Celebrate Go4Life®

Presenter Michelle Burda Education and Health Literacy Coordinator
National Network of Libraries of Medicine, Middle Atlantic Region
Serving DE, NY, NJ & PA

NN/LM NATIONAL NETWORK OF Libraries *of* Medicine

National Network of Libraries of Medicine, Middle Atlantic Region (NN/LM MAR)

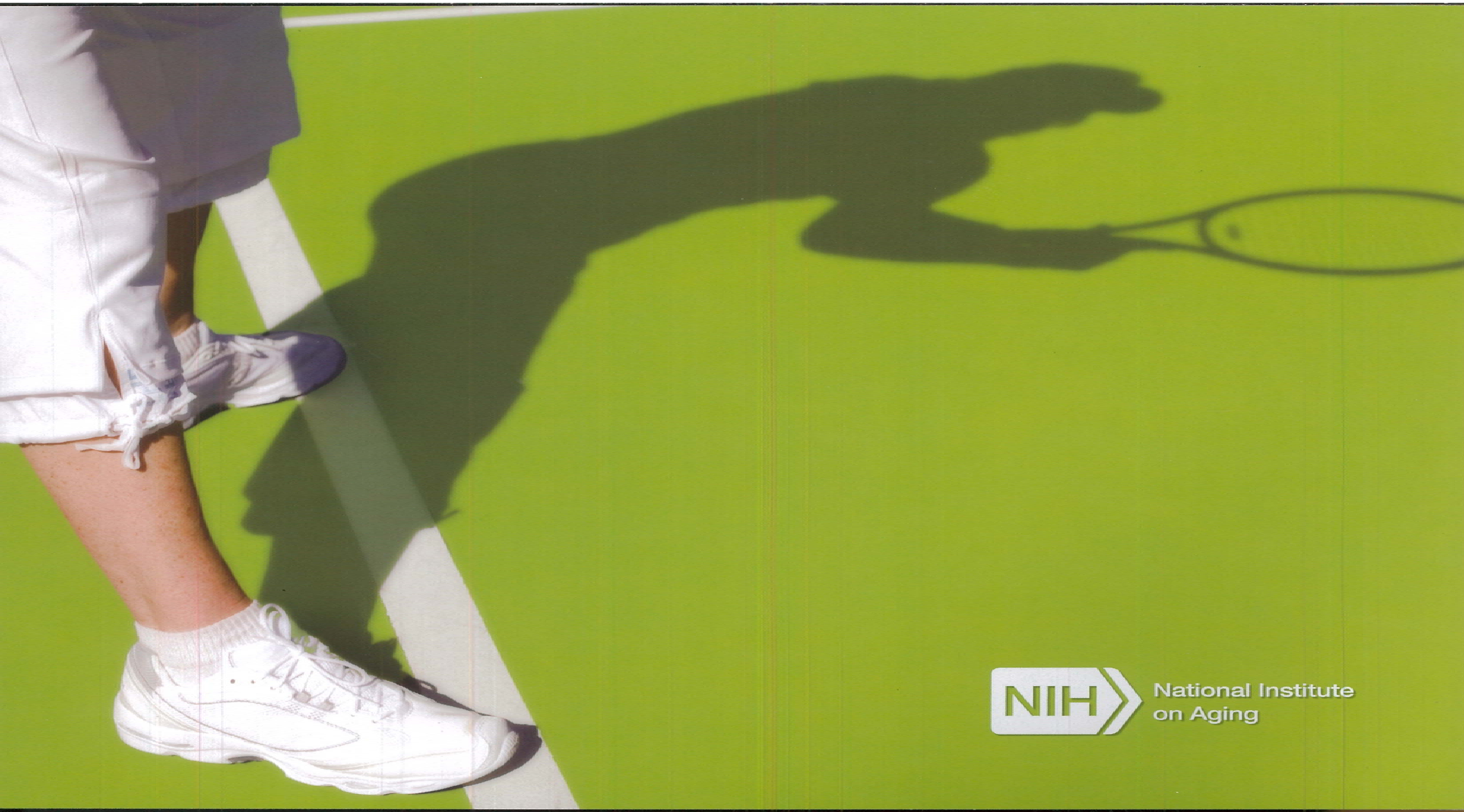
- NN/LM MAR supports collaboration, training, and **funding opportunities** for nearly 1,000 health centers, health departments, community organizations, as well as medical, public and school libraries throughout Delaware, New Jersey, New York and Pennsylvania.
- We provide education and training for community outreach organizations, libraries, healthcare organizations or anyone who provides health information to the general public on:
  - health information resources
  - health information program planning
  - health literacy
- If your organization provides health information services, become a member and learn about freely available, quality health and science information resources. **https://nnlm.gov/mar/services/newmembership**

Celebrate !

