



**Office for  
the Aging**

# **New York State Office for the Aging Network and Services**

## **Implementing Health Across All Policies and Healthy Aging in New York State**

**May 2018**

# NYSOFA Mission

- To help older New Yorkers be as **independent as possible** for as long as possible through **advocacy, the development and delivery of person-centered**, consumer-oriented, and cost-effective **policies, programs, and services** that support and empower older New Yorkers and their families, in partnership with the network of public and private organizations that serve them.

# New York Network of Aging Professionals

## Infrastructure

- 59 AAAs
- 1,176 contractors
- 699 senior centers
- 721 congregate meal sites
- 284 central kitchens
- 1,902 HDM routes
- 26 EBIs implemented through AAAs, serving 6,689
- 1,191 HIICAP and LTCOP volunteers
- 384 HIICAP counseling sites



# New York Network of Aging Professionals

Almost 700,000 served annually – \$469,359,523 invested

- 62,000 older New Yorkers are receiving registered dietician (RD) certified home delivered meals.
- 175,000 older New Yorkers are receiving RD certified meals in a congregate setting.
- 68,000 older New Yorkers have case managers to help them maintain their independence and navigate various health and social service systems.
- 14,000 older New Yorkers are receiving personal care services in their homes.
- 200,000 older adults are receiving transportation services to medical appointments, pharmacies and other community outlets.

# New York Network of Aging Professionals

Almost 700,000 served annually – \$469,359,523 invested

- 25,000 receiving legal assistance.
- 156,000 receiving nutrition counseling and education.
- 380,000 receiving information and assistance.
- 140,000 receiving health promotion.
- 248,000 individuals received Medicare plan and prescription counseling and assistance.
- 23,000 older New Yorkers are receiving support services and respite so they can continue to care for frail loved one.

# Home and Community Based Services Provided by the Network of Aging Professionals

- Home delivered meals (HDM)
- Congregate meals
- Nutrition counseling & education
- Senior center programming
- Health promotion and wellness
- Evidence Based Interventions: CDSMEs, fall prevention, etc.
- Volunteer opportunities
- Respite
- Legal services
- Home modifications, repairs
- NY Connects (ADRC) - LTSS I&A/R, options counseling, benefits and application assistance
- Health Insurance Information , Counseling and Assistance (HIICAP)
- Personal Care Level I and II (non-Medicaid)
- Case management
- Ancillary services such as PERS and assistive devices
- Social adult day services
- Transportation to needed medical appointments, community services and activities
- Employment – Title V
- Long Term Care Ombudsman



# Implementing Health Across All Policies and Healthy Aging in New York State

October 2017

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# The Governor's Vision

- Advance a Health Across All Policies approach to incorporate health considerations into policies, programs and initiatives led by non-health agencies.
- Consider how all of our policies, programs and initiatives support us to achieve the Governor's goal of becoming an age friendly state.
- Long term goal is to embed Health in all Policies and Healthy Aging into all aspects of our government work.



