

6 Health Promotion and Disease Prevention

This section provides information about evidence-based programs that help with the prevention of chronic diseases, such as arthritis and diabetes, as well as management of medications, stress, and weight.

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HEALTH PROMOTION AND DISEASE PREVENTION PROGRAMS IN FLORIDA

The Florida Department of Elder Affairs works in collaboration with the Florida Department of Health and numerous other state, regional, and community organizations (including the Area Agencies on Aging (AAAs), the Florida Health Network, and the Florida Falls Prevention Coalition) to provide health promotion and disease prevention education and services in Florida.

Funding made available through Title IIID of the Older Americans Act (OAA) enables the Department and its aging network partners to implement health promotion and disease prevention programs that are based on scientific evidence and have demonstrated potential to improve the health of older adults.

Benefiting from rigorous research and evaluation, these evidence-based programs have proven to be effective in the prevention

and symptom management of a variety of chronic health conditions. Some of the benefits from these programs include learning to overcome fatigue, positively managing symptoms, effectively managing pain, making healthier food choices, learning portion control, managing medications, building strength, and preventing falls. These programs seek to support seniors and their caregivers with adopting lifestyle changes that will contribute to improvements in their health and well-being.



EVIDENCE-BASED PROGRAMS

Through OAA IIID funding, the Department provides services in each of the seven categories below:

- Arthritis,
- Diabetes Management,
- Falls Prevention,
- Chronic Condition,
- Nutrition and Wellness,
- Mental Health, and
- Physical Activity and Exercise.

Program availability varies throughout the state. Local AAAs can assist individuals in determining what programs and services are available.

To learn more, contact your local AAA's Elder Helpline at 1-800-96-ELDER (1-800-963-5337).

Arthritis

- Arthritis Self-Management Program
- Manejo Personal de la Arthritis
- Tai Chi for Arthritis

Diabetes Management

- DEEP
- DSMP
- Programa de Manejo Personal de la Diabetes

Falls Prevention

- A Matter of Balance
- Stepping On
- Tai Chi/Tai Ji Quan: Moving for Better Balance
- Un Asunto de Equilibrio

Chronic Conditions

- Chronic Disease Self-Management Program
- Chronic Pain Self-Management
- Tomando Control De su Salud

Nutrition and Wellness

- Enhance Wellness
- Healthy Eating Every Day
- HomeMeds
- Medication Management
- Powerful Tools for Caregivers

Mental Health

- BRITE
- Healthy Ideas
- PEARLS

Physical Activity and Exercise

- Active Living Every Day
- Arthritis Foundation Exercise Program
- EnhanceFitness
- Fit and Strong!
- Healthy Moves for Aging Well
- Physical Fitness
- SAIL
- WWE

ARTHRITIS

Arthritis causes pain and loss of movement. It can affect joints in any part of the body. It is a chronic disease that affects individuals over long periods of time. According to the Florida Arthritis Prevention and Education program, an estimated 3 million Floridians are living with some form of arthritis. The most common forms of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis affects most of us as we grow older and involves the breakdown of cartilage and bones. This form of arthritis usually affects fingers and weight-

QUICK FACT

Early diagnosis and appropriate management of arthritis, including self-management activities, can help people with arthritis decrease pain, improve function, stay productive, and lower health care costs.

bearing joints, such as knees, feet, hips and back. Rheumatoid arthritis involves the inflammation of the joints. Left untreated, it can lead to damage of cartilage and bones. Rheumatoid arthritis often affects the same joints on both sides of the body. Hands, wrists, feet, knees, ankles, shoulders, neck, jaw, and elbows are the most common places where this type of arthritis can be found.

Exercise helps reduce the pain and fatigue associated with arthritis and related diseases. Exercise helps us to keep moving, working, and being independent.

The Department and the aging network provide the following programs for Florida's elders who may be experiencing pain and loss of movement due to arthritis:

Arthritis Self-Management

The Arthritis Self-Management Program was developed by Stanford University; the organization now maintaining the program and its fidelity is the

Self-Management Resource Center (SMRC). Workshops conducted in community settings offer attendees strategies to address the symptoms of different types of rheumatic diseases including osteoarthritis, rheumatoid arthritis, fibromyalgia, and lupus.

