

Health and Wellness for Older Georgians and their Families

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May 15, 2006

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Health and Wellness Resolutions

- Mental health (**2 resolutions**)
- Evidence-based geriatrics, health, and wellness; research into practice (**8**)
- Informed healthcare consumers and consumer choice (**1**)
- Innovative models of non-institutional long-term care (**1**)
- Long-term care (**2**)
- Patient access to quality care (**3**)



www.whcoa.gov

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CDC: How to Improve Older Adults Health and Quality of Life



. . . The prevention of disease and injury is one of the few tools available to reduce the expected growth of health care and long-term care costs . . .

<http://www.cdc.gov/aging/>

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Georgia Aging Challenges



- Age 50-64: **1.4 M**
- Age 65+: ~ **850,000 (9.6%)**
95% community
Nursing Homes: > \$50,000/yr
- 1995 to 2005
18.8% inc. 65+
>2X national rate (9.2%)
- **65+ nearly 2 million by 2030**

Glass, A.P. Institute of Gerontology, UGA, 2005;
Reforming the Health Care System, State Profiles,
AARP Public Policy Institute, 13th Edition, 2005

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Georgia Aging Challenges



- > 40% are \leq 200% poverty level
- > 30% rural
- > 22% minority/ethnic
- < 15% BA/BS degree+
- > 90,000 grandparents raising grandchildren

Glass, A.P. Institute of Gerontology, UGA, 2005;
Reforming the Health Care System, State Profiles,
AARP Public Policy Institute, 13th Edition, 2005

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Georgia Aging Challenges

- Age 50+ mental health not good for >1 week in month: **11.9% (11th)**
- Age 50+ fair/poor health: **29.3% (10th)**
- Age 50+ high blood pressure: **50.6% (7th)**
- Age 50+ overweight or obesity: **63.9% (34th)**



Reforming the Health Care System, State Profiles,
AARP Public Policy Institute, 13th Edition, 2005

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Georgia Aging Challenges

- Age 50+ diabetes: **16.2% (7th)**
- Age 65+ smoke: **11.2% (6th)**
- Age 65+ self-care limitation: **11.1% (9th)**
- Age 65+ 6+ teeth lost to decay/ gum disease: **52.5% (12th)**
- Age 65+ exercise to maintain/ lose weight: **46.4% (46th)**



Reforming the Health Care System, State Profiles,
AARP Public Policy Institute, 13th Edition, 2005

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Georgia Aging Challenges

- Age 50+ mammogram: **67.9% (24th)**
- Age 50+ colonoscopy or sigmoidoscopy: **49.0% (24th)**
- Age 65+ immunization pneumococcal pneumonia: **59.4% (46th)**
- Age 50+ immunization, influenza: **47.6% (46th)**
- Geriatricians: **16/100,000 65+ (36th)**



Reforming the Health Care System, State Profiles,
AARP Public Policy Institute, 13th Edition, 2005

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CDC: How to Improve Older Adults Health and Quality of Life

- **Healthy lifestyles**
 - Foods, exercise, not smoking
- **Early detection of diseases**
 - While most treatable
- **Immunizations**
 - 36,000 65+ die yearly from influenza and invasive pneumococcal disease
- **Injury prevention**
 - > 1/3 older adults fall yearly → injury
- **Self-management techniques**
 - Arthritis, diabetes, other chronic conditions



CDC, 2006

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What can Georgia do about these health and wellness problems?

- **Examples**
 - Governor's Live Healthy Georgia Campaign
 - Community Intervention Study
 - Website: Live Well Age Well



<http://www.livehealthygeorgia.org/>
www.livewellagewell.info
www.livewellagewell.info/study/materials.htm

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Governor's Live Healthy Georgia Campaign - Seniors Taking Charge!

Key Messages

- Get checked
- Be smoke free
- Be active
- Eat healthy
- Be positive



[http://www.livehealthygeorgia.org/](http://www.livehealthygeorgia.org)
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Partners Seniors Taking Charge!

- Division of Aging Services
- Aging services network
- Senior centers
- Diabetes Association of Atlanta
- Diabetes Technologies, Inc.
- Division of Public Health
- Local public health departments
- University of Georgia, Dept. Foods and Nutrition & Cooperative Extension Service



www.livewellagewell.info
www.livewellagewell.info/study/materials.htm

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Live Healthy Georgia - Seniors Taking Charge Statewide Community Intervention Study

Senior centers/congregate meals programs

- 8 lessons “**Seniors Taking Charge of Diabetes!**”
- 8 lessons “**Serving Up Fruits, Vegetables and Physical Activity Everyday!**”
- Reviewed by experts
- Menus, recipes, handouts, games
- All lessons include physical activity
 - Step counter
 - Walking
 - Chair exercises (NIA)



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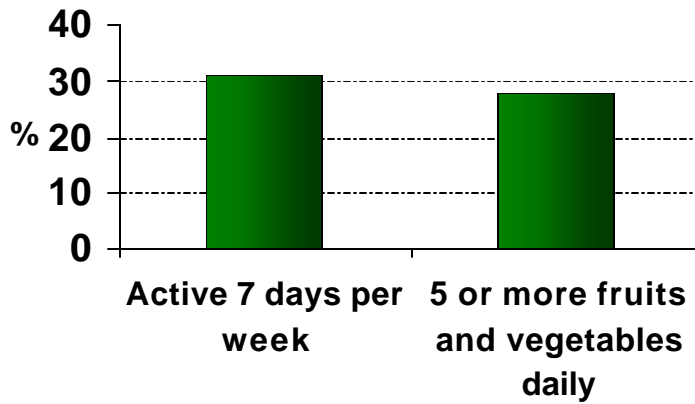
Live Healthy Georgia - Seniors Taking Charge Statewide Community Intervention Study

Findings Before Intervention



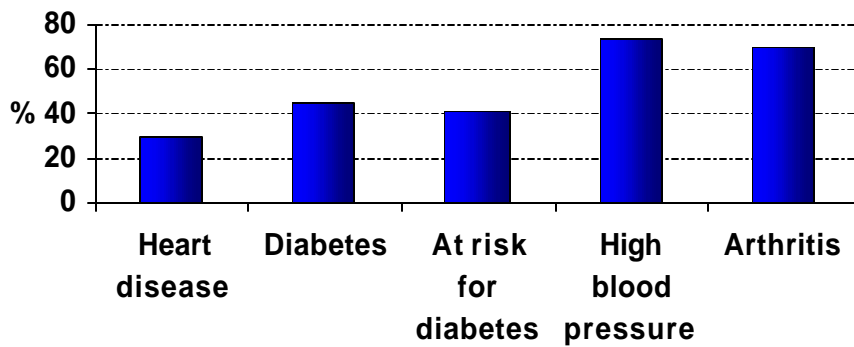
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Figure 1. Physical Activity and Nutrition Need Improvement



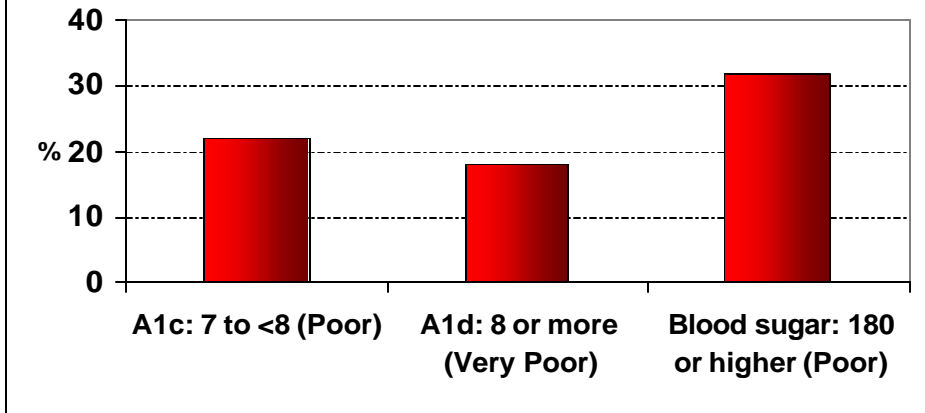
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Figure 2. Many Chronic Diseases will Benefit from Improved Physical Activity and Nutrition



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Figure 3. Poor Diabetes Control Shows Need for More Diabetes Self Management Skills



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Website for Live Healthy Georgia- Seniors Taking Charge!

Target Audience:

- Consumers: Georgians age 50+
- Families and caretakers/caregivers
- Health professionals working with older adults

Benefits:

- Translates “Live Healthy Georgia” messages for older adults and their families
- Information on healthy living, disease risk management, and links to community resources



www.livewellagewell.info

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Website for Live Healthy Georgia-Seniors Taking Charge!

Diseases and health conditions targeted:

- Alzheimer's Disease and other dementias
- Arthritis
- Cancer
- Diabetes
- Heart disease
- Mental health, depression
- Obesity
- Osteoporosis
- Stroke



www.livewellagewell.info

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Website for Live Healthy Georgia-Seniors Taking Charge!

Healthy Living:

- Age Well
- Food Safety
- Dietary Supplements
- Medications
- Eat Healthy
- Be Active
- Get Checked
- Be Smoke Free
- Be Positive



www.livewellagewell.info

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Georgia Health and Wellness Challenges

- Physical and mental health
- Translate research into practice in community and geriatric settings
- Access information: www.livewellagewell.info
- Use evidence-based methods



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Georgia Health and Wellness Resources

- Centers for Disease Control and Prevention, Healthy Aging for Older Adults, <http://www.cdc.gov/aging/>
- Georgia Department of Human Resources, Division of Aging Services, Just the Facts, State Fiscal Year, 2005, <http://aging.dhr.georgia.gov/DHR-DAS/FinalFY2005.pdf>
- Georgia Department of Human Resources, Division of Aging Services, University of Georgia, Department of Foods and Nutrition, Live Well Age Well, www.livewellagewell.info
www.livewellagewell.info/study/materials.htm.
(Contact Sudha Reddy, Mary Ann Johnson, Suzanne Elbon).

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Georgia Health and Wellness Resources

- **Glass, A. P. Public Health and Older Georgians, Institute of Gerontology, College of Public Health, The University of Georgia, Technical Report #UGA1G-05-001, 2005,
http://www.geron.uga.edu/pdfs/PublicHealth_Aging.pdf.**
- **AARP, Public Policy Institute, Across the States, Profiles of Long-term Care: Georgia, 2004,
http://assets.aarp.org/rgcenter/post-import/d18202_2004_atg_ga.pdf.**