



10 STEPS FOR HEALTHY AGING



Maintain a Healthy Diet

Adopt a diet that is high in fruits and vegetables. Limit red meat, fried and processed foods, salt, and sugar.



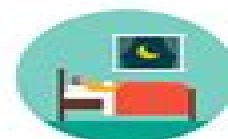
Get Plenty of Exercise

Physical activity increases blood flow to the brain and can also help improve mood.



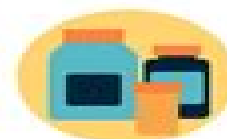
Learn Something New

Stimulate your brain and learn something new. Take up a new sport or hobby, learn to speak a foreign language, or enroll in a local class.



Get Plenty of Sleep

Get a consistent night's sleep—at least 7–9 hours. Lack of proper sleep can affect your health and memory.



Mind Your Medication

Contact your doctor or pharmacist with any questions you have about current or new medications.



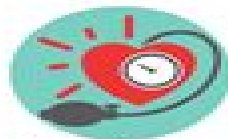
Stop Smoking & Limit Alcohol

Smoking and high consumption of alcohol increases your risk of serious illnesses.



Stay Connected

Maintaining an active social life is important for brain health, cognitive stimulation, and mood.



Know Your Blood Pressure

Have your blood pressure checked regularly to help screen for underlying health issues.



Keep Up With Appointments

Get your annual checkups and health screenings. Contact your doctor with any questions you have about your health.



Get A Memory Screening

Your brain needs regular checkups too! A memory screening is a quick, easy, and non-invasive exam for the brain.

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Healthy Aging How To Texas

Stephen L. Isaacs, James R. Knickman



Healthy Aging How To Texas:

Healthy Aging and the Community Environment Chanam Lee,Xuemei Zhu,Anna Patricia Lane,Erja Portegijs,2021-11-29

Ebersole & Hess' Toward Healthy Aging - E-Book Theris A. Touhy,Kathleen F Jett,2015-08-06 Get all the knowledge you need to provide effective care for adults as they age Grounded in the core competencies recommended by the AACN in collaboration with the Hartford Institute for Geriatric Nursing Ebersole Hess Toward Healthy Aging 9th Edition is the only comprehensive text to address all aspects of gerontological nursing care The new ninth edition has been extensively revised and updated and now includes shorter more streamlined chapters and pedagogical features to facilitate learning covering the areas of safety and ethical considerations genetics communication with the patient and caregiver promoting health in persons with conditions commonly occurring in later life world wide addressing loss and palliative care and much more This new edition considers the experience of aging as a universal experience and the nurse s role in the reduction of health disparities and inequities as a member of the global community Plus it contains a variety of new learning features that focus the readers attention on applying research and thinking critically in providing care to aging adults across the care continuum

Experts' Opinions on Aging and Public Health Marcia G. Ory,Matthew Lee Smith,2024-01-16 **Evidence-Based**

Programming for Older Adults Marcia G. Ory,Matthew Lee Smith,2015-06-17 There is increased world wide concern about the impact of multiple chronic conditions especially among the rapidly aging population Simultaneously over the past decade there has been an emergence of state wide and national initiatives to reduce the burden of chronic conditions that draw upon the translation of evidence based programs EPB into community practice Yet little has been written about the national and international implementation dissemination and sustainability of such programs This Research Topic features articles about EBPs for older adults including a range of articles that focus on the infrastructure needed to widely disseminate EBP as well as individual participant impacts on physical mental and social aspects of health and well being Using a pragmatic research perspective this Research Topic will advance knowledge that aims to enhance practice inform policy and build systems of support and delivery in regard to the reach effectiveness adoption implementation and maintenance of evidence based interventions for older adults The focus is on knowledge transfer rather than knowledge generation but with a dual emphasis on the dissemination and sustainability of EBP that have been tested and shown effective as well as the adaptation of practice based interventions into evidence based programs This Research Topic draws upon grand scale efforts to deliver these programs and include both U S as well as international examples Commentaries discuss processes in the development and measurement of EBP and reflect perspectives from program developers and major national and regional funders of EBP as well as professionals and practitioners in the field The full length articles focus on four major programmatic areas 1 chronic disease self management programs 2 fall prevention programs 3 general wellness and physical activity programs and 4 mental health programs Additionally articles are included to discuss cross cutting issues

related to building partnerships and the research infrastructure for the implementation evaluation and dissemination of evidence based programming The intent of this Research Topic is to enhance practice inform policy and build systems of support and delivery for EBP It is written for a diverse audience and contains practical implications and recommendations for introducing delivering and sustaining EBP in a multitude of settings

Physical activity and lifestyle sustainability:

From childhood to old age Stevo Popovic,Bojan Masanovic,Juel Jarani,Radenko M. Matic,2023-02-07 **Insights in Aging and Public Health: 2021** Marcia G. Ory,Matthew Lee Smith,2022-07-05 *Evidence-Based Practices to Reduce Falls and Fall-Related Injuries Among Older Adults* Cassandra W. Frieson,Maw Pin Tan,Marcia G. Ory,Matthew Lee

Smith,2018-09-20 Falls and fall related injuries among older adults have emerged as serious global health concerns which place a burden on individuals their families and greater society As fall incidence rates increase alongside our globally aging population fall related mortality hospitalizations and costs are reaching never seen before heights Because falls occur in clinical and community settings additional efforts are needed to understand the intrinsic and extrinsic factors that cause falls among older adults effective strategies to reduce fall related risk and the role of various professionals in interventions and efforts to prevent falls e g nurses physicians physical therapists occupational therapists health educators social workers economists policy makers As such this Research Topic sought articles that described interventions at the clinical community and or policy level to prevent falls and related risk factors Preference was given to articles related to multi factorial evidence based interventions in clinical e g hospitals long term care facilities skilled nursing facilities residential facilities and community e g senior centers recreation facilities faith based organizations settings However articles related to public health indicators and social determinants related to falls were also included based on their direct implications for evidence based interventions and best practices Grant\$ for Public Health and Diseases ,2000 *Science* John Michels (Journalist),2004

To Improve Health and Health Care Vol VII Stephen L. Isaacs,James R. Knickman,2003-10-27 Since 1972 The Robert Wood Johnson Foundation has been the nation s largest philanthropy devoted exclusively to health To further its mission of improving the health and health care of all Americans it provides funds for demonstration projects educational and communications activities training policy analysis and research As part of the Foundation s efforts to inform the public To Improve Health and Health Care the seventh volume in The Robert Wood Johnson Foundation Anthology series provides an in depth look into the programs it funds Written for policy makers and practitioners as well as interested members of the public the series offers useful lessons for leaders and educators developing plans for the coming years The cases discussed in To Improve Health and Health Care provide a critical analysis of the Foundation s activities and how it tackles health and health care issues Written by the country s leading science and medical journalists as well as experts from universities and The Robert Wood Johnson Foundation this volume includes chapters on The Fighting Back Program Join Together and Community Anti Drug Coalitions of America Containment of Health Care Costs The Teaching Nursing Home Program The Clinical

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