The Montgomery County Department of Health and Human Services (MCDHHS) Asian American Health Initiative (AAHI), in partnership with the African American Health Program (AAHP), Latino Health Initiative (LHI), and Community Action Agency (CAA) hosted a free workshop entitled “Aging in Montgomery County: Creating an Inclusive Community for a Lifetime” as part of the Empowering Community Health Organizations (ECHO) Project 2016. Launched in 2011, ECHO is a series of practical and professional training workshops aimed to build the capacity and sustainability of community organizations. This workshop was made possible by a joint collaboration between the MCDHHS Office of Community Affairs and Aging and Disability Services. This is the first in a three-part series which focuses on the impact and opportunities that come with an aging community. Part two and three of this series will follow in the spring and fall of 2017.

“Aging in Montgomery County: Creating an Inclusive Community for a Lifetime” invited community leaders to learn more about the disparities faced by older residents, programs and services available in Montgomery County, and ways to support vital aging in the community. The workshop provided an overview of the diversity in the aging population in the County and presented a new perspective on aging. Workshop attendees participated in a small group activity, which allowed them to discuss and articulate the opportunities older people bring to our community and the ways in which the County can utilize those opportunities.

Dr. John Kenney, Chief of Aging and Disability Services, led the workshop, which was attended by 101 individuals who represented 53 organizations from the community. The workshop concluded with a brief question and answer session.

In addition to the presentation, AAHI unveiled the second volume of their mental health photonovel series during the workshop. As part of the Be the One That Makes a Difference initiative, the photonovels aim to reduce mental health stigma in the Asian American community. This volume, titled “Mental Health: Getting the Care You Need”, encourages the community to get help and showcases what can be expected during therapy. Photonovels are available in multiple Asian languages including Chinese, Hindi, Korean, and Vietnamese and electronic versions are also available on AAHI’s Resource Library.
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**Montgomery County Department of Health and Human Services**

**presents**

Empowering Community Health Organizations (ECHO) Workshop for Community Leaders

**Aging In Montgomery County:**
Creating an Inclusive Community for a Lifetime

**Tuesday, December 6**
5:30 pm-8:00 pm

This free workshop is the first in a three-part series on the health and social needs of seniors and their families.

After attending this workshop, you will learn about the current and emerging senior population of the County and be better prepared for the challenges and opportunities ahead.

**RSVP by Wednesday Nov 23rd**

Silver Spring Civic Building, Great Hall
One Veterans Place, Silver Spring, MD 20910

Space is limited. Registration is required via [http://conta.cc/2dqhQMg](http://conta.cc/2dqhQMg) or contact Diem-Thanh (Tanya) Dang at Diem-Thanh.Dang@montgomerycountymd.gov or 240-777-4517

Montgomery County will provide sign language interpreters/auxiliary aids upon request. Please contact Diem-Thanh (Tanya) Dang at least 3 business days in advance. TTY users can call Montgomery Red at 711, Maryland 1-800-730-2215 (voice/TTY)
INTRODUCTION

Workshop Objectives

- Understand the aging demographics in Montgomery County.
- Become more aware of the disparities pertinent to the County’s aging population.
- Deconstruct existing notions and perceptions of aging.

Montgomery County & “Seniors”

- In preparation for the Montgomery County Summit on Aging in 2015, commissioned by County Executive Isiah (Ike) Leggett, a survey was conducted among Montgomery County residents over the age of 50. Results from the survey were as follows:
  - More than half (58%) said that Montgomery County is a good place to retire.
    - Asian Americans (77%) and Hispanics (73%) were more likely to recommend Montgomery County as a good place to retire.
  - Nearly 9 in 10 (89%) rated quality of life as good or excellent.
  - A significant number of Montgomery County residents rated the availability of health services, public safety, and parks/outdoors as excellent or good. However, a great number of residents rated the accessibility for residents with disabilities, employment opportunities and affordable housing as fair or poor.
  - When asked what the residents liked best about Montgomery County, some of the most frequently used words include: cultural, diversity, access, and services. When asked what the residents liked least about the County, some of the most frequently used words include: traffic, transportation, taxes, and affordable housing.
- Refer to slides for graphs and graphics.
OVERVIEW OF KEY DEMOGRAPHICS

Who’s a “SENIOR” Anyway?

- The criteria for who is considered a “senior” varies across programs and services.
- Otto von Bismarck, a German Chancellor in the late-1800s, proposed the age of 65 as the age of receiving retirement security as part of his social welfare program. The program later spread throughout Europe and the United States and 65 became the widely accepted retirement age.
- Currently, the age of retirement hovers between 65 to 70 years old globally.

Senior Tsunami Surge

- In the mid-1990s, the Grassroots Organization for the Wellbeing of Seniors (GROWS) created a chart illustrating the “Senior Tsunami” or “Silver Tsunami” showing the expected surge within the senior population.
- The senior population in Montgomery County will experience a 137% growth rate between 2000 and 2030.
  - The chart equated the growth of the senior population and the increase in senior needs at a 1 to 1 ratio.
- County Executive Ike Leggett suggested the trend to be referred to as the “Age Wave” instead of a tsunami, which has a negative connotation that represents destruction and undesirability. It should signify an opportunity rather than something to fear.
- The population growth of older people in Montgomery County is increasing faster than the general population with females increasing more than males, particularly in the 85+ category.

Life Expectancy

- Montgomery County is rated among the top places to age by AARP.
- Life expectancy at birth in Montgomery County is 84.6, nearly six years higher than the national average of 78.7 years.
- Nationally, there was a 55% increase in the number of people living to be 100 years old between 2004 and 2014.

Population Density of Older People in Montgomery County

- Overall, the older population is dispersed throughout Montgomery County with a high population density in downtown areas such as Bethesda, Silver Spring, and Friendship Heights.
- The fastest growing older population is moving outward towards areas such as Germantown, Gaithersburg, and Potomac.

Refer to slides for maps of the older population in Montgomery County.

Ageism towards “Senior”

- Due to an increasingly negative attitude towards the words “senior” or “elder”, recent studies have suggested the use of “older people” when referring to the aging population.
- Definitions traditionally used to identify members of the aging population can illicit preconceived attitudes towards older people that lead to discrimination and perpetuation of stereotypes. Identifying individuals between the age of 65 to over 100
as one singular group is a type of ageism. The 40 years age difference becomes inconsequential, as though turning 65 is the same as someone turning 100.

**MONTGOMERY COUNTY’S DIVERSITY IN AGING**

*Minority Older People*

- In 2010 Montgomery County became a minority-majority county where the ethnic minorities combined make up the majority of the population in the County.
- The most diverse populations are in the school system and among young people. The current older people population in Montgomery County is not yet majority-minority. However, by 2040, the diversity among older people will be similar to the overall population and will become minority-majority as well.
- The highest concentration of diverse older people is in Mid-County and Rockville.
- Pockets of Asian-Pacific language speaking and Spanish speaking older people in the County have limited English proficiency.
- Refer to slides for graphs and graphics.

**HEALTH DISPARITIES AMONG DIVERSE POPULATIONS**

- While the overall life expectancy is increasing, some populations are experiencing decreases in average life expectancy.
- White (non-Hispanic) individuals living in rural areas who have a high school education or less are seeing a decrease in life expectancy.

