



Health Promotion Programs for You

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Presented by:

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What will be covered today:

- Who we are
- Statistics of older adults
- Health Promotion programs and their benefits
- How to find a workshop
- Questions





The Area Agency on Aging of Suburban Cook County

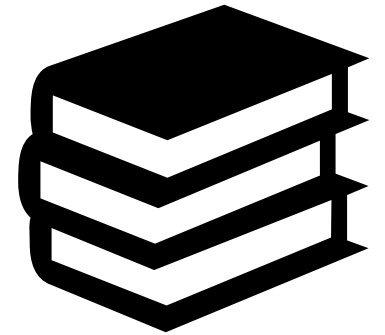


Who we are:

- AgeOptions – the Area Agency on Aging for Suburban Cook County
- Illinois Pathways to Health

What are evidence-based programs?

- Evidence-based programs (EBPs) offer proven ways to promote health and prevent disease among older adults.
- They are based on research and provide documented health benefits, so you can be confident they work!



Older Adults and Chronic Conditions

10 Common Chronic Conditions for Adults 65+

Quick Facts



80%
have at least 1 chronic condition



68%
have 2 or more chronic conditions



Hypertension
(High Blood Pressure)
58%



High Cholesterol
47%



Arthritis
31%



Ischemic Heart Disease
(or Coronary Heart Disease)
29%



Diabetes
27%



Chronic Kidney Disease
18%



Heart Failure
14%



Depression
14%



Alzheimer's Disease and Dementia
11%



Chronic Obstructive Pulmonary Disease
11%

Source: Centers for Medicare & Medicaid Services, Chronic Conditions Prevalence State/County Table: All Fee-for-Service Beneficiaries, 2015

A SNAPSHOT

DIABETES IN THE UNITED STATES

DIABETES

**34.2
MILLION**

34.2 million
people have
diabetes



That's about 1 in every 10 people



1 IN 5

don't know
they have
diabetes

Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2020



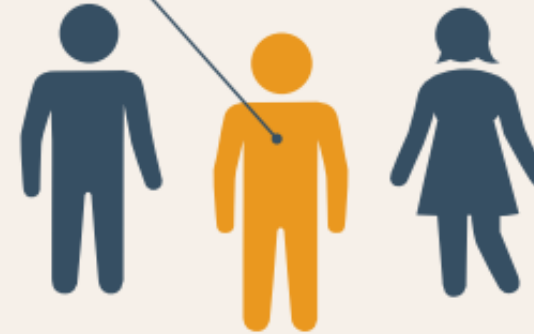
PREDIABETES

COULD IT BE YOU?

88
MILLION

88 million American adults — more than 1 in 3 — have prediabetes

1 IN 3



MORE THAN 8 IN 10 adults with prediabetes don't know they have it

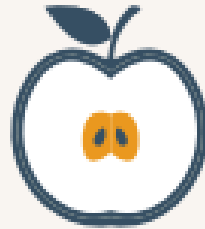
Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2020



Prediabetes increases your risk of Type 2 Diabetes, Heart Disease, and Stroke



If you have
prediabetes,
losing weight by:



**EATING
HEALTHY**



**BEING
MORE
ACTIVE**

can cut your risk of
getting type 2 diabetes in

HALF



Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2020





What to do?

- Frustration
- Hopelessness
- How do I manage?
- Evidence-based programs can help!



Evidence Based Programs: Health Promotion

- Cancer: Thriving and Surviving (English/Spanish)
- Take Charge of Your Diabetes (English/ Spanish)
- Take Charge of Your Health
- Tomando Control de su Salud
- Workplace Take Charge of Your Health
- Take Charge of Your Pain (English/ Spanish)



Topics Covered



Physical activity
and healthy eating



Communication
and problem
solving



Medication usage



Pain and stress
management



Goal setting and
action planning



Monitoring and
foot care



Isolation and
concerns with the
fear of recurrence





Significant Improvements

- Physical activity
- Socialize and perform household activities
- Less depression, fear and frustration or worry about health
- Decrease in pain and fatigue
- Increased confidence to manage their condition
- Shown to lower A1C
- More energy and better sleep
- Communication with providers



Ideal Candidate

- Older adult:
 - With any ongoing health condition such as arthritis, asthma, diabetes, heart disease, etc.
 - Managing chronic pain
 - Diagnosed with cancer or a survivor
- Family members, friends and caregivers are welcome to participate



Workshop Specifics



Meet weekly for six weeks



Sessions are 2.5 hours with a built-in break



In person workshop size: 12 - 18 participants



Virtual workshop size: 12 participants



Technical assistance is provided



Workshop Activities





Brainstorming

- Anyone can share
- No commenting during brainstorm
- No questions until after
- Clarification waits until after

Self- Management Toolbox

Physical Activity

Problem-Solving

Medications

Using Your Mind

Decision-Making

Understanding Emotions

Action Planning

Communication

Breathing Techniques

Healthy Eating

Sleep

Working with Providers



Action Planning

1. Something YOU want or decide to do
2. Achievable
3. Action-specific
4. Answer the questions:
 - What? (specific action)
 - How much? (time, distance, amount)
 - When? (time of day or which days of the week)
 - How often? (number of days in the week)
5. Confidence level of 7 or more



ILPathwaysToHealth.Org







Questions?

Thank You!



The Area Agency on Aging of Suburban Cook County

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