

LATEST NEWS From the Center for Disease Control (CDC)

I. Resources, Reports, and Announcements

AARP Report Gives New Data on the Value of Family Caregiving

The AARP Public Policy Institute recently released a report in its Valuing the Invaluable Series, which addresses the economic value of family caregiving and updates the national and state estimates of the economic value of family caregiving using the most current available data. The report also explains the contributions of family caregivers, details the costs and consequences of providing family care, and provides policy recommendations to better support caregiving families. To read the report in its entirety, please go to <http://www.aarp.org/relationships/caregiving/info-07-2011/valuing-the-invaluable.html>

Active Aging Week: September 25th to October 1st, 2011

Now in its ninth year, Active Aging Week, September 25–October 1, promotes the benefits of active, healthy lifestyles for adults over 50. During that time, host sites invite older adults in their local communities to experience free wellness activities and exercise in a safe, friendly and fun atmosphere. Please consider volunteering for or participating in an activity near you, or organizing an event in your area. For insights from veteran organizers, as well as some general planning tips for participating in this kind of health promotion event, please visit <http://www.health.gov/paguidelines/blog/post/Active-Aging-Week-2011.aspx>

CMS Says More People with Medicare Receiving Free Preventive Care

The Centers for Medicare and Medicaid Services (CMS) recently released a new report showing that more than 5 million Americans with traditional Medicare – or nearly one in six people with Medicare – took advantage of one or more of the recommended preventive benefits now available for free thanks to the Affordable Care Act. In conjunction with the report release, Medicare launched a nationwide public outreach campaign, including a letter to doctors and a new Public Service Announcement that will raise awareness about all of the important preventive benefits now covered at no charge to patients, including the new Annual Wellness Visit benefit created by the Affordable Care Act. To learn more about the report and the campaign to educate seniors about new free preventive care provided by Affordable Care Act, please visit <http://www.cms.gov/apps/media/press/release.asp?Counter=3987&intNumPerPage=10&checkDate=&checkKey=&srchType=1&numDays=3500&sr>

National HIV/AIDS and Aging Awareness Day

The 4th annual National HIV/AIDS and Aging Awareness Day (NHAAAD) will be recognized on September 18, 2011. This year's theme is "Aging is a part of life; HIV doesn't have to be". NHAAAD focuses on the challenging issues facing the aging population including HIV prevention, care and treatment. The NHAAAD Tool Kit will assist in planning local or regional events to promote HIV prevention, education and testing among older Americans. Organization and community members are invited to develop, implement and participate in awareness activities and events on or around September 18, 2011. To download NHAAAD-related materials, including the Community Planning Guide, and additional resources, please go to <http://www.theaidsinstitute.org/programs/education/national-hiv-aids-and-aging-awareness-nhaaa>

National Resource Center on LGBT Aging Adds Resource Tools on Legal Support and Financial Planning

The Administration on Aging (AoA) funded National Resource Center on LGBT Aging recently added a new section on its website to address legal support and financial planning for LGBT older adults. On this new website you'll find a range of resources, including an interactive state-by-state map designed to direct LGBT older adults to legal resources specific to the state they live in; informative articles on the legal documents every LGBT older adult should have, such as wills, advance directives, financial power of attorney, and more; videos that clearly illustrate the legal and financial issues unique to LGBT older adults; publications to help LGBT elders get a jumpstart on legal and financial planning; and various multimedia resources explaining Social Security and its importance to LGBT older people. To learn more about this website and to access the abovementioned resources, please go to <http://www.lgbtagingcenter.org/resources/index.cfm>

The Population Reference Bureau Examines the Effect of Volunteering and Aging

The Population Reference Bureau released an e-newsletter providing an overview of demographic characteristics of older volunteers and highlights recent findings from research affiliates of NIA-supported centers specializing in the demography, economics, and epidemiology of aging. Whether older Americans can delay or prevent disability associated with advanced age will depend in part on how they spend their time after retirement. A growing body of research suggests that older adults who are engaged in social and community activities maintain mental and physical health longer than other older adults. Volunteer activities are one way of remaining socially active after retirement. Beyond potential health benefits for the volunteers, nonprofit organizations, governments, and community groups see boosting volunteering among the increasing older population as well as furthering several complementary goals, including providing services to those in need in a time of diminishing government resources; helping run nonprofit organizations including churches, community groups, and political parties, and nurturing a new generation of leaders; and strengthening civil society by engaging more people in the community. To learn more, please see <http://www.prb.org/pdf11/TodaysResearchAging21.pdf> ed. note: brief, thoughtful, highly readable

