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Activity since 2022

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## Overview

*Family / Friend Caregivers* in our society are a special group. They care for the most medically fragile persons - ill, disabled, or elderly. The frail state health of means that care recipients have an elevated risk for dying. This also means that their caregivers are at high-risk for morbidity and mortality after the deaths of these family and friends. In my role as the visiting scholar, I use a unique datasets to provide evidence supporting the development of policy that supports caregivers.

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual state-level survey to provide public health planners with data to create programs that improve the health of adults. Georgia is the first state to ever field a bereavement module in 2019. The module used 3 simple questions to obtain a population-based prevalence rate of bereavement. In 2022, RCI supported a second round of bereavement data collection. In 2019, 45 % of adults (3.7 million persons) reported being bereaved. In 2022, that proportion was 53% (4.5 million persons).

As the Pope Scholar, I conduct analyses to identify injurious health behaviors that emerge among caregivers associated with bereavement. Recognizing these behaviors and working to diminish their impact is *Best Practices in Bereavement Care*.

These efforts are designed to increase the awareness of family caregivers and their needs among public health professionals. In addition to the data team at RCI, the following is a list of current collaborators in these projects:

- School of Health Management, Fujian Medical University, Fuzhou, China
- Alliant Health Solutions, Technical Expert Panel, Behavioral Health in Nursing Facilities
- The Georgia Department of Public Health, Epidemiology Branch
- The Minnesota Department of Public Health, Epidemiology Branch

The remainder of this document provides details of presentations and publications since January 2022.

## NEW TOOLS AND DATASETS

- Guide for Family Caregivers: *You Got This – a guide to managing bereavement*.
- Educational and advocacy videos of presentations are available on YouTube.
- Toolkit: *Best Practices in Bereavement Care* added to RCI platform. For use with long term care residents, their friends, and workers.
- New modules to the 2019 and 2022 Georgia Behavioral Risk Factor Surveillance System.
- New Bereavement item to the General Social Science Survey (GSS).

## PRESENTATIONS, SINCE JANUARY 2022 BY YEAR DELIVERED

### 2024

2<sup>ND</sup> Annual APHA-RCI *Coffee Conversation on Family Caregivers and Public Health: Caregivers and Intersections with Social Determinants*. October 27, 2024. APHA Minneapolis, MN.

*Plenary Session, Livability & Longevity Symposium*, April 15, 2024, University of Texas - Austin, LBJ School of Public Affairs. Presentation: <https://youtu.be/tx4DCuaHK1I?si=TPBuUfsj16pgw3LN>

Let's Experience: So You're a Caregiver, Now What? May 2024, Presentation: <https://youtu.be/Se8mfG5TLdU?si=q1LbzRYp8OxfJUy>

### 2023

1<sup>st</sup> Annual Coffee and Conversation: Caregiving , Mental Illness, and Public Health. American Public Health Association (APHA), Atlanta GA.

Health Care Policy: Moving from good idea to positive impact. LBJ School of Public Policy, Austin TX. September.

Caring for the Caregiver: Start to Finish, American Society on Aging, Atlanta GA. March.

### 2022

*In the Know: Working while caring – bereavement*. <https://youtu.be/vRi8AUTzTy0?si=-SJEur0JdOtSDREo>

*Empower HER*, Employee Support Group, Altarum Michigan, November. Online

*Best Practices in Bereavement Care*, Georgia Service Board, November. Lake Lanier, GA

*Navigating Grief and Bereavement*, Episode 44: Seniority Authority, <https://senorityauthority.org> .

*Caregivers Round table*, Rosalynn Carter Institute, October, Atlanta GA

*Best Practices in Bereavement Care*, West Virginia Elder Abuse Awareness Summit, June, Online

*Bereavement Care Benefit*, America's Health Insurance Plans, June, Las Vegas NV

*Race & the Unequal Burden of Bereavement*, Ctr for Aging and Policy Studies, U Texas-Austin: May.

*Piedmont Hospital*, Howard Stroud Event, Community Health Presentation, May, Athens GA

*Keeping it Real with Julia Yarborough: Coffee Chat Bereavement and Caregivers*, April, Online.

<https://youtu.be/IFsDX2FWcfM?si=qd5D1m0aBfm400Q2>

*Best Practices in Bereavement Care in the Workplace*, GA Tech, April, Atlanta GA

*Navigating Grief and Bereavement: A guide with Dr. Toni Miles*, Senior Authority.

