

National Coalition on Mental Health and Aging Meeting

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June 26, 2017



National Council on Aging

Improving the lives of 10 million older adults by 2020

About NCOA

Our Mission:

Improve the lives of millions of older adults, especially those who are struggling

Our Social

Impact Goal:

Improve the health and economic security of 10 million older adults by 2020

Visit us at ncoa.org



Center for Healthy Aging

Overarching Goal

- Increase the quality and years of healthy life

Two National Resource Centers funded by ACL/AoA

- Chronic Disease Self-Management Education (CDSME)
- Falls Prevention

Other Areas of Focus

- Behavioral Health
- Oral Health
- Physical Activity
- Flu prevention



Technical Assistance Activities

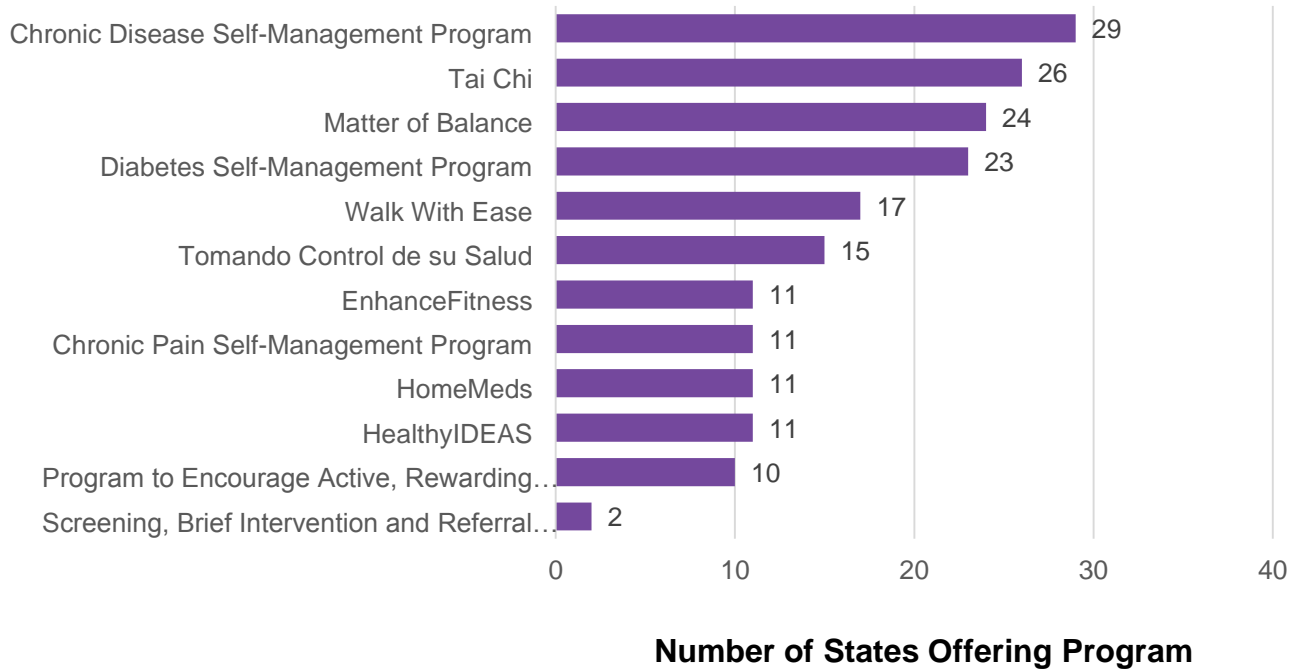


2017 National Survey of State Units on Aging re Evidence-Based Programs

- On-line survey open from March 18, 2017 to April 26, 2017
- 19 questions regarding
 - Current evidence-based program offerings and reach
 - Funding
 - Health concerns
 - Program gaps
 - Technical assistance needs
- 31 State Older Americans Act Title III-D coordinators responded