NEWS From the Center for Disease Control (CDC) continued

CDC State of Aging and Health in America Online Tool Updated

The CDC Healthy Aging Program is pleased to announce that 2008-2009 data is now available on the *State of Aging and Health in America* interactive data website. The *State of Aging and Health in America* report assesses the health status and health behaviors of U.S. adults aged 65 years and older. The interactive online version of the report is designed to provide information on key indicators of older adult health to public health and aging professionals, journalists, policy makers, and others. It is useful for grant writing, program and strategic planning, health news reporting, and orienting users to aging issues. This report includes data on 15 older adult health indicators in four areas: health status (physically unhealthy days, frequent mental distress, complete tooth loss, and disability); health behaviors (absence of leisure-time physical activity, consumption of fruits and vegetables, obesity, and smoking); preventive care and screening (influenza and pneumonia vaccination, mammograms, colorectal cancer screening, up-to-date status on selected preventive services, and cholesterol checks); and injury (hospitalizations for hip fractures). These indicators were chosen because they are each modifiable, and taken as a whole, they present a comprehensive picture of older adult health. Please take a moment to explore this important tool. To learn more, please visit <http://apps.nccd.cdc.gov/SAHA/Default/Default.aspx>

Family Caregiver Alliance Offers Two New Fact Sheets For LGBT Caregivers

Family Caregiver Alliance recently released two updated fact sheets for LGBT caregivers. The first fact sheet, Special Concerns of LGBT Caregivers, provides solutions for many common issues faced by LGBT caregivers and care recipients. The second fact sheet, Legal Issues for LGBT Caregivers provides a short overview of some of the legal documents that LGBT caregivers should complete. For more information, please visit http://caregiver.org/caregiver/jsp/content_node.jsp?nodeid=2492 and http://caregiver.org/caregiver/jsp/content_node.jsp?nodeid=436

Managing Multiple Chronic Conditions: A Strategic Framework for Improving Health Outcomes and Quality of Life

The Department of Health and Human Services (HHS) "Initiative on Multiple Chronic Conditions" has led to the development of the "HHS Strategic Framework on Multiple Chronic Conditions." The HHS Strategic Framework comprises a set of action-oriented strategies for the Aging Services Network and myriad other stakeholders to use in addressing the growing challenges of multiple chronic conditions in the United States, especially among the older adult population. An article discussing this Framework, entitled "Managing Multiple Chronic Conditions: A Strategic Framework for Improving Health Outcomes and Quality of Life" appears in the July-August 2011 issue of the journal, *Public Health Reports* (Volume 126). **ABSTRACT:** The escalating problem of multiple chronic conditions (MCC) among Americans is now a major public health and medical challenge, associated with suboptimal health outcomes and rising health-care expenses. Despite this problem's growth, the delivery of health services has continued to employ outmoded "siloed" approaches that focus on individual chronic diseases. We describe an action-oriented framework—developed by the U.S. Department of Health and Human Services with additional input provided by stakeholder organizations—that outlines national strategies for maximizing care coordination and for improving health and quality of life for individuals with MCC. We note how the framework's potential can be optimized through some of the provisions of the new Patient Protection and Affordable Care Act, and through public-private partnerships. The article was written by Anand K. Parekh, MD, MPH, Richard A. Goodman, MD, JD, MPH, Catherine Gordon, RN, MBA, Howard K. Koh, MD, MPH, and The HHS Interagency Workgroup on Multiple Chronic Conditions. A subscription to the journal is required to view the full article. To learn more about the HHS Initiative and Strategic Framework, please see <http://www.hhs.gov/ash/initiatives/mcc/>

SAMHSA Offers New Toolkit for Staff of Senior Living Communities on Preventing Suicide

