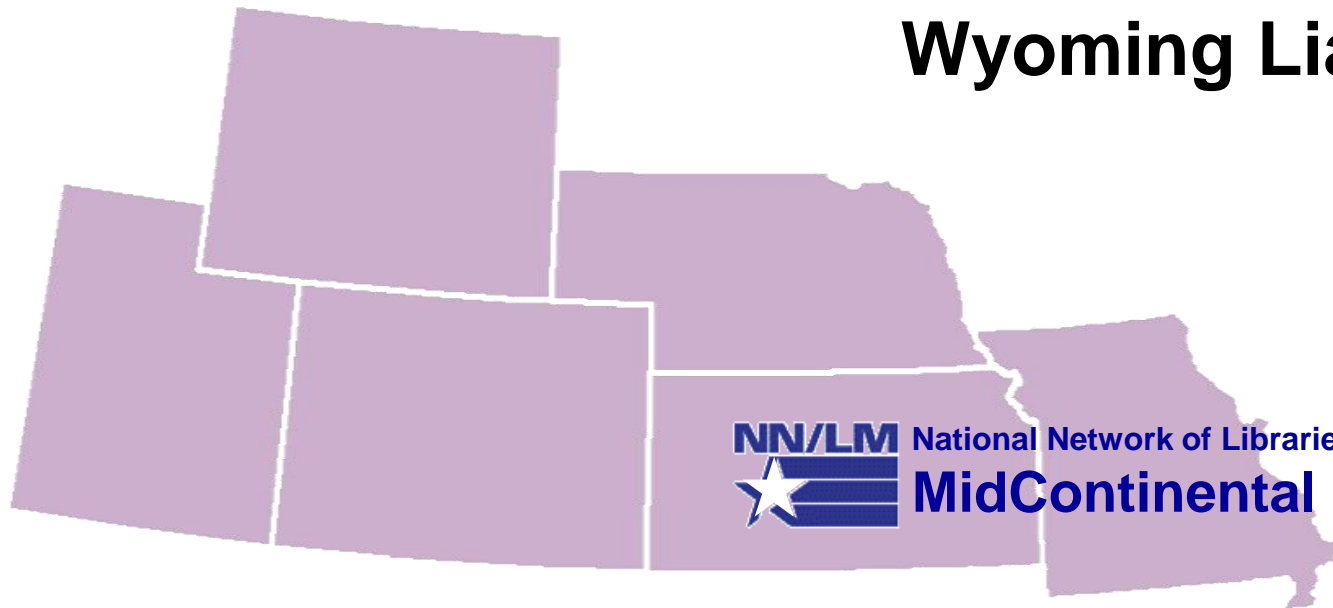


# Senior Resources

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**Jim Honour**  
**Wyoming Liaison**

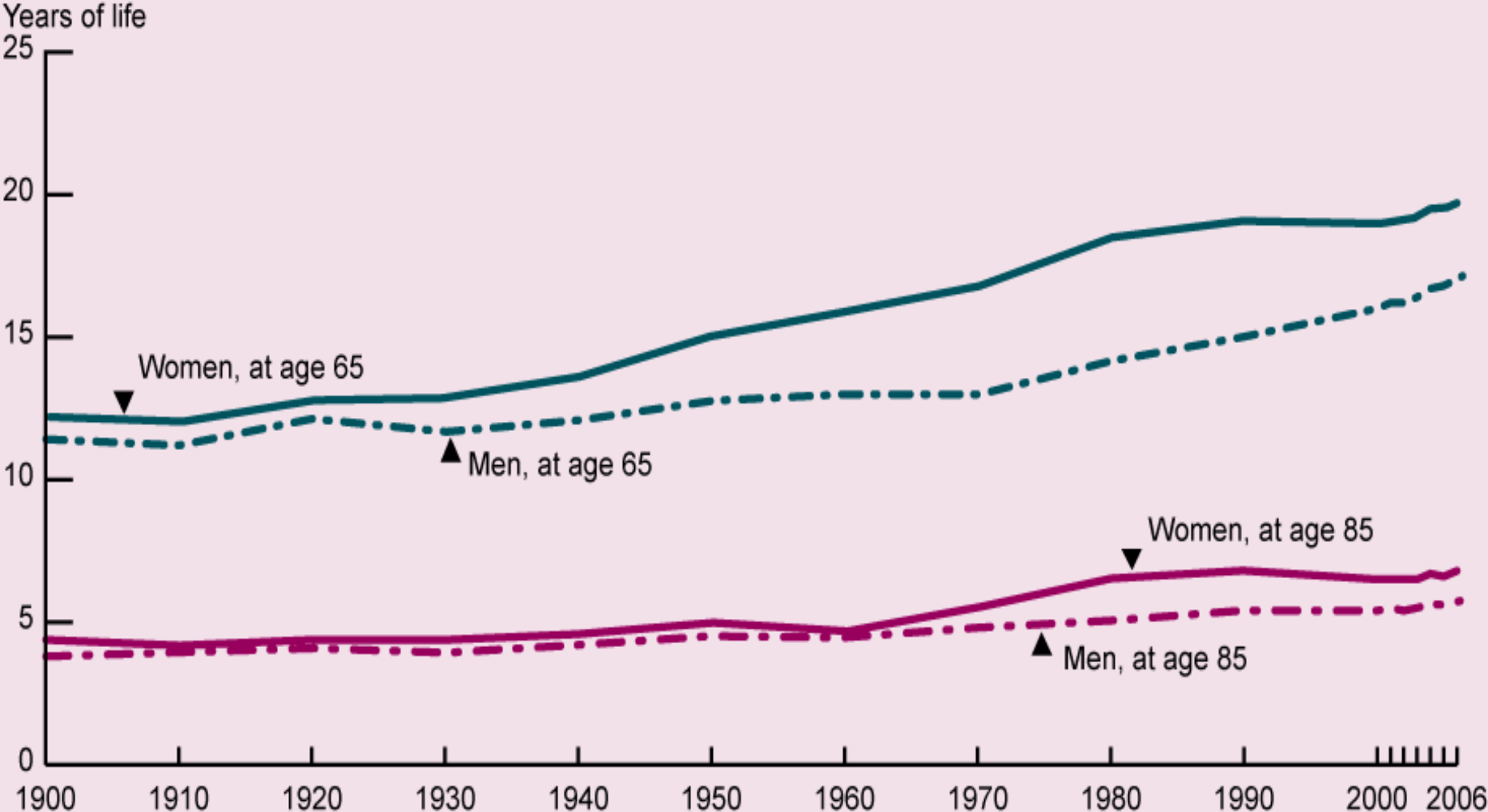


**NN/LM** National Network of Libraries of Medicine  
**MidContinental Region**

# Objectives

- **Identify three health conditions of older adults**
- **Identify three reliable senior health resources**
- **Be aware of problems affecting health literacy of older adults**

