

# Master Plan for Aging

## Webinar Wednesdays


### Healthy Aging

January 29, 2020 | 9:30 a.m. – 11:00 a.m.



# WELCOME TO WEBINAR WEDNESDAYS

*Purpose: To inform and engage the public to hear aging priorities from all Californians*

- Join us every Wednesday from 9:30 am – 11:00 am | January 15 – April 22
- Links to join webinars can be found at our new website:  ENGAGECA.org
- No registration necessary
- Engage with us through live polling and asking the experts questions via ZOOM Q&A
- Webinar materials to be posted to the website after each webinar



[www.engageca.org](http://www.engageca.org)



MASTER PLAN FOR AGING



# OUR FIRST TOPIC: HEALTHY AGING

## Today's Featured Speakers:

- **Amanda Lawrence**, California Department of Public Health, *State Partner*
- **Victoria Jump**, Ventura County Area Agency on Aging, *Local Leader*
- **Fernando Torres-Gil, PhD**, University of California, Los Angeles, *Stakeholder Advisory Committee Member*

MASTER PLAN FOR AGING





# MASTER PLAN FOR AGING: BACKGROUND

*Governor Gavin Newsom Calls for Creation of a Master Plan for Aging*

*Executive Order N-14-19, June 2019*

Governor's [Executive Order](#) calls for the Secretary of the Health and Human Services (HHS) Agency to convene a cabinet-level Workgroup for Aging to advise the Secretary in developing and issuing the Master Plan.

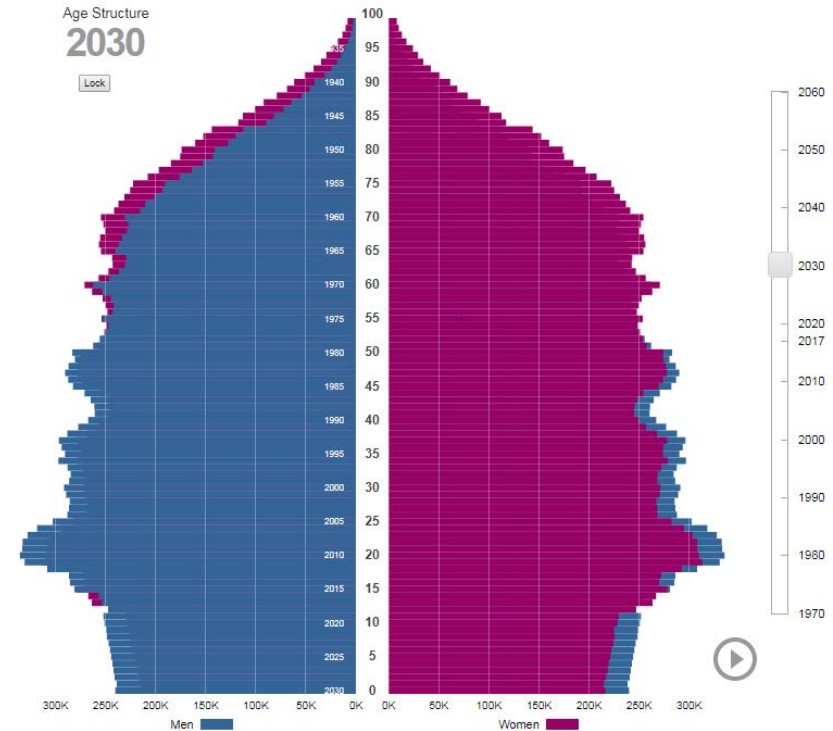
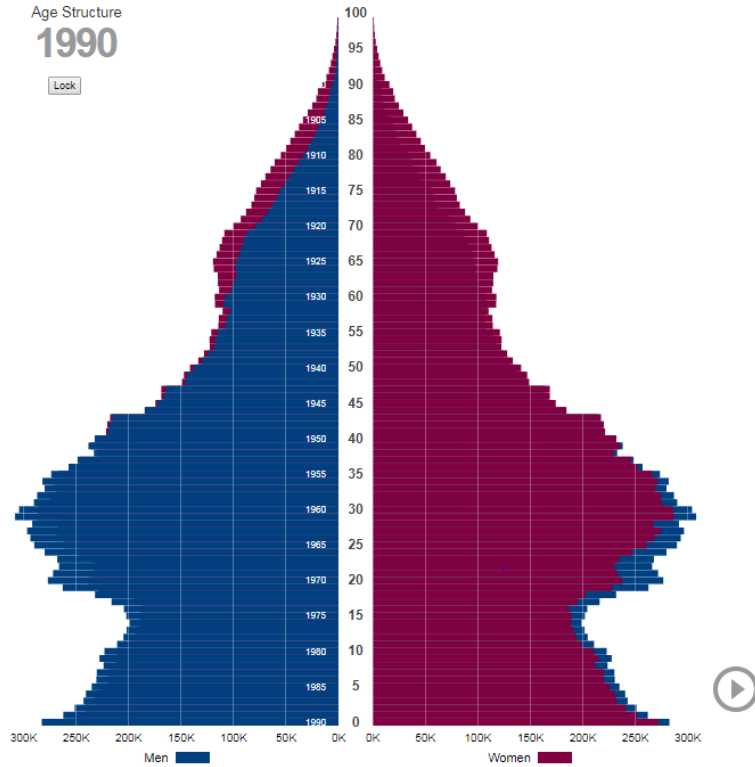
The order also directs HHS to convene a Master Plan for Aging Stakeholder Advisory Committee, which will include a Research Subcommittee and a Long-Term Care Subcommittee with an interest in building an age-friendly California.

