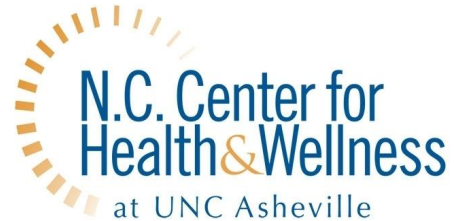




Maximize Your Health and Wellness: Health promotion on and off campus

Jeanne Dairaghi and Jordan Perry



Objectives of today's Brown Bag presentation:



- Find out about the Healthy Aging NC initiative of the NC Center for Health and Wellness
- Review healthy aging research and effective health programs
- Learn about resources and programs available on-campus and in the community



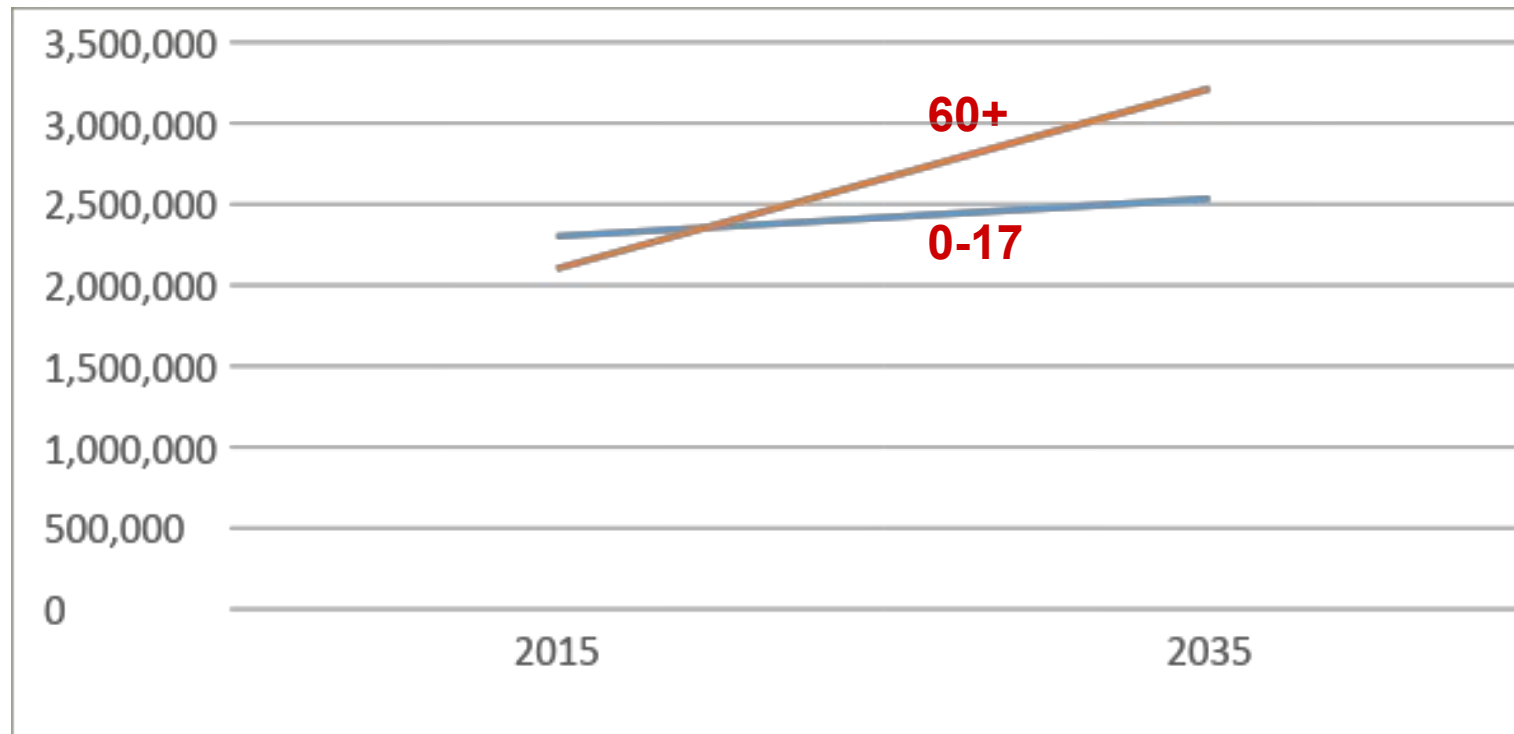
Mission:

Develop equitable opportunities that lead to healthy North Carolina Communities.