The Department of Health and Human Services Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Mental Health Services recently released *Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities (Toolkit)*. This new Toolkit contains resources to help staff in senior living communities promote emotional health and prevent suicide among their residents. While there are few reliable statistics on suicide in senior living communities, we do know that residents of these communities have many of the risk factors associated with suicide, such as depression, social isolation, lack of a sense of purpose in life, illness and pain, and family losses. The Toolkit shows that senior living communities have many opportunities to prevent suicide and other self-destructive behaviors without having to create new programs or hire new staff. It provides guidelines for integrating suicide prevention into ongoing programs and procedures, as well as hands-on tools and training manuals. To download or order free copies of the Toolkit, please go to <http://store.samhsa.gov/product/SMA10-4515>

II. Funding and Award Opportunities

AHRQ Website Helps Hispanics Communicate More with Their Doctors

The Department of Health and Human Services Agency for Healthcare Research and Quality (AHRQ) recently launched, *Conozca las preguntas*, a new Spanish-language website that encourages Hispanics to get more involved in their health care and provides tips to improve patient-provider communication. AHRQ data show that the proportion of Hispanics who report having poor communication with their health providers widening. The data also show that Hispanics are significantly less likely than non-Hispanic whites to see a doctor at least once a year even when they have health insurance, and they also are much less likely to get important screening tests for diseases, such as diabetes and cancer. The website also features downloadable public service announcements (PSAs) from AHRQ's nationwide campaign with the Ad Council. To access *Conozca las preguntas*, please go to <http://www.ahrq.gov/preguntas/>

NEWS From the Center for Disease Control (CDC) continued

New Grant Awards Support the ADA Vision on Its 21st Anniversary

July 26th marked the 21st anniversary of the Americans with Disabilities Act (ADA). In 2009, the President announced the Year of Community Living, signaling this Administration's commitment to addressing isolation and discrimination against people with disabilities that still exists today. Since then, the U.S. Department of Health and Human Services (HHS) created the Community Living Initiative to advance the directive of the Olmstead decision. Last Tuesday, Assistant Secretary for Aging, Kathy Greenlee, announced two grant awards to support community living across the lifespan – six new Lifespan Respite Care Program grants and the Accelerating Participant Direction Philosophy and Models in the Aging Network Project.

The first grant of more than \$1.1 million goes to six states to implement the Lifespan Respite Care Program in order to reduce family caregiver strain and increase the ability of a caregiver to continue to provide essential care. Grant awards were made to Colorado, Hawaii, Montana, New Jersey, Ohio and Virginia to expand and enhance respite care services to family caregivers of children or adults of all ages with special needs. Grantees will also strengthen statewide dissemination and coordination of respite care, improve access to respite programs and enhance the quality of respite care services. These six states join 24 others that have received grants since 2009, all of which are working to improve the availability and quality of respite services across the lifespan.

The second grant of \$2.25 million goes to The Trustees of Boston College's National Resource Center for Participant Directed Services (NRCPS). This grant is an investment to help strengthen our commitment toward providing services based on both the needs and preferences of those we serve. The three-year grant, Accelerating Participant Direction Philosophy and Models in the Aging Network, was awarded to the former Cash and Counseling Demonstration and Evaluation National Program Office, which has expertise in consumer direction and consumer-directed services. The goal of this grant is to develop core competencies for job occupations that deliver home and community-based services, including competencies necessary to provide consumer direction and development of an environment that supports consumer direction and person-centered planning. Products over the next three years include workforce competencies by job category, assessment tools and an extensive resource training guide.

These are just two recent efforts in our greater strategy to ensure the promise of the Olmstead decision and community living for all.