# Life expectancy at ages 65 and 85, by sex, selected years 1900–2006

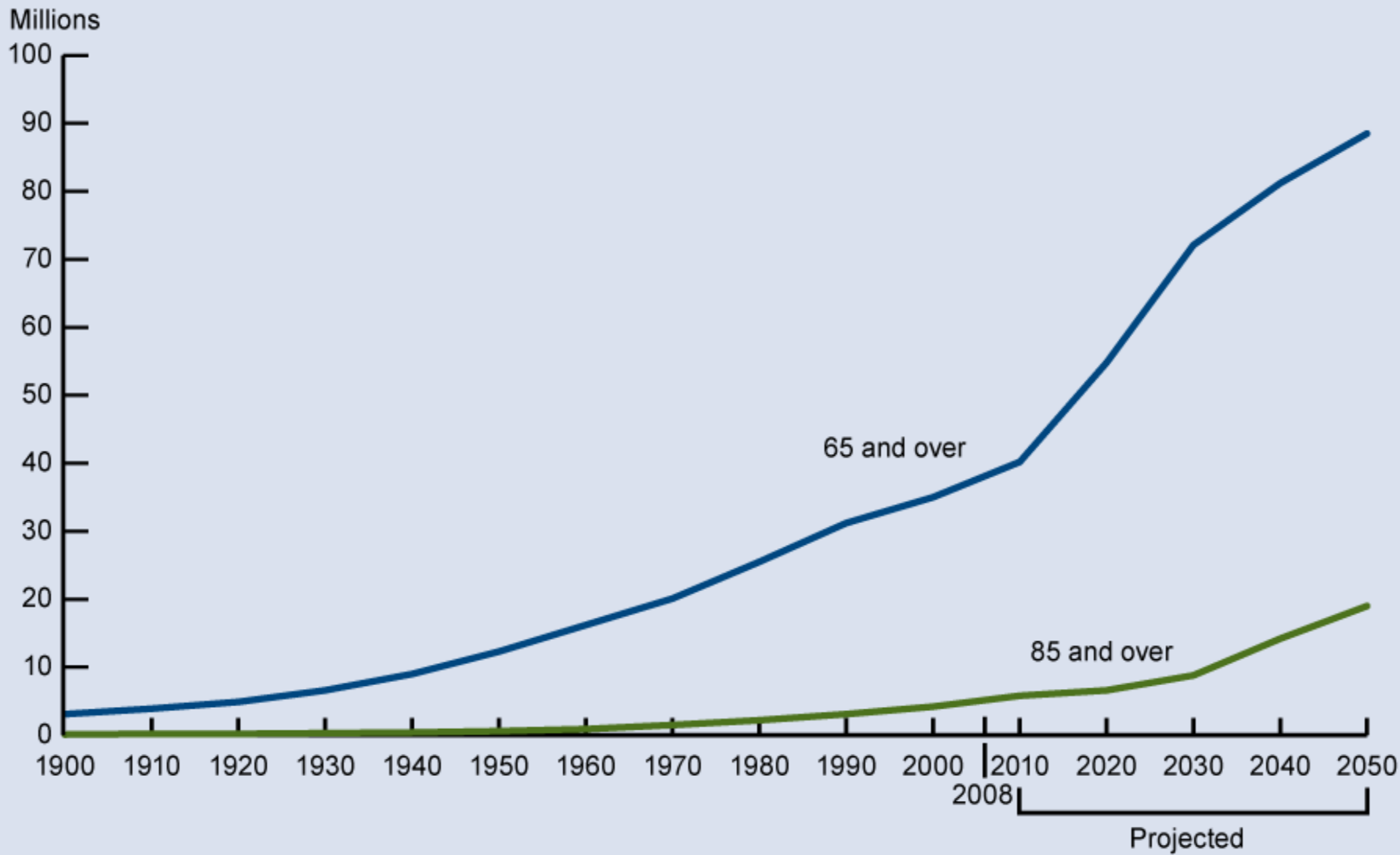


NOTE: The life expectancies (LEs) for decennial years 1910 to 1990 are based on decennial census data and deaths for a 3-year period around the census year. The LEs for decennial year 1900 are based on deaths from 1900 to 1902. LEs for years prior to 1930 are based on the death registration area only. The death registration area increased from 10 states and the District of Columbia in 1900 to the coterminous United States in 1933. LEs for 2000–2006 are based on a newly revised methodology that uses vital statistics death rates for ages under 66 and modeled probabilities of death for ages 66 to 100 based on blended vital statistics and Medicare probabilities of dying and may differ from figures previously published.

Reference population: These data refer to the resident population.

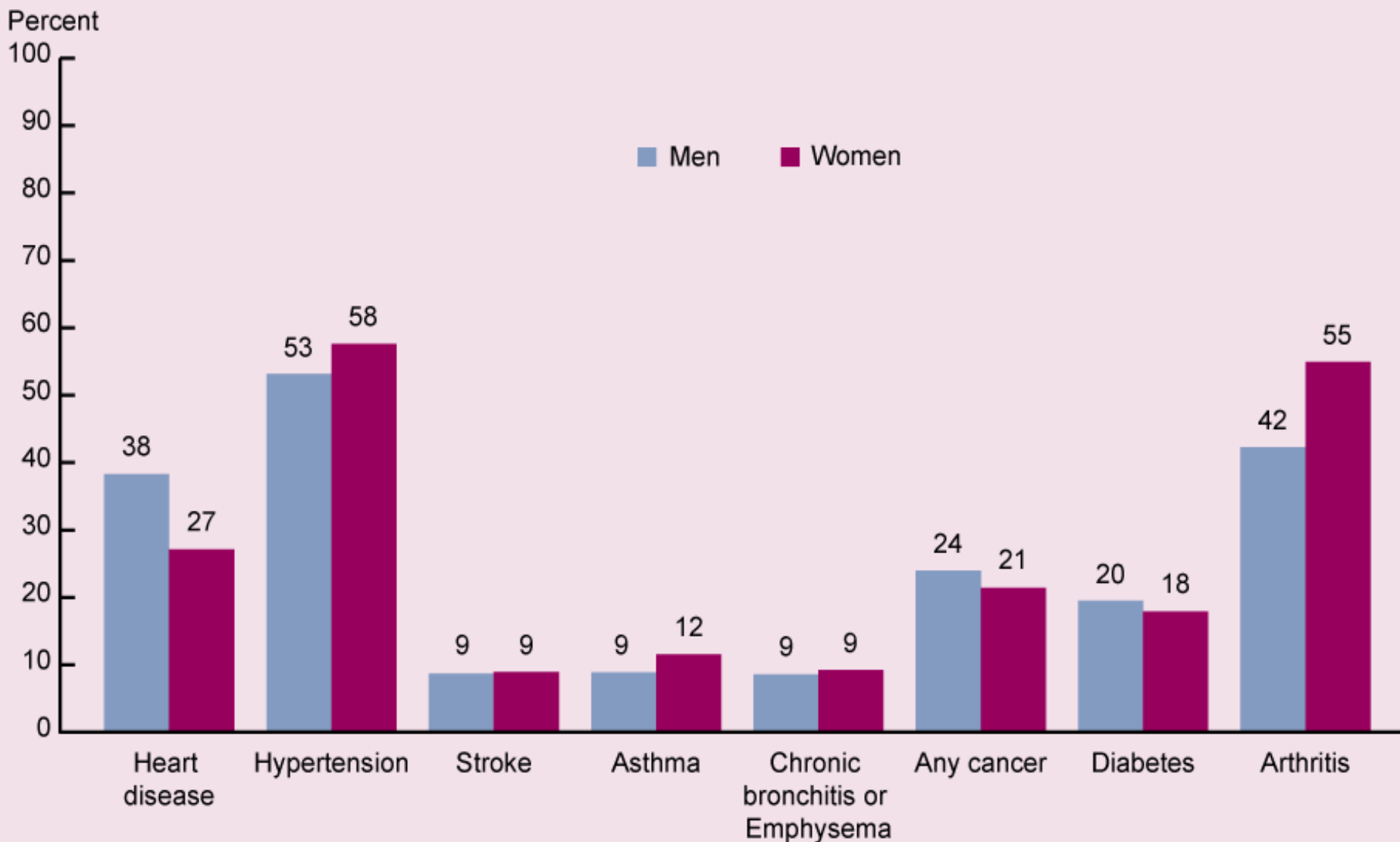
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System.

