Leading on Livability: Implementing Health Across All Policies and an Age Friendly New York State

Grantmakers in Aging Conference

October, 2017
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.
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 Care: 10%
- Social and Environmental Factors: 20%
- Genetics: 30%
- Individual Behaviors: 40%

Health In All Policies is a multi-sectoral approach to improving health
A Health in all Policies approach recognizes that:

• The health and wellbeing of all citizens is essential for overall social and economic development;

• Health is an outcome of a wide range of factors (e.g. changes to the natural, built, social or work environments) many of which are outside the purview of the health sector, necessitating a shared responsibility and integrated response;

• All government policies can have an impact (positive or negative) on the determinants of health for both current and future generations;

• The impacts of health determinants are not equally distributed among population groups and disparities in health must be addressed;

• **Efforts to improve the health of the population require sustainable mechanisms that support collaborative government agency work to develop integrated solutions**;

• Many of the most pressing health issues require long term budgetary commitments and creative funding approaches;

• Indications of success will emerge over the long term and intermediate outcome measures will need to be established
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, NYSERDA 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.

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*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, 51 counties are projected to have more than 25% of their population over 60, 18 counties with 30% or more.

• Have to change the way we do things to get the results we want.
# New York State Trends Demographics

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</thead>
<tbody>
<tr>
<td>Total Population</td>
<td>19,000,135</td>
<td>19,460,969</td>
<td>19,566,610</td>
<td>19,892,438</td>
<td>20,266,341</td>
<td>20,693,354</td>
<td>21,195,944</td>
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<tr>
<td>Ages 5 and over</td>
<td>17,763,021</td>
<td>18,216,035</td>
<td>18,314,451</td>
<td>18,619,147</td>
<td>18,985,160</td>
<td>19,398,722</td>
<td>19,874,195</td>
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<tr>
<td>Ages 60 and over</td>
<td>3,211,738</td>
<td>3,558,460</td>
<td>3,677,891</td>
<td>4,027,480</td>
<td>4,499,549</td>
<td>4,962,734</td>
<td>5,302,667</td>
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<tr>
<td>Ages 65 and over</td>
<td>2,452,931</td>
<td>2,559,826</td>
<td>2,588,024</td>
<td>2,851,524</td>
<td>3,191,141</td>
<td>3,615,695</td>
<td>4,020,308</td>
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<tr>
<td>Ages 75 and over</td>
<td>1,180,878</td>
<td>1,281,459</td>
<td>1,259,873</td>
<td>1,242,577</td>
<td>1,332,145</td>
<td>1,561,652</td>
<td>1,815,879</td>
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<tr>
<td>Ages 85 and over</td>
<td>314,771</td>
<td>403,129</td>
<td>417,164</td>
<td>442,958</td>
<td>454,298</td>
<td>486,682</td>
<td>566,423</td>
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<tr>
<td>Ages 60-74</td>
<td>2,030,860</td>
<td>2,277,001</td>
<td>2,418,018</td>
<td>2,784,903</td>
<td>3,167,404</td>
<td>3,401,082</td>
<td>3,486,788</td>
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<tr>
<td>Ages 75-84</td>
<td>866,107</td>
<td>878,330</td>
<td>842,709</td>
<td>799,619</td>
<td>877,847</td>
<td>1,074,970</td>
<td>1,249,456</td>
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<tr>
<td>Minority Older Adult, 60 and over</td>
<td>736,742</td>
<td>981,360</td>
<td>1,062,919</td>
<td>1,277,197</td>
<td>1,552,380</td>
<td>1,865,871</td>
<td>2,180,775</td>
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<tr>
<td>Ages 65 and over</td>
<td>506,282</td>
<td>674,022</td>
<td>716,078</td>
<td>872,889</td>
<td>1,058,974</td>
<td>1,296,349</td>
<td>1,574,537</td>
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<tr>
<td>Ages 75 and over</td>
<td>198,537</td>
<td>285,885</td>
<td>303,764</td>
<td>357,680</td>
<td>426,448</td>
<td>537,061</td>
<td>672,261</td>
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<tr>
<td>Persons with Differing Abilities (ages 5 and over)</td>
<td>3,606,192</td>
<td>3,784,789</td>
<td>3,831,083</td>
<td>3,952,167</td>
<td>4,096,932</td>
<td>4,253,653</td>
<td>4,400,598</td>
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<tr>
<td>Ages 5 to 17</td>
<td>257,194</td>
<td>246,675</td>
<td>244,978</td>
<td>246,999</td>
<td>252,089</td>
<td>255,876</td>
<td>260,507</td>
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<tr>
<td>Ages 18 to 59</td>
<td>2,206,913</td>
<td>2,206,913</td>
<td>2,210,226</td>
<td>2,198,510</td>
<td>2,161,587</td>
<td>2,141,246</td>
<td>2,156,392</td>
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<tr>
<td>Ages 60 and over</td>
<td>1,201,431</td>
<td>1,331,201</td>
<td>1,375,879</td>
<td>1,506,658</td>
<td>1,683,257</td>
<td>1,856,532</td>
<td>1,983,699</td>
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<tr>
<td>Poverty,(1) Age 60+</td>
<td>352,835</td>
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<tr>
<td>Below 150%</td>
<td>652,365</td>
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<tr>
<td>Below 250%</td>
<td>1,201,110</td>
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<td></td>
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<tr>
<td>Housing (Own/Rent), 60+,(2)</td>
<td>158,860/92,900</td>
<td></td>
<td></td>
<td></td>
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</table>

