

# Community Factors

Q1 - Thought starters: How do we address structural challenges, build cultural resilience and cultural competence, empower communities with the tools they need?

I echo all this, and and cultural adaptations to evidence based programs, like tai chi, that promote exercise for diverse populations (Heather)

CVS, Walgreens, Target and others play an integral role in reaching older people - Many are trusted sources (Angie)

**Language access policies and procedures (Heather)**

Allocating staff that represent the diverse communities the institution is within  
- Heather

**lack of community and clinical connections and partnerships leading to lack of awareness of community resources**

built environment  
access to care  
staffing  
program availability  
technology/rural  
differences in state programs/coverage  
food security/ deserts  
cost to patients  
prioritization of healthy aging  
need for social support

**structural challenges: many communities are walkable, specifically in the DMV. However, the prevalence of violence hinders older adults from walking in their communities. (Angie)**

need to be creative in what constitutes physical activity and exercise needed

In Indian Country the lack of safe places to play and exercise is a recurring issue. Sidewalks/Deal with Rez dogs/playgrounds/Al most never see a swimming pool

Idea from John: Health navigator in the primary care home, to help docs and patients navigate the health programs and find the right resources for their needs. Keep awareness with medical professional.

## Q1: Community Factors (continued)

NAPCA has a helpline program that tries to bridge language access between AAPI older adults, CBOs that serve them, and the aging network. We would love to see these kinds of programs replicated to fill some of the access gaps

If a new Indian Health Service facility (hospital) were to be built today - at the current rate of funding - it would be 400 years before that facility was replaced.

Q2. How do we build cultural resilience and cultural competence to getting better policies for older adults living with obesity?

**Idea from John:  
Medical schools  
need to integrate  
sensitivity training  
into the education  
programs.**

**Idea from  
Stacy: human  
first concept  
makes the  
difference.**

**Idea from Angie:  
Many African  
American women  
spend significant \$\$  
on haircare, which is  
a barrier to physical  
activity.**

**Idea from Kathy:  
Older adults often  
feel that they may  
be too old at this  
point to get  
treatment for  
obesity. Think about  
this differently,  
reframe the issue.**

**From John: we need  
research to inform  
policies and  
payments that allow  
for tailored  
treatments,  
applicable for  
stages across the  
life course.**

**move away  
from the  
number move  
towards  
function**



### Q3. How do we empower communities with the tools they need to help build resilience and support older adults living with obesity?

communication  
with their members.  
outreach to  
members and  
educational  
programs

focus on build  
environment.  
advocate to policy  
stakeholders to  
meet needs of their  
communities

Idea from Heather:  
From covid  
experiences,  
barriers facing  
AAPIOA younger  
adults children have  
different beliefs  
about the vaccine.

Idea from Heather:  
Identifying  
community  
champions to  
deliver education  
and information

Identifying  
community  
champions to  
deliver education  
and information  
(Heather)

**Hefty policy and  
financial investment  
in restoring AI/AN  
language and  
culture - to recover  
from the Crime  
Against Humanity  
that was the Indian  
Boarding School Era**

Helping older adults  
identify who are the  
trusted sources in  
their communities.

**educate,  
educate,  
educate  
(Angie)**

There must be investment in rebuilding Native Communities - just like the Marshall Plan rebuilt Europe after WWII. No such investment was made to restore AI/AN communities following the hundreds of years of war against our Peoples.