# Population age 65 and over and age 85 and over, selected years 1900–2008 and projected 2010–2050



NOTE: Data for 2010–2050 are projections of the population.  
Reference population: These data refer to the resident population.  
SOURCE: U.S. Census Bureau, Decennial Census, Population Estimates and Projections.

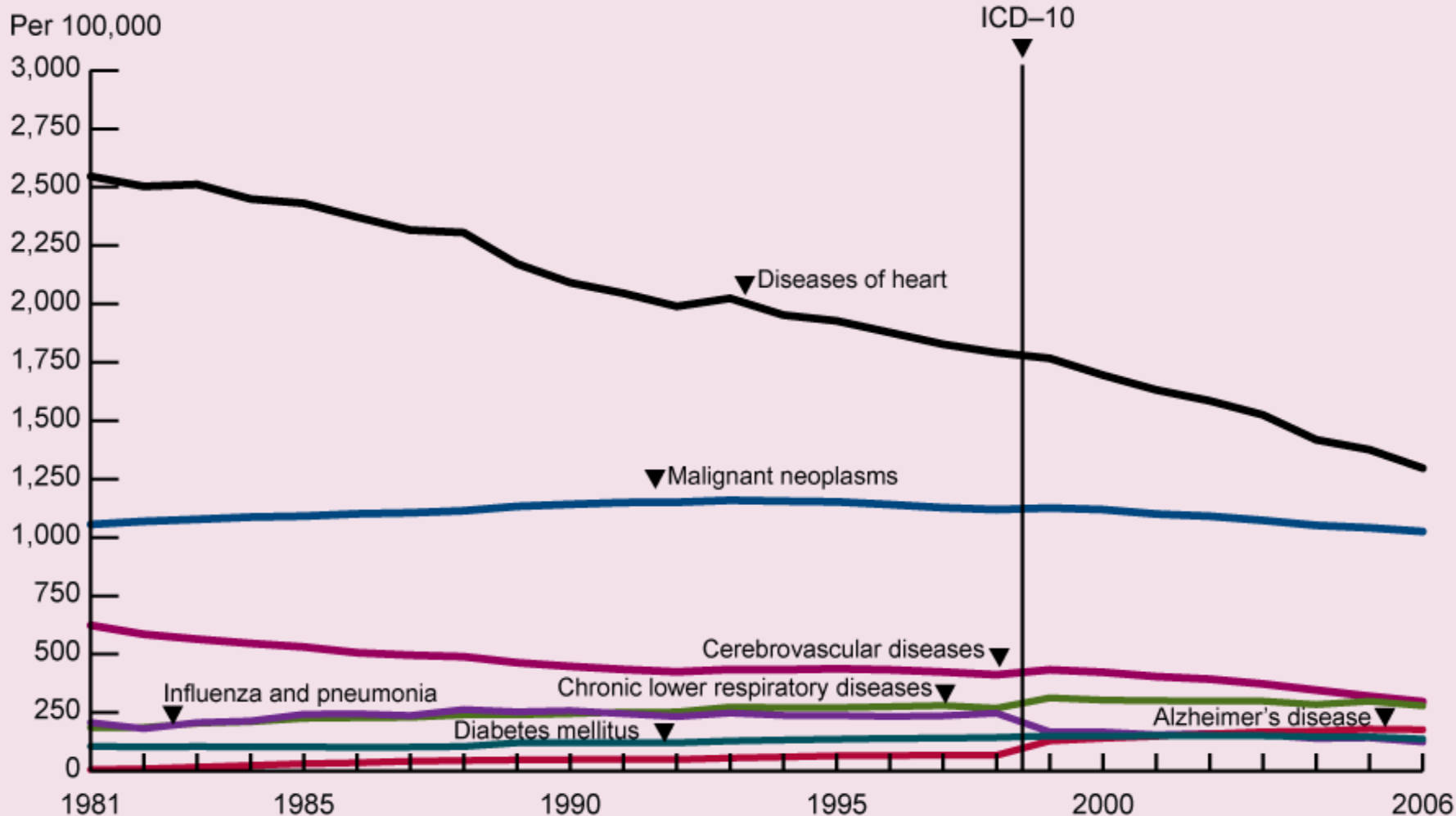
# Chronic health conditions among the population age 65 and over, by sex, 2007–2008



NOTE: Data are based on a 2-year average from 2007–2008. See Appendix B for the definition of race and Hispanic origin in the National Health Interview Survey. Reference population: These data refer to the civilian noninstitutionalized population.

SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.

# Death rates for selected leading causes of death among people age 65 and over, 1981–2006



NOTE: Death rates for 1981–1998 are based on the 9th revision of the International Classification of Diseases (ICD–9). Starting in 1999, death rates are based on ICD–10 and trends in death rates for some causes may be affected by this change.<sup>12</sup> For the period 1981–1998, causes were coded using ICD–9 codes that are most nearly comparable with the 113 cause list for the ICD–10 and may differ from previously published estimates. Rates are age adjusted using the 2000 standard population.

Reference population: These data refer to the resident population.

SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System.

# Other significant health issues

- **Sensory impairments**
- **Depressive symptoms**
- **Obesity**
- **Alzheimers disease**



# Health Literacy

**"The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions."** - *Healthy People 2010*



# Challenges

- **Visual impairments**
- **Hearing impairments**
- **Cognition**
- **Culture**
- **Plain Language**

- *Quick Guide to Literacy and Older Adults, Office of Disease prevention and health promotion, U.S. Dept. of Health & Human Services*  
*<http://www.health.gov/communication/literacy/olderadults>*

# Health Literacy is important

- **Health outcomes are related to health literacy-** Institute of Medicine. *Health Literacy: A Prescription to End Confusion*

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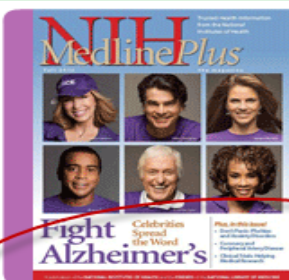
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Benign Prostatic Hypertrophy see [Prostate Diseases](#)

Bladder Control see [Urinary Incontinence](#)

Blood Pressure see [High Blood Pressure](#)

Bone Loss see [Osteoporosis](#)

BPH see [Prostate Diseases](#)

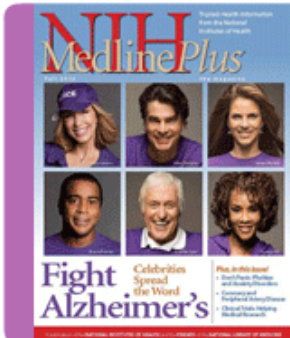
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Cardiac Diseases see [Heart Diseases](#)



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People in the U.S. are living longer than ever before. Many seniors live active and healthy lives. But there's no getting around one thing: as we age, our bodies and minds change. There are things you can do to stay healthy and active as you age. Eating a balanced diet, keeping mind and body active, not smoking, getting regular checkups, and practicing safety habits at home and in the car will help you make the most of life.



