



State of the Health District

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Healthy Aging Definition

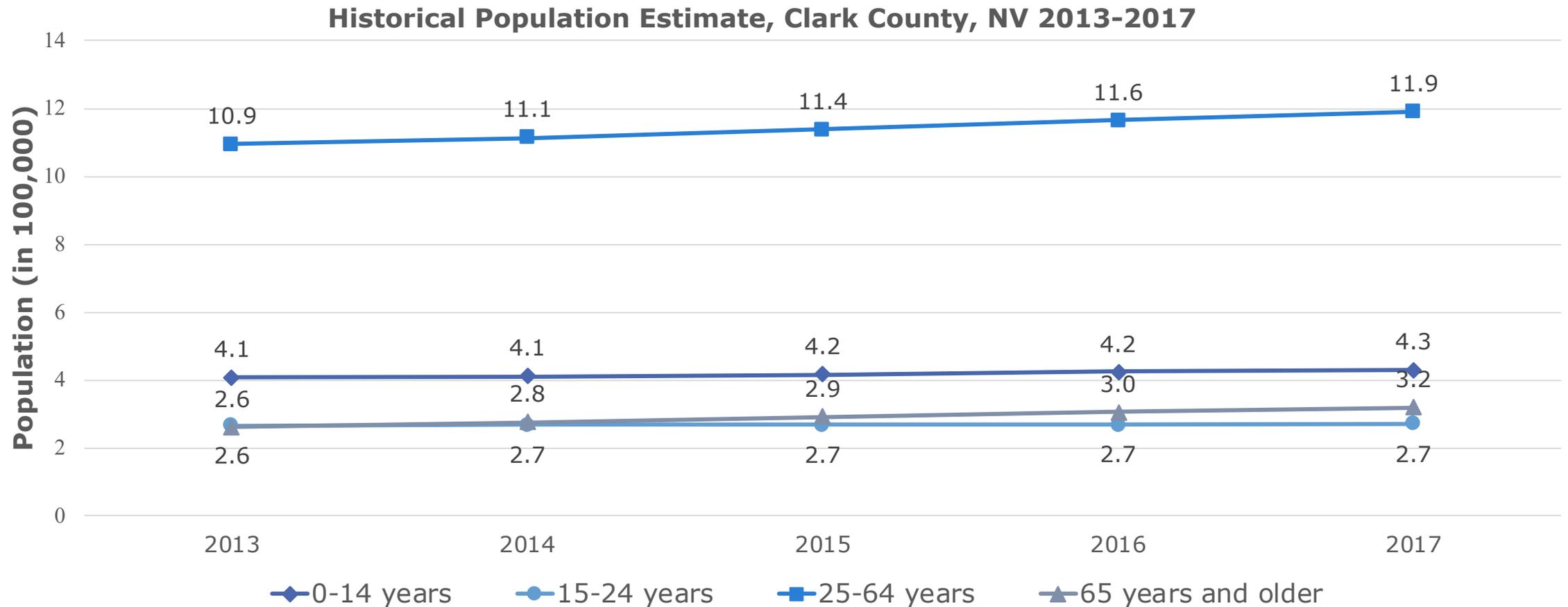
“The process of developing and maintaining the functional ability that enables wellbeing in older age”

World Health Organization (WHO)

“Adopting healthy habits and behaviors, staying involved in your community, using preventive services, managing health conditions, and understanding all your medications can contribute to a productive and meaningful life.”

