

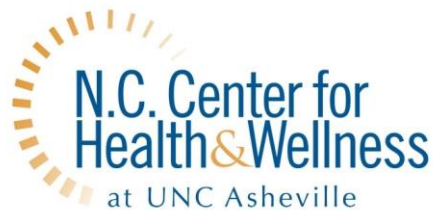


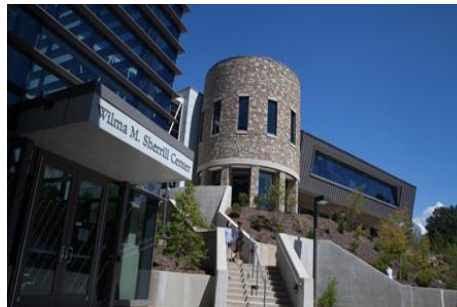
HEALTHY AGING NC

AN INITIATIVE OF THE N.C. CENTER FOR HEALTH & WELLNESS AT UNC ASHEVILLE

Healthy Aging NC: A Resource Center for North Carolina Evidence-Based Programs

Nicolle Miller, Director of State and Community Collaboration





Mission:

Develop equitable opportunities that lead to healthy North Carolina Communities.

NCCHW works to impact policy, build capacity, and ignite community initiatives by working through a web of cross sector relationships organized around building healthier places throughout the state.

