



Healthy Aging Workshop

Summary Report

July 18, 2018
Washington, D.C.

Executive Summary

By the year 2030, 1 in every 5 Americans will be of retirement age; for the first time, the older adult population is projected to outnumber children. Ensuring that the nation's public health systems are equipped to support older Americans is therefore a public health priority.

On July 18, 2018, the [2018 Healthy Aging Workshop](#) convened state health officials, state aging officials, and local health officials (or their designees) to iterate on the latest science in aging and work collaboratively to develop healthy aging action plans. The 2018 Healthy Aging Workshop was co-hosted by the HHS Office of Disease Prevention and Health Promotion, ASTHO, the National Association of States United for Aging and Disabilities, and NACCHO, with support from the HHS Office of Women's Health.

This one-day action planning workshop immediately followed, and built upon, the 2018 Healthy Aging Summit. Using a social determinants of health framework, the summit highlighted interventions, services, supports, and strategies that optimize health and disease prevention among older adults. Representatives from both state and local public health and aging agencies participated in the Healthy Aging Summit and Workshop. Over 100 people attended the workshop, representing 29 states, 25 local health agencies, five federal offices, and six non-federal partner organizations. This multi-level participation was critical to fostering collaborative action plans that effectively utilize and leverage resources from experts in public health and aging at state and local agencies.

By the end of the Healthy Aging Workshop, jurisdictional teams developed short-term and long-term action steps for advancing healthy aging initiatives related to their identified priorities. Most jurisdictional teams cited wanting to become age-friendly states (or communities, for local jurisdictions) by engaging partners, building leadership support, and expanding staff capacity. Attendees have several opportunities to receive support from and ongoing collaboration with the planning and partner teams. Attendees noted the 2018 Healthy Aging Workshop renewed their interest in opportunities to achieve healthy aging goals.





Introduction

Healthy aging is an important public health issue as Americans live longer. Both the average age and life expectancy of the U.S. population are increasing with existing health disparities: from 1975-2015, the population of adults aged 65 and over increased from 22.6 million to 47.8 million, and life expectancy (at birth) increased from 72.6 to 78.7 years among white people and from 66.8 to 75.1 years among black people.¹ In 2015, life expectancy was 82 years among Hispanic people and, by 2009, 73.7 years among American Indian/Alaska Native people.^{2,3} People over 50 in the U.S. contribute \$7.6 trillion to the economy annually, with 80 percent of people age 50 and older planning to work past 65.⁴

Despite living longer, older adults also face limitations in their everyday living activities. Chronic conditions such as diabetes, arthritis, and hypertension may also affect mobility, and account for 95 percent of U.S. older adults' healthcare costs.⁵ Currently, 80 percent of older adults have at least one chronic disease and 68 percent have at least two.⁶ Falls also threaten mobility, and are the leading cause of U.S. older adult injuries.⁷ One quarter of adults aged 65 and over fall annually, causing \$31 billion in injury-related direct medical costs.^{8,9} As of 2018, 5.7 million Americans have Alzheimer's disease; by 2050, we can expect this figure to grow to 13.8 million.¹⁰

Healthcare expenditures (both out of pocket costs and those covered by insurance) for Medicare beneficiaries are expected to rise over time for those over 65. Beyond the impairment, these conditions affect older adults' and caregivers' independence and quality of life.¹¹ Highly-strained caregivers have fewer friends and social contacts than less-strained caregivers.¹²

Improvements in the delivery of preventive services and care coordination, along with a greater understanding of the social, environmental and emotional factors that influence health in the later years of life, could help reduce healthcare costs and support healthy aging.^{13,14} State and territorial health agencies, aging agencies, and local health departments can implement policies and programs that address healthcare, social services, and social determinants of health, thereby enhancing quality of life and independence across the lifespan, particularly among older adults.¹⁵

The Healthy Aging Workshop

The 2018 Workshop built on the success of the 2015 Healthy Aging Summit and the 2015 State Healthy Aging Workshop. In 2015, HHS, in partnership with the American College of Preventive Medicine ACPM, held the first national summit focused exclusively on public health policy and practice related to healthy aging in the United States. This event marked the 50th anniversary of the Older Americans Act and the 80th anniversary of the Social Security Act. The 2015 State Workshop convened state health and aging officials to begin the first planning to improve healthy aging; the 2018 summit continued this work to prepare communities to support people aging in place and promote prevention. New in 2018, the Healthy Aging Workshop invited local health officials to provide further coordination on healthy aging in the public health system.

Healthy People 2020's [Social Determinants of Health](#) model provided a framework for the Healthy Aging Workshop for state and territorial agencies, local agencies, and a broad network of partners to galvanize support for health promotion efforts. The framework focuses on the impact of where we live, work, learn, and play, and how using evidence-based strategies can improve the health of older adults in their communities. Further, Healthy People objectives and related indicators guide state and local health departments, nonprofits, and businesses in health improvement planning with diverse partners.



These strategies and national goals served as a backdrop to the Healthy Aging Summit and Workshop. The Healthy Aging Workshop (July 18, 2018) was a unique opportunity for state health officials, state aging officials, and local health officials (or their designee) to build actionable plans based on the science and best practices presented during the Healthy Aging Summit (July 16-17, 2018). The Healthy Aging Summit and Workshop aimed to:

- Explore ways to keep Americans healthy as they transition into older adulthood and maximize the health of all older adults.
- Provide an opportunity to discuss the integration of evidence-based prevention strategies into jurisdictional planning.
- Build on the success made by state and local health officials since the first Healthy Aging Workshop in 2015 to create new action plans. (The multi-level participation of state health officials, state aging officials, and local public health leadership was paramount to jumpstarting collaborative efforts to improve outcomes for older adults.)

Alongside the planning team, subject matter experts from CDC, HHS' Office of Women's Health, the Alzheimer's Association, Trust for America's Health, the Administration for Community Living (ACL), and the National Council on Aging supported plenary sessions and action planning. A small number of attendees from state or local agencies also presented on programs and initiatives in their jurisdictions that have improved health outcomes for older adults. HHS regional health administrators (RHAs) facilitated the action planning portion of the workshop to strengthen linkages between jurisdictions and federal resources. A full RSVP list for the Healthy Aging Workshop is available in Appendix A.

Pre-Workshop Exercise

Prior to attending the Healthy Aging Workshop, participants completed a pre-workshop exercise intended to prepare them for the action planning sessions at the workshop. The exercise asked participants (either individually or as a state team) to rank the goals and strategies related to healthy aging, which mirrored the Healthy Aging Summit focus areas. Overarching themes included social and community context, maximizing quality of life, health and healthcare, and the neighborhood and built environment. For each focus area, a list of example strategies was outlined by the planning team to help guide interpretations. The prioritization encouraged participants to be aspirational and look beyond their current work in healthy aging within the jurisdiction.

Once participants and teams had prioritized the themes on a scale of one to five (1 = top priority, 5 = low priority), they chose a set of top healthy aging strategies to focus on in the next calendar year. For each top strategy, participants or teams identified the key activities in their jurisdictions related to that priority, the partners involved in that work, and any other considerations or competing factors to keep in mind for the workshop. A copy of the pre-workshop exercise is available in Appendix B.



Participants and their respective RHAs used their completed pre-workshop exercises to facilitate action planning at the workshop. Below is a table of the themes named as a priority, in order of how many jurisdictions named it a priority. Five themes were not ranked as a top priority: 1) reproductive health, 2) oral health, 3) emergency preparedness, 4) physical disabilities, physical activity, and mobility, and 5) arts and the outdoors.

Table: Pre-Workshop Exercise Top Priority Themes (Ranked #1-2)

Themes	No. of Jurisdictions
Surveillance and evaluation	16
Age-friendly communities	15
Chronic conditions and preventive healthcare	10
Workforce and caregiving challenges	10
Mental health	3
Health literacy and cultural sensitivity	7
Caregiving	1
Transportation	3
Injury and falls prevention	1
Brain health	3
Healthy food priority areas	3
Alcohol and drug use, misuse, and treatment	1

Overview of the Healthy Aging Workshop

The Healthy Aging Workshop focused on supporting state and local public health and aging agencies in identifying steps and prevention strategies to maximize health and improve quality of life for older adults in the U.S. The agenda is available in Appendix C. There were four panels or presentations and three action planning sessions that aimed to address the workshop's goals for its attendees:

- Help attendees take action at the federal, state, and local levels to improve health for older adults.
- Improve states' capacities to implement healthy aging initiatives by facilitating communication about promising strategies and common challenges.
- Mobilize action in states and local jurisdictions to update and create healthy aging implementation and action plans.
- Identify state and local opportunities to track progress.

