State Healthy Aging Workshop
Summary Report
Executive Summary

On July 29, the Association of State and Territorial Health Officials (ASTHO) and the National Association of States United for Aging and Disabilities (NASUAD), with support from HHS’ Office of Disease Prevention and Health Promotion (ODPHP), hosted a State Healthy Aging Workshop. The one-day workshop was held after ODPHP’s 2015 Healthy Aging Summit, which focused on the state of science and prevention to help Americans sustain optimal health before entry into the healthcare system. Forty-five states and the District of Columbia participated in the State Healthy Aging Workshop, and each state team identified priorities for promoting healthy aging in states, using knowledge gained and lessons learned from the 2015 Healthy Aging Summit.

More than 100 individuals participated in the State Healthy Aging Workshop, including state team members, invited speakers, HHS Regional Health Administrators, and staff from ASTHO, NASUAD, and ODPHP. Each state team was composed of a state health official (SHO) and a HHS State Aging Official, or their high-level designees. In addition to ODPHP, several federal agencies were represented, including the White House Conference on Aging, the National Institute on Aging, the Administration for Community Living, and the Office of Women’s Health. See Appendix A for a full participant list.

SHOs and state aging officials were invited to participate in this workshop because of their expertise and experience in addressing challenges that older Americans face in their states. The joint participation of the state public health agency and the state aging agency was paramount in jumpstarting the collaborative efforts to improve outcomes for seniors. The state workshop began with a pre-meeting webinar for all invited participants, as well as a pre-meeting assignment, which was designed to help states identify and prioritize healthy aging strategies for their state.

At the end of the one-day workshop, state teams developed key priorities for their state’s joint healthy aging agenda and action steps for their identified strategies. ASTHO, NASUAD, and ODPHP will follow-up with state teams and identify opportunities to support ongoing collaboration between the state public health and state aging agencies.

Introduction

The Healthy Aging Research Network defines healthy aging as the development and maintenance of optimal physical, mental, and social well-being and function in older adults. Healthy aging is most likely to be achieved when physical environments and communities are safe, attitudes and behaviors known to promote health and well-being are adopted and maintained by individuals, and health services and community programs are effectively used to prevent or minimize the impact of acute and chronic disease on function.¹ SHOs, state aging officials, and their leadership teams are instrumental in engaging stakeholders to build an environment conducive to healthy aging. To enhance the quality of life of older adults, caregivers, and loved ones, engagement at all levels is essential.

Healthy People 2020’s Social Determinants of Health model provides a framework to galvanize support for state health and aging officials, their public health teams, state and local experts in aging, and a broad network of partners. This model aids in the implementation of evidence-based strategies for increasing the number of older adults who are living well in their communities.
For more than four decades, Healthy People has provided a list of objectives for achieving the Nation’s health promotion and disease prevention goals. Healthy People is a road map for state and local health departments, non-profits, and businesses to plan health improvement locally with diverse partners. In addition, there are many Federal initiatives, such as the National Prevention Strategy, that can provide examples of strategies for creating a system or infrastructure where adults can live and age well. The objectives are research-based and grounded in data, but are not meant to be prescriptive or comprehensive. The overarching goals of Healthy People 2020 are to:

- Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death.
- Achieve health equity, eliminate disparities, and improve the health of all groups.
- Create social and physical environments that promote good health for all.
- Promote quality of life, healthy development, and healthy behaviors across all life stages.

These strategies and goals are relevant to healthy aging and are meant to be shared among partners. As the older adult population in the United States continues to increase in size and diversity, it is important to assess the unique needs of this population. This assessment coupled with the construction of successful environments will allow all individuals and communities to thrive.

Pre-meeting Worksheet

The purpose of the State Healthy Aging Workshop was for states to develop an action plan for healthy aging that achieves shared goals of the state public health agency and the state aging agency. Prior to the workshop, ASTHO hosted a pre-meeting webinar for invited participants to provide an overview of the state workshop, review the goals and objectives of the workshop, and share a pre-meeting assignment. The purpose of the pre-meeting assignment (see Appendix B) was for each participant to identify and prioritize healthy aging strategies that they want their agency to focus on in the coming year. For the top three to five priorities, the public health and aging officials were ask to identify key activities in their state related to that priority, partners that were involved, and any other considerations that would be helpful in developing a state action plan (e.g., resources available, Governor’s priority). Participants were asked to either submit these worksheets to ASTHO staff prior to the workshop or to bring a completed copy to the workshop to facilitate discussion.

Top State Priorities Identified on Pre-Meeting Worksheets*

* From states that submitted worksheets to ASTHO prior to the meeting.

- Physical Activity
- Mental Health
- Occupational Safety and Health
- Tobacco Use Prevention
- Injury and Violence Prevention
- Social Determinants of Health

- Public Health Infrastructure, Health Communication, and Health Information Technology
- Elimination of Health Disparities
- Nutrition and Weight Status
- Preparedness and Environmental Health
Overview of Healthy Aging State Workshop

The agenda for the workshop was structured around three state team and regional breakout sessions and included several plenary presentations as well as two state team panels. The state breakout sessions provided each team with structured time to reflect on knowledge gained at the 2015 Healthy Aging Summit, as well as time to develop state action plans for their identified healthy aging priorities. Table facilitators from ASTHO, NASUAD, and ODPHP circulated the room to answer questions and provide consultation with the state teams. State teams had the opportunity to converse with other states as well as with their regional health administrators about opportunities and challenges related to healthy aging at the state and regional levels. The state team breakouts were instrumental for establishing relationships between the public health and aging representatives, as some had never met in-person prior to this convening. The breakouts also provided focused time to discuss current or potential challenges and plan strategies for healthy aging in their states.

ASTHO and ODPHP selected plenary sessions and state panels to showcase current national healthy aging initiatives, effective programs, and promising strategies that states could consider as part of their state teams’ strategic planning process. Following each presentation and panel, participants had the opportunity to ask speakers questions. Topics of the plenaries and state panels included:

- The Role of the State in Healthy Aging.
- Partnering to Promote Living Longer Better.
- Creating Age-Friendly Communities.
- White House Conference on Aging.
- Key Takeaways from Collaboration between State Public Health and Aging Agencies.
- Peer-to-Peer Share and Learn: The Importance of Partnerships and Data.

A full agenda for the State Healthy Aging Workshop is available in Appendix C.

State Workshop Objectives

- Provide an opportunity for states to hear from national experts on how to successfully promote and address healthy aging at the state level.
- Improve the capacity of states to successfully implement healthy aging initiatives by facilitating state-to-state and regional sharing of promising strategies and common challenges.
- Mobilize action in states through the creation of state-level healthy aging implementation and action plans.

State Team Planning Outcomes

During the afternoon session, state teams used an action planning worksheet to identify their top healthy aging goals and priorities. For each of these priorities, teams also documented strengths/assets, barriers/challenges, necessary stakeholders and resources, desired outcomes, timeline, and applicable evaluation measures. At the conclusion of the workshop, one state from each HHS Region shared an overview of their state’s healthy aging priorities and any action items during a brief report-out with all participants. A copy of the action planning worksheet is available in Appendix D and a table of each state’s identified top priorities is available in Appendix E.