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# CALIFORNIA IS AGING

## YEARS 1990 & 2030



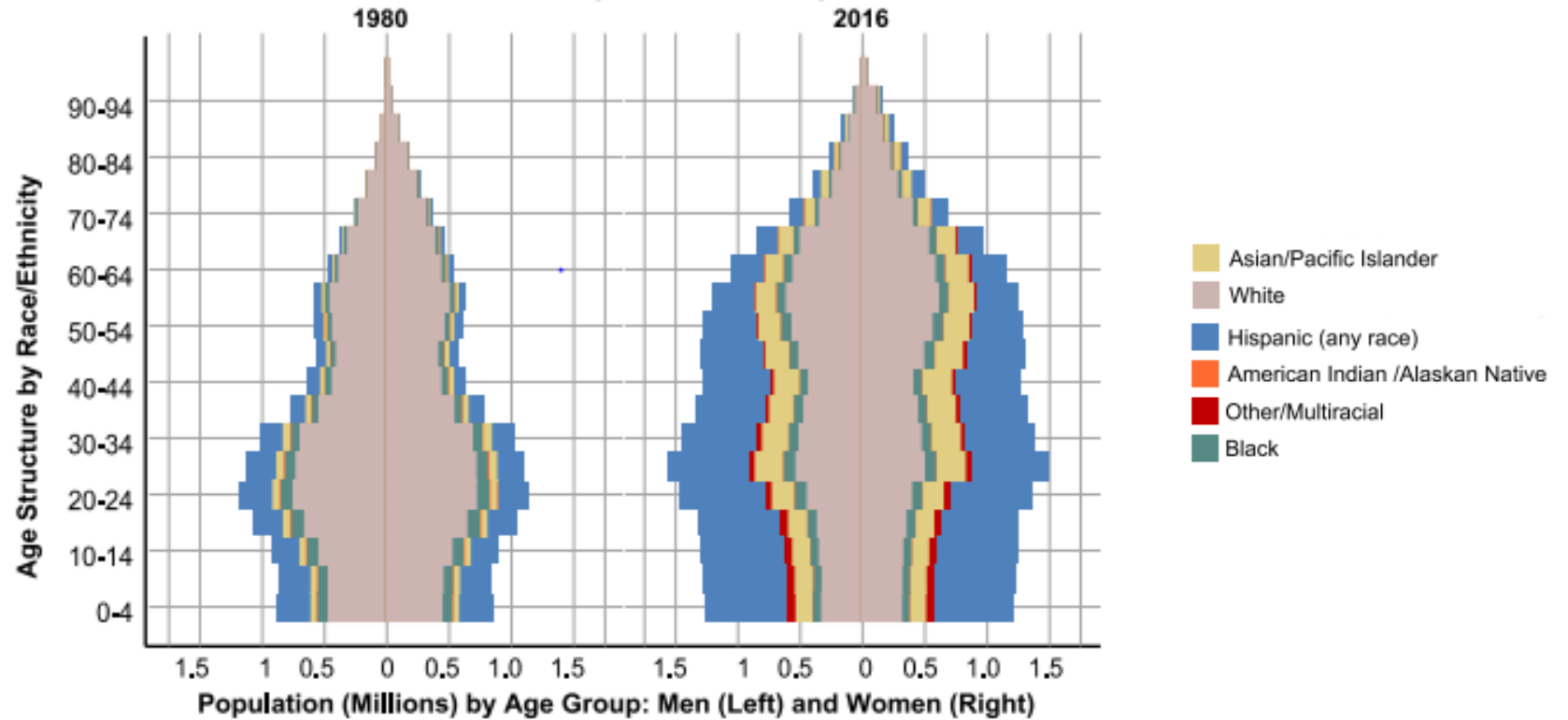
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# CALIFORNIA IS AGING

## A LOOK AT RACE & ETHNICITY



California population by race & ethnicity, 1980 & 2016



# AGING IS CHANGING

- *More diversity*
- *More living alone*
- *More at risk of poverty*
- *More awareness of the stages of aging*

# MASTER PLAN FOR AGING: VISION & VALUES

## *Vision*

California for all across the life span

## *Values*

- Choices – access, quality, and autonomy
- Equity – eliminating health and social disparities due to age, disability, geography, income, race, ethnicity, immigration status, language, religion/faith, sex, gender identity, sexual orientation, and family status
- Dignity and disruption of age-bias, able-ism, and discrimination
- Inclusion and accessibility for all older adults and people with disabilities
- Innovation and evidence-informed practice
- Partnerships among local, state, and federal governments, philanthropy, and private sectors

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# MASTER PLAN FOR AGING: MISSION

## *Mission*

A person-centered, data-driven, ten-year California Master Plan for Aging by October 1, 2020

- State Master Plan
- Local Blueprint
- Data Dashboard of State & Local Data
- Best Practice Resources for Local Planning

# MASTER PLAN FOR AGING: GOALS

Goal 1: Services & Supports. We will live where we choose as we age and have the help we and our families need to do so.

Goal 2: Livable Communities & Purpose. We will live in and be engaged in communities that are age-friendly, dementia-friendly, and disability-friendly.

Goal 3: Health & Well-being. We will live in communities and have access to services and care that optimize health and quality of life.

Goal 4: Economic Security and Safety. We will have economic security and be safe from abuse, neglect, exploitation, and natural disasters and emergencies throughout our lives.

# Facilitated Questions and Polling



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# California Department of Public Health

## *Healthy Aging in California*



*Presenter: Amanda Lawrence, MPH*  
*Healthy Aging Initiative Coordinator*  
*Center for Healthy Communities*



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# LIFE EXPECTANCY IN CALIFORNIA

- **California ranks fourth in the U.S. in terms of life expectancy.**

At birth, the average Californian is expected to live 81 years.

- **Life expectancy varies by place of residence and education levels.**

Among people living in the 10 most populous metro areas in CA, people in San Jose have the greatest life expectancy (84 years), and people in the Bakersfield area have the shortest (78 years.)

