon cancer rates (men/women)
- #5 Lowest tobacco use among women (13.7%)
- #7 Lowest overall tobacco use (men/women)
- #7 Lowest overall lung cancer rates (men/women)

Core Value

Make a Difference – Leave a Legacy!

- Evidence-Based and Science-Based
- Sustainable
- Systems Linkages
- High ROI (Return on investment)
- Lazer beam focus – Measured Impact!
- Strong public and private partnerships

Chronic Disease

- Cause **7** out of every **10** deaths and cost our country **75 cents** of every health care dollar. With chronic disease prevalence growing at a faster rate than the population as a whole, the forecast is daunting.

- DeVol, Ross, Armen Bedroussian, Anita Charuworn, Anusuya Chatterjee, In Kyu Kim, Soojung Kim, and Kevin Klowden . 'An Unhealthy America: The economic burden of chronic disease' (2007)

- Around 100 million Americans live with persistent pain--more Americans than are affected by diabetes, heart disease, and cancer combined.

- Institute of Medicine; Committee on Advancing Pain Research, Care and Education. 'Relieving Pain in America: A blueprint for transforming prevention, care, education, and research' (2011)

Demographics

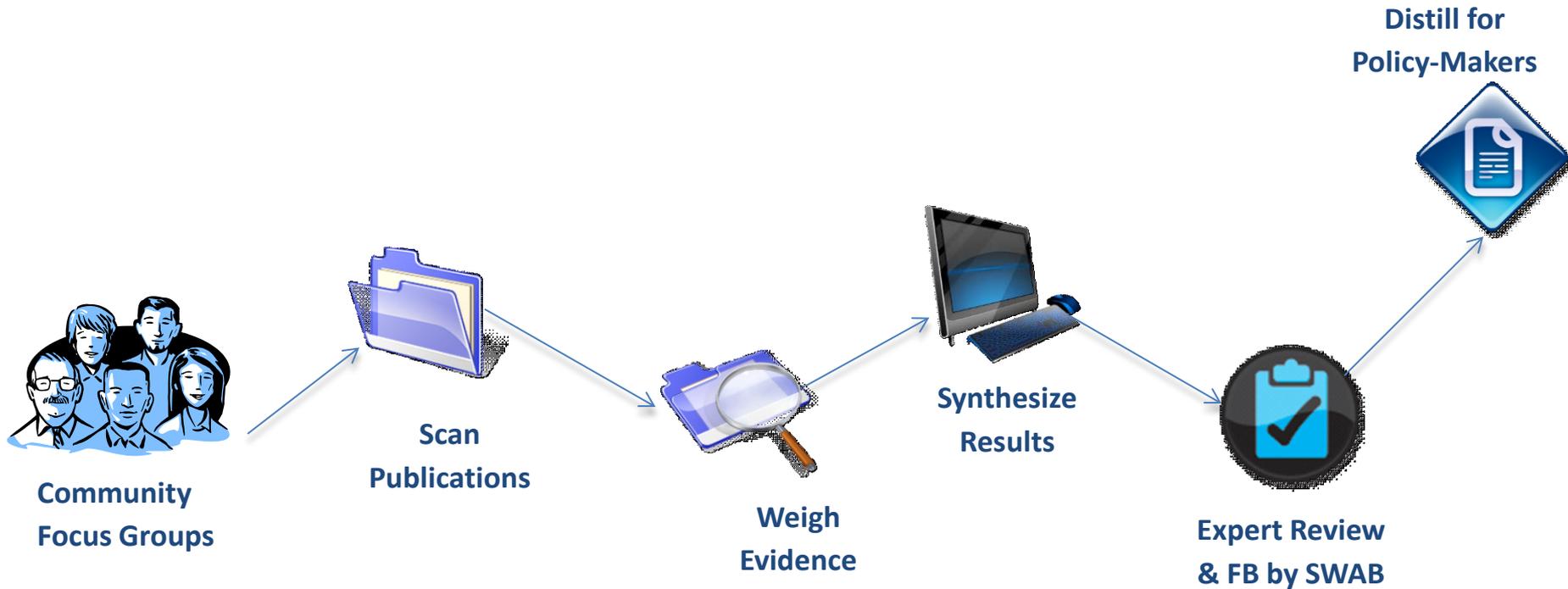
From the year 2000 to 2010 in Arizona:

- The total population increased 25%
- The 65 and over population increased 32%
- The 85 and over population increased over 50%

Arizona Healthy Aging

- Multiple healthy aging projects, including:
 - Creation of the Healthy Aging Advisory Board
 - Support of CDSMP strategy statewide
 - Delivery of CDSMP for rural Arizona residents and Spanish speaking residents in conjunction with DES/DAAS
 - Governor’s Council on Aging
 - Governor’s Taskforce on Alzheimer’s
 - ADHS internal review: linkage of divisions, offices, & programs
 - Participation in 18 statewide focus group in conjunction with DES/DAAS
- As Arizona’s population ages, steps need to be taken now to ensure that the systems in place are able to meet the forecasted high demand imposed in the next 20 years.

Actionable Strategies Development Process



ALARMING TRENDS

- Diets are falling short of the mark
- Desirable physical activity levels are not being met
- Obesity rates are skyrocketing
- Adult diseases are showing up in children

– Source: Changing the Scene, USDA.

Top 5 Causes of Mortality

Arizona	US
Diseases of the heart	Diseases of the heart
Cancer	Cancer
Chronic lower respiratory diseases	Chronic lower respiratory diseases
Alzheimer's disease	Stroke
Stroke	Alzheimer's disease



QoL



Impact of Multiple Chronic Conditions (MCC)

❑ Prevalence of MCC

- 1 of 4 Americans
- 2 of 3 FFS Medicare beneficiaries

❑ Costs

- 2/3rd of U.S. health care costs for individuals with MCC
- 93% of Medicare expenditures for individuals with MCC

❑ Outcomes

- As the number of conditions increase, so do: mortality, poor functional status, hospitalizations, readmissions, and adverse drug events

Sources: Anderson, RWJF, 2010; Kronick, CHCS, 2009; Machlin, AHRQ, 2011; Warshaw, Generation, 2006; Lee et al, JGIM, 2007; Vogeli et al, JGIM, 2007; Wolff et al, Arch Intern Med, 2002; Chronic Conditions Chartbook, CMS, 2011

Behaviors that contribute to chronic disease

- Poor eating habits
- Believe in spells or witchcraft
- Traditional methods of treating disorders; home remedies; use of herbal products;
- Smoking
- Alcohol use/abuse
- Coping mechanisms

Benefits of community-based cultural programs

- Increase in their overall health
- Decline in doctor visits
- Decline in medication usage
- Decline in falls
- Positive impact on morale
- Decreased depression
- Less loneliness and more independence

Source: Cohen, et al. (2006)

Contribution of Older Adults

AZ is home to 1,232,791 residents ages 60 and older who perform valuable roles in our communities.

Engaging older adults in the community has been demonstrated to have positive health outcome!

How are Older Adults staying Healthy

- Prevent or Delay Disease
- Manage Stress
- Improve Mood
- Physical Activity & Exercise
- Keep body-mind-spirit active
- Stop smoking
- Conservative/moderate alcohol consumption
- Choose healthy foods
- Weight management
- Control cholesterol
- Manage blood pressure
- Reduce blood sugar
- Get regular checkups
- Take steps to prevent accidents

“Without inspiration the best powers of the mind remain dormant. There is a fuel in us which needs to be ignited with sparks.”

-Johann Gottfried Von Herder

Neurological Disease

- **As many as 5.1 million Americans are living with Alzheimer's--the fifth leading cause of death, and as many as 1 million Americans are living with Parkinson's. Both are devastating diseases that lead to disability and death, and Alzheimer's poses a particularly grave threat to our economy.**

Anderson, Gerard. 'Chronic Conditions: Making the case for ongoing care'