At the start of the day, attendees heard about the importance of and strategies for creating age-friendly public health systems and communities. During this session, John Auerbach, president and CEO of Trust for America's Health (TFAH), highlighted the importance of public health systems in age-friendly communities and states. The TFAH team discussed launching a public health feasibility study in Florida and included examples from Oregon. Celeste Philip, surgeon general and secretary of health for Florida,



recommended that attendees take mental health breaks when in their home jurisdiction and to support their staff to do the same. Philip described Florida's age-friendly community plan as a strong start to focus on health equity, but one that still needed to engage other partners (e.g., housing organizations, Medical Reserve Corps volunteers, and emergency responders) to address the full range of services required to age healthily in the state. Jennifer Raymond, director of the Healthy Living Center of Excellence in Massachusetts, highlighted the important functions of the center's partners in the Massachusetts Healthy Aging Collaborative:

- 1) Impact policymaker behavior change.
- 2) Create champions among traditional and non-traditional partners in healthy aging.
- 3) Empower the communities that are most directly associated with older adults and adults with disabilities to give these jurisdictions tools and assistance from the collaborative.

To better understand the needs of people transitioning into older adulthood, the Healthy Living Center spent a year completing 30 listening seminars and 75 focus groups in Boston. Similarly, Mercedes Perezchica from City of Long Beach Department of Health and Human Services presented the agency's 2018 gap analysis and adoption of the AARP Age-Friendly Framework, through which the agency hopes to build partnerships and tailor its actions to the needs of adults in Long Beach.

The conversation continued with a panel on understanding the impact of the opioid epidemic on the aging population. Panel members included Shannon Skowronski, team lead at the Administration on Aging/Administration for Community Living within HHS' Office of Nutrition and Health Promotions Programs, and Umair Shah, director of Harris County Public Health's Office of Public Health Preparedness and Response. These experts shared the need for providers and public health practitioners to personalize the impact of substance misuse and abuse, to remember that substance misuse is treatable and a person can recover, and to utilize alternative pain management strategies for people transitioning into older adulthood. According to these panelists, for all three of these improvements to occur, leadership teams are encouraged to focus on coalition building and partner engagement to ensure those who are considered trusted sources are equipped with the necessary information.

The next panel discussed combating depression, loneliness, and social isolation in aging, which is key to supporting the mental well-being and health of people as they transition into older adulthood. During the panel, Shahab Kaviani, director of social connectedness innovations at the AARP Foundation, recommended leveraging results from AARP pilot projects. This work includes using in-home technologies (e.g., Amazon's Alexa or Google Home) to create greater social connection through programs loaded into Alexa and use of a "friendship line." The friendship line could allow older adults to receive calls from volunteers interested in checking in with them.

Also during the panel, Marcy Flanagan, director of the Pima County Health Department, focused on the successes of the agency's Neighbors Care Alliance, Congregate Meal Sites, and social phone line to



integrate social connection opportunities with social services. Of note, the Neighbors Care Alliance is a coalition of 1,300 groups and over 2,000 volunteers who help with social home visits, yard work, transport, and several other quality of life services. The Congregate Meal Sites provide both healthy meals and social activities (i.e., dancing, painting, and knitting) for people who are able to leave their homes. Vermont Department of Health Commissioner Mark Levine also presented Vermont's experience supporting a large older adult population and explained the importance of integrating mental health services into other key services for older adults (i.e., home visits, social caller programs, and community centers) to support mental well-being and social connectedness.

Over lunch, Molly French, director of public health at the Alzheimer's Association, and Lisa McGuire, lead for CDC's Alzheimer's Disease and Healthy Aging Program, presented on Alzheimer's disease and the Healthy Brain Initiative. They highlighted the need for state and local jurisdictions to support cognitive health by leveraging the Healthy Brain Initiative Road Map, which is a guide to addressing Alzheimer's disease and other dementias from a public health approach. The road map is separated into 25 action items listed under four traditional domains of public health: monitor and evaluate, educate and empower the nation, develop policy and mobilize partnerships, and assure a competent workforce. An updated version will be released October 18, 2018 with a stronger focus on promoting health equity, sustainability for cross-sector partnerships, and leveraging resources available. A companion road map will be available for Indian Country to support tribal leaders and their communities. For more information, visit the Alzheimer's Association's [public health officials webpage](#) and CDC's [Healthy Aging program webpage](#).

Action Planning

To help attendees leverage what they learned during the Healthy Aging Summit and apply that to achieve the healthy aging goals identified through pre-workshop activities, the workshop anchored around three action planning sessions. During these sessions, attendees were grouped by HHS regions to facilitate information sharing and action planning across state lines. Participants worked through action planning either as a region or by jurisdiction. Each session used the Technology of Participation facilitation methods as the facilitation framework. RHAs facilitated the action planning sessions with support from a co-facilitator from ACL or the National Council on Aging and at least one note taker from the partner team.

The first session, "Reflections and Takeaways," was designed to help attendees recall best practices, science and research, tools and resources, and other learnings that could support the priorities identified in the pre-workshop exercise. (See Appendix D for the key questions for this first session.) Notes from this session indicated that several presentations and resources from the Healthy Aging Summit surfaced to the top for attendees, including:

- Susan Reinhard's presentation on the AARP Network of Age-Friendly Communities during the plenary panel "Leadership in Healthy Aging."



- The ASTHO-CDC presentation on brain and heart health messaging in Indian Country during concurrent session 211, “Health and Healthcare,” which discussed improving health literacy, cultural awareness, and physician education for older adults and their caregivers (including those with cardiovascular disease, Alzheimer’s disease and other dementias).
- The closing plenary “Age-Friendly Public Health Systems” by Terry Fulmer, president of the John A. Hartford Foundation.
- John Auerbach’s presentation about Trust for America’s Health Report, “Creating an Age-Friendly Public Health System” during the Fireside Chat.

During the second session, a small group discussion was designed to help attendees identify what sustainability within healthy aging could look like in their jurisdictions. Teams discussed how to sustain collaborations, innovations, and progress in aging. The first set of key questions centered on the reflection from the morning to help the group consider how those best practices and tools and resources could be applied in their own jurisdictions or regions. The second set of key questions sparked the beginning of the action planning process by updating top priorities identified through the pre-workshop exercise with new information gained from the Healthy Aging Summit and Workshop. (See Appendix E for the key questions for the second session.)

In the third session, “State and Local Teams Action Plans,” teams walked through their priority action steps and goals to identify at least two short-term goals and one long-term goal. Each region completed the third session differently due to variations in facilitator styles and attendee preferences to work as a region versus jurisdiction, resulting in a wide variety of written action plans. (Find the directions and handout for the third session in Appendix E.) The Healthy Aging Summit tracks identified as a priority shifted slightly from the pre-workshop exercise to workshop action planning sessions, as the table below shows.

Table: Healthy Aging Summit Tracks Named as Priority in Action Plans

Tracks	No. of Mentions
Age-friendly communities	38
Surveillance and evaluation	17
Health literacy and cultural sensitivity	10
Workforce and caregiving support	5
Alcohol and drug use, misuse, and treatment	2
Healthy food priority areas	2
Transportation	1

To achieve the identified short-term and long-term goals, attendees noted the specific resources needed for most action steps. Based on the action plans, partner engagement and staff capacity and time were resources jurisdictions identified as critical to advancing healthy aging initiatives. See the table below for a full list of resource mentions.