- **Life expectancy varies by race/ethnicity.**

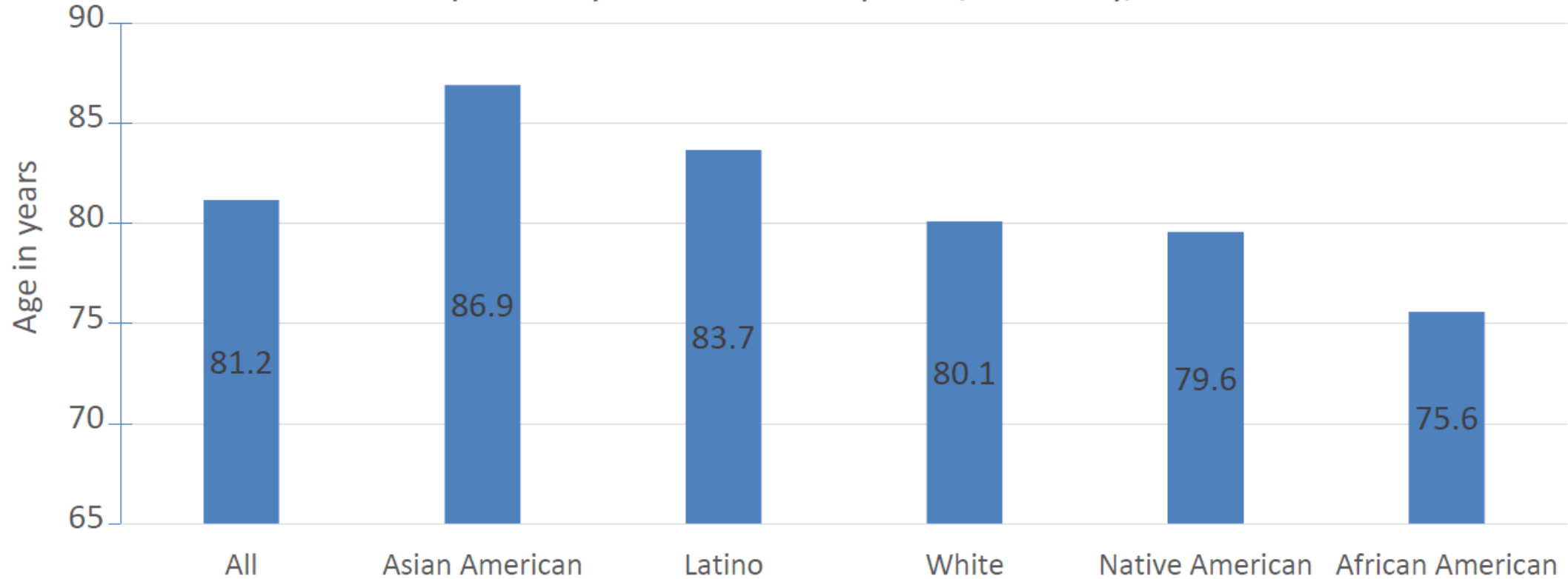
- **Women are expected to live longer than men (84 years versus 79 years).**

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# RACIAL/ETHNIC GAPS PERSIST IN LIFE EXPECTANCY

Life expectancy in California by race/ethnicity, 2010-2012



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# Public Health Concerns Related to Older Adult Health

- Influenza
- Nutrition
- Colon Cancer
- Stroke & CVD
- Diabetes
- **Alzheimer's and Dementia**
- Health Care Quality – Licensing & Certification
- Injury Prevention & Traffic Safety
- Gambling Disorder
- **Opioid Overdose Prevention**
- Violence Prevention Initiative
- Emergency Preparedness
- Oral Health
- Climate Change Vulnerability
- Grandparents as Caregivers

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# Social Determinants of Health (SDOH)

Life expectancy varies by where we live.

ACHIEVING HEALTH & MENTAL HEALTH EQUITY AT EVERY LEVEL

Transforming the conditions in which people are **BORN, GROW, LIVE, WORK and AGE** for optimal health, mental health & well-being.



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# Prescription Opioids & Older Adults

- Over 21.5 million prescriptions were dispensed in California in 2017
- Older adults experience a higher rate of opioid overdose deaths than most age groups.



**Older Adults & Prescription Opioids**

The California Department of Public Health is committed to providing information and resources for Californians to safely manage pain and increase awareness about the risks of prescription opioid pain medications.

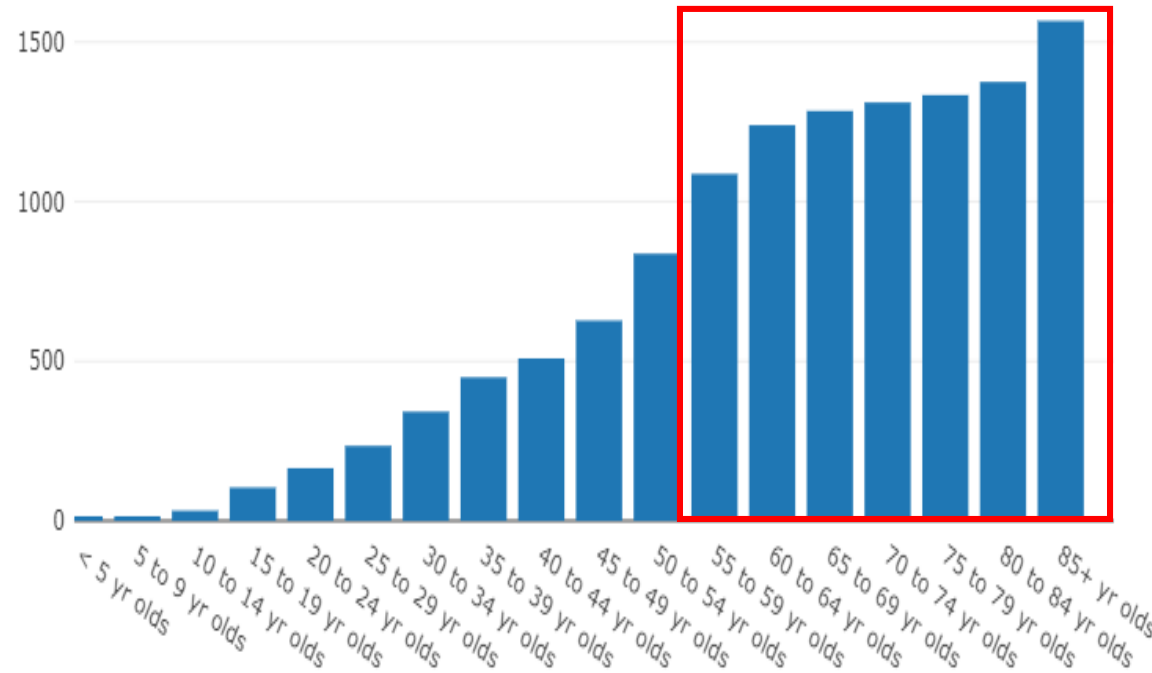
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# Prescription Opioids & Older Adults

2017 : Age Groups : Opioid Prescriptions (excl bup) : Crude Rate per 1k Residents

The number of opioid prescriptions dispensed in California increases with age.



