

HEALTHY AGING REGIONAL COLLABORATIVE

“The aging of the U.S. population is one of the major public health challenges we face in the 21st century” —

*Julie Louise Gerberding, MD, MPH, Former Director,
Centers for Disease Control and Prevention (CDC)*

About Healthy Aging...

Healthy aging is the development and maintenance of optimal physical, mental and social well-being and function in older adults. It is most likely to be achieved when physical environments and communities are safe, and support the adoption and maintenance of attitudes and behaviors known to promote health and well-being; and by the effective use of health services and community programs to prevent or minimize the impact of acute and chronic disease on function. (*UNC Institute on Aging*)

Healthy Aging Regional Collaborative

A five year, \$7.5 million Strategic Initiative launched by Health Foundation of South Florida, the Healthy Aging Regional Collaborative aims to ensure that effective health promotion and prevention programs are available to older adults in Broward, Miami-Dade and Monroe Counties. The Collaborative offers low-cost, community-based programs in the areas of physical fitness, disease management, fall prevention and depression on an on-going basis.

Since the Collaborative was launched in 2008, more than 17,000 older adults have learned how to stay healthy and independent through evidence-based healthy aging programs offered in over 248 locations. Long term, these programs will be offered throughout the community, creating a region where all sectors join forces to establish and sustain programs proven to work and support policies and environments necessary to healthy aging.

Priority Points

- The number of people age 65 and older is estimated to double to 71 million, or 20% of the population. Given that it is three to five times more expensive to provide care to Americans age 65 and older, national health expenditures will also increase by 25%
- Health is strongly linked to the quality of life for older adults
- Businesses, communities and families depend on older adults as caregivers, mentors and volunteers. Older adults are at a higher risk of losing their ability to carry out these roles due to preventable injury, disability, and/or chronic disease
- More than 800,000 residents of Broward, Miami-Dade and Monroe Counties are age 60 and over. As these numbers rapidly rise, so does the need to effectively address the health and economic challenges of an aging society



Strategic Approach

The key to promoting healthy aging will be collaboration between multiple levels of society and diverse groups, including members of the public, health care providers, government agencies and community groups. The Healthy Aging Regional Collaborative has been formed to bring these various groups together, identify what works best and make healthy aging a reality in South Florida.

Call to Action

Health Foundation of South Florida seeks partners to work toward increasing healthy behaviors among older adults, reducing falls, reducing depression severity, increasing activity levels, and overall improving the quality of life for older adults. If you are part of a community, regional or statewide effort to improve health for residents in Broward, Miami-Dade or Monroe Counties, we want to hear from you. Please contact us to see how we can work together to improve the health of South Floridians.

Areas of Focus

The Foundation works with community partners to address key issues of healthy aging by funding a specific community-based intervention program in each area of focus. Programs are available in English and Spanish.

Promoting Chronic Disease Self-Management

- At least 80% of older Americans are living with at least one chronic condition, and 50% of them have at least two conditions
- In Florida in 2007, 48% of adults over age 65 were told by a doctor they had arthritis, 48% had high blood cholesterol, 54% had high blood pressure and 19% had diabetes

Program: Living Healthy: An interactive, peer-led six-session class geared toward enabling older adults to build the skills needed to assume a major role in maintaining their health and managing their chronic health conditions.

Increasing Levels of Physical Activity

- Exercise becomes more important with age, as regular aerobic activity coupled with strength training can help prevent or control many health problems
- The vast majority of older adults are NOT active: 74% of older adults age 65-74, 83% of older adults age 75-84 and 91% of older adults over 85 are not engaging in regular or moderate physical activity

Program: Enhance Fitness: A 60 minute class offered three times per week designed specifically to improve overall functional fitness.

Preventing Falls and the Fear of Falling

- Among older adults, falls are the number one cause of hip fractures, hospital admissions for trauma, loss of independence, and injury deaths
- In 2000, total direct medical costs related to falling were \$19.2 billion and are expected to reach \$54 billion by 2020



- Many people who fall, even those who are not injured, develop a fear of falling. This fear may cause them to limit their activities, leading to reduced mobility and physical fitness, and subsequently increasing the real risk of falling

Program: A Matter of Balance: An eight-session class designed to reduce the fear of falling and increase activity levels among older adults through acknowledging the risk of falling and emphasizing practical strategies to reduce this fear such as changing the physical environment to reduce fall risk factors.

Classes are offered in English and Spanish. Find a class in your neighborhood.

| HARC Partner Agency | County of Service | Contact |
|--|-------------------|---------------------|
| Active Seniors Key Biscayne | Miami-Dade | 305-775-5062 |
| Aging & Disability Resource Center of Broward | Broward | 954-745-9779 |
| Alliance for Aging | Miami-Dade | 305-670-6500 x 225 |
| Broward Regional Health Planning Council | Broward | 954-683-2497 |
| Community Health of South Florida | Miami-Dade | 305-252-4871 |
| Cuban National Council | Miami-Dade | 305-642-3484 x 134 |
| Florida Keys AHEC | Monroe | 305-743-7111 x 208 |
| Independent Living Community Services | Miami-Dade | 305-262-1292 x 6474 |
| Jessie Trice Community Health Center | Miami-Dade | 305-805-1700 |
| Jewish Community Services of South Florida | Miami-Dade | 305-673-6060 |
| Little Havana Activities and Nutrition Centers | Miami-Dade | 305-858-0887 x 298 |
| Open Door Health Center | Miami-Dade | 305-246-2400 |
| South Florida Veterans Foundation | Miami-Dade | 305-575-7000 x 6677 |
| YMCA of Broward County | Broward | 954-357-0276 |
| YMCA of Miami | Miami-Dade | 305-635-9652 |



As of 1/2/12