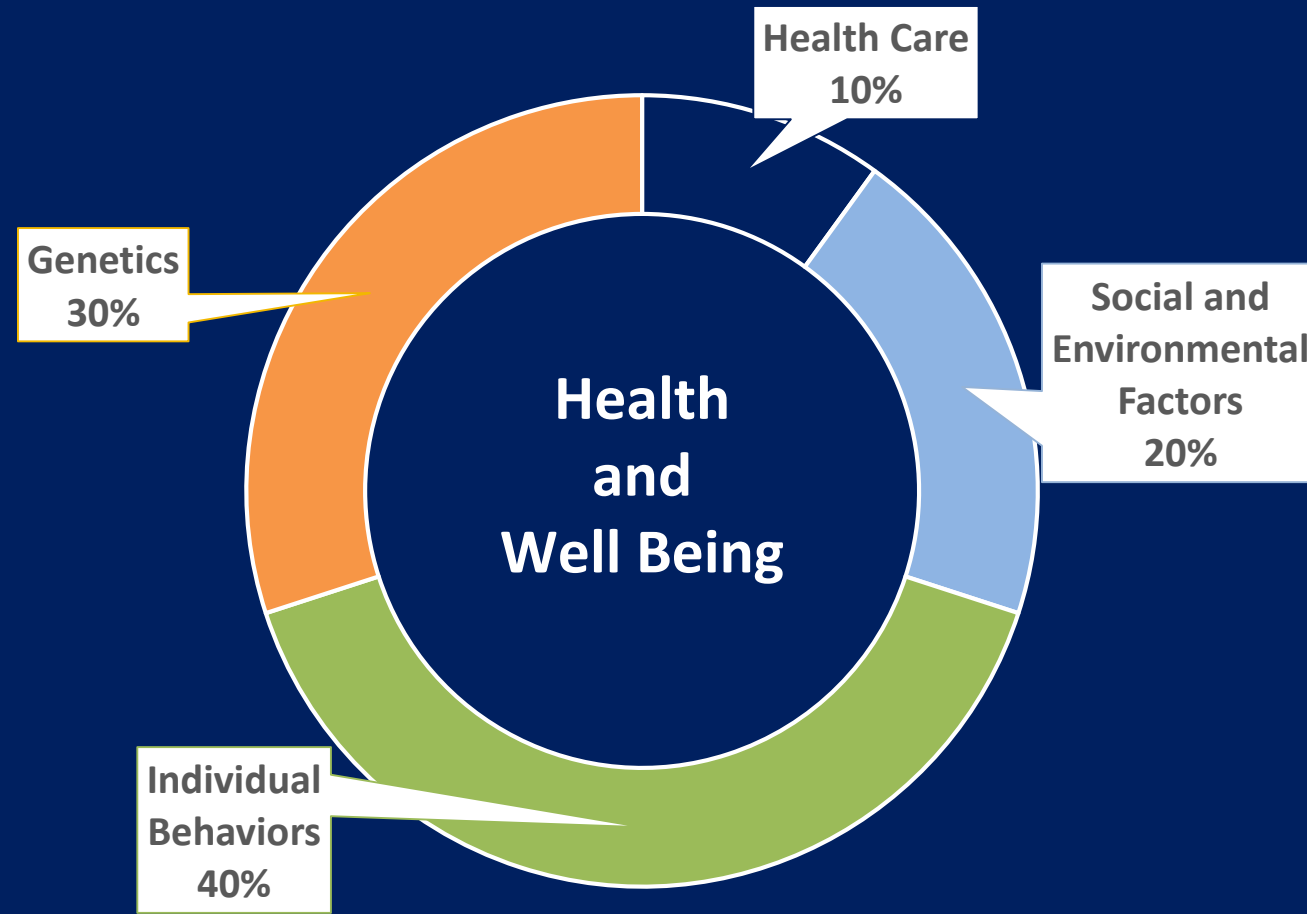
## Prevention Agenda 2013-2018

### **This initiative builds on the NYS Prevention Agenda, a catalyst for action and a blueprint for improving health outcomes**

- The Prevention Agenda is NYS's public health improvement plan for improving health and reducing health disparities across the state through an increased emphasis on prevention
- Since 2014, the Prevention Agenda has made substantial progress across 96 measures of public health and prevention – meeting and exceeding goals ahead of schedule in several areas.
- To achieve our most challenging health goals, we need a broader approach.

# What Determines Health?

*Impact of Different Factors on Risk of Premature Death*



# Health Across All Policies

## Economic Development

- **Improve access and availability of healthy foods, opportunities for physical activity, and improved built environment (e.g., smart growth, mixed use, “green”)**

## Healthy Eating

- **Adopt healthy food procurement policies in hospitals and other institutions**
- **Adopt healthy food and beverage procurement policies in all State agencies, including healthy vending machine policies**
- **Increase options and incentives for using government-sponsored programs** such as federally funded Health Bucks and Child and Adult Care Food Program **to purchase healthy foods**

## Active Living

- **Promote Complete Streets** policies, plans and practices and monitor implementation
- **Promote shared space** agreements and joint use agreements **to increase areas designated for public recreation, particularly in low-income communities**

## Built Environment

- **Improve home environment:**
  - Incorporate 'Healthy Homes' education and inspections into other non-health opportunity points, e.g., building inspections, NYSEDA weatherization programs.
  - Offer incentives for compliance with and enforcement of existing housing and building code in high-risk housing.
- **Optimize indoor air quality** by developing and promoting codes to promote indoor environment
- **Target fall risk in public housing** by reducing slip and fall hazards in common areas of residences and public buildings

## Injuries, Violence and Occupational Health

- **Reduce violence by targeting prevention programs** particularly to highest-risk populations
- **Increase school based and community programs** in violence prevention and conflict resolution such as SOS, Cure Violence or CEASEFIRE or Summer Night Lights.

