



KANSAS HEALTH INSTITUTE

# Creating an Age-Friendly Kansas

*July 10, 2024*



AGE-FRIENDLY  
**KANSAS**

# Hello!

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## Kari Bruffett

President and CEO,  
Kansas Health Institute



KANSAS HEALTH INSTITUTE  
*Informing Policy. Improving Health.*

[khi.org](http://khi.org)

# Who We Are

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- Nonprofit, nonpartisan educational organization based in Topeka.
- Established in 1995 with a multi-year grant by the Kansas Health Foundation.
- Committed to convening meaningful conversations around tough topics related to health.





# Agenda

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- Welcome – Kari Bruffett
- Megan Wolfe, Trust For America's Health – What is an Age-Friendly Public Health System?
- Panel Discussion
- Introduction to the Age-Friendly Kansas Advisory Committee



# KHI Selected to Support Age-Friendly Public Health Systems

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## In partnership with Trust for America's Health (TFAH) and the National Network of Public Health Institutes (NNPHI):

- Collaboration with Kansas Department of Health and Environment (KDHE), Kansas Department for Aging and Disability Services (KDADS), Kansas Department for Children and Families (DCF) **and stakeholders.**
- Create the Age-Friendly Kansas Steering Committee and Stakeholder Advisory Committee.
- Action plan development through 6Cs Framework.
- Goal to elevate healthy aging as a core public health issue, with work to be completed by spring 2026.



# Acknowledgments

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We recognize the following individuals for their contributions:



**Theresa  
Freed, M.A.**

*Director of  
Strategic  
Communication  
and  
Engagement*



**Emma Uridge**

*Analyst*



**Lyndsey  
Burkhart**

*Event  
Coordinator/  
Communication  
Assistant*



**Barb  
Hersh**

*Communication  
and Events  
Assistant*



**Wen-Chieh Lin,  
Ph.D.**

*Director of  
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**Stewart  
Cole**

*Multimedia  
Specialist*



**Cathy  
McNorton**

*Senior  
Communication  
Specialist &  
Publications  
Strategist*



**Rebecca Andrade**

*Educational  
Programs  
Manager*



# Acknowledgments

Meet our state partners and steering committee members



**David Anderson**

*Commissioner,  
Aging Services  
Commission,  
Kansas  
Department for  
Aging and  
Disability Services*



**Derik Flerlage**

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**Julie Sergeant**

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# Creating an Age-Friendly Kansas

## Kansas Health Institute

July 10, 2024

Megan Wolfe, JD



The  
John A. Hartford  
Foundation



# Trust for America's Health (TFAH)

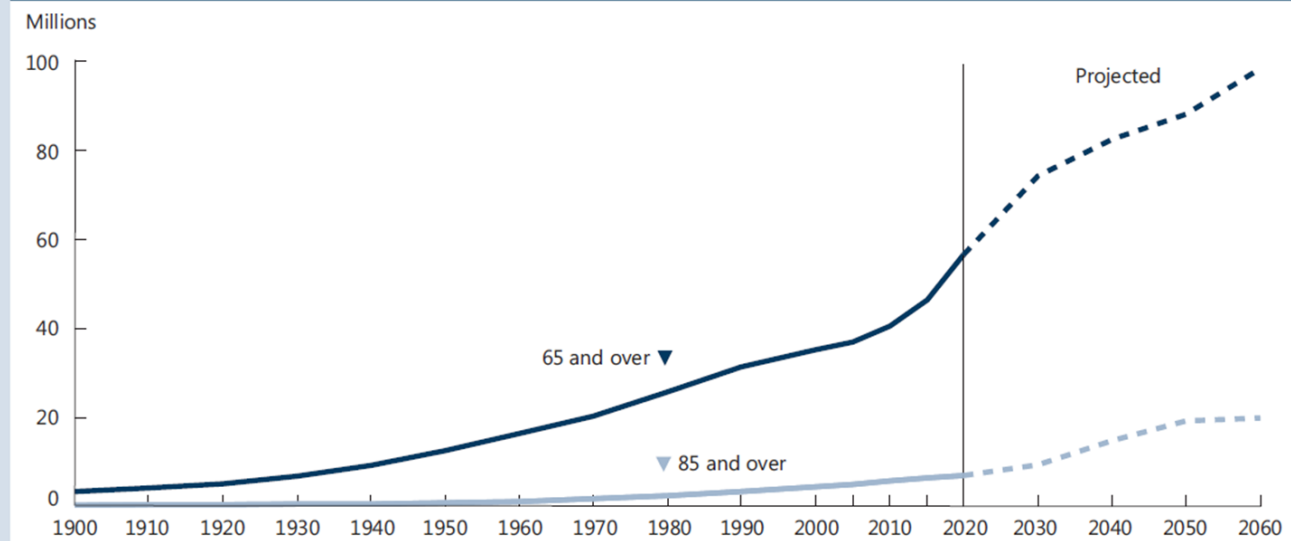
Independent, non-partisan, public health and prevention focus