NCCHW widely disseminated initiatives

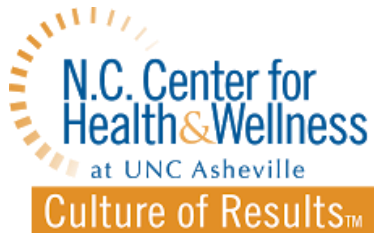


- ▶ **Healthy Aging NC Resource Center**
www.healthyagingnc.com

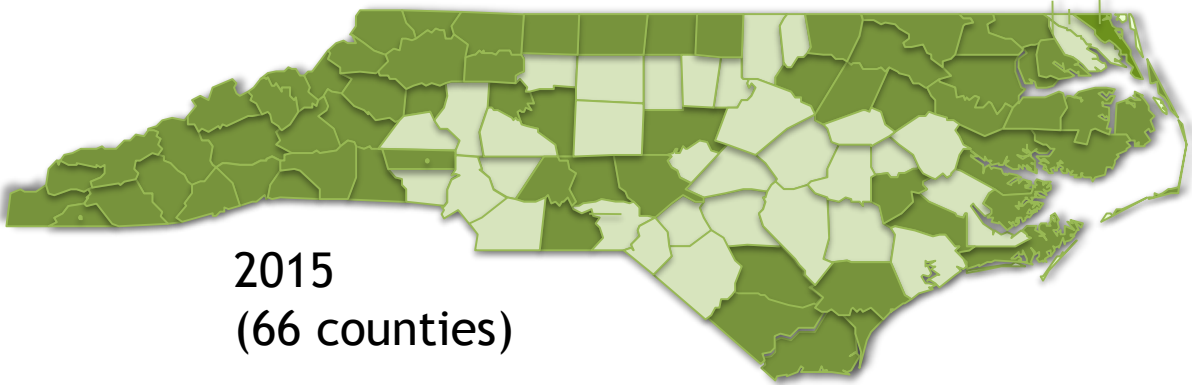
- ▶ **Culture of Results**

Use Results-based Accountability (RBA) to
Prioritize Strategies and Evaluate

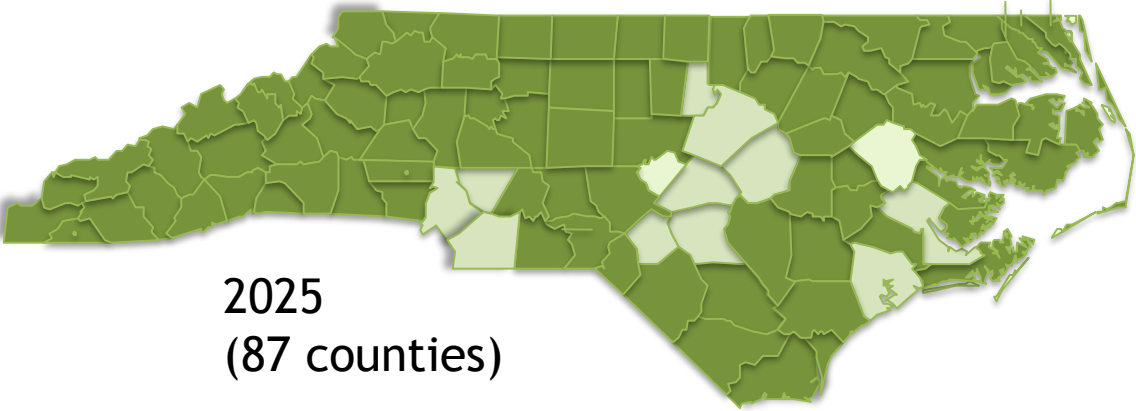
<https://clearimpact.com/results-based-accountability/>





Counties with more people age 60 and over than 0-17



2015
(66 counties)



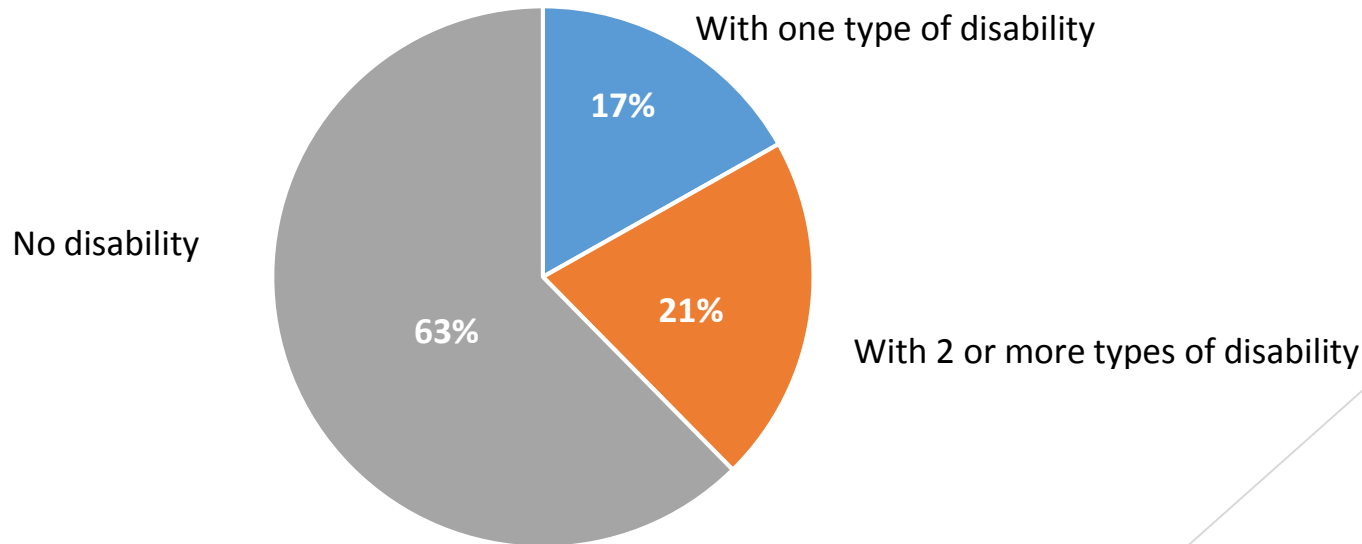
2025
(87 counties)

-  Counties with more people ages 60+ than 0-17
-  Counties with more people ages 0-17 than 60+

By 2035, 94 counties will have more people 60 and over than under age 18. The 6 counties with more people 0-17 than 60 and over are Craven, Cumberland, Durham, Harnett, Hoke and Onslow.

