



December 2017
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Consumer Needs Among Older Adults	1
Dementia Friendly America	2
Recommended Reading	2
Seven Communities Receive Grants for Dementia Services	3
Healthy People 2030	4
Healthy People 2020 Infographic	5
Chicago Conference.....	6



REGION I

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New Report Shows That Transportation, In-Home Services Top 2016 List of Consumer Needs Among Older Adults

Making Connections: Consumer Needs in an Aging America, an analysis of more than 308,000 calls made to the Eldercare Locator in 2016, shows that transportation and home and community-based services were the top consumer needs of among older adults contacting the Eldercare Locator.

With the number of older Americans expected to surpass 73 million by the year 2020, the Eldercare Locator, a national information and referral service funded by the Administration for Community Living and administered by the National Association of Area Agencies on Aging (NAA), plays a vital role as a trusted gateway for older adults to resources available in their communities. As such, requests to the Eldercare Locator serve as key indicators of consumer needs and trends for older adults across the country.

Findings from *Making Connections* also demonstrate how the needs of older Americans are growing in complexity as the number of the country's older Americans grows in size. For example, data highlighted in the report show that requests for assistance with issues related to elder abuse nearly tripled when compared to 2014 data.

The Eldercare Locator's website, www.eldercare.gov, receives more than 40,000 visits per month while the information specialists in the Call Center (1-800-677-1116) field an average of 1,286 phone calls per day. The new report details how the Eldercare Locator connects older adults to vital services, particularly Area Agencies on Aging (AAAs), that enable them to continue living at home and in their communities for as long as possible. To view the press release and read the report go to www.n4a.org.

Dementia Friendly America Initiative



By 2025, the number of people aged 65 and older with Alzheimer's disease and other dementias is estimated to reach 7.1 million—a 40 percent increase from the 5.1 million people affected in 2015.

Led by the Dementia Friendly America (DFA) Initiative, communities across the county are taking



action to become dementia friendly by leveraging resources and partners

across community sectors.

Each part in the community has a unique role to play in contributing toward dementia friendliness including: business, community-based services and supports, faith communities, health care, legal and financial services, government services and planning, and residential settings.

Through the work of over 35 national, leading organizations and co-chaired and administered by

n4a, the Dementia Friendly America initiative is catalyzing a movement to more effectively support and serve those who are living with dementia and their care partners. The lead organizations represent all sectors of community and are collectively leveraging their national reach to activate their local affiliates, members and branches to convene, participate in and support dementia friendly community efforts at a local level.

The Dementia Friendly America initiative grew out of a 35-community Minnesota program called ACT on Alzheimer's. During the 2015 White House Conference on Aging, Dementia Friendly America committed to expand to 15 communities beyond Minnesota in a year. In the first year alone, 48 communities across 36 states joined Dementia Friendly America and are striving to become dementia friendly.

Interested in finding more ways to make your community dementia-friendly? Visit the [DFA website at www.dementiafriendlyamerica.org](http://www.dementiafriendlyamerica.org)



Recommended Reading

The Longevity Economy: Unlocking the World's Fastest-Growing, Most Misunderstood Market By Joseph F. Coughlin

About the Author: Joseph Coughlin is the founder and Director of the MIT AgeLab, a multidisciplinary research program created to understand the behavior of the 50+ population and the role of technology in their lives.



Grants Make Services Dementia Compatible

Seven West Virginia Communities Receive Grants to Make Services More Dementia-Capable

The West Virginia Bureau of Senior Services Commissioner Robert Roswall, Bureau staff, the Alzheimer's Association and members of the DOTS (Dementia-Capable Outreach, Training and Support) Leadership Team announced on Wednesday, June 29, 2016, the seven community grantees (from Morgantown, Shepherdstown, Charleston, Weston, Williamson, Beckley and Elkins), and learn about their diverse projects and the importance of dementia-capable communities. Grant funding is available through the West Virginia Bureau of Senior Services, the state unit on aging, as part of a larger three-year grant from the Administration for Community Living and the National Alzheimer's and Dementia Resource Center. The goal of Connecting the DOTS in West Virginia is to improve quality of care and increase access to comprehensive services for individuals with Alzheimer's or a related dementia and their family caregivers. The Bureau is partnering with the Alzheimer's Association, West Virginia Chapter, and other organizations to increase the knowledge and skills of health professionals, community gatekeepers and family caregivers to effectively serve families in their homes and communities who are dealing with Alzheimer's or a related dementia. For the purpose of this grant, community is defined as people who live in the same location (neighborhood, town, county) or groups that share common interests (faith communities, provider agencies, organizations, businesses, etc.) that will work together to improve their community's ability to serve individuals with dementia. Groups interested in participating in this program will have another opportunity to apply for a dementia-capable community grant later in 2016. At least eight additional grantees will be selected. To receive the grant announcement or for other grant-related questions.