Source: California Opioid Dashboard:  
<https://discovery.cdph.ca.gov/CDIC/ODDashboard/>

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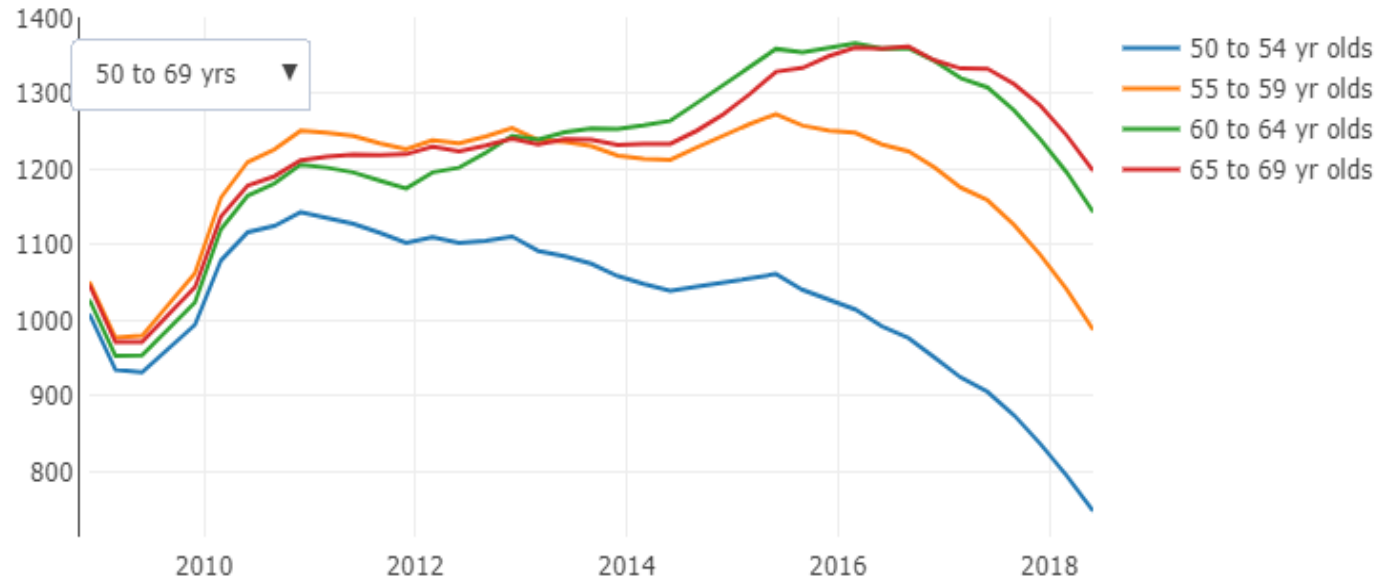


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# Prescription Opioids & Older Adults

Age Groups : **Opioid Prescriptions (excl bup)** : Crude Rate per 1k Residents

(use the dropdown to select demographic groups)



Source: California Opioid Dashboard:

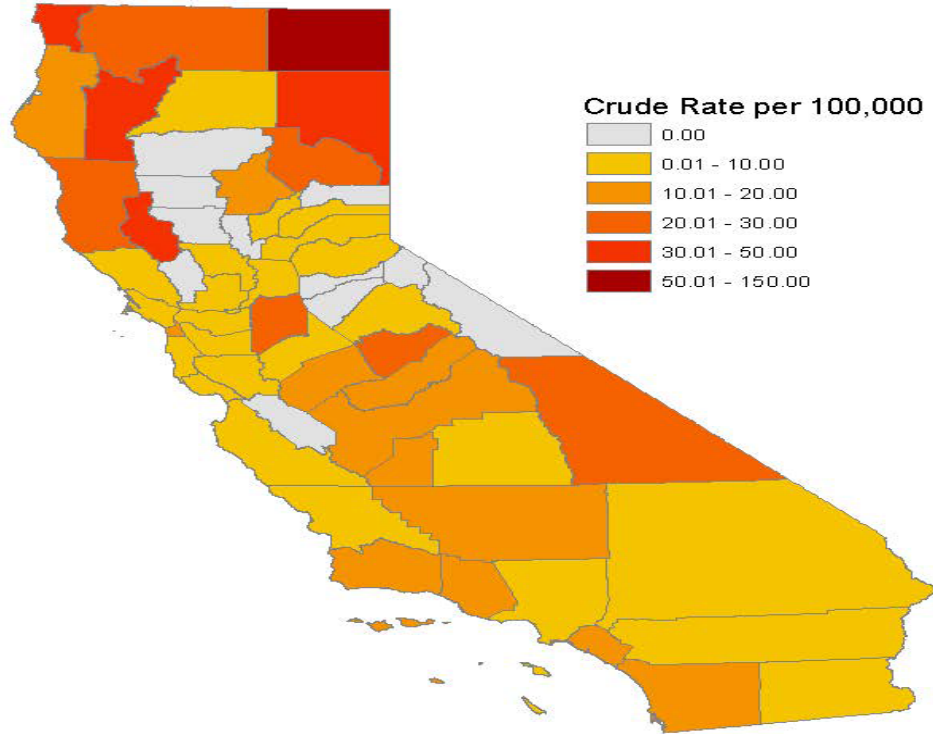
<https://discovery.cdph.ca.gov/CDIC/ODdash/>

Recently, rates of prescriptions have been tapering off for all age groups.

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Prescription Opioid-Related Overdose Deaths  
among Californians 50-69 years, 2017



## Unique Risks Faced By Older Adults:

- More likely to experience chronic pain
- Prescribed medications containing opioids for extended periods of time to manage pain
- May feel the effects of opioid medications more strongly because they metabolize medication differently
- More vulnerable to unintentional overdose due to multiple prescriptions to treat different medical problems

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# CDPH's Older Adult Opioid Response & Education Campaign

A senior-specific campaign to raise awareness of the dangers of prescription pain medications.

Encourages safe medication and pain management.

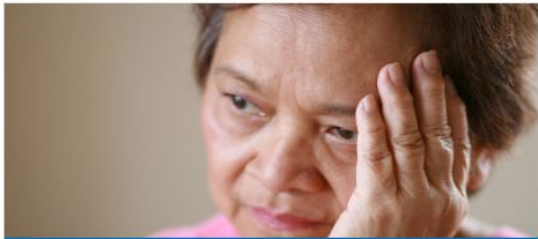
Acknowledges the realities of those in chronic pain who feel they need prescription opioids to remain functional in their later life.

