



Health and Wellness in Communities of the Future

Thomas S. Nesbitt, M.D., MPH
Co-Champion, Healthy Aging in a Digital World
Professor, Family and Community Medicine (Emeritus)
UC Davis School of Medicine

Heather M. Young, PhD, R.N., FAAN
Co-Champion, Healthy Aging in a Digital World
Professor and Dean Emerita, Betty Irene Moore School of Nursing

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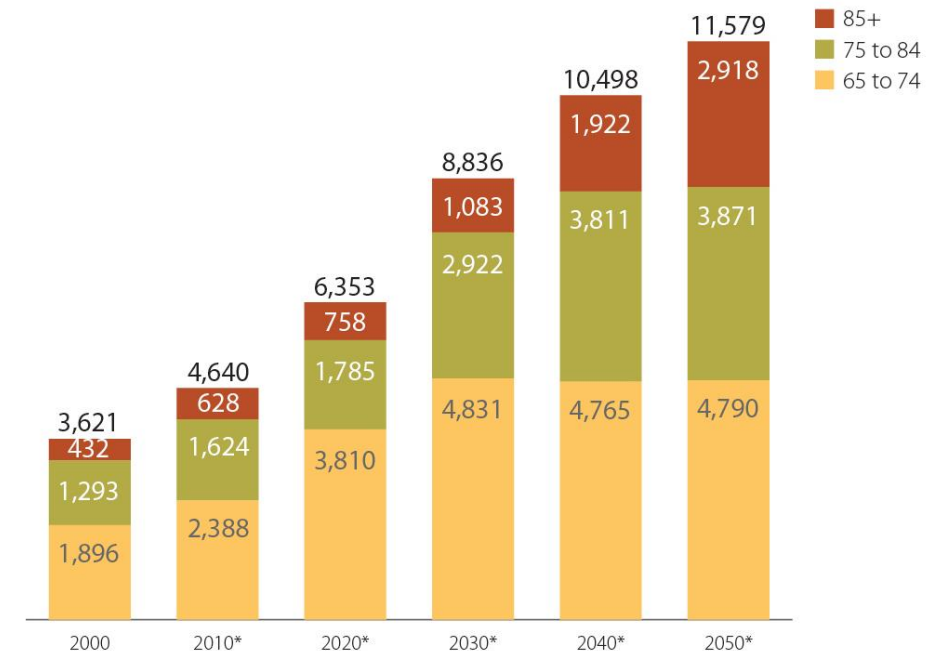
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Population Needs and Preferences

- Between 2020 to 2050, Californians aged 55+ years will increase by 70%
- The population of people with physical and intellectual disabilities is growing
- According to AARP, 95% of Americans over age 75 have said they want to stay in their homes indefinitely
- California was one of the first states to develop a Master Plan for Aging – first goal is Housing for All Ages and Stages
- There is a pressing need for community-based and technological solutions to help older adults and persons with disabilities age-in-place

California's Aging Population, 2000–2050

PROJECTED NUMBER OF RESIDENTS, AGE 65 AND OLDER (IN THOUSANDS)



*Data for 2010 to 2050 are projections.

Source: State Population Projections and Population Projections Program, Population Division, State of California, Department of Finance, Race/Ethnic Population with Age and Sex Detail, 2000–2050. Sacramento, CA, 2007.

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UC Davis Recommendations for Planning Healthy Communities for All Ages

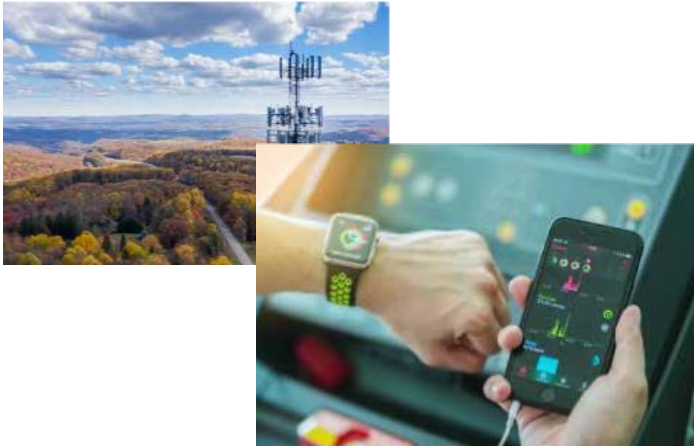


- Robust evidence for:
 - Mixed use and multi-generational communities
 - Walkable neighborhoods
 - Green space
 - Third places and other socialization facilitators
- Accessible community and home design for diverse residents
- Collaborations with support groups, local schools, academic institutions, and advocacy organizations can enhance the community

<https://health.ucdavis.edu/media-resources/chpr/documents/pdfs/planning-healthy-aging-communities-june-2021.pdf>