NCCHW works to impact policy, build capacity, and ignite community initiatives by working through a web of cross sector relationships organized around building healthier places throughout the state.



By 2019, NC will have more people 60+ than ages 0-17

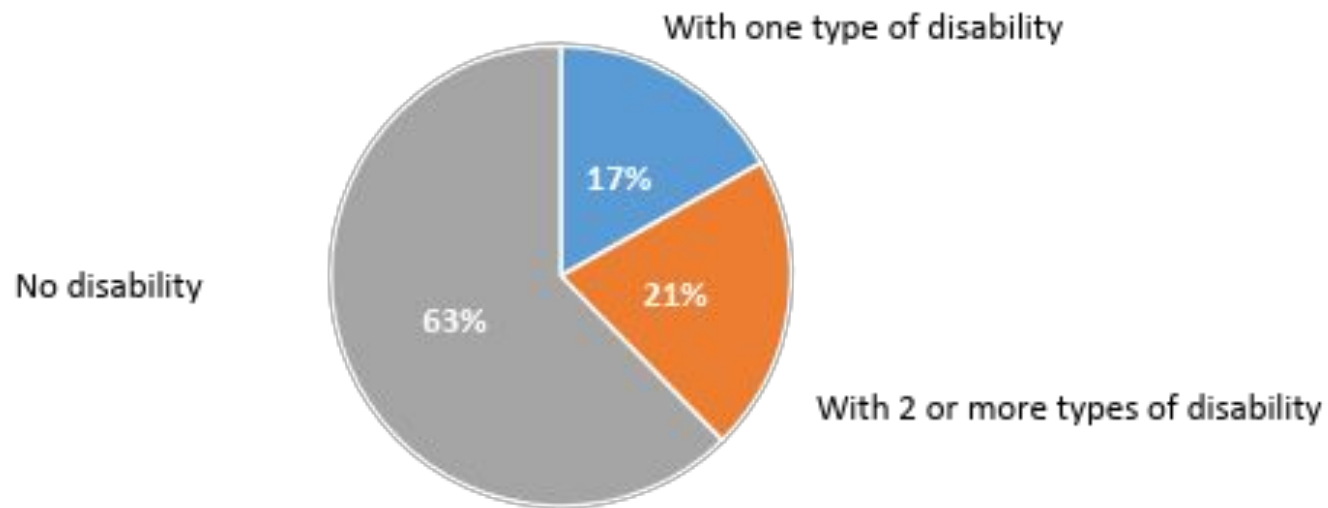


Source: NC Office of State Budget and Management/demographics
Retrieved 11/1/2016

Characteristics of Older Adults in North Carolina

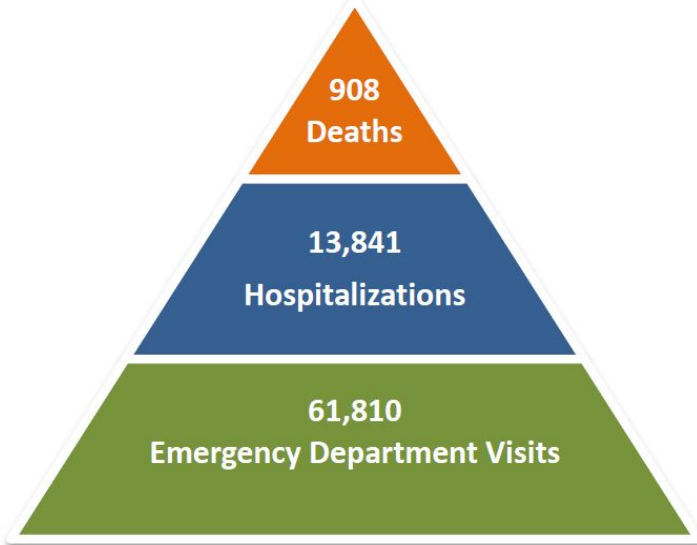
- 83% have at least one chronic disease. 52% have 2 or more chronic diseases

- 68% reported exercising in the past month
- 29% reported that their health is good to excellent
- 93.5% live in the community
- 37% have at least one disability