Subjects covered include the following:

- Techniques to deal with problems such as pain, fatigue, frustration, and isolation;
- Exercise for maintaining and improving strength, flexibility, and endurance;
- Appropriate use of medications;
- Communicating effectively with family, friends, and health professionals;
- Healthy eating;
- Making informed treatment decisions;
- Disease-related problem solving; and
- Getting a good night's sleep.

Programa de Manejo Personal de la Arthritis

The Programa de Manejo Personal de la Arthritis is the Spanish version of the Arthritis Self-Management Program which also offers education in a community setting related to:

- Techniques to deal with problems such as pain, fatigue, frustration, and isolation;
- Exercise for maintaining and improving strength, flexibility, and endurance;
- Appropriate use of medications;
- Communicating effectively with family, friends, and health professionals;
- Healthy eating;
- Making informed treatment decisions;
- Disease-related problem solving; and
- Getting a good night's sleep.

Tai Chi for Arthritis

Tai Chi for Arthritis helps people with arthritis to improve balance both mentally and physically, thus significantly reducing the rate of fall of older adults. Additional benefits include improving relaxation, vitality, posture, and immunity.

For additional information, contact the Arthritis Foundation by calling 1-800-568-4045 or by visiting arthritis.org. You can also contact your local Area Agency on Aging to see what services are available in your area, or call the Elder Helpline at 1-800-96-ELDER (1-800-963-5337).

CHRONIC CONDITIONS

Chronic Disease Self-Management Education (CDSME) programs provide older adults and adults with disabilities the education and tools to help them better manage chronic conditions such as heart disease, chronic pain, and depression.

QUESTION

What can I do to stay independent if I have arthritis?

ANSWER

Contact your doctor or local health clinic for more information about arthritis and how to maintain your independence.

Chronic Disease Self-Management Program

The Chronic Disease Self-Management Program was developed by Stanford University; the organization now maintaining the program and its fidelity is the Self-Management Resource Center (SMRC). People with different chronic health problems can attend workshops in a community setting.

Subjects covered include the following:

- Techniques to deal with problems such as frustration, fatigue, pain, and isolation;

- Appropriate use of medications;
- Nutrition;
- Evaluating new treatments;
- Exercise for maintaining and improving strength, flexibility, and endurance; and
- Communicating effectively with family, friends, and health professionals.

Chronic Pain Self-Management Program

Chronic Pain Self-Management Program was developed by Stanford University. The program provides information and teaches practical skills for managing the challenge of living with chronic pain. This program is for adults age 60 or older who have a primary or secondary diagnosis of chronic pain. Chronic pain is pain that lasts longer than three to six months or longer than the normal healing time of an injury.

Tomando Control de su Salud

Tomando Control de su Salud was developed at Stanford University.

The program is designed to teach a range of skills in managing chronic conditions for the Spanish-speaking population.

The program is not a translation of the Chronic Disease Self-Management Program, as it was developed separately in Spanish. Subjects covers are similar, but they are presented in ways that are culturally appropriate. Subjects include the following:

- Techniques to deal with problems such as frustration, fatigue, pain, and isolation;
- Exercise for maintaining and improving strength, flexibility, and endurance;
- Appropriate use of medications;
- communicating effectively with family, friends, and health professionals;
- Healthy eating;
- Appropriate use of the health care system; and
- Evaluating new treatments.

DIABETES EDUCATION AND MANAGEMENT

Diabetes is a disorder of the body's metabolism (the way a body uses digested food for growth and energy) that interferes with the body's normal production of insulin. Insulin moves glucose (sugar) from the blood stream into our cells. There are three main types of diabetes: Type 1, Type 2, and gestational diabetes.

