

HEALTHY AGING IN TENNESSEE

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Healthy Aging in Tennessee

- The key to healthy aging may be to learn from this guy...

How do we live longer, healthier lives?



“The naked mole-rat ([*Heterocephalus glaber*](#)) is a fascinating subterranean rodent that offers great promise as a biomedical model of resistance to disease, and diseases of ageing in particular. It is the longest-lived rodent and is exceptionally resistant to neoplasia, making it a unique model for research on ageing and cancer as well as other traits such as metabolic regulation, development, pain and behaviour.”

Integrative Genomics of Ageing Group, University of Liverpool

Tennessee

So how do we rate overall in terms of Senior Health?

Tennessee: How do we rank ?

Tennessee ranks _____ in
the latest United Health
Foundation's America's
Health Rankings Senior
Report 2016.

Tennessee: How do we rank ?

43rd

Tennessee: How do we rank?

Health Factors:

- Smoking (% of adults aged 65+)
- Excessive Drinking (% of adults aged 65+)
- Obesity (% of adults aged 65+)
- Underweight (% of adults aged 65+ in fair or better health)
- Physical Inactivity (% of adults aged 65+ in fair or better health)
- Dental Visit (% of adults aged 65+)

Tennessee: How do we rank?

Health Factors:

- Home Delivered Meals (% of adults aged 65+ in poverty)
- Food Insecurity (% of adults aged 60+)
- Flu Vaccine (% of adults aged 65+)
- Geriatrician Shortfall (% of needed geriatricians)
- Home Health Care (number of workers per 1,000 adults aged 75+)
- Hospital Readmissions (% of hospitalized patients aged 65+)

Tennessee: How do we rank?

Health Factors:

- Hip Fractures (hospitalizations per 1,000 Medicare beneficiaries)
- Health Status, Excellent or Very Good (% of adults aged 65+)
- Premature Death (deaths per 100,000 adults aged 65 to 74)
- Teeth Extractions (% of adults aged 65+)
- Frequent Mental Distress (% of adults aged 65+)

Tennessee

3 Questions

1. So can we get there?
2. Can we be healthier as our population ages?
3. What does it mean for the State if our population doesn't get healthier?

Tennessee

So what does TCAD do? (What do we have to do?)

- 1) OPTIONS
- 2) SHIP—Medicare Assistance 1-877-801-0044
- 3) Nutrition Services
- 4) Caregiver Support
- 5) Legal Assistance
- 6) Public Guardianship
- 7) Ombudsman
- 8) Senior Centers
- 9) Information and Assistance 1-866-836-6678

Tennessee

So what does TCAD do? (What else do we do?)

- 1) Prevention of Elder Abuse and Financial Exploitation
- 2) The Senior Brain Games
- 3) Senior Transportation
- 4) Affordable Housing
- 5) Senior Dental
- 6) Advanced Directives
- 7) Case Management
- 8) A Push for “No Wrong Door”
- 9) Advocacy

Tennessee

So can we be healthier as a State?

- We rank 43rd overall (the entire population) in health
- Healthy aging does not begin at 65
- We have high rates of diabetes
- We don't exercise
- We smoke
- We have a high rate of violent crime
- High rates of children in poverty

Tennessee

So what are we doing to try and change the numbers:

- 1 Pushing our folks to feed more people and put more folks in the OPTIONS program
- 2 Working to break down the silos within State Government on LTSS
- 3 Pushing senior dental
- 4) Pilot programs in senior transportation, affordable housing, livability, and chronic disease self management
- 5) Food Insecurity Study
- 6) Community Resource Guide
- 7) Medicare Prevention Services

Tennessee

So what can you do to try and change the numbers:

