



MHP Salud Technical Assistance Call

Llamada de asistencia tecnica de MHP Salud

Key issues affecting older Hispanic adults /
Problemas claves que afectan a los adultos mayores Hispanos

3.16.2022 / 3.16.2022

www.mhpsalud.org



Who are we? / ¿Quiénes somos?

MHP Salud is a national nonprofit organization that implements and runs Community Health Worker (CHW) programs. These programs provide peer health education, increase access to health resources and bring community members closer. MHP Salud also has extensive experience offering health organizations and service providers training and technical assistance on CHW programming tailored to their specific needs.

MHP Salud es una organización nacional sin fines de lucro que implementa y administra programas de promotores(as) de salud. Estos programas brindan educación sobre la salud entre compañeros, aumentan el acceso a los recursos de salud y unen a los miembros de la comunidad. MHP Salud también tiene una amplia experiencia en ofrecer capacitación y asistencia técnica a organizaciones de salud y proveedores de servicios sobre la programación de los(as) promotores(as) de salud adaptada a sus necesidades específicas.

Strengthening Aging Services for Hispanic Populations

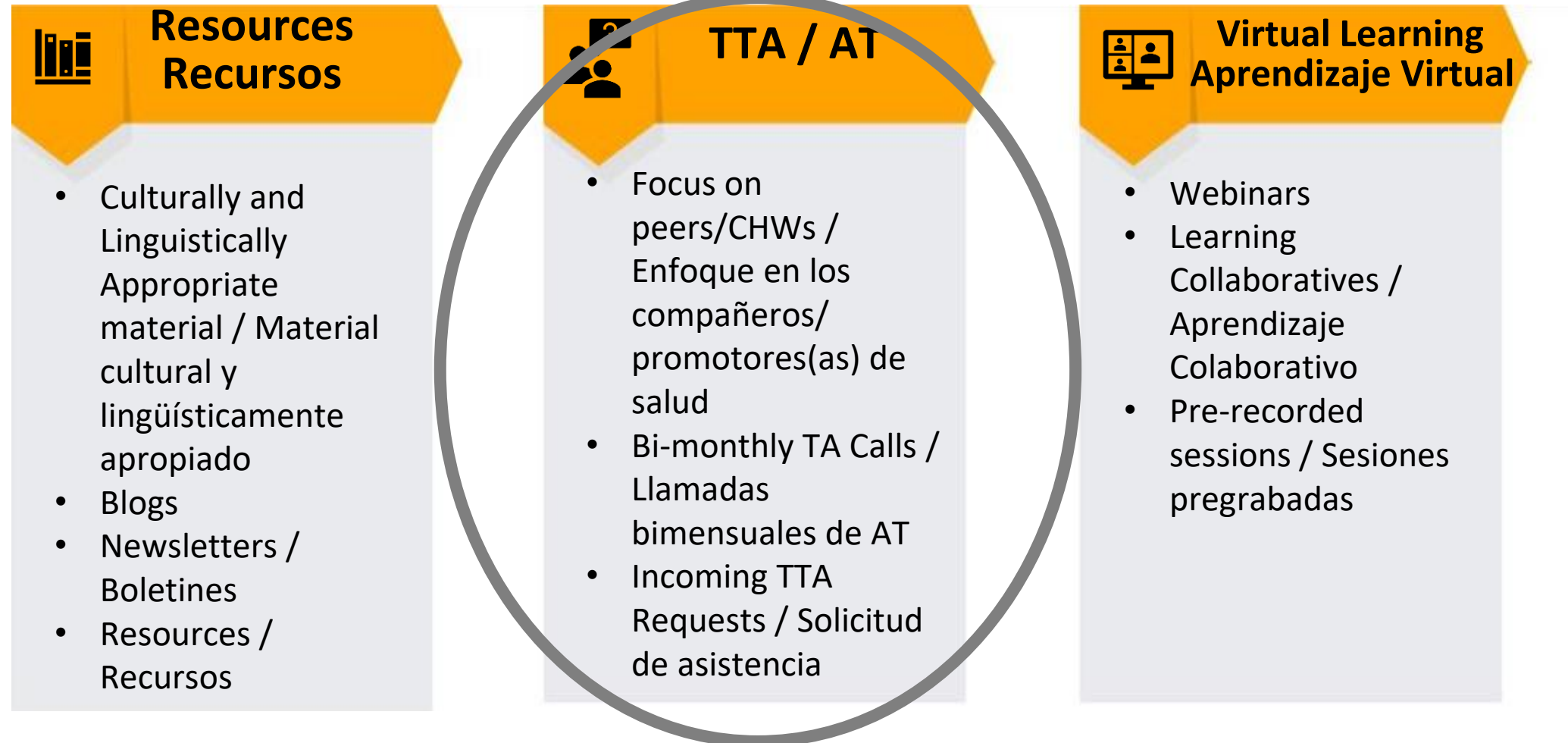
Fortaleciendo los Servicios para Personas Mayores de la Población Hispana

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Overview of Aging Services Program /

Descripción General del Programa de Servicios para Personas Mayores

Minority Aging Technical Assistance Resource Center (TARC) /
Centro de Recursos Técnicos para el Envejecimiento de las Minorías (TARC)





Technical Assistance Calls?

¿Llamadas de Asistencia Técnica?

- Provide **resources** and **training** on key issues affecting the Aging Hispanic/Latino community / Proporcionar **recursos** y **entrenamiento** sobre problemas clave que afectan a la comunidad hispana/latina en a la tercera edad
- **Peer support/Apoyo entre compañeros**
- Collect **feedback** from service providers on future TA topics/Recopilar **comentarios** de los proveedores de servicios sobre futuros temas de AT

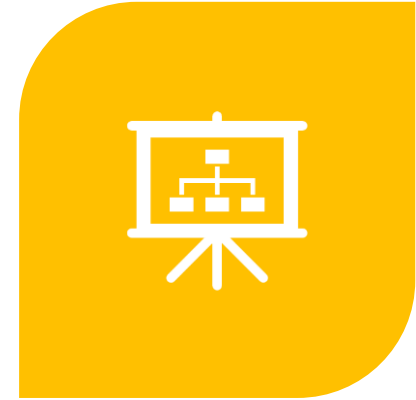
Introductions / Introducciones



NAME
NOMBRE



LOCATION
UBICACIÓN



ORGANIZATION
ORGANIZACIÓN

Post your response in the chat / Ponga sus respuestas en el chat

The American Public Health Association has adopted the following definition of **Community Health Worker**

A Community Health Worker is a frontline public health worker who is a trusted member of and/or has an unusually close understanding of the community served. This trusting relationship enables the worker to serve as a liaison/link/intermediary between health/social services and the community to facilitate access to services and improve the quality and cultural competence of service delivery.

A Community Health Worker also builds individual and community capacity by increasing health knowledge and self-sufficiency through a range of activities such as outreach, community education, informal counseling, social support and advocacy.

In other words...

A Community Health Worker is a trusted member of the community who empowers their peers through education and connections to health and social resources.





La Asociación Estadounidense de Salud Pública ha adoptado la siguiente definición de Promotor y Promotora de Salud

Los(as) Promotores(as) de Salud o Trabajadores Comunitarios son aquellos que ocupan la primera línea de atención en la salud pública.

Son miembros en los cuales la comunidad ha puesto su confianza y que poseen un conocimiento único sobre la comunidad a la que sirven.

Basado en esta relación de confianza, los(as) promotores(as) se convierten en el enlace, son el interlocutor o intermediario entre los servicios de salud o servicios sociales y la comunidad, facilitando el acceso y la calidad de los servicios de salud y mejorando la atención culturalmente adecuada.

Además, los(as) promotores(as) de salud desarrollan capacidades individuales y comunitarias al incrementar el conocimiento sobre la salud y la autosuficiencia a través de actividades, tales como: Promoción de Salud, educación comunitaria, terapia o consejería informal, apoyo social y abogacía.

