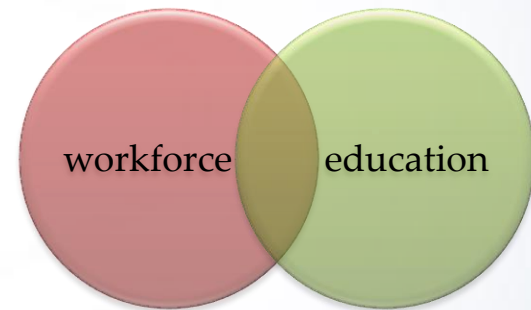




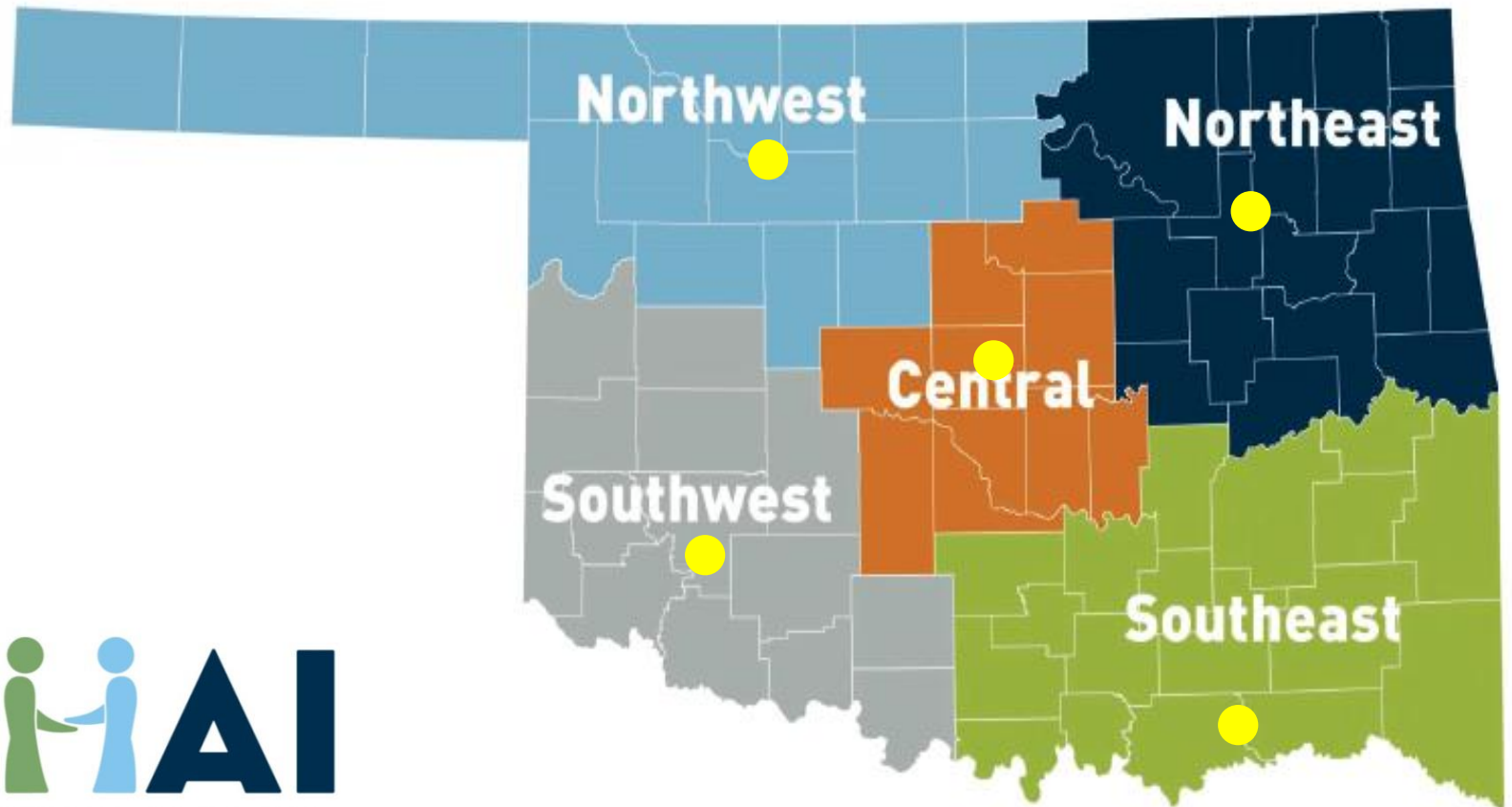
The Oklahoma Healthy Aging Initiative is a program of the Donald W. Reynolds Section of Geriatric Medicine and made possible by a grant from the Donald. W. Reynolds Foundation