Contact Nancy Cipoletti at the Bureau of Senior Services, nancy.j.cipoletti@wv.gov. More information about the services and programs of the Bureau of Senior Services can be found at www.wvseniorservices.gov or call (304) 558-3317. Its administrative office and services are located in the Charleston Town Center. Phone: 304-558-3317 Email: nancy.j.cipoletti@wv.gov #

Seven West Virginia Communities Receive Second Round of Grants to Make Services More Dementia-Capable

Seven additional communities in West Virginia were been awarded grant funding to implement plans to upgrade dementia-capable services. Each community will receive up to \$10,000 each over a 20 month period. Seven communities received similar grants last June and are currently implementing their work plans. These awards were again made available through the West Virginia Bureau of Senior Services, the state unit on aging, as part of a three-year grant from the Administration for Community Living and the National Alzheimer's and Dementia Resource Center. Grant funding for these 20-month awards was announced on March 30th. All grantees will form a community coalition, conduct a dementia-capable needs assessment, develop and implement a project work plan, and host Savvy Caregiver, a twelve-hour training for family caregivers. Those awarded funding will also work with the Bureau of Senior Services, Alzheimer's Association and DOTS Leadership Team to provide education and training opportunities to other sectors of the community and implement a local project specific to that community.

Continued on page 4



Dementia Friendly America Initiative

Continued from page 3

Following are the grantees: WEST VIRGINIA BUREAU OF SENIOR SERVICES Robert E. Roswall, Commissioner Bluefield State College Nursing Program (Mercer County) Davis Medical Center-Elkins (Randolph County) McDowell County Commission on Aging Monroe County Council on Aging Palliative Care Center-Charleston (Kanawha County) Preston County Senior Citizens Council on Aging (Wyoming County) For DOTS grant-related questions, please contact Nancy Cipoletti at the West Virginia Bureau of Senior Services, nancy.j.cipoletti@wv.gov More information about the services and programs of the Bureau of Senior Services can be found at www.wvseniorservices.gov or call (304)-558-3317.



HealthyPeople 2030

Development of the National Health Promotion and Disease Prevention Objectives for 2030

Planning is now underway for Healthy People 2030! Learn about the Healthy People initiative and how to get involved.

Healthy People 2030 - Every decade, the Healthy People initiative develops a new set of science-based, 10-year national objectives with the goal of improving the health of all Americans. The development of Healthy People 2030 includes establishing a framework for the initiative (including the vision, mission, foundational principles, plan of action, and overarching goals) and identifying new objectives.

How is Healthy People 2030 being developed? The development of Healthy People 2030 is a multiyear process with input from a diverse group of subject matter experts, organizations, and members of the public.

What is the Healthy People 2030 framework? The framework explains the central ideas and function of the Healthy People 2030 initiative and it will guide the selection and prioritization of 2030 objectives.

What is the Secretary's Advisory Committee?

The Secretary's Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2030 (Committee) is a federal advisory committee composed of non-federal, independent subject matter experts. The Committee will provide recommendations to the Secretary of Health and Human Services (HHS) regarding Healthy People 2030's: * Framework * Objective development and selection

When does the Committee meet? The Committee's meetings are open to the public. Committee meetings will be announced via the *Federal Register* and promoted via the Healthy People 2020 listserv and social media.