*Focus on Healthy Aging and Creating Age Friendly Communities*

# Initial Focus: support NY to become the first Age Friendly state for people of all ages

- Age friendly communities are healthy communities, making healthy lifestyle choices easy and accessible for all community members.
- Age friendly communities address 8 domains of livability defined by the WHO and AARP






# Aging in NYS

- New York's total population is over 19 million individuals, and the State **ranks fourth** in the nation in the number of adults age 60 and over – 3.7 million.
- In 2015, 12 counties in the state had more than 25% of their population over 60 years of age; by 2025, 33 counties are projected to have more than 25% of their population over 60.

## **Social, Economic & Intellectual Capital of Older Population**

- **700,000 individuals age 60+** contribute **119 million hours** of service at economic value of **\$3.35 billion**
- **64% of individuals age 60+** who own their own homes = **no mortgage**
- **4.1 million caregivers** at any time in a year – economic value if paid for at market rate is **\$32 billion**, **average age is 64**

# New York State Trends Demographics

FAMILY STRUCTURE in the United States	
Married couple families	
Married couple families with children	
Single parent households	
Single person households	
Non-traditional households	

New York State 62 Counties Change in Population Aged 60 and Over 2010 to 2020		
Proportion of County Population Aged 60 and Over	Number of Counties with Specified percent of Older Persons	
	2015	2025
Less than 20%	7	5
20% to 24%	41	6
25% to 29%	12	33
30% and over	2	18

Source: Woods & Poole Economics, Inc., 2014 State Profile

# Aggregate Personal Household Income by Age - NYS

<u>Ages</u>	<u>Aggregate Personal HH Income</u>	<u>% of Total</u>
Less than 24	\$ 8,934,627,400	1.48%
25 to 44	\$216,111,979,400	35.76%
<b>45 to 64</b>	<b>\$282,022,363,700</b>	<b>46.67%</b>
65 and over	\$ 97,278,275,500	16.10%
<b>TOTAL</b>	<b>\$604,347,246,000</b>	

- In addition, according to the AARP, persons over the age of 50
  - control 70% of the country's wealth,
  - make up 51% of consumer spending, over \$7 trillion.



# Eight Domains of Age-friendly Communities



**Outdoor space & buildings**



**Transportation**



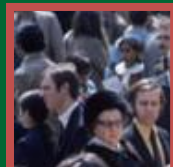
**Communication & information**



**Housing**



**Respect & social inclusion**



**Social participation**



**Civic participation & employment**



**Community support & health services**

World Health Organization, 2007

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

## New York State

### Selected Demographic Characteristics

	<u>2018</u>	<u>2020</u>	<u>2025</u>	<u>2030</u>	<u>2035</u>	<u>2040</u>	<u>2045</u>	<u>2050</u>
<b><i>Total Population</i></b>	19,891,195	20,052,387	20,454,077	20,834,366	21,139,047	21,355,430	21,502,880	21,605,744
<b><i>Older Adult Population:</i></b>								
Ages 65 and over	3,162,487	3,311,259	3,707,669	4,040,099	4,202,102	4,214,931	4,207,591	4,255,668
Percent of total population	15.90%	16.51%	18.13%	19.39%	19.88%	19.74%	19.57%	19.70%
Percent change over five-year periods	n.a.	n.a.	11.97%	8.97%	4.01%	0.31%	-0.17%	1.14%
Ages 85 and over	443,527	449,141	482,871	565,246	706,121	833,920	946,357	999,779
Percent of total population	2.23%	2.24%	2.36%	2.71%	3.34%	3.90%	4.40%	4.63%
Percent change over five-year periods	n.a.	n.a.	7.51%	17.06%	24.92%	18.10%	13.48%	5.65%
<b><i>Median Age of Population</i></b>	38.53	38.62	39.01	39.77	40.43	40.73	40.71	40.61
<b><i>Dependency Ratio:</i></b>								
Older Adult ("ages 18 to 64" TO "ages 65 and over")	3.96	3.78	3.34	3.05	2.95	3.00	3.05	3.04
Old Age ("ages 18 to 64" TO "ages 85 and over")	28.25	27.83	25.65	21.80	17.55	15.15	13.57	12.94

