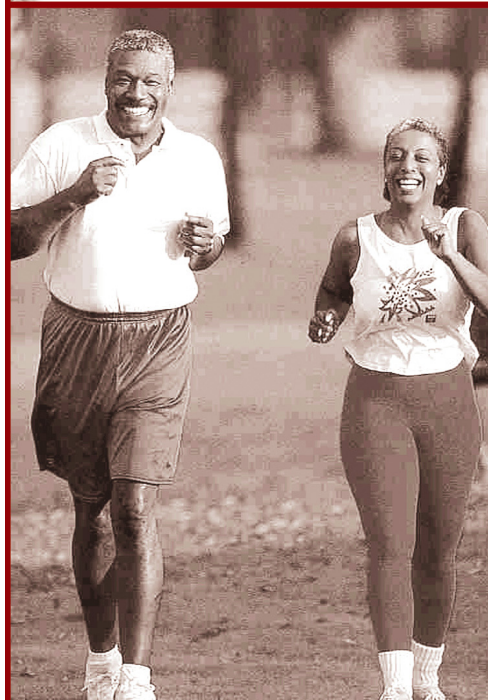
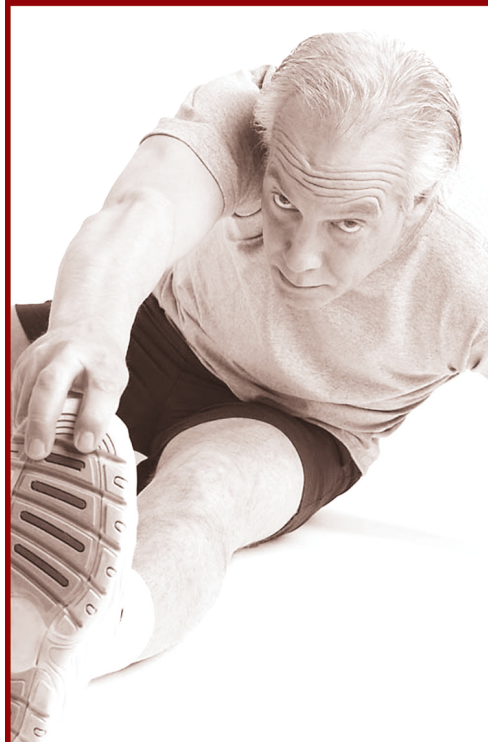


Colorado

Older Adult Resource Kit

Implementation Guide for the
Colorado Physical Activity and Nutrition
State Plan 2010



Colorado Physical
Activity & Nutrition



Colorado Department
of Public Health
and Environment

Developed by the
Colorado Physical Activity and Nutrition Program
Older Adult Task Force

To organizations that serve older adults in Colorado:

Why should sites encourage older adults to be physically active and to improve eating habits?

Senior centers, recreation centers, and meal sites have a profound impact on the health of older adults. They can also model good behavior and create a positive norm by being consistent with national messages about eating at least five fruits and vegetables a day, engaging in regular physical activity, and providing an environment where people are less likely to fall.

In 2001, people over age 64 accounted for 9.7 percent of all Coloradans. This percentage is expected to double by 2025, or represent a fifth of the state population. Of Coloradans over age 64, 54 percent are overweight or obese, meaning over half of older adults are at an unhealthy weight. Additional weight is a known health risk factor that can affect the severity of chronic conditions.

The Colorado Physical Activity and Nutrition Program's Older Adult Task Force believes a healthy older adult population is an essential component to reducing the growing rate of obesity in the U.S.

Physical activity performed on most days of the week reduces the risk of obesity and diabetes, and the risk of developing heart disease and cancer, the major causes of illness and death in the United States. Physical activity also reduces depression and anxiety, and helps build and maintain healthy bones, muscles, and joints. Older adults with healthier bones and stronger muscles are much less likely to have a fall injury. Falls among older adults often lead to a serious decline in quality of life or premature death. Almost a third of people who are hospitalized for a fall cannot return to their homes or independent living after leaving the hospital.

In some aspects, Coloradans over age 64 are doing better than others. They are more likely to eat five servings of fruits and vegetables a day than other age groups. In general, older adults are more likely than younger adults to consume the recommended number of servings of most food groups. Unfortunately, low-income elderly consume fewer recommended servings than higher income elderly. As individuals age, energy needs decrease because of a reduction in lean body mass and a more sedentary lifestyle. As such, older adults must choose wisely, selecting nutrient-dense foods to meet decreased calorie requirements. They must eat better while consuming less food to make every calorie count.

This Older Adult Resource Kit was designed for organizations that serve older adults, including congregate meal sites, senior centers, community centers, and recreation centers.

The goal of the *Colorado Physical Activity and Nutrition Program Older Adult Resource Kit* is to empower personnel at sites that serve older adults to implement programs that model and promote an environment that supports healthy eating patterns and active lifestyles.

Resources in this kit are intended to simplify the process of assessing, planning, and implementing nutrition, physical activity, and fall prevention programs. This kit is not designed to be a blueprint for a comprehensive program.

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Introduction: Blueprint for Success

This resource kit will provide some of the many strategies and resources available to sites that serve older adults in order to help them lead healthier lifestyles. It is not intended to be a comprehensive guide, but rather a supplemental resource that focuses predominantly on the areas of physical activity, nutrition, fall prevention, and weight management.

Alarming Trends

- ◆ Research using the Healthy Eating Index indicates that older adults are not getting recommended nutrient levels.
- ◆ Desirable physical activity levels are not being met.
- ◆ Overweight and obesity rates are growing.
- ◆ Falls continue to debilitate and lead to premature death in older adults.

What are the components of a successful plan?

- ◆ Gain commitment from stakeholders such as site administrators and site patrons.
- ◆ Assess the needs of the older adult population at the site.
- ◆ Set goals and objectives, and then prioritize them.
- ◆ Develop an action plan with appropriate strategies to address specified goals.
- ◆ Implement the plan.
- ◆ Monitor progress and make necessary changes.
- ◆ Evaluate the outcomes.
- ◆ Continue to revise the plan to maintain a healthy environment for all the older adults served.

How to make a change?

- ◆ Conduct awareness activities surrounding national health observances, such as National 5 A Day Month in September and National Physical Fitness and Sports Month in May.
- ◆ Offer health education seminars and workshops.
- ◆ Conduct health screenings at locations convenient for older adults with transportation.
- ◆ Provide wellness and other self-help information through print publications.
- ◆ Offer on-site behavior change programs, such as weight management, calorie substitution or weight-bearing activity classes.
- ◆ Create social support for physical activity and nutrition programs.

How to use the Older Adult Resource Kit:

- ◆ The kit is divided into three sections: physical activity, nutrition, and fall prevention.
- ◆ Within each section are descriptions of specific action steps, including information and resources on how to implement each action step.
- ◆ Once a site has determined priorities, goals, and objectives, use this kit to select specific, related programs or policies to implement.

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Section 1: Physical Activity

Increase opportunities for older adults to engage in daily, moderate physical activity that follows current recommendations.

Action Steps:

1. Implement walking programs with malls, faith-based organizations, senior centers, recreation centers, neighborhoods, and other community locations.
2. Advocate for low-cost, age-appropriate, physical activity programs, such as walking, low-impact aerobics, weight bearing activities, and water aerobics in community recreation or health centers, YMCAs, senior centers, and other facilities serving older adults.
3. Promote low-cost, healthy-living resources or programs that emphasize good nutrition and physical activity.
4. Increase awareness of low- or no-cost resources for physical activity, such as pools, local shopping malls, and community trail systems.
5. Facilitate partnerships between schools and senior groups that encourage opportunities for physical activity, such as a Walking School Bus program.
6. Provide transportation to and from physical activity locations for individuals who do not have access to other modes of transportation.