NIH: National Institute on Aging ([Read more](#))

Results 1 - 10 of 1,803 for **senior OR seniors OR seniorshealth**

Did you mean [senior OR seniors OR "seniors health"](#)?

1. [Seniors' Health](#) (National Library of Medicine)  
... U.S. are living longer than ever before. Many **seniors** live active and healthy lives. But there's no ...  
[www.nlm.nih.gov/medlineplus/seniorshealth.html](http://www.nlm.nih.gov/medlineplus/seniorshealth.html) - Health Topics
2. [Exercise for Seniors](#) (National Library of Medicine)  
... There are four main types of exercise and **seniors** need some of each: Endurance activities - like walking, ...  
[www.nlm.nih.gov/medlineplus/exerciseforseniors.html](http://www.nlm.nih.gov/medlineplus/exerciseforseniors.html) - Health Topics
3. [Nutrition for Seniors](#) (National Library of Medicine)  
Food provides the energy and nutrients you need to be healthy. Nutrients include proteins, carbohydrates, fats, vitamins, minerals and water. Studies show ...  
[www.nlm.nih.gov/medlineplus/nutritionforseniors.html](http://www.nlm.nih.gov/medlineplus/nutritionforseniors.html) - Health Topics
4. [Choosing a Senior Living Community](#) (Assisted Living Federation of America)  
... offer a wide array of choices. While every **senior** living community is different, typical services include: Housekeeping ... services Social and recreational activities Checklist for Evaluating

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- Multiple Languages (4)

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- Fractures (15)
- Arthritis (13)

Results 1 - 10 of 617 for **senior OR seniors OR seniorshealth exercise**

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Did you mean [senior OR seniors OR "seniors health" exercise?](#)

- [Exercise for Seniors](#) (National Library of Medicine)  
... stay independent. There are four main types of **exercise** and **seniors** need some of each: Endurance activities - like walking, ...  
[www.nlm.nih.gov/medlineplus/exerciseforseniors.html](http://www.nlm.nih.gov/medlineplus/exerciseforseniors.html) - Health Topics
- [Exercise and Seniors](#) (American Academy of Family Physicians)  
**Exercise** and **Seniors** Is it safe for me to **exercise**? It is safe for most adults older than 65 years to **exercise**. Even patients who have chronic illnesses ...  
[familydoctor.org/.../seniors/staying/754.printerview.html](http://familydoctor.org/.../seniors/staying/754.printerview.html) - External Health Links
- [Healthy Family 2009: 8 Great "Whys" Seniors Should Exercise](#)  
... Past Issues Healthy Family 2009 8 Great "Whys" **Seniors** Should **Exercise** Past Issues / Winter 2009 Table of Contents For ...  
[www.nlm.nih.gov/.../winter09/articles/winter09pg9.html](http://www.nlm.nih.gov/.../winter09/articles/winter09pg9.html) - MedlinePlus Magazine
- [Seniors and Exercise](#) (American Academy of Orthopaedic Surgeons)  
... org/topic.cfm?topic=A00418) **Seniors**: Starting an **Exercise** Program **Seniors**: Starting an **Exercise** Program (<http://orthoinfo.aaos.org/> ... A00530) Copyright 2008 American Academy of Orthopaedic Surgeons **Seniors** and **Exercise** Why is **Exercise** Important? A Balanced **Exercise** Program ...  
[orthoinfo.aaos.org/topic.cfm?topic=A00380](http://orthoinfo.aaos.org/topic.cfm?topic=A00380) - External Health Links
- [ClinicalTrials.gov: Exercise for Seniors](#) **NIH** (National Institutes of Health)  
[clinicaltrials.gov/...r+\[AGE-GROUP\]+AND+exercise+\[TREATMENT\]](http://clinicaltrials.gov/...r+[AGE-GROUP]+AND+exercise+[TREATMENT]) - External Health Links

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- Exercise (17)
- Falls (16)
- Disease (47)
- Caregiving | Family (16)
- Senior Living (13)
- Safety (14)
- Dependent seniors (9)
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- Medicare (8)
- Hospital (8)

Seniors' Health

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People in the U.S. are living longer than ever before. Many seniors live active and healthy lives. But there's no getting around one thing: as we age, our bodies and minds change. There are things you can do to stay healthy and active as you age. Eating a balanced diet, keeping mind and body active, not smoking, getting regular checkups, and practicing safety habits at home and in the car will help you make the most of life.



NIH: National Institute on Aging ([Read more](#))

Results 1 - 10 of 1,803 for **senior OR seniors OR seniorshealth**

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... U.S. are living longer than ever before. Many **seniors** live active and healthy lives. But there's no ...  
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Food provides the energy and nutrients you need to be healthy. Nutrients include proteins, carbohydrates, fats, vitamins, minerals and water. Studies show ...  
[www.nlm.nih.gov/medlineplus/nutritionforseniors.html](http://www.nlm.nih.gov/medlineplus/nutritionforseniors.html) - Health Topics
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... offer a wide array of choices. While every **senior** living community is different, typical services include: Housekeeping ... services Social and recreational activities Checklist for Evaluating

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- Adults (25)
- Exercise (20)
- Caregiving | Family (17)
- Free (14)
- Nutrition (14)
- Senior Living (13)
- Safety (13)
- Falls (12)
- Hospital (9)
- Housing (8)

Results 1 - 10 of 1,792 in Falls for senior OR seniors OR "seniors health" [Search Help](#)

- [Seniors Can Reduce Risk of Falling by Fixing Painful Feet](#) (American College of Foot and Ankle Surgeons)  
... Videos & Podcasts » Articles » Text Size Print Email Bookmark **Seniors** can Reduce Risk of **Falling** by Fixing Painful ... and active lifestyle, they can also reduce a **senior's** risk for dangerous and deadly **falls**. **Falls** have ...  
[www.foothealthfacts.org/Content.aspx?id=1456](http://www.foothealthfacts.org/Content.aspx?id=1456) - External Health Links
- [Tai Chi May Combat Seniors' Fear of Falling](#) (American Academy of Physical Medicine and Rehabilitation)  
Tai Chi May Combat **Seniors' Fear of Falling** It's the fear of many older Americans – **falling** and injuring themselves. And their fears are not unfounded. ... at least one serious **fall** each year. With **seniors** leading increasingly active lifestyles, hip fractures have steadily ...  
[www.aapmr.org/condtreat/injuries/falls.htm](http://www.aapmr.org/condtreat/injuries/falls.htm) - External Health Links
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- [Handout on Health: Osteoporosis NIH](#) (National Institute of Arthritis and Musculoskeletal and Skin Diseases)  
... for help if you **fall**. Preventing **Falls** Among **Seniors** 1 **Falls** are not just the result of ...  
[www.niams.nih.gov/.../Bone/Osteoporosis/osteoporosis\\_hoh.asp](http://www.niams.nih.gov/.../Bone/Osteoporosis/osteoporosis_hoh.asp) - External Health Links
- [Fall Prevention: 6 Ways to Reduce Your Falling Risk](#) (Mayo Foundation for Medical Education and Research)  
... pays off see all in Healthy retirement Dependent **seniors** (1) Home care services: Questions to ask Free ...  
[www.mayoclinic.com/.../fall-prevention/HQ00657/METHOD=print](http://www.mayoclinic.com/.../fall-prevention/HQ00657/METHOD=print) - External Health Links
- [In Elderly, Risks Differ for Indoor Versus Outdoor Falls](#)  
... Indoor Versus Outdoor **Falls** Prevention programs should take **seniors'** lifestyle, environment into account, researchers say By Robert ... Thursday, September 9, 2010 Related MedlinePlus Pages **Falls Seniors' Health** THURSDAY, Sept. 9 (HealthDay News) -- Different risk ...  
[www.nlm.nih.gov/medlineplus/news/fullstory\\_103126.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_103126.html) - News