- Advancing evidence-based policy and advocacy with an equity focus
- Improving the health of every community
- Making disease prevention a national priority



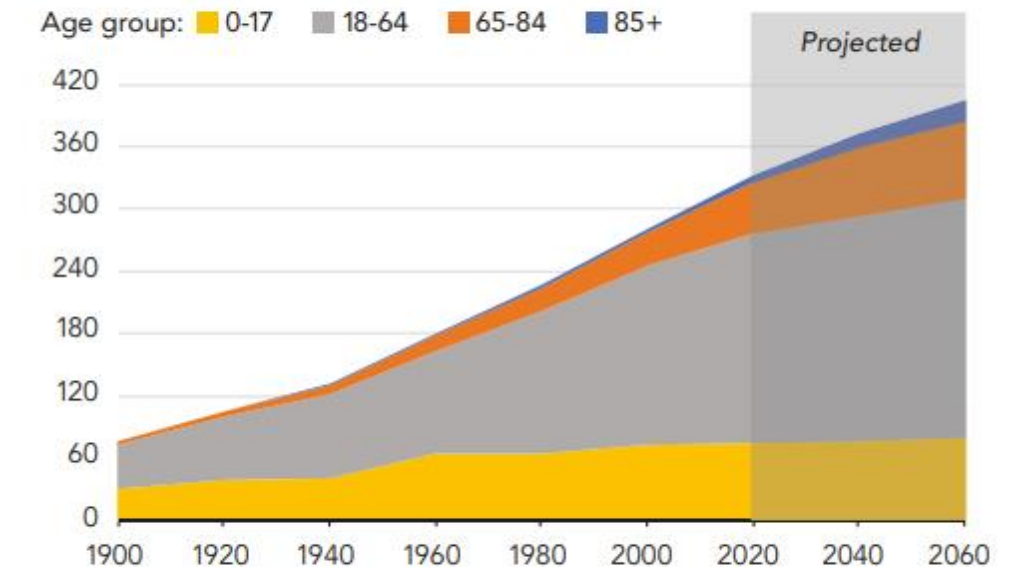
# Fast-Changing Demographics

Population age 65 and over and age 85 and over, selected years, 1900–2014, and projected years, 2020–2060