After reviewing the state action planning worksheets that were submitted to ASTHO at the end of the workshop, the most common top priorities for states included:
• Falls prevention/injury and violence prevention.
• Mental health and cognition (including Alzheimer’s, dementia).
• Tobacco cessation.
• Physical activity, nutrition, and weight status.
• Caregiver support.

While a number of other priorities were identified by states, some of the emerging priorities included:

• Volunteerism.
• Occupational safety.
• Food insecurity.
• Medication assistance.
• Domestic abuse.

Additionally, states identified specific next steps for each of their identified top priorities so that they could begin working on them when they returned to their states following the workshop. Below is a high-level summary of the next steps states specified:

• Focus on collaboration and partnership between agencies and other relevant stakeholders (e.g., Area Agencies on Aging, transportation, regional efforts).
• Utilize and understand available data to identify gaps.
• Review funding and opportunities to reallocate funds or implement more cost effective efforts.
• Identify evidence-based tools and resources.
• Build informal networks and increase awareness and visibility.
• Incorporate healthy aging priorities into the state health improvement plan.

Evaluation

Following the state workshop, participants were asked to complete a brief evaluation of that day’s activities and presentations. Evaluation questions assessed participants’ satisfaction associated with: (1) state team planning sessions, (2) state panels, and (3) logistics/meeting space and accommodations. The evaluation used a 5-point Likert agree/disagree scale. Respondents had the opportunity to share open-ended comments and suggestions about the workshop. The information in the following tables reflects the feedback, impressions, and key findings from the evaluations. The data collected will be used by ODPHP and ASTHO in planning any follow-up with the states.

State Team Planning

<table>
<thead>
<tr>
<th>State Team Breakout Sessions</th>
<th>Strongly Disagree</th>
<th>Somewhat Agree</th>
<th>Neither Agree nor Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
<th>N/A or Don’t Know</th>
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<tbody>
<tr>
<td>There was sufficient time to work with the state team.</td>
<td>6%</td>
<td>22%</td>
<td>17%</td>
<td>33%</td>
<td>22%</td>
<td>--</td>
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<tr>
<td>The action plan worksheet helped with state’s productivity during planning.</td>
<td>6%</td>
<td>11%</td>
<td>11%</td>
<td>33%</td>
<td>33%</td>
<td>6%</td>
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</table>
Survey Question: What else would have been useful during state planning time?

Selected Comments:

- Individualized state consultative time with ASTHO and NASUAD prior to and/or at meeting.
- The room was very loud. I had a hard time hearing my facilitator at my own table. It would have been nice to break out into different rooms or meeting areas.
- The session could have been longer to accommodate some regional planning.
- Not enough time for the depth of the expectation.

State Panel Presentations

<table>
<thead>
<tr>
<th>State Panel: Key Takeaways from Collaboration</th>
<th>Strongly Disagree</th>
<th>Somewhat Agree</th>
<th>Neither Agree nor Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
<th>N/A or Don’t Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>The presentations were engaging and interesting.</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>47%</td>
<td>53%</td>
<td>--</td>
</tr>
<tr>
<td>The session provided me with information or ideas I can use.</td>
<td>--</td>
<td>6%</td>
<td>--</td>
<td>53%</td>
<td>41%</td>
<td>--</td>
</tr>
<tr>
<td>The length of the session was just right.</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>53%</td>
<td>47%</td>
<td>--</td>
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<table>
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<tr>
<th>State Panel: Peer-to-Peer Share and Learn</th>
<th>Strongly Disagree</th>
<th>Somewhat Agree</th>
<th>Neither Agree nor Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
<th>N/A or Don’t Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>The presentations were engaging and interesting.</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>44%</td>
<td>56%</td>
<td>--</td>
</tr>
<tr>
<td>The session provided me with information or ideas I can use.</td>
<td>--</td>
<td>6%</td>
<td>--</td>
<td>44%</td>
<td>50%</td>
<td>--</td>
</tr>
<tr>
<td>The length of the session was just right.</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>56%</td>
<td>44%</td>
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Survey Question: How do you intend to apply the information presented at the meeting to your work?

Selected Comments:

- New topic for me, but certainly will think about ways, within the chronic disease area, on how to more fully incorporate Healthy Aging concepts within ongoing work.
- Work with Epidemiology staff on developing more specific profiles of aging population.
- Statistics and case studies will be incorporated into general wellness messages.
- Hold a second internal meeting to begin work on top two priorities and to decide between tobacco and other issues for third.
- In-person meetings with aging counterpart to work on collaborative efforts.
- I have invited the aging representative to our chronic disease Monday morning huddles to teach health department staff about programs and to kick off the action plan developed at the workshop.
- The DOH will provide aging data from hospital discharge and admissions to help make the case for programs at the state legislature.
- We will work with aging and it’s Area Agencies on Aging to increase diabetes prevention programs in the state.
- Staff in my agency will use information from the workshop to build on existing collaborations with the state aging agency.
- Planned meeting with staff to share information and develop new opportunities within our state using the information from this conference.
- Set up a regular meeting with our state health group to work together more closely on health issue with seniors.
- Prepared a brief for our executive office regarding the conference and opportunities for improvement of our state programs.
- In the process of scheduling a statewide meeting with system partners to share information and continue the development of a plan for our state to implement the key objectives from the plan developed at the conference.
- Try to have a closer relationship with our state health office and coordinate future activities together.
- I made contact with the administrator of our health district. I now know who to reach out to.
- We plan to take full advantage of the newfound relationship by attending similar related agency meetings, continuing conversation about healthy aging, and working to build a Health Aging Coalition to better serve our state.
- Work with aging agency leader to communicate our plan to staff and plan for implementation.

Meeting Logistics

<table>
<thead>
<tr>
<th>Meeting Logistics and Accommodations</th>
<th>Strongly Disagree</th>
<th>Somewhat Agree</th>
<th>Neither Agree nor Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
<th>N/A or Don’t Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>The event was well organized.</td>
<td>11%</td>
<td>--</td>
<td>--</td>
<td>28%</td>
<td>61%</td>
<td>--</td>
</tr>
<tr>
<td>The event strengthened my network of professional colleagues.</td>
<td>6%</td>
<td>11%</td>
<td>6%</td>
<td>11%</td>
<td>67%</td>
<td>--</td>
</tr>
</tbody>
</table>
I enjoyed the event. | 11% | -- | -- | 33% | 56% | --
I would attend this event again. | 11% | 6% | -- | 28% | 56% | --
I would recommend this event to a colleague. | 11% | -- | -- | 22% | 67% | --
The date chosen for the meeting was convenient for me. | -- | 11% | 6% | 44% | 39% | --
The meeting was the right length to accomplish the goals without rushing or wasting time. | -- | 6% | 11% | 44% | 39% | --

Selected Comments: Meeting Logistics and Overall Event

- Thought icebreakers were needed to help networking since sessions were back-to-back and everyone was checking their phones and/or calling into their offices on the breaks. The day 2 reception and day 3 region workshop sessions were the first real opportunities to talk and they were late in the program.
- I appreciated the organizers' work on the summit very much. The summit was very productive for me. We will be replicating the summit in our state.
- I enjoyed the workshop and felt it was a good use of my time. The only distraction was how cold the meeting room was – made it difficult to concentrate on tasks. Thanks for sponsoring the meeting and providing the excellent opportunity to learn and share.
- I appreciate the effort to bring together the health and aging authorities of states in order to promote healthy aging. The two groups have so much to share and the ability to improve health indicators more quickly when working together. I was especially impressed by having the top researchers in the country presenting their findings and how they see this effecting the daily lives of individuals. This type of discussion is especially important in giving hope to leaders that answers to the overwhelming issues related to dementia may be on the horizon.
- It was definitely worth the time as it exposed me to healthcare professionals who are not part of my normal work environment. Good foundation for future conferences.
- Great conference. Thought the venue was wonderful with comfortable rooms, good food, and convenient location.