1 Implement walking programs in malls, faith-based organizations, senior centers, recreation centers, neighborhoods, and other community locations.

Why: In the 65+ population, less than 28.3 percent engage in regular leisure-time physical activity, and this number is reduced significantly as age increases. The lack of safety and minimal social activities are barriers eliminated by the sense of community.

- ◆ 58 percent of older adults are currently overweight or obese.
- ◆ Inactivity is considered a major cause of excess weight, and experts believe that walking is one of the best ways to prevent weight gain.
- ◆ Obesity is linked to very high rates of chronic illness and has similar effects of 20 years of aging.
- ◆ Although Colorado is America's leanest state, the obesity rate has more than doubled since 1990 to a 2003 rate of 14.9 percent.
- ◆ Physical activity can be an important part of managing problems that might already be present, such as depression, diabetes, high blood pressure, or elevated cholesterol.

How:

- ◆ Many malls have organized walking groups. Visit the mall's information booth or administrative offices for walking times and routes. The hours are often first thing in the morning before the mall is officially open for business. Organize a group of regular walkers.
- ◆ Initiate walking groups in faith-based communities. Interested members can walk before or after services, or schedule times to meet at malls or parks.
- ◆ Locate a neighborhood senior center and organize a group of people to attend the various physical activities offered.
- ◆ Encourage the older adults at your site to plan ahead to make physical activity a regular part of their week. A calendar can be used as a reminder.
- ◆ Encourage social activities that facilitate the development of a network of friends and acquaintances that share physical activities and motivations.
- ◆ Organize families, older adults, and dog walkers to team up in neighborhoods for scheduled walks.
- ◆ Organize and publicize a team to participate in an event such as the annual Diabetes Walk.

Resources:

- ◆ **Active.com:** www.active.com
- ◆ **America Walks:** www.americawalks.com
- ◆ **America On The Move/Colorado On The Move:** www.americaonthemove.org
- ◆ **SHAPE! Chicago:** www.shapechicago.com
- ◆ **Shape Up America:** www.shapeup.org
- ◆ **YMCA of Metropolitan Denver:** www.ymca.net
- ◆ **2004 National Health Observances:** www.healthfinder.gov/library/nho/nho.asp

2 Advocate for low-cost, age-appropriate, physical activity programs in community recreation or health centers, YMCAs, senior centers, and other facilities serving older adults.

Why: Limited financial resources serve as a barrier to physical activity for many older adults. Instructors trained to provide age- and condition-specific activities can educate participants about appropriate activities (for example, those that promote balance and strength) and reduce the risk of injury.

How:

- ♦ Educate older adults on the benefits of physical activity.
- ♦ Encourage people to participate in walking programs such as Walking Wednesdays or Walking School Bus (with school children), and Colorado on the Move
- ♦ Offer physical activity workshops, brown bag lunches, events, or health fairs.
- ♦ Encourage more programs in senior centers on health and wellness, - strength training, walking programs, stretching, aquatics, and nutrition, - that emphasize prevention strategies for chronic conditions.
- ♦ Encourage agencies to apply for grants to implement physical activity programs.
- ♦ Encourage partnerships between the medical community and community-based agencies doing health and wellness programming.
- ♦ Encourage community-based professionals working with older adults to attend training to develop advanced skills in physical activity programming for that age group (Academy for Older Adult Wellness Programming).
- ♦ Implement small-group exercise programs in senior-housing facilities or neighborhood locations.

Resources:

- ♦ **Arthritis AQUA:** www.arthritis.org.
- ♦ **Colorado Parks and Recreation Association:** <http://www.cpra-web.org>
- ♦ **Colorado On The Move:** www.americaonthemove.org/colorado
- ♦ **Colorado State Parks:** www.parks.state.co.us
- ♦ **Colorado Parks:** www.coloradoparks.org
- ♦ **People with Arthritis Can Exercise (P.A.C.E.):** www.arthritis.org *materials available in English and Spanish*
- ♦ **Senior Stand:** www.seniorstand.com
- ♦ **Silver Sneakers®:** www.silversneakers.com (800) 295-4993 or (480) 783-9555
- ♦ **YMCA of Metropolitan Denver:** www.denverymca.org

3 Promote low-cost, healthy living resources or programs that emphasize good nutrition and physical activity.

Why: Older adults may face a number of barriers that could keep them from successful physical activity and proper nutrition, such as a lack of financial resources, lack of transportation, or lack of physical ability to prepare food. Planners need to ascertain barriers that could affect the participation and effectiveness of physical activity and nutrition programs. Many older adults are malnourished, regardless of weight, because of the intake of empty calories.

How:

- ♦ Host a weight management program (e.g., Slim for Life, Weight Watchers).
- ♦ Invite a registered dietitian or exercise professional to speak about weight management (e.g., lunch and learn session).
- ♦ Distribute handouts, brochures, or other information about weight management, physical activity, and nutrition.
- ♦ Provide older adults with a list of regional resources on nutrition and physical activity.
- ♦ Provide training to staff currently working with older adults in other capacities (e.g., health care providers) on low-cost weight management resources and programs.

Resources:

- ♦ **American Heart Association:** www.americanheart.org *Materials are available in English and Spanish.*
American Heart Association Slim for Life Program
- ♦ **American Diabetes Association:** www.diabetes.org/homepage.jsp
- ♦ **American Obesity Association:** www.obesity.org
- ♦ **Colorado Nutrition Education Program (CO NEP):** www.caahs.colostate.edu/shn/nep
- ♦ **Consortium For Older Adult Wellness, “Active Choices” program:** www.consortiumforolderadultwellness.org
- ♦ **Colorado State University Cooperative Extension:** www.ext.colostate.edu

Speaker resources:

Contact the following organizations to inquire about low- or no-cost speakers:

- ♦ American Cancer Society: www.cancer.org
- ♦ American Diabetes Association: www.diabetes.org
- ♦ American Heart Association: www.americanheart.org
- ♦ Colorado Dietetic Association: www.eatrightcolorado.org
- ♦ Colorado State University Cooperative Extension: www.ext.colostate.edu
- ♦ Kaiser Permanente: (303) 344-7410 Denver area

Other Resources to Consider for Speakers:

Employee assistance providers	Local nutrition associations
Fitness organizations	Public health programs
Health departments	University programs
Hospitals	
Nonprofit organizations	

4 Increase awareness of low- or no-cost resources for physical activity, such as pools, local shopping malls, and community trail systems.

Why: Community involvement in the form of partnerships will serve to strengthen a climate open to the needs of its older adults and the barriers they face. Making the most of local resources enforces the awareness of the whole community when it comes to awareness towards physical activity and nutrition.

Some of the many benefits include:

- ◆ Encourage physical fitness and healthy lifestyles.
- ◆ Promote opportunities to socialize with other community members.
- ◆ Create new opportunities for outdoor recreation and non-motorized transportation.