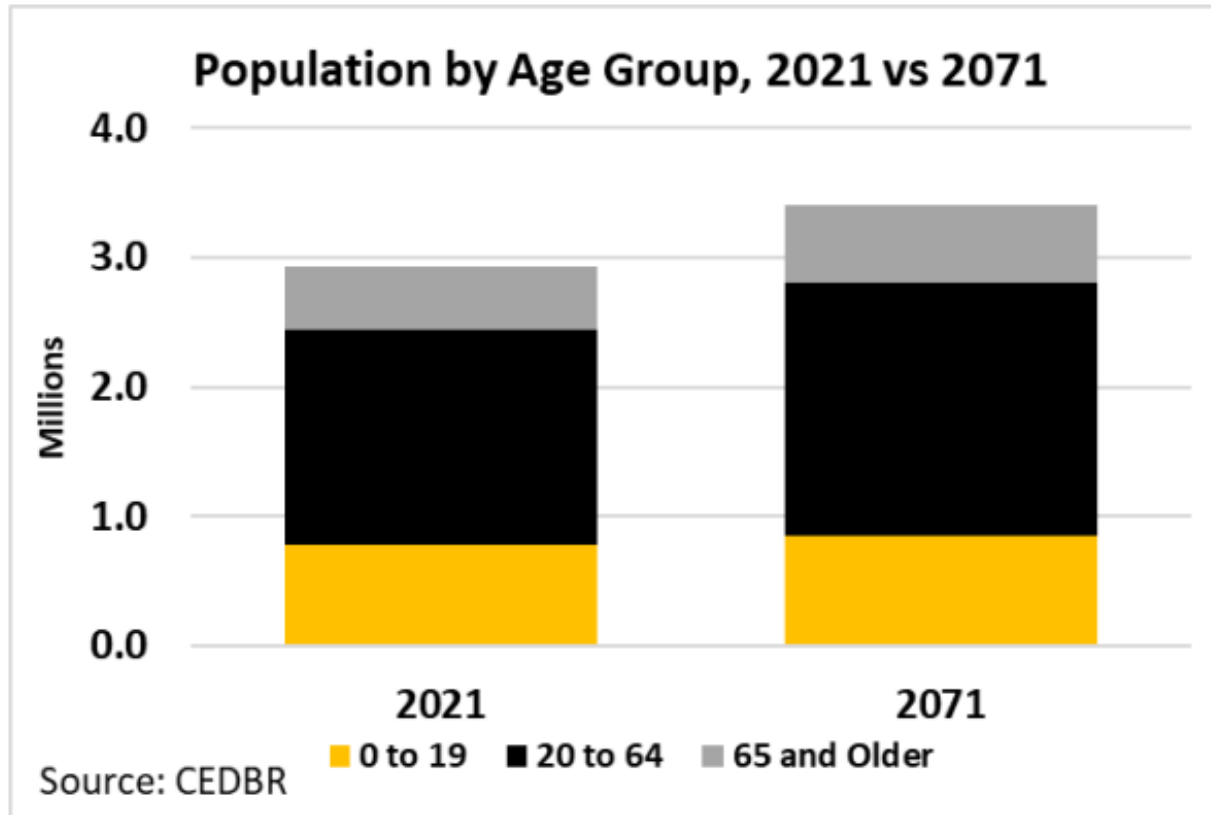
## The Number of Older Adults Is Increasing Rapidly Relative to Children

U.S. Population by Age Group (millions), 1900 to 2060



**Source:** U.S. Census Bureau, decennial censuses and vintage 2017 population projections (2020-2060).

# Growth of Older Adult Population in Kansas



# Preventable Chronic Diseases

## 10 Common Chronic Conditions for Adults 65+

### QUICK FACTS



**80%**  
have at least 1 chronic condition



**68%**  
have 2 or more chronic conditions



**Hypertension**  
(High Blood Pressure)  
**58%**



**High Cholesterol**  
**47%**



**Arthritis**  
**31%**



**Ischemic/Coronary Heart Disease**  
**29%**



**Diabetes**  
**27%**



**Chronic Kidney Disease**  
**18%**



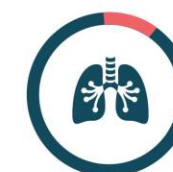
**Heart Failure**  
**14%**



**Depression**  
**14%**



**Alzheimer's Disease and Dementia**  
**11%**



**Chronic Obstructive Pulmonary Disease**  
**11%**

Source: Centers for Medicare & Medicaid Services, Chronic Conditions Prevalence State/County Table: All Fee-for-Service Beneficiaries.



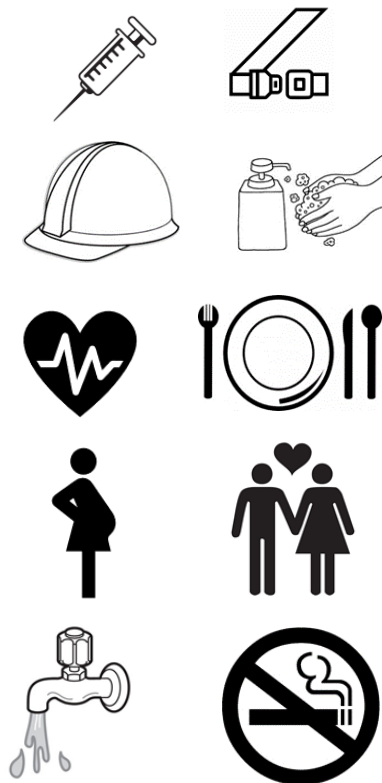
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## Pre-COVID: Limited Public Health Focus on Older Adults