[https://youtu.be/CgyKQ7f\\_i4U?si=wp5WeTXfEMgaNVgl](https://youtu.be/CgyKQ7f_i4U?si=wp5WeTXfEMgaNVgl)

## PUBLICATIONS, SINCE JANUARY 2022.

**Managing Editor: Frontiers in Public Health / Call for papers** - Exploring Bereavement and Public Health: The Role of Family and Friend Caregivers in Community Well-Being. Announced November 2024.

### Reports forthcoming, accepted but not in print:

**Toni Miles** and Ke Wang, Employed Family Caregivers and Gaps in Home-based support Policies. Forthcoming Public Policy and Aging Report, Manuscript ID: PPAR-2024-016.R1. Accepted September 19, 2024.

### In print:

Why Understanding Bereavement Matters. March 2024. <https://doi.org/10.33548/SCIENTIA1025>

Ann McInnis, **Toni Miles**. Old school–New school: Balancing the Puer–Senex Archetype Fosters Productive Industry: Can Fashion Save the World A. Schramme, N. Verbovenl eds. ISBN 9781032641362, Routledge, 2024

Holmes Christine, **Miles Toni** 2023. Inclusive Mentorship: The Urgency of Taking Your Time. <https://generations.asaging.org/inclusive-mentorship-takes-time>

Changle Li, Lili Kang, **Toni P Miles**, M Mahmud Khan, Factors Affecting Academic Performance of College Students in China during COVID-19 Pandemic: A Cross-sectional Analysis. 2023. Frontiers in Psychology, 03 November 2023 <https://doi.org/10.3389/fpsyg.2023.1268480>

**Toni Miles**, Changle Li, Ye Shen, M Mahmud Khan, Rana Bayakly, Deborah Carr. Estimating prevalence of bereavement, its contribution to risk for binge drinking, and other high-risk health states in a state population survey, 2019 Georgia Behavioral Risk Factor Surveillance Survey. 2023 IJREPH. <https://doi.org/10.21203/rs.3.rs-2473019/v>.

Changle Li, **Toni P Miles**, Ye Shen, Rana Bayakly, Moses Ido, M Mahmud Khan. Measuring Bereavement Prevalence in a Complex Sampling Survey: The 2019 Georgia Behavioral Risk Factor Surveillance System (BRFSS). 2023 BMC Medical Res Methodology. 2023. <https://doi.10.1186/s12874-023-01917-5>.

**Toni Miles**, Robert Espinoza. The Caregiving System We Want begins with Supporting Caregivers. Next Avenue, February 22, 2023. <https://www.nextavenue.org/caregiving-system-begins-with-supporting-caregivers/>

Encrypted Classification for Prevention of Adversarial Perturbation and Individual Identification in Health- Monitoring. H Kawase, W Meinhold, C Zeagler, **T Miles**, Jun Ueda. Conference Paper: 2023 IEEE/ASME International Conference on Advanced Intelligent Mechatronics (AIM). June. <https://doi:10.1109/AIM46323.2023.10196163>.

Toni P. Miles. Reducing Disparities by Restructuring Health Care: Brazil's Family Health System Shows the Way! 2021. American Journal of Public Health (AJPH). <https://doi.org/10.2105/AJPH.2021.306245>

Toni P. Miles. Case Study of an Outbreak: Resident, Staff, and Community Indicators. 2021. Inn in Aging. <https://doi:10.1093/geroni/igab046.226>

Nancy Kusmaul, Toni Miles, and Lori Frank. COVID-19, Policy, and Nursing Homes: A Health and Aging Policy Fellows Symposium. 2021 Inn in Aging. <https://doi:10.1093/geroni/igab046.222>

Toni P. Miles. How the Collection and Disbursement of Civil Money Penalties Improves Nursing Facility Care Across the US. 2021. Public Policy & Aging Report, <https://doi.org/10.1093/ppar/prab004>

**Reports under review:**

Changle Li and Toni P. Miles, (IJREPH August 2024) Bereavement and Health-related Quality of Life: Population data Pre-Pandemic 2019 Georgia

Bethany Houpt and Toni P Miles (Health Affairs) Grief and the Health of the Workforce. August 2024

**Reports planned**

Ke Wang and Toni Miles, (J Applied Gerontology, September) Working while caring.

Changle Li, Ke Wang, and Toni Miles (Tobacco Induced Disease, September) Bereavement and Smoking Risk: Are Females at Higher Risk due to Caregiving.

Toni Miles, Ke Wang, Changle Li. (Preventing Chronic Disease) Prevalence of Bereavement Pre- and Post Pandemic – Findings from the 2019 and 2022 Georgia BRFSS Field Survey.