Conclusion

The state workshop evaluations indicate that participants found the workshop to be valuable. Based on the feedback, the meeting enabled state teams to learn from their peers as well as develop joint strategies between the public health and aging agencies for promoting healthy aging in their states. The evaluation also indicates that the pre-meeting worksheet was beneficial in helping participants prepare for developing action plans at the workshop. Participants also expressed satisfaction with the time allotted for state team planning and appreciated having the opportunity to meet and establish a relationship between their state’s public health and aging agencies, as well as network with public health and aging colleagues from their region and across the country.

Participants offered specific recommendations for improving future state workshops. These recommendations included allotting time for states to consult with ASTHO and NASUAD prior to or at the meeting, providing more time for networking, having breakout rooms for state team planning, and
providing more state team breakout time to complete the action planning document in full and to engage in regional planning.

While it can be difficult to accomplish complex goals and see tangible impact from a single event, the state workshop allowed two state agencies to collaborate together to develop a plan for achieving mutual goals related to healthy aging. State teams developed a joint action plan that will help guide their future activities toward achieving better outcomes, closing gaps, and building system capacity for improving outcomes for older adults. However, states will see implementation challenges related to funding and gaining buy-in from other relevant stakeholders. Therefore, it will be important to continue to follow-up with and provide support to state teams to ensure adequate progress is made related to their unique needs and prioritized strategies.

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Appendix A – Participant List

**Alabama**
Jessica Hardy, MPH, DNP  
Office of Women's Health Director  
Alabama Department of Public Health  
jessica.hardy@adph.state.al.us

Kelly Watters  
Long Term Care Administrator  
Alabama Department of Senior Services  
kelly.watters@adss.alabama.gov

**Alaska**
Jay Butler, MD  
Chief Medical Officer  
Alaska Department of Health and Social Services  
jay.butler@alaska.gov

Duane Mayes, MS  
Division Director, Senior & Disabilities Services  
Alaska Department of Health & Social Services  
duane.mayes@alaska.gov

**Arkansas**
Craig Cloud  
Director of Aging and Adult Services  
Department of Human Services  
craig.cloud@dhs.arkansas.gov

Stephanie Williams, MPH, RNP  
Deputy Director for Public Health Programs  
Arkansas Department of Health  
stephanie.williams@arkansas.gov

**Colorado**
Larry Wolk, MD, MSPH  
Executive Director and Chief Medical Officer  
Colorado Department of Public Health and Environment  
larry.wolk@state.co.us

Todd Coffey  
Acting Director, Aging and Adults Services  
Colorado Department of Human Services  
todd.coffey@state.co.us

**Connecticut**
Jewel Mullen, MD, MPH, MPA  
Commissioner  
Connecticut Department of Public Health  
jewel.mullen@ct.gov

Elizabeth Ritter, MBA  
Commissioner  
Connecticut State Department on Aging  
elizabeth.ritter@ct.gov

**District of Columbia**
Jason Brown, MHSA  
Chief, Cancer & Chronic Disease Bureau  
District of Columbia Department of Health  
jasonr.brown@dc.gov

**Florida**
Celeste Philip, MD, MPH  
Deputy Secretary for Health & Deputy State Health Officer for Children's Medical Services  
Florida Department of Health  
Celeste.Philip@flhealth.gov

**Georgia**
Brenda Fitzgerald, MD  
Commissioner, State Health Officer  
Georgia Department of Public Health  
brenda.fitzgerald@dph.ga.gov

James Bulot, PhD  
Director, Division of Aging Services  
Georgia Department of Human Services  
James.Bulot@dhs.ga.gov

**Hawaii**
Valerie Ah Cook, MPH  
Program Manager  
Hawaii State Dept of Health  
valerie.ahcook@doh.hawaii.gov

Terri Byers  
Director  
Hawaii Executive Office on Aging  
terri.byers@doh.hawaii.gov
Idaho
Elke Shaw-Tulloch, MHS
Administrator
Idaho Division of Public Health
shawe@dhw.idaho.gov

Sam Haws
Administrator
Idaho Commission on Aging
sam.haws@aging.idaho.gov

Jeff Weller
Deputy Administrator
Idaho Commission on Aging
jeff.weller@aging.idaho.gov

Illinois
Conny Mueller Moody, MBA
Deputy Director
Illinois Department of Public Health
conny.moody@illinois.gov

Indiana
Ann Alley
Director of Chronic Disease, Primary Care and Rural Health
Indiana State Department of Health
aalley@isdh.in.gov

Karen Gilliland, MA
Deputy Director, Indiana State Division of Aging
Family and Social Services Administration
Karen.Gilliland@fssa.in.gov

Iowa
Brenda Dobson, MS, RDN, LD
Interim Division Director, Health Promotion & Chronic Disease Prevention
Iowa Department of Public Health
brenda.dobson@idph.iowa.gov

Joel Wulf, MSW, LISW, ASW-G, CAS
Assistant Director
Iowa Department on Aging
joel.wulf@iowa.gov

Kansas
Lacey Carlson Vaughan
Older Americans Act Program Director
Kansas Department for Aging and Disability Services
Lacey.Vaughan@kdads.ks.gov

Aaron Dunkel
Deputy Secretary
Kansas Department of Health & Environment
adunkel@kdheks.gov

Kentucky
Deborah Anderson
Commissioner
Department for Aging and Independent Living
Deborah.Anderson2@ky.gov

Kraig Humbaugh, MD, MPH
Senior Deputy Commissioner
Kentucky Department for Public Health
Kraig.Humbaugh@ky.gov

Louisiana
Teresa Broussard
Accountant Manager
Louisiana Governor’s Office of Elderly Affairs
tjbroussard@goea.la.gov

J.T. Lane, MPH
Assistant Secretary for Public Health
State of Louisiana
jtlane@la.gov

Robin Wagner
Deputy Assistant Secretary
Office of Aging & Adult Services
robin.wagner@la.gov

Maine
Debra Halm, MBA
Associate Director, Community Living & Long Term Services & Supports
Office of Aging and Disability Services,
Department of Health & Human Services
Debra.Halm@Maine.gov
Maryland
Rona Kramer, Esq.
Secretary
Maryland Department of Aging
rona.kramer@maryland.gov

