

HEALTHY AGING WORKGROUP MEETING

October 23, 2018

Andrea Raid, Delegate
Howard County Health Department

Sharif Braxton, Program Coordinator
Howard County Local Health Improvement Coalition

Christopher Moore, Delegate
Howard County Community Resources and Services

Promote. Preserve. Protect. Local Health Improvement Coalition

PURPOSE & AGENDA

GOAL: At the end of this meeting, workgroup members will review the FY 19 educational initiatives. During this meeting, a work group-specific educational session will be held on Alzheimer's and Dementia Advocacy in Maryland. The group will also look at current challenges to implementing Alzheimer's and Dementia-related educational opportunities and determine areas where LHC support can ensure these events are offered in the community.

AGENDA:

- Welcome & Introductions
- Member Announcements
- Presentation: Alzheimer's and Dementia Advocacy
- Review of FY 19 Educational Objectives
- Community Educational Events Discussion
- Next Steps for full work group and full work group meeting wrap-up

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MEMBER ANNOUNCEMENTS

- Howard County 50+ Expo
- HCGH Advanced Care Planning
- Community Forum on the Opioid Health Crisis
- Chronic Pain Self-Management Course
- Chronic Pain Self-Management Leader Training
- Free Lab Screenings and Health Fair

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DOES WHERE YOU LIVE AFFECT HOW LONG YOU LIVE?

- The latest data reveals differences down to the census tract level, even for residents just a few miles or blocks apart. Significant gaps in life expectancy persist across many United States cities and towns.

Life Expectancy (5 addresses representing 5 areas w/in Howard County)		Howard County Average	Maryland Average	US Average
HCGH - 5755 Cedar Lane	81.60	82.98	79.20	78.80
West- Gary Arthur Community Center	79.70			
East- Day Resource Center, Jessup	78.80			
North- Ellicott City, George Howard Building	82.10			
Central - Columbia Medical Practice	84.90			

Source:
<https://www.rwjf.org/en/library/interactives/whereliveaffectshowlongyoulive.html>

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PRESENTATION:

A Public Health Approach to Alzheimer's and Dementia

Ilene Rosenthal
 Program Director
 Alzheimer's Association

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A PUBLIC HEALTH APPROACH TO ALZHEIMER'S AND OTHER DEMENTIAS

ALZHEIMER'S DISEASE - WHAT IS THE ROLE OF PUBLIC HEALTH?

alzheimer's association

ALZHEIMER'S: A PUBLIC HEALTH CRISIS

- Historically viewed as medical or aging issue
- Growing recognition of public health crisis:
 - The burden is large
 - The impact is significant
 - There are ways to intervene
- Huge impact on individuals, families, caregivers, and the health care system
- Public health plays important role in addressing Alzheimer's disease through surveillance, prevention, detection, and support of dementia capable systems

ALZHEIMER'S: EPIDEMIC (U.S.)

- 5.7 million adults living with Alzheimer's
- 110,000 with living with Alzheimer's in Maryland (4700+ in Howard County)
- 1 in 10 adults age ≥ 65
- 1 in 3 adults age ≥ 85
- By 2050, expected to reach 14 million with cost to U.S. over \$1 trillion



2 Alzheimer's Association. 2018 Alzheimer's Disease Facts and Figures.

ALZHEIMER'S IMPACT: COSTS

- Significant costs to Medicare, Medicaid, individuals, caregivers
 - Medicare expenditures are 3x higher for beneficiaries with dementia
 - Medicaid expenditures are 19x higher for beneficiaries with dementia
- Annual costs of care over \$277 billion
- Most expensive disease in the U.S.



3 Alzheimer's Association. 2018 Alzheimer's Disease Facts and Figures.

ALZHEIMER'S: HEALTH CARE BURDEN

- Disproportionate use of health care resources
 - Hospitalized 2-3 times more often
 - Represents 64% of Medicare beneficiaries living in nursing homes
- Workforce shortage
- Inadequate training



* Alzheimer's Association. (2013). *Combating Alzheimer's Disease: A Public Health Agenda*.
† Alzheimer's Association. *2016 Alzheimer's Disease Facts and Figures*.
‡ U.S. Department of Health and Human Services. *National Plan to Address Alzheimer's Disease: 2013 Update*.