The most common type is Type 2 diabetes - more than 90 percent of people with diabetes have Type 2. This form of diabetes is common in adults age 55 and older. The symptoms of Type 2 diabetes develop gradually, and some people experience no symptoms. In uncontrolled diabetes, glucose and fats remain in the blood, and over time, damage vital organs and contribute to heart disease, as well as nerve, foot, eye, and kidney damage. Type 2 diabetes is more common in older people and those who are overweight.

It also occurs more often in African-Americans and people who are Hispanic. Older adults with Type 2 diabetes may be able to manage their condition by eating well, exercising, and maintaining a healthy weight.

Here are a few things seniors can do to stay as healthy as possible after being diagnosed with Type 2 diabetes:

- Avoid high-sodium foods,
- Avoid high-sugar foods,
- Avoid foods high in saturated fat and cholesterol,
- Increase meal frequency with added snacks, and
- Achieve an age-appropriate body weight.

The Florida Department of Elder Affairs, through its aging network partners, offers the following diabetes education and management programs for Florida's elders diagnosed with one of the various types of diabetes:

Diabetes Empowerment Education Program

The Diabetes Empowerment Education Program (DEEP) is designed to provide residents in the community with tools to better manage their diabetes. The content components include nutrition, prevention of both chronic and acute complications, blood glucose monitoring, an insulin pump program, and individual goals which include quality and length of life.

Diabetes Self-Management Program

The Diabetes Self-Management Program was developed by Stanford University; the organization now maintaining the program and its fidelity is the Self-Management Resource Center (SMRC). Individuals managing Type 2 diabetes can make weekly action plans, share experiences, and help one another create and carry out these plans while they are taught (through workshops) techniques, appropriate exercises,

QUESTION

My mother is 60, Hispanic-American, and 30 pounds overweight but otherwise healthy. Is she still at risk for Type 2 diabetes?

ANSWER

She could be. Type 2 diabetes usually involves a slow onset of symptoms. The person could be unaware of the condition until health care is sought for another problem. As there are higher risk factors associated with her age and ethnicity, a diabetes screening would be recommended.

healthy eating, appropriate use of medications, and ways to work more effectively with health care providers.

Programa de Manejo Personal de la Diabetes

Programa de Manejo Personal de la Diabetes is the Diabetes Self-Management Program in

DIABETES SYMPTOMS

- Excessive thirst or hunger
- Frequent urination
- Unexplained weight loss
- Fatigue
- Changes in vision
- Slow healing of cuts or infections
- Persistent itching

QUICK FACT

Detecting and treating diabetic-related eye disease can reduce the development of severe vision loss by an estimated 50 to 60 percent while comprehensive foot care programs can reduce diabetes-related amputation rates by 45 to 85 percent.

Spanish and was developed by Stanford University; the organization now maintaining the program and its fidelity is the Self-Management Resource Center (SMRC). Individuals managing Type 2 diabetes can make weekly action plans, share experiences, and help one another create and carry out these plans while they are taught (through workshops) techniques, appropriate exercises, healthy eating, appropriate use of medications, and ways to work more effectively with health care providers.

Contact your local Area Agency on Aging to get more information on diabetes education and management programs that may be available in your area. Other contacts include your doctor or local health clinic, the Elder Helpline at 1-800-96-ELDER (1-800-963-5337), the American Diabetes Association at [diabetes.org](https://www.diabetes.org) or 1-800-342-2383, and the National Diabetes Information Clearinghouse at 1-800-860-8747, or visit the website at diabetes.niddk.nih.gov.

FALLS PREVENTION

Falls are a leading cause of injuries to persons age 65 years and older. A fall can be a life-changing event that results in reduced mobility and independence, and may require nursing home placement. As we grow older, our risk of falling increases; therefore, we need to adjust our daily routine to reduce the risk of a fall-related injury. There are two categories of risk factors for falls: personal and environmental.

Personal factors include poor sense of balance, unsteady gait (walk), poor sight, medications, and disabilities. Environmental risk factors include poor lighting, loose rugs, and slippery surfaces. Thirty percent of falls occur in the community, and a full 60 percent of falls occur within the home.