How:

Walking/Biking Trails:

- ◆ Promote awareness of neighborhood trail systems by distributing maps at local businesses and community events.
- ◆ Promote use of trails and greenways through newsletters, schools, community centers, and bulletin boards.
- ◆ Encourage community support/volunteerism for trail maintenance.
- ◆ Encourage senior trail-walking clubs.
- ◆ Work with school-age children to do distance and usage studies of trails for a defined period of time and evaluate safety, increased walking, and other outcomes; publicize the results.

Community Swimming Pools:

- ◆ Promote awareness of community pools at other community facilities, through brochures or flyers, with the hours of operation and normal pool temperature.
- ◆ Partner with your local parks and recreation department to offer low or no-cost swimming time and pool safety courses for older adults.
- ◆ Promote health benefits of pool use to older adults.
- ◆ Encourage lifeguards to get training on older adult safety needs.
- ◆ Encourage private pools, health clubs, and swimming clubs to utilize a pool pass or punch card system to allow non-members access to the pools.
- ◆ Promote the training of aqua-class instructors in prevention and rehabilitation techniques for functional fitness for older adults.

Resources:

- ◆ **America Walks:** www.americawalks.org
- ◆ **American Trails:** www.americantrails.org
- ◆ **Bicycle Colorado:** bicyclecolo.org/site/index.cfm
- ◆ **Colorado Lottery:** www.coloradolottery.com/about/trailmaps/index.cfm
- ◆ **Colorado Parks and Recreation Association:** www.cpra-web.org
- ◆ **Swimming Pools in the US:** www.clubswim.com
- ◆ **Trails and Greenways Clearinghouse:** www.trailsandgreenways.org

5 Facilitate partnerships between schools and senior groups that encourage opportunities for physical activity, such as a Walking School Bus program.

Why: A Walking School Bus program involves a small group of children walking to school together under the supervision of one or more adults.

- ◆ Children and older adults need to move more.
- ◆ Children and older adults need a variety of physical activities each day; walking to school is an ideal way to get moving.
- ◆ Active children who get more physical activity improve their health and perform better in school.
- ◆ Children learn from adults how to be safe pedestrians.
- ◆ Less traffic in neighborhoods and near schools creates more desirable communities.
- ◆ A sense of community spirit is increased when neighbors get to know one another.
- ◆ Intergenerational interaction can help older adults feel needed.

How:

- ◆ Arrange for senior center groups to volunteer five hours weekly at nearby elementary schools.
- ◆ Encourage partnerships between elementary schools and older adult faith-community groups.
- ◆ Partner with Brownie/Cub Scouts and/or Boy Scout and Girl Scout troops to work with senior activities.
- ◆ Invite law enforcement to speak to parents, older adults, and children about traffic safety and walking.
- ◆ Plan a walk-a-thon to raise money for a charitable cause.

Resources:

- ◆ **The Centers For Disease Control and Prevention:** www.cdc.gov/NCCDPHP/DNPA/KIDSwalk
- ◆ **Colorado Department of Public Health and Environment/Physical Activity and Nutrition Program:** www.cdphe.state.co.us/pp/copan.html
Walk to School Colorado Tool Kit
- ◆ **Colorado Department of Transportation Bicycle/Pedestrian Program:** www.dot.state.co.us/bikeped/
- ◆ **Colorado Walks:** www.coloradowalks.org
- ◆ **Colorado On The Move:** www.americaonthemove.org/colorado
- ◆ **Feet First:** www.feetfirstinfo.org
- ◆ **Walk to School Day:** www.walktoschool.org
- ◆ **Walking School Bus:** www.walkingschoolbus.org

6 Provide transportation to and from physical activity locations for individuals who do not have access to other modes of transportation.

Why: Many communities have public and private facilities with programs that provide activities tailored to include older adults at reduced fees. Participation requires the ability to travel from a person's residence to and from activities.

Regular, appropriate physical activity supports healthy aging. The inability to travel to organized physical activities creates a substantial barrier for participation of older adults. In sparsely populated rural areas, public or private transportation systems may not be in place. Life conditions, such as limited financial resources, inability or hesitance to drive, physical or sensory impairment, or lack of a network of family or friends to provide transportation, present immense barriers.

How:

- ◆ Facilitate collaboration among senior centers, senior housing facilities, public recreation facilities, and public transportation agencies (if one exists in the area) to provide door-to-door transportation.
- ◆ Establish a partnership with a local or national organization to provide transportation in communities, as cancer treatment facilities have done with the Red Cross.
- ◆ Establish carpools or volunteer "Buddy Rides" within an organization (where an able-bodied participant gets a class discount for transporting someone else).
- ◆ Use assisted-living agency transportation to deliver participants to off-site activity programs.

Resources:

- ◆ **Access-A-Ride:** www.rtd-denver.com/access-a-ride
The Regional Transportation District (RTD) (303) 299-2960 or TTY (303) 299-2980.
- ◆ **American Red Cross:** www.redcross.org/more/commserv/mapintro.html
Denver (303) 722-7474; Colorado Springs (719) 632-3563; Durango (970) 259-5383; Fort Collins (970) 226-5728; Monte Vista (719) 852-5706; and Pueblo (719) 561-2614.
- ◆ **American Public Transportation Association:** www.apta.com/links/state_local/co.cfm#A2
- ◆ **Fort Collins Dial-a-Ride:** fcgov.com/transfort/dialaride.php#1
(970) 224-6066.
- ◆ **Pikes Peak Area on Aging:** www.ppacg.org/Aging/aging.htm
Senior Information telephone line (719) 471-2096.
- ◆ **Senior Resources Inc.:** www.seniorsresourceguide.com/srg_main.html

Section 1: Website resource descriptions

Access-A-Ride: www.rtd-denver.com/access-a-ride

The Regional Transportation District (RTD) a year-round para-transit service available in areas of Arapahoe, Adams, Denver, Boulder and Jefferson counties.

Active.com: www.active.com

Networking information of organized physical activities.

America On The Move/Colorado On The Move: www.americaonthemove.org

A program promoting healthy eating and active living.

America Walks: www.americawalks.com

This is a national coalition of advocacy groups dedicated to promoting “walkable” communities.

American Heart Association: www.americanheart.org

Information about a “Healthy Lifestyle.” Materials are available in English and Spanish.

American Diabetes Association: www.diabetes.org/homepage.jsp

Information on physical activity from diabetes experts.

American Obesity Association: www.obesity.org

Comprehensive information on the overweight and obese for all ages.

American Public Transportation Association: www.apta.com/links/state_local/co.cfm#A2

A comprehensive listing of public transportation by county with links directly to the organization(s).

American Trails: www.americantrails.org

Has trail listings for all states. There are numerous links and resources within Colorado.

Arthritis Foundation: www.arthritis.org

A website dedicated to information and activities designed to ease pain caused by arthritis. Many physical activity programs are offered at the local level.

Bicycle Colorado: <http://bicyclecolo.org/site/index.cfm>

Encourages and promotes bicycling in Colorado as well as increasing safety and improving conditions.

The Centers For Disease Control and Prevention: community programs www.cdc.gov/NCCDPHP/DNPA/KIDSwalk

Resources for community programs, presentations, fact sheets, and more.

Centers For Disease Control and Prevention: physical activity and nutrition www.cdc.gov/nccdpdp/dnpa/physical/growing_stronger/resources.htm

A site developed to aid with nutritional and physical activities.

Colorado Department of Public Health and Environment/Physical Activity and Nutrition Program: www.cdphe.state.co.us/pp/copan.html

Complete *Walk to School Colorado* Tool Kit for communities.