National Institute on Aging (NIA)at National Institute of Health (NIH)

Today's program will focus on exercise and physical activity for adults 50+

- **Promoting a successful exercise and physical activity campaign using Go4Life® toolkit**
- **Explore other resources from NIA**
- **Explore NIHSeniorHealth developed by the National Library of Medicine (NLM)**
- **Explore MedlinePlus**



NIH National Institute on Aging

National Institute on Aging

National Institute on Aging: http://www.nia.nih.gov/

Click on Health and Aging

National Institute on Aging

Health and Aging

- Publications
- Alzheimer's Disease
- Go4Life
- Español
- NIHSeniorHealth

Go4Life® from the National Institute on Aging at NIH

Get Started | Try These Exercises | Go to *My Go4Life* | Get Free Stuff | Be a Partner

Join our team!

Becoming a partner organization is easy. You'll get:

- FREE *Go4Life* resources.
- *Go4Life* program ideas.
- Monthly updates.
- Listed on our website.

SIGN UP TODAY

http://go4life.nia.nih.gov/partner

What's in the Partner Toolkit?

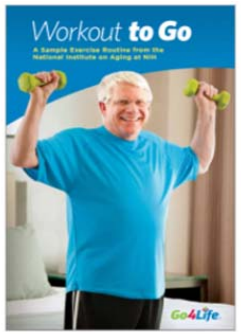
Motivational Flyers

Activity Ideas to get you started:

- Sponsor a health fair, and include Go4Life materials.
- Hold a wellness program, and include Go4Life materials.
- Sponsor an exercise challenge, and offer Go4Life materials as rewards.
- Invite a health expert to talk about the benefits of exercise, and use Go4Life handouts.

Web Badges with codes

Workout Programs and Exercise Guides



DVD

Get Free Stuff

Tip Sheets

Success Stories

Infographic

Workout to Go

DVD

Exercise Guide

Free Stuff

Spanish Resources

Bookmarks and Posters

Motivational Flyers

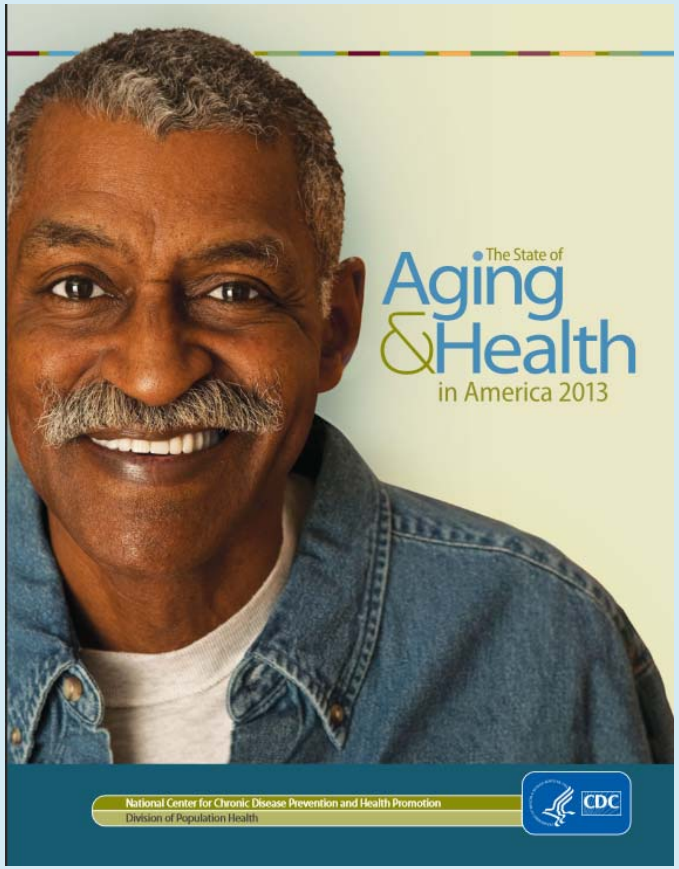
Exercise Guide Audiobook

Public Service Announcement

Exercise AgePage

Exercise Infographic

According to the CDC:



"The State of Aging and Health in America 2013 is a valuable tool for states and communities to meet the health challenges of our aging population. There are proven tools to help prevent and limit the impact of both infectious and noninfectious diseases, and this report serves as a report card on how we are doing addressing health threats."