The Department and the aging network partners offer the following falls prevention program services for Florida's elders, listed on the following page:

A Matter of Balance

A Matter of Balance was adapted from the Boston University Roybal Center by Maine's Partnership for Healthy Aging. It uses practical coping strategies to reduce fear of falling and to diminish the risk of falling, including group discussions, mutual problem solving, exercises to improve strength, coordination and balance, and home safety evaluation.

Stepping On

Stepping On is a program with training and technical support provided by the Wisconsin Institute for Healthy Aging. It empowers older adults to carry out health behaviors that reduce the risks of falls, improve self-management, and increase quality of life. Participants of this program should be older adults who are 65 or over, at risk of falling, have a fear of falling, or who have fallen one or more times.

Topics covered in this workshop include: simple and fun balance and strength training, the role vision plays in keeping your balance, how medication can contribute to falls, ways to stay safe when out and about in your community, what to look for in safe footwear, and how to check you home for safety.

Tai Chi/Tai Ji Quan: Moving for Better Balance

Developed by the Oregon Research Institute, this simplified, eight-form version of Tai Chi/Tai Ji Quan, is offered in community settings and has been proven to decrease the number of falls and risk of falling in older adults. Other benefits associated with this program include social and mental well-being, balance and daily physical functioning, self-confidence in performing daily activities, personal independence, and quality of life and overall health.

QUESTION

Are there programs available to reduce falls?

ANSWER

To help address the incidence of falls, the Department of Health, Office of Injury Prevention, initiated a statewide Falls Prevention Coalition. There are also several local falls prevention coalitions throughout the state.

QUICK FACT

Falls are the leading cause of injury death among Floridians age 65 and older and the fourth leading cause of injury death overall. Additionally, falls are the leading cause of non-fatal, injury-related hospital admissions in Florida.

COMMON FALL INJURIES

- Femur
- Hip
- Knee
- Pelvis
- Wrist
- Arms

HEART ATTACK WARNING SIGNS

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath
- Breaking out in a cold sweat
- Nausea
- Light-headedness

QUESTION:

There is a history of heart disease in my family. How can I minimize my risks of chronic heart disease?

ANSWER

Heart disease can be controlled and managed with certain lifestyle changes.

QUICK FACT

Not all signs occur in every heart attack. If some occur, but not others, do not wait. Get help quickly!

Un Asunto de Equilibrio

Un Asunto de Equilibrio was adapted from Boston University Roybal Center by Maine's Partnership for Healthy Aging. This Spanish version of A Matter of Balance uses practical coping strategies to reduce fear of falling and to diminish the risk of falling, including group discussions, mutual problem solving, exercises to improve strength, coordination and balance, and home safety evaluation.

To learn more, contact your local Area Agency on Aging, or call the Elder Helpline at 1-800-96-ELDER (1-800-963-5337).

HEART DISEASE

Millions of older Americans are affected by heart disease each year. The elderly are more likely to have coronary heart disease, which manifests itself as a heart attack or chest pain. Coronary heart disease is more debilitating than other types of heart disease. Heart attacks,

strokes, and high blood pressure are all cardiovascular diseases.

Coronary heart disease is caused by a narrowing of the coronary arteries, which leads to a decreased supply of blood and oxygen in the heart. A family history of heart attacks can increase your risks of heart disease. High blood pressure, high cholesterol, and obesity are also risk factors for heart disease. Studies have suggested that diabetes can also be a risk factor for this disease. Lack of physical activity, as well as extensive alcohol and tobacco use, can also increase a person's risk of heart disease.

Eating a balanced diet, getting moderate amounts of exercise, controlling stress, and managing your blood pressure and cholesterol levels are keys to reducing the risks of contracting heart disease.

For additional information on heart disease, contact your doctor, local health clinic, or the American Heart Association at 1-800-242-8721.

HIGH BLOOD PRESSURE

High blood pressure is a major health problem for many older Americans. If undiagnosed and untreated, high blood pressure can cause strokes, heart disease, and kidney failure. High blood pressure has often been called the silent killer, because many people have it for years without knowing it.