*Health Problems*

- Obesity is on the rise especially in individuals over 50 years old.
- Deaths from major preventable diseases such as heart disease, stroke, and diabetes are decreasing overall.
- Although the rates of dementia have decreased compared to previous years, they are still higher than they were 50 years ago. In Montgomery County, 22,597 individuals are projected to have dementia by 2030.
  - Researchers and scientists are not optimistic that a cure for dementia will be found by 2030.
  - It is recommended that communities begin to develop ways to cope with the demand for services and support for those with dementia, as well as support for caregivers.
  - Refer to slides for more information on dementia.
- Though there has been a one percent decrease in the rate of disability among seniors, it is important to remember that the obesity epidemic and other preventative diseases remain a prevalent issue affecting the health of older people.
- While various disability risk factors affect certain ethnic groups more than the others, overall, African-Americans and Hispanic/Latinos are at a greater risk for disability when compared to other ethnic groups.
- Refer to slides for more information on health disparities and risk factors.
**Life on Average**

- Access to preventative care is key in mitigating risk of disability and increasing life expectancy.
- Socio-economic status plays a key role in access to preventative care as well as quality education and healthy lifestyle choices.
- In the end, it is important to remember that health is cumulative.

**SOCIO-ECONOMIC DISPARITIES AMONG DIVERSE POPULATIONS**

**Socio-Economic Disparities Impact on Life-Expectancy and Finances in Later Life**

- Individuals with a high school education or less have a shorter life expectancy than those with college and graduate level of education.
- Those in higher income quintiles are projected to live significantly longer than those in the lower income quintiles.
- Household incomes in Montgomery County differ considerably. While nearly 20% of older residents have a household income of $25,000 or less, another 50% of older residents have a household income of $75,000 or more.
- Those in the lowest two income quintiles of older people are highly vulnerable to changes in public policy and services. Individuals in the lowest quintile rely almost exclusively on social programs with social security comprising almost 84% of their total income.
- Minority populations are twice as likely to live in poverty and women are at a higher risk for poverty in later life.
- In 2012, close to 60% of renters and over a quarter of homeowners in Montgomery County are considered housing burdened, with households spending more than 30% or more of their income on housing. The high cost of housing can restrict older people’s ability to age in place during retirement.
- It used to be rare to see an older person in homeless shelters, but since Fiscal Year 2013, homelessness among older adults in Montgomery County has increased at an alarming rate, nearly doubling in two years.
  - There are multiple ramifications that come with this increase, such as many older adults require personal assistance, special care, and access to multiple prescriptions. However, homeless shelters do not have enough resources to provide these kinds of care.

**AGING AS AN OPPORTUNITY**

- Though older adults are faced with an increasing number of obstacles, Americans as a whole are living longer and healthier lives.
- In Montgomery County, older adults tend to be well-resourced and are contributing back into their community. Aging can be a great opportunity if the right social policies are in place and the right tools and support are available to assist older people to age healthily and positively.
Productive Aging
- Aging should be viewed as an opportunity rather than a crisis for the community. Though there are challenges to be faced, these challenges are not insurmountable.
- When you think of the older adults in your family, they provide tremendous assistance in the family such as helping with childcare or offering emotional support and financial help.

FrameWorks Institute’s Narratives of Aging
- FrameWorks is an independent non-profit organization that partnered with the nation’s leading aging-focused organizations to address the public’s perceptions of older adults, such as:
  - Demographic crisis narrative
  - Throw-away generation narrative
    - Showcasing elder abuse and poverty
  - Aging in the workforce narrative
  - Government narrative
    - Blaming the government for problems in aging
    - Looking to the government for solutions
  - Vibrant and healthy aging narrative
    - Providing role models and inspiration to live life fully
    - Emphasizing that aging is not a limitation

Making Montgomery County an Inclusive Community for a Lifetime
Vital Aging Montgomery Initiative
- The Montgomery County government provides resources for seniors who need government support to address their basic needs such as income assistance, transportation, and health care. However, there are others who may not need government support for basic needs, but could use support in remaining active. The Vital Aging Montgomery initiative was started to address those needs as well.
- The Vital Living Network promotes vital and productive aging among older residents. The program aims to serve the older residents in Montgomery County who want to contribute back to the community. Rather than just staying at home after retirement, they want to be active and be engaged.

Community for a Lifetime
- The Community for a Lifetime: Senior Agenda is a framework developed by the Commission on Aging in Montgomery County to transform the County into a place where older adults can live, age, and thrive.

Age-Friendly Montgomery
- Montgomery County was named an Age-Friendly Community by the World Health Organization (WHO) and AARP.

Balancing the Needs
- The County’s goal is to promote vital aging but at the same time protect the vulnerable older adults. It is always a balancing act between protecting those who require basic
needs assistance and providing preventative care and health and wellness programs that allow people to remain independent and productive.

**Determinants – 4 M’s**

- We have control and should be mindful over these determinants as we age:
  - **Mouth**
    - We have control over what we eat and should be aware of nutritious value of the food we eat.
  - **Muscle**
    - We should regularly exercise to maintain physical fitness and overall health and wellness.
  - **Mind**
    - To stay sharp, we can stimulate our minds through activities such as learning a language or taking a course to learn something new.
  - **Meaningful Relationships**
    - Studies have shown that death rates among isolated individuals are higher than smokers. Maintaining meaningful relationships prevents isolation and promotes socialization and engagement.

**Fifth M - Mattress**

- In addition to the aforementioned “M’s”, we also need to take rests and sleep 6 to 8 hours a night.
For the small group activity, pre-assigned Facilitators worked with table-members to respond to
the following two questions:

1) Who is or has been the most important older person in your life and why?
2) Imagine the most important older person in your life is living in Montgomery County. What resources
or services are needed to take care of this community? Specifically discussing what the County
provides based on Dr. Kenney’s presentation and what additional services may be needed.

The purpose of the activity was to have participants envision and discuss what a healthy aging
community in Montgomery County can look like. Participants should have applied the
knowledge and resources presented to them during the workshop.

Below are the thoughts originally shared and recorded by all groups in response to the second
question.

<table>
<thead>
<tr>
<th>Category</th>
<th>Services Provided</th>
<th>Services Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transportation</td>
<td>• Various forms of transportation are already available in the County</td>
<td>• Increase walkability such as having more open spaces, better sidewalks, and longer crosswalk times</td>
</tr>
<tr>
<td></td>
<td>• Taxi voucher</td>
<td>• Reduce Metro Access waiting list time</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Increase accessibility and affordability of transportation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Improve senior transportation for daily activities, not just for medical appointments, but to allow them to go to social activities</td>
</tr>
<tr>
<td>Healthcare</td>
<td>• Primary care physicians</td>
<td>• Develop universal long-term care services</td>
</tr>
<tr>
<td></td>
<td>• Montgomery Care Clinics</td>
<td>• Better dental services</td>
</tr>
<tr>
<td></td>
<td>• Senior Health Insurance Program (SHIP)</td>
<td>• Provide co-payment assistance</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Raise awareness of Medical Day Program</td>
</tr>
<tr>
<td>Nutrition and Wellness</td>
<td>• Nutrition services</td>
<td>• Expand exercise and wellness programs</td>
</tr>
<tr>
<td></td>
<td>• Food pantries</td>
<td>• Expand mental health programs such as providing home visits</td>
</tr>
<tr>
<td></td>
<td>• Mental health and wellness programs</td>
<td>• Provide early dementia prevention programs and raise awareness of early signs of dementia</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Expand food pantries locations and raise awareness of nutrition programs such as Meals on Wheels</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Promote interdependence for caregivers and older people</td>
</tr>
<tr>
<td>Category</td>
<td>Services and Programs</td>
<td></td>
</tr>
<tr>
<td>----------</td>
<td>-----------------------</td>
<td></td>
</tr>
</tbody>
</table>
| **Communication** | - Senior services in multiple languages  
- Language line | - Better cultural interpretation, such as language lines, particularly for seniors  
- Additional languages for printed materials  
- Bridge language and cultural barriers to prevent isolation by providing culturally and linguistically sensitive services and activities |
| **Socialization** | - Pets, outings and field trips  
- Adult Day Care  
- Senior Centers  
- Villages  
- Faith-based organizations  
- Community-based organizations | - Provide cultural and Intergenerational interpretation  
- Promote young people to engage in senior community such as visiting and socializing with them as part of an after-school program  
- Increase awareness of isolation prevention  
- Increase volunteering opportunities  
- Provide field trips for seniors  
- Improve socialization in nursing homes  
- Develop traveling support groups  
- Provide more ways for seniors to connect with each other |
| **Education** | | - Educate younger generations to think of aging positively  
- Educate seniors about technology to reduce digital divide  
- Inform and educate seniors on programs and services available  
- Develop health literacy classes and financial management services for older people  
- Prepare seniors on aging, the acceptability to slow down, and death |
| **Safety** | - Elder abuse services | - Better advocacy against elder abuse  
- More handicap parking |
| **Finance** | - Social Security Income (SSI)  
- Housing Opportunities Commission (HOC) | - Assistance remodeling homes for accessibility  
- Advocacy to minimize effects of potential cuts  
- Expand assistance on housing such as sharing mortgage costs and costs of home maintenance  
- Expand assistance on private caregiving costs |
Can you tell people a little about the Villages?
Villages are located in different parts of Montgomery County with over 20 communities in various areas. Some of the villages are made up of geographical neighborhoods, while others are faith-based or interest-based. Villages are comprised of individuals who felt the need to come together and help one another. The communities believe that rather than waiting for someone to fix issues for you, you can just get it done yourself. There are many ways to approach the concept where everyone can contribute to the community in partnership with the Montgomery County government.