Source: NYS Data Book, 2010, © NYSOFA
### New York State Trends Demographics

#### FAMILY STRUCTURE in the United States

<table>
<thead>
<tr>
<th>Family Type</th>
<th>2015</th>
<th>2025</th>
</tr>
</thead>
<tbody>
<tr>
<td>Married couple families</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Married couple families with children</td>
<td></td>
<td></td>
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<tr>
<td>Single parent households</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Single person households</td>
<td></td>
<td></td>
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<tr>
<td>Non-traditional households</td>
<td></td>
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</tbody>
</table>

#### New York State

**62 Counties**

**Change in Population Aged 60 and Over**

**2010 to 2020**

#### Proportion of County Population Aged 60 and Over

<table>
<thead>
<tr>
<th>Percent of Older Persons</th>
<th>2015</th>
<th>2025</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 20%</td>
<td>7</td>
<td>5</td>
</tr>
<tr>
<td>20% to 24%</td>
<td>41</td>
<td>6</td>
</tr>
<tr>
<td>25% to 29%</td>
<td>12</td>
<td>33</td>
</tr>
<tr>
<td>30% and over</td>
<td>2</td>
<td>18</td>
</tr>
</tbody>
</table>

**Source:** Woods & Poole Economics, Inc., 2014 State Profile
Health and Impairment of Older Adults

Chronic conditions are singled out as the major cause of illness, disability, and death in the United States. It is estimated that the cost of chronic conditions will reach $864 billion by 2040, with chronic conditions among older adults being more costly, disabling, and difficult to treat – and also the most preventable.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>% of Group with All Types of Disabilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-20</td>
<td>4%</td>
</tr>
<tr>
<td>21-64</td>
<td>9%</td>
</tr>
<tr>
<td>65 and over</td>
<td>35%</td>
</tr>
</tbody>
</table>
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
### Aggregate Personal Household Income by Age - NYS

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

- 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.
Capital District Region

Albany
Columbia
Greene
Saratoga
Schenectady
Warren
Washington
<table>
<thead>
<tr>
<th>Age Group</th>
<th>2015</th>
<th>2025</th>
<th>2040</th>
<th>2015-2040</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Population</td>
<td>947,685</td>
<td>1,021,879</td>
<td>1,134,224</td>
<td>+186,539</td>
</tr>
<tr>
<td>0-17</td>
<td>227,295</td>
<td>244,786</td>
<td>266,272</td>
<td>+38,977</td>
</tr>
<tr>
<td>18-44</td>
<td>376,457</td>
<td>392,164</td>
<td>415,799</td>
<td>+39,342</td>
</tr>
<tr>
<td>45-59</td>
<td>246,272</td>
<td>223,291</td>
<td>245,773</td>
<td>-499</td>
</tr>
<tr>
<td>60+</td>
<td>258,983</td>
<td>338,402</td>
<td>380,051</td>
<td>+121,068</td>
</tr>
</tbody>
</table>
Capital District Region - Economics

Social Security $3,250,956,000 annually

Personal Household Income Generated Total $32,051,480,900 annually

HH 25-44 $9,999,997,400
HH 45-64 $16,093,416,200
HH 65+ $5,433,389,900

HH 45+ $21,526,806,100 (67%)

Volunteer Rates 65+

- 21,053 volunteers x 11,179,143 hours = $313,016,004 annual volunteer contribution
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
Age Friendly and Healthy Communities are Smart Growth Communities

- Healthy, Age Friendly community design **links the traditional concepts of planning** (such as land use, transportation, community facilities, parks, and open space) with **health themes** (such as physical activity, public safety, healthy food access, mental health, air and water quality, and social equity issues).
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
Downtown Revitalization Initiative

Capital Region - Glens Falls, Hudson
Central New York - Oswego
Finger Lakes - Geneva
Long Island – Westbury, Hicksville (Oyster Bay)
Mid-Hudson - Middletown
Mohawk Valley - Oneonta
New York City - Jamaica
North Country - Plattsburgh
Southern Tier – Elmira, Village of Watkins Glen
Western New York - Jamestown

https://www.ny.gov/programs/downtown-revitalization-initiative
https://regionalcouncils.ny.gov/sites/default/files/DRI_Booklet_Final.pdf
https://regionalcouncils.ny.gov/
Moving Forward

• 12 State Agencies met in the Capitol in March to discuss HAAP initiative and Healthy Aging

• Agencies are currently identifying existing and proposed state level initiatives that support HAAP and Healthy Aging

• After review is complete we will identify ways we can strengthen state level initiatives and investments (programmatic and capital) to assure that they improve health and how they might be changed in low cost, no cost ways if the needs of older persons were considered

• Regular (quarterly) review with Governor’s office to monitor progress

• Increase local level participation to realize added impact of collaborative local agency actions that support Health across all Policies, Healthy Aging and Smart Growth principles.
For More Information

prevention@health.ny.gov