

From the Northwest Geriatric Education Center at the University of Washington

Message From the Associate Director Susan Guralnick, M.A.

Year 2000 census data currently being released confirms what most Americans already know – the US continues to grow more ethnically diverse. Although diversity has proven to be one of our greatest national strengths and assets, it also presents a range of health improvement challenges.

Disparities in health status and access to health care among ethnic populations are a continuing public health concern. First identified in a 1985 landmark study, *The Secretary's Task Force Report on Black and Minority Health*, six causes of death together accounted for more than 80 percent of the excess mortality observed among African Americans, Hispanic Americans, Asian and Pacific Islander Americans and Native Americans. The six causes were cancer, cardiovascular disease and stroke, chemical dependency, diabetes, homicide and accidents and infant mortality. Ethnic populations also continue to suffer excesses in many adverse health conditions that may not

result in death but do lower quality of life. Three health conditions — cancer, cardiovascular disease and diabetes—have a substantial negative impact on health outcomes and quality of life for many ethnic older adults.

Cancer, cardiovascular disease and diabetes have substantial negative impact on health outcomes for many ethnic older adults.

The spring 2001 issue of our newsletter focuses on educational resources specific to ethnic elders and dovetails with the mission of our current project — to encourage and support health care providers set up appropriate health promotion interventions with their older clients and patients. An annotated listing of related resources currently available in our Regional Resource Center begins on page 2.

We hope you will take advantage of the opportunity to learn more about health promotion and how it can improve health outcomes by preventing unnecessary disease, postponing disability and improving quality of life. The next step is to make it happen for older adults in your community.

Looking for Information on Health Promotion for Older Adults?

NWGEC's curriculum module, *Dementia*, is available to download for free from our web site:
<http://depts.washington.edu/nwgec>

Health Promotion for Older Adults: Dementia, prepared for NWGEC by Linda Teri, PhD, is a curriculum self-study guide designed for use by community-based health care and social service providers caring for older adults. The module contains background information about dementia and specific strategies for use in community sites. Case studies, self-study questions, and a resource list are included along with appendices that support health promotion interventions.

NWGEC's curriculum module series provides community based providers in the field of aging with a set of self-study guides to assist them in developing and implementing various health promotion interventions to prevent disease and postpone further disability for the older adults they serve. Each month, we plan to add another module to the site until all twenty-five titles are available electronically. You can also find the entire list of curriculum modules available for purchase in hard copy on our web site.



Resources in the Regional Resource Center (RRC) on Health Promotion for Ethnic Older Adults

To improve access to educational resources with a geriatric/gerontological focus, NWGEC collects and loans materials through its Regional Resource Center. Reflecting our current emphasis on health promotion for older adults, resources relating to topics and issues in health promotion for older adults have been selectively added to our resource library. These materials are available to community-based providers to support the design, development, and implementation of health promotion programs for rural and ethnic elders, their family members and their caregivers.

**The S number following the reference should be used when requesting materials from our Regional Resource Center.*

BOOKS

Promoting Health in Multicultural Populations: A Handbook for Practitioners, RM Huff and MV Kline, 1999, Sage Publications, Thousand Oaks, CA, 554 pgs [S0951].

This book offers information and examples about specific cultural groups in North America as well as assessment and implementation guidelines for health promotion in any cultural community. The first part explores the context of culture, cross-cultural concepts of health and disease, conceptual approaches to multicultural health promotion, and suggestions for planning health promotion for multicultural populations. Subsequent parts discuss Hispanic/Latino, African American, American Indian and Alaska Native, Asian /American and Pacific Islander populations. Each ethnic-specific section contains three chapters: the characteristics of the population, guidelines for practice, and a case study.

Serving Minority Elders in the 21st Century, ML Wykle, and AB Ford (Eds.), 1999, Springer Publishing Co., New York, 340 pgs [S0909].

Experts from a range of disciplines promote the need for awareness of the unique ethical, physical and cultural issues in each ethnic group and propose directions for research and policy to ensure a continuum of appropriate care for aging minority populations. This edited volume resulted from a national two-day symposium, "Serving Minority Elders in the 21st Century," which was held in October 1996.