Table: Resources Needed for Action Steps

Resources	No. of Mentions
Partner engagement	21
Staff capacity/time	20
Other (e.g., multiple resources, literacy tools, and data sharing agreements)	7
Funding	5
Policy/process change	2

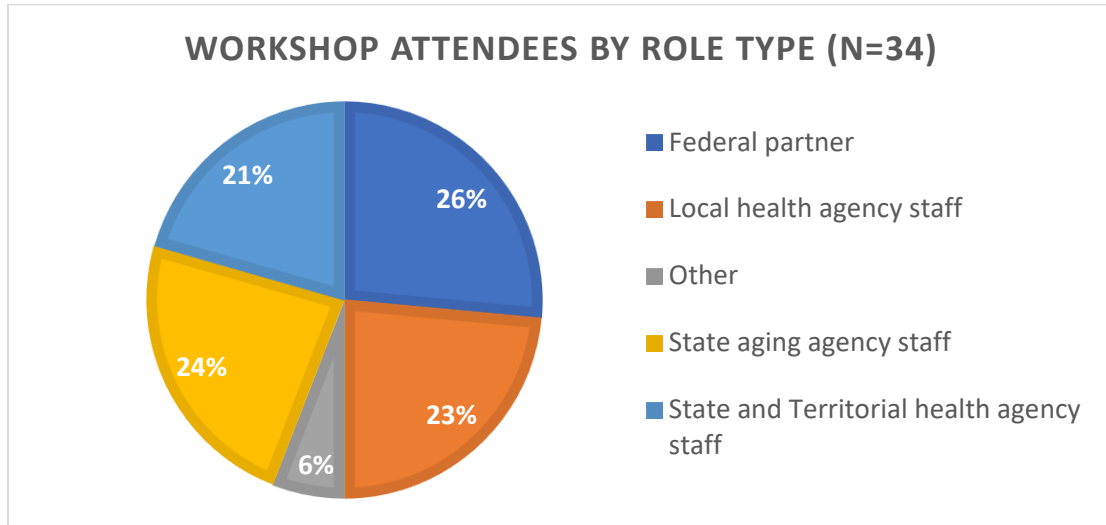
Action plan notes from the third session pointed to following resources as necessary to advance healthy aging initiatives:

- Infographic software to help develop advocacy materials and highlight key healthy aging statistics in a jurisdiction.
- Partnerships with Medicaid to develop exemptions for older adults living near or at a state border to ensure access to healthcare facilities based on distance from home.
- Information on violence prevention and elder abuse to better protect older adults.
- Root cause analyses to support strategic planning to reduce health disparities and advance health equity.
- Partnership with the Medical Reserve Corps to integrate their support into projects related to healthy aging.
- Databases or documents to store partner information and map resources to improve community to clinical linkages.

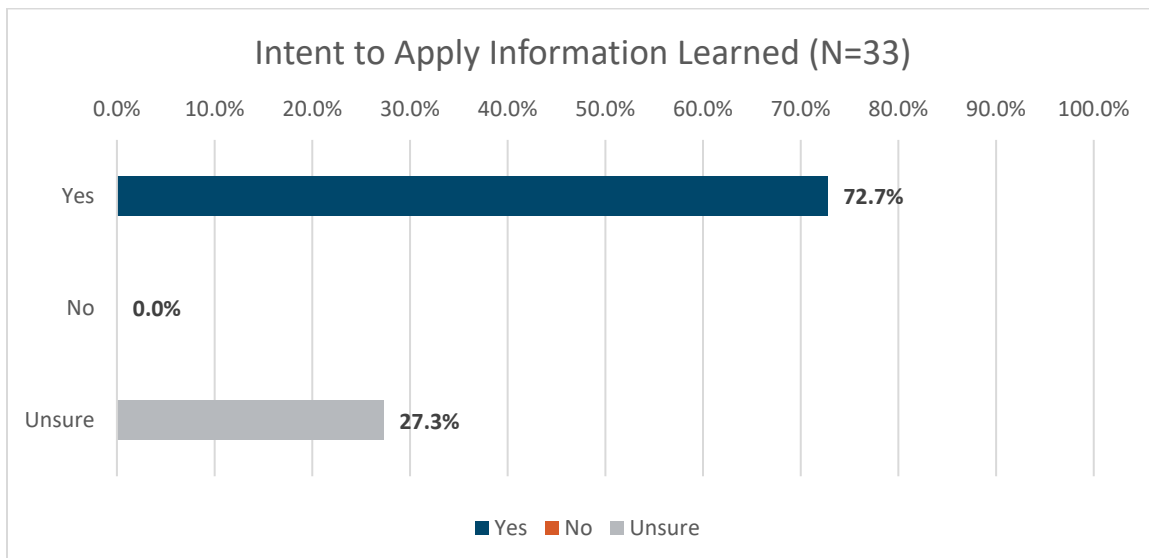
Following the action planning sessions, attendees reported out to the full group on select goals and action steps to provide an opportunity for information sharing across regions and jurisdictions. Many participants spoke to the need to continue working together and setting up meetings across their departments and partners in the region. To influence leadership support, participants committed to creating infographics to tell the data story, present at statewide conferences, and schedule meetings with state legislatures and advocacy organizations. Attendees noted that additional partner engagement is necessary to leverage existing programs and infuse healthy aging into state health improvement plans.

Evaluation Report

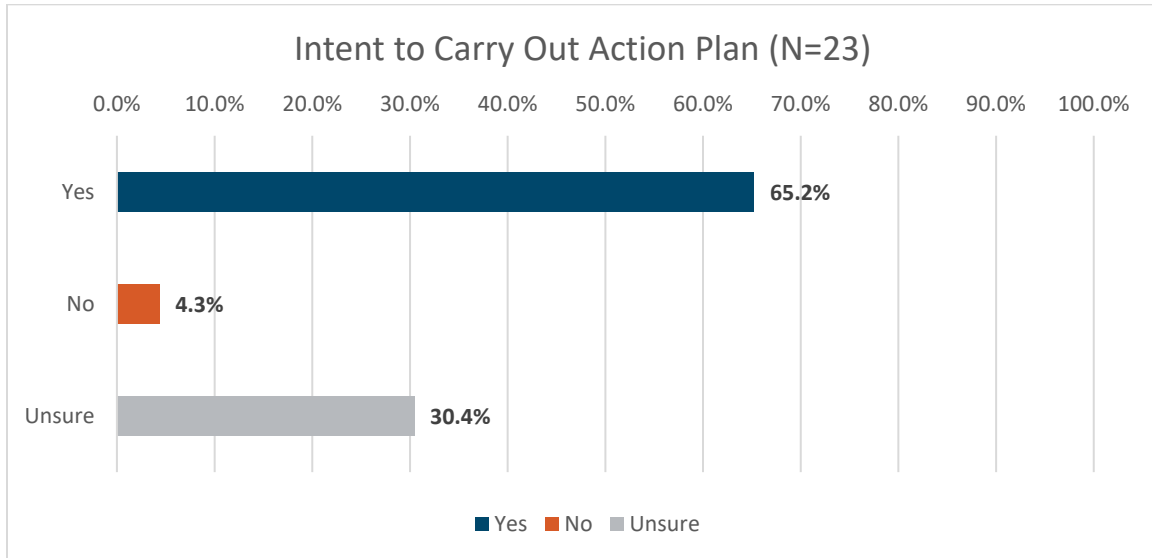
Following the Healthy Aging Workshop, participants were asked to complete an evaluation to assess the utility of the learning opportunity. A total of 34 people completed the survey, an even split between federal partners, state and territorial health agency staff, state aging agency staff, and local health agency staff. Attendees ranked the workshop 4.3 out of 5 stars.



Over 70 percent of participants noted that they intend to apply the information learned through the workshop to improve their public service practice, while about 30 percent of participants said they were unsure. Key themes in qualitative responses included partnerships and sharing resources. Participants said that they planned to share the resources and lessons with their staff, schedule recurring meetings with their teams to advance the action steps, or establish a resource hub for healthy aging resources and tools.



More than half of workshop participants (65%) selected that they intend to carry out the action plan developed at the workshop, while 30 percent said they were unsure and 4 percent said that they did not intend to carry out the action plan developed at the workshop. Key themes in these qualitative responses included collaboration with leadership and partners. Participants said they planned to meet with agency leadership, Medicaid agency staff, state legislatures, and governor's office staff. Participants identified community assessments and plans, along with state health improvement plans, as opportunities to infuse healthy aging-focused policies and support.



Overall comments about the workshop addressed the overlap in sessions and topics with the 2018 Healthy Aging Summit, the need for complete jurisdictional teams, and the need for consistency across facilitators to support action plan development. Acknowledging the areas for improvement, participants commented that the pre-workshop exercise was useful in compelling teams to meet before the workshop. Attendees also noted that the workshop was a great opportunity to network with staff they typically do not work with in their own jurisdictions, and that the brainstorming session generated great ideas for future goals.

Conclusion

The 2018 Healthy Aging Workshop built on the successes of the 2015 Healthy Aging Summit and the presentations from the 2018 Healthy Aging Summit to support action planning and multi-level collaboration. Both participants and facilitators expressed satisfaction with (1) the opportunity to work together as a state or regional team and (2) the time as a team required to complete the pre-workshop exercise. Individuals who attended with full jurisdictional teams were able to define action steps, while those with partial jurisdictional teams were able to identify key partners and meeting objectives to continue action planning with their jurisdictional teams. Please contact [Kelsey Donnellan](#), ASTHO's health promotion and disease prevention analyst, with any questions about the pre-workshop exercise or action plans developed through the workshop.