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All Results (3,090)

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- External Health Links (2,273)
- Drugs and Supplements (23)
- Medical Encyclopedia (117)
- Videos and Tutorials (77)
- News (159)
- MedlinePlus Magazine (95)
- Other Resources (114)
- Multiple Languages (18)

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All Results (3,090)

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- Adults (24)
- Disease (18)
- Exercise | Safety (15)
- Aging changes (18)
- Past Issues (15)
- Freedom (14)
- Drug (12)
- Falls | Risk (11)
- Skin (12)
- Research (9)

Results 1 - 10 of 3,089 for **senior OR seniors OR seniorshealth OR aging** [Search Help](#)

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- [Nutrition for Seniors](#) (National Library of Medicine)  
... foods, margarines and shortenings. NIH: National Institute on Aging  
[www.nlm.nih.gov/medlineplus/nutritionforseniors.html](http://www.nlm.nih.gov/medlineplus/nutritionforseniors.html) - Health Topics
- [Seniors' Health](#) (National Library of Medicine)  
... U.S. are living longer than ever before. Many seniors live active and healthy lives. But there's no ... the most of life. NIH: National Institute on Aging  
[www.nlm.nih.gov/medlineplus/seniorshealth.html](http://www.nlm.nih.gov/medlineplus/seniorshealth.html) - Health Topics
- [Choosing a Senior Living Community](#) (Assisted Living Federation of America)  
... offer a wide array of choices. While every senior living community is different, typical services include: Housekeeping ... services Social and recreational activities Checklist for Evaluating Senior Living Communities The downloadable assisted living checklist defines ...  
[www.alfa.org/alfa/Choosing\\_a\\_Community1.asp?SnID=812204697](http://www.alfa.org/alfa/Choosing_a_Community1.asp?SnID=812204697) - External Health Links
- [Skin Aging](#) (National Library of Medicine)  
... too. Sunlight is a major cause of skin aging. You can protect yourself by staying out of ... person has smoked. Many products claim to revitalize aging skin or reduce wrinkles, but the Food and ...  
[www.nlm.nih.gov/medlineplus/skinaging.html](http://www.nlm.nih.gov/medlineplus/skinaging.html) - Health Topics
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Senior Pet Care Thanks to advances in veterinary medicine, pets are living longer than ever

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## Exercise for Seniors

Also called: Seniors' fitness

There is a fountain of youth. Millions have discovered it - the secret to feeling better and living longer. It's called staying active. Finding a program that works for you and sticking with it can pay big dividends. Regular exercise can prevent or delay diabetes and heart trouble. It can also reduce arthritis pain, anxiety and depression. It can help older people stay independent.

There are four main types of exercise and seniors need some of each:

- Endurance activities - like walking, swimming, or riding a bike - which build "staying power" and improve the health of the heart and circulatory system
- Strengthening exercises which build muscle tissue and reduce age-related muscle loss
- Stretching exercises to keep the body limber and flexible
- Balance exercises to reduce the chances of a [fall](#)

*NIH: National Institute on Aging*

Get Exercise for Seniors  
updates by email



[What's this?](#)

### Start Here

- [Exercise & Physical Activity: Your Everyday Guide](#) *NIH* (National Institute on Aging) - PDF
- [Exercise and Physical Activity: Getting Fit for Life](#) *NIH* (National Institute on Aging)



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## Seniors' Health

People in the U.S. are living longer than ever before. Many seniors live active and healthy lives. But there's no getting around one thing: as we age, our bodies and minds change. There are things you can do to stay healthy and active as you age. Eating a balanced [diet](#), keeping mind and [body](#) active, not smoking, getting regular checkups, and practicing safety habits at home and in the car will help you make the most of life.

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- [NIH Senior Health](#) [NIH](#) (National Institute on Aging)
- [Ten Top Tips for Aging Well](#) (AGS Foundation for Health in Aging) - PDF

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## Nutrition for Seniors

Food provides the energy and nutrients you need to be healthy. Nutrients include [proteins](#), [carbohydrates](#), [fats](#), [vitamins](#), [minerals](#) and water.

Studies show that a good diet in your later years reduces your risk of osteoporosis, high blood pressure, heart disease and certain cancers. As you age, you might need less energy. But you still need just as many of the nutrients in food. To get them

- Choose a variety of healthy foods
- Avoid empty calories, which are foods with lots of calories but few nutrients, such as chips, cookies, soda and alcohol
- Pick foods that are low in cholesterol and fat, especially saturated and trans fats

Saturated fats are usually fats that come from animals. Look for trans fat on the labels of processed foods, margarines and shortenings.

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- [Eating Well As You Get Older](#) [NIH](#) (National Institute on Aging)



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### Related Topics

[Seniors' Health](#)

[Food and Nutrition](#)

[Seniors](#)

### National Institutes of Health

The primary NIH organization for research on *Nutrition for Seniors* is the [National Institute on Aging](#)



# Question

- **Name one related topic suggested for “dysgeusia”**
- **What is the primary NIH organization for researching this condition?**

# NIHSeniorHealth

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- **Alphabetical List**
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<http://nihseniorhealth.gov>



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[Peripheral Arterial Disease](#)

## Exercise Stories

People of all ages and physical conditions benefit from exercise and physical activity. These [exercise stories](#) feature older adults and the diverse activities they enjoy.



## Health Videos

Many of our health topics feature short videos that complement the information in the topic. The [health videos](#) offer up-to-date medical information, tips for healthy living, and inspiring stories of older adults who are coping with



# Features

- **Text Size**
- **Contrast setting**
- **Speech**



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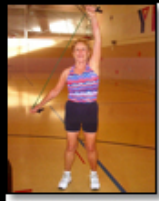
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## Alzheimer's Disease

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**Last reviewed:** 30 March 2010

**First published:** 19 March 2002

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[Peripheral Arterial Disease](#)

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## Bones and Joints

This category covers diseases and injuries to bones and joints.

- [Falls and Older Adults](#)
- [Gout](#)
- [Osteoarthritis](#)
- [Osteoporosis](#)
- [Paget's Disease of Bone](#)
- [Rheumatoid Arthritis](#)



These [Age Pages](#) from the National Institute on Aging also provide information and resources about Bones and Joints.



- [Arthritis Advice](#)
- [Falls and Fractures](#)
- [Foot Care](#)
- [Osteoporosis: The Bone Thief](#)

See [All Topics A-Z](#) for a complete list of the NIHSeniorHealth topics.