Caregiving Across Cultures, R Valle, 1998, Taylor & Francis, Washington, DC, 233 pgs [S0908].

This book offers a cross-cultural hands-on approach for professionals and care providers who are developing culturally based techniques for the care of dementia-affected individuals and their families. The book also details practical approaches to cross-cultural assessment, staff training, community outreach, and the development of linguistically-viable dementia care informational materials.

Women of Color Health Data Book: Adolescents to Seniors, WH Leigh & MA Lindquist, 1998, Office of Research on Women's Health, Department of Health & Human Services, NIH Publication No. 98-4247, Washington, DC, 98 pgs [S0938].

This data book features current information on women's health as well as details the role of culture, ethnicity, race, socioeconomic background, geographic location and other social and economic factors — important contributors to the health status of women. This data will aid policy makers and researchers in understanding the health status of women of color in this country in order to formulate policies and research priorities to improve the health of all women in the US.

Full-Color Aging: Facts, Goals, and Recommendations for America's Diverse Elders, TP Miles (Ed.), revision of a 1994 publication, The Gerontological Society of America, Washington, DC, 161 pgs [S0929].

This collection of articles provides a handy reference for teachers, clinicians and researchers on many of the issues confronting geriatrics and gerontology. Various articles feature demographics, unique features of Alzheimer's disease in ethnic populations, chronic disease and critical issues in understanding family support and older minorities.

Minorities, Aging and Health, KS Markides & MR Miranda (Eds.), Sage Publications, Thousand Oaks, CA, 467 pgs [S0907].

A resource in the fields of gerontology, public health, ethnic studies and nursing, this book opens the debate on how to provide for the specific needs of an increasingly diverse population. Articles by contributors examine a variety of populations, including Hispanics, Asian Americans, Pacific Islanders, and Native Americans. Some

(Continued on Page 3)

RRC Resources (cont.)

specific issues covered include: mortality and life expectancy, the incidence of disease and disabilities, diet and nutrition, access to health services and long term care, and public health care policy.

Cohort Analysis as a Tool in Ethnogeriatrics: Historical Profiles of Elders from Eight Ethnic Population in the United States, G Yeo, N Hikoyeda, et al, 1998, Stanford Geriatric Education Center, Working Paper Series No. 12, Palo Alto, CA, 60 pgs [S0920].

Developed to help providers understand the impact of ethnicity on health and mental health care for ethnic elders, these materials examine various cohort flows through history. Historical profiles for eight populations, African American, American Indian, Chinese American, Japanese American, Filipino American, Korean American, Mexican American and Vietnamese American, are created by listing significant events and periods experienced by the various groups during specific age periods (childhood, adolescence, young adulthood, middle age, and older years) in their life course. This approach is taken since the influence of historical events such as immigration patterns and discrimination are reflected in the values, health beliefs, illness behaviors, self-image, degree of trust, and expectation of providers held by older persons. These materials are useful as educational aids in programs training health care providers in gerontology and geriatrics.

Health Promotion for Older Minority Adults: A Review, SL Dorfman, no date, @1995 The National Resource Center on Health Promotion and Aging, DSHS, published by American Association of Retired Persons (AARP), Washington, DC, 20 pgs [S921].

This review is a resource to help plan, implement and evaluate strategies for developing health promotion programs for underserved populations of older adults. Sections include challenges, influences on health and health behavior and designing and delivering health promotion as well as information specific to American Indians, Native Alaskans, Asians and Pacific Islanders, Blacks and Hispanics.

Core Curriculum in Ethnogeriatrics G Yeo (Ed.), 1999, Collaborative on Ethnogeriatric Education, Bureau of Health Professions, Health Resources and Services Administration, DSHS, 41 pgs [S0919].