Today's Speakers



Shannon Patrick, MPH
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Flor Robertson, MSHA
Program Director
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Today's Learning Objectives / Objetivos de hoy

After today's training, participants will be able to:

1. Understand what COVID-19 variants are, how they develop, and what that means for our communities
2. Explain why vaccines and booster shots are important, how booster shots work, and what shots are available in the US
3. Practice ways to respond to common concerns about COVID-19 variants and booster shots

Después de la capacitación de hoy, los participantes podrán:

1. Entender que son variantes del COVID-19, como desarrollan, y que significa para nuestras comunidades
2. Explicar por que son importantes las vacunas y los refuerzos, cómo funcionan los refuerzos y cuales están disponible en EEUU
3. Practicar diferentes maneras de responder a preocupaciones comunes sobre las variantes del COVID-19 y los refuerzos

COVID-19 Deaths by Age Group

● Percentage of Deaths ● Percentage of US Population



Source:

• Centers for Disease Control and Prevention, COVID Data Tracker: Demographic Trends of COVID-19 cases and deaths in the US reported to CDC, March 7, 2022

- The pandemic has disproportionately impacted older adults.
- While individuals over the age of 65 account for 16% of the U.S. population, the [CDC reports](#) that this age group accounts for [75% of deaths](#) from COVID-19.
- During his [State of the Union](#), President Biden announced plans to significantly improve nursing home quality, including addressing staffing shortages.
- La pandemia ha impactado desproporcionadamente a los adultos mayores.
- Aunque las personas mayores de 65 años representan el 16 % de la población de los EE. UU., los CDC informan que este grupo de edad representa el 75 % de las muertes por COVID-19.
- Durante su Estado de la Unión, el Presidente Biden anunció planes para mejorar significativamente la calidad de los hogares de ancianos, lo que incluye abordar la escasez de personal.

Effect of COVID-19 on Older Adults / Los efectos del COVID-19 en los Adultos Mayores

• **Well-Being:** A new report funded by the [CDC Foundation](#) examined the needs and concerns of older adults and found that, during COVID-19, older adults reported feeling socially isolated and lonely. [Health experts](#) are also pointing to how the pandemic upended daily routines for older adults and how that has impacted physical activities and mobility.

• **Alzheimer's:** A new [study](#) found that deaths among people with Alzheimer's disease and related dementias surged 26% during the first year of the pandemic, especially among beneficiaries living in nursing homes.

• **Long-Term Care:** Residents in long-term care facilities were hit hard by the pandemic, and the [industry continues to struggle](#) with staffing shortages, high turnover, and burnout.

- **Bienestar:** Un nuevo reporte financiado por la Fundación CDC examinó las necesidades y preocupaciones de los adultos mayores y descubrió que, durante el COVID-19, los adultos mayores informaron sentirse socialmente aislados y solos. Los expertos de salud también señalan cómo la pandemia alteró las rutinas diarias de los adultos mayores y cómo eso afectó las actividades físicas y la movilidad.
- **Alzheimer:** un nuevo estudio encontró que las muertes entre las personas con enfermedad de Alzheimer y demencias relacionadas aumentaron un 26 % durante el primer año de la pandemia, especialmente entre los beneficiarios que viven en hogares de ancianos.
- **Atención a largo plazo:** Los residentes en centros de atención a largo plazo se vieron muy afectados por la pandemia, y la industria continúa luchando con la escasez de personal, la alta rotación y el agotamiento.

COVID-19's Impact on Rural Communities

Cases



Over **7.9 million COVID-19 cases** were reported in rural America between February 2020 and December 2021.

Vaccination

Rates: Urban vs. Rural

As of January 2022, **49.4%** of adults in rural counties had been fully vaccinated compared to **62.5%** in urban counties.



As vaccination rates increase, the level of rurality decreases.

Rural communities often experience lower vaccination rates as a result of **vaccine hesitancy** and **reduced vaccine access**.

Toll

2021 - 2022:
Weekly Number of Rural COVID-19 Deaths



As of September 2021,
1 in every 434 rural Americans
have died of COVID-19 compared to
1 in 513 urban Americans.

In rural areas, there are **1.7**
Intensive Care Unit (ICU) beds per
10,000 people.



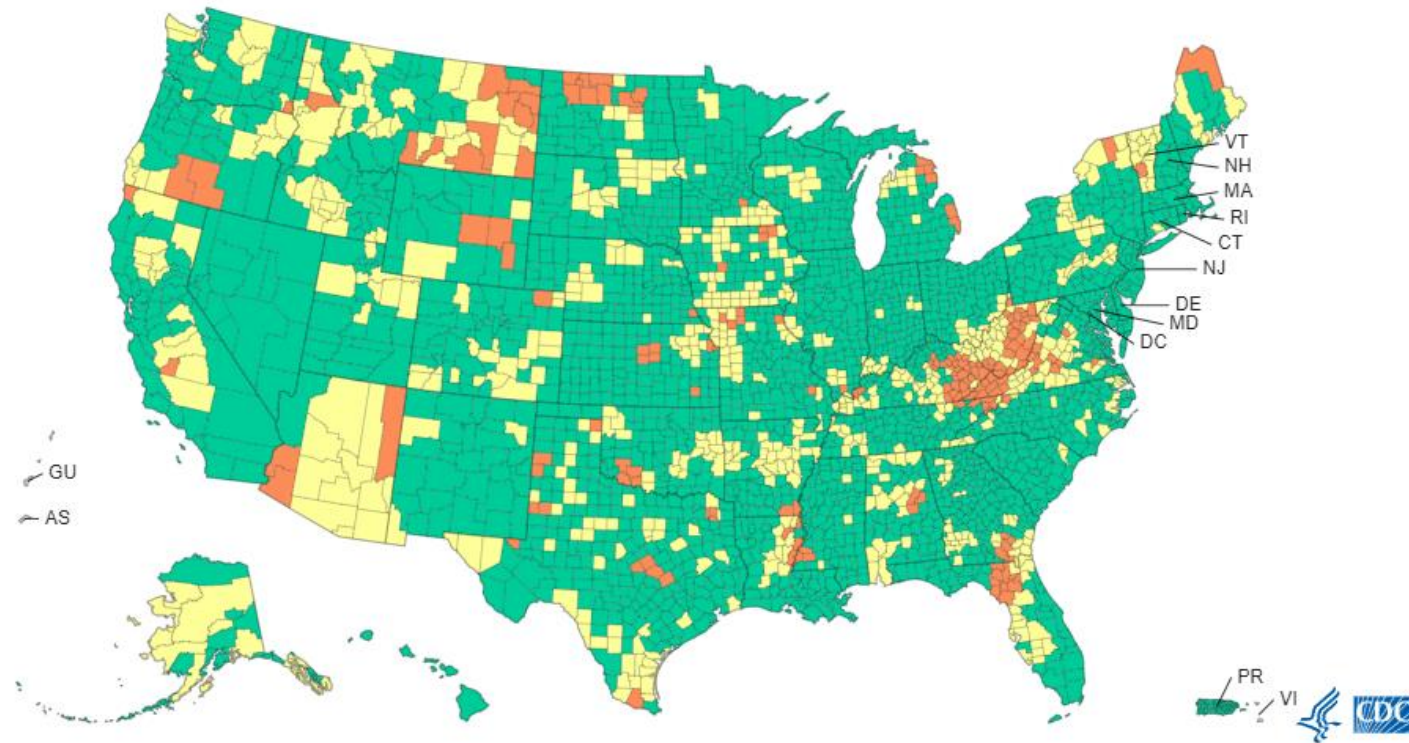
In non-rural areas, there are
2.8 ICU beds per 10,000 people.

*Studies show that even prior to the pandemic, the rural health safety net
was becoming **increasingly unstable...***

U.S. COVID-19 Community Levels by County Map

Maps, charts, and data provided by CDC, updates every Thursday by 8 pm ET

Updated: March 10, 2022



Legend

● High

● Medium

● Low

COVID-19 and Older Adults and Hispanics / El COVID-19 y los Adultos Mayores y Hispanos

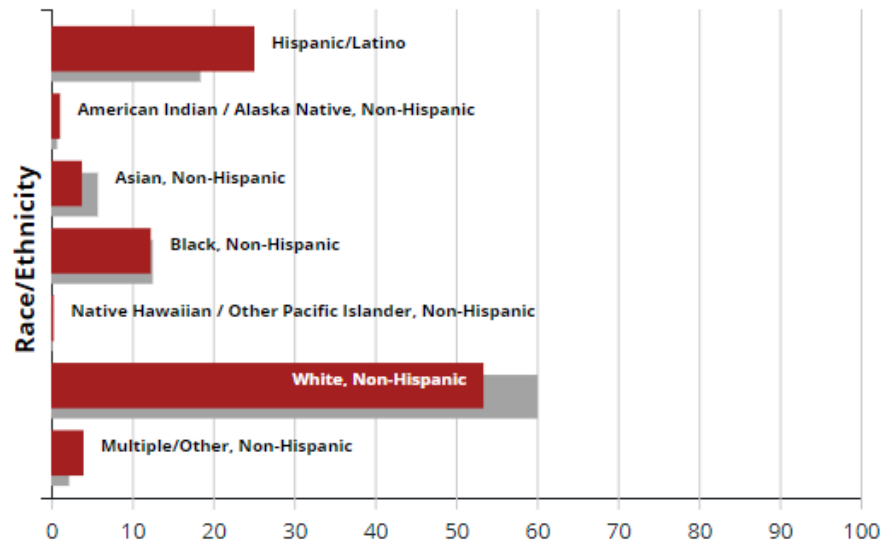
Cases by Race/Ethnicity:



Download ▾

Data from 68,267,568 cases. Race/Ethnicity was available for 44,429,019 (65%) cases.