Last reviewed: 15 June 2009

First published: 26 June 2008



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People of all ages and physical conditions benefit from exercise and physical activity. These stories feature diverse older adults and the activities they enjoy. If you are age 60 years or older and exercise regularly, we invite you to [send us your story \[Word DOC\]](#) [\[HTML version\]](#).

## Exercise Stories



[Click image to enlarge](#)

**Name:** Grace  
**Age:** 91  
**Location:** California  
**Activity:** Walking, Yoga,  
Tennis, Weight  
Lifting

[The Full Story](#)



[Click image to enlarge](#)

**Name:** Ramesh  
**Age:** 65  
**Location:** California  
**Activity:** Tennis

[The Full Story](#)



**Name:** Rita Jean  
**Age:** 72  
**Location:** California  
**Activity:** Aerobics,  
Weight Lifting



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## Public Service Announcements

### Alzheimer's Disease



"Alzheimer's Disease Research" [1 min 40 sec]

[Click to watch this video](#)

[Transcript](#), [Video help](#)



"Cognitive Test for Alzheimer's" [4 min 40 sec]

[Click to watch this video](#)

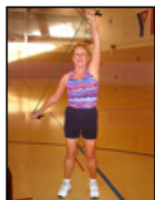
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**Training Tools**

Are you interested in helping older adults learn to search online health information on their own? Browse the [Trainer's Toolkit](#) for more information.



This site was developed by the National Institute on Aging (NIA) and the National Library of Medicine (NLM) both part of the National Institutes of Health (NIH). Read more [about NIHSeniorHealth](#).

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## Helping Older Adults Search for Health Information Online: A Toolkit for Trainers

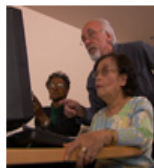
Welcome to the Toolkit for Trainers, a resource developed by the National Institute on Aging. Use these free, easy-to-use training materials to help older adults find reliable, up-to-date online health information on their own. The training features two websites from the National Institutes of Health -- [NIHSeniorHealth.gov](#) and [MedlinePlus.gov](#). Trainers can use the toolkit with beginning and intermediate students of the Web.

Here's how to proceed:

1. Watch the introductory video to find out what the toolkit is all about.
2. Browse the lesson plans and download those that fit your students' skill levels, time limitations, and interests.
3. Check out the training tools and download tips on setting up a senior-friendly classroom, recruitment flyers, and more.

(Downloading requires free [Adobe Reader](#).)

### Introductory Video



"Introducing the Toolkit" [5 min, 43 sec]

[Click to watch this video](#)

[Transcript](#), [Video help](#)

### Lesson Plans\*

# Questions

- **How old is Edgar? How much weight can he bench press? Why did he begin weightlifting?**
- **What is Judy's age? For what activity has she been in training since 1998?**

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## Highlights

### ▶ [NIA Seeks Director of Neuroscience](#)

The Director of Neuroscience will play an integral role in leading an extramural research program in neuroscience and neuropsychology of aging initiatives in support of NIA's mission of improving the health and well-being of older Americans. Review of candidate applications will begin November 12, 2010.



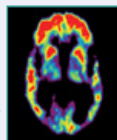
### ▶ [Peripheral arterial disease newest offering on NIHSeniorHealth site](#)

September 16, 2010 -- Information about the risk factors, diagnosis and treatment of peripheral arterial disease, or P.A.D., has just been added to NIHSeniorHealth, the senior-friendly health and wellness website from the National Institutes of Health.



### ▶ [Comments Sought on Proposed AD Diagnostic Criteria](#)

July 13, 2010 - Workgroups convened by NIA and the Alzheimer's Association unveiled their draft proposals to update clinical diagnostic criteria for AD and MCI and research criteria for pre-AD and biomarkers in MCI at the 2010 Alzheimer's Association International Conference on AD. [View the recommendations and submit comments.](#)





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**Highlights**

**Wondering about Hormones and Menopause?**  
NIA's tip sheet, *Hormones and Menopause*, has information on the benefits and risks of using hormones at menopause.



**NIA Seeks Director of Neuroscience**

The Director of Neuroscience will play an integral role in leading an extramural research program in neuroscience and neuropsychology of aging initiatives in support of NIA's mission of improving the health and well-being of older Americans. Review of candidate applications will begin November 12, 2010.



**NIA Seeks Scientific Director**

The Scientific Director leads and manages the NIA's Intramural Research Program, a vibrant basic, clinical, and translational research program based in Baltimore, Maryland. Review of candidate applications will begin August 20, 2010.



National Institute on Aging  
Building 31, Room 5C27  
31 Center Drive, MSC 2292  
Bethesda, MD 20892





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## Publications

You can search, order print copies, and read all of NIA publications and other materials online. Questions? Call [1-800-222-2225](tel:1-800-222-2225).

### New!



[Heart Health](#)


[Pain: You Can Get Help](#)

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### More Info

 [Sign up for E-mail Alerts](#), and receive updates from NIA on news, new publications, newsletters, and more!

 **NOTICE ON BULK ORDERS.**

You can now use the online ordering system to place bulk orders. **No form is needed.** For each item, simply enter the quantity you wish and follow the

### Focus On: Alzheimer's Disease


[Alzheimer's Disease Medications Fact Sheet](#)

### Featured Publication


[Exercise & Physical Activity: Your Everyday Guide from the National](#)


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## ¡Buena salud para toda la vida!

**¡Bienvenidos!** El Instituto Nacional Sobre el Envejecimiento (NIA, por sus siglas en inglés), forma parte del gobierno federal de los Estados Unidos, y a través de este sitio le ofrece la información más reciente que le ayudará a mantener una buena salud y fortaleza física para toda la vida. Nuestras publicaciones son gratuitas; por favor, utilícelas y comparta la información con sus familiares y amigos.

### ► Información sobre la salud y el envejecimiento



- [Enfermedades/condiciones](#)
- [Manteniendo su buena salud](#)
- [Cuidado médico, medicamentos y procedimientos](#)
- [Salud y seguridad personal](#)

### ► Información sobre la enfermedad de Alzheimer



- [Información general](#)
- [Cuidado médico](#)
- [Cuidando a familiares enfermos](#)

Para información de concesiones o estudios de investigación, busque en [www.nia.nih.gov/GrantsandTraining](http://www.nia.nih.gov/GrantsandTraining) (solamente en inglés).

### Publicaciones que recomendamos

¡En sus marcas, listos, fuera!  
Aprenda cómo convertir el ejercicio y la actividad física en parte de su vida diaria con [Ejercicio y actividad física: su guía diaria del Instituto Nacional Sobre el Envejecimiento](#).



Para aprender acerca de la piel durante el envejecimiento, incluyendo la piel seca, los moretones, las arrugas, el cáncer de la piel, y que se puede hacer para ayudar a la piel, lea nuestra publicación [El cuidado de la piel](#).



### Otros recursos

[Recursos en la red](#)

Enlaces a fuentes de información de organizaciones que ofrecen al público información gratuita y en español sobre la salud.

### ¿Tiene preguntas?

**Llame a la línea telefónica gratuita:**



The Alzheimer's Disease Education and Referral (ADEAR) Center Web site will help you find current, comprehensive Alzheimer's disease (AD) information and resources from the National Institute on Aging (NIA).