Massachusetts
Carlene Pavlos, MTS
Director, Bureau of Community Health and
Prevention
EHS/Department Of Public Health
carlene.pavlos@state.ma.us

Michigan
Christine Farrell, RDH, MPA
State Oral Health Director
Michigan Department of Health & Human
Services
farrellc@michigan.gov

Leslie Shanlian
Deputy Director
Michigan Office of Services to the Aging
shanliant@michigan.gov

Eileen Worden
Trauma Section Manager
State of Michigan Department of Health and
Human Services
WordenE@michigan.gov

Minnesota
Mary Hertel, RN
Healthy Aging Programs Consultant
Minnesota Board on Aging
mary.hertel@state.mn.us

Mary Manning, RD, MBA
Health Promotion & Chronic Disease Director
Minnesota Department of Health
mary.manning@state.mn.us

Mississippi
Evelyn Walker, MD, MPH
Director of the Office of Health Promotion and
Health Equity
Mississippi State Department of Health
evelyn.walker@msdh.ms.gov

Marissa Whitehouse, MEd, NCC
Mississippi Access to Care (MAC) Program
Administrator
Mississippi Department of Human Services
marissa.whitehouse@mdhs.ms.gov

Missouri
Bobbi Jo Garber
Deputy Division Director, Division of Senior and
Disability Services
Missouri Department of Health and Senior
Services
Bobbi.Jo.Garber@health.mo.gov

Gail Vasterling
Director
Missouri Department of Health and Senior
Services
gail.vasterling@health.mo.gov

Montana
Charles Rehbein
Aging Services Bureau Chief
Montana Department of Health and Human
Services
crehbein@mt.gov

Nebraska
Claire Covert-ByBee
Program Specialist
Nebraska State Unit on Aging
Claire.CovertByBee@Nebraska.gov

Kay Wenzl, MPA
Administrator, Division of Public Health
Nebraska Department of Health & Human
Services
kay.wenzl@nebraska.gov
Nevada
Jane Gruner
Administrator
State Of Nevada Aging and Disability Services
jgruner@adsd.nv.gov

New Jersey
Alison Gibson, MPH, BSN
Assistant Commissioner
New Jersey State Department of Health
alison.gibson@doh.state.nj.us

Dennis McGowan
Acting Program Manager, Division of Aging Services
New Jersey Department of Human Services
dennis.mcgowan@dhs.state.nj.us

New Mexico
Retta Ward, MPH
Cabinet Secretary
New Mexico Department of Health
retta.ward@state.nm.us

Tracy Wohl
Director, Office of Alzheimer’s & Dementia Care
New Mexico Aging and Long-Term Services Department
TracyW.Wohl@state.nm.us

New York
Margaret Casey, RN, MPH
Director, Bureau of Community Chronic Disease Prevention
New York State Department of Health
margaret.casey@health.ny.gov

North Dakota
Cindy Marihart, PhD
Aging Services Division Director
North Dakota Department of Human Services
cmarihart@nd.gov

Ohio
Traci Brown
Division Chief, Elder Connections Division
State of Ohio Department of Aging
Tbrown@age.ohio.gov

Oklahoma
Henry Hartsell, PhD
Deputy Commissioner
Oklahoma State Department of Health
hank@health.ok.gov

Lance Robertson
Director of Aging Services
Oklahoma Department of Human Services
Lance.Robertson@okdhs.org

Oregon
Donald Erickson, MA
Chief Operating Officer
State of Oregon Department of Human Services
donald.a.erickson@state.or.us

Lillian Shirley, MPH
Director
Oregon State Public Health Division
lillian.shirley@state.or.us

Rhode Island
Charles Fogarty
Director
State of Rhode Island Division of Elderly Affairs
charles.fogarty@dea.ri.gov

South Carolina
Joseph Kyle, MPH
Director, Bureau of Community Health and Chronic Disease Prevention
South Carolina Department of Health and Environmental Control
kyleja@dhec.sc.gov

Marie Waller
Executive Assistant
Lieutenant Governor's Office on Aging
mwaller@aging.sc.gov

Michele James
Program Manager, Arthritis Prevention and Control Program
South Carolina Department of Health and Environmental Control
jamesmd@dhec.sc.gov
South Dakota
Karen Cudmore
Cancer Programs Director
South Dakota Department of Health
karen.cudmore@state.sd.us

Yvette Thomas
Deputy Division Director, Adult Services and Aging
Department of Social Services
Yvette.Thomas@state.sd.us

Tennessee
Sally Pitt
Patient Care Advocate
Tennessee Department of Health
sally.pitt@tn.gov

Allison Thigpen, MPH
Research & Policy Analyst
Tennessee Commission on Aging & Disability
allison.thigpen@tn.gov

Anna Lea Cothron
Aging Commission Liaison
Tennessee Commission on Aging and Disability
annalea.cothron@tn.gov

Texas
Janna Zumbrun
Assistant Commissioner for Disease Control and Prevention Services
Texas Department of State Health Services
Janna.Zumbrun@dshs.state.tx.us

Jon Weizenbaum
Commissioner
Texas Department of Aging and Disability Services
jon.weizenbaum@dads.state.tx.us

Utah
Nels Holmgren, MBA
Division Director
Utah Division of Aging and Adult Services
nholmgren@utah.gov

Vermont
Tracy Dolan
Deputy Commissioner
State of Vermont Department of Health
tracy.dolan@state.vt.us

Monica Hutt
Commissioner
Department of Disabilities, Aging and Independent Living
Monica.Hutt@state.vt.us

Virginia
Kathy Miller, MS, RN, MSHA
Director of Programs, Virginia Division for the Aging
Department for Aging and Rehabilitative Services
kathy.miller@dars.virginia.gov

Carole Pratt, DDS
Special Policy Advisor to the Commissioner
Virginia Department of Health
Carole.Pratt@vdh.virginia.gov

Washington
Marilee Fosbre, MA
Office Chief
Department of Social and Health Services
Marilee.Fosbre@dshs.wa.gov

Dennis Worsham
Deputy Secretary of Public Health Operations
Washington State Department of Health
dennis.worsham@doh.wa.gov

West Virginia
Bruce Adkins, MS, PA
Associate Director, Office of Community Health Systems and Health Promotion
West Virginia Bureau for Public Health
Bruce.W.Adkins@wv.gov