<https://www.cdph.ca.gov/Pages/CaliforniasPublicEducationCampaigns.aspx>

- Older Adults & Prescription Opioids
- What are Opioids?
- Signs of Potential Misuse & Overuse
- Questions to Ask Yourself
- Questions for Your Doctor
- For Caregivers, Friends & Family
- Resources & Videos
- En Español



**What are Opioids?**



**Signs of Potential Misuse & Over...**



**Questions to Ask Yourself**



**Questions for Your Doctor**



**For Caregivers, Friends & Family**



**Resources & Videos**

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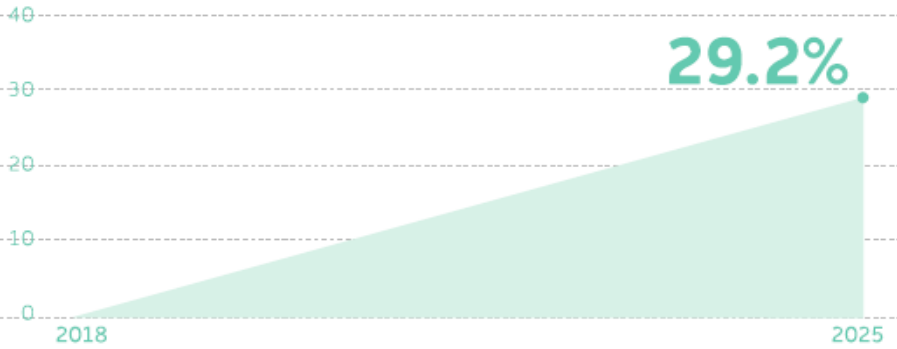
# Alzheimer's Disease & Dementia in California

## 65+ NUMBER OF PEOPLE AGED 65 AND OLDER WITH ALZHEIMER'S BY AGE\*

\* Totals may not add due to rounding

Year	65-74	75-84	85+	TOTAL
2018	98,000	270,000	280,000	650,000
2020	110,000	290,000	290,000	690,000
2025	120,000	380,000	330,000	840,000

### Estimated percentage change



## # NUMBER OF DEATHS FROM ALZHEIMER'S DISEASE (2015)

# 15,065

3<sup>rd</sup> leading cause of death in California

241% increase in Alzheimer's deaths since 2000



For more information, view the 2018 *Alzheimer's Disease Facts and Figures* report at [alz.org/facts](http://alz.org/facts).

## CAREGIVING (2017)

**1,616,000**  
Number of Caregivers

**1,841,000,000**  
Total Hours of Unpaid Care

**\$23,250,000,000**  
Total Value of Unpaid Care

**\$1,073,000,000**  
Higher Health Costs of Caregivers

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# CDPH's Alzheimer's Disease Program

CDPH established and administers a statewide network of **10 California Alzheimer's Disease Centers (CADCs)** at university medical centers.

These Centers provide diagnostic and treatment services; professional training for medical residents, postdoctoral fellows, nurses, interns, and medical students; and community education such as caregiver training and support.

CDPH also established and administers the **Alzheimer's Disease Research Fund**, which awards grants through a competitive process to scientists in California engaged in the study of Alzheimer's disease and related disorders.

Source: <https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/AlzheimersDiseaseProgram.aspx>

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# Healthy Brain Initiative

*CDPH is currently reviewing proposals from local health jurisdictions to assist in local planning and preparation in the following areas:*



Monitoring data and evaluating programs to contribute to evidence-based practice.

Education and empowerment of the public with regard to brain health and cognitive aging.

Mobilizing public and private partnerships to engage local stakeholders in effective community-based interventions and best practices.

Ensuring a competent workforce

<https://www.cdc.gov/aging/healthybrain/roadmap.htm>

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# CDPH's Healthy Aging Initiative

*A comprehensive approach to aging that aligns resources from across the Department to increase public health's capacity to address health concerns of older adults and their caregivers.*

**Vision:** A public health system that supports healthy, resilient, thriving residents throughout the entirety of their lifespan

**Mission:** To amplify, align, and coordinate local and statewide public health efforts to create nurturing, healthy, and inclusive environments for older adults and their support networks



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# Facilitated Questions and Polling

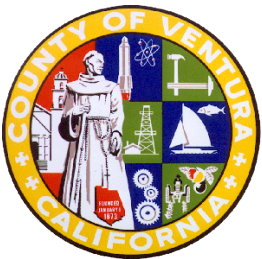


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# Local Leader

**Learn How Not to Fall: A Comprehensive Community Approach to Reducing Falls – Ventura County Elderly Fall Prevention Program**



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# The scope of the problem

“Each year, more than 1.6 million older U.S. adults go to emergency departments for fall-related injuries. Among older adults, falls are the number one cause of fractures, hospital admissions for trauma, loss of independence, and injury deaths.”

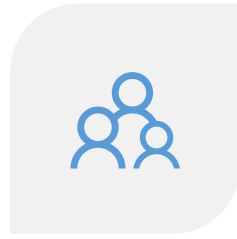
- National Institute for Health, “*Senior Health*”



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# Did you know?



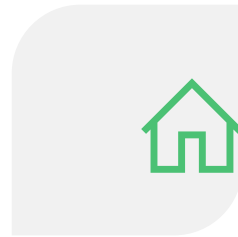
29 MINUTES = OLDER ADULT DEATH FROM A FALL



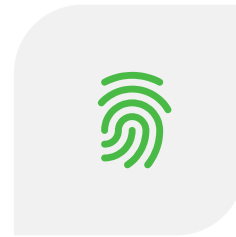
15 SECONDS = OLDER ADULT TREATED IN ER FOR A FALL-RELATED INJURY



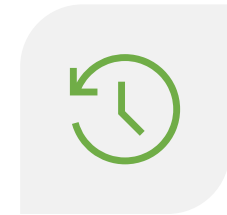
FALLS - #1 CAUSE OF INJURY DEATHS, UNINTENTIONAL INJURIES & INJURY ADMISSIONS IN ELDERLY (NCIPC)



65% OF FALLS OCCUR IN HOMES



1 IN 4 ADULTS OLDER THAN 65, & 1 IN 2 ADULTS OLDER THAN 80 WILL FALL A YEAR



FALLS ARE THE LEADING CAUSE OF DEATH FROM INJURY AMONG PEOPLE AGE 65 AND OLDER

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# Incidence of Falls in Ventura County

Approximately 35,740 falls occurred in Ventura County in those  $\geq 65$  (2014 – 2018)