All Age Groups ▾



- Percentage of Cases, All Age Groups
- Percentage of the US Population, All Age Groups

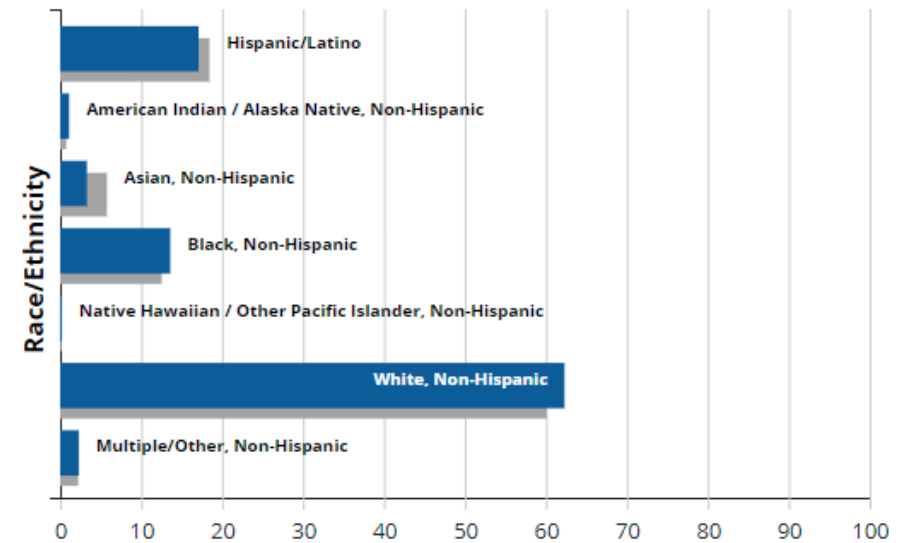
Deaths by Race/Ethnicity:



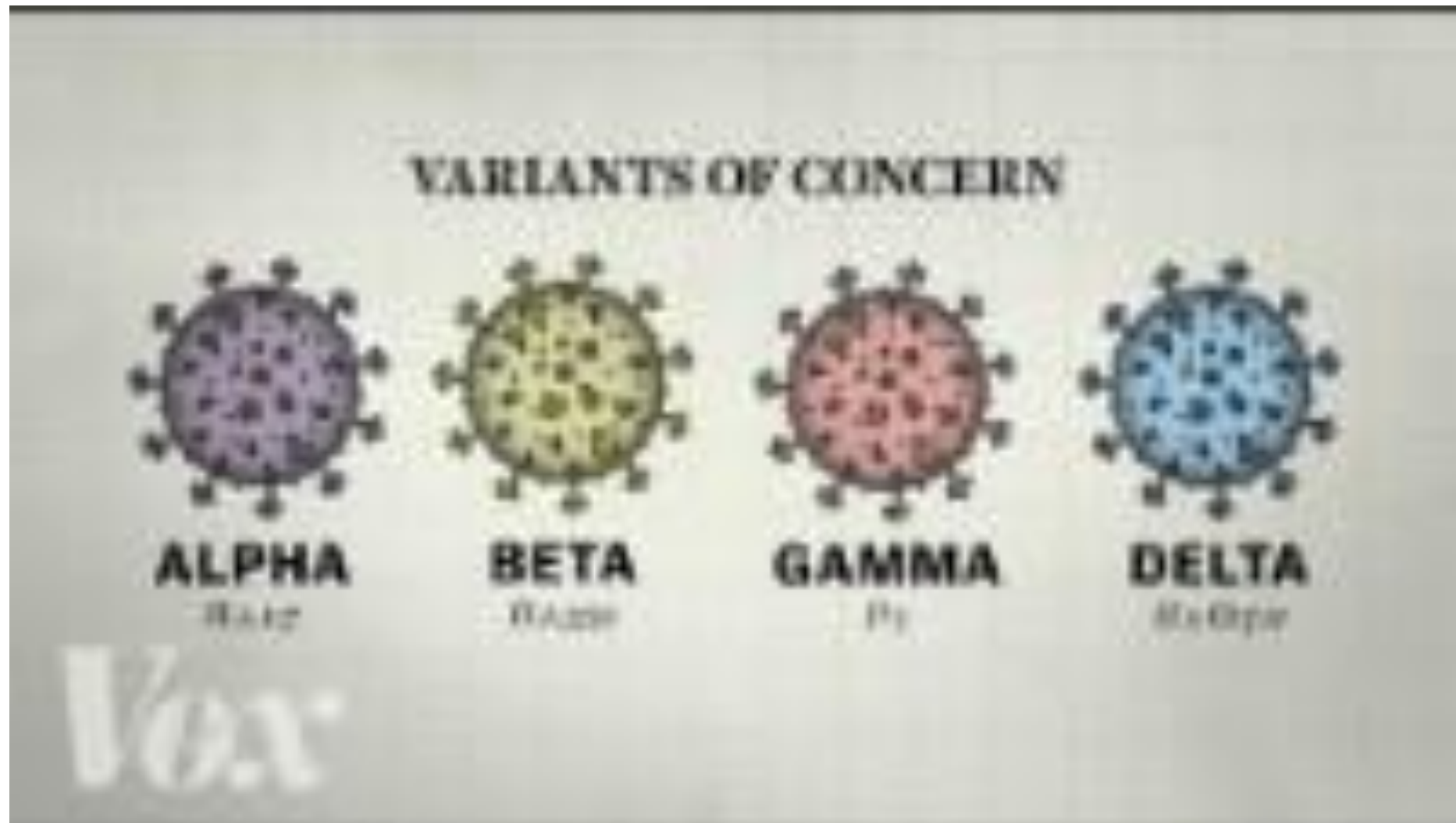
Download ▾

Data from 852,982 deaths. Race/Ethnicity was available for 719,751 (84%) deaths.

All Age Groups ▾

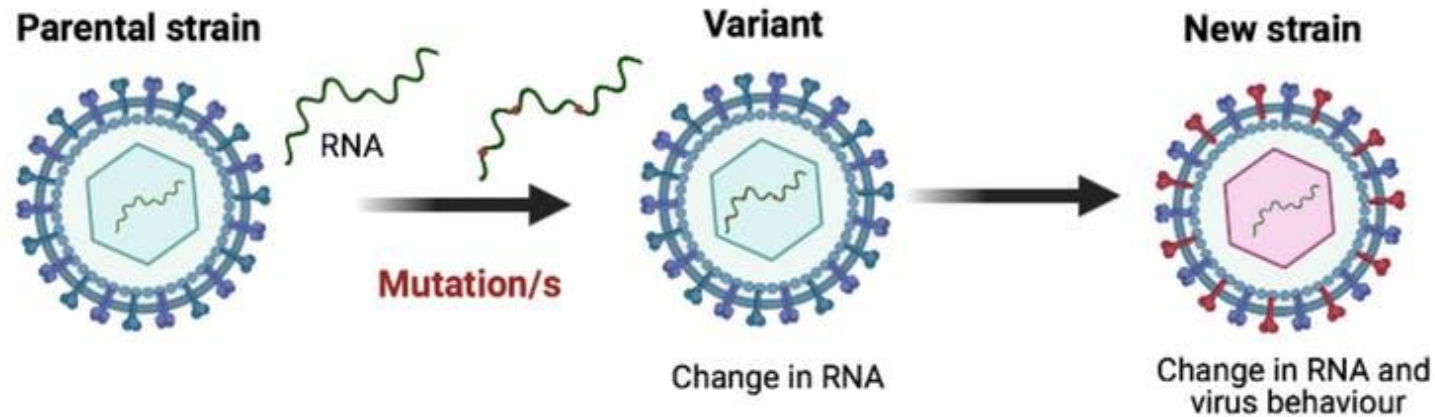


- Percentage of Deaths, All Age Groups
- Percentage of the US Population, All Age Groups



<https://www.youtube.com/watch?v=Ha6yUxze1vk>

What are variants? / ¿Qué son las variantes?