Participants offered specific recommendations for improving future workshops, such as including more time for jurisdictional teams to discuss action steps, avoiding repeat presentations from the Healthy Aging Summit, and offering breakout sessions based on role or jurisdiction type. Acknowledging these areas of improvement, the planning team will continue to support jurisdictions and their staff in implementing healthy aging-focused action plans. The majority of teams intend to apply what they learned and implement their action plans, an important step to ensure that individuals are supported as they transition into older adulthood.

Resources



The following resources serve as frameworks and networks based in evidence and experience best practices for prioritizing healthy aging and strategies for supporting older adults.

- [AARP's Network of Age-Friendly Communities](#)
- [Healthy Brain Initiative: A National Public Health Road Map to Maintaining Cognitive Health](#)
- [National Council on Aging Center for Healthy Aging](#)
- [Trust for America's Health Report "Creating an Age-Friendly Public Health System"](#)
- [WHO Global Network for Age-Friendly Cities and Communities](#)

Upcoming Opportunities

The workshop sponsors and partners shared their commitment to support jurisdictions in their healthy aging initiatives and to serve as a resource beyond the meeting. To support attendees in continued conversation, planning, and healthy aging initiative implementation, the workshop planners offered the following two opportunities to workshop participants.

- **October 2018 – July 2019:** The joint ASTHO-Alzheimer's Association Learning Community to Support Public Health Action on Healthy Aging and Alzheimer's. This learning community will provide ongoing support to state teams to implement their healthy aging action plans related to state health agencies' efforts to promote brain health, improve early diagnoses of and care for people with cognitive impairment, and/or enhance support for caregivers for people living with dementia. Email [Talyah Sands](#) and [Molly French](#) for more information about this project.
- **October 18, 2018:** [Mission Possible: Changing the course of dementia, a growing public health crisis webinar](#). What once was just a medical and aging issue is now also a rising public health concern. Each year, Alzheimer's and other dementias increasingly impact older Americans, their families, and communities and escalate government expenditures. More than ever, public health has a critical role to play in changing the course of dementia.

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Appendix A: RSVP List

HHS Region 1		
Full Name	Title	Health Department
Raul Pino <i>(unable to attend)</i>	Commissioner	Connecticut Department of Public Health
Neal Lustig	Director of Health	Pomperaug Health District
Lindsey Tucker	Associate Commissioner	Massachusetts Department of Public Health
Jennifer Lo	Medical Director	Boston Public Health Commission
Christine Vu	Associate Division Director, Division of Healthy Homes and Community Supports	Boston Public Health Commission
Wendi Aultman	Administrator	New Hampshire Department of Health and Human Services
Randi Belhumeur	Program Manager	Rhode Island Department of Health
Aleatha Dickerson	Senior Medicare Patrol, Rhode Island Division of Elderly Affairs	Rhode Island Department of Human Services
Monica Hutt	Commissioner	Vermont Department of Disabilities, Aging and Independent Living
Mark Levine	Commissioner	Vermont Department of Health
Betsy Rosenfeld	Regional Health Administrator, Region I	HHS Office of the Assistant Secretary for Health

HHS Region 2		
Full Name	Title	Health Department
Danielle Greene	Chief of Staff	New York State Department of Health
Linda Beers	Director of Public Health	Essex County Health Department
April Smith-Hirak	Regional Health Administrator, Region II (Acting)	HHS Office of the Assistant Secretary for Health

HHS Region 3		
Full Name	Title	Health Department
LaQuandra Nesbitt	Director	District of Columbia Department of Health
Laura Newland	Executive Director	District of Columbia Office on Aging
Kaitlyn Mondejar	Population Health Community Coordinator	Virginia Beach Health Department
Dalton Paxman	Regional Health Administrator, Region III	HHS Office of the Assistant Secretary for Health



HHS Region 4		
Full Name	Title	Health Department
Julie Waters	Program and Planning Division Chief	Alabama Department of Senior Services
Celeste Philip	Surgeon General and Secretary of Health	Florida Department of Health
Katie McDeavitt	Public Health Preparedness Section Chief	Florida Department of Health in Okaloosa County
Karen Weller	Assistant Community Health Nursing Director and Director of Community Health and Planning	Florida Department of Health in Miami-Dade County
Abby Cox	Director, Division of Aging Services	Georgia Department of Human Services
Betsy Kagey	Academic and Special Projects Liaison for the Division of Health Protection's Office of Emergency Preparedness and Response	Georgia Department of Health
J. Patrick O'Neal	Commissioner and Director of Health Protection	Georgia Department of Public Health
Jennifer Schroeder	Director of Quality and Preparedness	Appalachian Health District
Danielle Henderson	Director, Population Health Data Unit	South Carolina Department of Health and Environmental Control
Regina Nesmith	Community Health Educator	South Carolina Department of Health and Environmental Control- Pee Dee Region
Annalea Cothron	Aging Commission Liaison	Tennessee Commission on Aging & Disability
Sally Pitt	Patient Care Advocate, Office of Patient Care Advocacy	Tennessee Department of Health
Bill Ulmer	Director, Community Health	Chattanooga-Hamilton County Health Department
Sharon Ricks	Regional Health Administrator, Region IV	HHS Office of the Assistant Secretary for Health



HHS Region 5		
Full Name	Title	Health Department
Jennifer Herd	Senior Health Policy Analyst, Office of Chronic Disease Prevention and Health Promotion	Chicago Department of Public Health
Matthew Foster	Director of Long Term Care	Indiana State Department of Health
Sarah Renner	Director, Division of Aging	Indiana Family and Social Services Administration
Linda Scarpetta	Director, Chronic Disease and Injury Control	Michigan Department of Health and Human Services
Mary Manning	Division Director, Health Promotion and Chronic Disease Prevention	Minnesota Department of Health
Jacqueline Peichel	State Program Administrator for Home and Community Based Services, Aging and Adult Services Division	Minnesota Department of Human Services
Kathy Hedin	Healthy Communities Division Manager	St. Paul - Ramsey County Public Health
Beverley Laubert	Director	Ohio Department of Aging
Regina Vidaver	Section Chief, Chronic Disease Prevention and Cancer Control	Wisconsin Department of Health Services
Margie Hackbarth	Director of Business Development	Wisconsin Institute for Healthy Aging
Anna Gonzales	Regional Health Administrator, Region V (Acting)	HHS Office of the Assistant Secretary for Health



HHS Region 6		
Full Name	Title	Health Department
Craig Cloud	Director, Division of Provider Services and Quality Assurance	Arkansas Department of Human Services
Jennifer Dillaha	Medical Director for Immunizations and Medical Advisor for Health Literacy and Communication	Arkansas Department of Health
Lynn Gallagher <i>(unable to attend)</i>	Secretary	New Mexico Department of Health
Julie Myers	Program Manager, Protective Health Services	Oklahoma State Department of Health
Karen Poteet	Acting Director, Aging Services	Oklahoma Department of Human Services
Umair Shah	Executive Director	Harris County Department of Public Health
Deborah Moore	Assistant Director, Human Services Division	Harris County Department of Public Health
Sherri Onyiego	Chronic Disease Prevention Physician, Nutrition and Chronic Disease Division	Harris County Department of Public Health
Janice Sparks	Senior Health Analyst, Area Agency on Aging	Harris County Department of Public Health
Mehran Massoudi	Regional Health Administrator, Region VI	HHS Office of the Assistant Secretary for Health

HHS Region 7		
Full Name	Title	Health Department
Linda Miller	Director	Iowa Department on Aging
Jacob Luebbering	Fiscal and Administrative Manager	Missouri Department of Health and Senior Services
Shary Jones	Region Health Administrator, Region VII (Acting)	HHS Office of the Assistant Secretary for Health



HHS Region 8		
Full Name	Title	Health Department
Wade Buchanan	Governor's Senior Advisor on Aging	State of Colorado
Gabriel Kaplan	Chief, Health Promotion and Chronic Disease Prevention Branch	Colorado Department of Public Health and Environment
Melinda Gates	Director, Division of Aging and Adult Services	Colorado Department of Human Services
Barb Smith	Division Administrator for Senior Long Term Care	Montana Department of Public Health and Human Services
Nels Holmgren	Division Director, Aging and Adult Services	Utah Department of Human Services
Jeff Coombs	Executive Director	Tooele County Health Department
Jamie Zwerin	In-Home Services Coordinator, Tooele County Aging Services	Tooele County Health Department
Theresa Knox	Nursing and Nutrition Supervisor	Grand Forks City County Public Health Department
Laurie Konsella	Region Health Administrator, Region VIII	HHS Office of the Assistant Secretary for Health