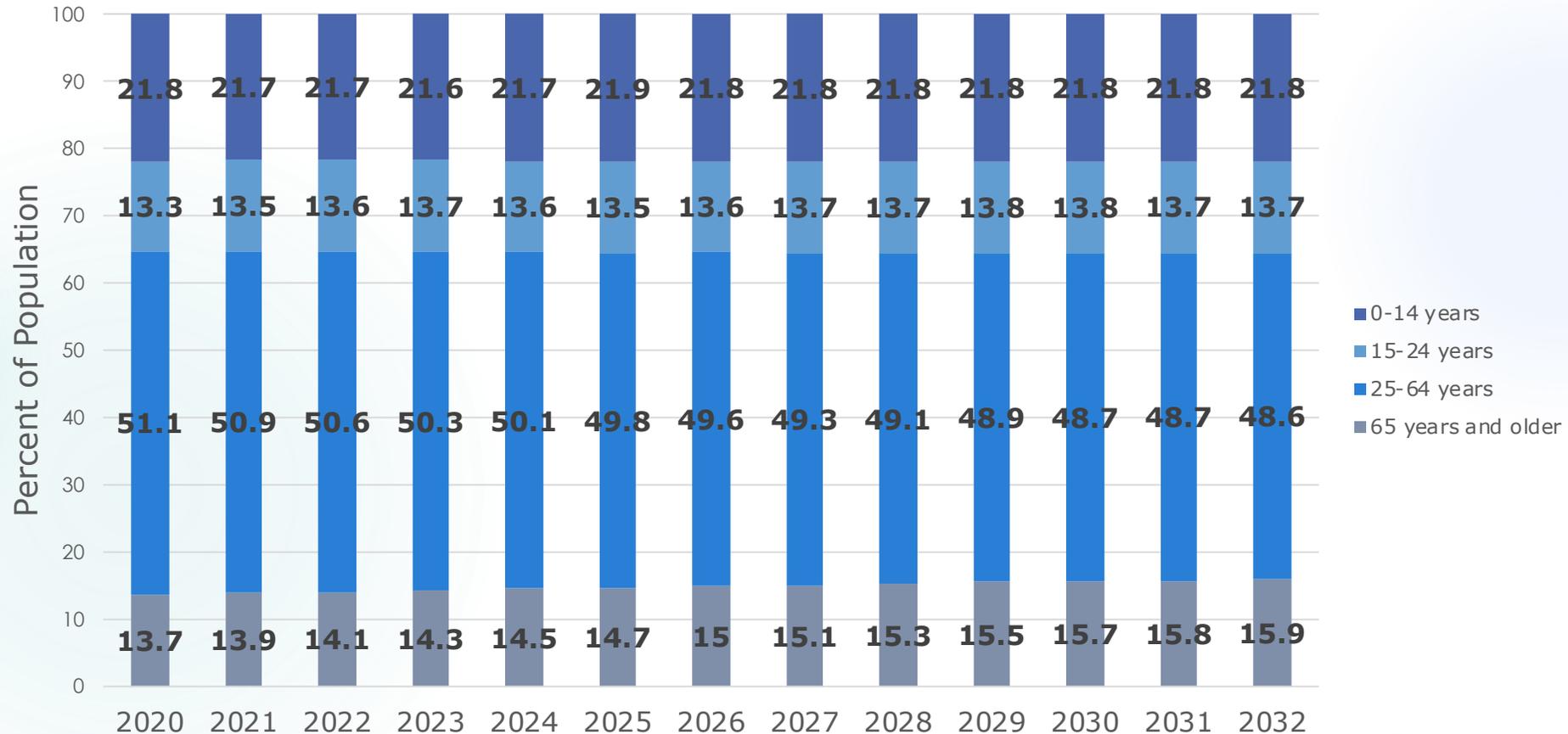
U.S. Department of Health & Human Services