Robert Roswall
Commissioner
West Virginia Bureau of Senior Services
robert.e.roswall@wv.gov
<table>
<thead>
<tr>
<th>State</th>
<th>Name</th>
<th>Title</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wisconsin</td>
<td>Anne Hvizdak, RDH, CDHC</td>
<td>Statewide Coordinator, Evidence Based Health Promotion Programs</td>
<td><a href="mailto:anne.hvizdak@wisconsin.gov">anne.hvizdak@wisconsin.gov</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Office on Aging, Wisconsin Department of Health Services</td>
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<tr>
<td></td>
<td>Cynthia Musial, CHES</td>
<td>Section Chief, Chronic Disease Prevention and Cancer Control</td>
<td><a href="mailto:cynthia.musial@wisconsin.gov">cynthia.musial@wisconsin.gov</a></td>
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<td></td>
<td></td>
<td>Wisconsin Division of Public Health</td>
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<tr>
<td>Wyoming</td>
<td>Stephanie Pyle, MBA</td>
<td>Community Health Section Chief</td>
<td><a href="mailto:stephanie.pyle1@wyo.gov">stephanie.pyle1@wyo.gov</a></td>
</tr>
<tr>
<td></td>
<td>Lee Grossman, MPA</td>
<td>Coordinator, Waivers &amp; Home Care Services</td>
<td><a href="mailto:lee.grossman@wyo.gov">lee.grossman@wyo.gov</a></td>
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<tr>
<td></td>
<td></td>
<td>Division of Healthcare Financing, Wyoming Department of Health</td>
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<tr>
<td>White House Conference on Aging</td>
<td>Nora Super</td>
<td>Executive Director</td>
<td><a href="mailto:info@whaging.gov">info@whaging.gov</a></td>
</tr>
<tr>
<td>National Institute on Aging</td>
<td>Marie A. Bernard, MD</td>
<td>Deputy Director</td>
<td><a href="mailto:bernardma2@mail.nih.gov">bernardma2@mail.nih.gov</a></td>
</tr>
<tr>
<td>Administration for Community Living</td>
<td>Edwin Walker, JD</td>
<td>Deputy Assistant Secretary for Aging</td>
<td><a href="mailto:edwin.walker@aoa.hhs.gov">edwin.walker@aoa.hhs.gov</a></td>
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<td></td>
<td>Laura Lawrence</td>
<td>Director, Office of Nutrition and Health Promotion Programs</td>
<td><a href="mailto:laura.lawrence@acl.hhs.gov">laura.lawrence@acl.hhs.gov</a></td>
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<tr>
<td>Office on Women’s Health</td>
<td>Nancy Lee, MD</td>
<td>Deputy Assistant Secretary for Health Director, Office of Women’s Health</td>
<td><a href="mailto:womenshealth@hhs.gov">womenshealth@hhs.gov</a></td>
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<tr>
<td>HHS Regional Health Administrators</td>
<td>Jose Belardo, JD, MSW</td>
<td>Regional Health Administrator</td>
<td><a href="mailto:jose.belardo@hhs.gov">jose.belardo@hhs.gov</a></td>
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<td></td>
<td>Michelle S. Davis, PhD</td>
<td>Regional Health Administrator</td>
<td><a href="mailto:michelle.davis@hhs.gov">michelle.davis@hhs.gov</a></td>
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<td>Epifanio (Epi) Elizondo, PhD</td>
<td>Regional Health Administrator</td>
<td><a href="mailto:epi.elizondo@hhs.gov">epi.elizondo@hhs.gov</a></td>
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<td></td>
<td>Laurie Konsella, MPA</td>
<td>Deputy Regional Health Administrator</td>
<td><a href="mailto:laurie.konsella@hhs.gov">laurie.konsella@hhs.gov</a></td>
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<td>Jim Lando, MD, MPH</td>
<td>Regional Health Administrator</td>
<td><a href="mailto:james.lando@hhs.gov">james.lando@hhs.gov</a></td>
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<td></td>
<td>Karen J. Matsuda, MN, RN</td>
<td>Acting Regional Health Administrator</td>
<td><a href="mailto:karen.matsuda@hhs.gov">karen.matsuda@hhs.gov</a></td>
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Dalton Paxman, PhD
Regional Health Administrator
HHS/OASH/Region III
dalton.paxman@hhs.gov

Sharon Ricks, MA
Deputy Regional Health Administrator
HHS/OASH/Region IV
sharon.ricks@hhs.gov

Betsy Rosenfeld, JD
Regional Health Administrator
HHS/OASH/Region I
betsy.rosenfeld@hhs.gov

Betsy Thompson, MD, FACPM, DrPH
Deputy Regional Health Administrator
HHS/OASH/Region IX
betsy.thompson@hhs.gov

**Office of Disease Prevention and Health Promotion (ODPHP)**
Don Wright, MD, MPH
Deputy Assistant Secretary for Health
don.wright@hhs.gov

Carter Blakey
Deputy Director
Director, Community Strategies Division
carter.blakey@hhs.gov

Debbie Hoyer, MPH
Public Health Advisor
deborah.hoyer@hhs.gov

Yen Lin, MPH
Public Health Advisor
yen.lin@hhs.gov

Angie McGowan, JD, MPH
Project Director (CDC Assignee)
angela.mcgowan@hhs.gov

Deb Nichols, MD, MPH
Public Health Advisor
debra.nichols@hhs.gov

Emmeline Ochiai, JD, MPH
Public Health Advisor
emmeline.ochiai@hhs.gov

**National Association of States United for Aging and Disabilities (NASUAD)**
Martha Roherty, MPP
Executive Director
mroherty@nasuad.org

Deborah Merrill
Senior Policy Director
dmerrill@nasuad.org

**Association of State and Territorial Health Officials (ASTHO)**
Paul E. Jarris, MD, MBA
Executive Director
pjarris@astho.org

Sharon Moffatt, RN, BSN, MSN
Chief, Health Promotion and Disease Prevention
smoffatt@astho.org

Lisa Waddell, MD, MPH
Chief, Community Health and Prevention
lwaddell@astho.org

Amanda Deutsch, MPH, MSW
Analyst, Health Promotion and Disease Prevention
adeutsch@astho.org

Elizabeth Walker Romero, MS
Senior Director, Health Improvement
eromero@astho.org

Lynn Shaull, MA
Senior Analyst, Health Promotion and Disease Prevention
Ishaull@astho.org

Kristen Wan, MS, PAPHS
Senior Analyst, Health Promotion and Transformation
kwan@astho.org
### Appendix B – Pre-meeting Worksheet

**INSTRUCTIONS**

Prior to the Healthy Aging State Workshop on July 29, 2015, we ask you to please complete the following table. This information will be used during the planning sessions at the workshop. **This should take no more than 1 hour to complete.**

1. Review the strategies and goals related to healthy aging and the list of examples in the first two columns of the table. These outline a variety of healthy aging strategies for states to focus on.
2. Prioritize the 16 strategies on a scale of 1 to 5 (1 = top priority, 5 = low priority).
3. Once you have prioritized each of the strategies, choose the top 3 to 5 strategies that you want to focus on this year.
4. Complete the remaining three columns of the table for those top 3 to 5 strategies by identifying the key activities in your state related to that priority, partners involved, and any other considerations to keep in mind for the state workshop.
5. Once you have completed the table:
   a. If you would like ASTHO to print the worksheet for you, please email it to Mandy Deutsch ([adeutsch@astho.org](mailto:adeutsch@astho.org)) by July 21, 2015.
   b. Otherwise, please bring a copy of your completed table to the workshop.

Please contact Mandy Deutsch ([adeutsch@astho.org](mailto:adeutsch@astho.org)) or Kristen Wan ([kwan@astho.org](mailto:kwan@astho.org)) with any questions.