Community-based Solutions that Support Health and Independence

- Community Health



- Health Promotion



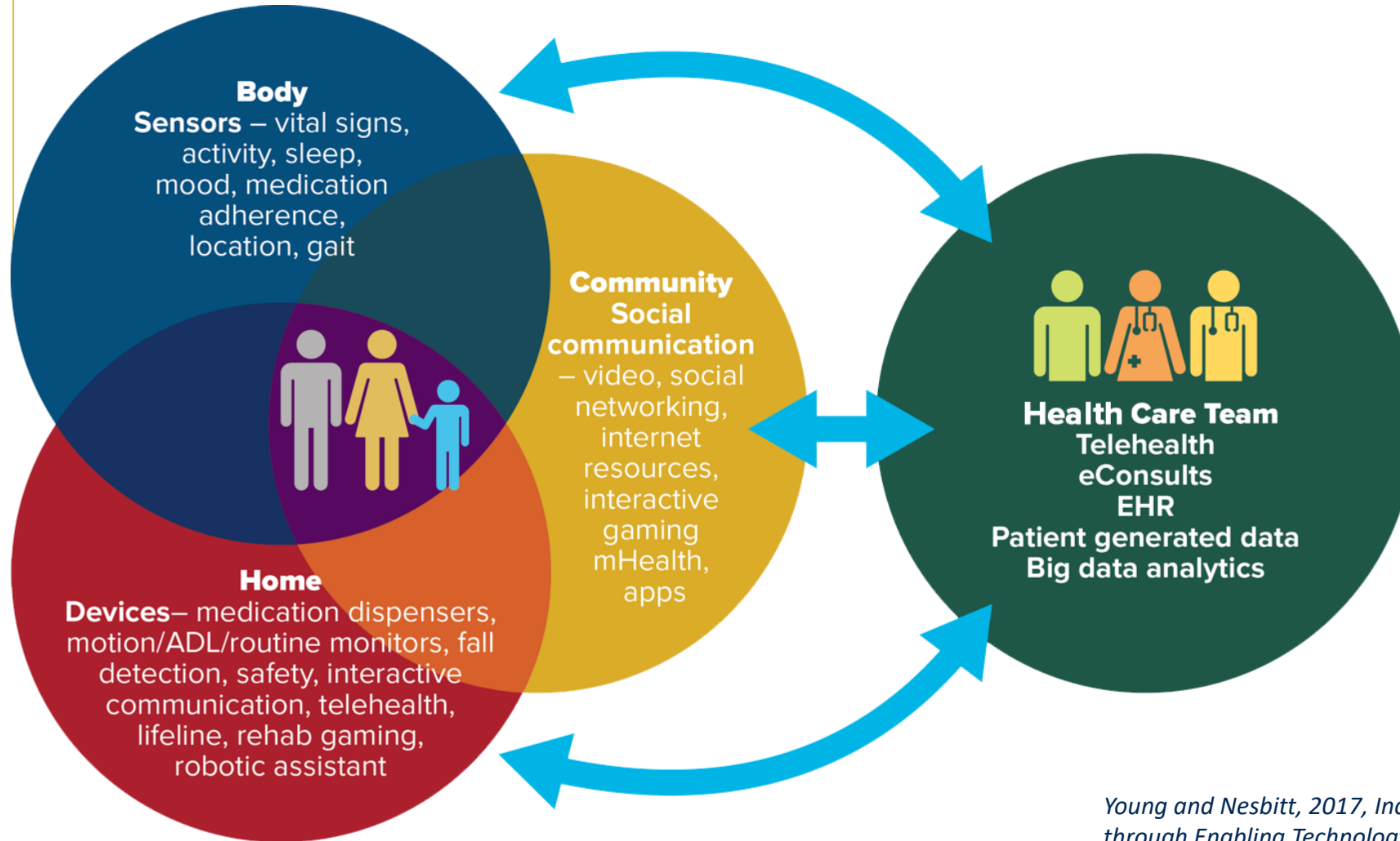
- Health Care



UC Davis Health's Mini Medical School:
Healthy Aging Education Series



Community-based Solutions that Support Health and Independence



Guiding Principles:

- Person-centered design
- Consumer choice and control
- Privacy protections

Young and Nesbitt, 2017, Increasing the Capacity of Primary Care through Enabling Technology, J Gen Internal Med 32(4): 398-403

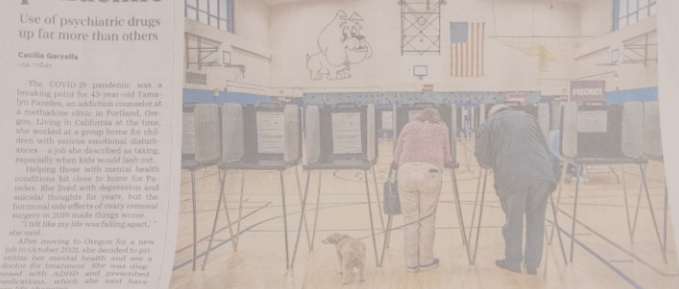
Pilot Work with Marshall Medical Center

- Direct two-way interactive dialogue between a care manager and the patient
- Identify and address social needs (e.g., shopping, social interaction, etc)
- Sharing, with permission, of subjective health related data (e.g., activity, appetite, pain)
- Provide reminders on health activities and reminders on appointments, need for transport, need for Rx refills, etc.
- Patients may choose to share home monitoring data (e.g., blood glucose, weight, blood pressure, etc.)