- Federal: CDC healthy aging branch but still siloed activities
- State/local: Lack of funding and expertise
- Current PH aging work growing but limited: falls prevention, vaccinations, dementias



# Public Health Has a Solid Track Record



## Top 10 Achievements in Public Health

1. Vaccination
2. Motor-vehicle safety
3. Safer workplaces
4. Control of infectious diseases
5. Decline in deaths from coronary heart disease and stroke
6. Safer and healthier foods
7. Healthier Mothers and Babies
8. Family planning
9. Fluoridation of drinking water
10. Recognition of tobacco use as a health hazard

## Public Health Has Contributed to Longevity— Public Health Can Support Healthy Aging

- Preventive and other quality health services
- Social determinants of health: housing, transportation, built environment
- Supporting family caregivers
- Nutrition and physical activity
- Emergency preparedness
- Rural health challenges
- Social isolation; mental health and well-being
- Elder abuse prevention



# Age-Friendly Health Department

- Leadership and dedicated staffing
- Dedicated funding for broad healthy aging programs
- State Health Improvement Plan prioritizes healthy aging
- Formal collaboration required across all agencies
- Data dashboard includes older adults
- Emergency preparedness planning includes older adults

2024-2026 Tennessee State Health Plan

## 5 Older Adults

**Goal 5.1.** Support and empower formal and informal caregivers of older adults.

	government	healthcare	faith-based	community	other
Increase access to, awareness and use of evidence-informed interventions, services, support groups and peer-driven support for caregivers to enhance their health and well-being.	✓	✓	✓	✓	✓
Educate providers and health professionals on the importance of identifying informal caregivers and methods for addressing caregiver burden (physical, mental and financial strain) including referral to supports such as respite services.	✓	✓	✓	✓	✓
Recruit and retain direct support professionals and community health workers.	✓	✓	✓	✓	✓