HHS Region 9		
Full Name	Title	Health Department
Marcy Flanagan	Director	Pima County Health Department
Lora Connolly	Director	California Department of Aging
Karen Smith	Director and State Public Health Officer	California Department of Public Health
Chuck Matthews	Acting Director, Aging and Independent Services	County of San Diego Health and Human Services Agency
Mercedes Perezchica	Healthy Aging Center Manager, Community Health Bureau	City of Long Beach Department of Health and Human Services
Wilma Wooten	Health Officer and Director	County of San Diego Health and Human Services Agency
Duane Young	Deputy Administrator	Nevada Division of Public and Behavioral Health
Joseph Iser	Chief Health Officer	Southern Nevada Health District



HHS Region 10		
Full Name	Title	Health Department
Lynne Keilman-Cruz	Health Program Manager IV and Chief of Quality, Senior and Disabilities Services	Alaska Department of Health and Social Services
Lisa McGuire	Health Program Manager IV and Chief of Programs, Senior and Disabilities Services	Alaska Department of Health and Social Services
Dieuwke Dizney-Spencer	Deputy Administrator, Division of Public Health	Idaho Department of Health and Welfare
Judy Taylor	Administrator	Idaho Commission on Aging
Janna Bardi	Assistant Secretary for Prevention and Community Health	Washington State Department of Social and Health Services
Susan Engels	Office Chief, State Unit on Aging	State of Washington Department of Social and Health Services
Ingrid McDonald	Policy Director	Public Health – Seattle and King County
Renée Bouvion	Region Health Administrator - Region X (Acting)	HHS Office of the Assistant Secretary for Health

Planning Team		
Full Name	Title	Organization
Ayanna Johnson	Public Health Advisor	HHS Office of Disease Prevention and Health Promotion
Yen Lin	Public Health Advisor	HHS Office of Disease Prevention and Health Promotion
Reena Chudgar	Director, Performance Improvement	NACCHO
Barbara Laymon	Lead Program Analyst, Performance Improvement	NACCHO
Damon Terzaghi	Senior Director of Medicaid Policy and Planning	National Association of States United for Aging and Disabilities
Kelsey Donnellan	Analyst, Health Improvement	ASTHO
Talyah Sands	Director, Health Improvement	ASTHO
Erin Bayer	Senior Director, Health Improvement	ASTHO
Marcus Plescia	Chief Medical Officer	ASTHO
Allen Rakotoniaina	Intern, Health Improvement	ASTHO
Tiffany Woodford	Intern, Social and Behavioral Health	ASTHO
Rose Felipe	Senior Analyst, Health Improvement	ASTHO
Assiatou Kama	Senior Analyst, Chronic Disease Prevention	ASTHO



Partner Teams		
Full Name	Title	Organization
Keri Lipperini	Director, Office of External Affairs	Administration for Community Living
Shannon Skowronski	Aging Services Program Specialist	Administration for Community Living
Kristie Kulinski	Aging Services Program Specialist	Administration for Community Living
Holly Greuling	National Nutritionist	Administration for Community Living
Whitney Bailey	Deputy Administrator for Regional Operations and Partnership Development	Administration for Community Living
Edwin Walker	Deputy Assistant Secretary for Aging	Administration for Community Living
Lance Robertson	Assistant Secretary for Aging	Administration for Community Living
Kathleen Otte	Regional Administrator (Regions I, II, and III)	Administration for Community Living
Jennifer Throwe	Aging Services Program Specialist (Region I)	Administration for Community Living
Molly French	Director, Public Health	Alzheimer's Association
John Shean	Associate Director, Public Health	Alzheimer's Association
Lisa McGuire	Lead, Alzheimer's Disease and Healthy Aging Program	CDC
Heidi Holt	Public Health Advisor, Alzheimer's Disease and Healthy Aging Program	CDC
Kendra Kuehn	Research and Policy Associate, Health Benefits ABCs	International Association for Indigenous Aging
Kathleen Cameron	Senior Director, Center for Healthy Aging	National Council on Aging
Chelsea Gilchrist	Senior Program Manager	National Council on Aging
Angelica Herrera-Venson	Associate Director, Data Management and Evaluation	National Council on Aging
Marissa Whitehouse	Senior Program Specialist	National Council on Aging
Kathleen Zuke	Senior Program Manager	National Council on Aging
Danielle Catona	Summer Fellow	National Council on Aging
Don Wright	Deputy Assistant Secretary for Health	Office of Disease Prevention and Health Promotion



Carter Blakey	Deputy Director, Director, Community Strategies Division	Office of Disease Prevention and Health Promotion
Angie McGowan	Project Director (CDC Assignee)	Office of Disease Prevention and Health Promotion
Tiffani Kigenyi	Public Health Advisor	Office of Disease Prevention and Health Promotion
Emmeline Ochiai	Public Health Advisor	Office of Disease Prevention and Health Promotion
Elizabeth Pendo	Joseph J. Simeone Professor of Law	Saint Louis University School of Law
John Auerbach	President and CEO	Trust for America's Health
Anne De Biasi	Director of Policy Development	Trust for America's Health
Megan Wolfe	Policy Development Manager	Trust for America's Health
Kevin McIntyre	Government Relations Representative	Trust for America's Health
Julia Sabrick	Policy Development Intern	Trust for America's Health



Appendix B

Healthy Aging Workshop Pre-Meeting Exercise

INSTRUCTIONS

Please complete the following materials by **July 2, 2018** in preparation for the Healthy Aging Workshop. This information will be used during the planning sessions at the workshop. Feel free to complete this worksheet in partnership with your team prior to attending the Healthy Aging Workshop. This should take no more than 1 hour to complete. This worksheet outlines goals and strategies for healthy aging based on the [Healthy People 2020 Social Determinants of Health model](#). Please note the examples may fit under multiple categories and there should be overlap as program goals are collaborative in nature.

Part One – Table A (15 min)

1. Review the “**Goals and Strategies Related to Healthy Aging**” in **column 1** and the list of “**Examples**” in **column 2** on pages 2-6. Each table identifies a Healthy Aging Summit focus area (Overarching Themes, Social and Community Context, Maximizing Quality of Life, Health and Healthcare, Neighborhood and Built Environment). *Note: This is not an exhaustive list of healthy aging strategies, and we realize that your current activities may fall outside of those listed here. Those activities can be captured in the “Notes” section of each table.*
2. In column 3, prioritize these strategies on a scale of 1 to 5 (1 = top priority, 5 = low priority). This prioritization may be aspirational and not reflect the current work in aging that your jurisdiction is doing.

Part Two – Table B (45 min)

3. Once you have prioritized, choose the top 3 to 5 strategies that you want to focus on this year. Write those priorities in **Table B: Healthy Aging Workshop Top 3-5 Strategies** provided on page 7.
4. Complete Table B by identifying the key activities in your jurisdiction related to that priority, the partners involved, and any other considerations or competing factors to keep in mind for the workshop. This would be a great opportunity to begin thinking of the gaps or challenges that will be discussed at the Healthy Aging Workshop on July 18, 2018.

Please complete this online or email a completed document to Kelsey Donnellan (kdonnellan@astho.org) by **Monday, July 2, 2018**. Printed versions of your priorities will be available at the workshop.

Please contact Kelsey Donnellan (kdonnellan@astho.org) or Talyah Sands (tsands@astho.org) with any questions.



Table A.

Healthy Aging Summit Overarching Themes		
1. Goals and Strategies Related to Healthy Aging	2. Examples	3. Rank Level of Priority from 1-5*
Surveillance and Evaluation	<ul style="list-style-type: none"> • Conduct aging readiness assessment at jurisdiction, city/town, and/or organizational level. • Analyze local, state, and national data to determine area of greatest need/opportunity for promoting health of older adults. • Analyze local data to identify where older adults live to leverage/maximize outreach and service provision. • Identify where racial/ethnic; lesbian, gay, and bisexual; transgender; educational; socioeconomic; and geographic disparities exist and why they are occurring. • Analyze state and local data using mapping software to identify geographic barriers and trends. 	
Health Literacy and Cultural Sensitivity	<ul style="list-style-type: none"> • Compare current policies related to aging with Health in All Policies framework. • Identify conditions that are unique to your urban, rural, and/or tribal community and strategies to partner with stakeholders. • Educate providers on issues that can exacerbate disparities in older age. • Promote public education materials tailored to caregivers and older adults. • Reduce language barriers, mistrust of institutions, and other culture-specific factors and stigma. • Identify issues that are unique to your aging population to inform education materials, service delivery, and program implementation. 	

