



# THE **Zambakari** ADVISORY

August 01, 2022

**Call for Papers:** *Healthy Aging in Arizona: Opportunities for the Senior Healthcare System*

**Due Date:** January 31, 2023

Submit electronically to Dr. Christopher Zambakari: [c.zambakari@zambakari.org](mailto:c.zambakari@zambakari.org)

**The Zambakari Advisory is soliciting short articles of 2000-2500 words for its Winter 2023 Special Issue on the subject “Healthy Aging in Arizona: Opportunities for the Senior Healthcare System.”**

Senior healthcare in Arizona needs help, and The Zambakari Advisory needs your input, your insight into ways we can advance the special care and services required by our growing senior population. Your voice in the conversation surrounding senior healthcare challenges can make a difference.

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Consider: In 2020, the 65-and-older population was the fastest-growing demographic since 2010, increasing 34.2 percent nationally and 48.4 percent in Arizona. *Are we prepared for such continued growth and the inherent impacts on senior healthcare?*

Writes Lynn Parramore, a senior research analyst at the Institute for New Economic Thinking, “Piles of studies have called attention to the fact that in the country ranking number one in healthcare spending per capita, people are living shorter lives, feeling more depressed, and are more likely to skip treatment due to cost than in many developed nations. In a performance ranking of 11 high-income countries compiled by the Commonwealth Fund in 2021, *the American healthcare system came in dead last, with the worst outcomes of any of the nations studied.*”<sup>1</sup>

More locally, Arizona is one of the most-favored U.S. destinations for older retirees. The number of seniors calling the Grand Canyon State home grows annually; older adults will continue to increase in number as

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<sup>1</sup> Lynn Parramore, "America, Land of the Dying? Alarming Study Shows U.S. Killing Its Own Population," Institute for New Economic Thinking, <https://www.ineteconomics.org/perspectives/blog/america-land-of-the-dying-alarming-study-shows-u-s-killing-its-own-population>.

more members of the baby boomer generation reach retirement age. As this shift in age demographics continues, the *implications for many federal and state programs that support older adults are real and in need of our attention.*

“More people are living for a longer period of time, which is a great thing,” says Dr. Kathleen Insel, professor and chair of the Biobehavioral Health Science Division at the University Arizona College of Nursing. “As people live longer lives, the challenge for us as a society is to develop ways to benefit from the wisdom and experiences of older adults, while at the same time *growing the workforce to support an aging population, and creating educational opportunities and improving quality of life for older adults.*”<sup>2</sup>

On top of the growing numbers of seniors that require healthcare services or round-the-clock attention, those who experience social isolation or loneliness may face a *higher risk of mortality, heart disease and depression*, says a new report from the National Academies of Sciences, Engineering, and Medicine.<sup>3</sup>

In Arizona, says the United Health Foundation, challenges in the senior care environment include high suicide rates, shrinking volunteerism and low flu vaccination numbers. Early deaths among the state’s elderly (ages 65-74) have increased and, even before the COVID-19 pandemic, physical *inactivity* has increased by a whopping 20 percent among those 65 years and older, *in fair or better health.*<sup>4</sup>

### **What can be done – should be done – for Arizona’s aging, those requiring assisted living care?**

Consider: Adults ages 65 and older make up approximately 16.9 percent of the U.S. population, representing just more than 55.6 million adults. This senior demographic is estimated to make up 21 percent of the population (73.1 million) by 2030, according to the U.S. Census Bureau. With this in mind, in less than 10 years, *better than 1 in 5 people in the U.S. will be of retirement age.*

It is critical we understand and address the short- and long-term trends affecting the health of this growing population; our actions to improve health and reduce disparities must be well-informed.<sup>5</sup>

Arizona’s warm weather, lower tax rates, affordable housing and comprehensive healthcare services are attributes that make the state an ideal place to live, work, play and retire. It is not surprising Arizona is home to some 1.5 million senior citizens. Many of these venerable community members are supported by informal

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<sup>2</sup> <https://healthsciences.arizona.edu/tomorrow/improving-life-aging-population>

<sup>3</sup> Engineering National Academies of Sciences, and Medicine., "Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System," (The National Academies of Sciences, Engineering, and Medicine: The National Academies Press. Accessible from <https://www.nationalacademies.org/our-work/the-health-and-medical-dimensions-of-social-isolation-and-loneliness-in-older-adults>, 2020).