TN Department of Health For more information on the State Health Plan

Age-FRIENDLY PUBLIC HEALTH SYSTEM  
for Mississippi

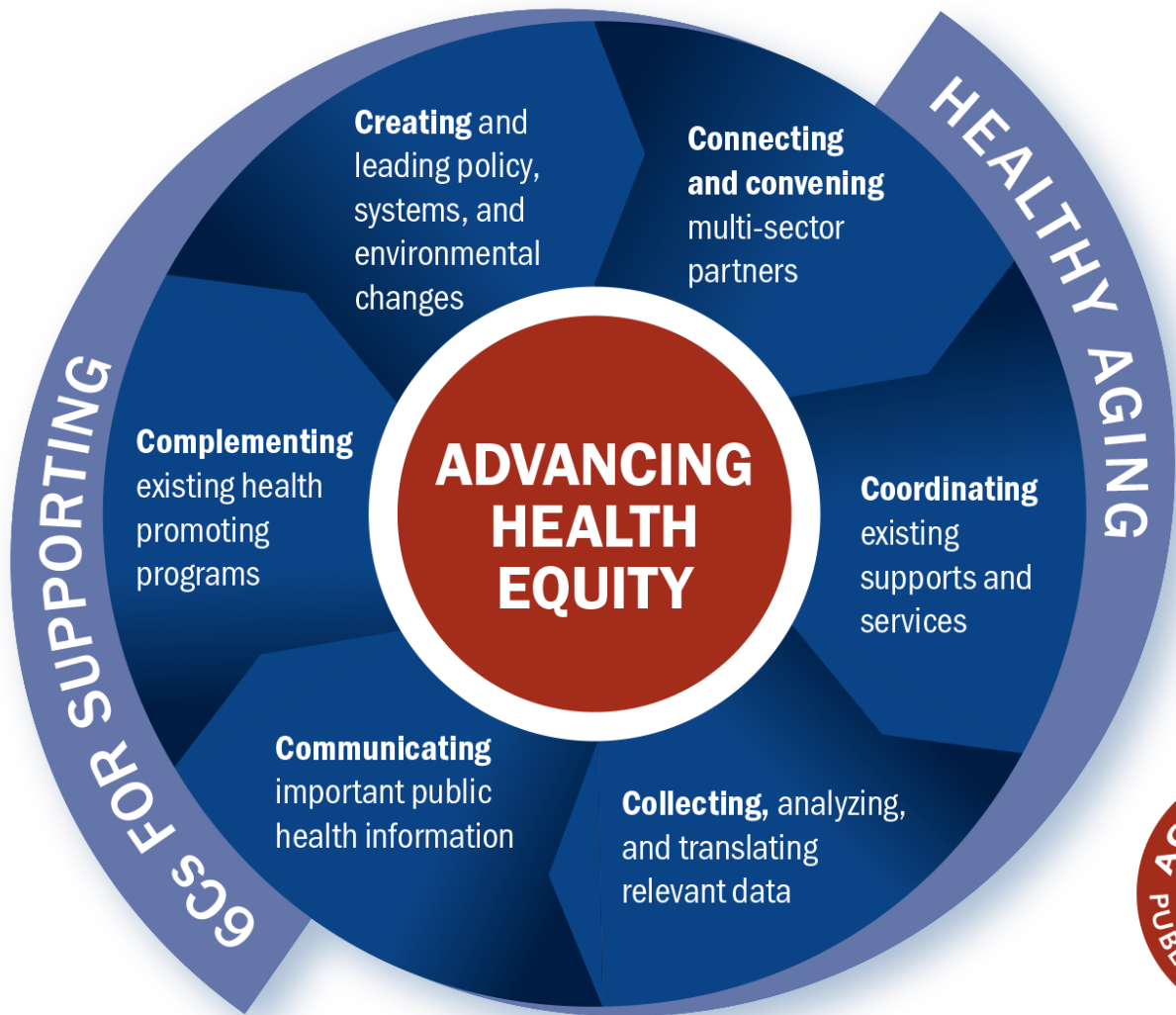
AFPHS

Statewide Work Plan  
January 2023

**The 6 C's**

- Creating & Leading Change
- Connecting & Convening
- Coordinating Supports & Services
- Collecting, Analyzing & Translating Data
- Communicating
- Complementing





The  
**John A. Hartford**  
Foundation



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# AFPHS Phases I & II (2018-2023)

- Phase I: Florida pilot and national stakeholder network
- Phase II: AFPHS expansion to Mississippi and Washington and further expansion in Florida
  - FL: from 37 to 51 county health departments; evolution of Aging in Florida Dashboard
  - MS: Statewide AFPHS Action Plan & Age-Friendly Ecosystem
  - WA: Local partnerships in 5 jurisdictions & engagement with Tribal communities
  - National healthy aging collaborations
  - AFPHS Recognition Program