Mental health hit hard in pandemic

Key day at the polls in nontraditional year



Maria and Larry O'Rourke, with Parker the dog, vote at the Bishop School building location in Framingham, Mass., on Tuesday. (AP/ILANMANCUSA, TODAY NETWORK)

YOUR VOTE
We know you like talking politics.
Now you can text with us to get news about the 2024 election sent straight to your phone.
Send a text to 301-888-6791 to get started.

US woman to become 1st to sail solo nonstop around the world
Claire Thornton
USA TODAY
In a sea of male competitors, Cole Brauer is the only woman in an around-the-world solo sailing competition that's quickly coming to a close. Later this week, the 29-year-old from Long Island, New York, is expected to cross the finish line in waters off the coast of Spain.
At that point, she'll become the first American woman to sail solo nonstop around the world.
Friends, peers and sailing enthusiasts have been cheering Brauer on since last October, when she embarked on her more than four-month journey. Her boat First Light, a special model of racing sloop called a Class40, is expected to return to the race's starting point of A Coruña, Spain, on Thursday, according to organizers of the Global Solo Challenge.
Brauer said she anticipates arriving in Spain late Wednesday night or early Thursday.
"For the next two days or so it's a completely moving target," Brauer said in a video posted to her Instagram on Monday.
The latest official race update on See SOLO SAILING, Page 3A.

Technology helps allow caregiving from afar
Sheer distance takes toll on millions of families
Marc Ramirez
USA TODAY
Alyssa Weakley, a neuropsychologist at the University of California, Davis, trained in developing technology for cognitively impaired older adults, is acutely aware of the challenges of long-distance caregiving.
Still, when her proudly independent grandmother began showing signs of what would ultimately be diagnosed as early-stage Alzheimer's disease in 2018, it took her and her family by surprise.
Her grandmother, in her 70s, lived alone in Southern California; Weakley and her family were scattered throughout Northern California and Washington.
"There were a whole host of things that made independent living challenging for her," Weakley said. "But there was nobody really there to provide her with care."
Soon, she and her family found themselves in a position shared by nearly 6 million other Americans: being caregivers from a complicated and often distressing distance. According to an AARP report in 2020, long-distance caregivers represent more than 1 in 10 of the country's estimated 53 million family caregivers, meaning they live an hour or more from their care recipient; on average, they live about 450 miles away.
"Long-distance caregivers have not been adequately recognized as legitimate sources of care because of the physical distance that makes their contributions less apparent or visible," said Francesca Falzarano, an assistant professor of gerontology at the University of Southern California, Los Angeles. "However, we have and will continue to see an increase in individuals who find themselves

USA TODAY analysis of Medicaid data for the 60 most used psychiatric drugs showed a growing number of people sought mental health treatment and medication during the pandemic as it pushed people into isolation and dismantled support systems.
Today, Families takes these medications to manage her mental health. Her sleep quality has improved. Her stress has more control over her emotions. Finding her attention at work has become easier, especially after being fired for performance issues in previous jobs.
"I cannot go back to not being medicated," she said.
A USA TODAY analysis of Medicaid data for the 60 most used psychiatric drugs showed a growing number of people sought mental health treatment and medication during the pandemic as it pushed people into isolation and dismantled support systems.
The analysis also revealed a lingering effect of the pandemic: Mental health-related prescriptions rose far faster in 2022, up 32% from 2019, outpacing the less than 1% growth in overall prescriptions. That includes prescriptions for generic Zoloft, the most common antidepressant medication, which rose 17% over the same period.
More than half of these drugs saw an increase in prescriptions since the start of the pandemic.
See MENTAL HEALTH, Page 6A.

Advertisement

How to help elderly parents from a distance: Tech can ease logistical, emotional burden

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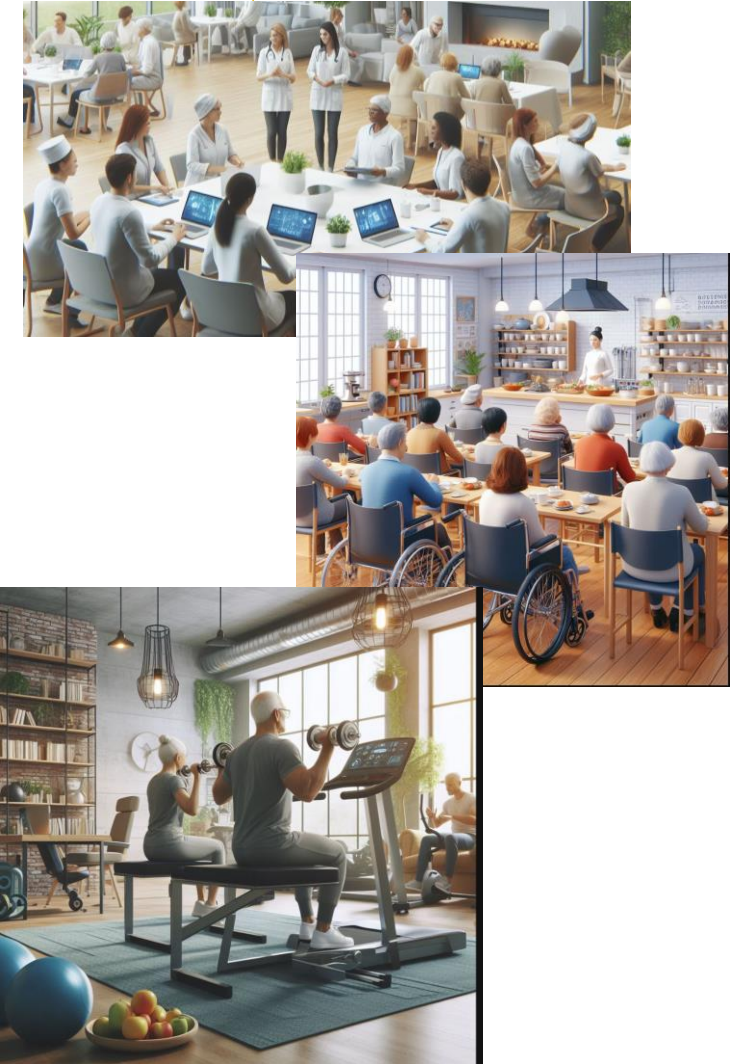
USA Today Feb 28th, 2024