65% occurred at home

Most people that fell were injured

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# Dollars and Cents

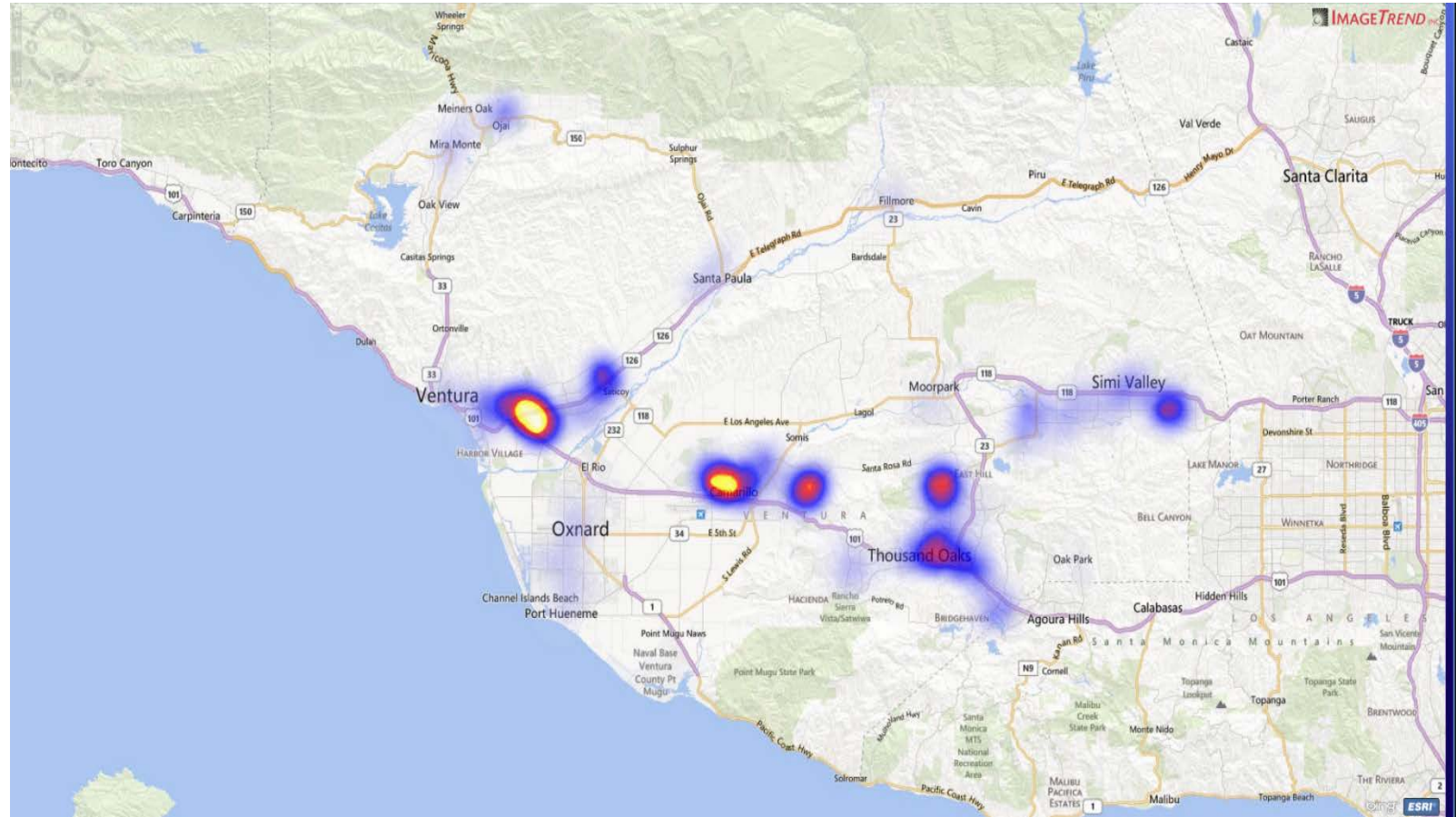


- In 2017, California spent ~ **\$1.0 billion** in healthcare costs – non fatal falls
- Average hospitalization cost: **\$37,000 – \$60,000**
- 2000, cost of falls (U.S.) health system - **\$19 billion** (Centers for Disease Control [CDC])
- 2013, cost of falls (U.S.) health system - **\$34 billion** (CDC)
- 2020, cost projected to rise to: **\$60 billion** (CDC)

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# Ventura County: Where are older adults falling?



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# Why are older adults falling?

## Home

- Improper extension cords
- Wrinkled rugs
- Clutter
- Lighting
- Falling out of bed
- Shower/wet floors
- Small pets
- Improper footwear

## Medical Conditions

- Poor vision
- Dizziness (vertigo)
- Polypharmacy
- Mini strokes (TIA)
- Poor Strength
- Dementia
- Alcohol or Drugs

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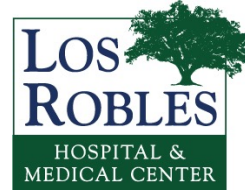


# Why does Ventura County need a fall prevention program?

- We can make an impact in the health and well-being of Ventura County residents
- Older adults are a high-risk group for fall-related injuries
- Falls are frequently preventable
- EMS providers have a unique opportunity to assess elderly patients, identify fall risks, and initiate the prevention process

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Journal of Trauma and Acute Care Surgery:  
July 2016 - Volume 81 - Issue 1 - p 196–206  
doi: 10.1097/TA.0000000000001025  
Guidelines

### Prevention of fall-related injuries in the elderly: An Eastern Association for the Surgery of Trauma practice management guideline

Crandall, Marie MD, MPH; Duncan, Thomas DO; Mallat, Ali MD; Greene, Wendy MD; Violano, Pina MSPH, RN-BC, CCRN, PhD; Christmas, A. Britton MD; Barraco, Robert MD

FREE SDC

JAMA | US Preventive Services Task Force | **RECOMMENDATION STATEMENT**

## Interventions to Prevent Falls in Community-Dwelling Older Adults US Preventive Services Task Force Recommendation Statement

US Preventive Services Task Force



### **Conditionally Recommend:**

Vitamin D and Calcium supplementation for the frail elderly

Hip protectors

Evidence based exercise programs

Physical environment modification

Frailty screening

### **Strongly recommend:**

Risk stratification with targeted comprehensive risk-reduction strategies tailored to high risk groups

### **Recommendation:**

United States Preventive Services Task Force recommends exercise interventions to prevent falls in community-dwelling adults ≥ 65 years who are at increased risk for falls

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# FALL PREVENTION PROGRAM OVERVIEW & GOALS