# AFPHS Phase III (April 2023-March 2026)

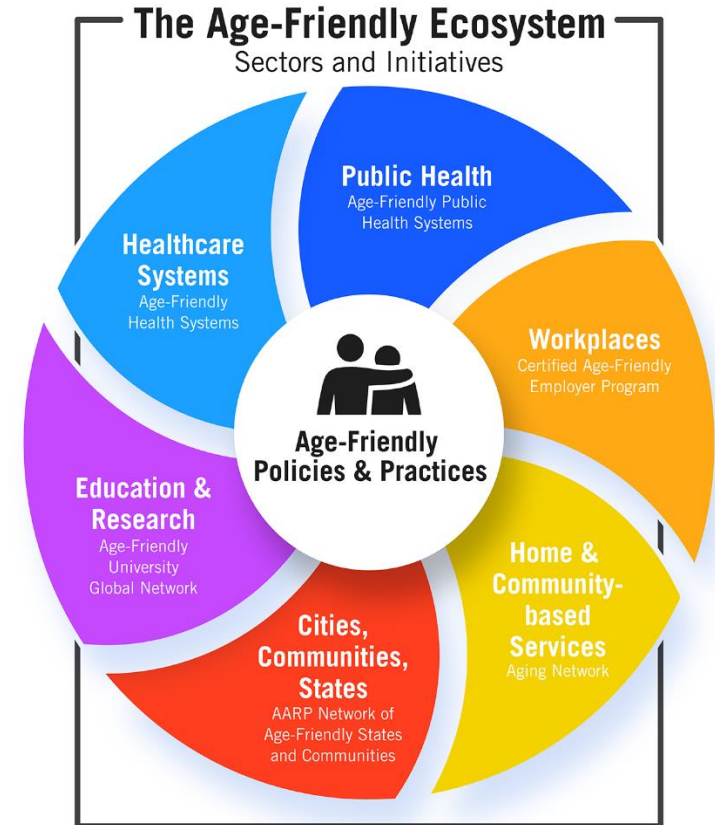
- **Public Health Institute engagement:** piloting capacity building program leading to development of statewide AFPHS plans
- Expand engagement at federal level
- Expand age-friendly ecosystem development nationally and within states and communities
- Expand the AFPHS Recognition Program to acknowledge healthy aging commitments in additional public health entities
- Develop elder mistreatment prevention guidance for public health



# Phase III: Expanded Partner Engagement

## Age-Friendly Ecosystem: Creating a Harmonious Age-Friendly Ecosystem that Delivers: Workshop April 3-4, 2024

- Examine innovative practices that promote healthy aging
- Identify shared priorities and strategies that deliver better outcomes for older adults and their caregivers
- Identify challenges and barriers to cross-sector collaboration
- Explore how collective impact principles can be applied to improve cross-sector collaboration
- Develop innovative approaches to cross-sector collaboration including needed policy, systems, and environmental changes





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# Value of Collaboration and Coordination

- The Promise of Collective Impact
  - Establishing a **common agenda** means adopting a shared vision that can lead to dismantling silos
  - Working toward **shared metrics** ensures consistency and shared accountability
  - **Mutually reinforcing activities** will lead to better coordinated efforts while leveraging limited resources
  - Continuous and **open communication** across sectors will help to facilitate engagement and build trust
  - Assigning a **“backbone” agency** or organization can ensure sustainability of systemic changes and assure partners



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*The process and results of collective impact are emergent rather than predetermined, the necessary resources and innovations often already exist but have not yet been recognized, learning is continuous, and adoption happens simultaneously among many different organizations.*

John Kania & Mark Kramer

[Embracing Emergence: How Collective Impact Addresses Complexity](#)