—Thomas R. Frieden, MD, MPH, Director

Centers for Disease Control and Prevention (CDC), U.S. Department of Health and Human Services

http://www.cdc.gov/aging/

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A good exercise program includes these elements:

National Institute on Aging*

Health and Aging

- Publications
- Alzheimer's Disease
- Go4Life
- Español
- NIHSeniorHealth

NIHSeniorHealth

Exploring NIHSeniorHealth

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NIHSeniorHealth

Built with You in Mind

Resize Text: A A A Change Contrast

Print Sign Up Share

Health and wellness information for older adults from the National Institutes of Health.

Health Topics by First Letter

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Categories

- Bones and Joints
- Cancer
- Diseases and Conditions
- Healthy Aging
- Heart and Lungs
- Memory and Mental Health
- Treatments and Therapies
- Vision and Hearing
- All Topics A-Z

Featured Topic

Bladder Health

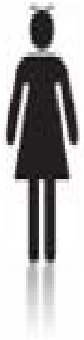
Exercise Stories

People of all ages and physical conditions benefit from exercise and physical activity. These exercise stories feature older adults and the diverse activities they enjoy.

Health Videos

Many of our health topics feature short videos that complement the information in the topic. The health videos offer up-to-date medical information, tips for

Seniors and Health Goals



Senior women (58%) are more likely to have set health goals than senior men (48%)

Seniors who exercise daily are much more likely than those who never exercise to say the past year of their life has been better than normal rather than worse (28% and 15% respectively)

Exercise Stories

Joan Age: 76
Location: Illinois
Activity: Walking, Skiing, Aerobics

William Age: 86
Location: Massachusetts
Activity: Walking, Running, Water Aerobics

Sam Age: 84
Location: New York
Activity: Strength Training

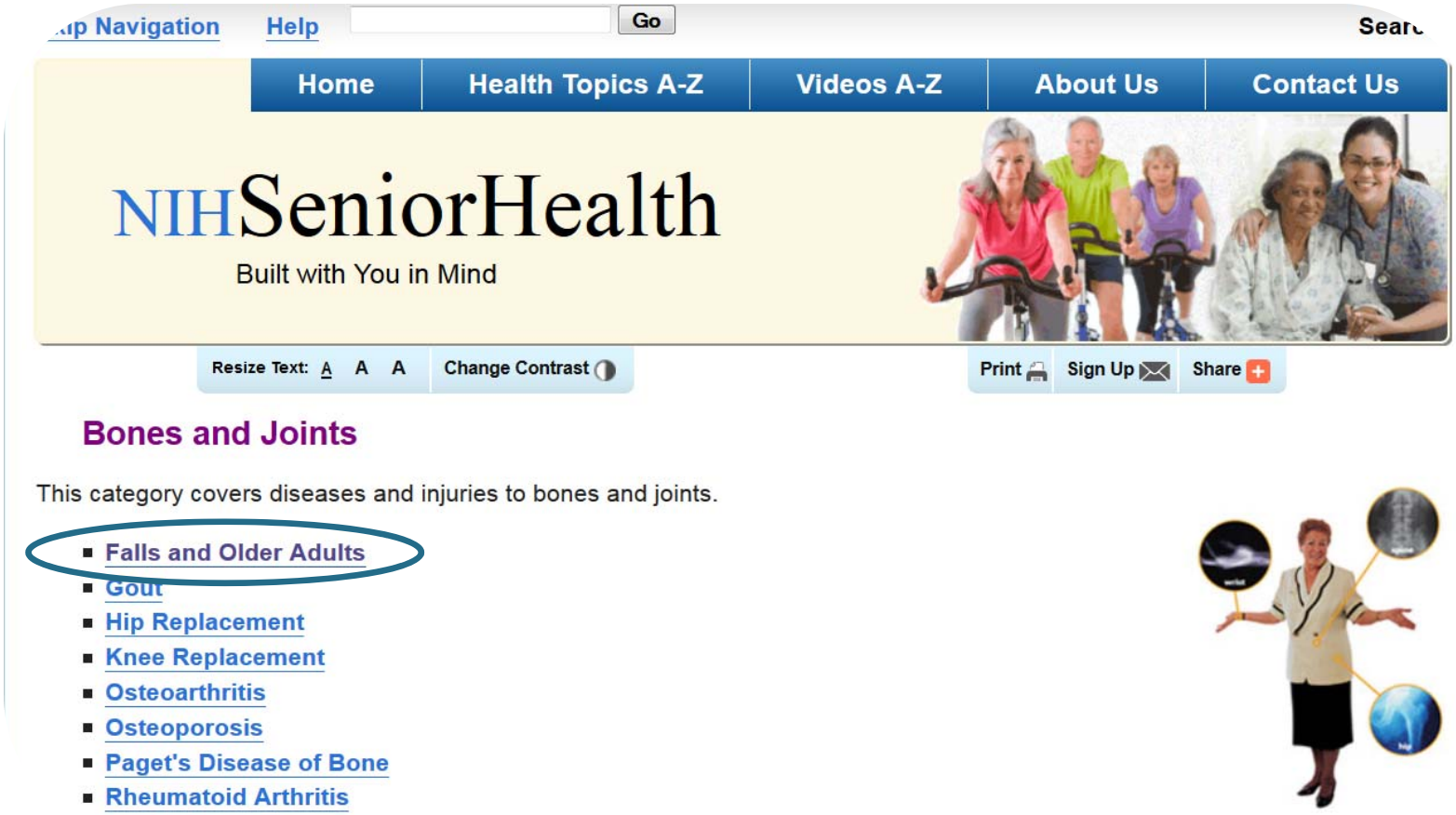
2009 Huntsman World Senior Games Women's Volleyball Team
Age: 74-80
Location: Delaware and Michigan