The Risk of Falls in North Carolina

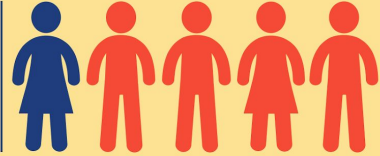
FIGURE 1. Burden of Fall Injuries among Residents Ages 65 and older—North Carolina, 2014



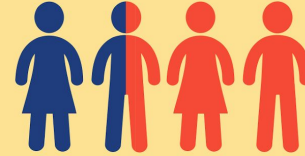
- Residents aged 65 and older account for 88% of all fall deaths and 73% of nonfatal fall hospitalizations in NC.
- Each week, there are 1,189 emergency department visits among residents aged 65 and older, 266 hospitalizations, and 17 deaths due to fall injuries in NC.

10 Common Chronic Conditions for Adults 65+

Quick Facts



80%
have 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%



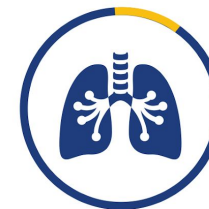
Heart Failure
14%



Depression
14%



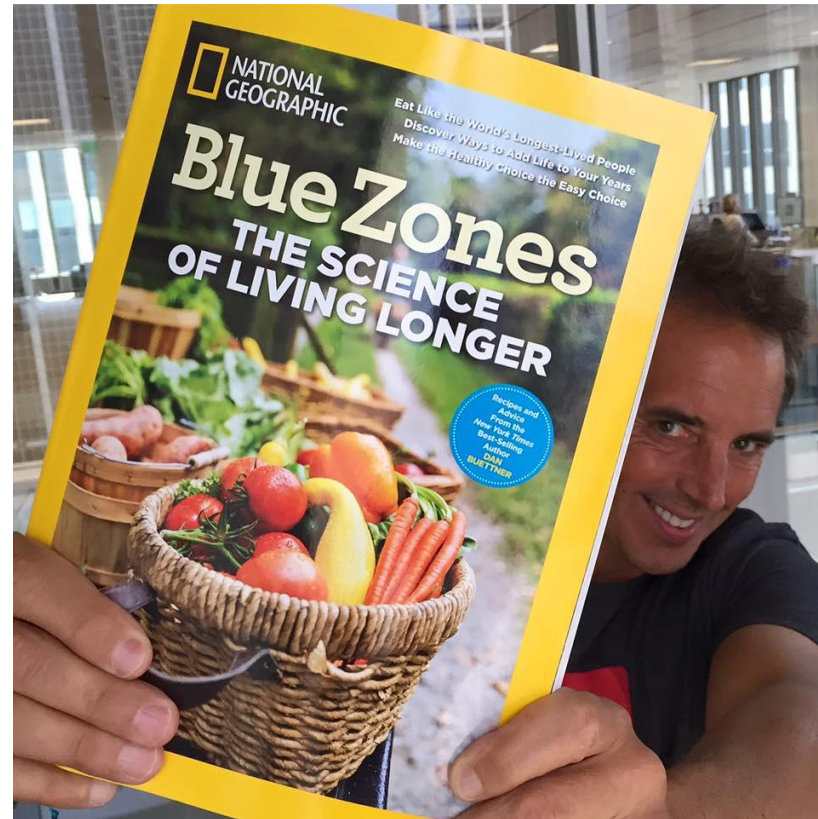
**Alzheimer's Disease
and Dementia**
11%



**Chronic Obstructive
Pulmonary Disease**
11%

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

Healthy Aging Research

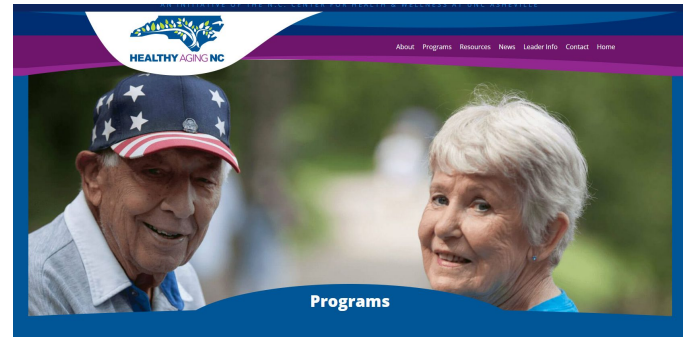


Objectives of the Healthy Aging NC Initiative



- Evidence-based programs accessible statewide
- Create a well-informed community
- Improve quality of life for older adults, adults with disabilities, and low-income and minority adults
- Meet the Triple Aims of Healthcare: better health, better health care, and lower health care costs