In one of the slides you pointed out the gap in life expectancy between Hispanics and African Americans, are there any studies being done to identify what is causing this gap?
There are a couple ways to look at that gap and we need to remember that the life expectancy shown in the graph is an average. The lower life expectancy in African Americans can be in part affected by early deaths of young black men. Incarceration of young black men often leads to premature deaths or early deaths that can affect the statistics as well. Other statistics have also shown that if you are able to live past 65 years old, there is minimal difference in the length of expected remaining years of life. Another aspect is that health is cumulative and additive. Any early experience of poor nutrition or illness as a child will have effects later in life. Even if you change your habits, it is very difficult to get away from the effects of an early childhood assault and other negative experiences.

Understanding life expectancy is very complicated. Socio-economics, education, and income, all play an extremely important role in life expectancy. Another important aspect is attitude. Research has shown that an individual’s perception of growing old and what it means to be old affects one’s life expectancy. Individuals who have a negative view of aging and the aging process tend to have a life expectancy of seven and a half years less than their peers who have a more positive view of aging and the aging process.

Sonia Mora, Program Manager of the Latino Health Initiative, commented that for those in the Latino populations who have recently migrated to the County and do not have Social Security and Medicare, in many instances, would go back to Latin America to die there. Therefore, it is important to keep in mind that the national data on life expectancy may not have captured these people.

Studies have shown that as people age, they take more and more medications and on average they require as many as 10 medications. What are some resources for increasing medication adherence among the older population and resources for people to understand more about the medications they are taking such as side effects?
Medication compliance is an important issue. There is an improvement in medication management in hospitals with financial incentives to make sure health care providers are
discharging patients with a good plan and have case managers to follow-up with the patients. The Nexus Montgomery Regional Partnership is a program where six hospitals in the County are partnering with community-based organizations to create a more holistic and long-term approach to addressing the healthcare needs of people in the community. Medication compliance is one part of the program.
The response rate from the workshop evaluations was 61%. Percentages may not add to 100 due to rounding and skipped questions.

1. Please rate this workshop:

<table>
<thead>
<tr>
<th></th>
<th>Excellent</th>
<th>Good</th>
<th>Average</th>
<th>Fair</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Value of topic</td>
<td>81%</td>
<td>19%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>b. Quality of presentation content</td>
<td>63%</td>
<td>33%</td>
<td>4%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>c. Quality of small group activity</td>
<td>47%</td>
<td>40%</td>
<td>5%</td>
<td>2%</td>
<td>0%</td>
</tr>
<tr>
<td>d. Quality of speaker</td>
<td>68%</td>
<td>26%</td>
<td>4%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>e. Usefulness of handouts</td>
<td>61%</td>
<td>35%</td>
<td>2%</td>
<td>2%</td>
<td>0%</td>
</tr>
<tr>
<td>f. Length of workshop</td>
<td>54%</td>
<td>42%</td>
<td>2%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>g. Time for questions and answers</td>
<td>28%</td>
<td>58%</td>
<td>11%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>h. Overall rating of workshop</td>
<td>60%</td>
<td>37%</td>
<td>0%</td>
<td>2%</td>
<td>0%</td>
</tr>
</tbody>
</table>

2. Please rate the following:

<table>
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<tr>
<th>After attending this workshop:</th>
<th>Disagree</th>
<th>Somewhat Disagree</th>
<th>Undecided</th>
<th>Somewhat Agree</th>
<th>Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. I received the information I wanted to learn about older people.</td>
<td>4%</td>
<td>4%</td>
<td>0%</td>
<td>26%</td>
<td>61%</td>
</tr>
<tr>
<td>b. I am more knowledgeable about the opportunities older people bring to our community.</td>
<td>4%</td>
<td>2%</td>
<td>4%</td>
<td>30%</td>
<td>56%</td>
</tr>
<tr>
<td>c. I am more knowledgeable about the services available to older people in Montgomery County.</td>
<td>2%</td>
<td>4%</td>
<td>7%</td>
<td>28%</td>
<td>54%</td>
</tr>
<tr>
<td>d. I better understand the health and socio-economic disparities among older people from diverse populations.</td>
<td>0%</td>
<td>2%</td>
<td>2%</td>
<td>21%</td>
<td>70%</td>
</tr>
<tr>
<td>e. I plan to use the information I learned today to help build an inclusive community for a lifetime.</td>
<td>0%</td>
<td>2%</td>
<td>4%</td>
<td>9%</td>
<td>81%</td>
</tr>
</tbody>
</table>
WORKSHOP ATTENDEES

The following workshop registrants provided permission to publish their name, organization and email.

<table>
<thead>
<tr>
<th>Name</th>
<th>Organization</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carl Abella</td>
<td>Bayanihan</td>
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<tr>
<td>Denia Calaro</td>
<td>Fil-Am Ministry of St. Michael Silver Spring, Maryland</td>
<td><a href="mailto:deniamanila@hotmail.com">deniamanila@hotmail.com</a></td>
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<tr>
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<th>Title/Department</th>
<th>Email</th>
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<td>Peggy Gervasi</td>
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Email: montgomerycountycaa@gmail.com
Handouts from the “Aging in Montgomery County” ECHO Workshop

Please note the information provided in this section may be subject to change. Please contact the respective organizations to ensure the most current information. The following documents were compiled on 1/6/2017.
Aging In Montgomery County: Creating an Inclusive Community for a Lifetime

ECHO Presentation
December 6, 2016

John J. Kenney, PhD
Chief of Aging and Disability
Montgomery County Health and Human Services

Agenda

• Overview of Key Demographics
• Montgomery County’s Diversity in Aging
• Health Disparities among Diverse Populations
• Economic Disparities among Diverse Populations
• Aging as an Opportunity
• Making Montgomery County an Inclusive Community for a Lifetime
Most say Montgomery County is a good place to retire.