NIHSeniorHealth:Videos

Alcohol Use and Older Adults
Alzheimer's Caregiving
Alzheimer's Disease
Anxiety Disorders
Balance Problems
Breast Cancer
Cataract
Colorectal Cancer
Complementary Health Approaches
COPD
Depression
Diabetes
Dry Mouth
Eating Well As You Get Older
Exercise and Physical Activity for Older Adults
Falls and Older Adults
Glaucoma
Gout
Hearing Loss
Heart Attack
Hip Replacement
Kidney Disease
Knee Replacement
Long Term Care
Low Vision
Macular Degeneration
Osteoarthritis
Osteoporosis
Paget's Disease of Bone
Peripheral Arterial Disease
Problems with Smell
Prostate Cancer
Rheumatoid Arthritis
Quitting Smoking for Older Adults
Shingles
Skin Cancer
Sleep and Aging
Stroke
Surviving Cancer
Taking Medicines
Talking with Your Doctor

Physical therapy

After knee replacement



- **http://nihseniorhealth.gov/category/bonesandjoints.html**

Other Ways to Maintain Bone Health

Other Ways to Maintain Bone Health

- **Physical Activity.** Physical activity is another way to keep your bones strong. Try to get a total of at least 30 minutes of physical activity a day. Find time for activities like walking, dancing, stair climbing, gardening, and weight-lifting.

- **Bone Density Test.** Talk with your doctor about having a bone density test. This safe, painless test assesses your bone health and risk of future fractures. Medicare and many private insurers cover this test for eligible people. Women over age 65 and all men over 70 should have a bone density test.
- **Medications.** Your doctor can also advise you about whether you should consider taking prescription medications to improve bone health. These medications can slow bone loss, improve bone density, and lessen the risk of fractures.

Quitting Smoking, Limiting Alcohol

Other ways to maintain bone health include quitting smoking and limiting alcohol use. Smoking and heavy alcohol use can decrease bone mass and increase the chance of fractures. Also, maintain a healthy weight. Being underweight increases the risk of bone loss and broken bones.

Click for more information

Click for more information

This Topic
About Falls
Causes And Risk Factors
Making Personal Changes
Fall Proofing Your Home
Devices To Help Prevent Falls
Maintaining Bone Health
If You Fall
Frequently Asked Questions

Learn More
Falls And Older Adults Videos
Quiz Yourself
MedlinePlus For More Information
National Institute On Aging

Related Topics
Balance Problems
Osteoporosis

Falls and Older Adults

About Falls

Risk Increases With Age

Many people have a friend or relative who has fallen. The person may have slipped while walking or felt dizzy when standing up from a chair and fallen. Maybe you've fallen yourself.

If you or an older person you know has fallen, you're not alone. More than one in three people age 65 years or older falls each year. The risk of falling -- and fall-related problems -- rises with age.

