Henry F. Hartsell Jr., PhD
Julie Myers, DrPH, CPHQ
Claire Dowers-Nichols, MHR
Amanda Miner, AS
Avy Redus, MS

WELCOME
Objectives

• Learn about Oklahoma’s Healthy Aging: Living Longer Better (HALLB) collaborative
• Learn about the issues, facts, evidence-based programs and practices, partnering opportunities, and other resources to improve older adult health outcomes
• Identify strategies for community mobilization

Healthy Aging: Living Longer Better Collaborative

• OKLAHOMA’S CHALLENGE: Collaborating on effective strategies for older Oklahomans to live and age well.
• VISION OF THE COLLABORATIVE: Create healthy aging champions among older adults, their caregivers, and in their communities.
Unintentional Fall-related Death Rates of Older Adults (65 and older) by County of Residence, Oklahoma, 2009-2016

Rates per 100,000 population:
- Top 5 counties
- 59.5 - 152.5
- 42.0 - 59.5
- 39.6 - 41.9
- 23.1 - 39.5
- <5 deaths

State rate: 78.8

Source: OSHI Health Care Information, Vital Statistics Death Data
Compiled by: OSHI Injury Prevention Service

Unintentional Fall-related Inpatient Hospital Discharge Rates of Older Adults (65 and older) by County of Residence, Oklahoma, 2013-2015

Rates per 100,000 population:
- Top 5 counties
- 1,300 - 1,794.8
- 1,190 - 1,399.9
- 995 - 1,185.9
- 793 - 990.9
- <10 hospital discharges

State rate: 1,179.2

Source: OSHI Health Care Information, Hospital Discharge Database
Compiled by: OSHI Injury Prevention Service
Ways to Prevent Falls

**Environment**
- Home safety
- Facility safety

**Medication**
- Reduce poly pharmacy

**Health**
- Ask/tell your doctor
- Fall assessments
- Vitamin D
- Eye exams
- Hydration
- Sleep

**Exercise**
- Tai Chi: moving for Better Balance
- Walking programs
- Gait training
KEY ELEMENTS & RESOURCES

- Creating partnerships
- Providing technical assistance
- Providing state & local data
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FATAL OUTCOMES

- 1 older adult every 66 minutes
- 10th cause of death
- 3.3 male deaths for each female death
- Suicide ranks 10th as cause of death
- Homicide ranks 16th

### 2015 NATIONAL SUICIDE DATA

**AMERICAN ASSOCIATION OF SUICIDOLOGY**

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### WAYS TO REDUCE DEPRESSION

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- Develop an Older Adult Peer Support Specialty with ODMHSAS
- Mental Health First Aid Training with an Older Adult Specialty
- Tribal Health Systems
- Senior Centers
- Utilizing Established Community Involvement
# RESOURCES

- Oklahoma Mental Health and Aging Coalition (OMHAC)
- Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS)
- Community Mental Health Centers
- Tribal Health Systems
- Senior Centers
- Primary Care Provider

---

**SUPPORTING HEALTHY BEHAVIORS**

- Help 262 older adults become more physically active
- Reduce food insecurity by 4%
  - among older adults
  - (75 people each year)
WAYS TO SUPPORT HEALTHY BEHAVIORS

PHYSICAL ACTIVITY
- Promote non-stereotypical methods of physical activity (fishing, yardwork, housework)
- Tie in with social engagement (e.g., walking clubs)
- Evidence-based programs, (Tai Chi, Eat Better Move More, SAIL)

NUTRITION
- Promote social service programs (SNAP, Older Americans Act Nutrition, etc.)
- Farmer’s markets ~ 3Ps
- Food waste reduction
- Community volunteer programs, (e.g., ‘Drive by Fruiting’)

RESOURCES

OKLAHOMA HEALTHY AGING INITIATIVE

Regional offices:
- Enid
- Tulsa
- Oklahoma City
- Lawton
- Durant
RESOURCES

Area Agencies on Aging
Oklahoma Department of Human Services County Offices
Senior Activity Centers
National Council on Aging
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EXAMPLES FROM YOUR COMMUNITIES

What Ideas Do You Have Today?
How will you help Oklahomans live better longer?

Thank You for Helping Oklahomans Live and Age Well!
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WAYS TO PREVENT FALLS

Environment
- Home safety
- Facility safety

Medication
- Reduce poly pharmacy

Health
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- Fall assessments
- Vitamin D
- Eye exams
- Hydration
- Sleep

Exercise
- Tai Chi: moving for Better Balance
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Reduce the unintentional fall-related death rate among adults 65 years and older in Oklahoma by 10%
Experience 15% Fewer Falls with major injury in Nursing Homes (238 people each year)
KEY ELEMENTS & RESOURCES

- Creating partnerships
- Providing technical assistance
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- Providing educational material
- Promoting the use of the STEADI toolkit
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REDUCING DEPRESSION

Prevent 95 Suicides Among Oklahomans Aged 65+
Reduce Depression by 10% among nursing home residents
(18 people each year)
### Fatal Outcomes

- 1 older adult every 66 minutes
- 10\(^{th}\) cause of death
- 3.3 male deaths for each female death
- Suicide ranks 10\(^{th}\) as cause of death
- Homicide ranks 16\(^{th}\)

### Rates per 100,000

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### Ways to Reduce Depression

- Screenings and Referrals
- Cross training with Community Mental Health Centers
- Develop an Older Adult Peer Support Specialty with ODMHSAS
- Mental Health First Aid Training with an Older Adult Specialty
- Tribal Health Systems
- Senior Centers
- Utilizing Established Community Involvement
RESOURCES

- Oklahoma Mental Health and Aging Coalition (OMHAC)
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- Primary Care Provider

SUPPORTING HEALTHY BEHAVIORS

Help 262 older adults become more physically active among older adults (75 people each year)

Reduce food insecurity by 4%
## WAYS TO SUPPORT HEALTHY BEHAVIORS

### PHYSICAL ACTIVITY
- Promote non-stereotypical methods of physical activity (fishing, yardwork, housework)
- Tie in with social engagement (e.g., walking clubs)
- Evidence-based programs, (Tai Chi, Eat Better Move More, SAIL)

### NUTRITION
- Promote social service programs (SNAP, Older Americans Act Nutrition, etc.)
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**Oklahoma Healthy Life Expectancy at 65 Years of Age**

- Year 2004: 11.3
- Year 2018: 13.0

**Rate Per 100,000 Population**

- Year 1999: 25.3
- Year 2016: 90.5

**Oklahoma Resident Deaths Due to Unintentional Falls Among Adults 65 or Older, 1999-2016**
WAYS TO PREVENT FALLS

Environment
- Home safety
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Medication
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Reduce the unintentional fall-related death rate among adults 65 years and older in Oklahoma by 10% Experience 15% Fewer Falls with major injury in Nursing Homes (28 people each year)
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Year

Healthy Life Expectancy at 65


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Year
1999 2001 2003 2005 2007 2009 2011 2013 2015

Rate Per 100,000 Population
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