- More than half (58%) would say Montgomery County is a good place to retire

- Asian-Americans (77%) and Hispanics (73%) are more likely to say they recommend Montgomery County as a good place to retire than African-Americans (65%) and Whites (53%)

Age-Friendly Community Survey Pre-Summit Results

- Almost 9 in 10 (89%) rate their quality of life as good or excellent

- Asian-Americans, African-Americans/Blacks, Hispanics, and Whites all rate their quality of life as good or excellent at similar rates
Age-Friendly Community Survey
Pre-Summit Results

- Residents rate availability of health services, public safety, and parks and outdoors as excellent. Fewer say accessibility for residents with disabilities, employment opportunities, and affordable housing are excellent or good.

Age-Friendly Community Survey
Pre-Summit Results

- Residents had the ability to write open-ended responses. Below are the most popular words used when residents were asked what they liked best about Montgomery County.
Age-Friendly Community Survey
Pre-Summit Results

- Below are the most popular words used when residents were asked what they liked least about Montgomery County

Overview of Key Demographics
Who’s a “SENIOR” Anyway?

- Older Americans Act - 60 years
- Medicare & Social Security - 65 years
- Numerous Programs - 62 years
- AARP - 50 years
- Senior Community Service Employment Program (SSCEP) - 55 years
- Call ‘N’ Ride - at least 67 years or at least 16 years with a disability
- FNIH Lurie Prize in Biomedical Sciences outstanding “young scientist” (must be <52 years by January 2015)
- Employment Discrimination - 40 years
- Is 70 really the new 50?
- Origins of age 65 as “retirement age”

Otto von Bismarck, Chancellor, Germany (1862-1890)
MONTGOMERY COUNTY “SENIOR TSUNAMI SURGE” POPULATION PROJECTION

Source: Maryland Department of Planning, 2012

MONTGOMERY COUNTY “SENIOR SURGE” Catch the “Age Wave!”

Source: Maryland Department of Planning, 2012
Older people growth is outpacing general population growth in Montgomery County.

- Montgomery County has 1.04 million residents. 146,151 are 65+. The older people population is expected to grow by nearly 70% by 2040, the general population is only expected to grow by 17% during that same time frame.

There are two main reasons for the growth in Montgomery County’s Older Person population.

- Baby Boomers
- More people are living longer
### 2000 & 2030 Household Population by Age and Sex
Montgomery County, MD

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>0-4</td>
<td>863,910</td>
<td>1,136,000</td>
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Source: MCDPP, Research & Technology Center, Demographic Model, Round 7.0 Forecast

### U.S. Life Expectancy

Life expectancy at birth increases from 1900 to 2015.

Montgomery county has made more gains in life expectancy than the country or State.

- Life expectancy at birth in Montgomery County is 84.6, almost **six years longer** than the national average.
- Life expectancy at birth for women in the County is 84.9 years (second oldest age of any jurisdiction in the United States).
- Life expectancy at birth for men in the County is 81.6 years (fourth oldest age of any jurisdiction in the United States).
- Over the past 20 years, male life expectancy at birth in the County has increased by 6.8 years and female life expectancy has increased by 5 years.

Source: Healthy Montgomery, Accessed on April 1, 2016
Institute for Health Metrics and Evaluation, Accessed on April 1, 2016,

There was a 55% increase in the number of Centenarians between 2004 and 2014. The number of Centenarians is expected to increase by 750% in the next 45 years!!!
Older people live throughout the County

Large increases in Older People between 1990-2010 in Non-Traditional Older People Areas

Source: CountyStat, Accessed on April 1, 2016, 
https://countystat.maps.arcgis.com/apps/MapJournal/index.html?appid=66bb3adb697346a4e33f93196ef518d
Montgomery County’s Diversity in Aging

The County’s general population is Minority-Majority, similar to other large urban areas in the United States.

Source: Census, Brown University
Although, the general population is majority-minority. The older people population is not there yet.

By 2040 most of Montgomery County’s older people will be part of a minority group.
- By 2040, nearly 60% of 55+ adults will be part of a minority group.
The Asian-American Community is growing rapidly. These are the fastest growing communities.

Source: Census, Brown University

The highest concentration of diverse older people is in Mid-county and Rockville.

Pockets of Asian-Pacific Language and Spanish Speaking Older People with Limited English Proficiency


Health Disparities among Diverse Populations
After centuries of life expectancy increases…

...we are seeing decreases!
Obesity and Related Health Problems (Chronic Conditions)

Percent of Adults who are Overweight or Obese by Age

<table>
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<tr>
<th>Age</th>
<th>2011</th>
<th>2014</th>
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<tr>
<td>18-24 years</td>
<td>49.4</td>
<td>47.9</td>
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<tr>
<td>35-49 years</td>
<td>62.0</td>
<td>57.2</td>
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<td>50-64 years</td>
<td>63.9</td>
<td>65.6</td>
</tr>
<tr>
<td>65+ years</td>
<td>46.6</td>
<td>59.6</td>
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</table>

Articles from the *Times* and *Post* show that although there are reasons to be optimistic there are reasons to pay attention to health.
Although, life expectancy has risen. Old age can be fraught with disease.

- Dementia rates, although down, are still higher than they were 50 years ago. Dementia is typically a disease of old age. The older you get the more likely you are to have Dementia.
- So if life expectancy is increasing, shouldn’t dementia rates be growing?
  - Increasing rates of Diabetes
  - Increasing rates of Cardiovascular
  - Decreasing life expectancy in non-Hispanic females
African-American, Native American, and Hispanic/Latino persons have a higher incidence of Dementia than non-Hispanic Whites and Asian-Americans.

Dementia Incidence by Race/Ethnicity

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Dementia Incidence per 1,000 people</th>
</tr>
</thead>
<tbody>
<tr>
<td>African-American</td>
<td>26.60</td>
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<tr>
<td>Native American/Alaskan Native</td>
<td>22.2</td>
</tr>
<tr>
<td>Latino/Hispanic (any race)</td>
<td>19.6</td>
</tr>
<tr>
<td>White (non-Hispanic)</td>
<td>19.3</td>
</tr>
<tr>
<td>Asian-American</td>
<td>15.2</td>
</tr>
</tbody>
</table>

Source: 2016 Alzheimer’s Association

Dementia Risk Factors

- Age - 11% of those 65 and older has Dementia, triples for those 85+
- Family History - genetic component
- Head Trauma
- Cardiovascular Disease
- African-American or Latino/Hispanic - due to increased risk factors for Cardiovascular Disease
- Lack of Education

Source: 2016 Alzheimer’s Association
INCREASE IN SENIORS WITH DISABILITIES
Projected Number with Self-Reported Disability
Age 65+, Montgomery County

African-Americans and Hispanic/Latinos are at a greater risk for disability.

Percent of Older Adults (65+) with Disability

<table>
<thead>
<tr>
<th>Race</th>
<th>Disability Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>White (Non-Hispanic)</td>
<td>29.3%</td>
</tr>
<tr>
<td>African-American</td>
<td>35.4%</td>
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<tr>
<td>Asian</td>
<td>28.5%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>33.4%</td>
</tr>
</tbody>
</table>

Source: 2012 American Community Survey
Disability Risk Factors

- Diabetes - rate is two to six times higher among Minority groups than non-Hispanic whites
  - Higher complication rates, less likely to be controlled
- Cardiovascular Disease - Non-Hispanic African-Americans are 40% more likely to have high blood pressure than non-Hispanic whites, and less likely to manage this condition.
- Obesity rates - Native Americans/Alaskan Natives are 60% more likely to be obese than non-Hispanic Whites
- Preventative Care - Racial/ethnic minority populations often receive poorer quality of care and face barriers in seeking care, including preventive care and chronic disease management, than non-Hispanic whites.