Reduce

# of Preventable Falls of Older Adults in Ventura County (65 Years and Older)



Raise

Awareness of Fall Prevention



Establish

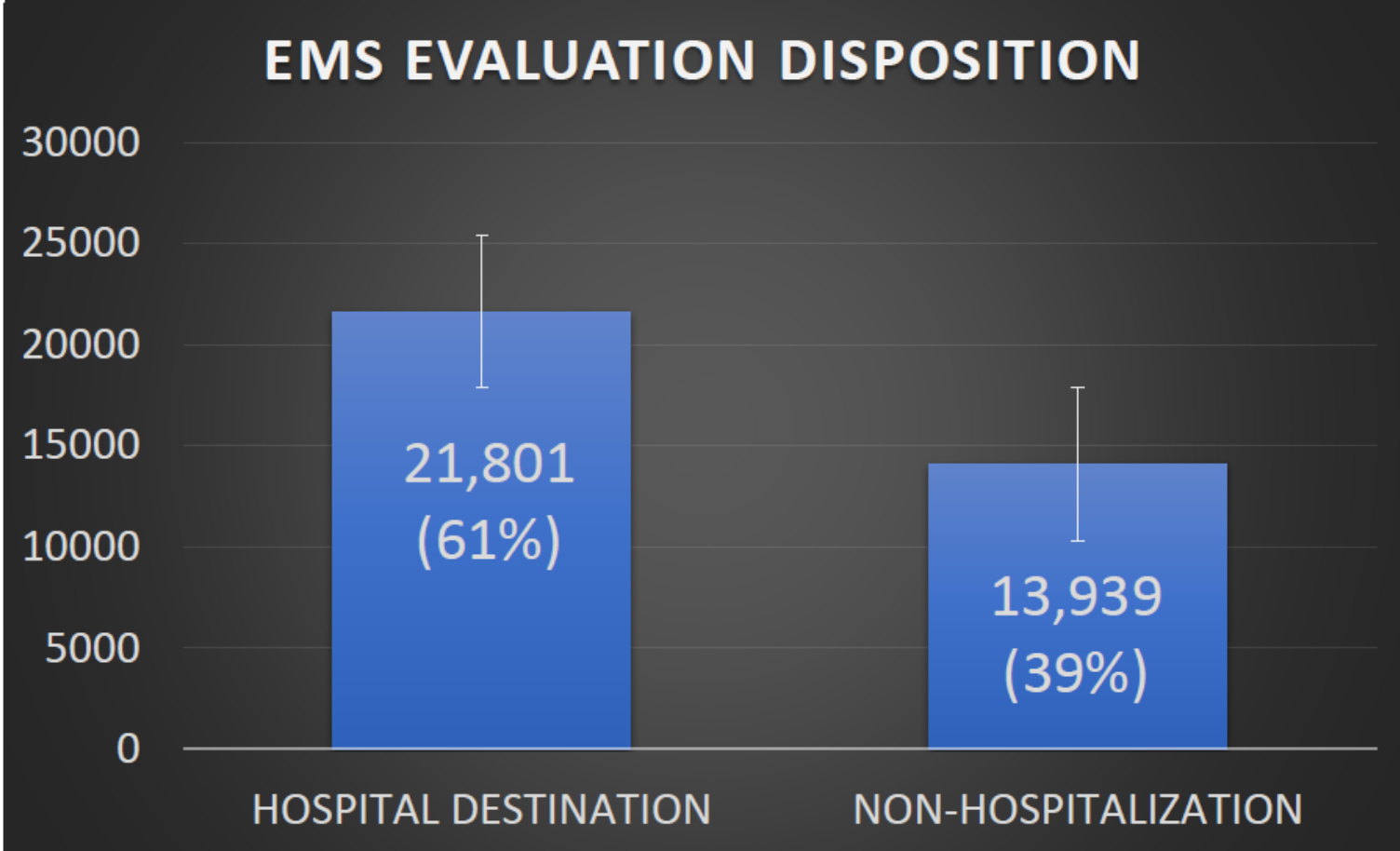
A Baseline for Falls and Demonstrate Mitigation

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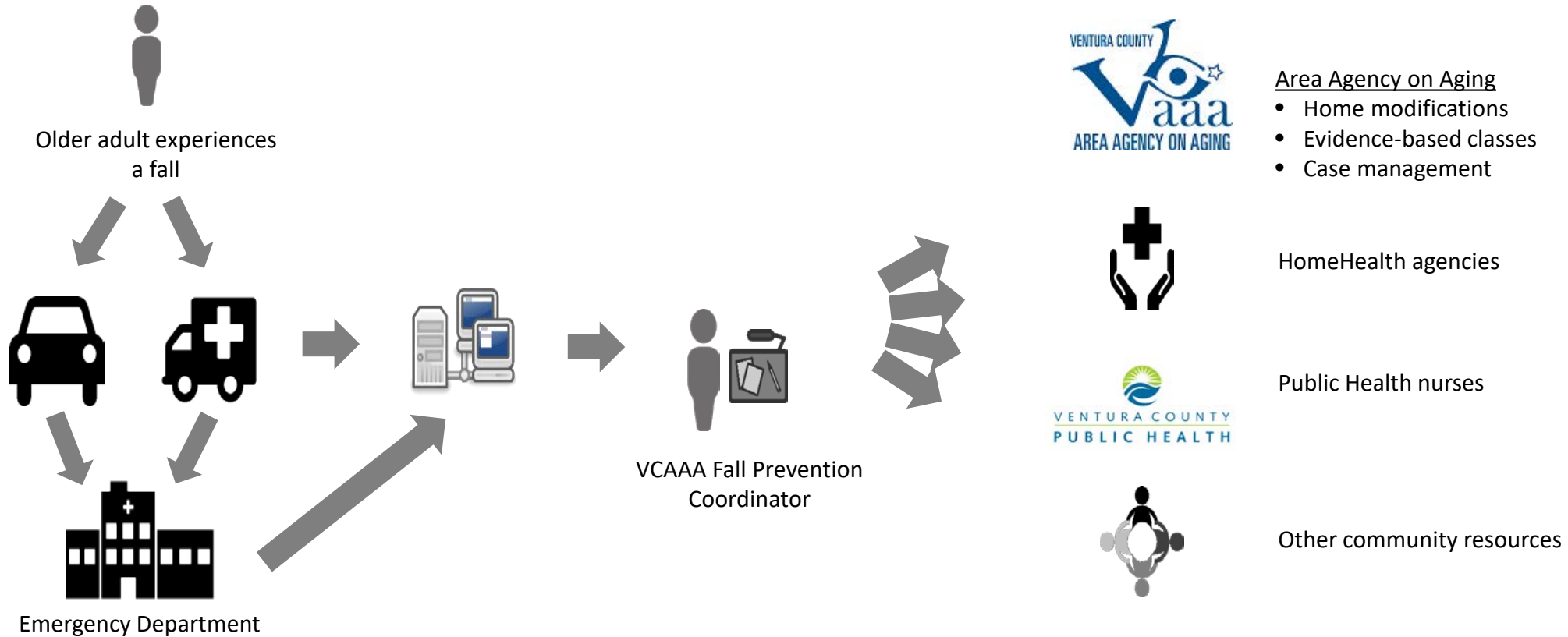
N: 35,740 (2014 – 2018)