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PUBLIC HEALTH: TOOLS & TECHNIQUES

3 key public health intervention tools:

- Primary prevention/risk reduction
- Advance early detection and diagnosis
- Ensure safety and quality of care



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TOOL #1: PRIMARY PREVENTION & RISK REDUCTION

ALZHEIMER'S DISEASE – WHAT IS THE ROLE OF PUBLIC HEALTH?

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PRIMARY PREVENTION


- Designed to prevent a disease or condition from developing in a population
- Causes of Alzheimer's not fully understood
- Primary prevention for Alzheimer's:
 - Risk reduction
 - Promotion of cognitive health



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RISK REDUCTION


- Diet
- Exercise
- Mental stimulation
- Social connections
- Prevent onset of or effectively manage conditions that can increase risk for Alzheimer's:
 - Cardiovascular disease
 - Diabetes
 - Midlife obesity
 - High blood pressure (hypertension)



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WHAT CAN PUBLIC HEALTH DO TO PROMOTE EARLY DETECTION OF ALZHEIMER'S DISEASE?


- Health education and promotion campaigns
 - Brain and cardiovascular health
 - Detection/treatment of diabetes and high blood pressure
 - Smoking cessation
 - Injury prevention



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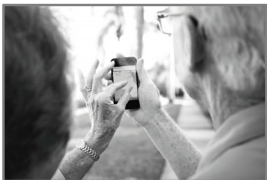
TOOL #2: EARLY DETECTION & DIAGNOSIS

ALZHEIMER'S DISEASE – WHAT IS THE ROLE OF PUBLIC HEALTH?



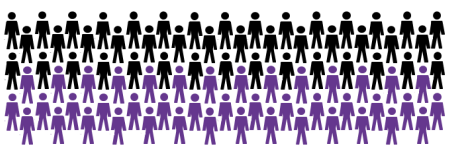
WHY PROMOTE EARLY DETECTION?

- Access to treatment and services
- Better management of co-morbid conditions
- Planning
- Potentially reversible causes
- Clinical trials

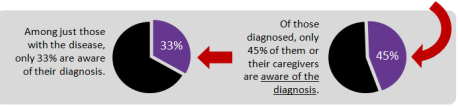


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THE FACTS ON EARLY DIAGNOSIS AND DISCLOSURE



Only about **HALF** of people with Alzheimer's are **diagnosed**.



Among just those with the disease, only 33% are aware of their diagnosis.

Of those diagnosed, only 45% of them or their caregivers are aware of the diagnosis.

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THE IMPORTANCE OF EARLY DIAGNOSIS AND DISCLOSURE

Leads to **BETTER OUTCOMES** for individuals and CAREGIVERS

- Access Available Treatments
- Build Care Team
- Participate in Clinical Trials
- Access Support Services
- Better Manage Medications
- Receive Counseling
- Address Driving and Safety Issues
- Manage Co-Occurring Conditions
- Advance Planning

THE IMPORTANCE OF EARLY DETECTION AND DIAGNOSIS

New Topic Added:
Dementias, including Alzheimer's Disease



Objective DIA-1

“Increase the proportion of persons with diagnosed Alzheimer's disease and other dementias, or their caregivers, who are aware of their diagnosis.”

EARLY DETECTION: CHALLENGES

- Diagnostic uncertainty
- Time constraints, lack of support
- Communication difficulties
- Fear of causing emotional distress
- Reluctance to discuss with health care provider

WHAT CAN PUBLIC HEALTH DO TO PROMOTE EARLY DETECTION OF ALZHEIMER'S DISEASE?

- General education and awareness
 - "Know the 10 Signs" – Alzheimer's Association
 - Promote benefits of early detection
- Integrate risk reduction and brain health messaging into existing public awareness campaigns
- Education and training for health care providers
- Education for newly diagnosed



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THE HEALTHY BRAIN INITIATIVE



- The Healthy Brain Initiative's (HBI) **State and Local Public Health Partnerships to Address Dementia, The 2018-2023 Road Map** will chart a course for state and local public health agencies and their partners to act quickly and strategically to prepare their communities by stimulating needed changes in policies, systems, and environments.
- It features an agenda of 25 actions for public health leaders to promote brain health, better care for people with cognitive impairment, and increase attention to caregivers.
- Other Road Map actions build public health capacity.

