

BUILDING COMMUNITIES FOR LONGEVITY, CONNECTION, AND PURPOSE: A DATA DRIVEN APPROACH

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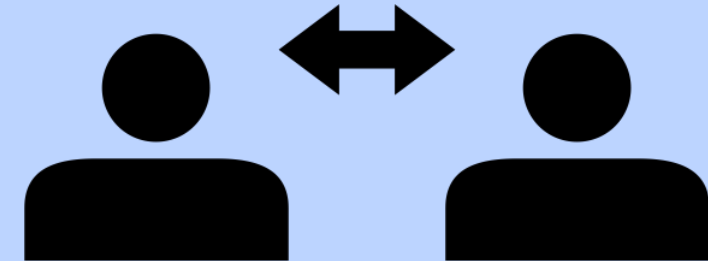


COMMUNITY IMPACT
COLLABORATIVE

Intro & Micro Session Overview

- “Turning Knowledge into Action”
- Session Format:

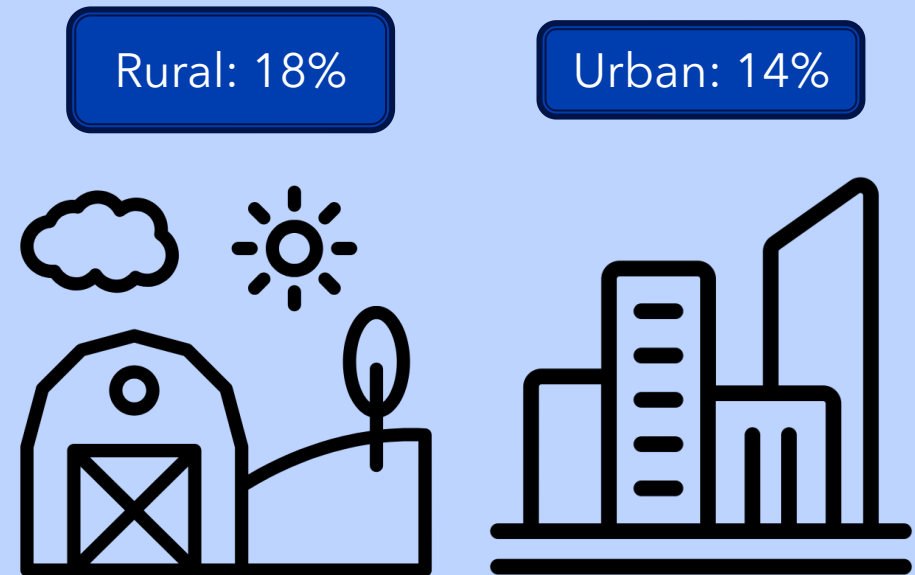
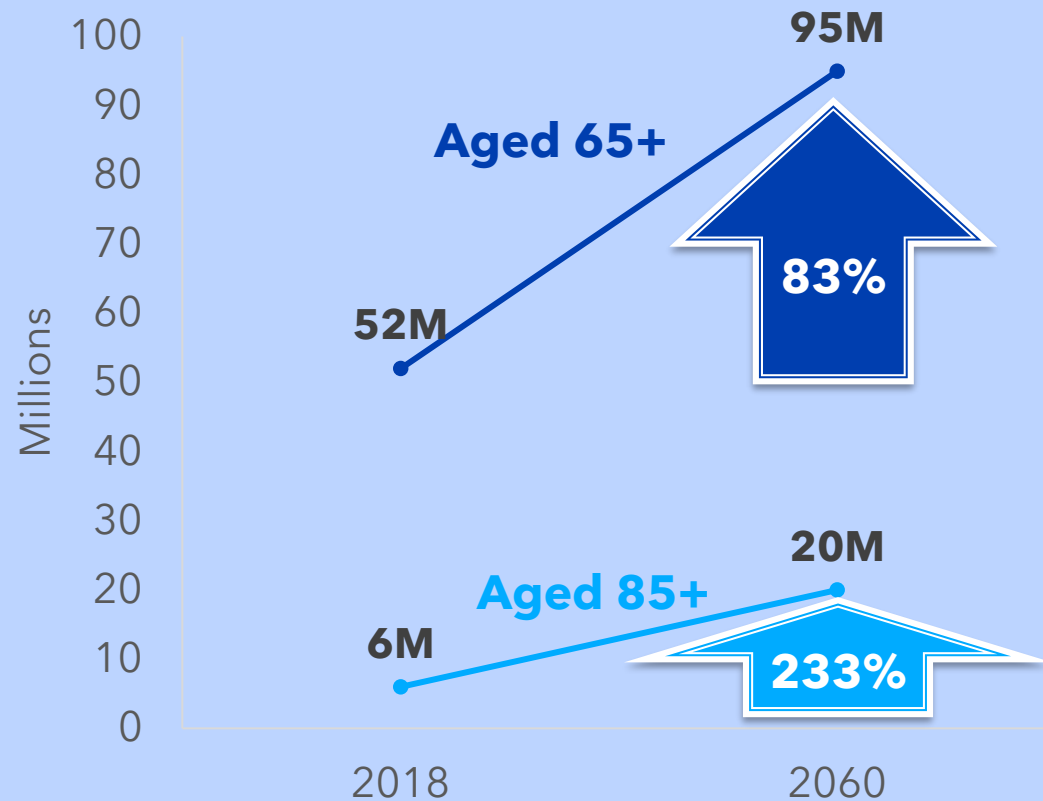
Pillars	Knowledge	2min Actions
1. Longevity	Research/Data	Peer Sharing
2. Connection	Research/Data	Peer Sharing
3. Purpose	Research/Data	Peer Sharing
Next Steps	Transfer Strategies	Table sharing