TESTING TECHNOLOGY TO PRESERVE INDEPENDENCE

KCRA Sacramento. March 18th, 2024

On-site Opportunities for University Collaborations with Healthy Aging Communities



■ Teaching

- Education facilities for health professionals focused on gerontology and physical/developmental disabilities
- Facilities for public meetings, demonstration kitchens, community gardens, fitness and testing facilities, programs for increasing health knowledge

■ Research

- Space for university researchers, International experts, industry partners, and other health organizations
- Collaborative community research space (e.g., nutrition, fitness, health, engineering, and social sciences)

COMMUNITY for HEALTH and INDEPENDENCE



WELCOME TO
THE
COMMUNITY



THE MOTIVATION COLLABORATION + PURPOSE

Collaboration between AKT and UC Davis Health with a large and diverse team of expert contributors.

The Community promotes independence and longevity:

- Residents can live longer and remain in their homes and community
- Evidenced-based design features and cutting-edge health technology
- Enhance the well-being of older adults and persons with disabilities



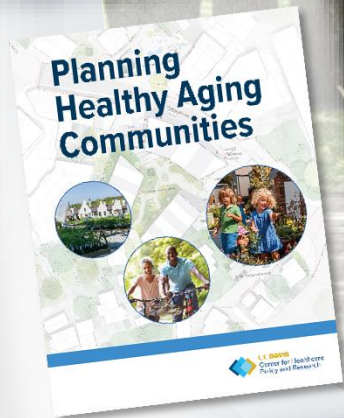
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THE MOTIVATION NEED + EVIDENCE

Guided by UC Davis Center for Healthcare Policy and Research; two reports - *Community for Health and Independence* (2018) & *Planning Healthy Aging Communities* (2021) studied:

- Ways to facilitate aging in place
- Use of technology for independence
- Existing resources for older and vulnerable people
- Examples of model communities
- Needs of the Region
- Land planning synergies and strategies



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THE GRAND VISION UC DAVIS RESEARCH COMPLEX

- World Class Center for the study of healthy aging and living with disabilities
- Diverse and significant employment opportunities
- Accessible medical care and caregiving support systems
- Community outreach, education, and support services
- Performing Arts and Community Center opportunities



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THE GRAND VISION GREENING + HEALTH BENEFITS

Beneficial Health Outcomes:

- Increased physical activity
- Reduced obesity
- Enhanced social interaction
- Better community engagement
- Improved mental health
- Improved air quality
- Valuable aesthetic benefits

Greening Strategies:

- Wayfinding opportunities
- Significant tree canopy and plant layering
- Landscaped trails and pathways
- Community gardens, parks and plazas
- Natural areas to enjoy nature