Demographic Landscape of Clark County

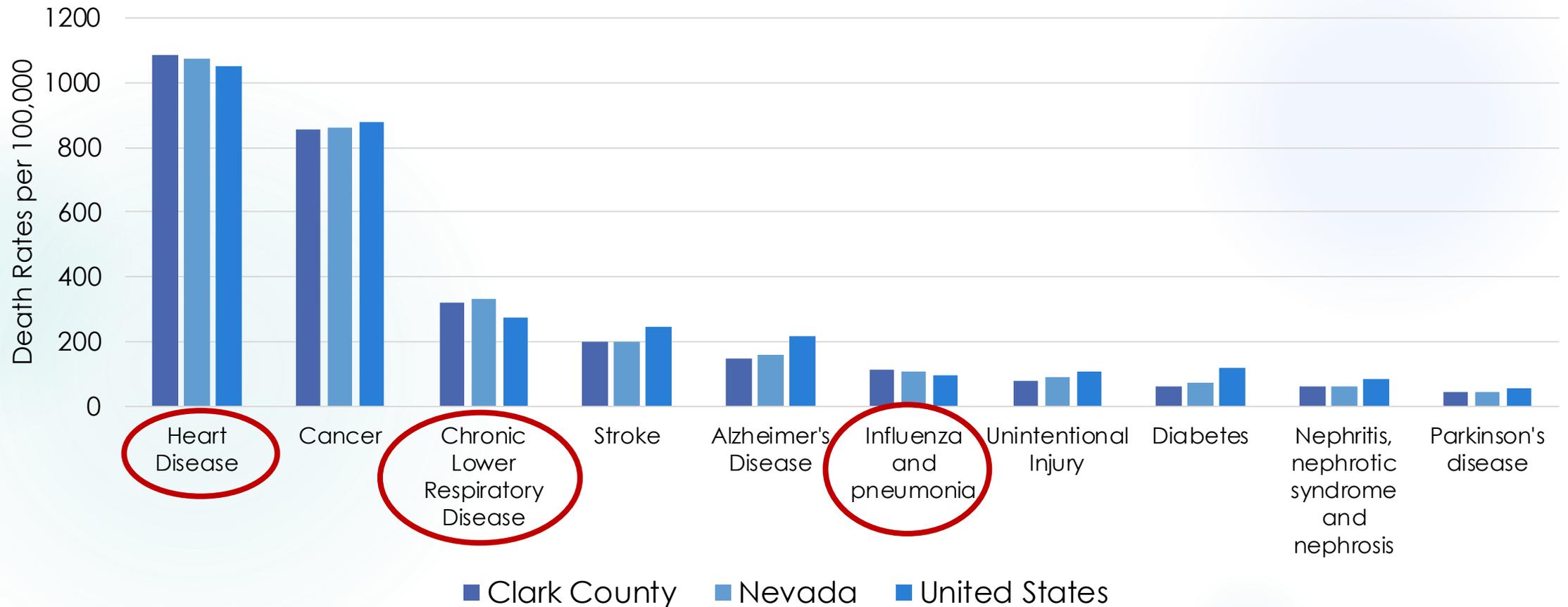


Demographic Landscape of Clark County

Population Projection, Clark County, NV 2020-2032



Leading Causes of Mortality for an Aging Population



Health Status Indicators

	Clark County % (95% CI)	Nevada % (95% CI)	United States % (95% CI)
Self-reported general health fair or poor	27.24 (21.99, 32.50)	25.74 (21.96, 29.51)	25.72 (25.19, 26.25)
Self-reported mental health not good in 14 or more days during the past 30 days	8.77 (5.06, 12.48)	8.77 (6.11, 11.44)	7.90 (7.56, 8.24)
Ever had depressive disorder	14.67 (10.36, 18.99)	14.86 (11.76, 17.96)	16.05 (15.57, 16.53)
Ever had a heart attack	12.16 (8.45, 15.87)	12.23 (9.53, 14.93)	10.96 (10.60, 11.32)
Have coronary heart disease	12.45 (8.55, 16.35)	11.73 (8.93, 14.53)	11.28 (10.92, 11.65)
Ever had a stroke	8.06 (4.92, 11.21)	8.07 (5.79, 10.35)	7.58 (7.27, 7.88)
Have high blood pressure	61.84 (56.34, 67.34)	60.75 (56.77, 64.72)	60.82 (60.23, 61.40)

Health Status Indicators (continued)

	Clark County % (95% CI)	Nevada % (95% CI)	United States % (95% CI)
Have chronic obstructive pulmonary disease	14.56 (10.46, 18.67)	14.59 (11.64, 17.53)	12.67 (12.30, 13.05)
Have arthritis	42.53 (36.84, 48.21)	44.31 (40.20, 48.41)	50.29 (49.69, 50.89)
Have diabetes	24.76 (19.84, 29.69)	21.92 (18.40, 25.44)	22.87 (22.36, 23.39)
Ever had cancer (excluding skin cancer)	18.13 (13.77, 22.50)	18.14 (14.99, 21.30)	17.89 (17.45, 18.33)
Have kidney disease (excluding kidney stones, bladder infection, or incontinence)	10.59 (6.97, 14.22)	9.15 (6.59, 11.71)	6.79 (6.46, 7.11)
Obese	24.82 (19.77, 29.88)	25.08 (21.43, 28.72)	28.53 (27.98, 29.08)
Overweight	40.93 (35.08, 46.77)	40.20 (36.00, 44.40)	38.73 (38.14, 39.32)
Cognitive decline within past 12 months	17.04 (10.37, 23.72)	16.66 (12.23, 21.10)	11.60 (11.15, 12.05)