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**Background:**

Promoting healthy aging requires collaboration across a range of disciplines and fields. The Social Determinants of Health model through Healthy People 2020 provides the opportunity to galvanize support for state health and aging officials, their public health teams, state and local experts in aging, and a broad network of partners, to implement evidence-based strategies for increasing the number of older adults who are living well in their communities.

For more than four decades, Healthy People 2020 has served as the Nation’s health promotion and disease prevention objectives. Healthy People is a road map for state and local health departments, non-profits, and businesses to plan health improvement locally with diverse partners. There are many Federal initiatives, like the National Prevention Strategy (NPS), that can provide examples of strategies, for creating a system/infrastructure where adults can live and age well. The objectives are research-based and grounded in data, but are not meant to be prescriptive or comprehensive. The overarching goals of Healthy People 2020 are to:

- **Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death.**
- **Achieve health equity, eliminate disparities, and improve the health of all groups.**
- **Create social and physical environments that promote good health for all.**
- **Promote quality of life, healthy development, and healthy behaviors across all life stages.**
These strategies and goals are relevant to healthy aging and are meant to be shared among partners. ASTHO’s 2014-2015 President’s Challenge on Healthy Aging challenges states to partner with at least one new or renewed partner to implement one or more of these prevention strategies. Each of the strategies also aligns with at least one of the four tracks of work that will be highlighted at the 2015 Healthy Aging Summit.

<table>
<thead>
<tr>
<th>Goals and Strategies Related to Healthy Aging - (Healthy People 2020 Topic Areas/NPS Strategies)</th>
<th>Examples</th>
<th>Rank Level of Priority from 1-5 (1=top priority, 5 = low priority)</th>
<th>Key Activities in 2015 (or next planning year) for Priority Area</th>
<th>Partners</th>
<th>Considerations for the State Workshop (e.g., resources available, Governor’s priority)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Aging Summit Overarching Themes</td>
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</tbody>
</table>
| **Public Health Infrastructure, Health Communication and Health IT/Using Data to Understand Your Older Adult Population and Drive Action** | • Integrate Healthy People 2020 objectives on "Older Adults" and "Dementias, including Alzheimer's Disease" topic areas into state-based plans  
• Assess age-friendliness at city/town or state level  
• Conduct aging readiness assessment at state, city/town, and/or organizational level  
• Analyze 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 | | | | |
| **Elimination of Health Disparities** | • Identify gaps in existing policies, programs, and/or initiatives and target efforts to ensure all older adults are being served  
• Integrate racial/ethnic; lesbian, gay, and transgender; educational; socioeconomic; and geographic disparities within interventions and outreach to help ensure materials and initiatives are culturally appropriate | | | | |
| **Geographic Considerations** | • Identify conditions that are unique to your urban, rural, or tribal community and strategies to partner with stakeholder  
• Identify policies or collaborations to leverage in your community  
• Identify issues that are unique to your aging population | | | | |
### Healthy Aging Summit Track of Work: Social and Community Context

**Occupational Safety and Health, Older Adults, Disability and Health/Empowered People**
- Identify caregiver services, including gaps/needs
- Provide education to empower older adults and their caregivers to advocate for the services they need
- Ensure seniors have access to continued learning, professional training, and volunteerism opportunities
- Leverage policy opportunities to support caregivers
- Ensure 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

### Healthy Aging Summit Track of Work: Quality of Life in Aging

**Tobacco Use Prevention/ Tobacco Free Living**
- Identify the number of older adults who smoke and where they “live, work, and play” in an effort to target efforts
- Ensure Medicaid Quitline matches are implemented and information to access the Quitline is disseminated to the public
- Promote smoke-free air policies (e.g. public housing, state agencies, bars/restaurants)
- Promote taxes on tobacco products
- Educate older adults, caregivers, and/or healthcare providers around cessation materials and payment/reimbursement options

**Substance Abuse Prevention/ Preventing Drug Abuse and Excessive Alcohol Use**
- Identify rates of prescription and/or over-the-counter drug misuse/abuse among older adults to target prevention and treatment efforts
- Identify rates of alcohol misuse/abuse among older adults to target prevention and treatment efforts
- Educate healthcare providers around the identification, screening, assessment, and treatment of the elderly for alcohol abuse and abuse of prescription drugs or over-the-counter drugs
- 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
**Nutrition and Weight Status/Healthy Eating**
- Educate older adults, caregivers, and/or healthcare providers on healthy eating for older adults
- Assess/Identify challenges/barriers for older adults’ access to nutritional foods, including Supplemental Nutrition Assistance Program (SNAP), food deserts, etc.
- Increase access to healthy and affordable food (e.g. policies, programs (Meals on Wheels))
- Promote policies that support health foods in adult long-term and day care centers

**Physical Activity/Active Living**
- Educate older adults, caregivers, and/or healthcare providers around 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 Violence Prevention/Injury and Violence Free Living**
- Increase public awareness of physical and mental elder abuse and promote multi-sectoral, multidisciplinary approach to confronting and reducing elder abuse
- Identify falls data (where and why) to target efforts
- Analyze emergency room data around falls rates and costs
- Promote policies and/or evidence-based practices to prevent falls in older adults

**Healthy Aging Summit Track of Work: Health and Health Care**
- Identify appropriate roles and determine effectiveness of community health workers, promotoras, patient navigators, and paraprofessionals with respect to older adult care
- Develop strategies to help ensure that healthcare professionals recognize the role of care partners in the care
<table>
<thead>
<tr>
<th>Topic</th>
<th>Details</th>
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</table>
| Sexually Transmitted Disease and HIV/Reproductive and Sexual Health | - Educate older adults, caregivers, and/or healthcare providers around preventing and treating sexually transmitted disease (STDs) in older adults  
- Identify STD treatment and prevention services for older adults, including gaps/needs  
- Promote policies and/or evidence-based practices around the prevention and treatment of HIV/AIDS, hepatitis C, and other STDs in older adults |
| Mental Health, Dementias Including Alzheimer’s Disease/Mental and Emotional Well-Being, including Alzheimer’s Disease and Other Dementias | - Identify rates of Alzheimer’s disease and other dementias (ADRD)  
- Identify treatment and prevention services for ADRD, including gaps/needs  
- Promote evidence-based practices for the treatment/management and prevention of ADRD  
- Collaborate in the development, implementation, and maintenance of state Aging including Alzheimer’s disease plans  
- Promote incorporation of aging, cognitive health and impairment into state and local public health burden reports |
| Care for Older Adults: Access to Health Services, Oral Health, Immunizations, and Vision | - Identify strategies to increase the free clinical preventive services including immunizations  
- Ensuring culturally competent care for minority populations, including LBGTQ  
- Identify gaps in oral health services  
- Conduct a needs assessment for vision screening and eye health  
- Support adult nutrition screening programs |
| Healthy Aging Summit Track of Work: Neighborhood and Built Environment | - Increase public awareness of financial exploitation and elder abuse in order to promote multi-sectoral, |
| **and Safe Community Environment: Building Safe and Resilient Communities** | Multidisciplinary approach to confronting and reducing financial abuse |
| | - Foster and sustain partnerships with the area agencies on aging, NASUAD official, ACL regional representative, and all entities that aid the elderly during an emergency the most effectively |
| | - Develop and maintain medical and "special needs" registries (medical equipment, transportation, medicine, etc.) encompassing resources and partnerships needed to successfully utilize medical registries during the state of an emergency |
| **Injury and Violence Prevention** | Assess age-friendliness at city/town or state level |
| | - Identify gaps in Medicaid coverage and apply for waivers to support using Medicaid for supportive services at home or advocate for policies to support appropriating state funding for supportive services at home |
| | - Public education materials for caregivers and older adults promote housing options including home modification and repair |
| | - Support smoke free housing |
| | - Involve seniors and senior advocacy organizations in community planning initiatives |
| **Healthy and Safe Community Environments: Community-Based Living/Livable Communities/Aging in Place** | Assess role of older adults in State Transportation Plan, including pedestrian and bicycle safety, improve roadway and driving environment, identify at risk older adults, improve driving competency, reduce risk of injury and death of older drivers and passengers |
| | - Involve seniors and senior advocacy organizations in community planning initiatives |
| | - Develop/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 |
| | - Improve transportation for older adults including implementing “Compete Streets” policies and/or public transportation schedules and stops that are understandable, well-located, etc. |
Appendix C – Workshop Agenda