Colorado Department of Transportation Bicycle/Pedestrian Program: [www..dot.state.co.us/ibikeped/](http://www.dot.state.co.us/ibikeped/)

Ideas for community implementation for pedestrian and biking safety.

Colorado Lottery: www.coloradolottery.com/about/trailmaps/index.cfm

Complete trail maps for the state of Colorado.

Colorado Nutrition Education Program (CO NEP): www.cahs.colostate.edu/fshn/nep:

This program provides resources and funding for nutrition education and physical activity promotion to schools and community organizations that work with limited-resourced audiences.

Colorado On The Move: www.americaonthemove.org/colorado

Simple, easy to implement walking programs for all communities of all ages.

Colorado Parks: www.coloradoparks.org

Complete listing of Colorado parks and activities.

Colorado Parks and Recreation Association: www.cpra-web.org

Locate park and recreation department in your community for information on community recreation options, including swimming pools and trails.

Colorado State University Cooperative Extension: www.ext.colostate.edu

The CSU Cooperative Extension has general information about nutrition and health.

Colorado State Parks: www.parks.state.co.us

Listing of all Colorado parks and links for reservation and activities.

Colorado Walks: www.coloradowalks.org

Ideas to help communities organize walking programs.

Consortium For Older Adult Wellness, “Active Choices” : www.consortiumforolderadultwellness.org

A “buddy” walking program for older adults.

Feet First: www.feetfirstinfo.org

Simple ideas to get walking programs started with children and adults.

2004 National Health Observances: www.healthfinder.gov/library/nho/nho.asp:

A complete listing of monthly health days/months to use for activity planning.

Pikes Peak Area on Aging: www.ppacg.org/Aging/aging.htm

Senior information for El Paso County and surrounding areas.

SHAPE! Chicago: www.shapechicago.com

Resource guide and annual senior fitness walk to use as an example.

Shape Up America: www.shapeup.org Information telephone line (719) 471-2096

A helpful site dedicated to achieving a healthy weight for life at any age.

Senior Stand: www.seniorstand.com.

A national directory of area agencies on aging centers by state and county.

Silver Sneakers®: www.silversneakers.com (800) 295-4993 or (480) 783-9555

A growing national fitness plan for Medicare eligible seniors. Health plans, like Kaiser Permanente of Colorado and Secure Horizons from Pacificare, partner with local fitness centers to provide unlimited member access for physical activity programs.

Swimming Pools in the US: www.clubswim.com

A complete listing of swimming pools, within all states, by county.

Trails and Greenways Clearinghouse: www.trailsandgreenways.org: A web site designed to provide technical assistance, resources, and referrals to trail and greenway community advocates.

Walking School Bus: www.walkingschoolbus.org

Complete information needed to start a community program.

Walk to School Day: www.walktoschool.org.

Older adults helping children engage in pedestrian safety walking program.

YMCA of Metropolitan Denver: www.ymca.net

A nonprofit organization that is working to meet the health and social needs of people of all life stages.

Section 2: Nutrition

Develop, support, and advocate for older adult health through better nutrition.

Action Steps:

1. Encourage consumption of at least five servings of fruits and vegetables each day.
2. Incorporate the 5 A Day, Food Guide Pyramid, and Dietary Guidelines for Americans into existing food and nutrition assistance programs conducted by statewide agencies (e.g., food stamps, food banks, etc.).
3. Encourage consumption of three servings of reduced-fat or fat-free dairy products each day.
4. Encourage and empower older adults to follow reasonable food and beverage portion sizes.
5. Encourage fruit and vegetable consumption by starting a community garden in assisted-living homes, nursing homes, independent living communities and senior centers. Encourage the organization of trips to local farmer's markets.
6. Offer nutrition education classes based on assessment of interest and need, including cooking demonstrations whenever possible.

1 Encourage consumption of at least five servings of fruits and vegetables each day.

2 Incorporate the 5 A Day, Food Guide Pyramid, and Dietary Guidelines for Americans into existing food and nutrition assistance programs conducted by statewide agencies (e.g., food stamps, food banks, etc.).

Why: The USDA Dietary Guidelines currently recommends that Americans eat five to nine servings of fruits and vegetables a day. Colorful fruits and vegetables: red, yellow/orange, blue/purple, white, and green, provide the wide range of vitamins, minerals, and phytochemicals the body needs to maintain good health and energy levels.

- ◆ Diets that are high in vitamin A, vitamin C, and fiber may reduce the risk of chronic diseases. Fruits and vegetables are rich sources of these nutrients.
- ◆ People who eat five or more servings of fruits and vegetables daily have half the risk of developing cancer as those who eat only one to two servings a day.
- ◆ 35 percent of all cancer deaths may be related to poor dietary habits, including insufficient fruit and vegetable intake.
- ◆ Nearly \$250 billion is spent each year in the U.S. on healthcare costs for diseases related to unhealthy eating habits.
- ◆ According to the Census Bureau, 30,000 Coloradans 65 years of age and older live below the poverty level and need assistance for their basic food needs.

How:

Encourage consumption of at least 5 servings a day:

- ◆ Offer a wide variety of healthy food choices.
- ◆ Ensure that consistent messages and practices related to good nutrition are provided in various environments.
- ◆ Provide fresh salads, vegetables and fruit with dips, and whole grain breads and grain products in daily meals and snacks.
- ◆ Contact your local or state health department for pamphlets and posters specific to 5 A Day and nutrition.
- ◆ Give discounts or coupons to nearby farmer's market.
- ◆ Start a community garden project.
- ◆ Utilize public service announcements for 5 A Day information.
- ◆ Encourage recipe substitution, cooking demonstrations, and shopping tips at senior centers for the purpose of modifying foods that they already enjoy to make them healthier.
- ◆ Save money, support an agricultural farm: There are 23 community-supported agriculture locations in Colorado where you can pick your own food.
- ◆ Arrange presentations with cooking demonstrations including fruits and vegetables through hospital wellness programs, local extension office, community health clinics, local department of health, community colleges, or the local library.

- ♦ Encourage congregate meal sites and Meals on Wheels programs to promote 5 A Day in their menu planning.
- ♦ On the local level, encourage programs that offer food assistance to older adults, like food banks and food stamps, to advertise 5 A Day, Food Guide Pyramid and Dietary Guidelines for older adults.

Resources:

- ♦ **American Dietetic Association:** www.eatright.org
- ♦ **American Heart Association:** www.americanheart.org
Information about a “Healthy Lifestyle.” Materials are available in English and Spanish.
- ♦ **Colorado Farmer’s Market:** <http://www.coloradofarmersmarket.com/locations.htm>
- ♦ **Colorado State University Cooperative Extension:** <http://www.ext.colostate.edu/menufood.html>
- ♦ **Colorado Department of Public Health and Environment:**
www.cdphe.state.co.us/pp/COPAN/5ADAY.html
- ♦ **Community Garden:** www.communitygarden.org/pubs/starting.html
- ♦ **Dietary Guidelines for Americans:** www.health.gov/dietaryguidelines
- ♦ **Food Guide Pyramid:** www.nal.usda.gov:8001/py/pmap.htm
- ♦ **Food Stamp Program:** www.fns.usda.gov/fsp
- ♦ **“Get on the Grain Train” and “Fabulous Fruits, Versatile Vegetables”:**
www.usda.gov/cnpp/Pubs/rochures/index.html
- ♦ **Health Reserve:** www.healthreserve.com/nutrition/daily_servings.htm
- ♦ **The National Cancer Institute:** <http://www.cancer.gov>
- ♦ **Nutrition Connection:** www.nal.usda.gov/fnic/foodstamp/Library/finder.html
- ♦ **Nutrition Literacy Tool Kit:** www.cde.state.co.us/cdenutrition/nutritoolkit.htm
- ♦ **The Recipe Link:** www.kitchenlink.com
- ♦ **Share Colorado:** www.sharecolorado.org

3 Encourage consumption of three servings of reduced-fat or fat-free dairy products each day.

Why:

In 1997, the National Academy of Sciences increased the recommended amount of calcium for almost all age groups. Those recommendations are listed below.