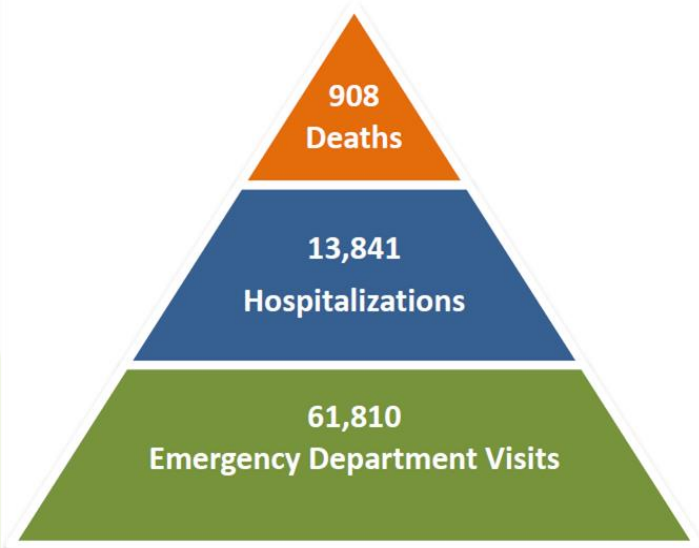
Characteristics of older adults in NC

- **83%** have at least one chronic disease. **52%** have 2 or more chronic diseases
- **68%** reported exercising in the past month
- **29%** reported that their health is fair or poor
- **93.5%** live in the community
- **37%** have at least one disability



The risk of falls in NC

FIGURE 1. Burden of Fall Injuries among Residents Ages 65 and older—North Carolina, 2014



- Residents aged 65 and older account for 88% of all fall deaths and 73% of nonfatal fall hospitalizations in NC.
- Each week, there are 1,189 emergency department visits among residents aged 65 and older, 266 hospitalizations, and 17 deaths due to fall injuries in NC.
- Projected rise of deaths due to fall injuries, increased ER utilization, and hospitalizations = diminished quality of life for NC older adults.

Lifetime costs associated with unintentional fall injuries in 2014 among NC residents aged 65 and older are estimated to be almost \$1.4 billion. Most of the costs were associated with injuries requiring hospitalization.

NCCHW goals for Healthy Aging NC

- ▶ Create a well-informed community where people can access high quality evidence-based healthy aging programs where they live, work, play, pray
- ▶ How would this happen?
 - ▶ Know where classes are held
 - ▶ Scale programs where people want and need classes
 - ▶ Ensure classes are offered with fidelity
 - ▶ Secure long-term funding to support classes
 - ▶ Foster collaboration at local, regional, and statewide levels
 - ▶ Support data management and reporting of programs
- ▶ What programs?
 - ▶ Falls Prevention Programs
 - ▶ Chronic Disease Self-Management Programs
 - ▶ Arthritis management programs (Walk With Ease)



HEALTHY AGING NC

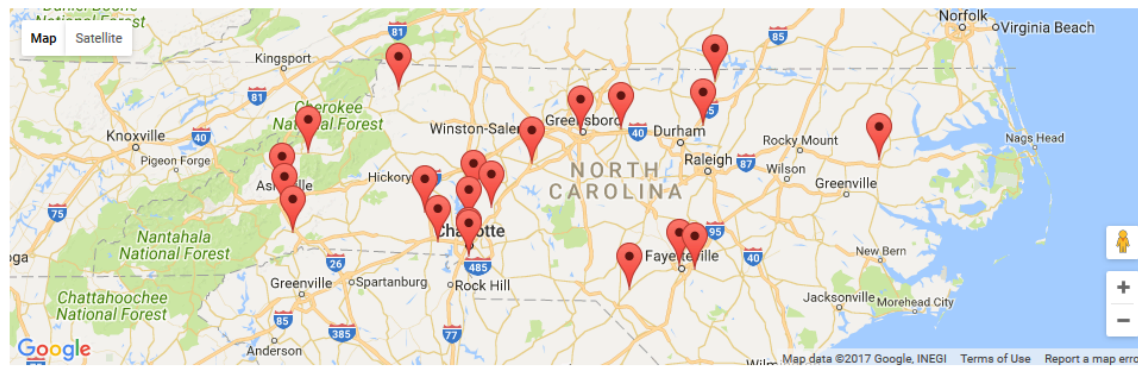
AN INITIATIVE OF THE N.C. CENTER FOR HEALTH & WELLNESS AT UNC ASHEVILLE

Website:

www.healthyagingnc.com

A MATTER OF BALANCE PROGRAMS

Below is a partial listing of classes available in North Carolina. For more information about class locations, please [contact us!](#)