Source: 2016 Agency for Healthcare Research and Quality; 2016 CDC

Hispanic Females live on average more than 12 years longer than African-American Males.

Source: CDC, 2016
Contributing Factors to Health Disparities

- Education
- Socio-Economic Status
- Access to preventative care
- Diet
- Environment
  - Exercise
  - Pollutants
- **BOTTOM LINE: Health is Cumulative!**

Source: 2016 Agency for Healthcare Research and Quality; 2016 CDC

Socio-Economic Disparities among Diverse Populations
Socio-Economic Disparities impact Life-Expectancy and Finances in Later Life

- Not surprisingly less income and education, typically equal less years at the end of life.
- A new trend in the United States is life expectancy is decreasing among poorer Americans
- Americans with graduate degrees live on average 14 years longer than those with less than a high school degree

Stay in School - Live Longer? Another reason to do your homework!

Remaining Years of Life for U.S. Adults at Age 25 by Educational Attainment

Source: 2016 Agency for Healthcare Research and Quality; 2016 CDC

Source: Brian L. Rostron et al., "Education Reporting and Classification on Death Certificates in the United States, Vital and Health Statistics Series 2, no. 151 (2010): 1-16
The lowest income quintiles have lost life expectancy.

Estimated and Projected Life Expectancy at Age 50 for Males and Females born in 1930 and 1960, by Income Quintile

<table>
<thead>
<tr>
<th>Income Quintile</th>
<th>Born in 1930</th>
<th>Born in 1960</th>
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</thead>
<tbody>
<tr>
<td>Highest</td>
<td>31.7</td>
<td>38.8</td>
</tr>
<tr>
<td>3rd Quintile</td>
<td>29.8</td>
<td>32.4</td>
</tr>
<tr>
<td>4th Quintile</td>
<td>28.8</td>
<td>32.4</td>
</tr>
<tr>
<td>2nd Quintile</td>
<td>28.1</td>
<td>31.4</td>
</tr>
<tr>
<td>Lowest</td>
<td>26.2</td>
<td>28.3</td>
</tr>
</tbody>
</table>


The wealthiest can expect to live on average 13 years longer than the poorest. A statistic that has gotten worse in the Past 30 years.

Inequality in life expectancy widens for men

Wealthier men can expect to live longer than their parents did, while life expectancies for the poor have not changed.


Inequality in life expectancy widens for women

Wealthier women can expect to live longer than their parents did, while life expectancy for poor women may have declined.

Source: [National Academies of Science, Engineering and Medicine](https://nationalacademies.org)

43
A fifth of Montgomery County’s older residents earn less than $25,000 a year.

- Montgomery County Seniors also are diverse economically. Although, 50% have incomes above $75,000; nearly, 20 percent have household incomes of $25,000 or less.

The lowest two income quintiles of older people rely on government programs for almost 90% of their income.

Sources of Income for Married and Non-married persons age 65+ by Income Quintile, Federal Interagency Forum on Aging-Related Statistics
More than a quarter of seniors live below 300% of the federal poverty line

• 6.5 percent of seniors (65+) in Montgomery County live in poverty, which is slightly lower than the 7.2 percent of the entire population living in poverty in the County.
• More than a quarter of seniors (26.8%) live below 300% of the federal poverty line.

Source: Community Action Agency, 2016

Older Adult (60+) Minority populations are twice as likely to live in poverty

Percent of Older Adults in Poverty by Racial/Ethnic Group

- White: 3.80%
- African-American/Black: 7.90%
- Asian-American: 9.90%
- Hispanic (-16,272): 11.20%

Source: Community Action Agency, 2016
Women are at a higher risk of becoming impoverished as they age.

- Women are at a higher risk for poverty in later life
  - They live longer
  - They don’t make as much over their life time which means they have lower amounts in Social Security, assets, and pensions
    - Women’s median Social Security benefit was only $10,757 in 2008 (compared to $14,400 for men)
    - Women receive on average $1,000 from assets and $8,400 from pensions


Almost 60% of renters and nearly a quarter of home-owners are considered housing burdened in Montgomery County.

In 2012, more than 36,000 60+ senior households in Montgomery County spent 30% or more of their income in the last 12 months on housing and are considered housing burdened. Housing costs that are too high to maintain in retirement could restrict seniors’ ability to age in place.

Source: U.S. Census, ACS-2009-2012
A small portion of Montgomery County’s older residents are homeless.

Aging as an Opportunity
View of the life course in 1835 - What has Changed in 175 years? A lot!!!
WHAT’S THE FUSS ABOUT?

Productive Aging

A philosophy of aging that views older adults as:

• An opportunity rather than a crisis
• A solution rather than a problem
• An asset rather than a burden
• A resource rather than a drain on resources; and
• A group that can make social, economic, cultural and spiritual contributions rather than simply an expanding portion of the population.
A-A-R-P! I wanna join the A-A-R-P!
The Retirement Village People

WHAT KIND OF ROCKER DO YOU WANT TO BE AT 61?
A centenarian’s happy landing

Eleanor Cunningham smiles after landing safely with tandem master Dean McDonald at Saratoga Skydiving above Saturday in Gansevoort, N.Y. Cunningham turned 100 the day before. The great-great-grandmother also did a skydive for her 90th and 90th birthdays.

Tom Lackey, 94, the world’s oldest wing walker, marks the completion of one of his remaining ambitions: flying strapped to the top wing of a vintage Boeing-Stearman biplane during two laps around the Rock of Gibraltar. Lackey holds several Guinness World Records; he did a loop-the-loop wing walk at age 86.
IN A REVERSAL of Footloose, the young people are telling the old people to be quiet. Crowds of dancing retirees have recently become a common sight in China’s urban squares, as guang chang wu, a type of organized group dancing, has taken over the country’s public spaces. Most enthusiasts are dama, older women, who crave social interaction and exercise. But the round-the-clock hours they keep, and their blaring pop music, are prompting vitriol from fellow city dwellers. My father’s wife, who is in her 30s, recently found herself screaming obscenities at a group of very noisy seniors who had taken to dancing outside her apartment in Guangzhou.

Some enraged bystanders have hurled garbage and excrement at the dancers. Others have taken to Weibo, the Chinese Twitter, to denigrate guang chang wu grannies and grandpas in shocking language. Some insults riff on a popular dance move, a zombie jump inspired by Michael Jackson’s “Thriller” video; one detractor likened the dancers to “a group of walking dead.” Another observer lambasted the revelers for “showing off their shriveled breasts.”

Noisy Old People

Grandmothers are creating a ruckus in China’s public spaces.

In a reversal of Footloose, the young people are telling the old people to be quiet. Crowds of dancing retirees have recently become a common sight in China’s urban squares, as guang chang wu, a type of organized group dancing, has taken over the country’s public spaces. Most enthusiasts are dama, older women, who crave social interaction and exercise. But the round-the-clock hours they keep, and their blaring pop music, are prompting vitriol from fellow city dwellers. My father’s wife, who is in her 30s, recently found herself screaming obscenities at a group of very noisy seniors who had taken to dancing outside her apartment in Guangzhou.

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This reversal of the customary Chinese reverence for elders is startling. The country’s seniors have always taken to public spaces to socialize: tai chi in the morning, pai gow and mah-jongg in the afternoon. But this new pastime is much louder than the old ones, and it arrives as runaway urban growth is tearing down the scaffolding of the traditional filial system—and as millions of aging citizens are poised to need support from younger people.