- Peers: at table, not sitting next to you
-

Age Wave Transformation

By 2030, 65+ adults will represent 21% of US population (up from 16%)



Rural communities are aging faster

HealthSpan-LifeSpan Gap

Avg US Adult spends their last 12.4 years coping with poor health



**Highest among
183 countries
studied**

Global avg
is 9.6 yrs

13%
since
2000

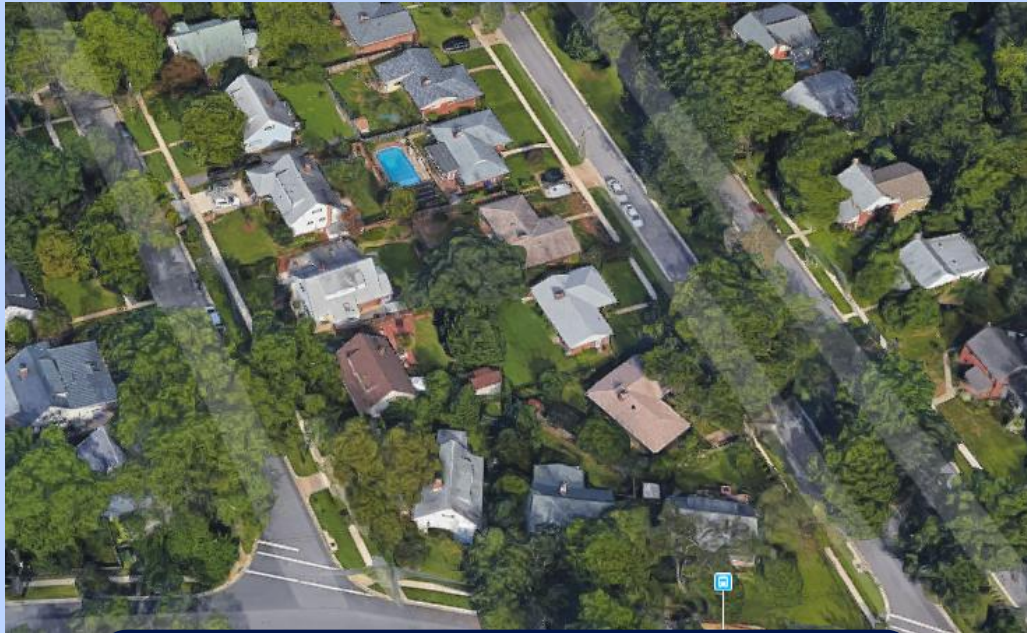




LONGEVITY PILLAR

Longevity Insight #1: Mobility-friendly Neighborhoods

Heart health risks reduced by 33% among older adults in mobility-friendly neighborhoods



Accessible Sidewalks, Nearby Destinations, Safe Crossings



Comparable to the impact of successful medications with population benefits

Longevity Insight #2: Green Space Access

Regular access to green spaces reduced all-cause mortality rates by 12% among adults 65+



Longevity: Peer Sharing Application

What physical barriers to multi-mobility exist in your community?

How could green spaces be improved specifically for older adults?





CONNECTION PILLAR

Connection Insight #1: Social isolation

Increases mortality risk comparable to smoking 15 cigarettes daily



Socially isolated older adults face a 50% increased risk of dementia

Economic Impact:
\$6.7B in additional Medicare spending annually



Connection Insight #2: Intergenerational Activities

Improved cognitive tests scores among older adults by 16.5%



**Reciprocal empathy:
Each generation comes to
better understand and
value the other**

Connection: Peer Sharing Application

What initiatives in your community foster meaningful social connections across age groups?