- **A mutation** refers to a single change in a virus's genome (genetic code). Mutations happen frequently, but only sometimes change the characteristics of the virus.
- **A variant** is a viral genome (genetic code) that may contain one or more mutations.
- According to the CDC: Viruses constantly change through mutation and sometimes these mutations result in a new variant of the virus. Some variants emerge and disappear while others persist. New variants will continue to emerge.
- **Mutación**: una mutación se refiere a un cambio único en el genoma del virus (código genético). Las mutaciones ocurren con frecuencia, pero sólo a veces modifican las características del virus.
- **Variante**: una variante es un genoma viral (código genético) que puede incluir una o más mutaciones.
- Según los CDC: Los virus cambian constantemente a través de mutaciones y, a veces, estas mutaciones dan como resultado una nueva variante del virus. Algunas variantes emergen y desaparecen mientras que otras persisten. Seguirán surgiendo nuevas variantes.

Why do we care about variants? / ¿Por qué nos importan los variantes?

Variants can mean potential for:

- Reinfection
- Changes in most common symptoms
- Different transmissibility (more or less infectious)
- Healthcare and essential worker shortages
- Potential for more hospitalizations
- Treatments may become less effective
- Prolonged pandemic/ restrictions/ economic effects

Variantes pueden significar un potencial para:

- Re infección
- Cambios en los síntomas mas comunes
- Transmisión diferente (mas o menos infecciosa)
- Escasez de trabajadores esenciales y de salubridad
- El potencial para mas hospitalizaciones
- Tratamientos pueden volverse menos efectivos
- Pandemia prolongada/restricciones/efectos económicos

What are variants of concern? / ¿Qué son las variantes de preocupación?

Variant of concern is a variant for which there is evidence of:

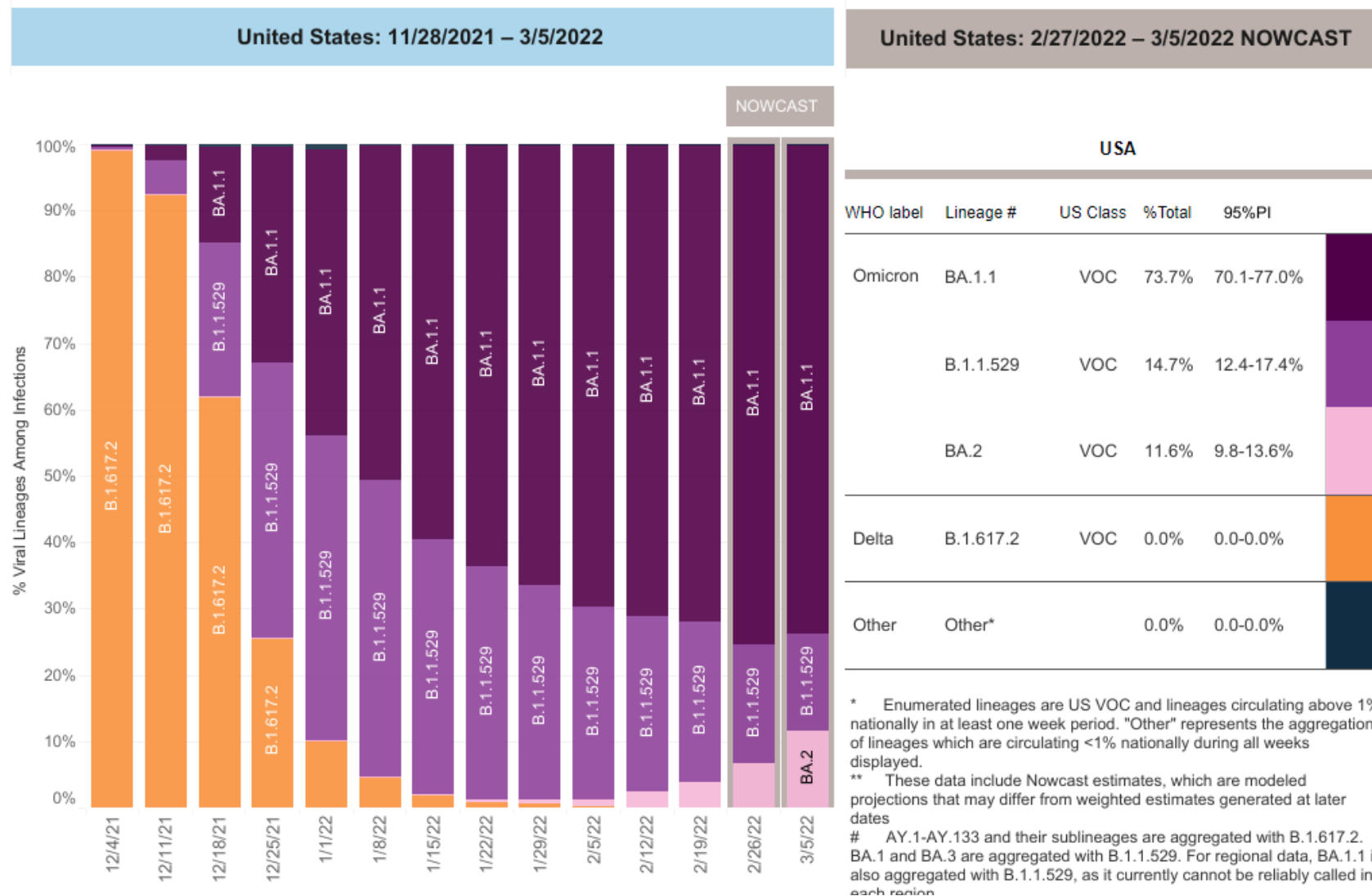
1. An **increase in transmissibility**
2. More **severe disease** (for example, increased hospitalizations or deaths)
3. **Significant reduction in neutralization by antibodies** generated during previous infection or vaccination, **reduced effectiveness of treatments or vaccines**, or **diagnostic detection failures**

Variante de preocupación es una variante para la cual existe evidencia de:

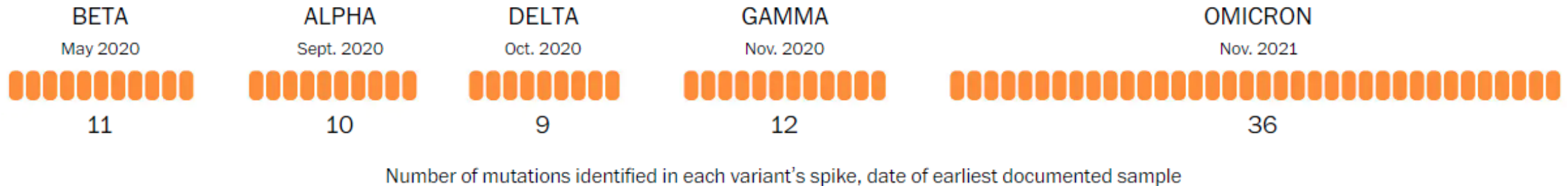
1. Una **mayor transmisibilidad**
2. Casos más **graves de enfermedad** (por ejemplo, mayor cantidad de hospitalizaciones o muertes)
3. **Reducción significativa en la neutralización** por los resultados generados durante una infección anterior o la vacunación, **menor eficacia de los tratamientos o las vacunas**, o **fallas de detección de diagnóstico**

On November 30, 2021, the U.S. government SARS-CoV-2 Interagency Group (SIG) classified Omicron as a [Variant of Concern \(VOC\)](#).

Activity: Delta vs Omicron Variants



How did the Omicron variant develop? / ¿Cómo se desarrolló la variante Omicron?



Key components of this variant:

- Many mutations (~50)
- Mutations on the spike protein (and a lot of them) and mRNA vaccines designed to attack spike protein
- Replicates rapidly
- Potentially less severe symptoms (one study found it is not affecting lungs as much as previous variants)
- It appears to be much more contagious

Componentes clave de esta variante:

- Muchas mutaciones (~50)
- Mutaciones en la proteína espiga (y muchas de ellas) y vacunas de ARNm diseñadas para atacar la proteína espiga
- Se replica rápidamente
- Síntomas potencialmente menos graves (un estudio descubrió que no afecta tanto a los pulmones como las variantes anteriores)
- Parece ser mucho más contagioso.