HEALTHY AGING NC

About Programs Resources News Leader Info Contact Home

Programs

- A Matter of Balance
- YMCA Moving for Better Balance
- Tai Chi for Arthritis
- The Otago Exercise Program
- Living Healthy with Chronic Disease Management
- Living Healthy with Chronic Pain Management
- Living Healthy with Diabetes Self Management
- Tomando Control de su Salud
- Programa de Manejo Personal de la Diabetes
- Walk With Ease



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- ▶ Referrals to evidence-based programs, including A Matter of Balance, Living Healthy/Chronic Disease Self Management, Walk With Ease, etc.
- ▶ Learn about upcoming lay leader/coach trainings
- ▶ Download healthy aging resources including class paperwork
- ▶ Provide up-to-date information on the latest healthy aging news and information, including webinars

Fall Prevention Information

for Patients and Families



Chronic Disease Self Management Education: Toolkit for Including Participants with Disabilities



Photo credit: Eat Smart, Move More North Carolina

Connecting program providers to Healthy Aging NC (our network)

Regional and Local Agencies

- ✓ Area Agencies on Aging (AAAs)
- ✓ Centers for Independent Living
- ✓ YMCAs
- ✓ Hospitals
- ✓ Community Care of NC networks
- ✓ Local Health Departments
- ✓ Senior Centers
- ✓ Universities
- ✓ Federally Qualified Health Centers (FQHCs)





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Chronic Disease Management Programs

Living Healthy with Chronic Disease Self-Management Education Programs (developed by Stanford University)

- ▶ Chronic Disease Self Management Program
- ▶ Diabetes Self-Management Program
- ▶ Chronic Pain Self-Management Program
- ▶ Tomando Control de su Salud (Spanish Chronic Disease)
- ▶ Programa de Manejo Personal de la Diabetes (Spanish Diabetes)



Walk With Ease

WALK WITH EASE
a program for better living





Healthy Aging NC



Living Healthy (Chronic Disease Self-Management) Programs

Living Healthy Chronic Disease Self-Management Program

For individuals who:

- Face any type of chronic disease
- Are interested in tools to cope with symptoms
- Can make weekly action plans, share experiences, and help others solve problems they encounter

The Living Healthy Chronic Disease Self-Management Program is a small group workshop, led by 2 trained facilitators, that meets 1 time per week for 2 ½ hours over a period of 6 weeks.

Living Healthy Diabetes Self-Management Program

For individuals who:

- Have Type 2 Diabetes or have been told they have “pre-Diabetes”
- Are interested in tools to deal with the symptoms of diabetes
- Can make weekly action plans, share experiences, and help others solve problems they encounter

The Living Healthy Diabetes Self-Management Program is a small group workshop, led by 2 trained facilitators, that meets 1 time per week for 2 ½ hours over a period of 6 weeks.

Living Healthy Chronic Pain Self-Management Program

For individuals who:

- Experience chronic pain
- Are interested in tools to cope with frustration, fatigue, poor sleep, and isolation
- Can make weekly action plans, share experiences, and help others solve problems they encounter

The Living Healthy Chronic Pain Self-Management Program is a small group workshop, led by 2 trained facilitators, that meets 1 time per week for 2 ½ hours over a period of 6 weeks.

Walk With Ease Program

For individuals who:

- Have arthritis
- Are interested in reducing pain, increasing balance and strength, and increasing physical activity
- Would benefit from educational sessions combined with stretching and walking time

Walk With Ease meets 3 times a week for 6 weeks. Each session consists of a health education piece, stretching activities, and a 10-35 minute walk. A self-directed version is available online.

Visit <http://www.healthyagingnc.com> for class listings, online registration, and more information.

