Massachusetts as a Model for Healthy Aging: Moving Down the Pyramid

Massachusetts Department of Public Health
September, 2010
Older Adults in Massachusetts

- 9.4% below poverty level
- 24.5% in fair/poor health

Where they live
- 29.8% alone
- 61.2% in family households
- 6.7% in group quarters

Communication
- 16.5% speak language other than English at home
- Of these, 29% do not speak English well or at all

Source: MDPH, MassCHIP
Types of Disability Among Older Adults in MA, 2004-2005

<table>
<thead>
<tr>
<th>Type of Disability</th>
<th>65-74 yrs</th>
<th>75 + yrs</th>
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<tbody>
<tr>
<td>1 or more disability</td>
<td>27.6</td>
<td>49.0</td>
</tr>
<tr>
<td>Go outside home</td>
<td>11.7</td>
<td>26.7</td>
</tr>
<tr>
<td>Physical</td>
<td>17.5</td>
<td>32.8</td>
</tr>
<tr>
<td>Self-care</td>
<td>4.4</td>
<td>13.2</td>
</tr>
</tbody>
</table>

Source: MDPH, MassCHIP, Behavioral Risk Factor Surveillance Survey,
Health Risk Factors Among Older Adults in MA, 2004-2005

Source: MDPH, MassCHIP, Behavioral Risk Factor Surveillance Survey,
DPH Strategic Priorities

1. The elimination of racial and ethnic disparities
2. The promotion of wellness
3. The management of chronic disease
4. The successful implementation of health care reform
Increasing Population Impact

Increasing Individual Effort Needed

Health Impact Pyramid

Socioeconomic Factors

Changing Context to Support Healthy Default Decision Making

Lasting Protective Interventions

Clinical Interventions

Counseling & Education

Adapted from T. Frieden, AJPH, April 2010
Mass in Motion: Eat Better, Move More

Multifaceted state initiative
- Call to Action report
- Governor’s Executive Order 509
- Public information campaigns
- Municipal wellness grants
- Website
  - Info on physical activity and nutrition
  - Calendars
  - Blogs
  - Links to state and local resources
Forward Motion
Find out ways that everyone can enjoy an active lifestyle.

The Original Value Meal
Learn how eating healthy at home can be fast, tasty and low-cost.

Daily Workout
Learn how you can get in shape without fancy gym equipment.

My Gym
Learn more about fun, easy, low-cost ways to exercise.

Fast Food
Learn how cooking a healthy meal can be fast and easy.
Municipal Wellness Grant Initiative: Public-Private Partnership Supporting Communities

- Grants to 14 cities and towns to make wellness initiatives a priority at the community level
- Focus on both physical activity and nutrition
- Supported by generous partners
  - Blue Cross Blue Shield of MA
  - Blue Cross Blue Shield of MA Foundation
  - Harvard Pilgrim Health Care Foundation
  - Metro West Community Health Care Foundation
  - Tufts Health Plan Foundation
Municipal Wellness Grants: Evidenced Based Approaches

Grantees using CDC recommended evidenced based strategies for community change

- Promote availability of affordable healthy food
- Support healthy food and beverage choices
- Create safe communities that support physical activity
Availability of a healthy diet?

Â Whites had increased access to healthy food
  ï 5 times more supermarkets
  ï 3 times more private transportation

Â Blacks had decreased access to healthy food
  ï 8% of blacks lived in area w/ supermarket
  ï 73% of lived in area w/ small grocery store

Morland K et al, AJPH, 2002
### Influence of Supermarkets on Meeting Dietary Guidelines

<table>
<thead>
<tr>
<th></th>
<th>RR</th>
<th>95% CI</th>
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<tbody>
<tr>
<td>Fruits/vegetables</td>
<td>1.54</td>
<td>1.11 - 2.12</td>
</tr>
<tr>
<td>Total fat</td>
<td>1.22</td>
<td>1.03 - 1.44</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>1.30</td>
<td>1.07 - 1.56</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0.94</td>
<td>0.84 - 1.05</td>
</tr>
</tbody>
</table>

Morland K et al, AJPH, 2002
Chronic Disease Among Older Adults in MA, 2008

Source: MDPH, MassCHIP, Behavioral Risk Factor Surveillance Survey,
Chronic Disease Management:  
*My Life, My Health*

- Administered by DPH's Office of Healthy Aging
- Evidenced-based – Stanford's Chronic Disease Self-Management Program
- Bridges gaps in fragmented health care system
- Community setting enhances access
- Trained peer leaders and community health workers
My Life, My Health: Key Components

- Management of symptoms
- Goal setting techniques
- Creation of mutual support systems
- Treatment and medication use
- Enhanced knowledge of chronic disease
- Nutrition
- Exercise
Health Impact Pyramid: Sustaining Work at Multiple Levels

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Adapted from T. Frieden, AJPH, April 2010
DPH Goal:
People live longer, healthier lives