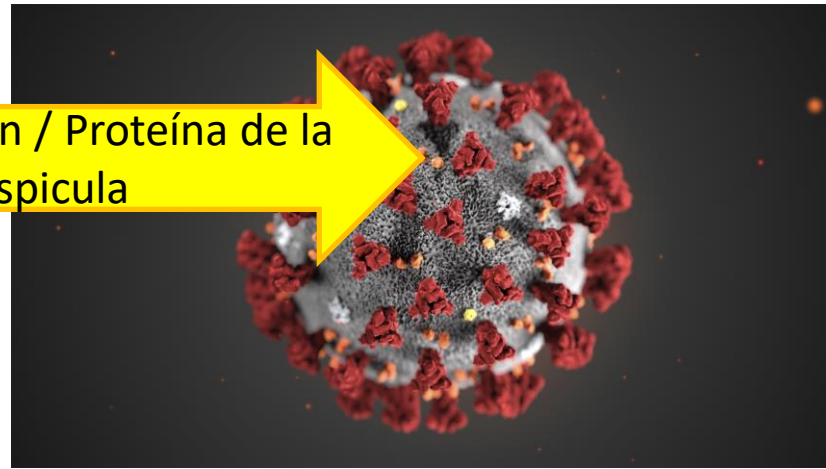
<https://www.scientificamerican.com/article/how-the-omicron-variant-got-so-many-scary-mutations-so-quickly/>

<https://www.washingtonpost.com/health/2021/12/16/omicron-variant-mutations-covid/>

<https://www.statnews.com/2021/12/17/preliminary-laboratory-data-hint-at-what-makes-omicron-the-most-superspreading-variant-yet/>

<https://www.latimes.com/science/story/2021-12-23/what-is-it-about-the-omicron-variant-that-makes-it-spread-so-easily>

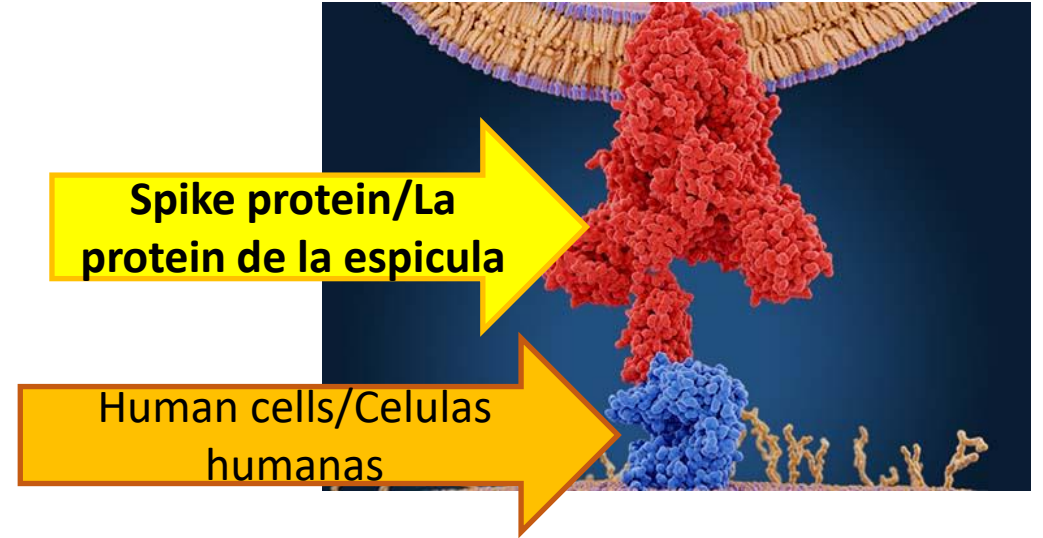
How does omicron spread? / ¿Cómo se propaga el omicron?



Spike protein / Proteína de la espícula

The spike protein allows the virus to enter our cells to replicate itself. The mRNA vaccines target the spike protein.

*****"The Omicron variant spreads more easily than the original virus that causes COVID-19 and the Delta variant. CDC expects that anyone with Omicron infection can spread the virus to others, even if they are vaccinated or don't have symptoms."***



Spike protein/La protein de la espícula

Human cells/Celulas humanas

La proteína de la espícula permite el virus entrar nuestras células para replicarse. Las vacunas ARNm apuntan la proteína de la espícula.

*****"La variante Omicron se propaga más fácilmente que el virus original que causa el COVID-19 y la variante Delta. La CDC esperan que cualquier persona con la infección por Omicron pueda transmitir el virus a otras personas, incluso si están vacunadas o no tienen síntomas"***

New reported cases

All time

Last 90 days

800,000 cases

600,000

400,000

200,000

7-day
average

Feb. 2020

Jun.

Oct.

Feb. 2021

Jun.

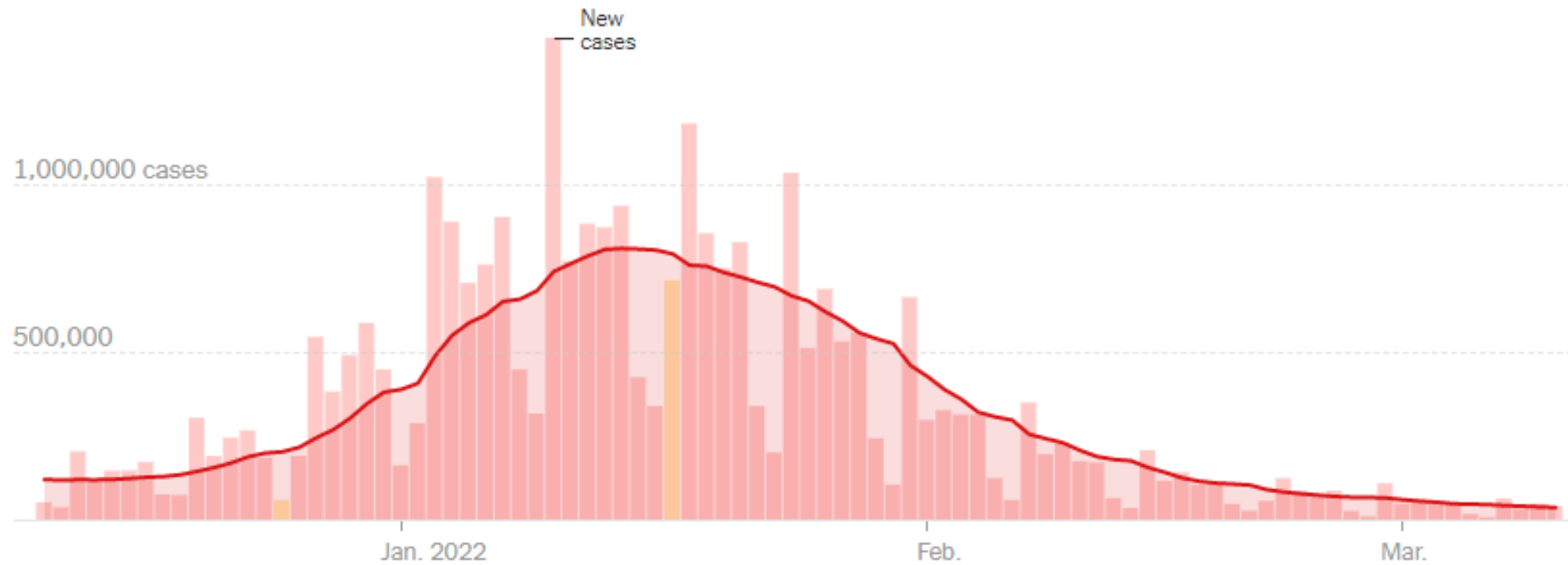
Oct.

Feb. 2022

New reported cases

All time

Last 90 days

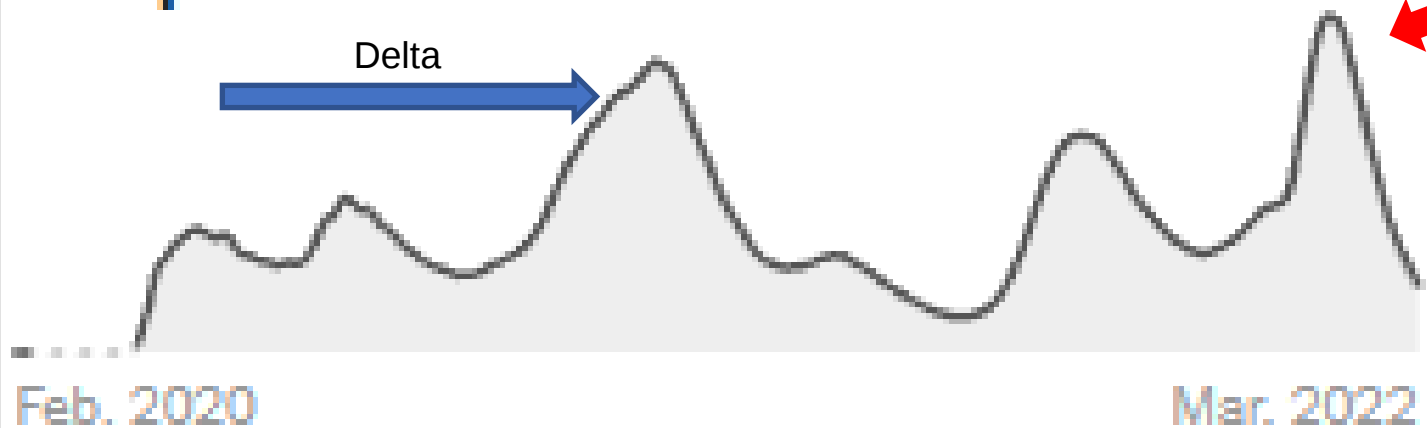


These are days with a reporting anomaly. Read more [here](#).