The curriculum contains five modules: 1) Introduction and Overview, 2) Epidemiology of Health Condi-

tions, 3) Culturally Appropriate Geriatric Care: Fund of Knowledge, 4) Culturally Appropriate Geriatric Care: Assessment, 5) Culturally Appropriate Geriatric Care: Health Care Interventions, Access and Utilization. These modules serve as a basic generic curriculum in ethnogeriatrics that can be adapted to focus on health and health care for elders from specific ethnic populations.

Resource Center loan policy:

Books on Health Promotion: The loan period is for two weeks free-of-charge. Loans are limited to 3 items per transaction. Materials may be picked up in person or forwarded via US mail. Please telephone NWGEC at (206) 685-7478 or fax at (206) 685-3436 to request materials.

The Regional Resource Center is located at NWGEC's office, 1910 Fairview Ave E., Suite #203, Seattle. You are invited to browse books, screen videotapes, or borrow resource materials. Please call NWGEC (206) 685-7478 for a browsing appointment or to arrange long distance loans.



Web resources on ethnicity and health

Hundreds upon hundreds of web sites feature information on ethnicity and health and the number continues to grow. As with all Internet information sources, it is important to use credible agencies as sources of information. The sites listed below are limited to government agencies that provide current data charts and tables, educational resources materials, information on state and local meetings, and other information that may be helpful to you.

<http://www.omhrc.gov> The mission of the Office of Minority Health is to improve the health of racial and ethnic populations through the development of effective health policies and programs that help to eliminate disparities in health. Their web site contains current data charts and statistics on diabetes and cardiovascular disease in various ethnic populations, a calendar of conferences, as well as links to the federal clearinghouse and other ethnic health-related sites.

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NWGEC Outreach in Wyoming

Doreen Sing, M.A., L.P.C., became NWGEC's Regional Consultant Trainer (RCT) for Wyoming for our health promotion project this year. Doreen is the Mental Wellness Coordinator for the Division on Aging, State of Wyoming Department of Health. Deb Fleming, Ph.D., our RCT for Wyoming for the past three years, left Wyoming to take the position of State Director of the South Dakota AARP. We miss Deb and wish her good luck.

Doreen stepped in as Wyoming's RCT without missing a beat. Using materials developed as part of our Curriculum Module Series, she conducted Alzheimer's disease workshops in three sites: Riverton, Cheyenne and Evanston, during January-March 2001. We are grateful to the Wyoming Department of Health for allowing Doreen the time to work with us to bring information about effective strategies and techniques to address behavior disturbances to professional, volunteer, and family caregivers in Wyoming.

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University of Washington Provides Educational Opportunities for Wyoming Seniors

Riverton: The Northwest Geriatric Education Center Outreach Program in conjunction with the Wyoming Department of Health's Aging Division touches the state of Wyoming in a substantive way. The Wyoming Senior Companion Program has been given the privilege to involve its Senior Companions into educational training sessions provided by the NWGEC program.

The Senior Companion Program is a national service initiative in which low-income senior volunteers provide one-to-one personal services to persons (21 years of age and older) at risk of being institutionalized. In Wyoming, Senior Companion volunteers provide services in one of six main areas of need : socialization, respite care, personal care, nutritional support, home management, and client information-advocacy. A federal requirement of the program is that senior companions receive 48 hours of in-service training annually to assure quality service is provided. The NWGEC's training program has spoken to training needs of the program beautifully.

In February two sets of senior companions participated in training programs which dealt with dementia. Participants gained insight to the coping mechanisms when dealing with persons with dementia as well as looking for clues which could distinguish dementia from other geriatric population health issues such as depression nutritional deficiencies, medication misuse, etc. The training program was extremely encouraging to the volunteers in that it provided hope—hope that intervention was possible, proactive measures can have a positive impact, and that caregivers are not alone .

The enthusiasm for the training was evident. The Senior Companions are energized about future training opportunities though the Northwest Geriatric Education Center.