<sup>4</sup> America’s Health Rankings, "10th Annual Senior Report," (Minneapolis, MN: United Health Foundation. Accessible from <https://www.americashealthrankings.org/learn/reports/2022-senior-report/state-summaries-arizona>, 2020).

<sup>5</sup> Ibid.

caregivers – family, friends and neighbors who provide daily or intermittent care for these adults and persons living with disabilities.<sup>6</sup> And, there are those in our elderly population who rely on the care and services provided by as many as 600 assisted living facilities in the state.

According to one report, with the growing number of long-term care facilities in Arizona, there is a complementary need to provide a broad continuum of services addressing the unique requirements of the frail or disabled. Included is a more meaningful exploration of the level of healthcare delivery necessary to accommodate senior citizens. Additionally, and just as critical, is the identification of current barriers to accessing healthcare. Once recognized, these barriers must be removed for the sake of the growing number of seniors moving from more independent family settings into retirement communities or assisted living.<sup>7</sup>

A major growing public policy involves the challenge of “assuring that sufficient resources and an effective service system are available in thirty years, when the elderly population is twice what it is today.” This shift will be driven by the Baby Boomers, who in 2030 will be aged 66 to 84—the “young old”—and will number 61 million people.<sup>8</sup>

**The Zambakari Advisory seeks your unique perspective.** As a leading voice in your field, the views you have shaped, the ideas you have, and the frame of reference you can share with a national and an international audience of like-minded luminaries is important. We would be proud to include your thoughts in our Winter 2023 Special Issue, “*Healthy Aging in Arizona: Opportunities for the Senior Healthcare System.*”

Aging is the quintessential interdisciplinary issue, cutting across basic sciences, clinical/translational and health services research. We ask why, in a country with so much to spend – and so much spent on medical care – are so many lives being cut short? How did we start out so well and end up so badly?<sup>9</sup>

The above is just one of the questions we hope to answer through your words. We hope to offer solutions that come from your ideas and/or experience. Others: *How does social isolation and loneliness affect health and quality of life in adults aged 65 and older? What are effective interventions that can improve their social conditions? What are the consequences faced by seniors and the general population when healthcare options for the elderly do not change to meet the growing demands of assisted living residents? What are examples of programs, facilities and policies that have resulted in more positive experiences for seniors who are assisted living residents? What are the social and economic factors, physical environment, clinical care deficits, and systemic barriers to healthcare for seniors? When focused on care for a “general” senior*

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<sup>6</sup> Governor Douglas A. Ducey, "Arizona State Plan on Aging 2019 – 2022 " (Phoenix, Arizona: Division of Aging and Adult Services. Accessible from [https://des.az.gov/sites/default/files/dl/Arizona\\_State\\_Plan\\_on\\_Aging\\_2019-2022.pdf](https://des.az.gov/sites/default/files/dl/Arizona_State_Plan_on_Aging_2019-2022.pdf), 2018).

<sup>7</sup> J. R. Knickman and E. K. Snell, "The 2030 Problem: Caring for Aging Baby Boomers," *Health Serv Res* 37, no. 4 (2002).

<sup>8</sup> Ibid.

<sup>9</sup> Jacob Bor et al., "Missing Americans: Early Death in the United States, 1933-2021," *medRxiv* (2022).