Website www.healthyagingnc.com



Details about evidence-based healthy aging programs offered in North Carolina

Ability to register for workshops on the website

Downloadable tools and resources

Up-to-date news about healthy aging

Walk With Ease

- ▶ Interactive Workshops
 - ▶ 3 times a week for 6 weeks
 - ▶ 1 – 1 ½ hour sessions
 - ▶ Up to 15 participants/workshop



- The Walk With Ease group walking program encourages people with arthritis to start walking and stay motivated to keep active.
- Each class begins with a health education session on an arthritis- or exercise-related topic, followed by warm-up and stretching activities, a 10–35 minute walk, and a cool-down.

5-Step Basic Walking Pattern

- Warm up (3 to 5 minutes)
- Stretch (4 to 5 minutes)
- Walk (5 to 30 minutes)
- Cool down (3 to 5 minutes)
- Stretch (7 to 9 minutes)

Total time: 22 to 54 minutes

Examples of Lecturette Topics

(May require handout and poster printing)

CDC guidelines: Amount of walking for people with arthritis
Basic health considerations
Basic facts about arthritis and exercise
Using the diaries and assessments
FITT principles (frequency, intensity, time, type)
What to do if exercise hurts
The importance of impact and the walking surface
Monitoring intensity, measuring fitness
Walking safely and comfortably
Developing and maintaining support
Continuing to walk after the program ends
5-Step Walking Pattern
Stretching/strengthening exercises

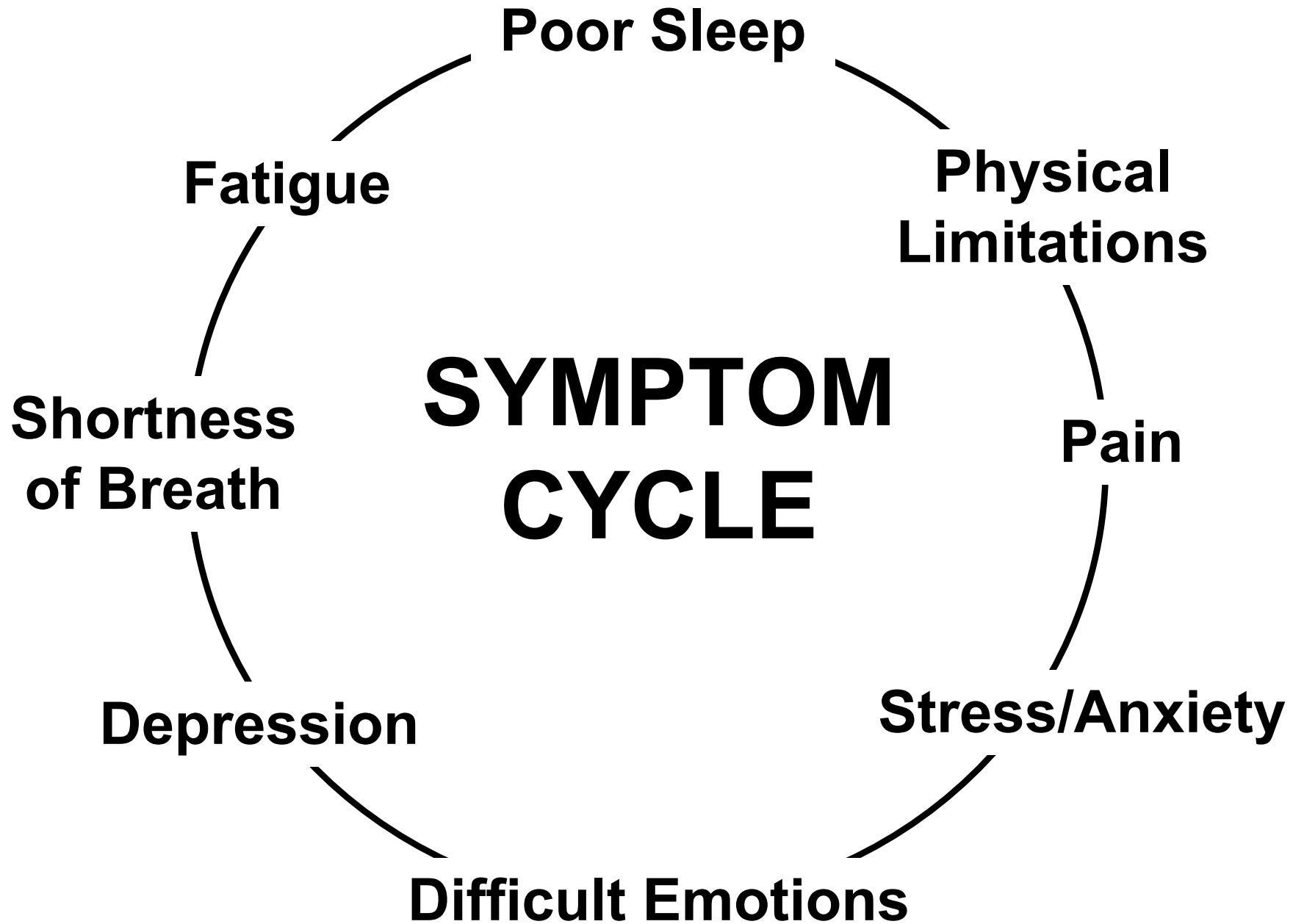
Living Healthy with Chronic Disease Self Management Program