CALCIUM INFORMATION GUIDELINES	
According to the current guidelines for calcium intake, most Americans need at least 1,000 mg. a day or the equivalent to a 3 A Day from the Milk Group	
If You Are	You Need
1 - 3 years	500 mg. per day
4 - 6 years	800 mg. per day
9 - 18 years	1300 mg. per day
19 - 50 years	1000 mg. per day
51 + years	1200 mg. per day

National Academy of Sciences, Institute of Medicine, 1997

According to the United States Department of Agriculture (USDA) figures, milk and milk products supply 73 percent of calcium in the U.S. food supply. Without consuming dairy foods, it is difficult to meet recommended intakes of calcium and vitamin D. Not only are dairy foods an excellent source of calcium, they are a good source of other essential nutrients such as protein, riboflavin, vitamins B12, A, and D, and the minerals phosphorus, zinc, and magnesium. Consuming milk and milk products improves the overall nutritional quality of the diet.

Most Americans are eating only half the recommended two to three servings of dairy each day leading to calcium deficient diets. America's low calcium intake is recognized as a major public health problem.

Consider these statistics:

- ◆ A recent assessment by USDA scientists indicates that three servings of dairy a day is the most practical option to meeting the majority of the public's calcium requirements.
- ◆ Emerging research suggests that not only is calcium critical for bone health, it has a role in reducing risk of hypertension, obesity, and colon cancer.

How:

There are several resources and programs available to help people increase their consumption of reduced-fat and fat-free dairy foods.

- ◆ 3 A Day of Dairy for Stronger Bones Campaign – The National Dairy Council and American Dairy Association, along with support from the American Academy of Pediatrics, the American Academy of Family Physicians, the American Dietetic Association, and the National Medical

Association, launched a multi-year, nutrition-based education and marketing campaign to address America's low calcium intake.

- ◆ Visit www.3aday.org for a free toolkit with recipes, expert tips, and coupons, and sign up to receive the 3 A Day e-newsletter, Get 3!, filled with valuable solutions and subscriber-only freebies.
- ◆ Contact Western Dairy Council, (800) 274-6544 or (303) 451-7711, for brochures and other educational materials for the 3 A Day of Dairy program.

Lactose Intolerance

Lactose is the sugar found in milk and milk products. It can cause stomach discomfort in some people. A person with lactose intolerance has trouble digesting the sugar in milk. Recent studies show that even people diagnosed with lactose intolerance can drink one to two cups of milk each day without suffering abdominal discomfort. The good news is that lactose intolerance does not mean dairy intolerance. Here are some useful tips for people with lactose intolerance to help them get enough calcium:

- ◆ Milk is often tolerated with a meal or with other foods, like cereal with milk.
- ◆ Some dairy foods, such as hard cheeses and yogurt, contain little lactose and cause fewer symptoms than milk.
- ◆ Lactose-reduced and lactose-free milk and milk products are readily available in most grocery stores.
- ◆ Ask your healthcare provider about pills and drops that make it easier to digest milk and dairy products.
- ◆ For people who cannot tolerate any milk, other sources of calcium include green leafy vegetables and foods with added calcium.

Resources:

- ◆ **3 A Day of Dairy for Stronger Bones Campaign:** www.3aday.org (800) 274-6455
- ◆ **National Dairy Council:** www.nationaldairycouncil.com (800) 274-6455
- ◆ **Western Dairy Council:** www.wdairycouncil.com (800) 274-6455

4 Encourage and empower older adults to follow reasonable food and beverage portion sizes.

Why: Portion sizes served in restaurants and at home have increased dramatically over the past few decades. Studies show that when people are given more food on their plates, they eat more. Larger portions provide more calories and fat. Excess calories are stored as fat in the body, and excess body fat is associated with numerous chronic diseases. Older adults can manage their health and weight by eating portions that allow for proper nutrient and calorie intake.

How:

Through nutritional education classes, instruct the older adult how to:

- ♦ Make a request for the owner of a favorite restaurant to provide value meals with smaller serving sizes for a reduced price.
- ♦ Request that food vendors provide a section on their menu that includes appropriate portion sizes.
- ♦ Ask for nutrition information for foods purchased in restaurants, movie theaters, convenience stores, etc.
- ♦ When eating out, order the small size or share with a friend, or divide the meal into a take home container before beginning to eat.
- ♦ Request healthy changes to the menu – ask for low-fat salad dressing, skip the special sauces, omit mayonnaise, substitute steamed vegetables for fries, etc.

Resources:

- ♦ **American Dietetic Association:** www.eatright.org
- ♦ **Center for the Science of Public Interest:** cspinet.org/new/pdf/inal_price_study.pdf:
- ♦ **Portion Distortion:** www.bcm.tmc.edu/pa/portiondist.htm
- ♦ **Food Guide Pyramid:** www.nal.usda.gov:8001/py/pmap.htm
- ♦ **Western Dairy Council:** www.wdairycouncil.com (English and Spanish materials).

5 Start community gardens in assisted-living facilities, nursing homes, and senior centers. Encourage trips to local farmer's markets.

Why: Participating in a community garden is a great way to gain access to fresh produce, so that people can consume their 5 A Day. In combination with trips to a local farmer's market, older adults can learn growers' secrets and new food-preparation tips.

How:

- ◆ Encourage activity directors to adopt a horticulture therapist to help start a garden.
- ◆ Encourage facilities to put community-garden upkeep supplies in their budget.
- ◆ Encourage activity directors to arrange weekly trips to a local farmer's market.

Resources:

- ◆ **American Community Gardening Association:** www.communitygarden.org
- ◆ **Colorado Farmers Markets:** www.ams.usda.gov/farmersmarkets/states/colorado.htm (303) 239-4114.
- ◆ **Colorado State University Cooperative Extension:** www.ext.colostate.edu
- ◆ **Denver Urban Gardens (DUG):** www.dug.org (303) 292-9900.
- ◆ **Growing Gardens of Boulder County:** www.growinggardens.org (303) 441-4060 extension 568.

6 Offer nutrition education classes based on assessment of interest and need, including cooking demonstrations whenever possible.

Why: It is important to tailor nutrition education classes to meet the interests, needs, and abilities of older adults. Participants will be more engaged in the learning process if they see the value and benefit to their personal lives. Effective nutrition education and behavior change is more about what the audience needs to be successful instead of what staff wants them to know. Use what is learned from listening to participants to identify desired health and nutrition outcomes and to make decisions in coordinating programs and activities.

Cooking demonstrations held within communities help to reinforce healthful food preparation, healthful food choices, safe food preparation, and encourage participants to taste healthful foods. Seeing and tasting foods prepared conveniently and easily can provide people an incentive they need to incorporate healthful food preparation in their own homes.

