



Online Community Action Resources for Promoting Healthy Aging

a guide from the North Carolina Healthy Aging Network and the UNC Institute on Aging Information Center

What is the Purpose of this Guide?

This is a guide to online resources for planning healthy aging programs in your community. From gathering facts about older adults and health, to building community consensus, to ideas for specific programs, this resource guide pulls together some of the best information available.

Need More Information?

Contact the UNC Institute on Aging at (919) 966-9444 or visit the NCHAN web site at www.aging.unc.edu/groups/healthyaging/.

This guide was prepared by the UNC Institute on Aging Information Center. The Information Center maintains a central clearinghouse of information on aging in North Carolina, including a database of print and online resources. Search the database online at www.aging.unc.edu/infocenter/ or contact the staff at aginginfo@unc.edu.

First Steps: Know the Facts About Your Community

A Health Profile of Older North Carolinians

<http://www.schs.state.nc.us/SCHS/pdf/Elderly.pdf>

This joint report from the North Carolina Division of Public Health Older Adult Health Branch, and State Center for Health Statistics, and the North Carolina Division of Aging profiles major health issues in the older adult population of North Carolina.

Healthy Aging : Preventing Disease and Improving Quality of Life Among Older Americans

<http://www.cdc.gov/nccdphp/aag-aging.pdf>

This annual report from the centers for Disease Control (CDC) provides concise information on the health and economic impact of an aging society, and CDC strategies to improve the health and quality of life for older Americans.

The State of Aging and Health in America

http://www.miaonline.org/press/content/State_of_Aging_Report.pdf

Sections 3 & 4 are the national and state-by-state "Report Card on Healthy Aging".

Getting Started with Community Health Promotion Planning

Healthy People in Healthy Communities: A Community Planning Guide Using Healthy People 2010

<http://www.healthypeople.gov/Publications/HealthyCommunities2001/default.htm>

A guide for building community coalitions, creating a vision, measuring results, and creating partnerships dedicated to improving the health of a community. Includes "Strategies for Success" to help in starting community activities.

North Carolina Community Health Assessment Initiative (NC-CHAI)

<http://www.schs.state.nc.us/SCHS/about/programs/chai.html>

This site describes the North Carolina Community Health Assessment Initiative, a joint project between the State Center for Health Statistics (SCHS) and the Office of Healthy Carolinians (OHC). Includes a link to their *Community Assessment Guidebook*.

Live Well, Live Long: Health Promotion & Disease Prevention for Older Adults

<http://www.asaging.org/cdclindex.cfm>

There are 3 online learning modules here: Blueprint for Health Promotion, Strategies to Cognitive Vitality, and Optimal Medication Use. These modules outline strategies for engaging older adults in activities and building communities that support elders.

Community Tool Box

<http://ctb.ukans.edu/>

The Community Tool Box is an online "how-to" center for community planning. It includes sections on leadership, planning, community assessment, grant writing, evaluation and more. Each section includes a description of the task, step-by-step guidelines, examples, checklists, and training materials.



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Learning by Example: Best Practice Ideas from Around the Country

Healthy Aging : A Good Investment : Exemplary Programs for Senior Centers and Other Facilities

[http://www.ncoa.org/attachments/
healthy%5Fliving%2Epdf](http://www.ncoa.org/attachments/healthy%5Fliving%2Epdf)

Identifies promising health promotion, wellness, and fitness programs conducted within community-based organizations--including senior centers--that lend themselves to replication or adaptation.

State Programs in Action: Exemplary Work to Prevent Chronic Disease and Promote Health, 2003

[http://www.cdc.gov/nccdphp/
exemplary/download.htm](http://www.cdc.gov/nccdphp/exemplary/download.htm)

This report has examples of state-based programs that make a sustained contribution to reducing the burden of chronic disease in the United States. These examples showcase urban and rural programs, as well as programs that reach diverse audiences or reduce disparities in accessing preventive care services.

U.S. Fall Prevention Programs for Seniors: Selected Programs Using Home Assessment and Modification

[http://www.cdc.gov/ncipc/falls/
default.htm](http://www.cdc.gov/ncipc/falls/default.htm)

Describes fall prevention programs for seniors including: education, home assessment for environmental fall hazards, and access to home modification and/or repair services. These programs may provide models for agencies or organizations that want to develop fall prevention programs for older adults.

What's Already Out There

[http://www.pew-partnership.org/pdf/
whatsAlreadyOutThere.pdf](http://www.pew-partnership.org/pdf/whatsAlreadyOutThere.pdf)

A sourcebook of ideas from successful community program. Not devoted to aging issues, but includes some relevant programs.

