

# Be Healthy

About 80 percent of older adults suffer from at least one chronic condition, according to the National Council on Aging.<sup>i</sup>

- An estimated 48 percent of people 60 and older have one or more types of cardiovascular disease.<sup>ii</sup>
- About 25 percent of Americans 60 and older have diabetes.<sup>iii</sup>
- About 49 percent of people 65 and older are diagnosed with arthritis.<sup>iv</sup>

The high rate of people 65 and older with a chronic disease is a contributing factor in rising health care costs. Americans 65 and older have health care costs three to five times higher than those of younger people, and 95 percent of those costs go toward medications and treatment of chronic diseases.

The growth of the older adult population – one in five Americans are estimated to be 65 and older in 2030 – combined with the rise in chronic conditions will have major implications on the public health system unless preventive actions are taken.

Healthy behaviors such as regular physical activity and eating nutritiously can prevent many of the chronic conditions often associated with aging and are two of the most important actions a person can do for their health.<sup>i</sup>

Exercising regularly has many benefits, including:

- Promoting healthy muscles, bones and joints.
- Increasing stamina.
- Reducing the cost of medical care.
- Improving one's sense of well-being.
- Enhancing social life.
- Improving mental health-related symptoms.

**Texercise**, a statewide health promotions initiative of the Texas Health and Human Services, provides resources to help Texans age and live well. Texans can learn about and engage in healthy lifestyle behaviors through the Texercise handbook, Texercise videos, fact sheets and website ([texercise.com](http://texercise.com)). Texercise offers two programs for communities and organizations which include:

- **Texercise Classic:** a 12-week program that brings people together in groups to exercise while providing reinforcement items to motivate participants.
- **Texercise Select:** a structured evidence-based program that provides tools and reinforcement items to help people make sustainable health modifications. The program requires at least one trained facilitator and for participants to meet twice a week for 10 weeks.

To receive free resources or to start a program, contact Texercise at 800-889-8595 or email [Texercise@hpsc.state.tx.us](mailto:Texercise@hpsc.state.tx.us).

## Health Resources

<b>Physical Activity</b>	<ul style="list-style-type: none"> <li>• <b>Texercise</b> 800-889-8595 or <a href="http://texercise.com">texercise.com</a></li> <li>• <b>A Matter of Balance</b> 800-252-9240</li> <li>• <b>Fall Prevention in the Home</b> <a href="http://fcs.tamu.edu">fcs.tamu.edu</a></li> <li>• <b>Walk Across Texas</b> <a href="http://walkacrosstexas.org">walkacrosstexas.org</a></li> <li>• <b>Texas Senior Games</b> <a href="http://texasseniorgames.org">texasseniorgames.org</a></li> </ul>
<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• <b>SNAP</b> <a href="http://yourtexasbenefits.hhsc.texas.gov/programs/snap">yourtexasbenefits.hhsc.texas.gov/programs/snap</a></li> <li>• <b>Dinner Tonight</b> <a href="http://dinnertonight.tamu.edu/">dinnertonight.tamu.edu/</a></li> <li>• <b>Choose MyPlate</b> <a href="http://choosemyplate.gov">choosemyplate.gov</a></li> <li>• <b>National Resource Center on Nutrition and Aging</b> <a href="http://nutritionandaging.org">nutritionandaging.org</a></li> <li>• <b>Academy of Nutrition and Dietetics</b> <a href="http://eatright.org/for-seniors">eatright.org/for-seniors</a></li> <li>• <b>Area Agencies on Aging</b> 800-252-9240</li> </ul>
<b>Preventive Screenings</b>	<ul style="list-style-type: none"> <li>• <b>Medicare</b> <a href="http://medicare.gov/coverage/preventive-and-screening-services.html">medicare.gov/coverage/preventive-and-screening-services.html</a></li> <li>• <b>Medline Plus</b> <a href="http://www.nlm.nih.gov/medlineplus/healthscreening.html">www.nlm.nih.gov/medlineplus/healthscreening.html</a></li> <li>• <b>U.S. Preventive Service Task Force</b> <a href="http://uspreventiveservicestaskforce.org/uspstf/recommendation-topics">uspreventiveservicestaskforce.org/uspstf/recommendation-topics</a></li> </ul>
<b>Tobacco Cessation</b>	<ul style="list-style-type: none"> <li>• <b>Smoke Free</b> <a href="http://smokefree.gov">smokefree.gov</a></li> <li>• <b>American Lung Association</b> <a href="http://lung.org/stop-smoking/">lung.org/stop-smoking/</a></li> <li>• <b>American Cancer Society</b> <a href="http://cancer.org/healthy/stay-away-from-tobacco.html">cancer.org/healthy/stay-away-from-tobacco.html</a></li> </ul>
<b>Stress Reduction</b>	<ul style="list-style-type: none"> <li>• <b>The American Institute of Stress</b> <a href="http://stress.org/seniors/">stress.org/seniors/</a></li> <li>• <b>American Psychological Association</b> <a href="http://apa.org/topics/stress">apa.org/topics/stress</a></li> </ul>
<b>General Health</b>	<ul style="list-style-type: none"> <li>• <b>National Institute on Aging</b> <a href="http://nia.nih.gov/">nia.nih.gov/</a></li> <li>• <b>Health Finder</b> <a href="http://healthfinder.gov">healthfinder.gov</a> (search for older adults)</li> <li>• <b>Centers for Disease Control and Prevention</b> <a href="http://cdc.gov/aging/">cdc.gov/aging/</a></li> </ul>

<sup>i</sup> National Council on Aging - <https://www.ncoa.org/news/resources-for-reporters/get-the-facts/healthy-aging-facts/>

<sup>ii</sup> American Heart Association - [https://www.heart.org/-/media/files/about-us/statistics/older-americans-ucm\\_505485.pdf?la=en](https://www.heart.org/-/media/files/about-us/statistics/older-americans-ucm_505485.pdf?la=en)

<sup>iii</sup> American Diabetes Association - <https://www.diabetes.org/older-adults>

<sup>iv</sup> Centers for Disease Control and Prevention - [https://www.cdc.gov/arthritis/data\\_statistics/arthritis-related-stats.htm](https://www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm)