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Authorized Signature

Number: SPD-IM-04-029
Issue Date: 04/02/2004

Topic: Other

Subject: Prevention, Health and Wellness Information

Applies to (check all that apply):

- | | | | |
|-------------------------------------|-------------------------------|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> | All DHS employees | <input type="checkbox"/> | County Mental Health Directors |
| <input checked="" type="checkbox"/> | Area Agencies on Aging | <input type="checkbox"/> | Health Services |
| <input type="checkbox"/> | Children, Adults and Families | <input checked="" type="checkbox"/> | Seniors and People with Disabilities |
| <input checked="" type="checkbox"/> | County DD Program Managers | <input type="checkbox"/> | Other (please specify): |

Message:

The purpose of this information memo is to inform Area Agencies on Aging, local SPD offices, and interested partners about upcoming events, resources and information pertaining to maintaining and improving the health and wellness of seniors and people with disabilities. *Please pass this information onto clients, case managers, providers, contract RNs and community partners.* If you have information you would like included in this memorandum in the future, please contact Pamela Ruona.

Key subjects contained in this I.M.

- Upcoming Meetings, Conferences and Classes
- Obesity and Overweight: Some State and National Initiatives

Upcoming Events

Oregon Adult Immunization Coalition Meeting

Wednesday, April 14, 2004

Portland State Office Building
800 NE Oregon St., Portland, OR

(Program Managers or designated staff can attend.)

Promoting Activity: A Step in the Right Direction

Wednesday, April 14, 2004

7:00 a.m. – 5:00 p.m.

Oregon Convention Center, Portland, OR

This is a one-day conference hosted by Kaiser Permanente, open to the general public and all medical professionals. For more information contact Fran Jackson at (503) 813-2661.

Family Caregiver Support Program

Staff Training

Tuesday, April 20 and Wednesday, April 21, 2004

Menucha Retreat and Conference Center

38711 E. Historic Columbia River Hwy, Corbett, OR

For more information: Call Vickie at (503) 463-8692 or Vwarner@O4AD.org

Bridging Communities: Violence-Free Living for People with Disabilities

6th Annual Conference for Professionals

Friday, May 14, 2004

9:00 a.m. – 5:00 p.m.

St. Charles Medical Center, Bend, OR

For more information contact Toni Anderson at (541) 382-9227, toni@cobra-dvsa.org

Oregon Diabetes Coalition's Annual Meeting

Friday, May 21, 2004

12:00 – 4:00 p.m.

Wilsonville Conference Center, Holiday Inn

25425 SW 95th Ave., Wilsonville, OR.

Keynote Speaker: Frank Vinicor, MD, CDC's Division of Diabetes Translation

Cost: \$5.00. For more information: Contact Jamie Klein at (503) 731-4273.

Oregon Geriatric Education Center's

Summer Institute 2004

**Monday – Wednesday
June 28 – June 30, 2004**

OHSU

Learn about geriatric health issues including: organs and systems, brain and psyche, and walking and falling.

For more information: (503) 418-222174, or www.ohsu.edu/ogec.

**Bringing Quality Home
OGA's 25th Anniversary Conference
Tuesday, August 10, 2004**

7:30 a.m. – 8:30 a.m., Breakfast and Registration

8:30 a.m. – 4:00 p.m. Conference

Holiday Inn, Wilsonville

Ken Brummel-Smith, M.D. will be the keynote speaker with workshops providing practical applications of the latest evidence-based research.

For more information: www.oregongero.org, office@oregongero.org or call (503) 598-0711

**You Are Not Alone
Caregiver Conference
November 5-6, 2004**

Portland, OR

Combining both a spiritual and practical focus, this conference is designed to provide support, skills, resources and networking opportunities for caregivers, care providers, and care receivers.

Family and professional caregivers, clergy, congregational representatives, service providers, educators, nurses, other related professionals and care receivers are encouraged to attend.

General Information

Obesity and Overweight: Risk Factors for Chronic Diseases

The Problem

In the past year there has been an abundance of articles and editorials sounding the alarm on obesity and overweight. In Oregon alone almost 60 percent, or six out of every 10 Oregonians are either overweight or obese.¹ Oregon has the dubious honor of being the most overweight and obese state west of the Rockies. Obesity is threatening to overtake

smoking as the number one reason for deaths in the United States. This fact, compounded with our aging society makes for some very scary scenarios regarding the health of our current senior population and the aging baby boomers. Since both obesity and overweight are significant risk factors and contributors to heart disease, cancer, stroke and diabetes, it is no surprise that our medical and long-term care costs are rising as well.ⁱⁱ Last year, obesity-related medical costs in Oregon alone reached an estimated \$781 million, or nearly six percent of the state's total health care bill. It is estimated that \$180 million of this bill was paid by Medicaid.ⁱⁱⁱ

Multi-Faceted Solutions

At the state level there are two organizations, the Oregon Coalition for the Promotion of Physical Activity and the Oregon Nutrition Council that have developed statewide action plans. These plans provide the state with specific goals, objectives and actions to help decrease obesity and increase the health of Oregonians. Along with these two organizations, there are other disease specific coalitions also working to eliminate barriers and to develop environments that support physical activity and healthy food choices.

