Celebrate Go4Life®
Presenter Michelle Burda  Education and Health Literacy Coordinator
National Network of Libraries of Medicine, Middle Atlantic Region
Serving DE, NY, NJ & PA
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](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
National Institute on Aging: http://www.nia.nih.gov/

Click on Health and Aging
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
Free Stuff

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

**Be #Fit4Function with Go4Life**

Exercise and be active every day so you can keep doing what’s most important to you.

Practice all 4 types of exercise for the most benefits.

- **Endurance**
  - So you can climb steps
dance the night away

- **Strength**
  - So you can lift groceries
carry grandchildren

- **Balance**
  - So you can prevent falls and related injuries
  - TIP: Use a chair or the wall for support.

- **Flexibility**
  - So you can drive
  - get dressed

Visit go4life.nia.nih.gov and be #Fit4Function.

Get exercise ideas, motivational tips, and more from Go4Life, an exercise and physical activity campaign for older adults from the National Institute on Aging at NIH.
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/
A good exercise program includes these elements:
National Institute on Aging*

Health and Aging

- Publications
- Alzheimer’s Disease
- Go4Life
- Español
- NIHSeniorHealth
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).

2014 U.S. Aging Survey Executive Summary Report
**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
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<td>Talking with Your Doctor</td>
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**NIHSeniorHealth:Videos**

- Physical therapy
- After knee replacement
Bones and Joints

This category covers diseases and injuries to bones and joints.

- Falls and Older Adults
- Gout
- Hip Replacement
- Knee Replacement
- Osteoarthritis
- Osteoporosis
- Paget's Disease of Bone
- Rheumatoid Arthritis

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

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
The risk of falling

- rises as a person gets older.
- declines as a person gets older.
- remains unchanged with age.
- depends on a person's mental health.
Becoming a Savvy Shopper
MedlinePlus: https://medlineplus.gov/
MedlinePlus: Health Topics for Seniors’ Health

- Advance Directives
- 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

Seniors’ Health

On this page

Basics
- Summary
- Start Here
- Latest News
- Prevention and Risk Factors
- Treatments and Therapies

Learn More
- Related Issues
- Specifics

See, Play and Learn
- Images
- Health Check Tools
- Videos and Tutorials

Research
- Statistics and Research
- Journal Articles

Resources
- Reference Desk
- Find an Expert

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.
MedlinePlus: Exercise for Seniors

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.
1 in 4 Medicare Patients Uses Blood Pressure Meds Incorrectly

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."
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

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

Web site: http://nnlm.gov/mar
Email: mburda@pitt.edu
1.412.624.1589

Serving Delaware, New Jersey, New York and Pennsylvania

Michelle Burda, Education & Health Literacy Coordinator

Developed by NN/LM staff. This project has been funded in whole or in part by the National Library of Medicine (NLM), National Institutes of Health (NIH) under cooperative agreement number UG4LM012342 with the University of Pittsburgh, Health Sciences Library System.