Are they low cost, high impact initiatives?





PURPOSE PILLAR

Purpose Insight #1: Purpose in Life

Older adults with high purpose in life had 24% reduced mortality over 7-years of follow-up



**Purpose is not fixed.
Can be cultivated
through community
initiatives & programs**

Purpose Insight #2: Volunteer Engagement

Regularly volunteering (2 hours weekly) correlates with 44% lower mortality risk



**Creates “bilateral benefits”
for both the volunteer and
recipient**

Purpose: Peer Sharing Application

How do you create purpose-driven aging in your community?

Consider how initiatives might simultaneously address longevity and connection goals





DATA-DRIVEN STRATEGY DEVELOPMENT

Take Action! Table Sharing



Identify One Insight You Can Utilize



Available Resources

Free Implementation Resources Guide

Implementation Resources for Enhancing Longevity, Connection, and Purpose	
Step-by-Step Guides:	Includes
AARP (2024). <i>Network of Age-Friendly States and Communities Toolkit</i> . https://www.aarp.org/livable-communities/info-2016/8-domains-of-livability-resources.html	Assessment surveys, 8 domains planning worksheets, community action plan templates
World Health Organization. (2023). <i>Age-Friendly Communities Implementation Guide</i> . https://extranet.who.int/agefriendlyworld/age-friendly-cities-framework/	Readiness assessment tools, stakeholder engagement templates, evaluation metrics
Grantmakers in Aging. (2023). <i>Creating Vibrant and Healthy Aging Communities: Implementation Toolkit</i> . https://www.giaging.org/documents/toolbox/GIA_Age-Friendly_Toolkit.pdf	Funding strategies, partnership development, policy change examples
National Association of Area Agencies on Aging. (2023). <i>Making Your Community Livable for All Ages: Action Planning Toolkit</i> . https://www.naa.org/livablecommunities	Livability self-assessment, community engagement strategies, sample project timelines
Assessment & Measurement Tools:	Includes
AARP (2024). <i>Livability Index: Custom Report Generator</i> . https://livabilityindex.aarp.org	Community-specific data on housing, transportation, health services, and social engagement
AdvantAge Initiative. (2023). <i>Community Assessment Survey for Older Adults (CASOA)</i> . https://polico.us/solutions/community-assessment-survey-for-older-adults	Validated survey tool with benchmarking capabilities for measuring community progress
Stanford Social Innovation Review. (2023). <i>Collective Impact Measurement System</i> . https://ssir.org/articles/entry/collective-impact	Framework for tracking cross-sector collaboration outcomes
CDC Healthy Aging Program. (2024). <i>Healthy Aging Data Portal Interactive Tool</i> . https://www.cdc.gov/aging/agingdata/index.html	Customizable reports to identify specific community health needs
Community Engagement & Partnership Tools:	Includes
Asset-Based Community Development Institute. (2023). <i>ABCD in Action: Mobilizing Community Assets</i> . https://resources.depaul.edu/abcd-institute/resources/Documents/ABCD_Implementation_Guide.pdf	Tools for identifying and leveraging existing community strengths
Community Tool Box. (2024). <i>Community Health Assessment and Group Evaluation (CHANGE)</i> . https://ctb.ku.edu/en/databases-and-tools	Structured approach to partnership development and community assessment

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National Council on Aging. (2023). <i>Network Development Guide: Building Community-Clinical Partnerships</i> . https://www.ncoa.org/article/building-relationships-with-healthcare-organizations	Strategies for creating healthcare partnerships to support aging initiatives
Generations United. (2024). <i>Intergenerational Program Assessment Tool</i> . https://www.gu.org/resources/intergenerational-program-assessment-tool	Evaluates program effectiveness and provides improvement strategies
Funding & Sustainability Resources	Includes
Grantsmanship Center. (2024). <i>Aging Services Funding Directory</i> . https://www.tgci.com/funding-sources	Comprehensive database of aging-related funding opportunities
National Association of County and City Health Officials. (2023). <i>Guide to Sustainable Funding for Healthy Communities</i> . https://www.naccho.org/programs/community-health/healthy-community-design/fund-use-planning-and-community-design	Funding models and sustainability planning templates
Administration for Community Living. (2024). <i>Program Sustainability Assessment Tool</i> . https://acl.gov/programs/strengthening-aging-and-disability-networks/aging-and-disability-resource-centers	Self-assessment for long-term program sustainability
Blue Zones Project. (2023). <i>ROI Calculator for Community Well-Being Initiatives</i> . https://www.bluezones.com/services/community-roi-calculator/	Tool for calculating economic return of community health investments
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