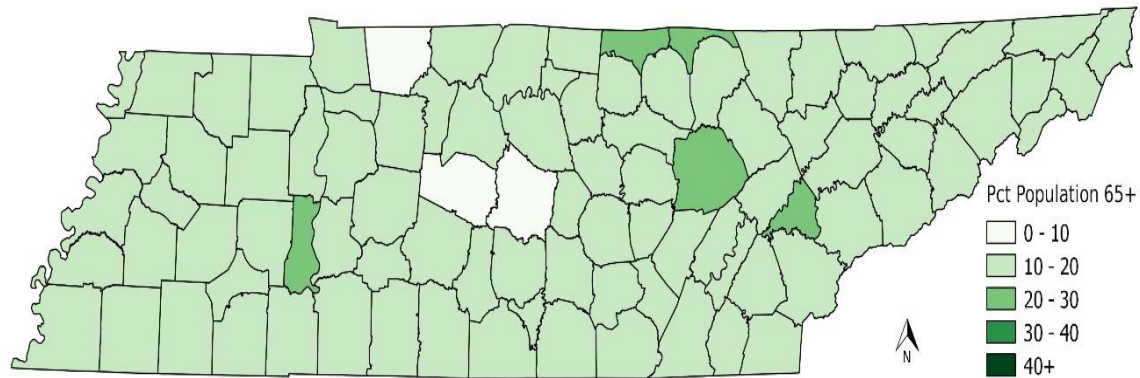
- 1) Start with you—eat better, exercise, use your brain, stay busy doing things you like to do, get enough sleep, don't stress over the little things (and sometimes over the big things)
- 2) Ask other people to join in (invite a friend to exercise, check on someone who is alone, get others to participate in group activities)
- 3) Get others to do the same

Tennessee

So what can you do to try and change the numbers:

- 4) Get involved in issues and programs
- 5) Bring innovation to the table
- 6) Don't stand for the status quo
- 7) Promote and force appropriate change to programs and policies that don't work

Percent of Population Age 65 and Older, 2010

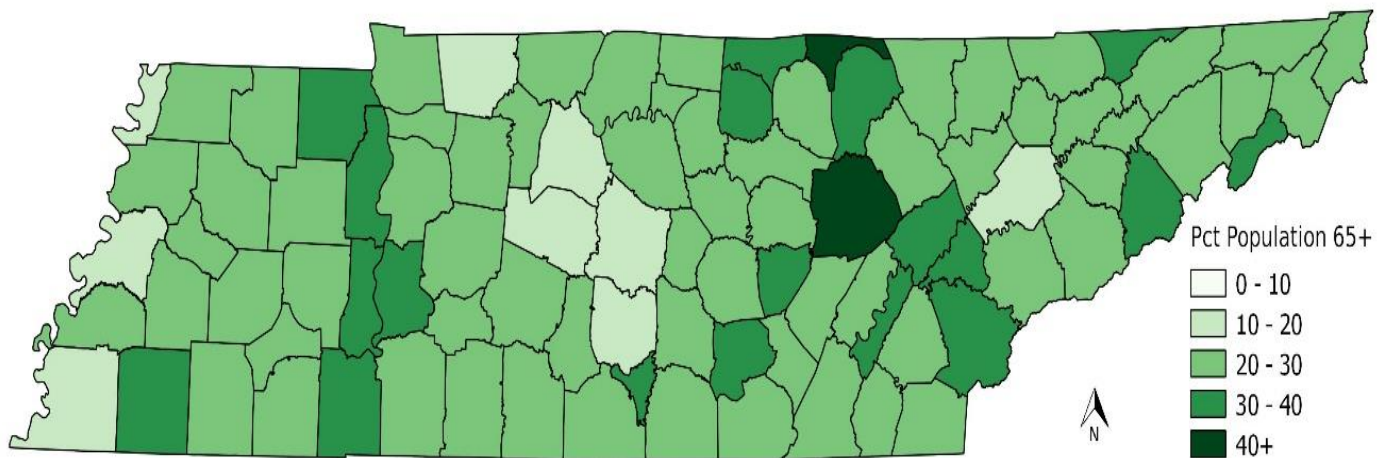


Prepared by: Tennessee Commission on Aging and Disability, 2016
Source: US Census