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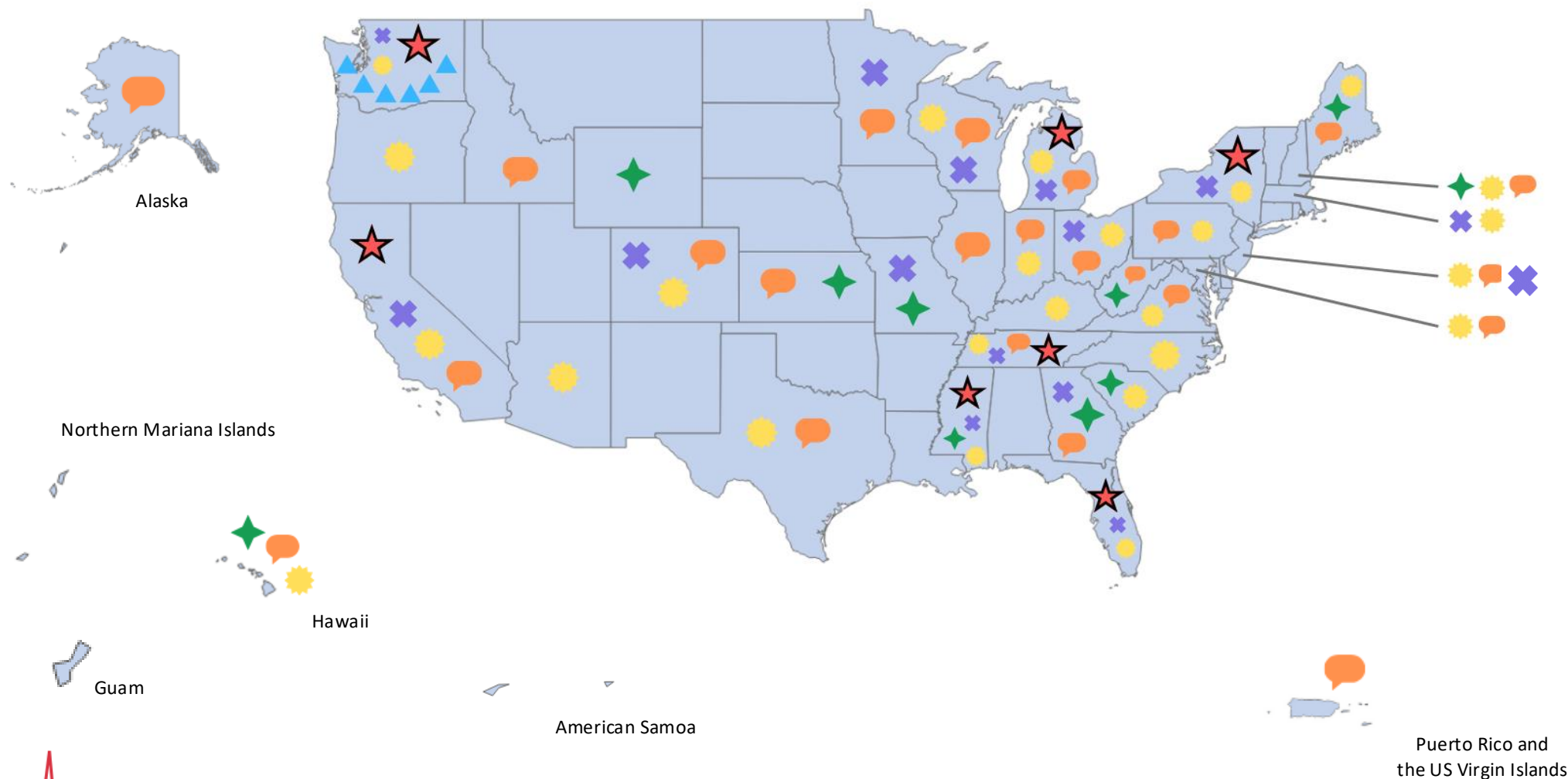
# AFPHS Opportunities

- AFPHS Recognition Program: departmental, individual, “other”
- AFPHS Monthly Trainings: 3<sup>rd</sup> Thursday @ 3 pm ET
- Age-Friendly Ecosystem Development (national, state, local); coordination with state MPAs
- AFPHS 6Cs Training & Implementation Guide (February 2025)
- Elder Mistreatment Prevention Guidance for Public Health (January 2025)







<https://afphs.org>



# AFPHS Engagement Across the United States



## Map Key

-  AFPHS states, including state or local HDs
-  Public Health Institutes
-  At least one AFPHS Champion
-  Age-Friendly Ecosystem Network Partners
-  Engagement with tribal nations
-  Other engagement

**All 50 states and 5 US territories** have engaged with TFAH through the HHS Office of Disease Prevention and Health Promotion partnership.

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***THANK YOU!***

Trust for America's  
Health

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[www.tfah.org](http://www.tfah.org)

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**Age-Friendly**   
PUBLIC HEALTH SYSTEMS



# What sector should be involved when planning for a connected and comprehensive age-friendly ecosystem in Kansas?



# Panel Discussion



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# Panelists

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**Chrisy Khatib**

*Deputy Director, Adult  
Protective Services,  
Kansas Department for  
Children and Families*



**David Anderson**

*Commissioner, Aging  
Services Commission,  
Kansas Department for  
Aging and Disability  
Services*



**Derik Flerlage**

*Co-Bureau Director of  
Family Health, Kansas  
Department of Health  
and Environment*



**Lainey Faulkner**

*Director, Bureau of  
Health Promotion and  
Public Health Medicaid  
Liaison, Kansas  
Department of Health  
and Environment*



# How can Kansas be more age-friendly?



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# What sector should be involved when planning for a connected and comprehensive age-friendly ecosystem in Kansas?