Some specific programs SPD Central Office is implementing include:

- Revising the chronic disease portion of the Ensuring Quality Care Manual used to train and license prospective adult foster home providers. The revision will provide more emphasis on nutrition and physical activity as integral in managing chronic diseases.
- Provide two placemats per month for at least one year to each AAA to be distributed to their congregate meal sites and home-delivered meal programs. These placemats will give seniors useful and interactive information on health promotion and disease prevention.
- Offering PACE (People with Arthritis Can Exercise) Leader Training around the state to increase the number of community-based exercise programs for individuals with Arthritis.
- Working with Health Services to increase the number of Chronic Disease Self-Management Programs available around the state.
- Distributing Farmers' Market Coupons to Seniors
- Applying for grants with partners to develop demonstration projects around chronic disease management.

Administration on Aging's (AoA) *You Can!* Initiative

The *You Can!* Initiative is part of a broader campaign to combat obesity and overweight by

the Department of Health and Human Services. The AoA will enlist as many as 2,000 organizations in convincing seniors that even modest exercise can make a big difference in preventing or controlling chronic conditions, including Alzheimer's disease.

The campaign builds on pilot programs in Florida and Iowa to persuade seniors to wear step counters – small, digital devices attached to the hip that measure how many steps people take. Those projects showed seniors increased their daily steps by almost 50 percent.

A 51-page guide to creating such programs, *Eating Better and Moving More*, plus fact sheets and a step-counter order form, is at

www.fiu.edu/~nutreldr/STEPS_Programs/STEPS_home.htm.^{iv}

For more information contact: Kathleen Loughrey, AoA, (202) 619-0724, www.aoa.gov.

Centers for Disease Control and Prevention (CDC) and Tufts University -- *Growing Stronger: Strength Training for Older Adults*

Growing Stronger is a strength-training program developed by experts at Tufts University and the CDC. The program, based on sound scientific research, involves exercises that have been shown to increase muscle strength, maintain bone density, and improve balance, coordination, and mobility. It is meant to be a useful resource for older adult consumers and the professionals who work with them.

Growing Stronger has the advantage of being in the public domain and is free to download from either of the following websites:

www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/index.htm

www.nutrition.tufts.edu/growingstronger

U.S. Department of Health and Human Services (HHS) Launches New Strategies Against Overweight Epidemic

A public awareness and education campaign called, *Healthy Lifestyles & Disease Prevention* has been launched by the Department of HHS. This campaign encourages American families to take small, manageable steps within their current lifestyle – versus drastic changes – to ensure effective, long-term weight control. The *Healthy Lifestyles & Disease Prevention* initiative includes multi-media public service advertisements and a new interactive web site – www.smallstep.gov < <file:///www.smallstep.gov> >. This initiative encourages Americans of all ages to make small activity and dietary changes, such as using stairs instead of an elevator, or taking a walk instead of watching television.

At the same time, the National Institute of Health (NIH) is developing a Strategic Plan for

NIH Obesity Research. The strategy will intensify research to better understand, prevent and treat obesity through:

- Behavioral and environmental approaches to modifying lifestyle;
- Pharmacologic, surgical and other medical approaches; and
- Breaking the link between obesity and diseases such as type 2 diabetes, heart disease and some forms of cancer.

If you have any questions about this information, contact:

Contact(s):	Pamela Ruona, Program Coordinator		
Phone:	503.945.6412	Fax:	503.373.7823
E-mail:	Pam.ruona@state.or.us		

ⁱ **Portland Tribune**, *Oregon obesity is a real crisis*, by Mel Kohn, M.D., March 4, 2003.

ⁱⁱ National Health Council, **Council Currents**, *CDC Director Cites Obesity As Public Health Threat*, Winter 2003, Vol. XVIII, No. 4, Page 1.

ⁱⁱⁱ **The Oregonian**, January 22, 2004, *Obesity-related medical costs total \$75 billion in U.S. in 2003*, by Mark Niese, The Associated Press.

^{iv} **Older Americans Report**, *AoA Officials Solicit Input on Campaign to Promote Nutrition, Physical Activity*, January 30, 2004, p.27.