*citizen demographic, are we leaving behind those without the socio-economic ability to access such care?  
How do we successfully take into account the underserved requiring assisted living care?*

**Submission Guidelines:** Your paper should be between 2500-3,000 words in length, written in English, and have the following sections: (1) title page (author's name, affiliation, email address); (2) abstract (150-200 words); (3) keywords (5 keywords); (4) main text using Times New Roman font, 12-point, double-line spaced. Citation styles can be American Psychological Association (APA), Modern Language Association (MLA), Chicago (Chicago Author-Date)/Turabian. Footnotes are allowed for additional explanation and notes only, not citations. All references should use in-text citation style (author's last name, the year of publication and page number if necessary). For every in-text citation in the paper, there must be a corresponding entry in the reference list at the end of the manuscript. Appendices, table(s) with caption(s) (on individual pages); figure(s) with figure caption(s) inserted in the text.

### **About The Zambakari Advisory**

The Zambakari Advisory provides sustainable solutions to complex problems facing societies around the world in the areas of peace, security and economic development through in-depth research. The Advisory collects and analyzes data and strategic intelligence to equip industry senior leadership with tools and insights to help them operate in increasingly complex environments. By leveraging the knowledge and talents of local and international subject matter experts, The Advisory delivers incisive, invigorating and tailored solutions that address the specific needs of our clients.

Founded in 2015 by Dr. Christopher Zambakari, The Advisory mission is to provide consulting and advisory services that strengthen the goals of individuals, businesses and organizations. The enterprise maintains a growing distribution list, including 11,000 subscribers and 19,000 followers on social media. Two topical, industry-related blogs are presented monthly in addition to short analyses, reports and articles that have appeared in leading peer-reviewed journals.

The Advisory's work has been featured in Routledge's collection of the "Most Read African Studies Articles" since 2013 and ranked in the Top 10 percent of readership by the Social Science Research Network since 2016. The Advisory collaborates with a large network of field experts and consultants, located in 47 countries around the world.

For more information please visit The Advisory at <http://www.zambakari.org/>.

### Past Special Issues

Zambakari, Christopher, Matthew Edwards, and Stephen Des Georges, eds. *Peacemaking and Peace Agreements in South Sudan with an Introduction by Christopher Zambakari* Vol. 1, Spring Special Issue. Phoenix, Arizona: The Zambakari Advisory, 2019.

Fisher, Louis, Andrew J. Bacevich, Rajan Menon, Graham Fuller, and Jon Schwarz. *The Kurdish Crisis in the Middle East with an Introduction by Christopher Zambakari*. Winter Special Issue. Edited by Zambakari Christopher, Matthew Edwards, Steve Des Georges and Laura Ostapuk. Vol. 1, Phoenix, Arizona: The Zambakari Advisory, 2020.

Zambakari, Christopher, Matthew Edwards, Stephen Des Georges, Estève Giraud, Yesenia Leon, and Aditya Dalal (Cover Photo), eds. *The Future and Implementation of the R-Arcss in South Sudan with an Introduction by Christopher Zambakari* Vol. 2, Spring Special Issue. Phoenix, Arizona: The Zambakari Advisory, 2020.

Sui, Celine, Matthew Edwards, Lina Benabdallah, Ibrahim Magara, Hubert Kinkoh, Daniel N. Mlambo, Victor H. Mlambo, *et al.* *Courting Africa: Asian Powers and the New Scramble for the Continent with an Introduction by Christopher Zambakari*. Summer Special Issue. Edited by Zambakari Christopher, Matthew Edwards, Stephen Des Georges and Giada Mannino Vol. 3, Phoenix, Arizona: The Zambakari Advisory, 2020.

Zambakari, Christopher, Stephen Des Georges, and Giada Mannino, eds. *The Great Disruption: Covid-19 and the Global Health Crisis with an Introduction by Christopher Zambakari* Vol. 4, Fall Special Issue. Phoenix, Arizona: The Zambakari Advisory, 2020.

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