HEALTHY AGING BOORKGROUP MEETING May 28, 2019 Andrea Raid, Delegate Howard County Health Department Kelly Kesler, Director Howard County Local Health Improvement Coalition Kelly Kesler, Director Howard County Local Health Improvement Coalition

PURPOSE & AGENDA

GOAL: By the end of this meeting, work group members will identify learning objectives for the Fall 2019 Full Coalition presentation on the Baltimore Longitudinal Study on Aging and goals for coalition engagement.

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AGENDA:

- Welcome & Introductions
- Member Announcements
- Guest Presentations
- Baltimore Longitudinal Study on Aging
- Event Planning
- Next Steps and wrap-up

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UPDATE TO- HCLHIC SPECIAL SEMINAR EXERCISE & AGING: EVIDENCE-BASED APPROACHES

Session I: Exercise and Brain Health J. Carson Smith, PhD Associate Professor, Kinesiology UMD School of Public Health

Dr. Paul Abosh Morrison Chiropractic, P.A.

Session II: Exercise and Muscle Strength

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In summary:

- . 31 participants attended (25/31 were HCLHIC members or affiliated with member orgs Event was only promoted to HCLHIC members
 Evaluation response rate was 92%.
- •
- 100% of the participants Strongly Agreed/ Agreed with all the areas assessed. 17.4% of participants noting that time was not sufficient...they wanted more!
- Participants were also appreciative of the efforts, thought it was a great seminar, and would like to see more events like these. .
- Connected with other HCLHIC members for research extension and presentations

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VIRTUAL MEETINGS

PURPOSE:

- Coalition Quality Improvement
 FY 18 (4th quarter) Member Survey results indicated that work group members
- recommended trying online meeting platforms such as WebEx.
 FY 19 investment in Zoom platform and pilot with work groups
- February 2019 Healthy Aging and Healthy Weight Meetings served as pilot for online
- only April 2019 Full LHIC meeting examined space and capacity for potential "virtual" format for full coalition participation.
- June Behavioral Health Meeting will pilot "Hybrid" format for in-person and virtual participation.
- Summary results presented are from April 2019 virtual meetings

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VIRTUAL MEETING FORMAT SURVEY

Q1: HOW DID YOU CONNECT WITH THE VIRTUAL WORK GROUP MEETING?

No		
Yes		
WERE THE WORK GR	OUP MEETING GOALS	ACHIEVED?
	OUP MEETING GOALS	
TOTAL		26
Computer only Both	61.54%	16
	19.23%	5
Phone/ Dial in only	19.23%	5



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 GOOD
 FAIR
 POOR
 TOTAL

 (no label)
 40.74%
 48.15%
 11.11%
 3
 27

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BALTIMORE LONGITUDINAL STUDY ON AGING

National Institute on Aging's Baltimore Longitudinal Study of Aging (BLSA) is America's longest-running scientific study of human aging. The study began in 1958 and women have been studied since 1978.

The BLSA measures:

- Changes that occur over the aging process.
- Biological, behavioral, genetic, and environmental factors that account for these changes. This helps researchers understand why the effects of aging differ in different individuals.
- Potential predictors and risk factors for specific diseases, frailty, and other endpoints reflecting success or failure to adapt to aging.
- Possible targets for interventions that may positively affect aspects of the aging process and prevent age-related diseases.
- Factors that predict healthy aging across the life span.

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BALTIMORE LONGITUDINAL STUDY ON AGING

The BLSA's longitudinal design helps investigators piece together a more accurate picture of normal aging by looking at the same individuals over time which reduces external influences.

"Imagine comparing two people, one who has lived through two wars and the other who was raised in a peaceful and prosperous society. How each aged might be different, but the effect of age alone would be difficult to sort out."

The BLSA is an observational study- Unlike a clinical trial, no interventions (like drugs, exercise, or other lifestyle changes) are tested in the BLSA.

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BALTIMORE LONGITUDINAL STUDY ON AGING

Researchers measure physical and cognitive changes associated with aging in real time among a dedicated group of BLSA participants who come in for testing at regular intervals over the course of their lives. More than 3,200 volunteers have made the lifelong commitment to be part of the research.

• participants under age 60 are assessed every 4 years

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- Participants aged 60 to 79 years come every 2 years
- participants aged 80 and older are assessed annually

During the assessment, they receive comprehensive health, cognitive, and functional evaluations that take nearly 3 days to complete.

A consortium of scientists collects and analyzes data from this study population with the aim of characterizing normal and exceptional aging, along with age-related health issues, such as frailty.

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BALTIMORE LONGITUDINAL STUDY ON AGING

Two major conclusions can be drawn from the BLSA data:

- Changes that occur with aging do not inevitably lead to diseases such as diabetes, hypertension, or dementia. A number of disorders that typically occur in old age are a result of disease processes, not normal aging.
- No single, chronological timetable of human aging exists. We all age differently. In terms of change and development, there are more differences among older people than among younger people. Genetics, lifestyle, and disease processes affect the rate of aging between and within all individuals.

Source: https://www.nia.nih.gov/research/labs/blsa

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BALTIMORE LONGITUDINAL STUDY ON AGING AND HOWARD COUNTY LOCAL HEALTH IMPROVEMENT EFFORTS

How can we use the BLSA to further engage the Coalition in promoting Healthy Aging across all of the HCLHIC priority areas (Access to Care, Behavioral Health, Healthy Weight, Healthy Aging)? • Chronic Disease Self-Management (including chronic pain)

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- Mental Health, Suicide Prevention, Substance Use Disorder
 Prevention through nutrition and physical activity
- Falls prevention, Alzheimer's and other dementias, Caregiver support

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BLSA SPECIAL EVENT PLANNING

Goal (Broad) and Target Audience

Planning: September 26th

Objectives, Evaluation, Volunteers/Collaborative Partners

Marketing

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NEXT STEPS AND MEETING WRAP-UP

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June Full LHIC Susquehanna Thursday, June 27 8:30 a.m. – 10:30 a.m

> <u>ACEs Webinar</u> Wednesday, June 12 1:00 p.m. – 2:00 p.m

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