[...more about ADEAR](#)

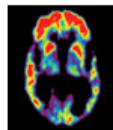
### ▶ [News & Events](#)

#### [Mild Cognitive Impairment More Common in Older Men Than Older Women](#)

September 7, 2010 -- Older men may be at risk of developing mild cognitive impairment (MCI), often a precursor to Alzheimer's disease, earlier in life than older women, according to a study appearing today in Neurology.

#### [Experts Seek Comment on Possible Updates to AD Diagnostic Criteria](#)

July 13, 2010 - Workgroups convened by NIA and the Alzheimer's Association unveiled proposals to update clinical diagnostic criteria for AD and MCI and research criteria for pre-AD and biomarkers in MCI at the 2010 Alzheimer's Association International Conference on AD. The groups are now [seeking comment on the draft criteria](#). For additional background information: [Press release](#), [workgroup panel Q&A 1](#), [workgroup panel Q&A 2](#)



[...more NIA News](#)

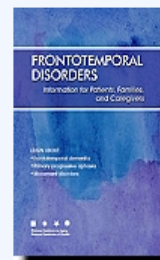
### ▶ [Volunteers Needed for AD Research](#)

[NIH-Supported Study Looks for Earliest](#)

### ALZHEIMER'S INFORMATION

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### HIGHLIGHTS



#### [NEW booklet on Frontotemporal Disorders](#)

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### NEW VIDEO





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Welcome to the web page for **Go4Life**, an exercise and physical activity campaign designed to help older adults fit exercise and physical activity into their daily lives. Whether you're becoming physically active for the first time, returning to exercise after a break, or looking for ideas to build more exercise and physical activity into your weekly routine, **Go4Life** can help.

**Go4Life** makes physical activity simple and fun, offering exercises, motivational tips, and free resources especially designed for older adults.

Visit us here in October 2010 to:

- find specific exercises and activities that are right for you
- make your own physical activity plan
- read helpful exercise and physical activity tips
- order **Go4Life** printed materials and the new **Go4Life** exercise video
- share your exercise success story

**Go4Life** is sponsored by the [National Institute on Aging](#) at NIH.



### Exercise and Physical Activity Guide Available

Looking for information and tips about exercise and physical activity? Read, download, or order [Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging](#).

Page last updated Sep 16, 2010




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## Clinical Trials

Trial Title	Condition
<a href="#">BVAIT: B-Vitamin Atherosclerosis Intervention Trial</a>	Atherosclerosis
<a href="#">Effect of Vitamin K on Age-Related Bone Loss and Vascular Calcification</a>	Osteoporosis; Vascular Calcification; Inflammation
<a href="#">Analysis of Atropine and Propranolol Induced Changes</a>	Healthy
<a href="#">Pioglitazone in Alzheimer Disease</a>	Alzheimer Disease
<a href="#">Anti-Oxidant Treatment of Alzheimer's Disease</a>	Alzheimer's Disease
<a href="#">AFTER: Altering Fat Through Estrogen and Raloxifene</a>	Postmenopause
<a href="#">The TLC2 (Teaching Healthy Lifestyles to Caregivers 2)/CALM (Counseling Advice for Lifestyle Management) Study</a>	Health Behavior; Psychological Stress; Healthy
<a href="#">GIP: Glucose-dependent Insulinotropic Peptide</a>	Type 2 Diabetes
<a href="#">ACCORD-MIND: Action to Control Cardiovascular Risk in Diabetes--Memory in Diabetes</a>	Atherosclerosis; Cardiovascular Diseases; Hypercholesterolemia; Hypertension; Diabetes Mellitus; Coronary Disease
<a href="#">Exercise Rehabilitation of Younger and Older People With Claudication</a>	Intermittent Claudication
<a href="#">Alternative Therapies for Menopause: A Randomized Trial</a>	Menopause; Hot Flashes
<a href="#">Fast Food Study: Assessment of the Effects of Fast-Food on Inflammatory Markers</a>	Heart Diseases; Diabetes; Obesity
<a href="#">Growth Hormone Administration and the Human Immune System - II</a>	Aging; Immune System
<a href="#">Osteoarthritis: Weakness From Inflammation</a>	Osteoarthritis
<a href="#">Memory Aid for Informed Consent in Alzheimer's Research</a>	Alzheimer's Disease; Aging
<a href="#">PET Changes in Alzheimer's Disease (AD)</a>	Alzheimer Disease
<a href="#">Osteopuncture for Osteoarthritis-Associated Knee Pain &amp; Disability</a>	Osteoarthritis
<a href="#">Caminemos! Trial to Increase Walking Among Sedentary Older Latinos</a>	Aging; Sedentary Lifestyle
<a href="#">Inflammation and Exercise in Stroke</a>	Stroke; Insulin Resistance; Sedentary Lifestyle
<a href="#">Calcium Channel Splice Variant Expression in Cardiovascular Disease and Aging</a>	Atherosclerosis

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## Research Information

### Research Programs (Extramural)

Research programs supported by NIA, including studies on the mechanisms of aging, the processes of aging, aging and the nervous system, and aging in relation to health and disease. NIA supports four extramural research programs:

- [Division of Aging Biology](#)
- [Division of Behavioral and Social Research](#)
- [Division of Neuroscience](#)
- [Division of Geriatrics and Clinical Gerontology](#)

### Research at NIA (Intramural)

Laboratory and clinical research conducted at the Gerontology Research Center and at NIA facilities in Bethesda, MD.

### Conferences, Workshops, and Meetings

Materials such as reports, papers, and agendas from NIA conferences, workshops, and meetings dating back to 1999.

### Scientific Resources

Information about testing resources provided by the NIA for conducting research on aging. Resources available include nonhuman primates, rodents, and human biospecimen collections.

### Health Disparities Toolbox

Health Disparities Resource Persons Network, Reports, Publications, and Other Resources to assist NIA's constituency with technical and capacity-building enterprises in support and conduct of research relevant to minority and health disparity population groups.

### Clinical Research Study Investigator's Toolbox

# Questions

- **Can you name one intramural research program in clinical studies at NIA and its focus?**
- **What's the title of one publication listed under "Women's Health?"**



# CDC Healthy Aging

<http://www.cdc.gov/aging>



## Healthy Aging

### New Report and Interactive Data Tool for Promoting Preventive Services

In 2008, CDC, AARP, and the American Medical Association initiated a collaborative project to develop a report highlighting data and opportunities to broaden the use of clinical preventive services among adults aged 50 to 64 years in the United States. This report delineates science-based strategies and highlights "calls to action" that build on linkages between clinical and community efforts to facilitate the delivery of multiple preventive services. **More >>**

- View and compare summary national, regional, state and selected local data with the new Promoting Preventive Services interactive data tool

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### Healthy Aging Topics

#### Health Information for Older Adults

Links to health topics relevant to older adults

#### Data & Statistics

Reports and interactive websites featuring key data on older adult health

#### Healthy Brain Initiative

Information on cognitive impairment and Alzheimer's disease, including related research and resources

#### Caregiving

Activities and resources for public health and aging services professionals

#### Emergency Preparedness and Older Adults

Resources to prepare individuals and communities for disasters

#### Health Disparities

Addressing health disparities in an aging society

#### Resources, Publications, and Press Room

Reports, podcasts, critical issue briefs, journal articles, and listserv info

#### States and Communities

Healthy aging activities in state health departments and the SPARC program

#### Clinical Preventive Services

Early detection and prevention of diseases

#### Mental Health and Aging

The State of Mental Health and Aging in America reports, with a focus on depression

#### CDC-HAN

CDC's Prevention Research Centers - Healthy Aging Research Network

#### End-of-Life Preparedness

Current activities, priorities, and related trainings

### Interactive Data Tools



#### Promoting Preventive Services Report

Examine and compare national, regional, state, and city/county data for

14 key preventive services for adults aged 50-64.