Any questions, please contact healthyagingncinfo@gmail.com

North Carolina CDMSE data (since Jan 2015) and statewide projects

- ▶ 4449 participants enrolled in community-based CDSME Programs
- ▶ 41.5% of participants are minorities
- ▶ 42.9 % report diabetes as a health condition
- ▶ 402 classes in 259 sites in 70 counties
- ▶ 152 DSMP classes, reaching 1822 participants
- ▶ 4 Spanish DSMP classes, reaching 41 participants
- ▶ Patient Activation Measures show significant improvements in self-management skills
- ▶ CDSME programs offer high return on investment



LIVING
HEALTHY

FEEL BETTER
TAKE CHARGE

NCCHW Chronic Disease Healthy Aging NC projects



- ▶ Embedding cultural competence and disability inclusion training into CDSME programs
- ▶ Outreach to clinicians connecting them to Arthritis and pain management programs
- ▶ Offer regional meetings to connect partners investing in Arthritis and pain management programming
- ▶ Connecting agencies and leaders to low cost CDSME Training Academy to build capacity



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Falls Prevention Programs

- ▶ A Matter of Balance
- ▶ Otago
- ▶ Tai Chi for Arthritis
- ▶ YMCA: Moving for Better Balance (Tai Chi)





Healthy Aging NC

Community-Based Falls Prevention Programs



Otago Exercise Program

Best suited for individuals who:

- Have sustained falls in the past and may be considered “frail”
- Have difficulty with gait, balance, or leg strength
- Are willing and able to work with a physical therapist
- Are limited in activities because of concerns about falling

The Otago Exercise Program (Otago) is an individualized balance and strength falls prevention program that is delivered by a physical therapist over the course of 52 weeks.

A Matter of Balance

Best suited for individuals who:

- Walk independently or with a cane or walker
- Are able to participate in a group discussion
- Have a desire to learn how to reduce their risk of falling
- Have a desire to improve balance, flexibility and strength

A Matter of Balance is an 8-session structured group program that uses activities to address physical, social and cognitive factors affecting fear of falling and to teach falls prevention strategies. The activities include group discussion, problem-solving, skill building, assertiveness training, sharing practical solutions, and exercise training.

Tai Chi for Arthritis

Best suited for individuals who:

- Want to decrease pain from arthritis, rheumatic diseases or related musculoskeletal conditions
- Are looking to improve movement, balance, strength, flexibility, and relaxation
- Have mild, moderate, or severe joint involvement and back pain

Tai Chi for Arthritis uses the Sun style to improve balance and relaxation. Higher stance movements are easier for older adults and those with arthritis. Modifications can be offered to address mobility issues and started in a seated position. A minimum of 16 hours of this style is shown effective for falls prevention benefit.

YMCA: Moving for Better Balance

Best suited for individuals who:

- Want to decrease pain from arthritis, rheumatic diseases or related musculoskeletal conditions
- Are looking to improve movement, balance, strength, flexibility, and relaxation
- Have mild, moderate, or severe joint involvement and back pain

The 12-week program protocol consists of a core 8-form routine and a subroutine of eight integrated therapeutic movements forms that have been derived from the traditional 24-form Yang-style of Tai Chi. A minimum of 50 hours of this style is shown effective for falls prevention benefit.

Visit <http://www.healthvagingnc.com> for class listings, online registration, and more information.

Any



76.8%



North Carolina falls data (since Jan 2015)