*1 = top priority, 5 = low priority

Notes:



Healthy Aging Summit Track of Work: Social and Community Context		
1. Goals and Strategies Related to Healthy Aging	2. Examples	3. Rank Level of Priority from 1-5*
Age-Friendly communities	<ul style="list-style-type: none"> • Identify gaps in existing policies, programs, and/or initiatives and target efforts to ensure all older adults are being served. • Assess age-friendliness at local or state level. • Promote housing options including home modification and repair that support healthy aging in place. • Support smoke-free housing. • Involve seniors and senior advocacy organizations in community planning initiatives. 	
Healthy Food Priority Areas	<ul style="list-style-type: none"> • Support adult nutrition screening programs. • Assess challenges/barriers to older adults' access to nutritional foods (i.e. the Supplemental Nutrition Assistance Program). • Promote policies that support healthy foods in adult long-term and day care centers. 	
Workforce and Caregiving Support	<ul style="list-style-type: none"> • Identify caregiver services, including gaps/needs. • Ensure seniors have access to continued learning, professional training, and volunteerism opportunities. • Ensure local and state agencies offer long-term care benefits for employees and their families. • Support caregivers through respite care, pension credits, financial subsidies, training, and/or home nursing services. • Increase public awareness of physical and mental elder abuse and promote a multi-sectoral, multidisciplinary approach to confronting and reducing elder abuse. 	

*1 = top priority, 5 = low priority

Notes:



Healthy Aging Summit Track of Work: Maximizing Quality of Life		
1. Goals and Strategies Related to Healthy Aging	2. Examples	3. Rank Level of Priority from 1-5*
Oral Health	<ul style="list-style-type: none"> Educate older adults, caregivers, and/or healthcare providers on importance of oral health for older adults. Identify gaps in oral health services. Assess availability of dentists and endodontists in the state and local area. 	
Alcohol and Drug Use, Misuse, and Treatment	<ul style="list-style-type: none"> Identify rates of alcohol misuse and prescription and/or over-the-counter drug use and misuse among older adults to tailor prevention and treatment efforts. Educate healthcare providers on the identification, screening, assessment, and treatment of the elderly for alcohol, prescription drug, and/or over-the-counter drug misuse. Support policies to reduce the use of antipsychotic medications and other drugs in long-stay nursing home residents and in the community, and enhance the use of non-pharmacologic approaches and person-centered dementia care practices where appropriate. 	
Physical Disabilities, Physical Activity, and Mobility	<ul style="list-style-type: none"> Educate older adults, caregivers, and/or healthcare providers on the importance of safely maintaining physical activity and mobility. Promote evidence-based physical activity programs that help older people maintain physical activity and mobility. Improve access to places for physical activity (e.g. sidewalks, walking trails, and exercise facilities/parks). 	
Injury and Falls prevention	<ul style="list-style-type: none"> Analyze emergency room data around fall rates and costs. Promote policies and/or evidence-based practices to prevent falls in older adults. 	
Mental Health	<ul style="list-style-type: none"> Assess isolation of older adults to promote increased access to caregiver services, community events, and home care. Identify rates and causes of depression in older adults. Increase/provide routine training opportunities for providers of older adult mental health services. Encourage collaboration and coordination among primary care, mental health, and aging service providers. Support initiatives that aim to reduce negative stigma held by older adults regarding mental illness and treatment. 	

*1 = top priority, 5 = low priority

Notes:



Healthy Aging Summit Track of Work: Health and Healthcare		
1. Goals and Strategies Related to Healthy Aging	2. Examples	3. Rank Level of Priority from 1-5*
Caregiving	<ul style="list-style-type: none"> • Encourage family member caregivers to seek support. • Conduct early assessment and detection of caregiver isolation and stress. • Reduce language barriers, mistrust of institutions, and other culture-specific factors and stigma that preclude effective caregiving. • Present interventions that do not seek to change cultural values or beliefs, but rather to maximize the strengths of closely-held values or beliefs. 	
Reproductive and Sexual Health	<ul style="list-style-type: none"> • Educate older adults, caregivers, and/or healthcare providers around preventing and treating sexually transmitted diseases (STDs) in older adults. • Identify STD treatment and prevention services for older adults, including gaps and needs. • Promote policies and/or evidence-based practices around the prevention and treatment of HIV, hepatitis C, and other STDs in older adults. 	
Chronic Conditions and Preventive Healthcare	<ul style="list-style-type: none"> • Identify shared goals with key stakeholders to eliminate health disparities. • Identify strategies to increase the use of free clinical preventive services, including immunizations. • Identify treatment and prevention services for Alzheimer’s disease and other dementias, including gaps and needs. • Promote incorporation of aging, cognitive health, and impairment into local and state public health burden reports. 	
Brain Health	<ul style="list-style-type: none"> • Identify rates of Alzheimer’s disease and other dementias. • Promote evidence-based practices for the treatment, management, and prevention of Alzheimer’s disease and other dementias. • Collaborate in the development, implementation, and maintenance of local and state aging plans, including Alzheimer’s disease plans. 	

*1 = top priority, 5 = low priority

Notes:



Healthy Aging Summit Track of Work: Neighborhood and Built Environment		
1. Goals and Strategies Related to Healthy Aging	2. Examples	3. Rank Level of Priority from 1-5*
Emergency Preparedness	<ul style="list-style-type: none"> • Increase public awareness of financial exploitation and elder abuse to promote a multi-sectoral, multidisciplinary approach to confronting and reducing financial abuse. • Foster and sustain partnerships with the area agencies on aging, National Association of States United for Aging and Disabilities officials, Administration for Community Living regional representatives, and all entities that aid the elderly during an emergency the most effectively. • Develop and maintain medical and "special needs" registries of medical equipment, transportation, and medicine encompassing resources and partnerships needed to successfully utilize medical registries during the state of an emergency. 	
Transportation	<ul style="list-style-type: none"> • Assess the role of older adults in the state transportation plan, including pedestrian and bicycle safety, improving the roadway and driving environment, identifying at risk older adults, improving driving competency, and reducing the risk of injury and death of older drivers and passengers. • Involve seniors and senior advocacy organizations in community planning initiatives • Develop or update a comprehensive city planning guide to address accessibility issues for older adults. • Promote urban design and land use policies and practices that support physical activity for older adults. 	
Arts and the Outdoors	<ul style="list-style-type: none"> • Engage physicians and other providers in the discussion and promotion of the role (i.e., psychosocial, emotional, and spiritual) of the arts in caregiving and wellness. • Identify and pursue multi-sectoral strategies (e.g. develop a business case, provide partner-based development training) to better provide funding for art-focused initiatives in older adult caregiving. • Ensure well-maintained and abundant outdoor seating is available in parks and public spaces and spaced at regular intervals. • Ensure appropriate and equitable built environment additions (e.g. walkable paths, communal outdoor spaces) across urban and rural communities. 	
Environmental Health	<ul style="list-style-type: none"> • Assess access to air conditioning units and heater units to support safe temperatures in the home. • Analyze emergency room data around heat stroke rates and costs. • Raise awareness among providers and the public regarding the link between air pollution and cardiovascular health, using appropriate language and messaging tactics for target populations. 	

*1=top priority, 5 = low priority

Notes:

Table B: Healthy Aging Workshop Top 3-5 Strategies



Strategy Related to Healthy Aging	Key Activities in 2018 or Next Planning Year for Priority Area	Key Partners/Areas for Collaboration: Who We Are Working With and Who We Could Be Working With	Considerations or Competing Factors for the Workshop (e.g., Resources Available, Governor's Priority)
1.			
2.			
3.			
4.			
5.			

What technical assistance and support from HHS, ASTHO, the National Association of States United for Aging and Disabilities, and NACCHO would be helpful in achieving the above strategies?



Appendix C

Monday, July 16, 2018

Healthy Aging Summit | Omni Shoreham Hotel

Noon – 1:15
p.m.