Hospitalized

Delta

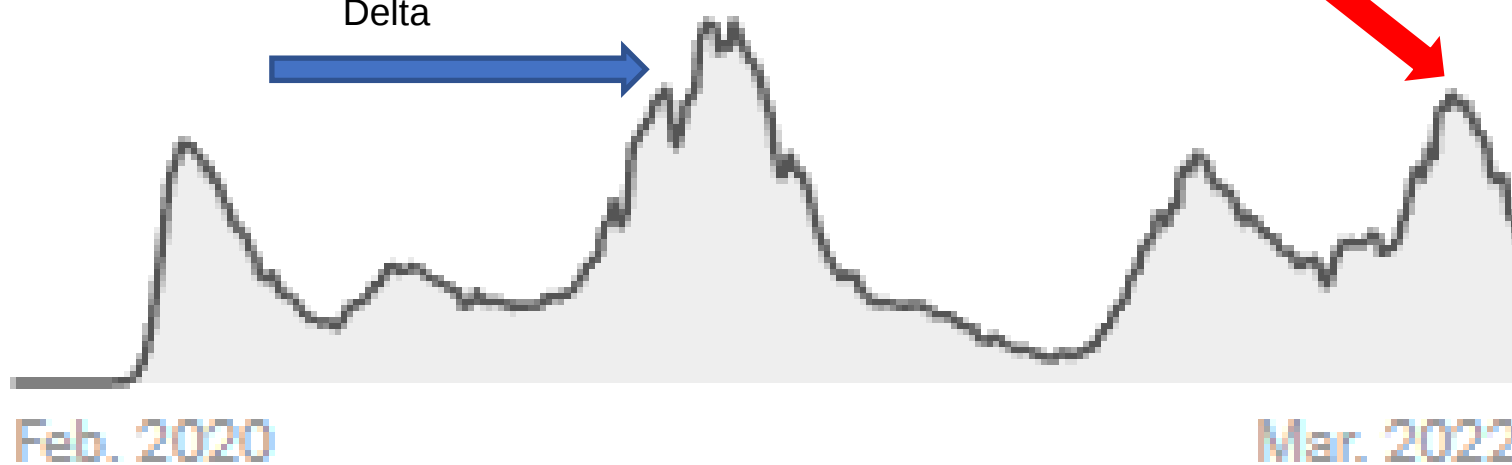
Omicon



Deaths

Delta

Omicon



National Forecast

Combined Forecast

New Hospital Admissions



Dec-15 Jan-01

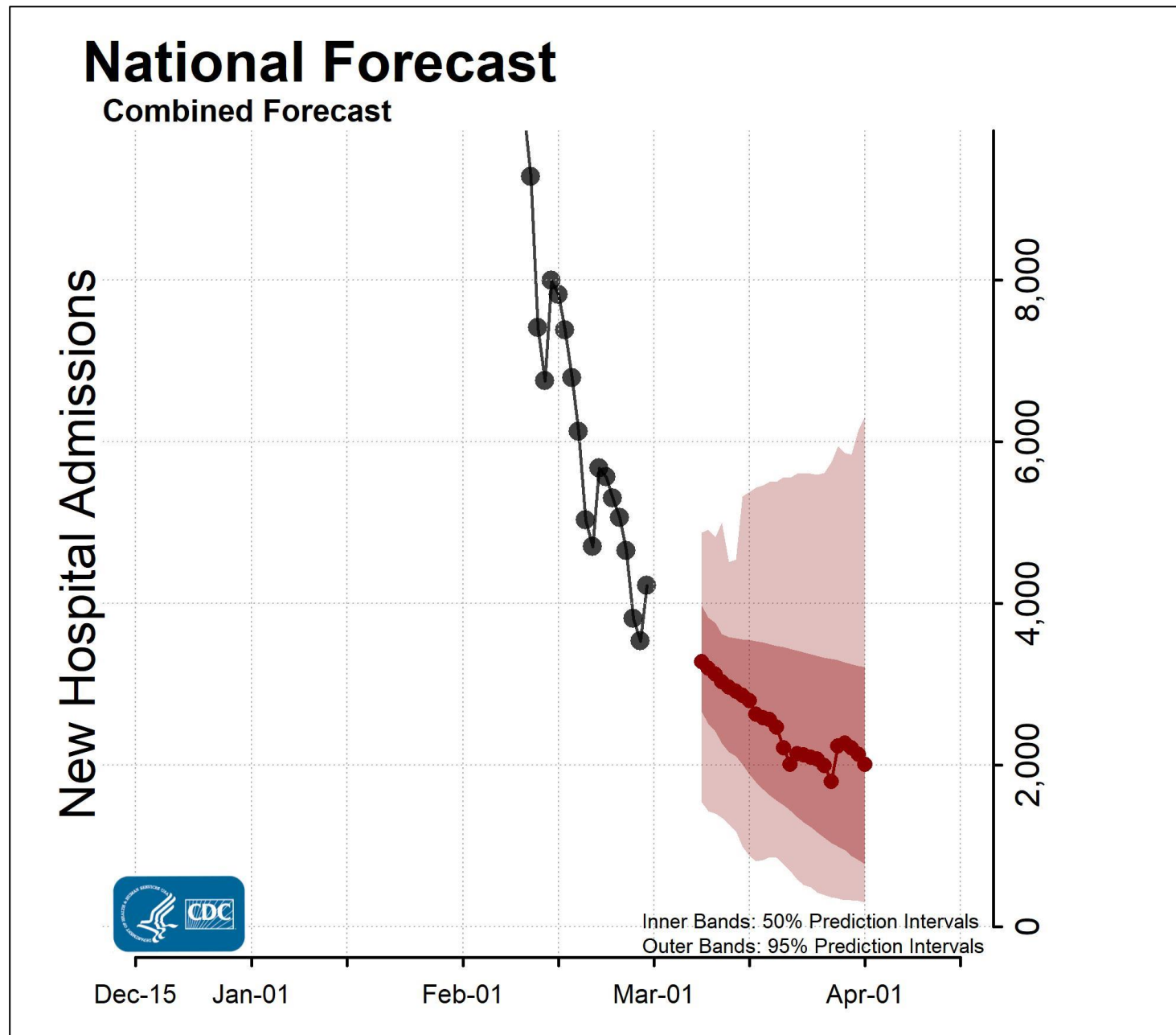
Feb-01

Mar-01

Apr-01

8,000
6,000
4,000
2,000
0

Inner Bands: 50% Prediction Intervals
Outer Bands: 95% Prediction Intervals



What we can do about it... / Lo que Podemos hacer...



Protect your health.

***People 65 and older who received both doses of either Pfizer or Moderna vaccines showed a 94% reduced risk of COVID-19 related hospitalization. - CDC**

HHS.gov



Why vaccinations are important / Porque las vacunas son importantes



Important things to know about why it's important to get vaccinated:

1. Vaccines provide some **immunity to severe disease and hospitalization**; this is still true for omicron.
2. Most hospitalization and ICU admissions of COVID patients are mostly unvaccinated individuals.
3. **Vaccine protection lasts longer** than natural immunity from COVID infection.