Falls Lead to Fractures, Trauma

Click for more information

Each year, more than 1.6 million older U.S. adults go to emergency departments for fall-related injuries. Among older adults, falls are the number one cause of fractures, hospital admissions for trauma, loss of independence, and injury deaths.

Fractures caused by falls can lead to hospital stays and disability. Most often, fall-related fractures are in the person's hip, pelvis, spine, arm, hand, or ankle.

Hip fractures are one of the most serious types of fall injury. They are a leading cause of injury and loss of independence, among older adults. Most healthy, independent older adults who are hospitalized for a broken hip are able to return home or live on their own after treatment and rehabilitation. Most of those who cannot return to independent living after such injuries had physical or mental disabilities before the fracture. Many of them will need long-term care.

http://nihseniorhealth.gov/falls/aboutfalls/01.html

Falls Question 1

- **The risk of falling**

rises as a person gets older.

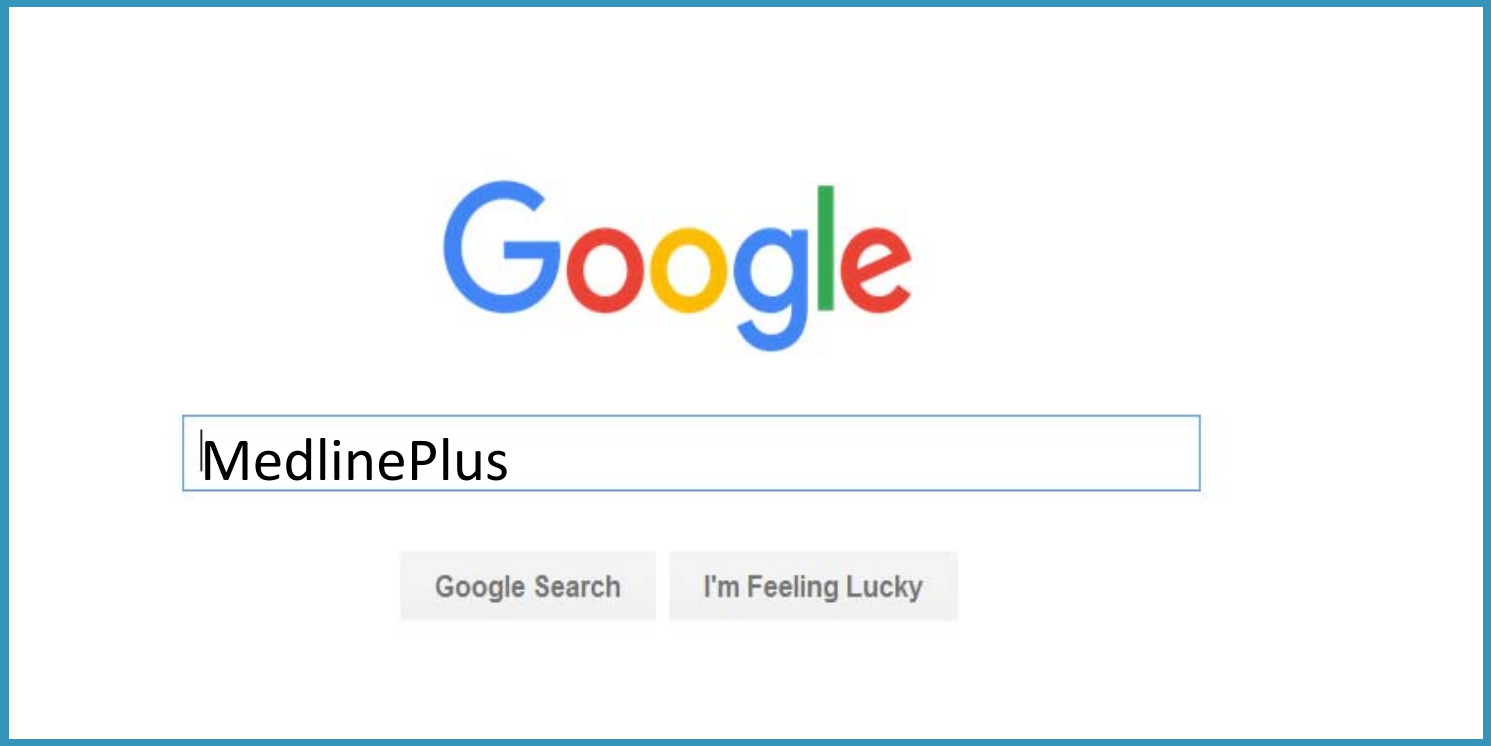
declines as a person gets older.

remains unchanged with age.

depends on a persons mental health.