How:

To assess the needs of the audience:

- ◆ Once you have determined which segment of the population you would like to reach with training, conduct a needs assessment. Survey a sample of potential participants addressing nutrition knowledge, interest, and expectations.
- ◆ It is important to listen to consumers, understand their barriers, analyze their needs, and design programs to address those barriers.
- ◆ Surveys can be verbal (in-person or telephone), or written (paper or computer-based).
- ◆ The focus should be twofold: helping people adopt behaviors that are known to be beneficial and those they perceive as beneficial.
- ◆ If you want members of a target audience to adopt a change in behavior from instruction, they have to recognize it as having distinct benefits over other sources of information.
- ◆ Assessing the location for the delivery of a nutrition education message, it is important to maximize the number of individuals who may benefit. Timing, conflicting obligations, and transportation barriers may also need to be taken into consideration.
- ◆ Lastly, ongoing assessment of the success of the nutrition education program in meeting participant expectations and needs is critical to the continued interest and attendance. Adjustments and changes to the class location, content, and schedule may be needed depending on the outcome of ongoing assessment.

To organize cooking demonstrations:

- ◆ Determine and be aware of the needs of the selected target audience.
- ◆ Select a topic area and healthful recipes according to the USDA Dietary Guidelines and the Food Guide Pyramid.
- ◆ Create themes for your demonstrations, such as Heart Healthy Foods, Low-fat Cooking, or Meals for One or Two.
- ◆ Choose demonstration sites with high visibility and accessibility.
- ◆ Host demonstrations that include hands-on participation and sampling of food.
- ◆ Utilize existing mobile kitchens or community kitchens, if available.
- ◆ Provide quality nutrition education and food-safety materials, as well as the healthful recipes.
- ◆ Partner with local Cooperative Extension staff, chefs at local restaurants, local school food service staff, WIC nutritionists, or hospital dietitians to help set up and conduct cooking demonstrations.

Resources:

- ♦ **American Dietetic Association:** www.eatright.org
- ♦ **American Heart Association:** www.americanheart.org
(303) 369-5433
- ♦ **Area Agency on Aging:** www.aoa.gov (888) 783-7500
- ♦ **Colorado Dietetic Association:** www.eatrightcolorado.org
- ♦ **Colorado Rocky Mountain Prevention Research Center:** www.uchsc.edu/rmprc/projects.htm
- ♦ **Colorado State University Cooperative Extension:** www.ext.colostate.edu
- ♦ **National Dairy Council:** www.nationaldairycouncil.org
- ♦ **Share Our Strength, Specifically Operation Frontline:** www.strength.org
- ♦ **Check with your local community college for classes/demonstrations in nutrition and cooking.**

Section 2: Website resource descriptions

American Community Gardening Association: www.communitygarden.org

The American Community Gardening Association (ACGA) helps gardening programs share their limited resources, and benefit from each other's experience. They offer support, coach fledgling groups, and, wherever possible, connect new groups with existing groups for support and assistance.

American Dietetic Association: www.eatright.org

Healthy recipes for 365 days a year.

American Heart Association: www.americanheart.org

Information about a "Healthy Lifestyle" for any age, including nutrition and recipes. Materials are available in English and Spanish.

Area Agency on Aging: www.aoa.gov (888) 783-7500

Web site devoted to healthy living for older adults.

Centers for Disease Control and Prevention: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/resources.htm

Complete guides for optimal nutrition.

Center for Nutrition and Policy and Promotion: <http://www.usda.gov/cnpp>

Provides easy access to nutritional guidelines and programs.

Center for the Science in the Public Interest: cspinet.org/new/pdf/inal_price_study.pdf

Published studies to guide experts in nutritional health for older adults.

Colorado Department of Public Health and Environment: www.cdphe.state.co.us/pp/COPAN/5ADAY.html

A state guide to nutritional resources and programs.

Colorado Dietetic Association: <http://www.eatrightcolorado.org>

Array of nutritional programs for older adults.

Colorado Farmers' Market: <http://www.coloradofarmersmarket.com/locations.htm>

Listing of Colorado markets, dates, and times.

Colorado Rocky Mountain Prevention Research Center: www.uchsc.edu/rmprc/projects.htm

Latest information on older adult nutrition and on-going studies.

Colorado State University Cooperative Extension: www.ext.colostate.edu/menufood.html

Articles for the consumer on food safety, health, preparation, and preservation.

Community Garden: www.communitygarden.org/pubs/starting.html

Facts and information on how to set up and maintain community garden sites.

Denver Urban Gardens (DUG): www.dug.org

Denver Urban Gardens has numerous community gardens throughout the Denver-Metropolitan area that

Dietary Guidelines for Americans: www.health.gov/dietaryguidelines

Up to date information for food and nutritional guidelines.

Food Guide Pyramid: www.nal.usda.gov:8001/py/pmap.htm

Older adult food pyramid explained in a downloadable file.

Growing Gardens of Boulder County: www.growinggardens.org

Provides information on Boulder-County gardens and events. (303) 441-4060 extension 568

The National Cancer Institute: <http://www.cancer.gov>

Nutritional information specifically for the prevention of cancers.

National Dairy Council: www.nationaldairycouncil.com (800) 274-6455

Dedicated site to getting nutritional information to Americans.

Nutrition Connection: www.nal.usda.gov/fnic/foodstamp/Library/finder.html

Information pertaining to the Food Stamp Program and eligibility criteria.

Nutrition Literacy Tool Kit how : www.cde.state.co.us/cdenutrition/nutritoolkit.htm

A complete guide for professionals on the “how to” set up a nutritional informational program.

Portion Distortion: www.bcm.tmc.edu/pa/portiondist.htm

A site with guides to portion control and weight management.

The Recipe Link: www.kitchenlink.com

Easy recipes supplying complete nutritional needs for adults.

Share Colorado: www.sharecolorado.org

A collective effort to provide nutritional food at 50% below regular retail food prices in the front range. The only eligibility criteria is someone who eats food.

Share Our Strength, Specifically Operation Frontline: www.strength.org

Organization dedicated to helping individuals with nutrition information.

3 A Day of Dairy for Stronger Bones Campaign: www.3aday.org (800) 274-6455

Health promotional site with all of the guides needed to promote stronger ones.

Western Dairy Council: www.wdairycouncil.com (800) 274-6455

Regional council dedicated to healthful promotion of dairy in the diet.

Section Three: Fall Prevention

Develop, support, and advocate for fall prevention programs for older adults.

Action Steps:

1. Encourage regular physical exercise to prevent falls.
2. Encourage older adults to have their vision examined.
3. Encourage older adults to regularly visit their health care provider to determine if they have Parkinson's disease, an irregular heartbeat (cardiac arrhythmias), imbalance disorders, or a history of stroke, osteoporosis, diabetes, arthritis, or cognitive impairment, because these conditions are all risk factors for falls.
4. Encourage older adults to review all medications they take (including over-the-counter medications/vitamins) with every health care provider at every visit.
5. Encourage older adults to modify their homes to prevent falls.

1 Encourage regular physical exercise to prevent falls.

Why: Older adults who participate in regular physical exercise, especially programs that focus on balance, strength, cardio-endurance, and flexibility, can help prevent falls. One-third of people who are hospitalized for a fall are transferred to a skilled nursing facility at the time of hospital discharge and cannot return home to live independently.