Innovative, *inspiring*, *outcomes driven*

Best Practices

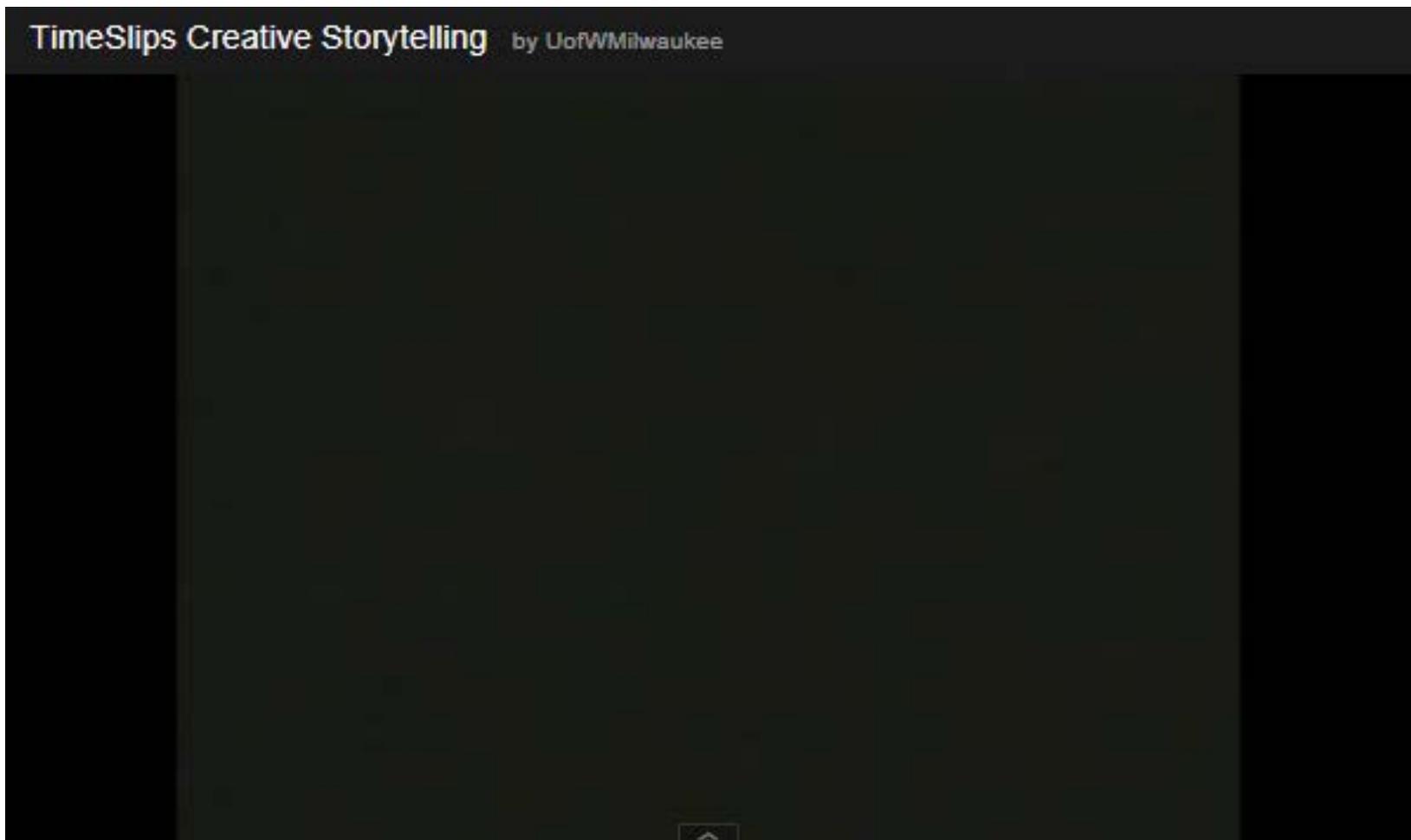
Story Telling - TimeSlips

- ❑ **Meat Me at MOMI**
- ❑ **Tango for Parkinson's**

Evidence Based

- ❑ **Chronic Disease Self-Management Education**

TimeSlips



Meet Me at MOMA

Meet Me

The MoMA Alzheimer's Project:
Making Art Accessible to
People with Dementia

Tango - Parkinson's



Absolutely everything we do, give, say, or even think, it's like a Boomerang.
It will come back to us...



If we want to receive, we need to learn to give first...
Maybe we will end with our hands empty,
but our heart will be filled with love...
And those who love life,
have that feeling marked in their hearts ...

Recommended Readings

- The Secret of Everlasting Life

Richard Bertschinger

- Biochemical Imbalances in Disease

Lorraine Nicolle and Ann Woodriff Berine

- Comforting Touch in Dementia and End of Life Care

Barbara Goldschmidt and Nima van Meines