“Ask Me Anything” Discussions on Aging

Join your fellow state and local representatives for an informal meet and greet over lunch to discuss key issues in aging for state and local jurisdictions. Federal agency representatives will also be on hand to provide support. Topics may include falls prevention, health disparities, law and policy, and more.

Location: Palladin Room

5:30 – 6:30 p.m.

Professional Networking Opportunities and Poster Reception

Rendezvous with other workshop attendees or meet other Summit guests from all over the U.S. Visit the poster gallery and learn something new.

Location: Ambassador Ballroom and Birdcage Walk

Wednesday, July 18, 2018

Healthy Aging Workshop | Omni Shoreham Hotel | The Diplomat Room

8 – 8:30 a.m.

Breakfast and Registration

Location: The Diplomat Room

8:30 – 8:45 a.m.

Welcome and Introductions

Opening remarks by Healthy Aging Workshop sponsor organizations

- Don Wright, MD, MPH, Deputy Assistant Secretary for Health and Director, ODPHP, U.S. Department of Health and Human Services
- Marcus Plescia, MD, MPH, Chief Medical Officer, Association of State and Territorial Health Officials
- Lori Tremmel Freeman, Chief Executive Officer, National Association of County and City Health Officials
- Damon Terzaghi, Senior Director of Medicaid Policy and Planning, National Association of States United for Aging and Disabilities

8:45 – 8:55 a.m.

Opening Remarks

Partnering to Mobilize Programs that Support Healthy Aging

ADM Brett P. Giroir, MD, Assistant Secretary for Health, U.S. Department of Health and Human Services

8:55 – 9:05 a.m.

A Message from the Administration on Community Living

Lance Robertson, MPA, Assistant Secretary for Aging and Administrator, Administration for Community Living, U.S. Department of Health and Human Services



9:05– 10:05 a.m.

Plenary

Fireside Chat: Creating Age-Friendly Public Health Systems and Communities

This panel will explore how communities can create age-friendly public health systems to support aging in place. Speakers will discuss how their jurisdictions have implemented age-friendly activities or policies in collaboration with their public health partners. The panel will include speakers from Trust for America’s Health, which is leading the effort to develop age-friendly public health systems. The panel will include exemplars from Florida, Massachusetts, and local communities, including Long Beach, California. Attendees will learn some of the challenges and opportunities in creating age-friendly public health systems.

Speakers:

- John Auerbach, MBA, President and CEO of Trust for America’s Health
- Celeste Phillip, MD, MPH, Florida State Surgeon General
- Mercedes Perezchica, Healthy Aging Center Manager, Long Beach Department of Health and Human Services
- Jennifer Raymond, JD, MBA, Director, Healthy Living Center on Excellence

10:05 – 10:35
a.m.

Regional Brainstorming Activity: Reflections and Takeaways

Attendees will reflect on the best practices learned through attended sessions during the Healthy Aging Summit. Attendees will list best practices, new resources or contacts, and other learnings that can support the priorities identified on the pre-meeting worksheets.

10:35 – 10:45
a.m.

Break/Check Out of Hotel

10:45 – 11:15
a.m.

In Conversation

Understanding the Impact of the Opioid Epidemic on Older Adults

This presentation will highlight the unique impact of the opioid epidemic on older Americans. Speakers will present findings from a recent issue brief on opioids and older adults and provide insight into how one county is addressing the issue.

Speakers:

- Shannon Skowronski, MPH, MSW, Office of Nutrition and Health Promotion Programs, Administration on Aging/Administration for Community Living, U.S. Department of Health and Human Services
- Umair A. Shah, MD, MPH, Executive Director, Harris County Public Health

11:15 a.m. –
noon

Panel Discussion

Combating Depression, Loneliness, and Social Isolation in Aging

This panel will focus on topics related to depression, loneliness, and social isolation in aging. Presenters will discuss best practices in their communities and opportunities for increased outreach to prevent isolation and depression in older adults.



<p>Noon – 1 p.m.</p>	<p>Speakers:</p> <ul style="list-style-type: none"> • Shahab Kaviani, Director, Social Connectedness Innovations, AARP Foundation • Marcy Flanagan, DBA, MA, Director, Pima County Health Department • Mark Levine, MD, Commissioner, Vermont Department of Health <p>Working Lunch</p> <p>Emerging Issues in Aging: Alzheimer’s Disease and the Healthy Brain Initiative A holistic approach to healthy aging includes the brain and awareness of brain health. CDC and the Alzheimer's Association will explore actions that state and local partnerships for healthy aging can take to (1) increase awareness and promote brain health that also protects cardiovascular health and (2) preserve the well-being of people living with dementia, who often have co-morbidities that can potentially complicate disease management. This presentation will also discuss how investing in the health and well-being of caregivers and providing support to them is another healthy aging opportunity for state and local partnerships to consider.</p> <p>Speakers:</p> <ul style="list-style-type: none"> • Molly French, Director of Public Health, Alzheimer’s Association • Lisa C. McGuire, PhD, Lead, CDC Alzheimer’s Disease and Healthy Aging Program, Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion, CDC
<p>1 – 4 p.m.</p>	<p>Developing Action Plans and Priorities</p>
<p>1 – 2 p.m.</p>	<p>Small Group Discussions Attendees will work in teams to discuss how to sustain collaborations, innovations, and progress in aging. Attendees will work with regional health administrators, representatives from the Administration on Community Living, and each other to have critical conversations on the current policy landscape, regional, state, and local concerns, and funding opportunities to support long-term action.</p>
<p>2 – 3:15 p.m.</p>	<p>State and Local Teams Action Plans State aging officials, local health officials, and state health officials work in teams organized by state or region to identify action steps, potential strategies, and opportunities for collaboration at home.</p>
<p>3:15 –3:50 p.m.</p>	<p>Wrap-Up and Summary Attendees will have the chance to report out on their identified priorities and next steps with the larger group.</p>
<p>3:50 – 4 p.m.</p>	<p>Closing Remarks and Next Steps</p>



Appendix D

Facilitator's Guide: Reflection and Takeaways

Time: 10:05 – 10:35 a.m.

Goal Statement

To understand what attendees learned during the Healthy Aging Summit and how those learnings could be applied to achieving healthy aging goals identified during the workshop pre-work activities. Specifically, attendees will have the opportunity to reflect on the best practices, science and research, tools and resources, and other learnings that can support the priorities identified on the pre-meeting worksheets. This will begin to create a collaborative space for attendees to further explore actions they can take within their jurisdictions.

Directions

As the facilitator, you will walk the group through a series of questions designed to build upon each other. The groups are divided by regions and each region will be assigned one or two staff-level note takers who will be capturing the discussion for official note-taking purposes.

Timing

This session is 30 minutes long. We have allotted 25 minutes to discuss in groups and 5 minutes for reporting out. As the facilitator, please monitor the time and help your group move through the questions, as follows:

- 5 minutes for individual or paired reflections
- 20 minutes to discuss as a group (table) and take notes
- 5 minutes for discussion in town hall format with everyone

Facilitator's Script

Each regional health administrator will take time to orient the group to the morning activity.

"This morning we are going to reflect on the Healthy Aging Summit and want to spend the first few minutes jotting down some things that stuck with you or new tools you were introduced to at the Healthy Aging Summit. The questions we work through during the next 30 minutes will inform the last session of the workshop."

Key Questions

1. What did you learn from the Healthy Aging Summit that resonated with you, surprised you, or excited you?
Probing questions:
 - Which presentation, resource, or research finding caught your attention?
 - Was there a networking opportunity that stuck out to you? If so, please describe.
2. What new tools were you introduced to?
3. What became clear to you during the Healthy Aging Summit?

Probing comments:



- Think about aha moments, epiphanies, or sessions that clarified resources.
4. Think about the community in which you live. Which best practices or resources are you most drawn to?



Name of facilitator:
Name of note taker:

Region:
Jurisdictions represented:

Note Taker Template: Reflections and Takeaways

Think about the following questions.

Pair up and discuss your thoughts with your partner. (5 minutes)

We'll ask for volunteers to **share** thoughts with the group. (20 minutes)

Key Takeaways <i>Include major points and responses from attendees</i>	Resources <i>Include resources or tools discussed</i>
What did you learn from the Healthy Aging Summit that resonated with you, surprised you, or excited you?	
What new tools were you introduced to?	
What became clear to you during the Healthy Aging Summit?	
Think about the community in which you live. Which best practices or resources are you most drawn to?	