Cosas importantes que debe saber acerca de por qué es importante vacunarse:

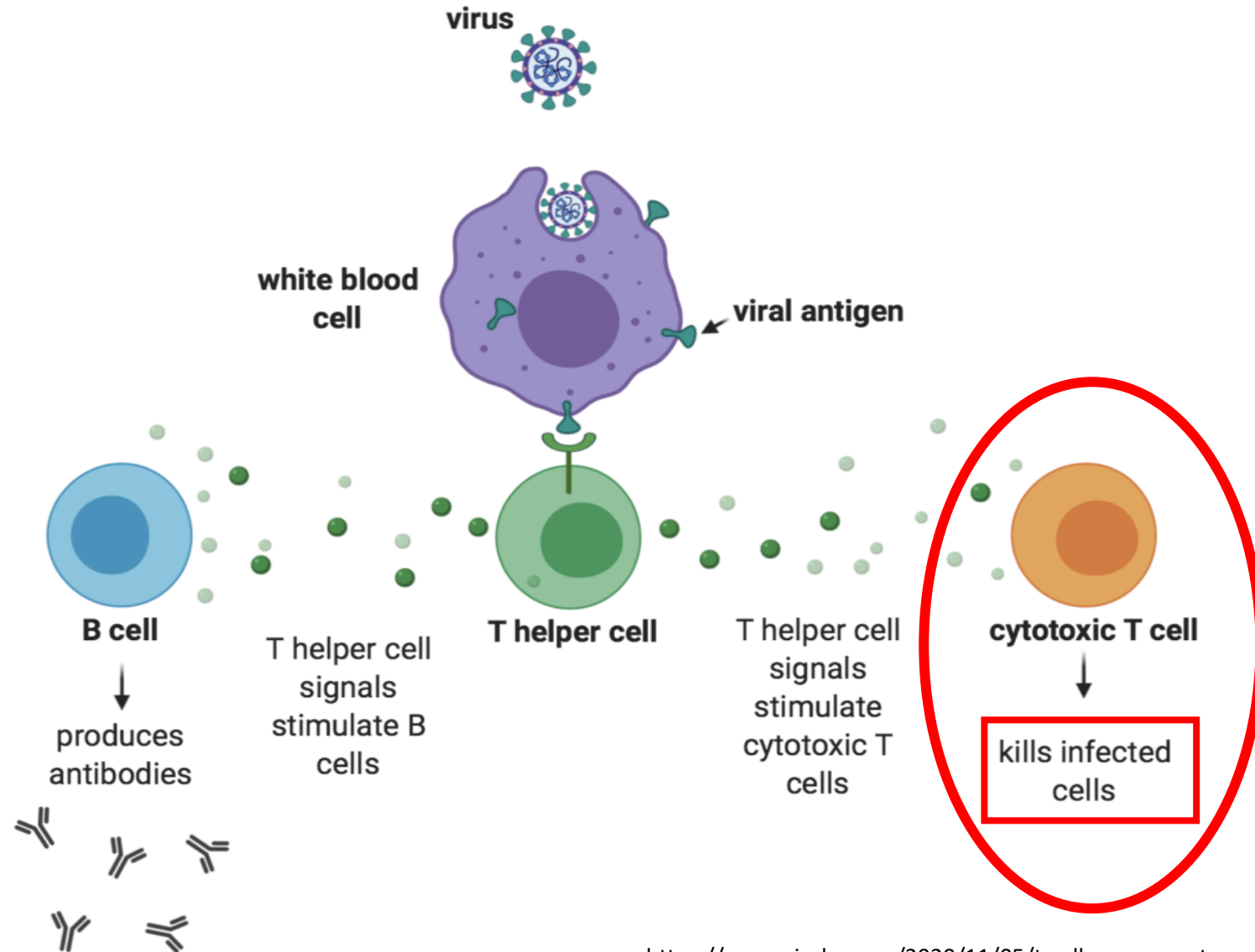
1. Las vacunas brindan cierta **inmunidad a enfermedades graves y hospitalizaciones**; esto sigue siendo cierto para omicron.
2. La mayoría de las hospitalizaciones y admisiones en la UCI de pacientes con COVID son en su mayoría personas no vacunadas.
3. **La protección de la vacuna dura más** que la inmunidad natural contra la infección por COVID.

What is a booster shot? / ¿Qué es una inyección de refuerzo?

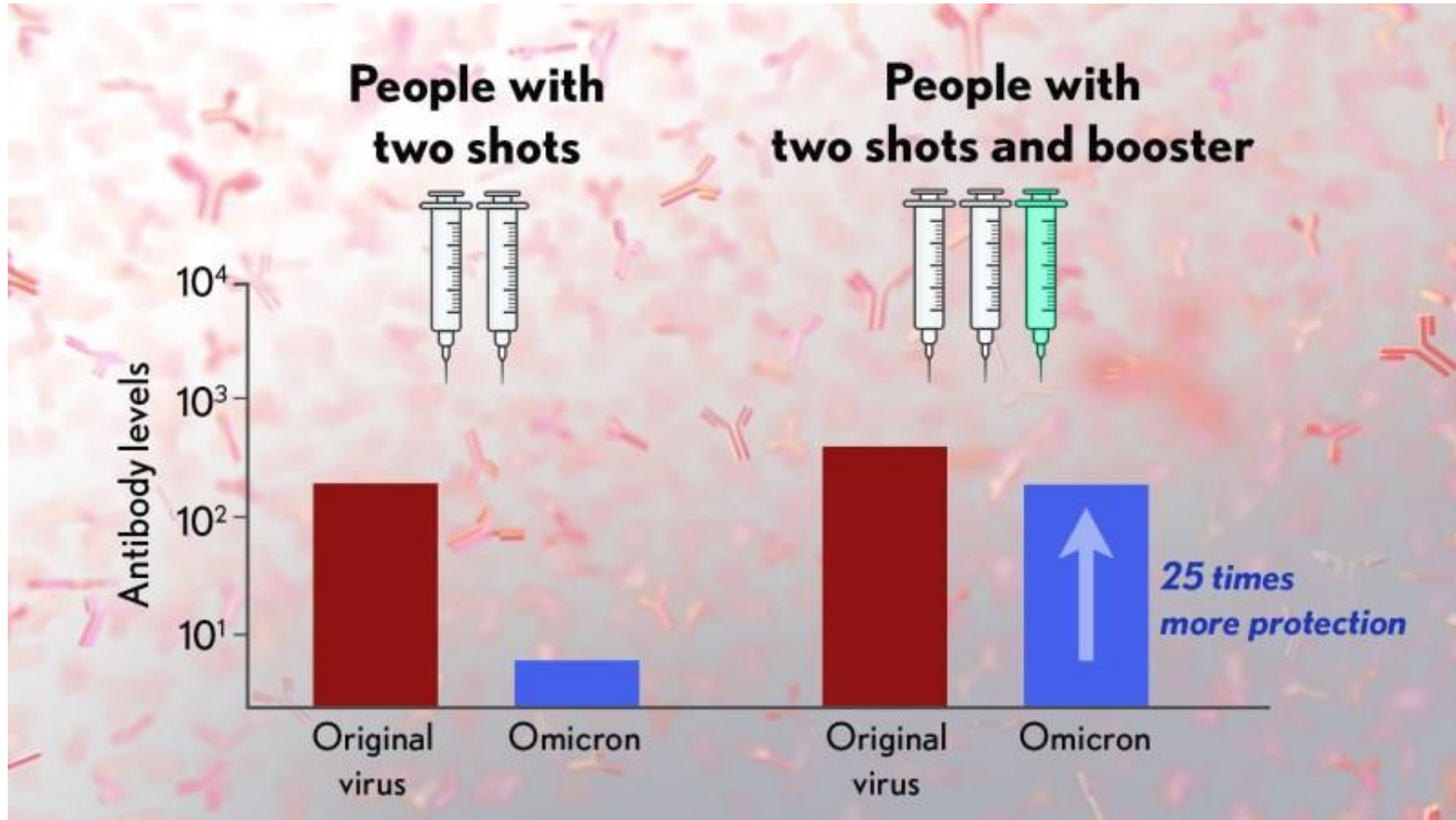
- A “booster” shot is an **extra dose of a vaccine** after the original or primary dose(s) is/are administered. They can be weeks, months, or years later.
- **We get booster shots for a lot of diseases already** (measles, whooping cough, meningitis, tetanus, etc.)
- Vaccines in the primary series teaches the body to recognize the virus and produce an immune response. Booster shots **remind the body’s immune system about the virus** it needs to fight. This gives the immune system a “boost.”
- Una inyección de "refuerzo" es una **dosis adicional** de una vacuna después de que se administra la dosis original o primaria. Pueden ser semanas, meses o años después.
- **Ya recibimos vacunas de refuerzo para muchas enfermedades** (sarampión, tos ferina, meningitis, tétanos, etc.)
- Las vacunas en la serie primaria le enseñan al cuerpo a reconocer el virus y producir una respuesta inmune. Las vacunas de refuerzo **recuerdan al sistema inmunitario del cuerpo sobre el virus** que necesita combatir. Esto le da al sistema inmunológico un "impulso".

Why vaccinations are important

T Cells!



Why vaccinations are important



What Vaccines are Available in the US?

	Pfizer-BioNTech	Moderna	Johnson & Johnson
Vaccine Type	mRNA	mRNA	Viral Vector
Ages Recommended	5+ years old	18+ years old	18+ years old
Primary Series	2 doses 3 weeks (21 days) apart	2 doses 4 weeks (28 days) apart	1 dose

What Vaccines are Available in the US?

