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

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
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.
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
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
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
California Department of Public Health

Healthy Aging in California

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

STATE PARTNER
**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).
RACIAL/ETHNIC GAPS PERSIST IN LIFE EXPECTANCY

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

- All: 81.2 years
- Asian American: 86.9 years
- Latino: 83.7 years
- White: 80.1 years
- Native American: 79.6 years
- African American: 75.6 years
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
Social Determinants of Health (SDOH)

Life expectancy varies by where we live.

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

Healthy People
- Prevention
- Mental Health Services
- Culturally/Linguistically Appropriate and Competent Services
- Income Security
- Housing
- Neighborhood Safety/Collective Efficacy
- Environmental Quality

Healthy Community
- Health Care
- Child Development, Education, and Literacy Rates
- Food Security/Nutrition
- Built Environments
- Discrimination/Minority Stressors

Healthy Environment

Healthy Society

Together We ENGAGE Master Plan for Aging
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.
Prescription Opioids & Older Adults

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

Source: California Opioid Dashboard: https://discovery.cdph.ca.gov/CDIC/ODashboard/
Recently, rates of prescriptions have been tapering off for all age groups.

Source: California Opioid Dashboard: https://discovery.cdph.ca.gov/CDIC/ODdash/
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
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](https://www.cdph.ca.gov/Pages/CaliforniasPublicEducationCampaigns.aspx)
Alzheimer’s Disease & Dementia in California

65+ NUMBER OF PEOPLE AGED 65 AND OLDER WITH ALZHEIMER’S BY AGE*

<table>
<thead>
<tr>
<th>Year</th>
<th>65-74</th>
<th>75-84</th>
<th>85+</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>98,000</td>
<td>270,000</td>
<td>280,000</td>
<td>650,000</td>
</tr>
<tr>
<td>2020</td>
<td>110,000</td>
<td>290,000</td>
<td>290,000</td>
<td>690,000</td>
</tr>
<tr>
<td>2025</td>
<td>120,000</td>
<td>380,000</td>
<td>330,000</td>
<td>840,000</td>
</tr>
</tbody>
</table>

* Totals may not add due to rounding

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

15,065

3rd leading cause of death in California

241% increase in Alzheimer’s deaths since 2000

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

For more information, view the 2018 Alzheimer’s Disease Facts and Figures report at alz.org/facts.

STATE PARTNER
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
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
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
Facilitated Questions and Polling
Local Leader

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

LOCAL LEADER
“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”
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
Incidence of Falls in Ventura County

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

65% occurred at home

Most people that fell were injured
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)
Ventura County: Where are older adults falling?
<table>
<thead>
<tr>
<th>Why are older adults falling?</th>
<th>Home</th>
<th>Medical Conditions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Improper extension cords</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Wrinkled rugs</td>
<td></td>
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<tr>
<td></td>
<td>• Clutter</td>
<td></td>
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<tr>
<td></td>
<td>• Lighting</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Falling out of bed</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Shower/wet floors</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Small pets</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Improper footwear</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Poor vision</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Dizziness (vertigo)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Polypharmacy</td>
<td></td>
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<tr>
<td></td>
<td>• Mini strokes (TIA)</td>
<td></td>
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<tr>
<td></td>
<td>• Poor Strength</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Dementia</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Alcohol or Drugs</td>
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</tbody>
</table>
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
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
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
VCAAA’s ROLE: COORDINATE and TRACK SERVICES

Older adult experiences a fall → Emergency Department → VCAAA Fall Prevention Coordinator

Area Agency on Aging
- Home modifications
- Evidence-based classes
- Case management

Home Health agencies

Public Health nurses

Other community resources

LOCAL LEADER
Falls Reduction

Repeat Falls (%): Program to date from total falls in pilot area

Non-participants: 22%
Participants: 5%
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
Facilitated Questions and Polling
Master Plan for Aging Stakeholder Advisory Committee Member

Looking ahead to a healthier and diverse older California

STAKEHOLDER ADVISORY COMMITTEE MEMBER
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. 3rd, 2019)

- Reporting back to the full Stakeholder Advisory Committee on January 21st
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
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
Facilitated Questions and Polling
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

www.engageCA.org
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