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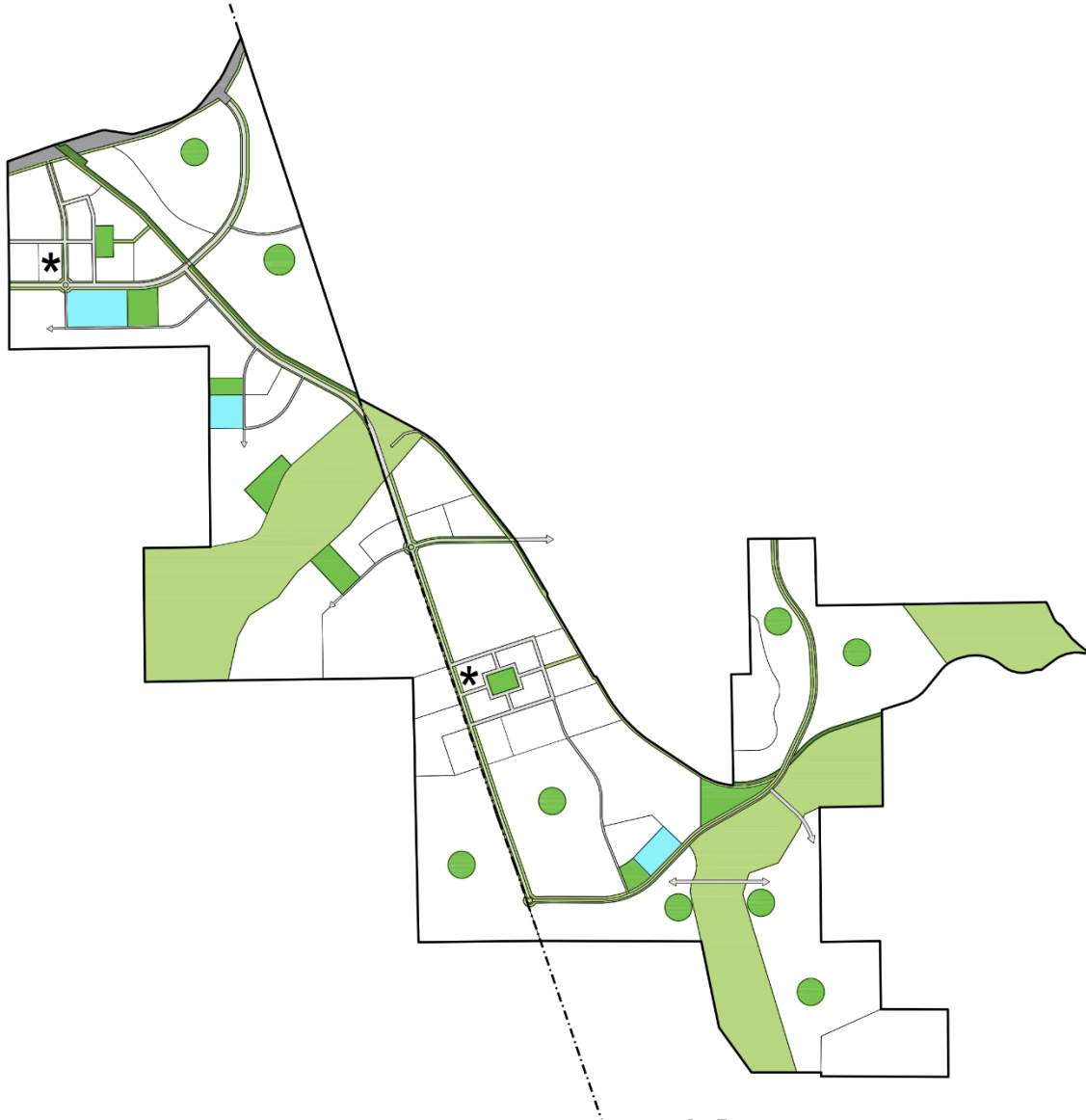


THE MASTER PLAN PLACES FOR ALL

Places we play, learn, explore

Parks, Open Space, Trails + Schools

- Parks and Picnic Areas
- Commercial Plazas
- Community Gardens
- Outdoor Pavilions
- Places of Worship
- Schools
- Trails and Trailheads
- Comfort Stations



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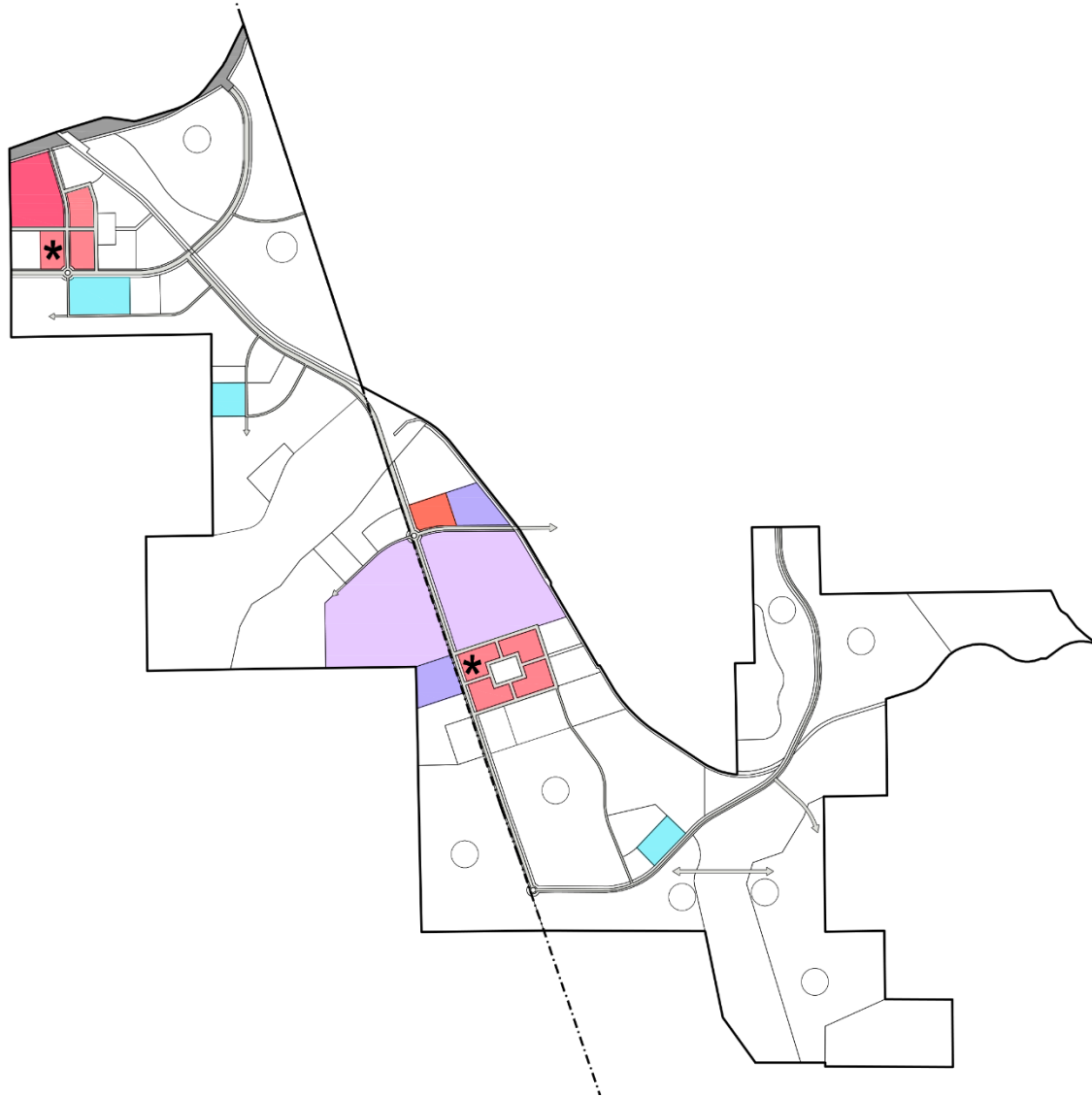