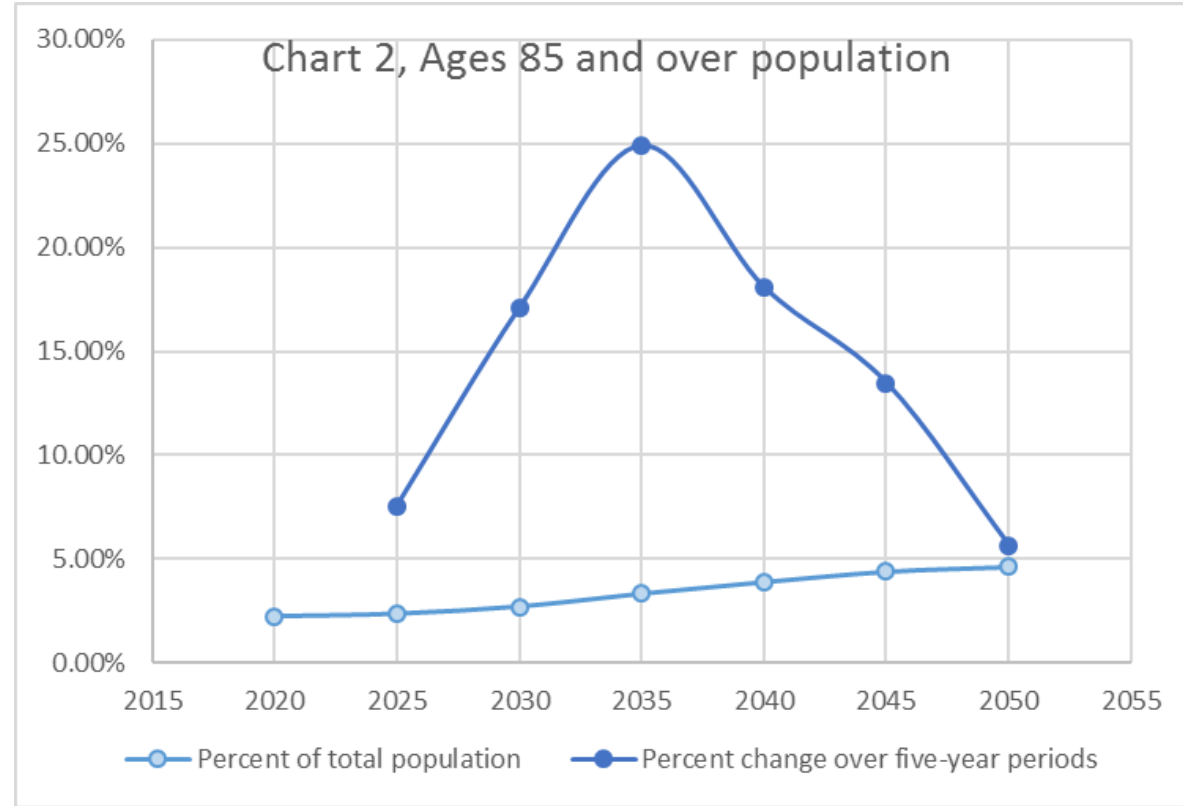
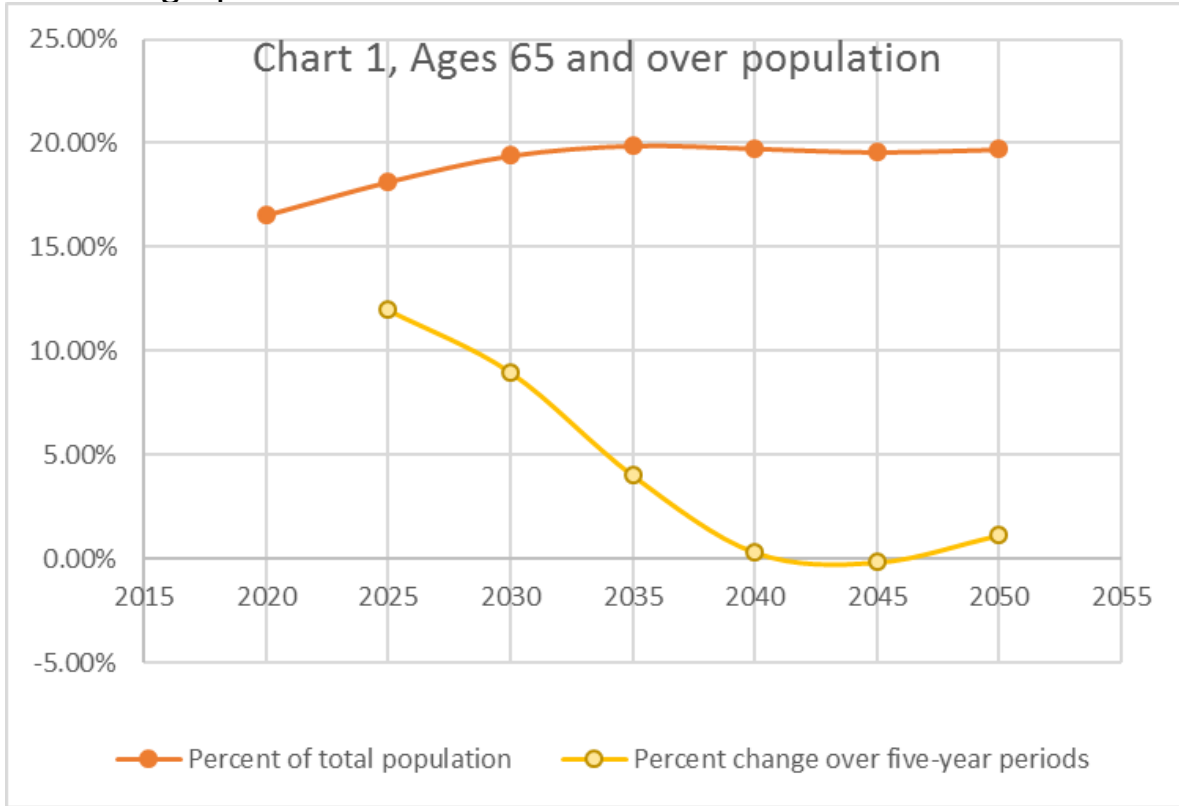
#### Source:

Woods and Poole Economics, Inc., 2018 State Profile

#### Prepared by

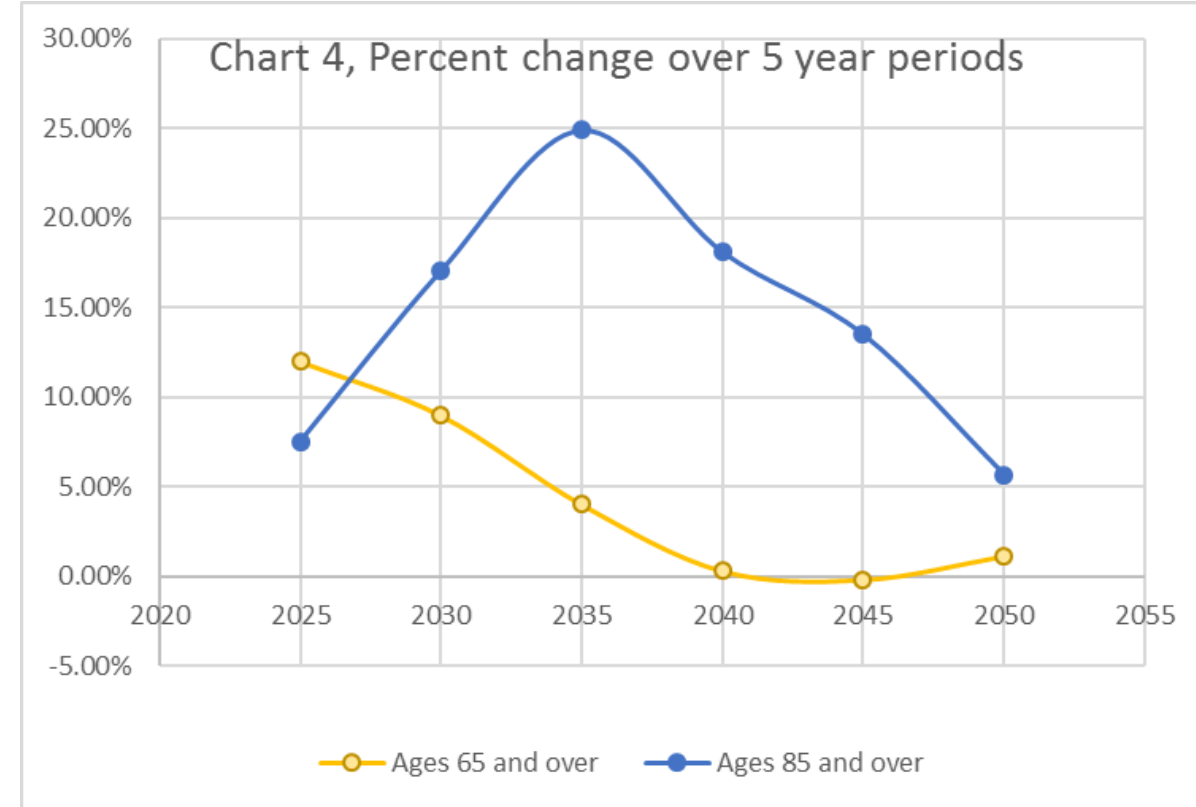
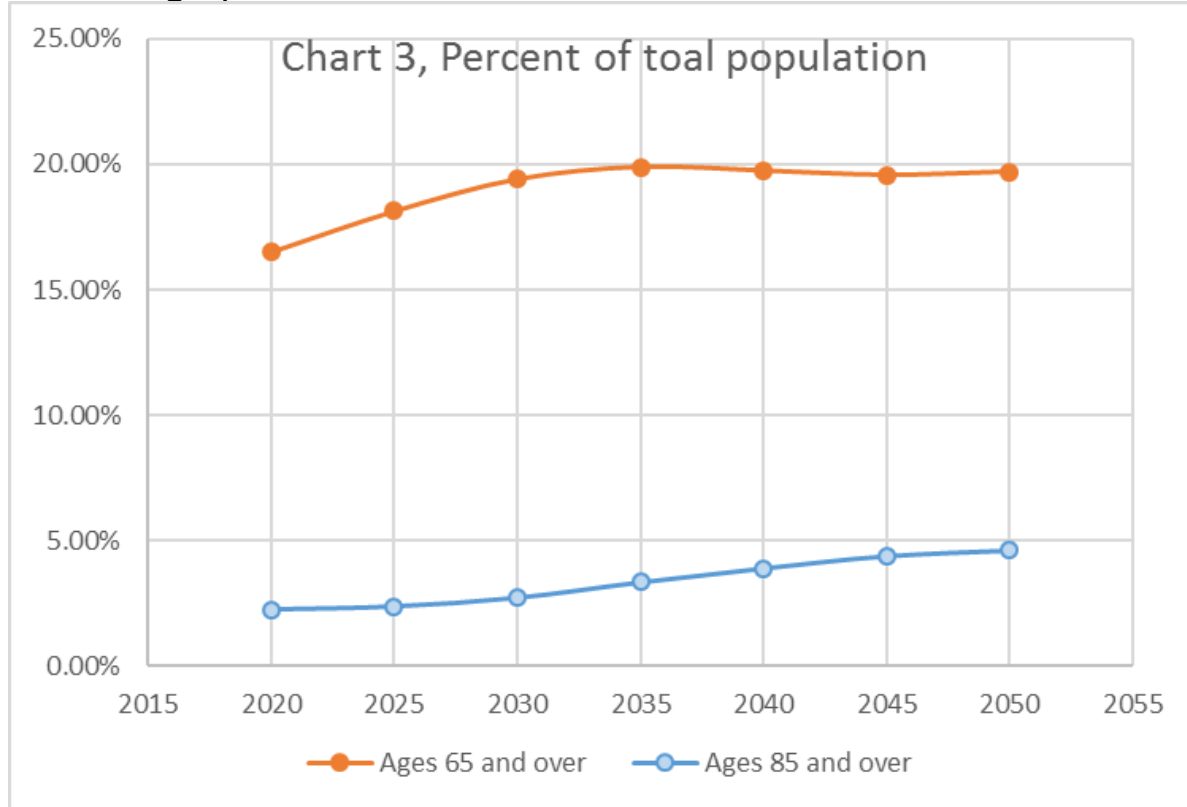
Steve Sconfienza, Ph.D.  
 Chief Research Scientist,  
 New York State Office for the Aging  
 518-474-7964, Steve.Sconfienza@Aging.NY.gov