	Pfizer-BioNTech	Moderna	Johnson & Johnson
Booster Dose	• Everyone 18+ should get a booster dose of either Pfizer or Moderna 5 months after last dose of primary series. • Teens 12-17 years old should get a Pfizer vaccine booster 5 months after last dose of primary series.	Everyone 18+ should get a booster dose of either Pfizer or Moderna 5 months after last dose of primary series.	Everyone 18+ should get a booster dose of either Pfizer or Moderna at least 2 months after their primary dose. *in special situations they may get Johnson and Johnson booster.
Additional primary dose	Immunocompromised people ages 5+ 28 days after 2 nd dose	Immunocompromised people 18+ 28 days after 2 nd dose	No additional primary shot is recommended

Know the COVID-19 Community Level where you live

[COVID-19 Community Levels](#) are a tool to help communities decide what prevention steps to take based on the latest data.



Low

- Wear a mask based on your personal preference, informed by your personal level of risk



Medium

- If you are immunocompromised or at [high risk for severe illness](#)
 - Talk to your healthcare provider about additional precautions, such as wearing masks or respirators indoors in public
- If you live with or have social contact with someone at high risk for severe illness, consider testing yourself for infection before you get together and wearing a mask when indoors with them.



High

- Wear a well-fitting mask indoors in public, regardless of vaccination status or individual risk (including in K-12 schools and other community settings)
- If you are immunocompromised or at [high risk for severe illness](#)
 - Wear a mask or respirator that provides you with greater protection

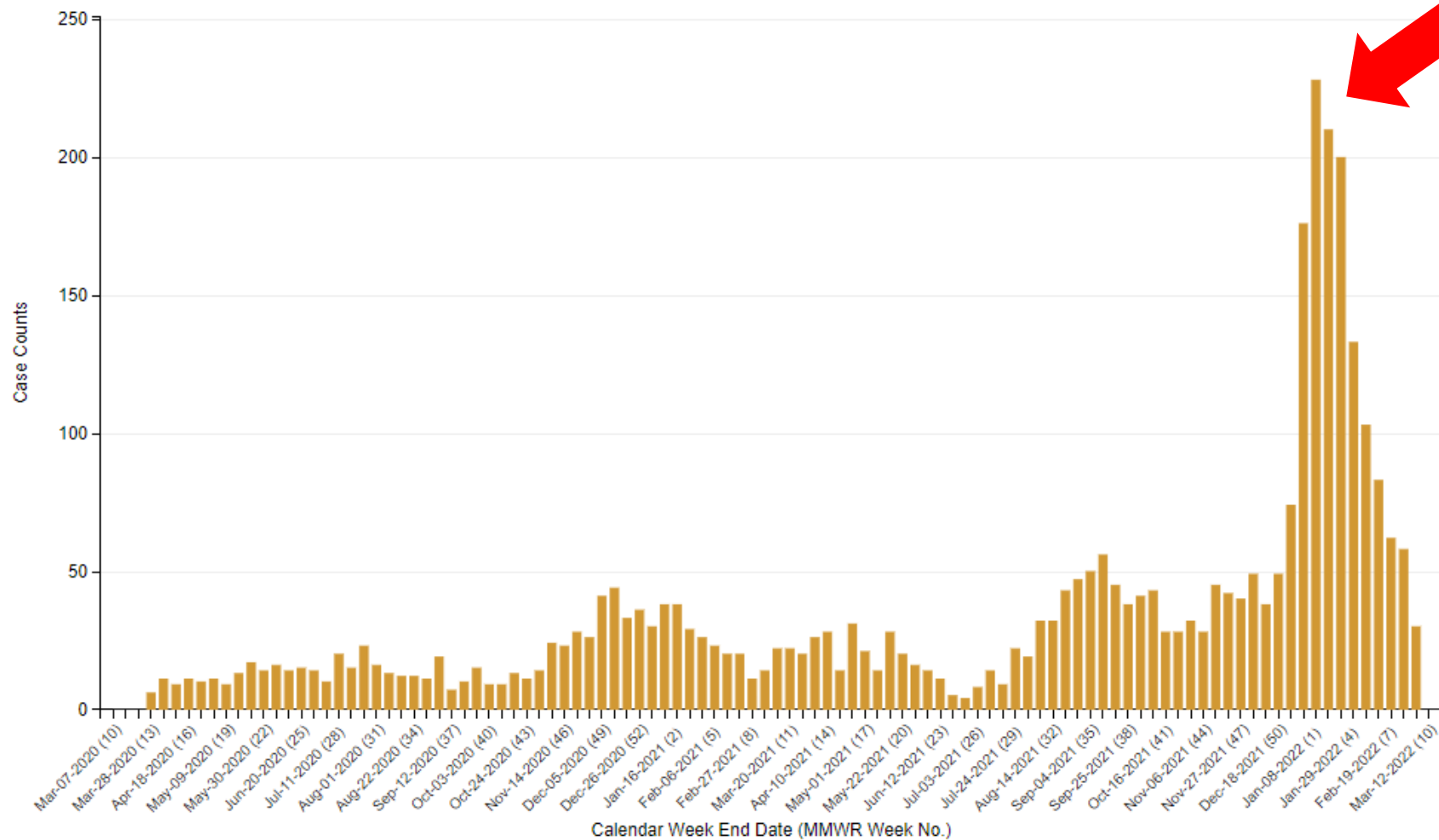
COVID-19-Associated Hospitalizations by Age

Preliminary data as of Mar 05, 2022

Display: ☒ Number ☐ Percent



☒ 0-4 yr ☐ 5-17 yr ☐ 18-49 yr ☐ 50-64 yr ☐ 65+ yr



Cumulative case count by age group

Breakout Rooms

- We are going to break out into smaller rooms to practice answering some tough questions as a group...

Steps to Respond	Strategies
Listen	Empathetic, acknowledge their concerns, active listening skills, etc.
Open-minded and non-judgmental	Body language (lean in when talking, do not roll eyes or laugh, etc.), stay positive in response
Share a story	Why did you get vaccinated? How was your experience?
Provide helpful information	Share facts and information from research. Explain things in a simple and easy-to-understand way. Offering to find information and share with them (printed resources).
Direct individuals to credible sources	Provide information, encourage individuals to talk with health outreach workers. Sharing Call For Health phone number.

Q & A



Additional Resources/Recursos adicionales

- CHW Virtual Technical Assistance, Register here: <https://mhpsalud.wufoo.com/forms/qt655fd050arzo/>
- MHP Salud [Grupo de Apoyo Virtual COVID-19 de Promotores de Salud](#) (only available in Spanish)
- Free At-Home COVID Test Kits: <https://www.covidtests.gov/>
- Learning Collaborative (4 sessions in April): Implementing Screening of People with Disabilities and Functional Needs during Disasters (Hosted by National Center for Health in Public Housing): https://us06web.zoom.us/meeting/register/tZlkceqtrjwjGtB3MB2_ZILZAE6qMQS1mTZi
- Webinar: (3.30.22) The Role of Family Caregivers in Older Adult Nutrition: <https://www.surveymonkey.com/r/NYGT9CQ>
- The [CDC](#) published tailored information on COVID-19 risks and vaccine information for older adults.
- MHP Salud's COVID-19 Resource Directory: <https://mhpsalud.org/online-resources/covid-19/>
- Resources related to Hispanic/Latino older adults: <https://mhpsalud.org/community-health-worker-resources/older-adults/>
- Older Adults Equity Collaborative (OAEC) Resource Library: <https://www.nyam.org/center-healthy-aging/advising/oaec-resource-library/>

Funding Opportunities / Oportunidades para fondos

Funder	Opportunity	Website	Deadline	Amount	Funding Period
Department of Health and Human Services - Administration for Community Living	Elder Justice Innovation Grants - Enhancing APS Approaches to Cases Involving Opioids and Substance Use Disorders FY2022	https://www.grants.gov/web/grants/view-opportunity.html?oppld=337805	5/3/2022	\$1,000,000	2 years
Department of Justice - Office on Violence Against Women	OVW Fiscal Year 2022 Enhanced Training and Services to End Abuse in Later Life Program Solicitation	https://www.grants.gov/web/grants/view-opportunity.html?oppld=338444	4/4/2022 (LOI); 4/21/2022 (Full application)	\$750,000	2 years
The Retirement Research Foundation	RRF Grant Program	https://www.rrf.org/what-we-fund/	3/1/2022 (LOI); 5/1/2022 (Full application)	N/A	1 year
May & Stanley Smith Charitable Trust	Elders Program	https://smithct.org/funding-priorities/elders	Rolling	varies	1 year

Please complete the feedback form from your chat!

https://mhpsalud.qualtrics.com/jfe/form/SV_3lR2fjCaR7marpl

When you complete this form, it help MHP Salud:

- Provide better TA Calls in the future.
- Determine which resources to develop.
- Supplements our funder reporting.

Thank you! / ¡Gracias!

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