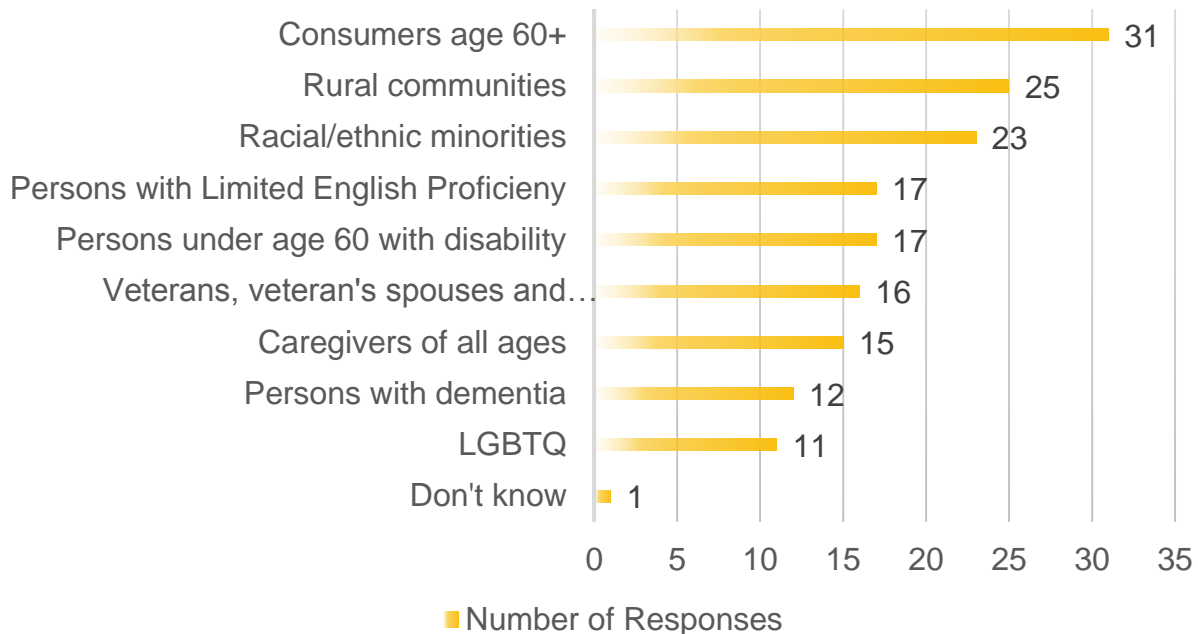
Most Popular Evidence-based Programs

(N=31 states surveyed)



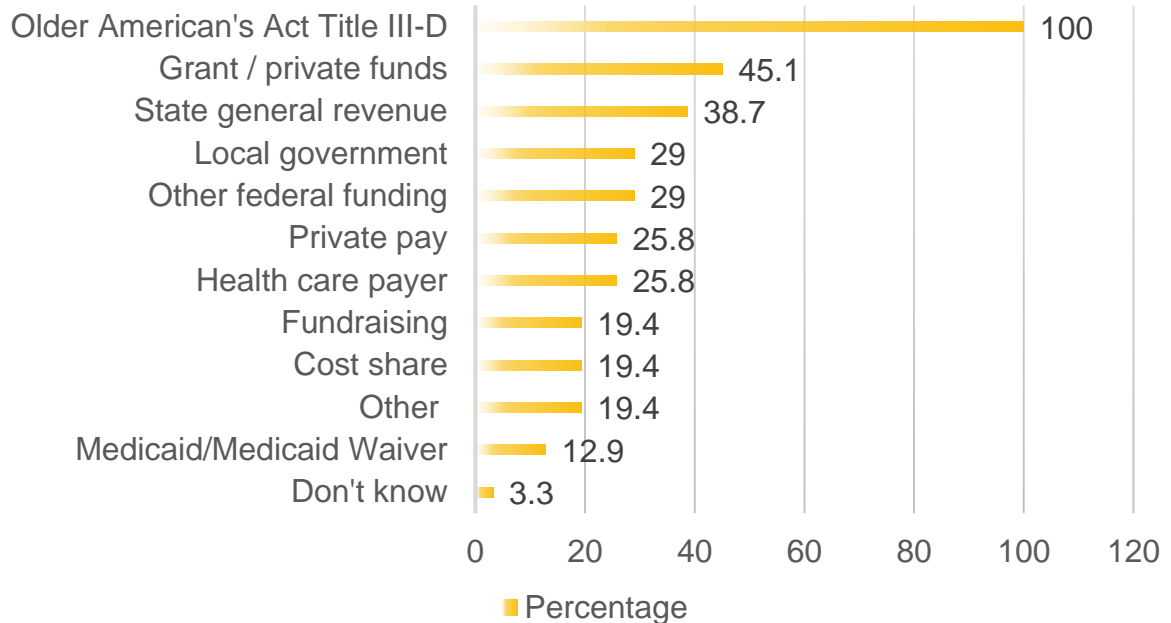
Populations Being Reached by EBPs

(N=31 states surveyed)



Funding Sources

(N=31 states surveyed)