Becoming a Savvy Shopper

MedlinePlus



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Drugs & Supplements
Learn about prescription drugs, over-the-counter medicines, herbs, and supplements

Videos & Tools
Discover tutorials, health and surgery videos, games, and quizzes

Medical Encyclopedia
Articles and images for diseases, symptoms, tests, treatments

September is Ovarian Cancer Awareness Month.

Learn more.

1 2 3 4 II

Today's Health News

1 in 4 Medicare Patients Uses Blood Pressure Meds Incorrectly

Most on Opioid Painkillers OK with Getting Overdose Antidote: Survey

Psychiatric Patients Face Longer Waits in ER

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Clinical Trials

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Assisted Living

Caregivers

End of Life Issues

Exercise for Seniors

Home Care Services

Medicare

Medicare Prescription Drug Coverage

Nursing Homes

Nutrition for Seniors

and numerous health condition topic pages

MedlinePlus: Seniors' Health

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Seniors' Health

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For You
- Men

Summary

People in the U.S. are living longer than ever before. Many seniors live active and healthy lives. But there's no getting around one thing: as we age, our bodies and minds change. There are things you can do to stay healthy and active as you age.It is important to understand what to expect. Some changes may just be part of normal aging, while others may be a warning sign of a medical problem. It is important to know the difference, and to let your healthcare provider know if you have any concerns

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MedlinePlus: Exercise for Seniors

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Exercise for Seniors

Also called: Seniors' fitness

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Summary

Exercise and physical activity are good for just about everyone, including older adults. There are four main types and each type is different. Doing them all will give you more benefits.

- Endurance, or aerobic, activities increase your breathing and heart rate. Brisk walking or jogging,

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Home → Drugs, Herbs and Supplements

Drugs, Herbs and Supplements

Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name:

A B C D E F G H I J K L M N O P Q R S T U
V W X Y Z 0-9

For FDA approved labels included in drug packages, see DailyMed.

Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

All herbs and supplements

Related Topics

- HIV/AIDS Medicines
- Antibiotics
- Antidepressants
- Blood Pressure Medicines
- Blood Thinners
- Cancer Alternative Therapies

Health News

September is Ovarian Cancer Awareness Month.

Learn more.

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HealthDay

1 in 4 Medicare Patients Uses Blood Pressure Meds Incorrectly

The lifesaving drugs 'only work if they are taken,' CDC director says

Tuesday, September 13, 2016

TUESDAY, Sept. 13, 2016 (HealthDay News) -- Nearly 5 million Medicare prescription drug enrollees aren't taking their blood pressure medication as directed, increasing their risk of heart attack and stroke, a new U.S. study found.

An analysis of 18.5 million Medicare Part D enrollees in 2014 found that 26 percent either skipped doses of their blood pressure medication or stopped taking the drugs entirely, according to the study from the U.S. Centers for Disease Control and Prevention.

"That's particularly troubling, because other research indicates that up to 25 percent of new prescriptions for blood pressure medicine are never even filled in the first place," CDC Director Dr. Tom Frieden said. "Of those prescribed those regimens, maybe a quarter don't even start them, and now we're finding that another quarter don't continue them."

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Organizations

A collection of organizations providing health information. Also available arranged by topic.

Alzheimer's Caregivers

- About the ADEAR Center (National Institute on Aging)
- Administration on Aging
- AlzOnline (University of Florida, Center for Telehealth and Healthcare Communications)
- Alzheimer's Association
- Family Caregiver Alliance
- Fisher Center for Alzheimer's Research Foundation
- National Institute on Aging

http://www.nlm.nih.gov/medlineplus/organizations/all_organizations.html

Agencies & Resources

National Institute on Aging (NIA)

http://www.nia.nih.gov/ (Main Page)

http://www.nia.nih.gov/health/publication (Publications)

http://go4life.nia.nih.gov/ (Campaign)

NIHSeniorHealth

https://nihseniorhealth.gov/

MedlinePlus

https:medlineplus.gov

National Association of Area Agencies on Aging (n4a)

http://www.n4a.org/ (Main Page)

http://www.ncoa.org/press-room/fact-sheets/ (Fact Sheets)

National Council on Aging (NCOA)

http://www.ncoa.org/ (Main Page)

Questions/Comments

How to Reach Us

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Michelle Burda, Education & Health Literacy Coordinator

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