To find materials and summaries or to learn more go to HealthyPeople.gov



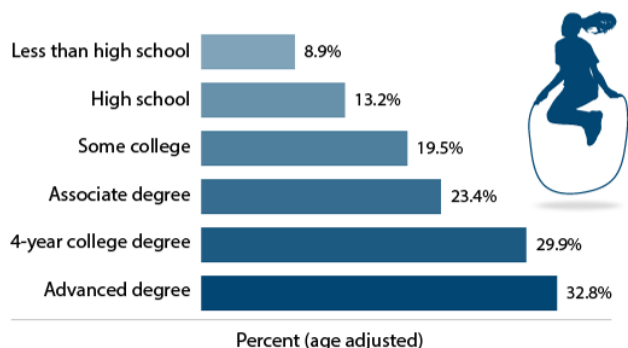
Nutrition, Physical Activity, and Obesity

Each month, we release an infographic with the latest data related to a [Healthy People 2020](#) Leading Health Indicator (LHI) topic. These infographics show progress toward Healthy People 2020 LHI targets — and show where there's still work to be done.

This month's featured LHI topic is Nutrition, Physical Activity, and Obesity. Check out the infographic below, then head over to the [Healthy People 2020 LHI Infographic Gallery](#) to see infographics for other LHI topic areas.

Physical Activity by Education: Adults Aged 25 Years and Over, 2016

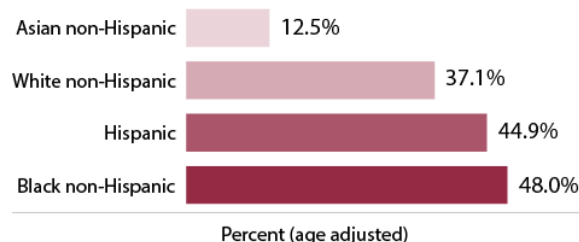
The proportion of adults aged 25 years and over who met the guidelines for aerobic physical activity and for muscle-strengthening activity in 2016 **increased as education level increased.**



Data source: National Health Interview Survey (NHIS), CDC/NCHS.

Adult Obesity by Race/Ethnicity, 2013–2016

The obesity rate for black non-Hispanic adults aged 20 years and over was **more than 3.5 times** the rate for Asian non-Hispanic adults.



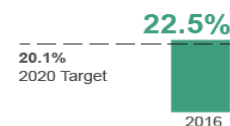
Data source: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS

Healthy People 2020 Targets

Physical Activity

In 2016, 22.5% (age adjusted) of adults aged 18 years and over met the current federal physical activity guidelines for aerobic physical activity and muscle-strengthening activity.

Data source: National Health Interview Survey (NHIS), CDC/NCHS.

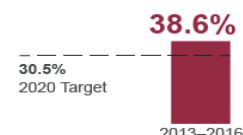


✓ Target has been met.

Adult Obesity

In 2013–2016, the rate of obesity was 38.6% among adults aged 20 years and over (age adjusted).

Data source: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS.

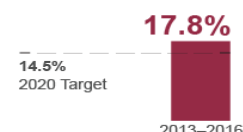


↓ 21.0% decrease needed.

Obesity in Children and Adolescents

In 2013–2016, the rate of obesity was 17.8% among children and adolescents aged 2–19 years.

Data source: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS.

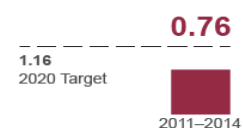


↓ 18.5% decrease needed.

Daily Vegetable Intake

In 2011–2014, the mean daily intake for persons aged 2 years and over was 0.76 cup equivalents of total vegetables per 1,000 calories (age adjusted).

Data source: National Health and Nutrition Examination Survey (NHANES), CDC/NCHS.



↑ 52.7% increase needed.

LHI November 2017

HealthyPeople.gov



About the Leading Health Indicators

The Leading Health Indicators are a subset of 26 Healthy People 2020 objectives that communicate high-priority health issues. These indicators can help assess the health of the Nation, encourage collaboration across sectors, and motivate action to improve the health of the U.S. population at the national, state, and community levels.

Happy Holidays

BELOMAR REGIONAL COUNCIL

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Advocacy. Action. Answers on Aging.

The n4a Conference offers an unparalleled opportunity to connect with leaders in aging—business partners, vendors and decision makers—who are interested in exploring ideas for new ways to stay competitive while delivering top-notch services to help older Americans age with dignity in their communities.

CHICAGO

n4a 43rd Annual Conference & Tradeshow

July 28 - August 1, 2018