OHAH Priority Areas

- Health Promotion Education
- Caregiver Education
- Geriatric Workforce Development



Five Regions of the Statewide Network



Health by the Numbers

Oklahoma's senior health ranking

2022: 46

Overall strengths: low excessive drinking, high pneumonia vaccine coverage, low prevalence of insufficient sleep

Challenges: high early death rate, high percentage of low-care nursing home residents, high prevalence of smoking

Unique Factors in Oklahoma

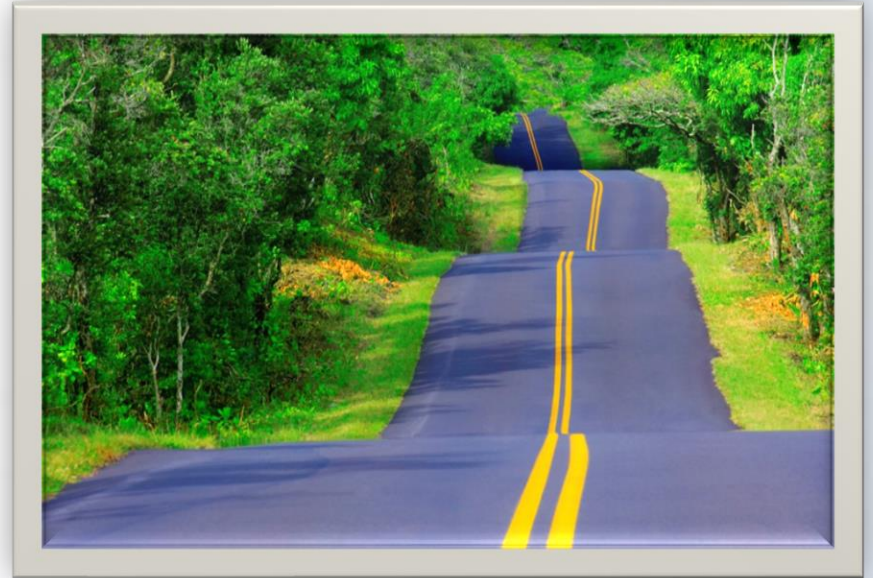
- High rate of poverty
- Low levels of physical activity
- Poor health literacy
- Low utilization of screenings
- Lack of care coordination
- Rural populations
- Cultural diversity

Social Determinants of Health



Built Environment

- Neighborhoods
- Quality of housing
- Crime and violence
- Environmental conditions
- Access to healthy foods
- Transportation issues



Heath and Health Care



- Access to health services
- Access to primary care
- Health technology

Social and Community Context

- Social cohesion
- Perceptions of discrimination and equity
- Civic participation

The Business of Medicine- Medicare

Lower reimbursement rates

More time per patient

Business model – challenges of profitability



Why Evidence-Based Programs?

Evidence-based programs offer proven ways to promote health and prevent disease among older adults.

- Based on research
- Provide documented health benefits

Benefits to Older Adults

- Improved quality of life.
- Increased self-efficacy in managing one's health.
- Increased or maintained independence, positive health behaviors, or mobility.

Benefits to Older Adults

- Reduced disability (fewer falls, later onset or fewer years of disability, etc.)
- Reduced pain
- Improved mental health (including delays in loss of cognitive function and positive effects on depressive symptoms)

Benefits to Community-Based and Health Care Organizations

- More efficient use of available resources.
- Facilitation of partnership development and community/clinical linkages.
- Better health outcomes and a more positive health care experience.

Benefits to Community-Based and Health Care Organizations

- Fewer hospital and doctor visits and lower health care costs.
- Ease of replicating and spreading programs.
- Greater opportunity for varied funding sources, as programs get proven results.

OHAJ Portfolio: Health Promotion Education

- **Staying Active and Independent for Life (SAIL)**
 - **Walk with Ease**
 - **Tai Chi: Moving for Better Balance**
 - **Diabetes and Beyond (DAB)**
 - **Eyeball 101**
 - **Using Medication Safely**
 - **Talking with Your Doctor**
 - **Healthy Brain, Healthy Mind**
 - **Healthy Brain, Healthy Mind for the**
- **Dementia Caregiver**
 - **Powerful Tools for Caregivers**
 - **Eat Better, Move More**



Community Education Class Attendance

Since 2013:

- 17,000+ Oklahomans have attended an OHAI class
 - 1800+ classes offered across Oklahoma
- Served over 200 communities in all 77 counties
- 200,000+ hours of health education provided
 - Virtual and In Person Programming

Questions?

OHAI

405-271-2290

OHAI@ouhsc.edu

www.OHAI.org