To learn more about the Community Living Initiative, please go to <http://www.hhs.gov/od/community/index.html>

- To learn more about the Lifespan Respite Care Program grants, please go to http://aoa.gov/AoARoot/Press_Room/For_The_Press/pr/archive/2011/July/2011_07_26b.aspx
- To learn more about the Accelerating Participant Direction Philosophy and Models in the Aging Network Project grant, please go to http://aoa.gov/AoARoot/Press_Room/For_The_Press/pr/archive/2011/July/2011_07_26a.aspx
- To learn more about the National Resource Center for Participant-Directed Services, please visit the website at <http://www.bc.edu/schools/gssw/nrcps/>
- To learn more about Disability.Blog, please visit the website at <http://blog.govdelivery.com/usodep/2011/07/new-grant-awards-support-the-ada-vision-on-its-21st-anniversary.html>

As HIV Turns 30, Attention Turns to an Aging Epidemic

Today, approximately 28% of people living with HIV in the US are over 50. By 2017 that number is projected to grow to 50%. In addition, it is estimated that 15% of all new HIV infections occur in people over 50. Earlier this month, the Administration on Aging (AoA) addressed some of these issues in a special webinar, *Positive Aging: HIV Turns 30*. The webinar, featuring Kathy Greenlee, Assistant Secretary for Aging, and SAGE's Doreen Bermudez, among others, focused on educating the Aging Network about HIV prevention and treatment specific to older adults. If you were not able to participate live, please consider viewing the archive, available at http://www.aoa.gov/AoARoot/AoA_Programs/Special_Projects/HIV_AIDS/index.aspx

CDC State of Aging and Health in America Online Tool Updated

The CDC Healthy Aging Program is pleased to announce that 2008-2009 data is now available on the *State of Aging and Health in America* interactive data website. The *State of Aging and Health in America* report assesses the health status and health behaviors of U.S. adults aged 65 years and older. The interactive online version of the report is designed to provide information on key indicators of older adult health to public health and aging professionals, journalists, policy makers, and others. It is useful for grant writing, program and strategic planning, health news reporting, and orienting users to aging issues. This report includes data on 15 older adult health indicators in four areas: health status (physically unhealthy days, frequent mental distress, complete tooth loss, and disability); health behaviors (absence of leisure-time physical activity, consumption of fruits and vegetables, obesity, and smoking); preventive care and screening (influenza and pneumonia vaccination, mammograms, colorectal cancer screening, up-to-date status on selected preventive services, and cholesterol checks); and injury (hospitalizations for hip fractures). These indicators were chosen because they are each modifiable, and taken as a whole, they present a comprehensive picture of older adult health. Please take a moment to explore this important tool. To learn more, please visit <http://apps.nccd.cdc.gov/SAHA/Default/Default.aspx>

NEWS From the Center for Disease Control (CDC) continued

CCIIO Online Map Links to Consumer Information by State

The Department of Health and Human Services Center for Consumer Information & Insurance Oversight (CCIIO) recently developed an online map that links to contact information for consumer information in each state. Made available through the Consumer Assistance Program (CAP), which is funded through the Affordable Care Act (ACA), the website provides resources to state ombudsman programs to work with consumers to find coverage options and manage internal and external appeals. For residents in 30 states, the District of Columbia and three territories, readers can directly access their CAP program's website, phone number and walk-in office location. For states and territories that have CAP programs under development and for states that did not request a CAP grant, there are links to various state and Federal agencies that can assist with any resident inquiries. To access this online tool, please go to <http://www.healthcare.gov/law/provisions/cap/>

Health Care Quality Gaps and Disparities Persist in Every State

States are seeing improvements in health care quality, but disparities for their minority and low-income residents persist, according to the 2010 State Snapshots, released last month by the US Department of Health and Human Services Agency for Healthcare Research and Quality (AHRQ). The 2010 State Snapshots, an interactive Web-based tool, show whether a state has improved or worsened on specific health care quality measures. For each state and the District of Columbia, this tool features an individual performance summary of more than 100 measures, such as preventing pressure sores, screening for diabetes-related foot problems and giving recommended care to pneumonia patients. It also compares each state to others in its region and the Nation. A new feature this year is a State Resource Directory that provides tools and information on assessing quality measures and disparities data that states can use to develop their own health care quality and disparities measures. New Hampshire, Minnesota, Maine, Massachusetts and Rhode Island showed the greatest overall performance improvement in 2010. The five states with the smallest overall performance improvement were Kentucky, Louisiana, New Mexico, Oklahoma, and Texas. To see the 2010 State Snapshots, go to <http://statesnapshots.ahrq.gov>