Not that the oldsters seem, for the moment, particularly helpless: In October, a young man was sentenced to prison for trying to rob a jewelry store near Shanghai. Although he’d brandished a kitchen knife as he entered the store, he was tackled by a dama twice his age. Her son, the store owner, informed the local paper that she was an avid practitioner of guang chang wu.
Making Montgomery County an Inclusive Community for a Lifetime

VITAL AGING MONTGOMERY

- Transportation
- Employment
- Housing
- Volunteerism
- Economic Security
- Active Engagement
- Life Long Learning
- Wellness
Age-Friendly Montgomery

December 3, 2015

Recognized as being an Age-Friendly Community by WHO/AARP

What does this mean:

• "The AARP Network of Age-Friendly Communities helps participating communities become great places for all ages by adopting such features as safe, walkable streets; better housing and transportation options; access to key services; and opportunities for residents to participate in community activities.

• Well-designed, livable communities promote health and sustain economic growth, and they make for happier, healthier residents — of all ages."

• Award comes with commitment to develop an age-friendly community plan in each one of Montgomery County’s ten age-friendly domains
Age-Friendly Montgomery overlies with existing County initiatives.

- Montgomery County Age-Friendly Domains:
  - Open spaces and buildings
  - Transportation and mobility
  - Housing
  - Civic and social engagement
  - Employment
  - Communication and outreach
  - Health and wellness
  - Home and community-based services
  - Senior public safety
  - Elder abuse prevention

Ultimately the goal is the balance the need to:

- Promote Vital Aging
- Protect the Vulnerable Aged
BALANCING THE NEED TO

Promote Vital Aging

Protect the Vulnerable Aged
It’s not the years in your life that count. It’s the life in your years.

~Abraham Lincoln

DETERMINANTS-The 4M’s

Mind  Mouth  Muscle  Meaningful Relationships
A Community for a Lifetime: The Senior Agenda

Thank you!
Resources Available in Montgomery County

The following handouts were included in the folders provided to ECHO workshop attendees.

**Caregiver Supports and Aging Services Flyer**
[http://www.montgomerycountymd.gov/senior/Resources/Files/SeniorCaregiver_english.pdf](http://www.montgomerycountymd.gov/senior/Resources/Files/SeniorCaregiver_english.pdf)
This flyer lists organizations providing supportive services to adults, also known as caregivers, who are helping a family member with physical or cognitive disability, is ill, or is frail due to old age.

**Explore Your Transportation Options Flyer**
This flyer lists services available to help older adults get around, specifically for those who cannot ride the public bus, and those with low income.

**Get Out & Stay Active Booklet**
This booklet provides information on programs and services for seniors to stay active, including active adult programs for those over the age of 55, senior centers, fitness and sports, travel, tips and tours, volunteering, and transportation options.

**Older Adult Health and Wellness Flyer**
It is important and beneficial for older people to participate in regular exercise and physical activity. The flyer includes a list of programs that can help older adults increase the amount of physical activity and help improve the aging process.

**Programs and Services for Seniors and Persons with Disabilities Flyer**
The Aging and Disability Resource Unit provides personalized hands on assistance and referrals to services and specific information to older people, people with disabilities, and caregivers over the phone and in person.
Programs and Services for Seniors and Persons with Disabilities Flyer (Multilingual)
http://www.montgomerycountymd.gov/HHS/Resources/Files/pdfs/ADmultilingualflier.pdf
This flyer has information on how to reach the Aging and Disability Services in English, Spanish, Chinese, Korean, Vietnamese, and Russian.

Senior Nutrition Program Brochure
The Senior Nutrition Program provides meals in group settings where activities and services for seniors are available. The program also serves as a central contact for home delivered meals and refers seniors to Meals on Wheels that serve their addresses.

Stay Safe on the Roads Flyer
As people age, it is important to understand and consider the change in one’s ability to drive safely. This flyer provides information on older driver safety and how to communicate with older people in your life about this topic.

Transportation Options for Older Adults and Adults with Disabilities Flyer (Multilingual)
This flyer has information on how to reach the Connect-a-Ride service in English, Spanish, Chinese, Korean, Vietnamese, Russian, French, and Amharic. Connect-A-Ride is funded by the Montgomery County Department of Transportation and is directed by the Jewish Council for the Aging (JCA).
FACT SHEET

The African American Health Program (AAHP) was created in 1999 to address health care disparities which disproportionately affect African American in Montgomery County, MD. Today, AAHP is committed to eliminating health disparities and improving the number and quality of years of life for African Americans and people of African descent in the County.

AAHP aims to address the most critical health concerns currently facing its target population.

OVERVIEW

In 1999, the Montgomery County Department of Health and Human Services created the African American Health Program (AAHP) to address health disparities disproportionately affecting African Americans in the County. Services provided include outreach, health education, support groups, and nurse case management. The program is staffed by registered nurses, health educators, and community outreach personnel. There are no financial or insurance requirements to receive AAHP services.

OUR VISION

African Americans and people of African descent will be as healthy and safe as the rest of the population.

OUR MISSION

Eliminate health disparities and improve the number of years and quality of life for African Americans and people of African descent in Montgomery County.

OUR STRATEGY

Bring together community partners and resources in a collaborative and effective manner to support AAHP goals.

OUR GOALS

- Raise awareness in the Montgomery County community about key health disparities.
- Integrate African American health concerns into existing services and programs.
- Monitor health status data for non-Hispanic Blacks in Montgomery County.
- Implement and evaluate strategies to achieve specific health objectives.

CANCER

is the second leading cause of death in America, and African Americans are more likely to die of cancer than any other racial group. According to a 2013 report from the U.S. Cancer Statistics Working Group, the rate of new cancer cases in the U.S. is highest among Black men. The rate of deaths from cancer is also highest for Black men.

CARDIOVASCULAR HEALTH

is important for everyone, but especially African Americans. According to the Centers for Disease Control and Prevention (CDC), nearly 1 in 3 deaths in the U.S. each year is caused by heart disease and stroke. Blacks are nearly twice as likely as whites to die from preventable heart disease and stroke. Factors that negatively influence cardiovascular health include high blood pressure, tobacco use, high cholesterol, obesity, lack of physical fitness, and congenital defects.

DIABETES

continues to have a detrimental effect on the health and well-being of the African American population. According to the CDC, in 2010, African Americans accounted for an estimated 44% of all new HIV infections among adults and adolescents, despite representing only 12.1% of the U.S. population. This rate is 7.9 times higher than the rate for the white population, and higher than any other racial/ethnic group.

INFANT MORTALITY

occurs at a disproportionately high rate in the African American population – regardless of socioeconomic status. According to the CDC, the infant mortality rate for non-Hispanic black women in 2010 was 11.6 deaths per 1,000 live births, more than twice the rate for white women. Advanced maternal age, substance use, stress, cord/placental complications, and a history of premature births increase the incidence of infant mortality.

ORAL HEALTH

plays a major role in overall well-being as well as several diseases that disproportionately affect the African American population. Diabetes increases the risk of gum disease and cavities while noticeable white spots in the mouth can be the first signs of AIDS.

AARP SERVICE HIGHLIGHTS

S.M.I.L.E. PROGRAM

Every child has every chance.

The goal of the S.M.I.L.E. (Start More Infants Living Equally healthy) program is to reduce the number of premature and low-birth-weight babies born to African American/Black women in the County. S.M.I.L.E. provides: assessment of high-risk pregnancies and parenting; case management and home visits by registered nurses; childbirth education classes; breastfeeding education; and counseling and referrals.

HIV TESTING AND COUNSELING

Know Your Status. Gain Confidence. Take the Test.

AAHP provides free and confidential HIV testing as well as counseling, referrals, and education. It also coordinates a support group for HIV-positive women.

DIABETES EDUCATION AND SELF-MANAGEMENT

Take Control!

African Americans are more likely to die of cancer than any other racial group. According to a 2013 report from the U.S. Cancer Statistics Working Group, the rate of new cancer cases in the U.S. is highest among Black men. The rate of deaths from cancer is also highest for Black men.

