



# Age-Friendly Public Health Systems

Supported by Trust for America's Health

## What is an Age-Friendly Health System?

Age-Friendly Health Systems is an initiative of [The John A. Hartford Foundation](#) and the Institute for Healthcare Improvement (IHI) in partnership with the [American Hospital Association](#) (AHA) and the [Catholic Health Association of the United States](#) (CHA). As of August 2021, there are over 2400 recognized Age-Friendly Health System participants. Five pioneer health systems stepped forward to work with IHI to test ideas and learn what it takes to be an Age-Friendly Health System. The 4Ms Framework for Age-Friendly Care that emerged is both evidence-based and able to be put into practice reliably in health care settings.

### 4Ms Framework



*The goals and preferences of an older persons' health outcomes*



*The use of age-friendly medications according to "What Matters"*



*Preventing, identifying, and managing conditions like dementia, depression, and delirium across settings of care*



*Older adults are moving safely every day in order to maintain function and do "What Matters"*

## What is an Age-Friendly Public Health System?

[Trust for America's Health](#) (TFAH) partnered with The John A. Hartford Foundation with the vision that every public health department should become an Age-Friendly Public Health System (AFPHS) with older adult health as a core function. Public health can address health disparities within the population, and build and maintain partnerships with aging services networks.

### The 5Cs of an Age-Friendly Public Health System

- Connecting and convening
- Coordinating
- Collecting and Disseminating Data
- Communicating
- Complementing and Supplementing

TFAH piloted the AFPHS initiative in Florida to test the 5Cs framework for expanding public health's roles in healthy aging, resulting in practice and policy changes. TFAH has developed an [AFPHS Recognition Program](#) to incentivize every state and local health department to address older adult health.

The COVID-19 pandemic has highlighted the need for public health to address older adult health, particularly the disproportionate impact on nursing homes residents and staff, and further worsening social isolation.

# What is an Age-Friendly Public Health Opportunity?

The **Washington State Department of Health (DOH)** will work with TFAH to plan and implement a statewide initiative to promote an Age-Friendly Public Health System to improve the health and well-being of older adults within the state of Washington. The focus of this work is to explore and expand public health's roles in healthy aging by:

- Improving health equity among the older adult population
- Building new partnerships
- Enhancing data collection
- Facilitating local health department and tribal health engagement in older adult health and well-being




**2.5 Year Term**



**\$200,000 in Funding**

- \$120,000 in Year 1
- \$70,000 in Year 2
- \$10,000 in Last 6 Months



**Deliverables**

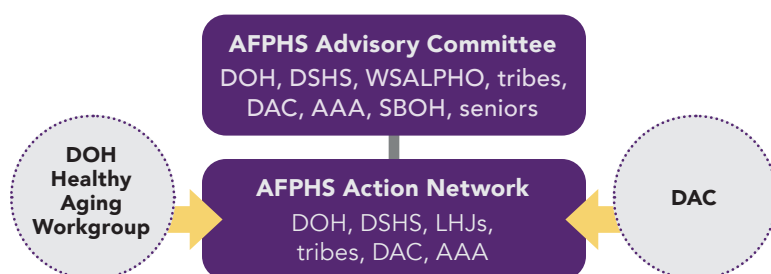
- Designated Agency Leader
- Advisory Committee
- Mini-grants to LHJs and tribes
- Learning Network
- Work toward the 10 actions of the AFPHS Recognition Program

Important aspects of this work include identifying lessons learned, adjusting to make improvements over time, and sharing our experience with other states.

## Who is in the Action Network and Advisory Committee?

This work will develop a process to engage all components of Washington's public health system to achieve this goal:

- Area Agencies on Aging (AAA)
- Dementia Action Collaborative (DAC)
- Local Health Jurisdictions (LHJs)
- Seniors
- Tribal Partners
- Washington State Association of Local Public Health Officials (WSALPHO)
- Washington State Board of Health (SBOH)
- Washington State Department of Health (DOH)
- Washington State Department of Social and Health Services (DSHS)



## What data supports this work?

- In Washington, the percentage of older adults age 85 and older is projected to increase 181% between 2020 and 2040.
- By 2040, a vast majority of counties in Washington will have at least one in five residents over age 65, and slightly more than half of the counties will have more than one in four.
- Aging brings an increase in chronic diseases such as hypertension, diabetes, arthritis, and dementia. 80% of older adults have at least one chronic health condition.
- Alzheimer's disease is the third leading age-adjusted cause of death in Washington.
- The number of Washingtonians diagnosed with Alzheimer's disease is projected to increase 16.7% from 120,000 in 2020 to 140,000 in 2025.
- According to national data, older African Americans are nearly twice as likely to develop Alzheimer's disease than older White Americans and older Hispanics/Latinos are about one and a half times likely. African Americans are less likely to receive specialized diagnostic evaluations and are diagnosed later in the course of the illness.
- Two thirds of older women will develop Alzheimer's disease.



## Where can I learn more?

- [Creating an Age-Friendly Public Health System](#)
- [The John A. Hartford Foundation](#)
- [Trust for America's Health](#)
- DOH Contact: [Marcy Getz](#)



The John A. Hartford Foundation



DOH 820-104 September 2021

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).