#### The State of Aging and Health in America

Examine and compare national, regional, state, and city/county data for 15 key health indicators for adults aged 65 years

or older.



#### The State of Mental Health and Aging in America

Examine and compare national and state data for 6 indicators related to the mental health of adults aged 50 years and older.

### Contact Us:

- Centers for Disease Control and Prevention Healthy Aging Program  
4770 Buford Highway, N.E., Mailstop K-45  
Atlanta, GA 30341-3717
- 800-CDC-INFO
- 800-232-4636
- TTY: (888) 232-6348  
24 Hours/Every Day
- cdcinfo@cdc.gov

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Page last reviewed: August 17, 2010  
 Page last updated: August 17, 2010  
 Content source: Division of Adult and Community Health, National Center for Chronic Disease Prevention and Health Promotion




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Provides public health and aging services professionals, researchers, policymakers, and others with the opportunity to learn. To sign up, [click here](#).

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## Alzheimer's Disease

### What is Alzheimer's Disease?

Alzheimer's disease is the most common form of dementia among older adults. Alzheimer's disease involves parts of the brain that control thought, memory, and language and can seriously affect a person's ability to carry out daily activities. Although scientists are learning more every day, right now, they still do not know what causes Alzheimer's disease.

### Who has Alzheimer's Disease?

As many as 5 million Americans suffer from Alzheimer's disease. While younger people may get Alzheimer's disease, it is much less common. The disease usually begins after age 60, and risk goes up with age. About 5 percent of men and women ages 65 to 74 have Alzheimer's disease, and nearly half of those age 85 and older may have the disease. It is important to note, however, that Alzheimer's disease is not a normal part of aging.

### What causes Alzheimer's Disease?

Scientists do not yet fully understand what causes Alzheimer's disease. There probably is not one single cause, but several factors that affect each person differently. Age is the most important known risk factor for Alzheimer's disease. The number of people with the disease doubles every 5 years beyond age 65.

Family history is another risk factor. Researchers believe that genetics may play a role in developing Alzheimer's disease.

Scientists still need to learn a lot more about what causes Alzheimer's disease. In addition to genetics, they are studying education, diet, and environment to learn what role they might play in developing this disease. Scientists are finding more and more evidence that some of the risk factors for heart disease and stroke, such as high blood pressure, high cholesterol, and low levels of the vitamin folate may also increase the risk of Alzheimer's disease. Evidence for physical, mental and social activities as protective factors against Alzheimer's disease is also growing.



### What is the burden of Alzheimer's disease in the United States?

Alzheimer's disease is one of the top ten leading causes of death in the United States. Alzheimer's disease is the 7th leading cause

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## ▶ Quick Guide To Healthy Living



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### Get Tested for Breast Cancer

A mammogram can help your doctor find breast cancer early. ▶

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Quick Guide To Healthy Living



Get Tested for Breast Cancer

A mammogram can help your doctor find breast cancer early.

PLAY

myhealthfinder

Find health advice for you or someone you care about.

Who are you trying to help today?

Me
  Someone Else
  My Child  
 Age: [input] yrs Sex:  Female  Male  
 Pregnant?

Get Started

Health A to Z

An encyclopedia of over 1,600 health topics from the most trusted sources.



Health News

Get today's headlines, weekly newsletters, e-News, and RSS

Sign up below to receive e-mails on the latest health news plus updates on new site features.

Enter e-mail address [input] [Go]

Find Services & Information

Locate a doctor, health center, organization or public library.

Personal Health Tools

Free interactive tools to check your health, get personalized advice, and keep track of your progress. Check out our new myhealthfinder widget.

Popular Requests

This month's top searches for health information.

Español

Get the latest health news and information in Spanish.

**E-cards**  
Send to Friends and Family

**2010**  
National Health Observances

Home > Quick Guide to Healthy Living

## Quick Guide to Healthy Living

Welcome to the Quick Guide to Healthy Living. Find information and tools to help you and those you care about stay healthy.

Choose a topic area below to get started.



**Nutrition and Fitness**  
Get nutrition and fitness tips for the whole family.



**HIV and STDs**  
Protect yourself from HIV and other STDs.



**Important Screening Tests**  
Find out which screening tests you need.



**Cancer Screening and Prevention**  
Worried about cancer? Get answers.



**Pregnancy**  
Get tips for a healthy pregnancy.



**Everyday Health and Wellness**  
Are you doing enough to stay healthy?



**For Parents**  
Help your kids grow up healthy.



**Diabetes**  
Do you have diabetes or pre-diabetes?



**Heart Health**  
Do you have heart disease? Are you at risk?



**For Women**  
Health tips for women.



**Public Health and Safety**  
Help keep your family and community safe.



**For Older Adults**  
Health tips for older adults.

VIEW ALL QUICK GUIDE TOPICS

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- My Child

Age:  yrs Sex:  Female  Male

Pregnant?

Get Started





## For Older Adults

Colorectal Cancer Screening: Conversation starters

Colorectal Cancer Screening: Questions for the doctor

Depression: Conversation starters

Eat Healthy

Get a Bone Density Test

Get a Pneumonia Shot

Get Active

Get Support if You Are a Caregiver

Get Tested for Colorectal Cancer

Get Your Hearing Checked

Get Your Vision Checked

Keep Your Heart Healthy

Lower Your Risk of Falling

Prevent Back Pain

Preventing Falls: Conversation starters

Preventing Osteoporosis: Questions for the doctor

Prostate Cancer Screening: Questions for the doctor



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## Senior Health

Health A-Z : **1-10** of **69** Results  
Next > | Show All



### Stay Active as You Get Older: Quick Tips

Stay active as you get older to lower your risk of health problems. ...  
[Details >](#)

National Health Information Center, U.S. Department of Health and Human Services



### Protect Your Health as You Grow Older: Quick Guide to Healthy Living

Poor health and getting older don't have to go together. You can do many things to stay healthy and active as you grow older. ...  
[Details >](#)

National Health Information Center, U.S. Department of Health and Human Services

## Caregiver Stress

Are you caring for an older or disabled relative or friend? This fact sheet answers questions you may have about coping with the daily stress associated with being a caregiver.... [Details >](#)

National Women's Health Information Center, Office on Women's Health, U.S. Department of Health and Human Services

## A Consumer Guide To Choosing A Nursing Home - (PDF)



Placing a loved one in a nursing home is one of the most difficult tasks

### Narrow Your Search

#### Health A-Z

- [Prevention & Wellness](#)
- [Diseases & Conditions](#)
- [FAQ's](#)
- [All Health A-Z Results](#)

#### Find Services & Information

- [Find a Provider](#)
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- [Find an Organization](#)