THE MASTER PLAN PLACES FOR ALL

Places we do business, work, shop

Our Workplaces + Places of Commerce

- UC Davis Research Complex
- Office, Research, Retail and Civic Employment
- Lifestyle and Neighborhood Shopping Centers
- Restaurants and Cafes
- Personal and Family Service
- Medical and Tech services



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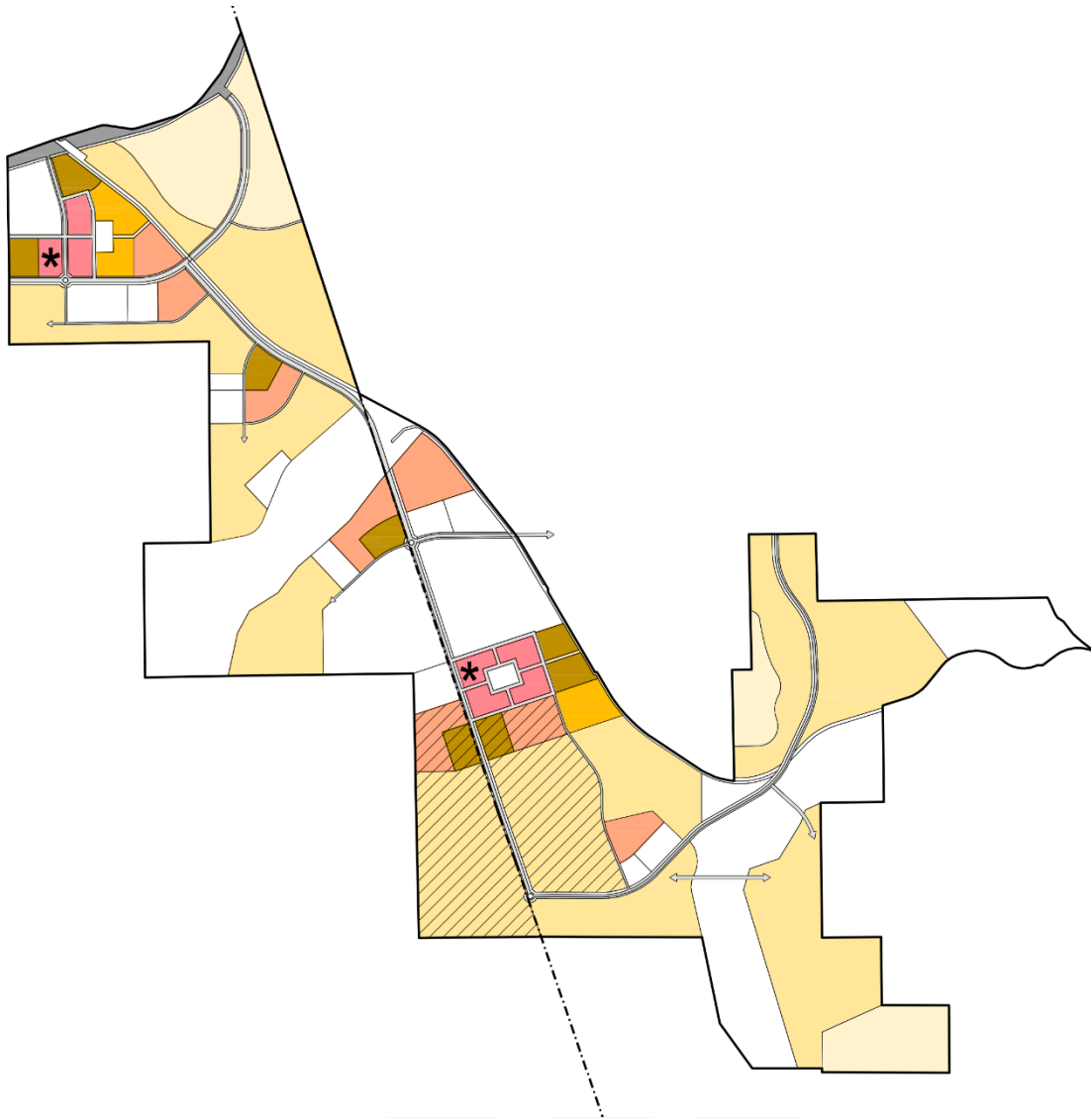