Prepared by Melissa Duncan, C.T.R.S., Wyoming Senior Companion State Program Manager, Riverton, WY

NWGEC Workshop in Cheyenne

Cheyenne: Laramie County Senior Services, a program of Cheyenne Housing Authority, has been serving the needs of the elderly in Cheyenne since 1972. The program focuses on three main areas – nutrition, special services and health promotion. Funded by the Older Americans Act and state, local and private contributions, programs are designed for seniors age 60+ and specifically target minority and low-incomes elders. Annually, over 2,500 different individual receive services and participate in Senior Services programs

Earlier this year, Senior Services participated in a local workshop on dementia and behavioral disturbances offered through the Aging Division of the Wyoming Department of Health using information and materials provided by NWGEC. Doreen Sing's 4-hour session included opportunities to discuss issues, participate in special activities and view an informative video on Alzheimer's disease. At the conclusion of the session, each participant received a certificate and a copy of "Healthwise for Life," an A to Z large print listing and description of health topics. The materials and information presented at the workshop helped take the mystery out of aging and will benefit participants for years to come. It was a wonderful educational opportunity and we look forward to future workshops.

Prepared by Kim D. Maes, Senior Services Director, Cheyenne Housing Authority

Web Resources (Cont.)

Something here about curriculum modules

<http://www.aoa.gov> The Administration on Aging's web site provides information on ethnic aging and health-related issues. Two interesting documents are available to download: *The Many Faces of Aging: Resources to Effectively Serve Minority Older Persons* and *Achieving Cultural Competence: A Guidebook for Providers of Services to Older Americans and Their Families* (January 2001). The guidebook is a 65-page PowerPoint slide set.

Something here about 40 hours of training??

<http://www.chid.nih.gov> CHID, the Combined Health Information Database, is a cooperative effort among several federal agencies. It serves as a single source of health information. New topics are added and updated quarterly.

<http://www.cdc.gov/nccdphp> The National Center for Disease Prevention and Health Promotion web site provides useful information about chronic diseases, risk behaviors, specific populations (minority and ethnic groups) and training.

<http://www.metrokc.gov/health> Results of the King County Ethnicity and Health Survey (1995-96) can be accessed at this web site. This survey was designed to identify specific health needs and lead to a discussion of appropriate disease prevention services needed by ethnic communities.

<http://www.google.com> You will find a wealth of information by logging on to google.com and searching "ethnicity and aging" and "ethnic health status."

Last Print Copy of *Viewpoint*

NWGEC is now publishing *Viewpoint* online! You can access *Viewpoint* at NWGEC's web site:

<http://depts.washington.edu/nwgec>.

We will continue to produce an on-line newsletter twice a year. If you would like to receive an email notice when a new issue is available with a link to our web site, please send a copy of your email address to patann@u.washington.edu. If you do not have access to the Internet or would like to receive a photocopied version of *Viewpoint* in the mail, please contact NWGEC at (206) 685-7478.

Calendar of Events

May 8 –10, 2001

The Many Faces of Aging, 2001 Wyoming Governor's Conference on Aging, Radisson Hotel, Casper, Wyoming
NWGEC is cosponsoring the event and is providing content and speakers for a full day of health promotion training on Wednesday, May 9, 8:00 a.m. – 4:00 p.m.

To register or for more information contact: Laura Hudspeth/Edna Vadjia tel: 1-800-442-2776 or (307) 777-7986; email: lhudsp@state.wy.us or evajda@state.wy.us

June 1, 2001

Health Care for Older Adults, Holiday Inn, Bozeman, Montana 8:00 a.m. – 4:30 p.m.

Registration fee: \$35; \$15 for students (before May 21); \$50, \$20 for students (after May 21)

To register or for more information contact NWGEC (206)685-7478

June 26, 2001

Beyond the Barriers: Effective Breast Cancer Early Detection Strategies for Older Women,

Kane Hall, University of Washington, Seattle, 10 a.m. – 12:30 p.m.

National video teleconference sponsored by the Virginia GEC, Virginia Health Quality Center, Cancer Information Service, NWGEC and various other agencies

For information contact NWGEC (206) 685-7478.

To register contact Virginia GEC (804) 828-9060

September 2001 – TBA

Promoting Health for Older Adults, Anchorage Alaska

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