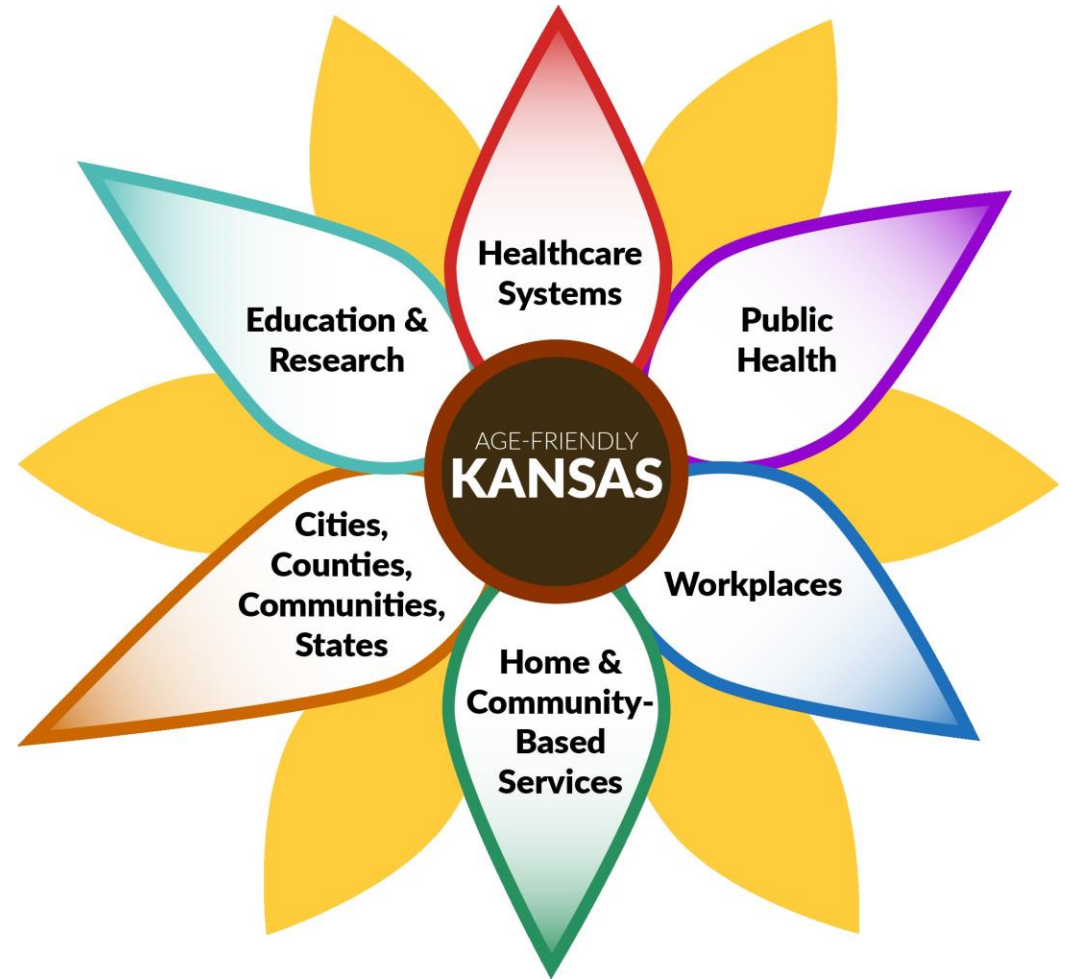




# Multi-Sector Advisory Committee of Partner Organizations in Kansas

## Age-Friendly Kansas Advisory Committee

- Create a joint advocacy effort
- Leverage expertise and create age-friendly competency across systems and sectors
- Identify other age-friendly movements and work
- **Develop the Age-Friendly Kansas Action Plan**
- Creating an **age-friendly ecosystem** by recognizing social determinants of health



# We want to hear from you!

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Scan the QR Code or click the link in the chat to open the **Age-Friendly Advisory Committee Application**.



Do you have ideas about how Kansas can be more age-friendly?

Do you wish to contribute your expertise and experiences to the **Age-Friendly Kansas Advisory Committee**?



# Connect With Us

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