Risk factors for high blood pressure are age, family history, inactivity, stress, obesity, tobacco use, and excessive alcohol use.

Blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to that blood as it flows through your arteries. Two numbers determine your blood pressure. The top number represents your systolic pressure (the amount of pressure present when the heart beats) and the bottom number represents your diastolic pressure (the amount of pressure present while the heart rests between beats).

High blood pressure is usually discovered during a routine physical examination. Diagnosing high blood pressure involves measuring your blood pressure over a few weeks or months to see if your readings remain high. Have your doctor check your blood pressure during each visit.

You can do a free self-check of your blood pressure at most supermarkets and pharmacies.

For additional information on high blood pressure, contact your doctor, local health clinic, or the American Heart Association at 1-800-242-8721.

MEDICATION MANAGEMENT

Americans age 65 and older take more medicine than any other age group in the country. Because seniors are more likely to have multiple conditions at the same time, many seniors take different kinds of medication on a regular basis. It is important to learn how to properly manage medications in order to prevent further illness or death.

QUESTION

What constitutes a normal systolic and diastolic blood pressure reading?

ANSWER

A systolic reading of less than 130 and a diastolic reading of less than 85 are considered normal.

WARNING SIGNS OF A STROKE

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking, or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance, or coordination
- Sudden, severe headache with no known cause

QUESTION

Who can help me figure out the best way to manage my medications?

ANSWER

Talking with your doctor, health care provider, or pharmacist is one of the best ways to get help with managing your medications.

MEDICINE SAFETY TIPS

- Store medicines properly
- Follow directions carefully
- Do not share medications
- Keep medicines away from small children
- Keep emergency numbers posted near the phone

QUICK FACT

Volunteering is a good way to relieve stress. You will gain a better perspective on your problems and make a difference at the same time.

Over-the-counter medicines like vitamins, herbal supplements, laxatives, antacids, and cold medicines should be taken carefully to avoid adverse reactions when they combine with prescription drugs. You should keep a list of all medicines that you take and review it with your doctor during each visit.

Check labels for directions on how to take your medicines regularly. Check expiration dates, and properly dispose of all expired medicines. Responsible medication management starts with letting your doctor know what over-the-counter medicines you are taking. He or she will then tell you if it is safe to take those medicines together with prescribed medications.

For additional information on medication management programs, contact your local Aging and Disability Resource Center, or call the Elder Helpline at 1-800-96-ELDER (1-800-963-5337).

STRESS MANAGEMENT

Stress is an automatic physical reaction you feel when faced with an unpleasant or threatening situation. While it is common knowledge that stress is a problem for teens, young adults, and their parents, it is not as well understood that seniors also feel stress. Uncontrolled levels of stress can negatively affect seniors in many ways and complicate existing age-related diseases.

Even though stress can be hard to deal with, it is important to learn stress management techniques in order to avoid health problems. Studies show that stress can contribute to high blood pressure, heart disease, headaches, and digestive problems.

Major sources of stress in seniors include dealing with retirement, changes in living situations, financial worries, losing spouses and friends, losing independence, and fear

of rejection or abandonment by loved ones. After the loss of a spouse, many seniors fear living alone. You may want to ask your local law enforcement officers to extend their patrol to your neighborhood if you feel unsafe in your home.

You can manage stress by keeping a positive attitude, increasing social activities, and maintaining a healthy lifestyle with diet and exercise. It is also important to resolve issues quickly before they escalate into a traumatic event.

Seeking help is not a sign of weakness. Sources of help include spiritual leaders, doctors, professional counselors, senior services groups, health departments, and clinics.

For additional information on stress management programs in your area, contact your Aging and Disability Resource Center, or call the Elder Helpline at 1-800-96-ELDER (1-800-963-5337).

WEIGHT MANAGEMENT

As we age, the body's proportion of muscle decreases just as fat increases and begins to account for a greater percentage of our weight. In addition to decreases in muscle mass, metabolism naturally slows with age as well. Since muscle requires more calories to sustain than fat, this combination of reduced muscle mass and slower metabolism means that the number of calories older adults need to survive is reduced.