What is Healthy Aging?

Healthy aging is the development and maintenance of optimal physical, mental and social well-being and function in older adults. It is most likely to be achieved when **physical environments** and communities are safe, and support the adoption and maintenance by individuals of **attitudes and behaviors** known to promote health and well-being; and by the effective use of **health services and community programs** to prevent or minimize the impact of acute and chronic disease on function.

-- Definition adopted by the Centers for Disease Control Prevention Research Centers Special Interest Project in Aging and Health, 2002

Steps to a HealthierUS (Prevention Portfolio)

<http://www.healthierus.gov/steps/>
This is information from the federal government's new health promotion initiative. Scroll down from the link above and click on Prevention Portfolio to get these three publications that focus on programs and strategies for health promotion:

- * The Power of Prevention
- * Prevention Programs In Action
- * Prevention Strategies That Work.

Models That Work Campaign

<http://www.bphc.hrsa.gov/mtw/>
The Models That Work Campaign identifies and promotes the replication of innovative community-based models for the delivery of primary health care to underserved and vulnerable populations. This public-private partnership, led by the Health Resources and Services Administration (HRSA), offers support to organizations and communities that are interested in increasing access to care and eliminating disparities in health status for the millions of America's neediest citizens.

For ongoing updates on health promotion and aging websites and materials, go to the Institute on Aging's NCHAN website at <http://www.aging.unc.edu/groups/healthyaging/>



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Targeting Specific Areas of Healthy Aging: Physical activity, nutrition, mental health, arthritis, and more

Healthy Aging (Chapter 2 in The Aging of North Carolina : The 2003–2007 North Carolina Aging Services Plan)

<http://www.dhhs.state.nc.us/aging/sasp2003.pdf>

This chapter lays out the state's plan for addressing specific issues of healthy aging including: preventing chronic disease and injury, optimizing mental and physical health, engaging with life, and strengthening the collaboration between aging and health services.

National Blueprint: Increasing Physical Activity Among Adults Aged 50 and Older

<http://www.agingblueprint.org/overview.cfm>

This Blueprint has been developed to serve as a guide for multiple organizations, associations and agencies, to inform and support their planning work related to increasing physical activity among America's aging population.

Promoting Exercise in Older Minority Adults and Those with Disabilities

http://www.applied-gerontology.org/UIC_Brief_Spring_01.pdf

A research brief that identifies factors that are important in recruiting and keeping older minority adults with disabilities in exercise programs to improve their functioning and prevent secondary conditions.

National Policy and Resource Center on Nutrition and Aging

<http://www.fiu.edu/~nutreldr/>

Based at Florida International University, this Center promotes healthy aging through good nutrition. Resources on the web site include the Older Americans Nutrition Program Toolkit and the Steps to Healthy Aging Program.

Infoaging.org Lifestyle Center

<http://www.infoaging.org/life-h.html>

A consumer information site on various topics related to healthy aging lifestyles.

National Arthritis Action Plan : A Public Health Strategy

<http://www.cdc.gov/nccdphp/pdf/naap.pdf>

Three major focal areas — surveillance, epidemiology, and prevention research; communication and education; and programs, policies, and systems — are proposed to stimulate and strengthen a national coordinated effort for reducing the occurrence of arthritis and its accompanying disability.

Healthy Aging: Prevention of Unintentional Injuries Among Seniors

<http://dsp-psd.communication.gc.ca/Collection/H39-612-2002-6E.pdf>

This report is from Health Canada on injury prevention for older adults. Identifies injury prevention as one of 4 key determinants of healthy aging (the others are healthy eating, physical activity and smoking cessation) and discusses strategies for prevention.

A Tool Kit to Prevent Senior Falls

<http://www.cdc.gov/ncipc/pub-res/toolkit/toolkit.htm>

A collection of fact sheets, graphs and brochures about falls and fall prevention for older adults.

Promoting Older Adult Health: Aging Network Partnerships to Address Medication, Alcohol, and Mental Health Problems

<https://www.ncoa.org/Downloads/ACFB780%2Epdf>

This is a guide for community-based organizations that provides concrete, practical guidance on how mental health, substance abuse, primary care and aging services providers can collaborate to provide education, prevention, screening, and referrals to treatment for seniors who may be experiencing or at risk for these problems.

To begin to achieve the goal of improving health, a community must develop a strategy. That strategy, to be successful, must be supported by many individuals who are working together.

-Healthy People in
Healthy Communities