CANCER EDUCATION AND AWARENESS

Early detection is critical! Know where you stand.

AAHP provides cancer education and helps refer eligible County residents for free mammograms as well as colon and prostate cancer screenings.

ADDITIONAL SERVICES

- Blood Pressure Screening
- Oral Health Education
- When I Get Out (W.I.G.O.): Healthy and Safe Lifestyles

For more information:
Visit us online at www.onelife.org
ABOUT AAHI:
A part of Montgomery County’s Department of Health and Human Services (MCDHHS), the Asian American Health Initiative (AAHI) was established in 2004 as the first health-focused agency for pan-Asian Americans in the County. Since its inception, AAHI has worked to eliminate health disparities that exist between Asian Americans and their non-Asian counterparts.

Mission:
AAHI’s mission is to identify the health care needs of Asian American communities, to develop culturally competent health care services, and to implement health education programs that are accessible and available to all Asian Americans in Montgomery County.

DEMographics:
Asian Americans constitute 13.9% of Montgomery County’s population.

AAHI in action:
AAHI Health Promoter reviewing a community member’s bone density screening results

AAHI’s multilingual website

AAHI in the News
AAHI develops educational articles on various health topics affecting Asian Americans. These articles are published in multiple media news sources in both English and Asian languages.

Health Communication

AAHI Patient Navigator assisting a client with medical interpretation

AAHI intern teaching breast self-exams at an outreach event

AAHI publication compiling personal narratives of Asian Americans in Montgomery County

Community Programs

Outreach and Health Education

Working with community-based and faith-based partners, AAHI provides the community with direct services such as preventative screenings and health education on diseases shown to disproportionately affect the Asian American community. On average, AAHI attends 40-50 events per year.

ECHO

Launched in 2011, the Empowering Community Health Organizations (ECHO) Project is a series of practical and professional training workshops aimed to build the capacity and sustainability of community organizations. The workshops are held twice a year in the fall and the spring.

Hepatitis B Prevention

AAHI partners with community- and faith-based organizations to expand hepatitis B education, screening, vaccination, and treatment referral for Asian American communities.

Health promoters program

Similar to Community Health Workers, Health Promoters are a group of bilingual and bicultural volunteers who assist program staff in identifying community partners, developing cultural awareness, and providing language assistance during outreach events.

Patient Navigators Program

AAHI Patient Navigators assist limited English-speaking and low-income County residents in accessing County services through two main services offered in Chinese, Hindi, Vietnamese, Korean, and English: 1) Multilingual Health Information and Referral Telephone Line and 2) Trained Multilingual Medical Interpreters.

Special Projects

Needs Assessments
Conducted in 2005 and 2008, the needs assessments examine the health status of the Asian American community in Montgomery County. It provides recommendations to guide AAHI.

Strategic Plan
Based on the needs assessments, scientific literature, and MCDHHS priorities, AAHI formulated a strategic plan to define and guide their goals and objectives between 2011 and 2015.

Conferences
In 2006 and 2009, AAHI hosted an Asian American Health Conference, convening public health professionals and practitioners from around the nation to offer an expert array of conceptual and substantive presentations related to Asian American health and to help facilitate the AAHI strategic planning process.

Community Support

Steering Committee
AAHI is supported by its Steering Committee which is composed of stakeholders representing various ethnic and professional groups in the community. They are responsible for advocating, advising, and assisting AAHI in achieving its mission.

Health Promoters Program
AAHI Health Promoters are a group of bilingual and bicultural volunteers who assist program staff in identifying community partners, developing cultural awareness, and providing language assistance during outreach events.

Patient Navigators Program
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Community Support

Outreach and Health Education

Future Collaborations

Post-Outreach Activity Evaluation

Implementation of Outreach Activities

Pre Planning

Pre Planning

AAHI: A Part of Montgomery County’s Department of Health and Human Services

AAHICONTACT:
1401 Rockville Pike, 3rd Floor
Rockville, MD 20852
Tel: 240-777-4517
Fax: 240-777-4564
Email: info@AAHIinfo.org
Website: www.AAHIinfo.org

AAHI CONTACT:
1401 Rockville Pike, 3rd Floor
Rockville, MD 20852
Tel: 240-777-4517
Fax: 240-777-4564
Email: info@AAHIinfo.org
Website: www.AAHIinfo.org

Website & Social Media

AAHI’s website and social media are platforms to disseminate educational materials and update the community with upcoming events and other important information.

AAHI in the News
AAHI develops educational articles on various health topics affecting Asian Americans. These articles are published in multiple media news sources in both English and Asian languages.

Together To Build A Healthy Community

Healthy Community

Together To Build A Healthy Community

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Together To Build A Healthy Community
THE MONTGOMERY COUNTY COMMUNITY ACTION AGENCY provides direct services and administers partnerships that reduce poverty and promote low-income families’ self-sufficiency. Community Action funding comes from federal and state grants and County government. Contracts monitored by Community Action receive funding from the federal Administration of Children & Families, Office of Head Start, HHS; the Maryland State Department of Education; and the Montgomery County Executive and County Council Community Grants programs.

Support for TESS & VITA services and contract monitoring is supported by the County’s Community Services Block Grant via the Maryland Department of Housing and Community Development. Funding is also provided by the Montgomery County Department of Health and Human Services, and Montgomery County Public Schools.

THE MONTGOMERY COUNTY COMMUNITY ACTION BOARD (CAB), the County’s federally designated antipoverty group, advises the County about poverty and the needs of low-income people. CAB provides oversight for the agency’s federal grants and of the agency’s services.

THE PROMISE OF COMMUNITY ACTION
Community Action changes people’s lives, embodies the spirit of hope, improves communities, and makes America a better place to live.

We care about the entire community, and we are dedicated to helping people help themselves and each other.

The Montgomery County Community Action Agency seeks to reduce poverty and improve the self-sufficiency of low-income residents.

Community Action manages $5 million in federal and state Head Start and Community Services Block Grant funding. We provide comprehensive early childhood services through Head Start, deliver social services at the Takoma-East Silver Spring Center (TESS), and increase asset development through the Volunteer Income Tax Assistance (VITA) partnership. Throughout the County, nonprofits with contracts monitored by Community Action staff—totalling over $3 million—deliver emergency food, clothing, and social services; legal assistance; employment training; and education and facilitate community engagement among Montgomery County’s diverse low-income community members, including residents with Limited English Proficiency.

At A Glance
Last year, Community Action assisted low-income County residents directly by providing:
- 8,800 clients with social services at TESS
- 2,500 families with free tax help (VITA)
- 648 children and their families with comprehensive Head Start services

FY2017 Partners

Emergency Services – Clothes
- C-4 Clothes Closet
- Interfaith Works Clothing Closet

Emergency Services – Utilities/Rent
- East Montgomery Emergency Assistance Network (EMEAN)
- Catholic Charities, Archdiocese of Washington

Emergency Services – Food
- Caribbean Help Center
- Catholic Charities, Archdiocese of Washington
- Crossroads Community Food Network
- Kids In Need Distribution
- Manna Food Center
- Mid-Atlantic Gleaning Network
- Women Who Care Ministries

Employment and Training/Support
- CASA de Maryland
- Catholic Charities at Spanish Catholic Center
- Catholic Charities of the Archdiocese of Washington
- Empowered Women International
- Korean Community Services Center of Greater Washington
- Community Engagement and Outreach
- Circle of Rights
- Community Health & Empowerment Through Education and Research (CHEER)
- IMPACT Silver Spring
- MoverMoms