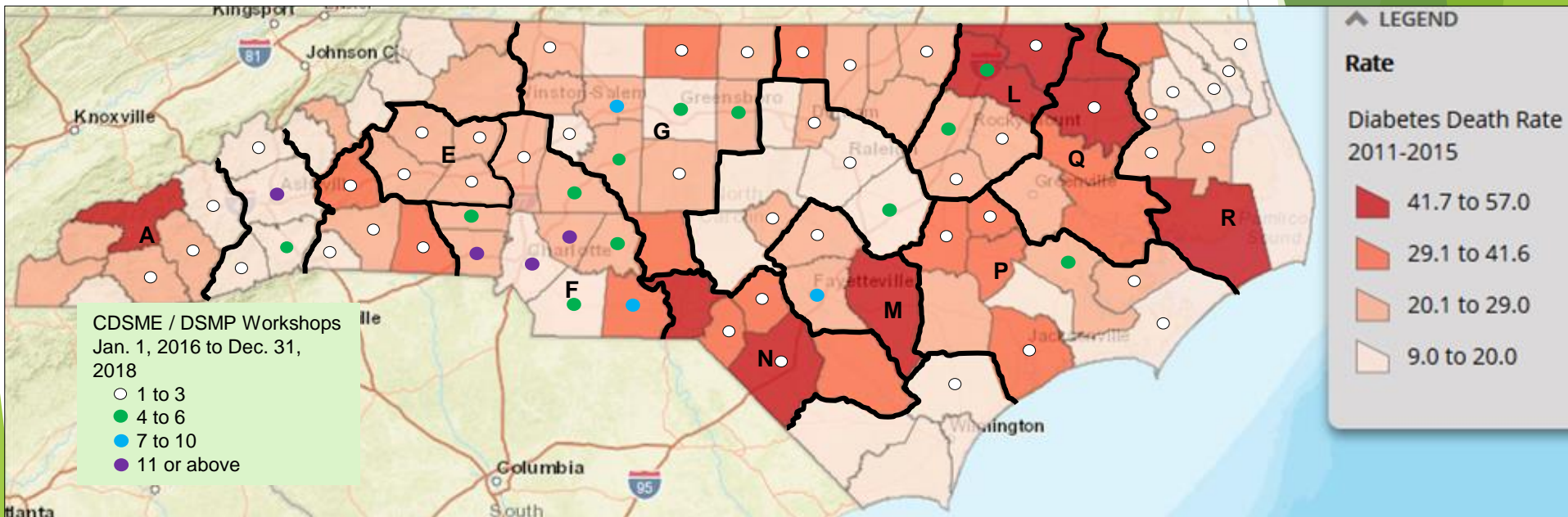
- ▶ 7593 participants enrolled in community-based falls prevention programs
- ▶ 476 A Matter of Balance classes, 82 Tai Chi classes, 36 YMCA Moving for Better Balance classes
- ▶ 299 sites offering programs in 75 counties
- ▶ 17.93% of participants are minorities
- ▶ 26.48% report disabilities
- ▶ Outcomes data shows significant improvements in self-management skills related to falls, including improved strength, balance and activity
- ▶ A Matter of Balance, Otago, and Tai Chi for Arthritis all have high return on investment

NCCHW Falls Prevention Healthy Aging NC projects



- ▶ Falls Prevention pathway project between Mission Health Partners (ACO) and 5 Area Agencies on Aging in western NC
 - ▶ Developing referrals in ACO care coordination and primary care practices
 - ▶ Scaling programs to meet referral needs
 - ▶ Assessing class uptake and medical utilization
- ▶ Co-chairing NC's Falls Prevention Coalition and managing the state's website
- ▶ Supporting development of regional Falls Prevention Coalitions
- ▶ Connecting agencies and leaders to low cost Tai Chi Training Academy to build capac

Proposed grant to support DSMES accreditation and reimbursement among Area Agencies on Aging



DSMES Grant Map

Age-Adjusted Diabetes Death Rates per 100,000 Population

<http://nc.maps.arcgis.com/apps/MapSeries/index.html?appid=7234a5a1778248688d0c666fa2ba27d0>

Older Adult Demographics (65+ unless noted) in Counties with High Diabetes Death Rates (2016)

County (Region)	DDR – age adj	% 60+	White	Black	NA	<199% poverty	1+ disability	<High School
Bertie (Q)	57.7	48%	47%	52%	1%	55%	53%	35%
Richmond (N)	56.2	42%	75%	24%	1%	47%	42%	30%
Hyde (R)	56	46%	67%	33%	0%	32%	51%	25%
Swain (A)	55	47%	82%	0%	15%	49%	43%	29%
Hertford (Q)	54.9	45%	45%	51%	2%	45%	46%	35%
Sampson (M)	48.2	42%	69%	27%	2%	44%	49%	31%
Robeson (N)	46.5	35%	42%	22%	34%	51%	48%	34%
Halifax (L)	45.7	48%	68%	32%	2%	48%	49%	35%
Northampton (L)	43.7	56%	50%	49%	1%	47%	43%	32%

DDR = Diabetes Death Rates

NA = Native American

<High School = Less than a high school degree



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Contact Information

Nicolle Miller

Director of State and Community Collaboration

nmiller2@unca.edu

828-258-7711

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HealthyAgingNCInfo@gmail.com

Healthyagingnc.com