## New York State Selected Demographic Characteristics

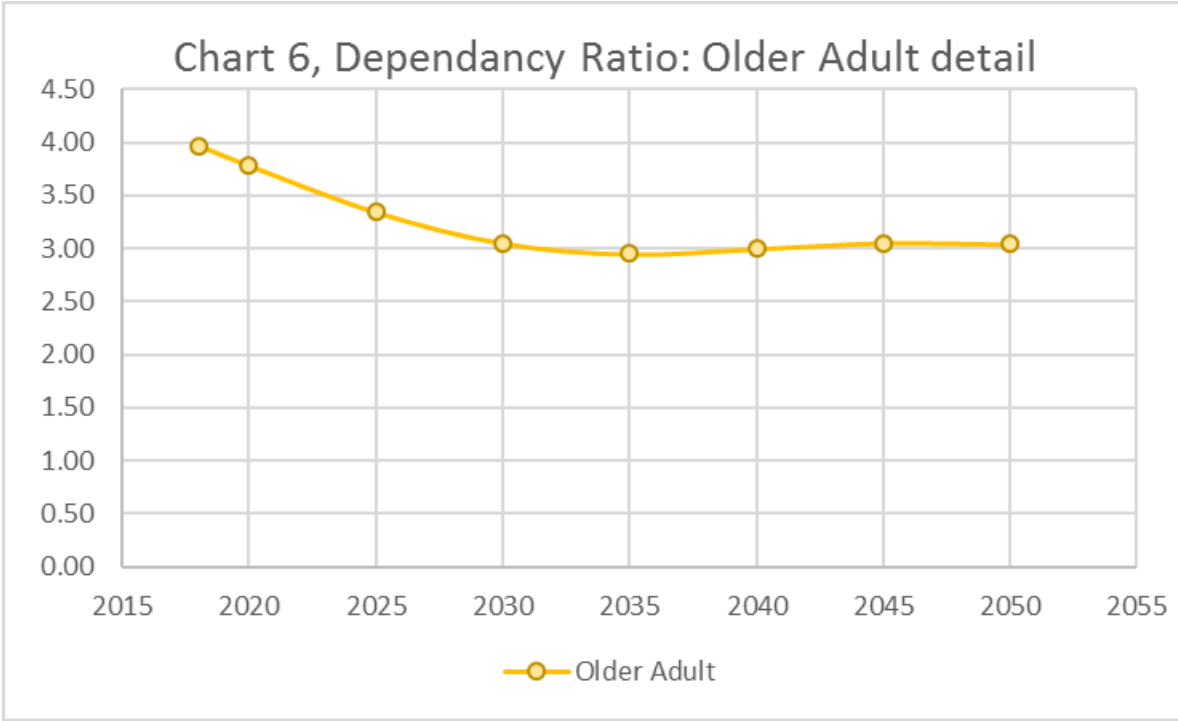
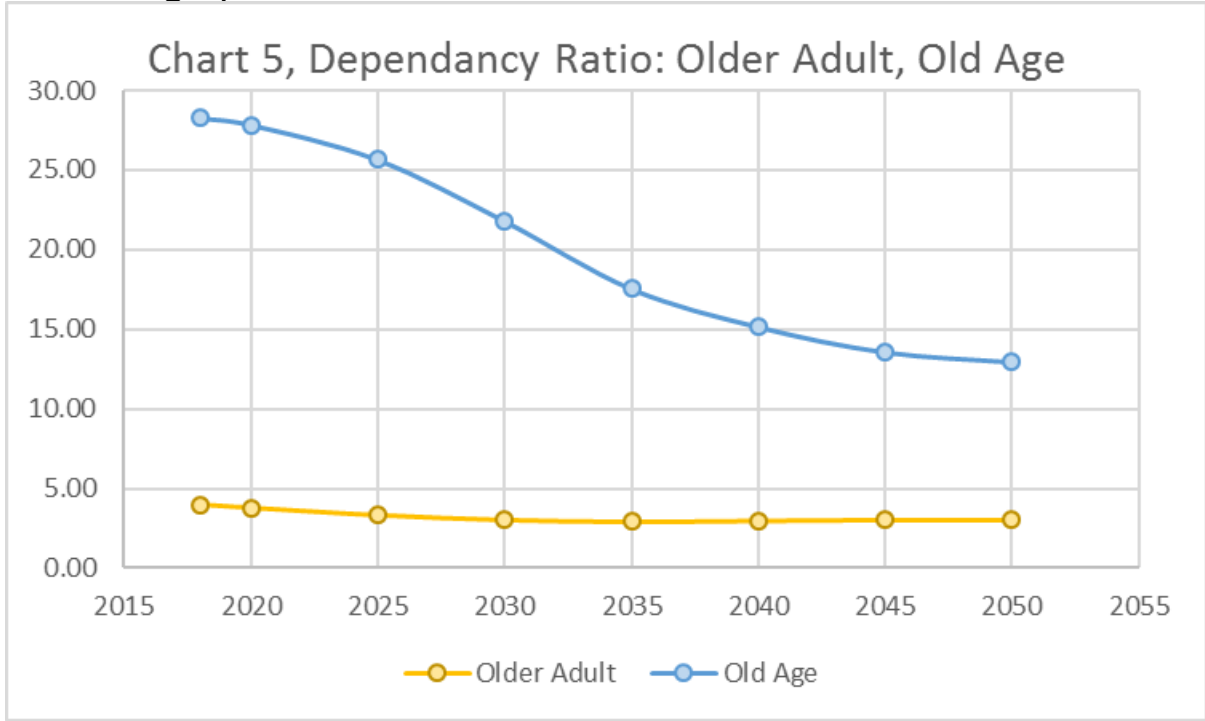


