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.
Oklahoma Healthy Life Expectancy at 65 Years of Age

Year
Additional Years of Healthy Life
0 2 4 6 8 10 12 14 16
Healthy Life Expectancy at 65

Oklahoma Resident Deaths Due to Unintentional Falls Among Adults 65 or Older, 1999-2016

Year
1999 2001 2003 2005 2007 2009 2011 2013 2015
Rate Per 100,000 Population
0 20 40 60 80 100
25.3 90.5

PREVENTING FALLS

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)

WAYS TO PREVENT FALLS

Environment
- Home safety
- Facility safety

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

Medication
- Reduce poly pharmacy

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

- Creating partnerships
- Providing technical assistance
- Providing state & local data
- Providing educational material
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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
- 10th cause of death
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2015 NATIONAL SUICIDE DATA
AMERICAN ASSOCIATION OF SUICIDOLOGY

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SUPPORTING HEALTHY BEHAVIORS

Help 262 older adults become more physically active 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)
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- Promote social service programs (SNAP, Older Americans Act Nutrition, etc.)
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EXAMPLES FROM YOUR COMMUNITIES

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Healthy Aging
Living Longer Better

Oklahoma State Department of Health
405-271-5288

http://healthyaging.health.ok.gov

healthyaging@health.ok.gov
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- Healthy Life Expectancy at 65

03/01/2018

Oklahoma Resident Deaths Due to Unintentional Falls Among Adults 65 or Older, 1999-2016

- Rate Per 100,000 Population

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**AMERICAN ASSOCIATION OF SUICIDOLOGY**

#### Rates per 100,000

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Help 262 older adults become more physically active
Reduce food insecurity by 4%
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WAYS TO SUPPORT HEALTHY BEHAVIORS

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Year | Healthy Life Expectancy at 65
--- | ---
2004 | 11.3
2005 | 11.5
2006 | 11.7
2007 | 11.9
2008 | 12.1
2009 | 12.3
2010 | 12.5
2011 | 12.7
2012 | 12.9
2013 | 13.1
2014 | 13.3
2015 | 13.5
2016 | 13.7
2017 | 13.9
2018 | 14.1
2019 | 14.3
2020 | 14.5

Oklahoma Resident Deaths Due to Unintentional Falls Among Adults 65 or Older, 1999-2016

Year | Rate Per 100,000 Population
--- | ---
1999 | 25.3
2001 | 30.5
2003 | 35.7
2005 | 40.9
2007 | 46.1
2009 | 51.3
2011 | 56.5
2013 | 61.7
2015 | 66.9
2016 | 72.1

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