Health Behavior

	Clark County % (95% CI)	Nevada % (95% CI)	United States % (95% CI)
No physical activity within the past 30 days	35.43 (29.75, 41.12)	33.62 (29.56, 37.69)	32.46 (31.88, 33.03)
Current smoker	16.49 (11.88, 21.09)	15.26 (11.99, 18.54)	8.87 (8.55, 9.19)
Current e-cigarette user	2.83 (0.98, 4.67)	2.77 (1.43, 4.10)	0.96 (0.86, 1.05)
Binge drinker	6.56 (3.64, 9.49)	6.48 (4.38, 8.59)	5.12 (4.85, 5.38)
Heavy drinker	2.75 (1.10, 4.39)	4.11 (2.80, 5.41)	4.29 (4.05, 4.53)
Do not always wear seat belt	4.69 (2.10, 7.29)	6.09 (4.16, 8.02)	8.43 (8.10, 8.76)

Preventive Care and Access to Health Care

	Clark County % (95% CI)	Nevada % (95% CI)	United States % (95% CI)
Had a flu vaccine within the past 12 months	57.94 (52.09, 63.78)	57.59 (53.38, 61.79)	60.18 (59.57, 60.79)
Ever had a pneumonia shot	68.24 (62.65, 73.83)	70.73 (66.73, 74.73)	74.21 (73.66, 74.76)
Ever had the shingles vaccine	37.61 (31.90, 43.32)	39.95 (35.81, 44.09)	44.05 (43.44, 44.66)
Had a routine checkup within the past year	88.29 (84.78, 91.80)	86.53 (83.94, 89.13)	88.24 (87.83, 88.65)
Visited a dentist, dental hygienist or dental clinic within the past year	63.49 (58.03, 68.96)	63.69 (59.73, 67.65)	66.72 (66.22, 67.23)
Needed to see a doctor but could not because of cost during the past 12 months	6.36 (3.47, 9.25)	6.18 (4.11, 8.25)	5.14 (4.86, 5.42)

Social Determinants of Health and Aging

▶ Definition:

"...the circumstances in which people are born, grow up, live, work, and age. This also includes the systems in place to offer health care and services to the community. These circumstances are in turn shaped by a wider set of forces: economics, social policies, and politics."

(The Centers for Disease Control and Prevention)



Framework Development

- ▶ National Prevention, Health Promotion, and Public Health Council National Prevention Strategy
 - ▶ Provides coordination and leadership at the federal level regarding prevention, wellness, and health promotion practices
 - ▶ Meets the unique, local conditions of Southern Nevada



Healthy Aging in Action

Advancing the National Prevention Strategy



- Educate professionals to identify and address disparities
- Collect community-wide data to identify health care disparities
- Distribute information and implement programs that address age-related health issues

Reduce health disparities

- Provide information about healthy options
- Increase access to and use of technology to support health and other needs
- Create opportunities for employment and health education activities

Empower older adults to engage in health-related education and activities

- Create and support more walkable communities
- Promote access to healthy food
- Develop plans to address vulnerability to natural disasters and emergencies