Research indicates that seniors who do not reduce their caloric intake as they age will most likely gain weight. Too much weight gain can cause a person to become overweight or obese. As weight increases to levels referred to as "overweight" and "obese," the risks also increase for the following conditions: coronary heart disease, Type 2 diabetes, cancers (endometrial, breast and colon), hypertension (high blood pressure), dyslipidemia (for example, high total cholesterol or triglyceride levels), stroke,

WHAT YOU CAN DO TO REDUCE STRESS

- Talk to friends and family members
- Develop new hobbies and new interests
- Exercise frequently
- Learn to relax
- Treat yourself to something you enjoy

QUICK FACT

Losing as little as 10 to 20 pounds can significantly help to improve health.

FACTORS FOR WEIGHT GAIN

- High-fat diet
- Inactivity
- Genetics
- Tobacco use
- Illness
- Medications

liver and gallbladder disease, sleep apnea, respiratory problems, and osteoarthritis (a degeneration of cartilage and its underlying bone within a joint).

For more information about healthy weight, visit [cdc.gov/healthyweight](https://www.cdc.gov/healthyweight)

Body Mass Index

Health care professionals use weight tables and formulas to provide guidelines for appropriate weight. Body Mass Index (BMI) is a reliable indicator of total body fat, which is related to the risk of disease and death. The BMI score is valid for both men and women, but it does have some limits. It may overestimate body fat in athletes and others who have a muscular build, or it may underestimate body fat in older persons and others who have lost muscle mass.

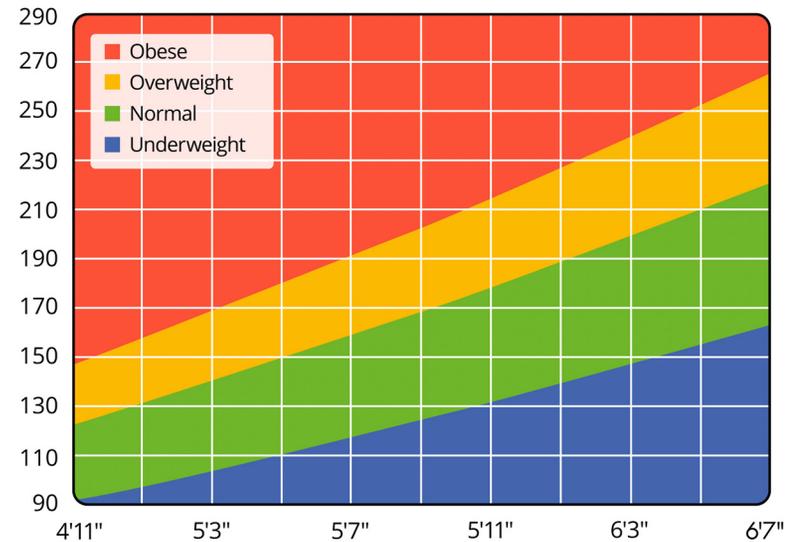
For people who are considered obese (those having a BMI greater than or equal to 30) or those who are overweight (those having a BMI of 25 to

Example:
Weight=150 lbs.
Height=5'5"(65")

Calculation:

$$\left(\frac{150}{65^2} \right) 703$$

BMI=24.96



The BMI Formula is weight (lbs.) / [height (in.)]² x 703 (calculate BMI by dividing weight in pounds (lbs.) by height in inches (in.) squared and multiplying by a conversion factor of 703.

29.9), weight loss is generally recommended. Even a small weight loss (just 10 percent of your current weight) will help lower your risk of developing diseases associated with obesity. Talk to your health care professional to see if you should lose weight.

Weight is largely determined by how well a person can balance intake of calories from

food with the amount of energy used daily. If more calories are consumed than are burned, weight gain is likely. Eating a well-balanced diet and exercising are enough for most people to maintain a healthy body weight. Visit [eatright.org](https://www.eatright.org) for weight management information on how you can improve your weight.