How:

Before starting any physical activity program, an older adult should be cleared by a physician for the activity. Possible programs include:

- ♦ Walking is a free way to achieve strength, mobility, and endurance.
- ♦ Swimming or water aerobics can improve flexibility, mobility, and cardio-endurance.
- ♦ Low-impact aerobics increase cardio-endurance, strength, and flexibility.
- ♦ Using weights or doing weight-bearing activities help older adults gain strength, balance, and bone density.

Resources:

- ♦ **The Centers for Disease Control and Prevention:** <http://www.cdc.gov/nccdphp/dnpa/physical/growing.tronger/>
- ♦ **AARP:** <http://www.aarp.org/health-active/list>
- ♦ **Consortium For Older Adult Wellness:** www.consortiumforolderadultwellness.org

2 Encourage older adults to have their vision examined.

Why: Poor vision can be a reason that older adults fall. Regular eye examinations and current corrective lens prescriptions can be easy ways to prevent this cause of falls.

How:

- ♦ Bring eye doctors into facilities that older adults already visit, for screenings and eye glass adjustments; these could include meal sites and senior centers.
- ♦ Work with local programs to provide low-cost eye glasses to those who need glasses or new prescriptions.
- ♦ Encourage older adults to visit their eye doctor. Cataracts and other eye diseases can cause a fall due to impaired vision.

Resources:

- ♦ **EyeCare America:** www.eyecareamerica.org (800) 222-EYES (3937).
- ♦ **Lions Clubs:** www.lionsclubs.org (800) 747-4448.
- ♦ **LensCrafters:** www.lenscrafters.com (800) 541-LENS.
- ♦ **Vision USA:** www.aoa.org
- ♦ **Mission Cataract USA:** (800) 343-7265.
- ♦ **Knights Templar Eye Foundation:** www.knightstemplar.org (773) 205-3838.
- ♦ **New Eyes for the Needy:** 549 Millburn Avenue, Short Hills NJ 07078

3 Encourage older adults to regularly visit a health care provider to monitor a history or new diagnosis of arthritis, hip fracture, peripheral neuropathy, dementia, amputation, Parkinson's disease, or foot disorders and deformities (the most common medical risk factors for a fall).

Why: In research studies, 50 percent of falls are attributed to intrinsic (physical) reasons and 50 percent to extrinsic (environmental) factors. Age-related changes and/or diseases make older adults more susceptible to falls.

How:

- ♦ Bring health care providers into facilities that older adults already visit, such as meal sites, to discuss how chronic diseases and medications can contribute to falls.
- ♦ Organize free or low-cost transportation for older adults to visit their health care providers.
- ♦ Encourage older adults to document any concerns or questions about their health before their medical appointment.
- ♦ Encourage older adults to attend community-based health fairs, lectures, and screenings.

Resources:

- ♦ **Food and Drug Administration:** www.fda.gov (888) info-FDA
- ♦ **National Institutes of Health:** www.nihseniorhealth.gov.
- ♦ **National Institute on Aging Information Center:** www.niapublications.org (800) 222-2225
- ♦ **National Library of Medicine:** www.medlineplus.gov
- ♦ **Local physicians accepting Medicare or Medicaid**

4 Encourage older adults to review all medications they take (including over-the-counter medications/vitamins) with every health care provider at every visit.

Why: People 65 years of age and older consume more prescription and over-the-counter medicines than any other age group, according to the National Institute on Aging. Older people tend to have more long-term, chronic illnesses, such as arthritis, diabetes, high blood pressure and heart disease, than do younger people. Of all the problems older people face in taking medication, drug interactions are possibly the most dangerous. When two or more drugs are mixed in the body, they may interact with each other and produce uncomfortable or even dangerous side effects. Those side effects could lead to a fall. The average older person is taking more than four prescription medications at once plus two over-the-counter medications.

How:

- ◆ Encourage older adults to make a current list of medications and supplements, including dosage. The list should be updated whenever a change occurs. The list should be kept on the person of the older adult in the form of a wallet card.
- ◆ Provide older adults with wallet cards/note pads especially designed for their medication and supplements. Help them, if necessary, to keep those cards up-to-date.
- ◆ Encourage older adults to talk with their health care providers about reducing medications to the fewest number and lowest doses.
- ◆ Encourage training of health care providers to ask older adults about medication at each visit

Resources:

- ◆ **The American Society of Consultant Pharmacists (ASCP):** www.ascp.com
- ◆ **Administration on Aging:** www.aoa.gov (202) 619-0724
- ◆ **Agency for Healthcare Research and Quality:** www.ahrq.gov
- ◆ **Safe Medication.com:** www.safemedication.com/meds/medSafety.cfm

5 Encourage older adults to modify their homes to prevent falls.

Why: Because older adults spend most of their time at home, one-half to two-thirds of all falls occur in or around the home, according to the Centers for Disease Control and Prevention. Falls among older adults often lead to a serious decline in quality of life or to death. Almost a third of people who are hospitalized for a fall cannot return to their home and independent living after leaving the hospital. One of every three people over the age of 64 is injured in a fall every year. Approximately 11,000 deaths in the U.S are due to falls every year, making them the leading cause of injury death for people over age 64.

How:

- ♦ Educate people at meal sites, nursing homes, etc., on environmental changes that may reduce the chance of a fall. Examples:
- ♦
 - Remove clutter and electrical cords from walkways.
 - Wear shoes with good support and have thin non-slip soles.
 - Avoid wearing athletic shoes with deep treads or slippers.
 - Improve the lighting in and around the home, if necessary.
 - Remove small throw rugs or apply rug-gripping material to prevent slipping when stepped on.
 - Keep frequently used items in places easily reached, e.g., without the aid of stepstools, especially in the kitchen.
 - Use non-slip mats in the bathtub and shower.
 - Avoid stepstools that do not have handles on the sides.
 - Install handrails (or grab bars) and lights in all staircases.
 - Install grab bars next to the toilet and in the bath tub or shower.
 - Provide low-cost or free installation of handrails and better lighting.
 - Train people whom older adults already trust to assess home safety for fall prevention.
 - Encourage adults to assess their own parents' homes for fall prevention.
 - Encourage educational displays in local hardware stores with handrails, rug-gripping material, shower chairs, sturdy stepstools with handles on the sides, non-slip mats for bath rooms, and some additional lights.

Resources:

- ♦ **Remembering When:** <http://www.nfpa.org/Education/RememberingWhen/RememberingWhen.asp>
- ♦ **The Took Kit to Prevent Senior Falls:** www.cdc.gov/ncipc/pub-res/toolkit/toolkit.htm
- ♦ **The American Academy of Orthopaedic Surgeons:** www.orthoinfo.org
- ♦ **The Centers for Disease Control and Prevention:** www.cdc.gov/ncipc/pub-res/toolkit/brochures.htm

Section 3: Website resource descriptions

AARP: www.aarp.org/health-active/list

A Web page that includes links to numerous articles on physical activity, specifically for older adults, that cover: tips to stick with your fitness program; shoveling snow safely; martial arts; and Pilates.

Access-A-Ride: www.rtd-denver.com/access-a-ride

The Regional Transportation District has a year-round para-transit service available in Arapahoe, Adams, Denver, Boulder and Jefferson counties.

Administration on Aging: www.aoa.gov (202) 619-0724

Information, programs, and links to issues that affect older Americans.

America On The Move/Colorado On The Move: www.americaonthemove.org

A program promoting healthy eating and active living.

America Walks: www.americawalks.com

This is a national coalition of advocacy groups dedicated to promoting “walkable” communities.