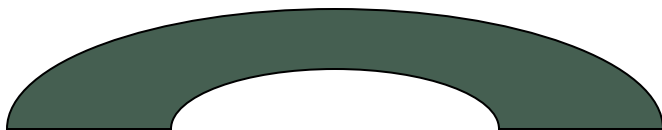
- Interactive Workshops
 - Once weekly for 6 weeks
 - 2 ½ hours session
 - 8 – 15 participants/workshop



Focus on skill-building, including:

1) techniques to deal with problems such as frustration, fatigue, and pain, 2) appropriate exercise for improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, and 6) decision making.





Physical Activity

Problem-Solving

Medications

Using Your Mind

Decision-Making

Sleep

Action Planning

Communication

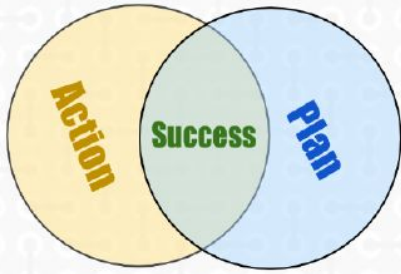
Breathing Techniques

Healthy Eating

Understanding Emotions

Weight Management

Working with Health Professionals



Action Plan

for your health and wellness

1. Something YOU want or decide to do
2. Achievable
3. Action-specific
4. Answer the questions:



- What? (specific action)
walking
replace junk food snacks with fruit
- How much? (time, distance, amount)
30 minutes
4 blocks
1 portion
- When? (time of day, which days of the week)
after dinner
Monday, Wednesday, Friday
- How often? (number of days in the week)
3 times; avoid every day

BECOME A LEADER IN LIVING HEALTHY

CHRONIC DISEASE SELF- MANAGEMENT PROGRAM

Training

*Learn techniques about physical activity,
nutrition, problem solving, medications,
fatigue, relaxation, action planning, and more.
After you complete the six-day training you
will be able to co-lead a six-week Living
Healthy workshop in your community*



HEALTHY AGING NC

As a Leader

*Complete six-day Leader training over two-weeks
Co-lead a six-week workshop
Serve your community
Gain experience in health education
Network with community agencies*

Training: In Sherrill Center
Sat Nov 4th & 11th 10am to 4pm
Mon Nov 6th & 13th 3pm to 6pm
Wed Nov 8th & 15th 3 pm to 6pm

Free for Students and Staff!

WWW.HEALTHYAGINGNC.COM



*Want to make a lasting impact on
the health of others, while learning
valuable skills and knowledge?*



**TO LEARN MORE & SIGN UP
PLEASE CONTACT
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JDAIRAGH@UNCA.EDU**

Questions, Thoughts, and/or Ideas?

www.healthyagingnc.com
www.facebook.com/HealthyAgingNC/

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