Appendix E

Facilitator's Guide: Small Group Discussions

Time: 1 – 2 p.m.

Goal Statement

The goal of this session is to identify and understand what sustainability within healthy aging could look like in attendee jurisdictions. Specifically, attendees will be asked to have open conversations about ways to create sustainable changes in healthy aging within their communities.

This will begin to create a collaborative space for attendees to further explore actions they can take within their jurisdiction and create relationships with federal and nongovernmental partners in aging. Attendees will work with regional health administrators, representatives from the Administration on Community Living, and each other to have critical conversations on the current policy landscape, regional, state, and local concerns, and funding opportunities to support long-term action.

Directions

Attendees will work in teams to discuss how to sustain collaborations, innovations, and progress in aging. Prior to beginning the discussion, identify someone from among the attendees who is willing to report out this group's discussion to the larger audience and take notes. Each attendee should record his or her ideas for healthy aging strategies on a half sheet of paper using only 3-7 words. These half sheets of paper will be used in the next session. The groups are divided by regions and each region will be assigned one or two staff-level note takers who will be capturing the discussion for official note-taking purposes.

Timing

This session is an hour long. As the facilitator, please monitor the time and help your group move through the questions. If your group moves through parts 1 and 2 quickly, it is fine to devote more time toward part 3.

- Part 1: 20 minutes for group discussion of questions.
- Part 2: 20 minutes to discuss questions as a group.
- Part 3: 20 minutes for jotting down jurisdictions' goals or action plan ideas on the worksheet and half sheets of paper.

Facilitator's Script

Each regional health administrator will take time to orient the group to the activity.

"Building on the conversation we had this morning, this afternoon we are going to continue talking about where there might need to be clarity and how this will impact the health of your jurisdiction. The questions we work through during the next hour will inform the last session of the workshop."

Part 1: Key Questions (20 min)

These questions are intended to bring the reflection from the morning back into the room with consideration for how the lessons could be applied in each jurisdiction.

1. What best practices or resources from the Healthy Aging Summit and Workshop panels would be most beneficial for healthy aging in your jurisdiction?

Probing question:



- What did you learn from this morning's panels that would be most beneficial for healthy aging in your jurisdiction?
2. How do we leverage resources, tools, and partnerships to make advancements in aging in the public health system?
3. To embrace all of these themes in your jurisdiction, what will have to change?

Part 2: Key Questions (20 min)

Facilitators, please encourage people to write their ideas or goals on a half sheets of paper to use in the 2 p.m. session.

Facilitator: "Now, let's identify the goals or action steps that your state or community could take to support healthy aging. As we work through these next sets of questions, begin jotting down ideas on your own handouts. These goals can be realistic or a bit of a stretch. This is an opportunity to think big and then we can begin to get practical. Also take a look at your state/city/county pre-workshop exercise. What were some of the topics that you identified? Were there any gaps that you now feel better equipped to address? At the end, we will write everyone's goals and action steps onto these large notepapers to share with the room at a later point."

1. How can healthy aging principles and techniques be integrated into existing activities in your jurisdiction?
2. How can you sustain the work and pay for it?
3. What other partners need to be involved?

Part 3: Closing (20 minutes)

Facilitator: "Using the handout, continue to identify your goals and draft action steps. To share with the full group, use the half sheets of paper and write out the action steps and goals you've come up with. We will take 5 minutes to share the ideas as a region. Each sheet should include one idea summarized in 3-7 words. We will use these cards to develop action plans over the next hour. This exercise should be done as a state/local team."

Accompanying Materials:

- Note taking template for facilitators and staff-level note takers
- Template for teams to jot ideas and half sheets of paper
- Team pre-workshop exercise materials



Name of facilitator:
Name of note taker:

Region:
Jurisdictions represented:

Note Taking Template: Small Group Discussions (1 p.m.)

Please keep a record of the responses to the questions.

Key Takeaways <i>Include major points and responses from attendees</i>	Unanswered Questions <i>Include follow-up/remaining questions</i>
What best practices or resources from the Healthy Aging Summit would be most beneficial for healthy aging in your jurisdiction?	
What from this morning's panels would be most beneficial for healthy aging in your jurisdiction?	
How do we leverage resources, tools, and partnerships to make advancements in aging in the public health system?	
To embrace all of these themes in your jurisdiction, what will have to change?	
How can healthy aging principles and techniques be integrated into existing activities in your jurisdiction?	
How can you sustain the work and pay for it?	
What other partners need to be involved?	



Region:
Name of note taker:

Jurisdictions represented:

State and Local Teams Small Group Discussions Worksheet (1 p.m.) Handout

Building on the conversation we had this morning, use this worksheet to identify possible ideas, goals, and actions that impact the health of your jurisdiction. The proposed ideas, goals, and actions will inform the next session of the workshop.

Draft Action Steps to Improve Healthy Aging in Your Jurisdiction	Proposed Ideas, Goals, and Actions (Summarized Using Only 3-7 Words)



Appendix F

Facilitator's Guide: State and Local Teams' Action Plans

Time: 2 – 3:15 p.m.

This facilitator's guide will assist you in leading the group to identify action plans. Today's action planning will focus on developing at least two short-term goals and at least one long-term goal for improving healthy aging in their jurisdictions.

Goal Statement

This session aims to foster a collaborative environment with regional teams, the Administration on Community Living, and regional health administrators to develop a short-term plan to create and sustain healthy aging in their respective jurisdictions.

Directions

As the facilitator, you will walk the group through the activity and also provide subject matter expertise. The participants will still be grouped regionally, but will work on action plans as a state and local team composed of a state health official, local health official, and state aging director.

Each state and local team is responsible for identifying its short- and long-term goals and completing the associated worksheet. Each state and local team will have a worksheet in which to include its notes and action plan. We will be collecting all state plans at the end of the day. States can either elect one person to record the final plans that can be shared with the workshop planning team or we can take a photo of the worksheet for our digital copy.

There will be at least one staff-level note taker to support the region for official note-taking purposes. Staff-level note takers/co-facilitators will be responsible for documenting the short-term and long-term goals for the region in the provided worksheet.

Timing

This session is 1 hour and 15 minutes long. The groups will have the entirety of the time to select their short-term and long-term goals. This session builds upon the last two sessions. The workshop planning team will transition groups from the small group discussion to the action planning. Teams will have:

- 5 minutes to discuss the directions.
- 1 hour and 10 minutes to action plan.

Facilitator's Script

Facilitator will guide participants through the following steps. At the end of this session, each state should have at least two short-term goals and one long-term goal. During or after the activity, encourage jurisdictional teams to use the provided template to document their plans.

Facilitator: "Based on our conversation over the last hour and using the actions you wrote down, use this time to identify two short-term goals and one long-term goal for your jurisdiction. For this activity:

1. Lay out all the cards from each attendee in your jurisdiction or region.



2. Group the cards by short- or long-term, topic area, or any other grouping that makes sense for your jurisdiction.
3. Prioritize the groupings or actions.
4. Outline resources needed to complete the action step on the provided worksheet.
5. Assign timelines to each goal that was prioritized on the provided worksheet.”

Accompanying Materials:

- Action planning template for note taker to fill out alongside the activity
- Action planning template for state and local teams



Name of facilitator:
Name of note taker:

Region:
Jurisdictions represented:

Note Taking Template: State and Local Teams Action Plans

Please type all proposed ideas for the region here and encourage jurisdictional teams to document their short-term goals and long-term goal. All jurisdictional teams will be asked to submit their final drafts to Ayanna Johnson (ODPHP) or Kelsey Donnellan (ASTHO), and they will be emailed back to the teams.

Proposed Ideas from the Region



Region:
Name of note taker:

Jurisdictions represented:

State and Local Teams Action Plans Handout

Prioritizing Goals and Action Steps

This exercise allows jurisdictional teams to prioritize goals, strategies, and action items outlined in the previous session. At the end of this session, each jurisdiction should have at least two short-term goals and one long-term goal. Assign one person to document the final decisions to be shared with the Workshop Planning team. All jurisdictional teams will be asked to submit their final drafts to Ayanna Johnson (ODPHP) or Kelsey Donnellan (ASTHO), and they will be emailed back to the teams.

Short-Term Goal 1:		
Action Step	Resources Needed	Timeline
Notes		

Short-Term Goal 2:		
Action Step	Resources Needed	Timeline
Notes		



Long-Term Goal:		
Action Step	Resources Needed	Timeline
Notes		



Healthy Aging Workshop

July 18, 2018 • Washington, DC

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