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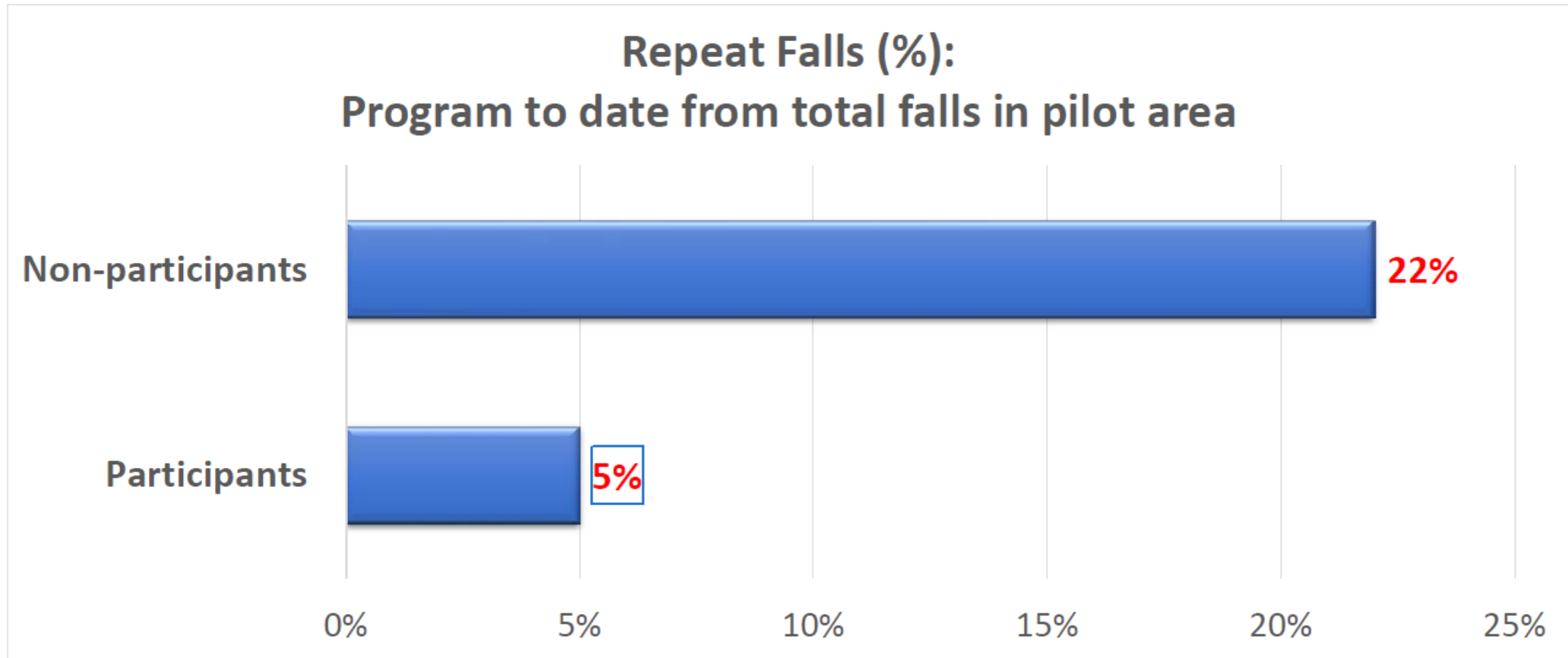
# VCAAA's ROLE: COORDINATE and TRACK SERVICES



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# Falls Reduction



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# Evidence-Based Classes at the Ventura County Area Agency on Aging



Stepping On



Tai Chi: Moving for Better Balance



Matter of Balance: Managing Concerns  
about Falls



Walk With Ease



*Classes are Held at Various Locations  
Throughout the County*

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# Facilitated Questions and Polling



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# Master Plan for Aging Stakeholder Advisory Committee Member

LOOKING AHEAD TO A  
HEALTHIER AND  
DIVERSE OLDER  
CALIFORNIA

STAKEHOLDER ADVISORY  
COMMITTEE MEMBER



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# The Role of the Stakeholder Advisory Committee Member



- One of 34 stakeholder members of *varying experience and expertise*
  - As a committee, we will develop parts of the Master Plan and advise the California Health and Human Services Agency and the Cabinet-level Workgroup on Aging in the development of the Master Plan.
- Public Comments and Recommendations
  - Health & Wellness Health ( $n = 81$ ; 12.11% of all public comments submitted by email by Dec. 3<sup>rd</sup>, 2019)
- Reporting back to the full Stakeholder Advisory Committee on January 21<sup>st</sup>



STAKEHOLDER ADVISORY  
COMMITTEE MEMBER



# Reflections and Public Comment

## Insights from two presentations

- Illustrates the value of “Longevity and Life Span” concepts in planning for healthy aging
  - Ideal healthy aging is most influenced by early and middle life stages
  - What you do and don't do earlier in life has inordinate impact on later life
- Consider a longevity planning campaign for K-12 students
  - “If you want to live a long and healthy life, what can you do now....”
  - Phil Rizzo from Stanford sums it best -- A prescription for healthy longevity: positive lifestyle behaviors, social engagement, a purpose in life...



## Public comments

- Highlights importance of exercise, diet, emotional and physical health
- Concerns about high cost of prescription drugs, difficulty accessing health and medical care, financial worries, transportation and housing and fears of loneliness and depression
- An intriguing public comment
  - “Develop a list of common maladies likely to occur in old age” because too many older persons are surprised and not prepared



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# Reflections and Recommendations

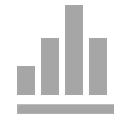
A Key concern: Factors impact life expectancy and the ability to practice healthy aging

- Economic, ethnic and racial disparities
- Geography and zip codes
- Income, race, and immigration status



California: A majority-minority state

- With great disparities in income, wealth, housing and retirement income
- Adjust for regional and local variations
  - Stockton and Palo Alto will not age the same nor have similar ability to practice healthy aging



Rehabilitation, Physical and Occupational Therapy are important disciplines



**ONE KEY THING WE CAN ALL DO - Practice falls prevention!**

- Ventura County provides a best practice
- A regular aspect of doctor visits and family discussions
- A public education campaign
- Encourage home builders and real estate developers to incorporate "Smart Design" in housing arrangements

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# Facilitated Questions and Polling



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# WEBINAR WEDNESDAYS

9:30am - 11:00am

1.22.20 Work Opportunity

1.29.20 Housing

2.05.20 Transportation

2.12.20 Poverty, Hunger, & Homelessness

2.19.20 Emergency & Disaster Preparedness & Response



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