Health Concerns and Programming Gaps

Health Concerns

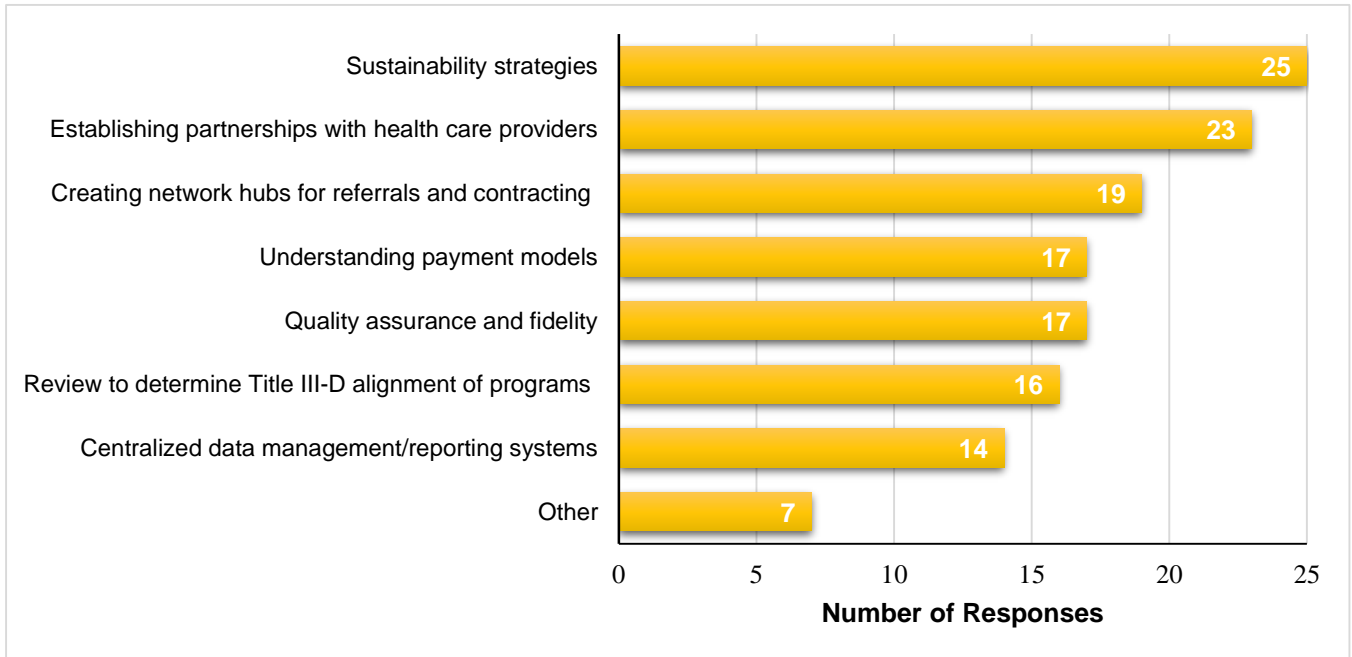
- Diabetes
- Falls prevention
- Arthritis
- Hypertension
- Heart disease
- Chronic disease
- Nutrition
- **Mental health**, cancer, obesity

Gaps

- 42% reported programming gaps, including
 - Diabetes
 - Limited English proficiency
 - Culturally specific programs, including Native Americans
 - Caregiver programs

States' Technical Assistance Needs

(N=31 states surveyed)



Stanford CDSME Program Overview

- Developed at Stanford University
- 6 workshop sessions held once a week
- Each session 2 ½ hours, highly interactive
- Co-facilitated by 2 trained leaders, one of whom has a chronic condition
- Core content:
 - Symptom management/social role function
 - Exercises to build self-efficacy
 - Goal setting and action plans
 - Problem solving to overcome challenges



CDSME Program Benefits – Triple Aim

Better Health

- Better self-assessed health and quality of life
- Fewer sick days
- More active
- Less depression
- Improved symptom management

Better Care

- Improved communication with physicians
- Improved medication compliance
- Increased health literacy

Lower Costs

- Decreased ER visits and hospitalizations (\$364 net savings per person)

Source: <https://www.ncoa.org/resources/national-study-of-the-chronic-disease-self-management-program-a-brief-overview/>

CDSME Program Participants

Demographics

Participant Characteristics	% or n
Average Age	65.3 years
Race/Ethnicity	
White	68.5%
Hispanic	16.3%
African-American	22.9%
Asian-American	3.9%
Depression or Anxiety Disorders	19.3%
More than one chronic condition	55.2%
Limiting condition	46.6%
Caregiver	27.5%
# of sessions attended	4.3 sessions

Data collected from March 1, 2010 to June 16, 2017
N = 315,895

Evidence-based Program Review Council

- Funding through ACL
- Partnership with the Evidence-Based Leadership Council (EBLC)
- Purpose: to identify new health promotion and disease prevention programs that meet the Older American Act Title IIID Criteria
 - Demonstrated to be effective for improving the health and wellbeing or reducing disease, disability and/or injury among older adults *and*
 - Proven effective with older adult population, using Experimental or Quasi-Experimental Design *and*
 - Research results published in a peer-review journal *and*
 - Fully translated in one or more community site(s) *and*
 - Includes developed dissemination products that are available to the public.
- First round of program reviews – Fall 2017



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