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New Census 2010 Data on the Elderly Available at AoA Website

Recently released Census 2010 population figures by age for each state are now available at the Administration on Aging AGID (AGing Integrated Database) web page. To access this information, please go to http://www.aoa.gov/AoARoot/Aging_Statistics/Census_Population/census2010/docs/stterr2010.xls

NIA Releases a New, Free Audiobook Version of its Popular Exercise Guide

The U.S. National Institutes of Health National Institute of Aging (NIA) has created a free audiobook of its popular print publication *Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging*. You can stream the Exercise Guide directly from your computer or download the mp3 files and listen on a portable audio player. This audiobook will help you discover the health benefits of exercise and physical activity, make your own fitness plan and track your progress, and try sample exercises, which you can do at home, at the gym, or even at work. Please share this exciting new resource from the National Institute on Aging with your friends, family, colleagues, and clients. For more information on exercise and physical activity, don't forget to visit the NIA's Go4Life website where you can find a variety of free Go4Life resources to help you reach your fitness goals! For more, please see <http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/>

NEWS From the Center for Disease Control (CDC) continued

III. Articles

A CDC Morbidity and Mortality Weekly Report:

QuickStats: Percentage of Adults Aged ≥18 Years Who Ever Received a Diagnosis of Diabetes, by Race/Ethnicity and Hispanic Subpopulation --- National Health Interview Survey, United States, 2009

http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6028a7.htm?s_cid=mm6028a7_e%0d%0a

Blue-Collar Employees With Arthritis Working Past 65: Study

“Painful joint condition presents challenges for aging workforce, researchers say”

(By Mary Elizabeth Dallas, HealthDay News, July 25, 2011)

<http://consumer.healthday.com/Article.asp?AID=655129>

Certain Antidepressants Linked to Falls in Nursing Homes

“Closer monitoring of patients changing or starting a non-SSRI is advised, researchers say”

(By Mary Elizabeth Dallas, HealthDay News, July 26, 2011)

<http://consumer.healthday.com/Article.asp?AID=655034>

Clinical Trials for the Elderly Often Miss Mark

“Physicians are often forced to treat older people based on scientific research conducted in younger patients, which can result in dire consequences”

(By John Morley, STLTodays.com, July 21, 2011)

http://www.stltoday.com/lifestyles/health-med-fit/fitness/article_f0abe3a3-a1f7-5180-97fe-f157fb8c4967.html

DNA Test Developed in Glasgow Links Ageing and Poverty

“Scientists in Glasgow have developed a new test of the ageing process based on DNA evidence”

(By Anonymous, BBC News, July 26, 2011)

<http://www.bbc.co.uk/news/uk-scotland-14300868>

Elderly at Greater Risk for Heat Stroke, Experts Warn

“Older people don't adapt to high temperatures as well and need to take steps to keep cool”

(By Mary Elizabeth Dallas, HealthDay News, July 21, 2011)

<http://consumer.healthday.com/Article.asp?AID=655029>

Head Injuries Can Have 'Physical Link to Dementia'

“Research carried out in Scotland and the US has established a link between a single head injury and dementia”

(By Eleanor Bradford, BBC News, July 20, 2011)

<http://www.bbc.co.uk/news/uk-scotland-14224941>

How Exercise Can Keep the Brain Fit

“While the wholly sedentary volunteers...scored significantly worse over the years on tests of cognitive function, the most active group showed little decline”

(By Gretchen Reynolds, New York Times, July 27, 2011)

<http://well.blogs.nytimes.com/2011/07/27/how-exercise-can-keep-the-brain-fit/>

Increased Risk of Parkinson's Disease in Methamphetamine Users, CAMH Study Finds

“People who abused methamphetamine or other amphetamine-like stimulants were more likely to develop Parkinson's disease than those who did not”

(By Michael Torres, Centre for Addiction and Mental Health, July 26, 2011)

http://www.eurekalert.org/pub_releases/2011-07/cfaa-iro072511.php

Menopause Does Not Boost Diabetes Risk, Study Finds

“Exercise and weight control can cut the odds for older women even further, researchers say”