# New York State

## Selected Demographic Characteristics



# New York State Selected Demographic Characteristics



## New York State

### Selected Poverty Characteristics

Age Cohort	Income Range		Number		Percent within age cohort		Percent under x.xx poverty		
	Low	High	Estimate	Margin of Error	Estimate	Margin of Error	Ratio	Estimate	Margin of Error
45 to 54 years:			2,685,667	3,999	100.00%	0.21%			
Poverty Ratio	Under 1.00	---	297,767	9,585	11.09%	0.36%			
	1.00 to 1.49	\$12,140	168,098	7,760	6.26%	0.29%			
	1.50 to 1.99	\$18,210	171,709	8,631	6.39%	0.32%	2.00	23.74%	0.56%
	2.00 to 2.99	\$24,280	342,443	10,972	12.75%	0.41%	3.00	36.49%	0.69%
	3.00 to 3.99	\$36,420	329,317	8,885	12.26%	0.33%			
	4.00 to 4.99	\$48,560	306,937	8,268	11.43%	0.31%			
	5.00 and over	\$60,700	1,069,396	13,288	39.82%	0.50%			
55 to 64 years:			2,545,821	3,297	100.00%	0.18%			
Poverty Ratio	Under 1.00	---	298,224	10,044	11.71%	0.39%			
	1.00 to 1.49	\$12,140	156,664	7,051	6.15%	0.28%			
	1.50 to 1.99	\$18,210	151,967	6,594	5.97%	0.26%	2.00	23.84%	0.55%
	2.00 to 2.99	\$24,280	304,227	9,323	11.95%	0.37%	3.00	35.79%	0.66%
	3.00 to 3.99	\$36,420	294,740	8,849	11.58%	0.35%			
	4.00 to 4.99	\$48,560	278,912	7,471	10.96%	0.29%			
	5.00 and over	\$60,700	1,061,087	13,873	41.68%	0.55%			
65 years and over:			2,935,549	4,492	100.00%	0.22%			
Poverty Ratio	Under 1.00	---	334,989	9,652	11.41%	0.33%			
	1.00 to 1.49	\$12,140	277,325	7,705	9.45%	0.26%			
	1.50 to 1.99	\$18,210	260,802	8,794	8.88%	0.30%	2.00	29.74%	0.52%
	2.00 to 2.99	\$24,280	465,530	10,615	15.86%	0.36%	3.00	45.60%	0.63%
	3.00 to 3.99	\$36,420	368,387	9,134	12.55%	0.31%			
	4.00 to 4.99	\$48,560	281,802	8,670	9.60%	0.30%			
	5.00 and over	\$60,700	946,714	13,007	32.25%	0.45%			

HEAP Income Threshold:

Annual Income	Poverty Ratio
\$27,816	2.29

#### Sources:

Poverty population data: U.S. Census Bureau, American Community Survey 2016 One Year Estimates, Table B17024

Poverty Guidelines: U.S. Department of Health and Human Services, U.S. Federal Poverty Guidelines (online: <https://aspe.hhs.gov/poverty-guidelines>)

HEAP Income Thresholds: NYS Office of Temporary and Disability Assistance, Home Energy Assistance Program (online: <http://otda.ny.gov/programs/heap/>)

# Age Friendly and Healthy Communities Demonstrate Smart Growth Principles

## Smart Growth Principles

- Walkable, Bikable, Transit-Friendly Communities (“Complete Streets”)
- Transit-Oriented Development
- Public Gathering Spaces
- Social and Recreational Opportunities
- Accessibility and Proximity from Compact, Mixed-Use Development—Access to Daily Amenities
- Variety of Housing Types, Sizes and Prices
- Active Living by Design

## NYS Policy and Program Opportunities

- Regional Economic Development Councils
- Downtown Revitalization Initiative
- Smart Growth Environmental Protection Fund Planning Grants/Livable NY
- Local Waterfront Revitalization Program/Brownfield Opportunity Area Planning & Implementation Grants
- Health Impact Assessments
- Model Aging-in-Place Local Law
- Inter-Agency Transit Oriented Development Working Group
- Regional Sustainability Plans/Clean Energy Communities

# For More Information

[prevention@health.ny.gov](mailto:prevention@health.ny.gov)