2015 Healthy Aging Summit
State Healthy Aging Workshop Agenda
Wednesday, July 29, 2015
8:00 a.m.-4:00 p.m.
Omni Shoreham Hotel, Ambassador Ballroom

Meeting Objectives:
1. Provide an opportunity for states to hear from experts across the country on how to successfully promote and address healthy aging at the state level.
2. Improve the capacity of states to successfully implement healthy aging initiatives by facilitating state-to-state and regional sharing of promising strategies and common challenges.
3. Mobilize action in states through the creation of state-level healthy aging implementation and action plans.

Registration opens at 7:30 a.m. The registration table is located outside of the Ambassador Ballroom.

<table>
<thead>
<tr>
<th>TIME</th>
<th>AGENDA ITEM</th>
<th>SPEAKERS</th>
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</table>
| 8:00-9:00AM   | Breakfast                            | Don Wright, MD, MPH  
Deputy Assistant Secretary for Health  
Office of Disease Prevention and Health Promotion  
U.S. Department of Health and Human Services  
Paul E. Jarris, MD, MBA  
Executive Director  
Association of State and Territorial Health Officials  
Martha Roherty, MPP  
Executive Director  
National Association of States United for Aging and Disabilities |
| 8:30-8:45AM   | Welcome and Introductions            | Jewel Mullen, MD, MPH, MPA  
Commissioner  
Connecticut Department of Health  
ASTHO President |
| 8:45-9:00AM   | Keynote: The Role of the State in Healthy Aging | Karen B. DeSalvo, MD, MPH, MSc  
Acting Assistant Secretary for Health  
U.S. Department of Health and Human Services |
| 9:00-9:10AM   | Plenary: Partnering to Promote Living Longer Better | Jewel Mullen, MD, MPH, MPA  
Commissioner  
Connecticut Department of Health  
ASTHO President |
| 9:10-9:20AM   | Plenary: Creating Age-Friendly Communities | James Bulot, PhD  
Director, Division of Aging Services  
Georgia Department of Human Services |
<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Presenter/Organizer</th>
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</table>
| 9:20-9:30AM     | White House Conference on Aging                                                   | Nora Super  
Executive Director  
White House Conference on Aging                           |
| 9:30-10:00AM    | Break/Check-Out of Hotel                                                          |                                                         |
| 10:00-10:45AM   | Reflections and Takeaways  
*State Teams will discuss and reflect on the Healthy Aging Summit and pre-meeting worksheets and begin thinking about their state action plan.* | State Teams                                              |
| 10:45-11:45AM   | State Panel: Key Takeaways from Collaboration  
*State Health Officials and Aging Officials will highlight work that is being or will be implemented in partnership between the state public health and aging agencies.* | Moderator:  
Sharon Moffatt, RN, BSN, MSN  
Chief, Health Promotion and Disease Prevention, ASTHO  
Alaska:  
Jay Butler MD, CPE, FAA  
Director, Public Health  
Alaska Department of Health & Social Services  
Duane Mayes, MS  
Director, Senior and Disability Services  
Alaska Department of Health & Social Services  
Colorado:  
Todd Coffey  
Acting Director, Aging and Adults Services  
Colorado Department of Human Services  
Larry Wolk, MD, MSPH  
Executive Director/Chief Medical Officer  
Colorado Department of Public Health Environment  
Idaho:  
Sam Haws  
Administrator  
Idaho Commission on Aging  
Elke Shaw-Tulloch, MHS  
Public Health Administrator  
Idaho Department of Health & Welfare |
| 11:45AM-12:45PM | Working Lunch with Regional Health Administrators  
*State Teams will sit with their RHAs to discuss opportunities and challenges related to healthy aging at the state and regional levels.* | State Teams: Breakouts by HHS Region                       |
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<tr>
<th>Time</th>
<th>Event Description</th>
<th>State Teams</th>
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</table>
| 12:45-1:45PM | **State Panel: Peer-to-Peer Share and Learn**  
*State teams will discuss the importance of partnerships and data in their work to improve health outcomes for seniors.* | **Moderator:**  
Lisa Waddell, MD, MPH  
Chief, Community Health and Prevention, ASTHO  
**Louisiana:**  
Teresa (Tracy) Broussard  
Accountant Manager  
Governor’s Office of Elderly Affairs  
John Thomas ‘J.T.’ Lane  
Assistant Secretary for Public Health  
Louisiana Department of Health & Hospitals  
Robin Wagner  
Deputy Assistant Secretary  
Office of Aging & Adult Services  
**New Mexico:**  
Retta Ward, MPH  
Cabinet Secretary  
New Mexico Department of Health  
Tracy Wohl  
Office of Alzheimer’s and Dementia Care  
New Mexico Aging and Long-Term Services Department  
**Oregon:**  
Donald Erickson, MA  
Chief Operating Officer, Aging and People with Disabilities and Developmental Disabilities  
Oregon Department of Human Services  
Lillian M. Shirley, BSN, MPH, MPA  
Public Health Director  
Oregon Health Authority |
| 1:45-2:00PM  | **Wellness Break/Transition**                                   |             |
| 2:00-3:00PM  | **State Team Planning**  
*State teams will work together to develop a state healthy aging action plan with next steps for collaboration and implementation.* |             |
| 3:00-3:45PM  | **Key Takeaways and Next Steps**  
*Each state team will share one takeaway from their state plans.* |             |
| 3:45-4:00PM  | **Closing Remarks**                                             | ODPHP, ASTHO, NASUAD |
### STATE HEALTHY AGING ACTION PLAN