(By Mary Elizabeth Dallas, HealthDay News, July 27, 2011)

<http://consumer.healthday.com/Article.asp?AID=655205>

Minority Participants Crucial to Effective Aging Studies

“A new supplemental issue of *The Gerontologist* urges aging researchers to include representative samples of ethnically diverse populations in their work”

(By Tom Kluss, The Gerontological Society of America, July 21, 2011)

http://www.eurekalert.org/pub_releases/2011-07/tgso-mpc072111.php

NEWS From the Center for Disease Control (CDC) continued

A CDC Morbidity and Mortality Weekly Report:

Out-of-Hospital Cardiac Arrest Surveillance - Cardiac Arrest Registry to Enhance Survival (CARES), United States, October 1, 2005-December 31, 2010

http://www.cdc.gov/mmwr/preview/mmwrhtml/ss6008a1.htm?s_cid=ss6008a1_e

Barrier to Effective Treatment for Seniors -- The Cost of Medicine

“Elderly in the US find medication costs prohibitive, whether or not they suffer from cancer”

(By Joan Robinson, Springer, August 1, 2011)

http://www.eurekalert.org/pub_releases/2011-08/s-bte080111.php

Caregivers and Their Relatives Disagree About Care Given, Received

“Caregivers do not understand the things that are important to their relatives with dementia”

(By Sara LaJeunesse, Penn State University, August 1, 2011)

http://www.eurekalert.org/pub_releases/2011-08/ps-cat080111.php

Fading Ability to Taste Iron Raises Health Concerns for People Over Age 50

“People lose the ability to detect the taste of iron in drinking water with advancing age, raising concern that older people may be at risk for an unhealthy over-exposure to iron”

(By Lynn Nystrom, Virginia Tech University, August 10, 2011)

http://www.eurekalert.org/pub_releases/2011-08/vt-fat081011.php

Getting 50-year-old Americans as Healthy as Europeans Could Save Medicare and Medicaid \$632 Billion by 2050

“Middle-age health differences responsible for life-expectancy gap”

(By Suzanne Wu, University of Southern California, July 28, 2011)

http://www.eurekalert.org/pub_releases/2011-07/uosc-ru1072711.php

Heart Failure in Elderly Linked to Memory Problems

“Older patients with heart failure had more memory problems when their heart ailments were advanced, but the same was not true with younger patients who suffered from a similar type of heart failure, according to a study”

(By Geneva Pittman, Reuters Health, July 11, 2011)

<http://www.reuters.com/article/2011/08/11/us-memory-idUSTRE77A08F20110811>

Hospice Improves Care for Dementia Patients and Their Families

“Survey data come amid debate over Medicare funding”

(By David Orenstein, Brown University, July 29, 2011)

http://www.eurekalert.org/pub_releases/2011-07/bu-hic072711.php

Living Alone After Heart Attack Tied to Death Risk

“After four years...the risk of death was about 35 percent higher for people living by themselves”

(By Allison Bond, Reuters Health, August 3, 2011)

<http://www.reuters.com/article/2011/08/03/us-heart-attack-idUSTRE7726M620110803>

Neighborhood Status Influences Older Women's Cognitive Function, Study Finds

“Older women who live in a lower socioeconomic status neighborhood are more likely to exhibit lower cognitive functioning than women who live in more affluent neighborhoods”

(By Warren Robak, RAND Corporation, August 2, 2011)

http://www.eurekalert.org/pub_releases/2011-08/rc-nsi080211.php

Sleep Apnea Linked to Increased Risk of Dementia in Elderly Women

“Elderly women who suffer from sleep apnea...are about twice as likely to develop dementia in the next five years as those without the condition”

(By Jennifer O'Brien, University of California – San Francisco, August 9, 2011)

http://www.eurekalert.org/pub_releases/2011-08/uoc--sal080811.php

Study Finds Satisfaction in Body Function, Body Appearance Differs in Older Men and Women

“Study looks at predictors of change in mid-life and older adults; finds physical activity improves satisfaction”

(By Matt Pene, Baylor University, August 2, 2011)

http://www.eurekalert.org/pub_releases/2011-08/bu-sfs080211.php

NEWS From the Center for Disease Control (CDC) continued

Study Suggests Seeing a Neurologist Helps People with Parkinson's Live Longer

“People with Parkinson's disease who go to a neurologist for their care are more likely to live longer, less likely to be placed in a nursing home and less likely to break a hip than people who go to a primary care physician”

(By Angela Babb, American Academy of Neurology, August 10, 2011)

http://www.eurekalert.org/pub_releases/2011-08/aaon-sss080211.php

Can In-hospital Falls Really Be Prevented?

