Healthy Aging in Arizona: What Will it Take?

Vision for Arizona: A great state for girls and women to be healthy at any age.

National Conference of State Legislatures:
Policy Options to Improve the Health of Women of All Ages
Arizona Biltmore, Phoenix, Arizona
December 8th, 2010

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Arizona Department of Health Services

The Department oversees a wide array of programs and services designed to protect and promote the health of the state’s diverse population.

- The Division of Public Health: includes disease prevention and control, emergency medical services, emergency preparedness and response, the State Health Laboratory, public health data and statistics and the state’s Vital Records.
- The Division on Behavioral Health: oversees the state’s public behavioral health system, with nearly 135,000 enrolled clients, and the state’s only public psychiatric hospital, the Arizona State Hospital.
- The Division of Licensing: oversees the licensing and certification of nursing homes, assisted living and child care centers, hospitals and other health care facilities.
State of the State

✓ One out of four households in AZ includes a resident who is 65 years or older.  
Source - US Census Bureau. US Population Projections

✓ In 2008, 71% of Arizonans 65 years or older reported having at least one chronic condition. Of the same group, 20% reported having three or more chronic diseases. 
Source - Arizona Health Survey, 2008

Report on Aging in Arizona, Arizona Department of Health Services, 2010
www.azlivingwell.com
Aging is a women’s issue:

- Women live longer
- Women live with a higher incidence of chronic diseases
- Cost of care
How do we get to “Healthy Aging”? Prevent, protect and plan…

Invest in health across the life span

✓ Regular Exercise
✓ Good Nutrition
✓ **Self Management of Stress & Chronic Conditions**
✓ Engagement in family and community

Protect health at all ages

✓ Immunizations
✓ Early detection of health conditions
✓ Fall Prevention
Better Late Than Never!

- Risks reduced **even** in late life
- Benefits significant **despite** age
- Quality of Life **depends** on it
- **No** amount of acute healthcare will meet the demands of poor health

*It’s never too late to start & it’s always too early to stop!*
Health Promotion and Older Adults

The Prevention Imperative:
Only 30% of physical aging is attributable to genetic heritage!

Prevent, Protect, Plan
Well Woman HealthCheck
Preventive Services:

- Increase women’s access to and utilization of quality screening and diagnostic services for breast and cervical cancer.
- Available to women 21-64 years of age, who are uninsured or underinsured, providing breast cancer screening to women 40-64 and cervical cancer screening for women 21-64.
- Funded by the CDC, the State of Arizona and private grants. The Arizona Health Care Cost Containment System (AHCCCS) has been paying for treatment for uninsured women screened.
Arizona Living Well

www.azlivingwell.com

Facilitate the planning, partnership development and policies to create the capacity and infrastructure for broad-based dissemination of high quality evidence based programs focused on self-management, physical activity and fall prevention across Arizona

- Stanford Chronic Disease Self-Management Program
- Tomando de Su Salud
- EnhanceFitness
- Matter of Balance
Arizona Falls Prevention Coalition

AZ Stop Falls is designed to:

Provide information, advice helpful hints and tips to help prevent falls and fall injuries among older adults in Arizona

✓ Home Modification and Safety
✓ Medication Management
✓ Physical Activity

www.azstopfalls.org
As an Administration on Aging Grantee: Arizona Will Focus on Two Goals

1. Development of the Arizona Living Well Institute
   ✓ statewide infrastructure and capacity to support and sustain training,
   ✓ TA for program dissemination, monitoring, marketing and evaluation of evidence-based health promotion (EBHP) programming delivered through community agencies and networks

2. Expansion of the current partnerships:
   ✓ developed in three counties (Pima, Santa Cruz and Yavapai)
     ✓ In the last 6 months expansion into 6 additional counties
   ✓ further statewide dissemination of the Stanford Chronic Disease Self Management Program (CDSMP). The CDSMP program in Arizona is called Healthy Living.
What is Healthy Living?

In AZ, known as Healthy Living: Self-Management of Chronic Conditions Workshops (aka Healthy Living)

✓ 6 week workshop, meeting once a week for 2 ½ hours
✓ For people with chronic health conditions
✓ Facilitated by two trained leaders
✓ Workshops: 10-16 participants
✓ Offered in community settings
Why the Arizona Living Well Institute?

- A need for greater coordination and leveraging of resources to create greater impact
- A systematic approach to data collection and management
- Coordination of training opportunities throughout the state, including coordination of self-management workshops
- Educate employers, health care providers and community services organizations about the benefits of self-management programs and evidence-based health promotion programs
AZ Living Well Institute

- Provides infrastructure and capacity to promote and implement evidence-based programs
- Connects local partners to resources in community
- Supports Local Mentors to serve different regions
- Provides Training & TA
  - Webinars
  - CE’s & support to leaders
  - Material Resources
Governor’s Advisory Council on Aging

The Council was established in State Statute in 1980:

- The advisory council advises all state departments on matters and issues relating to aging, including administration of the state plan on aging.

- Each year the council submits a report of recommendations regarding the state plan on aging to the governor and leadership of the Legislature.

- The council shall convene in formal meeting four times each fiscal year to conduct the council's business.

- The subcommittee on Alzheimer's disease and related disorders collects data to prepare new or revised recommendations based on this information.
Governor’s Aging 2020 Plan

Governor’s Executive Order: March 2004
Create a plan to respond to the significant changes that will occur in Arizona related to the over 65 population in the next 15 years.

15 State Agencies were mandated to:

✓ Designate a Department Lead for Interagency meetings
✓ Conduct an internal Scan related to our mission and programs/services
✓ Create recommendations for next 5-7 years
✓ Develop strategies for cross collaboration
State Initiatives & Partnerships

Governor’s Aging 2020 plan
Department of Economic Security-Division of Aging and Adults Services
  – Area Agencies on Aging funding EB programming
Department of Health Services
  – Arizona Living Well
  – Injury Prevention Program
  – Arizona Healthy Aging website with resources
Arizona Fall Prevention Coalition
  – Maricopa County
Arizona Living Well Institute
Imagine Arizona: A great place to grow old in…

- Older women are informed and knowledgeable regarding their health status and participate in their health care services.

- Health care practices have the time and reimbursement to focus on prevention and risk reduction.

- Screening for early detection of health problems and risk factors occurs as standard practice.

- Referrals to community based agencies that provide safe and effective health promotion programs occurs.

- Prevention policies are embedded and reflected in communities, businesses, health systems and state agencies.
Thank you and the best of health to you!

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