Agency Development
- The Nonprofit Village Center
- Economic Enhancement
- Community Action “VITA” Partnership (free tax help)

Social Services and Referrals
- Caribbean Help Center
- CASA de Maryland
- Catholic Charities, Archdiocese of Washington
- Catholic Charities at Spanish Catholic Center
- Community Ministries of Rockville
- Conflict Resolution Center of Montgomery County
- Family Services, Inc.
- Korean Association of the State of Maryland Metropolitan Area
- Korean Community Services Center of Greater Washington
- Mary’s Center of Maternal and Child Care, Inc.
- Maryland Vietnamese Mutual Association
- Spanish Speaking Community of Maryland
- World Organization for Resource Development & Education (WORDE)

Early Childhood Education, Youth Development and Academic Support
- Head Start – in partnership with DHHS, MCPS and Montgomery College
- Community Ministries of Rockville
- YMCA of Silver Spring

Legal Services
- Legal Aid Bureau
- Montgomery County Maryland Bar Foundation
The influx of Latino people into Montgomery County over just the past two decades has helped transform this County into the most diverse one in Maryland. As the Latino population continues to grow, its contributions to the County’s economic, political, social and cultural landscape will continue to increase and accordingly, County services must reflect evolving demographics and related health trends.

The Latino Health Initiative (LHI) of the Montgomery County Department of Health and Human Services was established in July 2000 with the support of the County Executive and County Council.

OUR MISSION
The mission of the LHI is to improve the quality of life of Latinos living in Montgomery County by contributing to the development and implementation of an integrated, coordinated, culturally and linguistically competent health wellness system that supports, values, and respects Latino families and communities.

OVERALL FUNCTIONS
• Enhance coordination between existing health programs and services targeting Latinos.
• Provide technical assistance to programs serving the Latino community.
• Develop and support models of programs and services to adequately reach Latinos.
• Advocate for policies and practices needed to effectively reach and serve Latinos.

WHO IS INVOLVED WITH THE LHI?
The LHI is comprised of staff members from the Department of Health and Human Services and a group of volunteer professionals and community leaders. These individuals work as a team to inform the Latino community about the LHI and to collect feedback from them regarding their health concerns. In addition, this group acts as the planning body for the LHI and advocates to improve the health of Latino communities.

FOR MORE INFORMATION ABOUT THE LHI
For more information about the Latino Health Initiative, please visit our website at www.lhiinfo.org.

BLUEPRINT FOR LATINO HEALTH
In 2000, soon after the LHI was established, the Latino Health Steering Committee engaged in a two year long intensive community participatory process to determine the major health priorities crucial to improving the health of Montgomery County Latinos. This effort culminated with the development of the Blueprint for Latino Health in Montgomery County Maryland.

Every five years, the Blueprint is updated in response to the changing social-political landscape and to the progress achieved in the prior five years. The document offers socio-demographic and health profiles of Montgomery County Latinos, and it also outlines seven action-oriented priority areas each accompanied by policy recommendations:

A. Improving Data Collection, Analysis and Reporting
B. Ensuring Access to and Quality of Health Care
C. Ensuring the Availability of Culturally and Linguistically Competent Health Services
D. Enhancing the Organizational Capacity of Latino Community-Based Organizations to Provide Health Services
E. Enhancing Community Participation in Decisions that Impact the Health of Latinos
F. Expanding Health Promotion and Disease Prevention Efforts Targeting Latino Communities
G. Increasing the Number of Latino Health Care Professionals Working in the County

PURPOSE OF THE BLUEPRINT FOR LATINO HEALTH
The Blueprint plays a pivotal role in guiding the LHI programs and activities and in informing, engaging and mobilizing policy and decision makers, stakeholders and community members. The Blueprint aims to help readers:

• Make strategic and programmatic decisions that will better correspond to the needs of low-income Latino people.
• Obtain funding and other support from government and private sources for programs that correspond to the needs of the Latino community.
• Support policy initiatives and budget requests from local and State governments that will further the health interests of the Latino community.
• Enhance collaborations with academic and non-profit organizations to increase resources, funding, and support for programmatic activities.

HOW CAN I GET A COPY OF THE BLUEPRINT?
Major Programs and Activities

Community Programs and Campaigns

“Ama tu Vida” Campaign
The “Ama tu Vida” campaign promotes health and wellness in the Latino community. The “Ama tu Vida” campaign invites the community to make a commitment to living a healthier life, and encourages them to adopt lifelong health promotion and disease prevention habits.

Asthma Management Program
This program is designed to increase the knowledge of Latino parents of children with asthma regarding the condition and its management, and increase awareness and utilization of pediatric clinical services. The desired outcome is Latino families who are empowered to appropriately self manage asthma in their children.

Health Promoters Program
“Vías de la Salud”
The mission of the HPP is to improve the health and well being of the low-income Latino community in Montgomery County through training and empowerment of Latino health promoters to promote healthy behaviors, facilitate access to health services, and advocate for health policies that benefit the community.

Latino Youth Wellness Program (LYWP)
This program provides the unique opportunity for participating youth between the ages of 12-19 and their families to engage in a holistic approach to wellness by including components that address mental, physical, social, environmental and emotional issues in a culturally and linguistically competent manner. This program has a component to improve physical fitness.

Program for Licensure of Foreign-Trained Health Professionals
This program is a multi-institutional collaboration of the LHI, Montgomery College, Holy Cross Hospital, Washington Adventist Hospital and Workforce Investment Board. The program provides a comprehensive, integrated and coordinated approach to effectively address the needs and decrease the challenges and barriers Latino nurses encounter in Maryland to obtain the nursing license. The program incorporates four components: support and guidance system, academics, practical exposure to the U.S. healthcare system, and mentoring.

Smoking Cessation Program for Latinos
The goal of the program is to reduce the prevalence of cigarette use among low-income Latinos who live or work in Montgomery County. Smoking cessation interventions are available to current smokers willing to try to quit smoking.

System Navigator & Interpreter Program
The goal of this program is to guide, provide resources and professional medical interpretation in a culturally competent manner in order to facilitate access to health care for low-income, uninsured Latinos. Another component of the program is the Bilingual Health Services Information Line (301-270-8432) which informs callers of existing health and human services and other related programs in Montgomery County and assists them to successfully access these services.

Special Projects

Emergency Preparedness Project
This project is a collaborative effort between the Latino Health Initiative and the Montgomery Advanced Practice Center (APC). This project intends to increase awareness, understanding and knowledge of public health emergency threats among low income Latino families and to develop and test culturally and linguistically appropriate educational interventions. The project uses the health promoter model as a strategy.

Latino Data Workgroup
Under the auspices of the Latino Health Steering Committee, this Workgroup brings together stakeholders to collaboratively develop and implement an action plan that will enhance the current system for collecting, analyzing, and reporting health data on Latinos in Montgomery County.

Community Engagement Workgroup
Under the auspices of the Latino Health Steering Committee, this Workgroup seeks to unite stakeholders in Montgomery County to increase community participation in decisions that impact the health of the Latino community by increasing the number and capacity of Latino service providers, community leaders and consumers who lead efforts to improve health.

The Latino Health Initiative’s list of programs and activities is available at www.lhiinfo.org.

The Latino Health Initiative’s website contains many resource materials that can be downloaded and used. Any material may be photocopied or adapted to meet local needs without permission from the LHI, provided that the parts copied are distributed free or at cost (not for profit) and that credit is given to the Latino Health Initiative of the Department of Health and Human Services, Montgomery County, Maryland. The LHI would appreciate receiving a copy of any material in which parts of LHI publications are used. Material(s) should be sent to LHI, 8630 Fenton St., 10th floor, Silver Spring, MD 20910.