American Diabetes Association: www.diabetes.org/homepage.jsp

Information from diabetes experts.

American Heart Association: www.americanheart.org

Information about a “Healthy Lifestyle.” Materials are available in English and Spanish.

American Obesity Association: www.obesity.org

Comprehensive information on the overweight and obesity.

American Public Transportation Association: www.apta.com/links/state_local/co.cfm#A2

A comprehensive listing of public transportation by county with links directly to the organization(s).

American Red Cross: www.redcross.org

Provides information to keep people safe every day as well as in an emergency.

The American Society of Consultant Pharmacists (ASCP): www.ascp.com

The international professional association that provides leadership, education, advocacy, and resources to advance the practice of senior care pharmacy.

American Trails: www.americantrails.org

Trail listings for all states. There are numerous links and resources within Colorado.

Bicycle Colorado: www.bicyclecolo.org/site/index.cfm

Encourages and promotes bicycling in Colorado as well as increasing safety and improving conditions.

The Centers For Disease Control and Prevention: www.cdc.gov/NCCDPHP/DNPA/KIDSwalk

Resources for community programs, presentations, fact sheets, and more.

Colorado Parks and Recreation Association: www.cpra-web.org

Local park and recreation department in your community for information on community recreation options, including swimming pools and trails.

Colorado State Parks: www.parks.state.co.us

A listing of Colorado state parks and recreation programs.

Colorado State University Cooperative Extension: www.ext.colostate.edu

The Colorado State University Cooperative Extension has general information about nutrition and health.

Consortium For Older Adult Wellness: www.consortiumforolderadultwellness.org

“Fall Proof and Active Choices” program information for older adults.

EyeCare America: www.eyecareamerica.org

A medical eye-care program that helps older adults reduce avoidable visual impairment and blindness by providing access to eye care at no out-of-pocket expense. One program is the Senior Eye Care program. Those eligible will receive a comprehensive, medical eye examination and up to one year of treatment at no out-of-pocket expense. EyeCare America has more than 7,500 participating ophthalmologists around the country that accept Medicare or other insurance as full payment. Patients without insurance receive care at no cost. For more information and qualification details call (800) 222-EYES (3937).

Food and Drug Administration: www.fda.org (888) info-FDA

Fall prevention statistics and healthcare recommendations.

Lions Clubs: www.lionsclubs.org

Lions Clubs are recognized worldwide for their service to the blind and visually impaired.

LensCrafters: www.lenscrafters.com

A partner with Lions Clubs is the LensCrafters Gift of Sight program. The program offers free vision screening and new eye glasses to many people in need. There is also an outreach program where volunteers from LensCrafters visit nursing homes, hospitals and senior centers to adjust eyewear and provide free vision screenings. For information, call a local LensCrafters store or call (800) 541-LENS.

National Institutes of Health: www.nihseniorhealth.gov

Valuable resource for medical standards and links for provider care.

National Institute on Aging Information Center: www.hiapublications.org (800) 222-2225 Fall prevention statistics, programs, and medical interventions.

National Library of Medicine: www.medlineplus.gov

Research documents available on older adult fall prevention.

Pikes Peak Area on Aging Area Council of Governments]: www.ppacg.org/Aging/aging.htm (719) 471-2096. Senior information and resources available by telephone in El Paso County.

Remembering When: www.nfpa.org/Education/RememberingWhen/RememberingWhen.asp

A fire and falls prevention program for older adults is a curriculum developed by the National Fire Protection Association, Centers for Disease Control and Prevention, the U.S. Consumer Product Safety Commission, and other partners. This program uses many materials and educational tools to present 16 life-saving lessons developed for older adults. . The program is available in English, Spanish, and Russian.

Safe Medication: www.safemedication.com/meds/medSafety.cfm

A valuable resource for information on storing, administering, and safety around medications

The Took Kit to Prevent Senior Falls: www.cdc.gov/ncipc/pub-res/toolkit/toolkit.htm

developed by the Centers for Disease Control and Prevention to be a comprehensive collection of fall prevention materials for health professionals. The Tool Kit contains fact sheets, health education materials, and a home assessment checklist designed to reduce falls and related injuries among older adults. The free materials are available in both English and Spanish.

Trails and Greenways Clearinghouse: www.trailsandgreenways.org

Provides technical assistance, resources, and referrals to trail and greenway advocates as well as developers across the nation.

YMCA of Metropolitan Denver: www.ymca.net

A nonprofit organization that is working to meet the health and social needs of people of all life stages

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*Sample Programs***Active for Life:** www.activeforlife.info

Information about how to deliver research-based physical activity programs to large numbers of midlife and older adults, and to sustain such programs through existing community institutions, sponsored by the *Active for Life* National Program Office which operates out of The Texas A&M University System Health Science Center, School of Rural Public Health. Funding for the program comes from The Robert Wood Johnson Foundation (RWJF).

Arthritis AQUA: www.arthritis.org

This is a program designed to increase range of motion, muscle tone, and strength for daily activity; excellent class for persons with arthritis, hip replacements or other musculoskeletal problems. **“Best Practice” physical activity programs for older adults as identified by the National Council on the Aging:** www.ncoa.org/content.cfm?sectionID=61&detail=424.

Colorado On The Move/America on The Move: www.americaonthemove.org

A statewide initiative to prevent obesity and improve health by increasing physical activity and decreasing nutritional intake by 100 calories per day.

Lifetime Fitness Program: <http://depts.washington.edu/lfpro>

Research-based, easy-to-implement fitness program for older adults.

People with Arthritis Can Exercise (P.A.C.E.): www.arthritis.org

(Website is also in Spanish). Presented by The Rocky Mountain Arthritis Foundation. This class increases joint flexibility, muscular strength, endurance, and coordination. The class includes a warm-up for muscles and joints, flexibility exercises to maintain range of motion, and light strengthening exercises, all done in the comfort of a chair, with minimal standing. The Arthritis Foundation can be called to determine if a new class has started at (800) 475-6447. A partial listing of Colorado facilities that currently offer the P.A.C.E. Programs include:

ARVADA: North Jeffco Senior Recreation Center (303) 425-9583

BOULDER: Boulder Community Hospital-Mapleton Center (303) 441-6143

CASTLE ROCK: Castle Rock Recreation Center (303) 660-1036

DENVER: Schlessman Family YMCA Senior Center (303) 757-8484

HealthONE: Denver Bronco Sports Medicine & Rehab (303) 788-9200

LITTLETON: Littleton Community Center (303) 798-2476

LOVELAND: Hatfield Chilson Recreation Center (970) 962-2462

PUEBLO: St. Mary Corwin (719) 580-5417

WESTMINSTER: Covenant Village of Colorado (303) 403-2207

WRAY: Wray Rehabilitation and Activity Center (970) 332-4451

Silver Sneakers®: www.silversneakers.com

Silver Sneakers® I – This conditioning and range-of-motion class is designed for older adults to improve balance, coordination, muscular strength, and flexibility. This class can accommodate a range of participants from beginners to people with physical limitations to fit individuals.

Silver Sneakers® II – This aerobic workout, with a chair used for seated and standing support, is designed for members that feel they need a more advanced class. Cardiovascular moves are performed at intervals along with using the Silver Sneakers® "tools." Participants need to be able to stand for 30 minutes.

Presently there are more than 30 facilities in Colorado that offer the Silver Sneakers® Fitness Program.