<table>
<thead>
<tr>
<th>Healthy Aging Goals and Strategies</th>
<th>Strengths/Assets</th>
<th>Barriers/Challenges</th>
<th>Needed Stakeholders and Resources</th>
<th>Desired Outcome(s)</th>
<th>Timeline</th>
<th>Evaluation Measures (if applicable)</th>
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<tr>
<td>Healthy Aging Topic #1</td>
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<td>Healthy Aging Topic #2</td>
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<td>Healthy Aging Topic #3</td>
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# Appendix E – State Healthy Aging Top Priorities

<table>
<thead>
<tr>
<th>State</th>
<th>Healthy Aging Top Priorities</th>
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<tbody>
<tr>
<td><strong>REGION 1</strong></td>
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</tr>
<tr>
<td>Connecticut</td>
<td>- Caregivers – build and support network&lt;br&gt;- Falls prevention</td>
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<tr>
<td>Massachusetts</td>
<td>- Falls prevention (within injury)&lt;br&gt;- Physical activity&lt;br&gt;- Mental health/cognition</td>
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<td><strong>REGION 2</strong></td>
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<tr>
<td>New Jersey</td>
<td>- Injury and violence prevention (falls prevention)&lt;br&gt;- Physical activity (evidence-based)&lt;br&gt;- Tobacco use&lt;br&gt;- Chronic disease prevention</td>
</tr>
<tr>
<td>New York</td>
<td>- Physical activity/active living (improve access, caregiver support, falls prevention, physical activity programs)&lt;br&gt;- Healthy and safe communities (complete street projects)&lt;br&gt;- Alzheimer’s and dementia (integrate with chronic disease, increase surveillance – BRFSS)</td>
</tr>
<tr>
<td><strong>REGION 3</strong></td>
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<tr>
<td>District of Columbia</td>
<td>- Data (create hub for data collection)&lt;br&gt;- Inappropriate prescription of medications</td>
</tr>
<tr>
<td>Maryland</td>
<td>- Medication assistance&lt;br&gt;- Falls prevention&lt;br&gt;- Physical activity/exercise</td>
</tr>
<tr>
<td>Virginia</td>
<td>- Tobacco cessation&lt;br&gt;- Dementia&lt;br&gt;- Chronic disease management (evidence-based)</td>
</tr>
<tr>
<td>West Virginia</td>
<td>- Obesity&lt;br&gt;- Tobacco use&lt;br&gt;- Volunteerism</td>
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<tr>
<td><strong>REGION 4</strong></td>
<td></td>
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<tr>
<td>Kentucky</td>
<td>- Falls prevention&lt;br&gt;- Prevention services (oral, immunizations)&lt;br&gt;- Tobacco cessation/reduce smoking</td>
</tr>
<tr>
<td>Mississippi</td>
<td>- Mental health&lt;br&gt;- Elimination of health disparities&lt;br&gt;- Nutrition and weight status&lt;br&gt;- Tobacco use prevention</td>
</tr>
<tr>
<td>Tennessee</td>
<td>- Physical activity/active living&lt;br&gt;- Nutrition and weight status</td>
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<tr>
<td><strong>REGION 5</strong></td>
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<tr>
<td>Illinois</td>
<td>- Dementia (identify core training for dementia-friendly communities; possible certification)&lt;br&gt;- Data (community assessment)</td>
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<tr>
<td>Region</td>
<td>Issues/Initiatives</td>
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| **Indiana** | • Dementia (identify geographic data diagnosis of dementia in hospital admissions and primary care providers)  
• Diabetes Prevention Program (DPP)  
• Domestic abuse (part of women’s health initiative) |
| **Michigan** | • Data and infrastructure  
• Collaboration (Medicaid, regulatory, behavioral health) |
| **Minnesota** | • Mental health (dementia, including Alzheimer’s)  
• Injury prevention (falls)  
• Social determinants of health |
| **Ohio** | • Data (diabetes and chronic disease self-management data)  
• Caregivers (survey for needs to identify gaps)  
• Falls prevention plan |
| **Wisconsin** | • Mental health (dementia and Alzheimer’s)  
• Healthy Brain Initiative  
• Falls prevention (continue with current action plan, decrease burden on long-term care) |
| **REGION 6** | |
| **Arkansas** | • Nutrition and hunger  
• Injury and violence prevention  
• Mental health (depression, Alzheimer’s and related dementias) |
| **Louisiana** | • Nutrition and weight status  
• Clinical/preventive services  
• Care for older adults |
| **New Mexico** | • Healthy eating/nutrition and weight status  
• Physical activity and active living  
• Prevent and reduce substance abuse |
| **Oklahoma** | • Healthy and safe environment (safe and resilient, promote mobility)  
• Quality of life (tobacco, healthy eating, injury and violence, physical activity)  
• Mental health and healthcare (empower caregivers) |
| **Texas** | • Collaboration (between Division of Aging and Disability Services and Division of State Health Services; Executive Order or framework of agencies’ authority)  
• Continue/nurture existing collaborations (exercise, caregiver support, advisory committees)  
• Tobacco cessation (quitline services)  
• Alzheimer’s and related conditions |
| **REGION 7** | |
| **Iowa** | • Occupational safety health/disability  
• Caregiving/worksite wellness  
• Falls prevention |
| **Kansas** | • Physical activity/injury prevention  
• Access to health services (oral, vision, immunization)  
• Substance abuse prevention |
| **Missouri** | • Food insecurity  
• Falls prevention  
• Chronic disease prevention |
<table>
<thead>
<tr>
<th>State</th>
<th>Issues</th>
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| Nebraska   | - Caregiving/worksite wellness  
              - Falls prevention  
              - Chronic conditions/wellness                                      |
| REGION 8   |                                                                                             |
| Colorado   | - Suicide  
              - Health disparities  
              - Nutrition/weight status  
              - Mental health/dementia                                           |
| Montana    | - Physical activity  
              - Tobacco usage  
              - Healthy eating/nutrition                                        |
| South Dakota | - Caregivers  
              - Suicide/falls prevention  
              - Clinical preventive services  
              - Injury/violence prevention                                       |
| Utah       | - Education  
              - Coordination of preventive health services                        |
| Wyoming    | - Suicide  
              - Falls prevention  
              - Tobacco cessation                                                  |
| REGION 9   |                                                                                             |
| Hawaii     | - Caregiver issues  
              - Physical activity  
              - Mental health  
              - Nutrition/weight status                                            |
| Nevada     | - Caregiver issues  
              - Physical activity  
              - Mental health  
              - Nutrition/weight status                                            |
| REGION 10  |                                                                                             |
| Alaska     | - Home MAP (Modifications for Aging in Place)  
              - Alzheimer’s Disease Research Centers (home health services)  
              - Health promotion and disease prevention  
              - Tobacco cessation  
              - Immunizations                                                        |
| Idaho      | - Health disparities (elimination, geographic considerations)  
              - Nutrition and physical activity  
              - Care for older adults  
              - Access to health services (oral, vision, immunizations)           |
| Oregon     | - Tobacco cessation  
              - Substance abuse and prevention  
              - Data                                                                |
| Washington | - Falls prevention  
              - Suicide prevention  
              - Mental health/depression                                            |