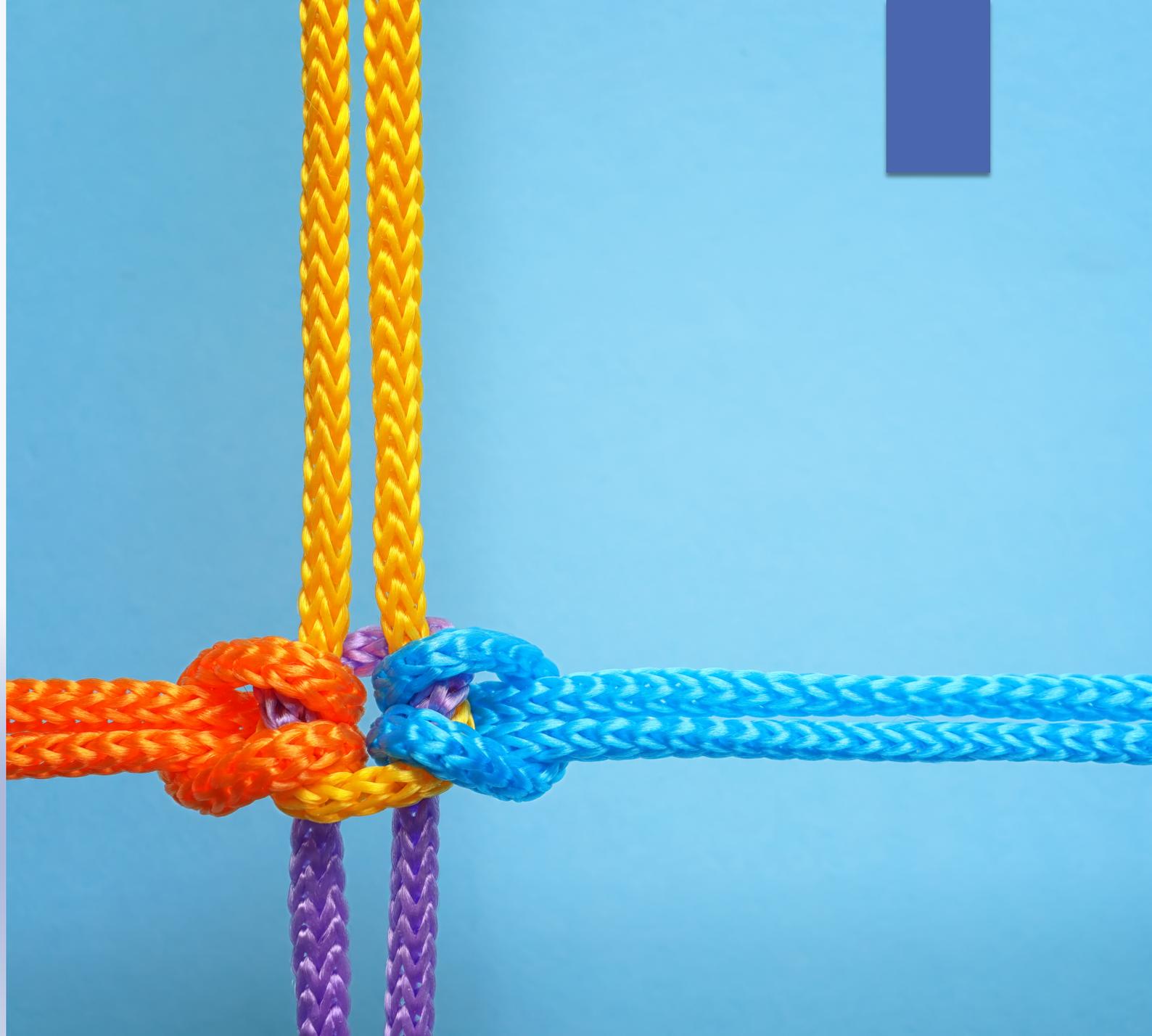
Create healthy and safe community environments for older adults

- Increase access to preventive services including dental services
- Increase access to behavioral health care
- Support community-based falls prevention programs
- Train physicians and other health care professionals about age-related health issues

Provide clinical and community-based preventive services for older adults

Community Engagement Process

- ▶ Created a data profile for adults 65+ based on focus group interviews
- ▶ Community Partner Engagement
 - ▶ Traditional
 - ▶ Non-Traditional



Healthy Aging Initiative – Next Steps

- ▶ Leverage current Community Health Improvement Plan (CHIP) priorities and partnerships
 - ▶ Access to Care
 - ▶ Chronic Disease
 - ▶ Policy and Funding
- ▶ Listening sessions – including priority populations
- ▶ Utilization of evidence-based community engagement model
 - ▶ MAPP, Community Tool Box, Cultural Complementary Model, Principles of Community Engagement (CDC)
- ▶ Dashboard: A compilation of healthy aging indicators will be available on www.HealthySouthernNevada.org

But wait.
There's
more.



**PUTTING
GREEN
ON THE
MENU**



5 of 8 Criteria to be Recognized

1. Lids and Straws by Request
2. Responsibly Sourced Packaging (Paper straws and bags available. No Styrofoam and minimal plastic is used.)
3. Recycling program
4. Participation in a Food Waste Recovery Program or Food Donation Program
5. Participation in Water-Smart Programs
6. Supports Locally Sourced Produce (Clark County Suppliers)
7. Supports Reusable Customer Beverage Containers
8. Expanded Tobacco-Free Areas Inside and/or Outside (more than the law requires)

Thank
You