THE MASTER PLAN PLACES FOR ALL

Places we thrive, live, grow

Our Homes, where we begin and end each day

- Multi-Generational Neighborhoods and Home Design
- Single-Family Homes and Multi-Family Homes
- Accessory Dwelling Units
- Residential Care Facilities
- Specialty Group Homes and Assisted Living
- Age-Targeted Homes
- Alley and Court Loaded Homes
- Cottage Homes around Common Open Spaces



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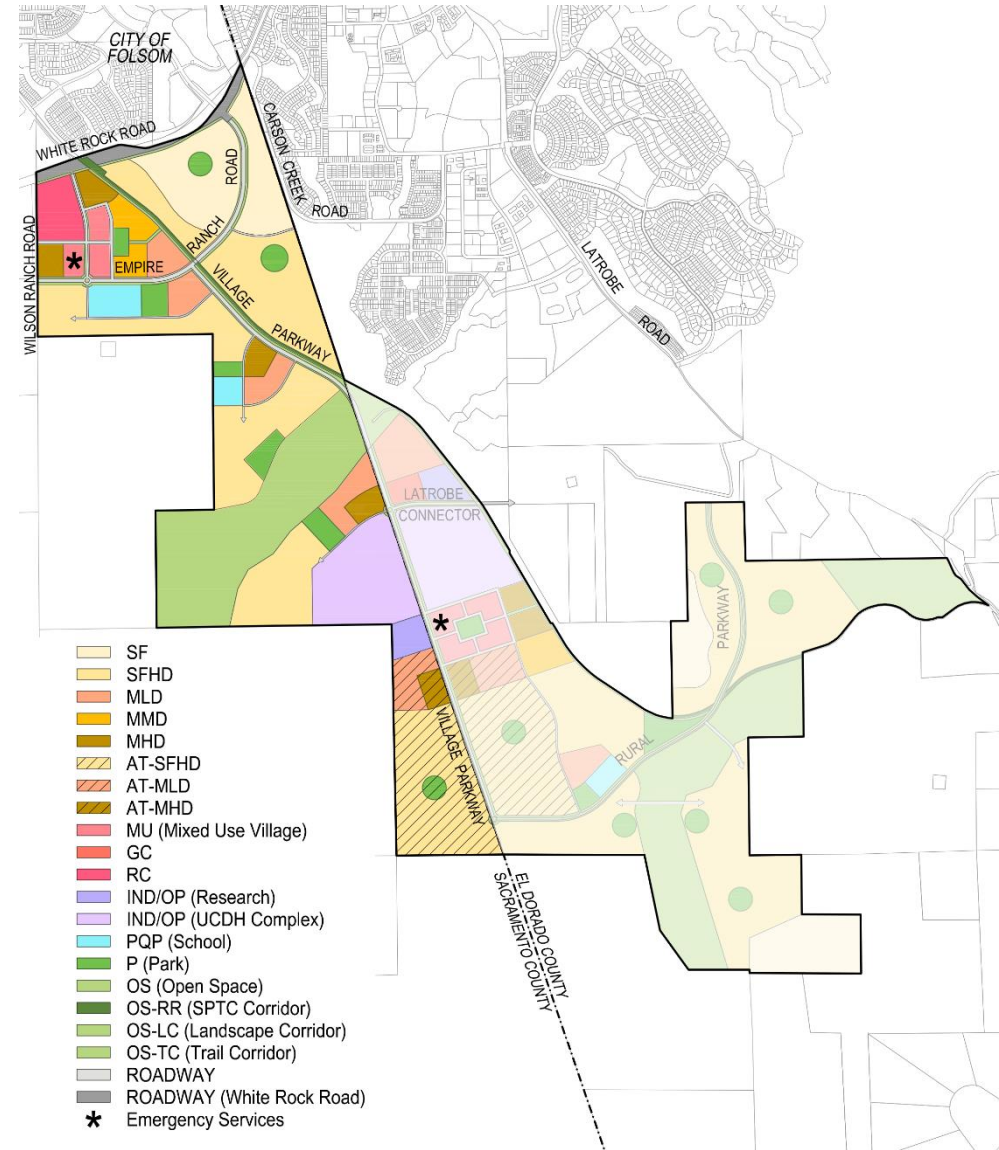
THE DETAILS THE COMMUNITY WEST

The Plan:

- 1,416± Total Acres
- 340± AC Parks and Open Space
- 170± AC Commercial and Employment (with 100± AC UCD Complex)
- 4,500± Dwelling Units
- Elementary and Middle School
- Miles of Trails and Pathways

The Planning Entitlements:

- General Plan Amendment
- Prezone/Rezone
- Specific Plan
- Environmental Impact Report (EIR)
- LAFCO Annexation/Sphere Amendment
- Special District Boundary Adjustments



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THE MOBILITY PLAN

PROMOTING ACCESS + NAVIGATING SAFELY

Regional + Local Mobility

- Exploring Transit Opportunities and Latest Technology
- Collaborating with SACOG
- Highway 50 Interchange and Capitol Southeast Connector
- Latrobe Road to White Rock Road Connector
- Bus Service and Community Micro-Transit
- Neighborhood Electric Vehicles (NEVs)
- Personal Mobility Devices and Charging Stations

Trails + Bikeways + Sidewalks

- Walking and Biking Network
- Class I, II, III, and IV Bike Facilities
- Safe Pedestrian Routes to School
- Sidewalk Plazas with Seating



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THE UTILITY PLAN CITY OF FOLSOM

Water:

- Investigating water supply alternatives to serve the project
- Investigating conveyance and treatment
- No impacts to service for existing residents

Wastewater + Recycled Water:

- Developing and analyzing service options

Drainage:

- Low Impact Development (LID) and water quality treatment



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THE PUBLIC SAFETY PLAN



Law Enforcement + Fire Protection

- Collaborating with law enforcement and fire protection agencies to best serve the community
- Potential for civic safety sites located within the project

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THE BENEFITS HOUSING DIVERSITY + NEEDS

- Regional Housing Needs Allocation
- Integrated and Diversified Housing Opportunities
- Affordable and Attainable Housing for all Income Levels
- Supportive Housing and Advanced Care Housing



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THE BENEFITS FISCAL BENEFITS

- Ensure net fiscal benefit to the City of Folsom
- Significant employment opportunities in the areas of technology, research, education and healthcare
- Commercial and Mixed-Use Area offer new, significant, diversified, and sustainable retail and sales opportunities
- Industrial/Office park planned near the 200-acre UC Davis Complex will attract additional business integration and synergetic uses



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THE BENEFITS

A MODEL FOR FUTURE COMMUNITY DESIGN



- Stimulating community engagement to promote inclusion
- Planning for physically and neurologically diverse people of all ages
- Promoting physical and mental wellness to promote overall health
- Providing safe pedestrian trails and routes to promote daily mobility and exercise
- Embracing forward thinking technology to promote aging in place
- Developing wayfinding techniques to promote independence for persons living with disabilities
- Implementing greening strategies to promote active outdoor lifestyles

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THE NEXT STEPS

Collaboration with City of Folsom, El Dorado County, Sacramento County and Other Agencies

- Integrated Comprehensive Master Plan with Specific Plans created for each jurisdiction
- Environmental and Infrastructure Studies, Financing Plans
- Comprehensive project level EIR

Preliminary Review + Feedback

- Project Narrative, Maps and Exhibits

Public Outreach + Community Involvement

- Early, meaningful, and transparent planning process
- Collaboration with the community, the City of Folsom, El Dorado County, and Sacramento County



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Community for Health & Independence

Challenges & Opportunities



“Life is Not Predictable”



The UC Davis MIND Institute
(*Medical Investigation of Neurodevelopmental Disorders*)
www.health.ucdavis.edu/mind-institute/



“MIND Institute scientists “...have been central to most of the significant developments within autism research within the last decade” (*The Atlantic*, Oct. 2016)

California Senate Senior Policy Consultant (2000-2015)

California Autism Insurance Mandate SB 946

Every health care plan that provides hospital, medical, or surgical coverage shall also provide coverage for behavioral health treatment (BHT) for Autism or Pervasive Developmental Disorders.

Results & Outcomes of SB 946 (March 2014):

Eligible: 42,000 children (3-21 years of age).

1,600 Regional Center consumers.

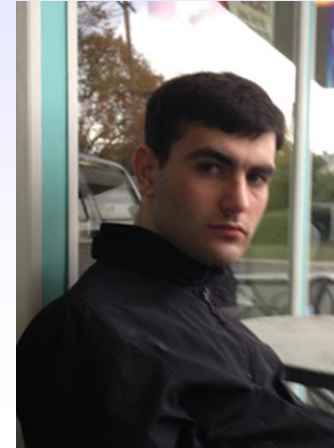
\$80 Million annual savings to DDS.

\$200 Million annual savings to schools & taxpayers.

Affordable Care Act & Medi-Cal includes **BHT** for ASD.

“What happens to kids with Autism??”

THEY GROW UP!!!



Integrated Community Development: The Vision (2016)

To establish an integrated, multigenerational, planned community with a culture, resources, amenities, services/supports, & infrastructure that improve the lives of all individuals, including (but not limited to) older adults, individuals with autism & other disabilities, and their families.



In Life We ALL Need:

A JOB



A HOME



A FRIEND



“We must all try and leave this world a little better than we found it” Angelo K. Tsakopoulos



The End