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THE HEALTHY BRAIN INITIATIVE

- Action Agenda:
 - Educate & Empower
 - Develop Policies & Mobilize Partnerships
 - Assure a Competent Workforce
 - Monitor & Evaluate

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FEDERAL PRIORITIES

- Increase the commitment to Alzheimer’s research
- Build an Alzheimer’s public health infrastructure
 - The Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer’s Act (S. 2076/H.R. 4256) would establish Alzheimer’s centers of excellence across the country, funding for state, local public health departments and increase the collection
- Educate providers on palliative and hospice care
 - The Palliative Care and Hospice Education and Training Act (S. 693/H.R. 1676) would increase palliative care and hospice training for health care professionals, launch a national campaign to inform patients and families about the benefits of palliative care, and enhance research on improving the delivery of palliative care 25

STATE PRIORITIES

- Increase Public Awareness, Early Detection And Diagnosis
- Build a Dementia-Capable Workforce
- Increase access to Home and Community-Based Services
- Enhance the Quality of Care in Residential Settings 26

WHAT CAN HOWARD COUNTY DO?

- Educate health care providers on assessing cognition and the best tools for detecting possible cognitive impairment
 - Importance of early detection
 - Importance of diagnosis disclosure
 - Indications for referral
 - Utilizing the Medicare Annual Wellness Visit
 - Validated cognitive assessment tools
- Ensure **both** providers and the public understand the value of early detection
- Partner with local groups to increase health care providers’ awareness of the warning signs of Alzheimer’s disease 27

WHAT CAN HOWARD COUNTY DO?

- Integrate risk reduction and brain health messaging into existing public awareness campaigns
- Partner locally to bring brain health education to the public
- Partner locally to ensure health care providers are knowledgeable about reducing the risk of cognitive decline and encourage them to educate their patients about ways to reduce the risk of cognitive decline
- Include cognitive health messages in marketing for existing health management programs

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FOR FURTHER INFORMATION

Contact Information

- Ilene Rosenthal, Program Director
- irosenthal@alz.org
- 410-561-9099, 201

www.alz.org/maryland

www.alz.org/publichealth

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**Review of FY 19
Educational Objectives**

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FY19 CONTINUING EDUCATION OPPORTUNITIES

● FY 19 Expected Outcomes: **Falls Prevention**

- 1 Work group education opportunities
- 1 Provider education opportunities
- 2 Caregiver education opportunities
- 2 Community Education Opportunities

● FY 19 Expected Outcomes: **Alzheimer's and Dementia**

- 1 Work group education opportunities
- 1 Provider education opportunities
- 2 Caregiver education opportunities
- 2 Community Education Opportunities

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ALZHEIMER'S AND DEMENTIA

● Community Members

Topic	Presentation Content	Challenges
Socialization		
Mental Health and Suicide	MHAMD – Mental Health and Suicide Among Older Adults	<ul style="list-style-type: none"> • Venue • Identification of ideal populations to target for event • Access to and referrals for ideal populations • Marketing

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ALZHEIMER'S AND DEMENTIA CONT'D

● Caregivers

Topic	Presentation Content	Challenges
Future Planning	Merrill Lynch – Financial Matters and Matters of the Mind The Journey of Caregiving; Honor, Responsibility, and Financial Complexity Seminar	<ul style="list-style-type: none"> • Venue • Identification of ideal populations to target for event • Access to and referrals for ideal populations • Marketing
Socialization		

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ALZHEIMER'S AND DEMENTIA CONT'D		
● Providers		
Topic	Presentation Content	Challenges
Mental Health and Suicide	MAC – New Intervention/Screening for Social Isolation and Depression	<ul style="list-style-type: none"> • Venue • Identification of provider types to target • Difficulty of accessing physicians
● Work Group Members		
Topic	Presentation Content	Challenges
Mental Health and Suicide	NAMI – Advocacy for Older Adult Mental Health	<ul style="list-style-type: none"> • Ensuring attendance • Engaging all workgroup members that would benefit
Substance Use and Pain Management		
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NEXT STEPS AND MEETING WRAP-UP
<p><u>Educational Priorities Action Group and Health Aging Integration Action Group To Meet in November</u></p> <p><u>January Full LHIC</u> Thursday, January 24 8:30 a.m. – 10:30 a.m</p> <p><u>Healthy Aging Work Group Meeting</u> Tuesday, February 26 2:30 p.m. – 4:00 p.m. Barton A & B</p>
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