“Study shows that current prevention strategies may not be very effective”

(By Kayee Ip, American Academy of Orthopaedic Surgeons, July 6, 2011)

http://www.eurekalert.org/pub_releases/2011-07/aaoo-cif070611.php

Elderly Ignore Heat Warnings — Because They're Not Old

“Disconnect leaves some seniors vulnerable to danger during sweltering summer”

(By Linda Carroll, MSNBC, July 15, 2011)

<http://www.msnbc.msn.com/id/43761917/ns/health-aging/>

Keeping Up Your Overall Health May Keep Dementia Away

“Improving and maintaining health factors not traditionally associated with dementia, such as denture fit, vision and hearing, may lower a person's risk for developing dementia”

(By Rachel Seroka, American Academy of Neurology, July 13, 2011)

http://www.eurekalert.org/pub_releases/2011-07/aaon-kuy070511.php

Military Members Face Raised Risk of Osteoarthritis: Study

“Repetitive joint movements may play a role, researchers suggest”

(By Mary Elizabeth Dallas, HealthDay News, July 1, 2011)

<http://consumer.healthday.com/Article.asp?AID=654455>

New Disparity in Nursing Homes: Whites Leave, Minorities Enter

“The growing proportion of minorities in nursing homes is coming about partly because they do not have the same access to more desirable forms of care as wealthier whites do”

(By David Orenstein, Brown University, July 7, 2011)

<http://news.brown.edu/pressreleases/2011/07/nursinghome>

Older Women at Greater Risk for Common STD, Study Suggests

“Screening women 40 and up for trichomoniasis is essential to prevent serious complications, experts say”

(By Mary Elizabeth Dallas, HealthDay News, July 12, 2011)

<http://consumer.healthday.com/Article.asp?AID=654623>

Over Half of Alzheimer's Cases May Be Preventable, Say Researchers

“Over half of all Alzheimer's disease cases could potentially be prevented through lifestyle changes and treatment or prevention of chronic medical conditions”

(By Steve Tokar, University of California – San Francisco, July 19, 2011)

http://www.eurekalert.org/pub_releases/2011-07/uoc--oho071811.php

Studies Evaluate the Association Between Physical Activity and Lower Rates of Cognitive Impairment

“Engaging in regular physical activity is associated with less decline in cognitive function in older adults”

(By Lori Shanks, JAMA and Archives Journals, July 19, 2011)

http://www.eurekalert.org/pub_releases/2011-07/jaaj-set071511.php

Women Bear Greatest Burden of Alzheimer's

“Survey finds they're more likely than men to have Alzheimer's or take care of someone with the disease”

(By Mary Elizabeth Dallas, HealthDay News, July 18, 2011)

<http://consumer.healthday.com/Article.asp?AID=654900>

NEWS From the Center for Disease Control (CDC) continued

IV. Conferences, Events, and Calls for Papers

National Home and Community Based Services Conference

Dates: September 11-14, 2011

Location: Washington, DC

<http://www.nasuad.org/>

Active Aging Week

Dates: September 25 - October 1, 2011

Location: throughout U.S.

<http://www.health.gov/paguidelines/blog/post/Active-Aging-Week-2011.aspx>

Gerontological Society of America (GSA) Annual Meeting

Dates: November 18-22, 2011

Location: Boston, MA

<http://www.geron.org/>

IV. Conferences, Events, and Calls for Papers

Thank you,

Stephanie

CDC

www.cdc.gov/aging

Thanks to Emmett Schmarsow, Prog. Mgr. COAs & Senior Centers, ELD