State Total = 13.4%

**65+ population
will more than
double between
2010 and 2030.**

Percent of Population Age 65 and Older, 2030

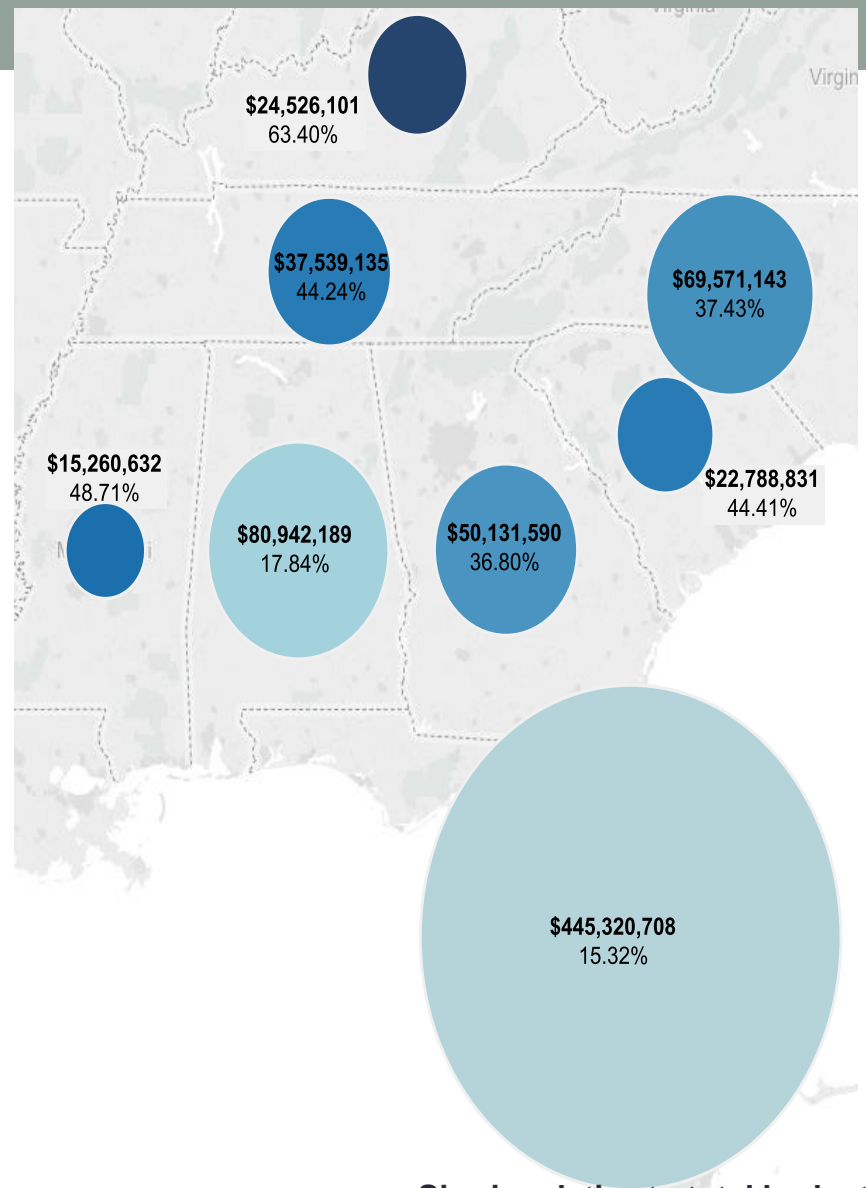


Prepared by: Tennessee Commission on Aging and Disability, 2016
Source: UT CBER

State Total = 21.8%

Title III Funds*

	Total Expenditures	Total Expenditures Title III
Alabama	\$80,942,189	\$14,440,686
Florida	\$445,320,708	\$68,226,267
Georgia	\$50,131,590	\$18,446,758
Kentucky	\$24,526,101	\$15,548,973
Mississippi	\$15,260,632	\$7,434,057
North Carolina	\$69,571,143	\$26,038,548
South Carolina	\$22,788,831	\$10,120,262
Tennessee	\$37,539,135	\$16,608,019



- Size is relative to total budget
- Darker percent is higher reliance on Title III Funds

SHIP

	<u>2011</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>
Client Contacts	26,920	30,031	33,014	70,303	84,311
Reached via Public/Media Events	73,813	121,034	98,247	122,333	73,093
Disabled Reached	7,469	7,562	8,395	15,211	15,557
Reached via Part D Enrollment Events	2,212	5,346	2,692	3,925	4,301
Counseling Hours	16,095	19,059	19,349	29,415	33,517
# of Volunteers	449	461	453	391	346
Overall State Ranking	44	45	46	15	21

Tennessee

