

The Active Aging Blueprint: A National Initiative for the Promotion of Successful Aging



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Overview



- The Aging of America
- Physical Activity
- Physical Inactivity
- Active Aging Blueprint
- Going Beyond the Physical

America is Aging



- 2000 - 35 million over 65 yrs.
- By 2030, 70 million over 65 yrs.
- 85 plus age group is fastest growing age group
- By 2050 the 85 plus age group will increase to almost 5% of our population

Source: NIA, 2000

Aging and Health



- 88% of over 65 have at least one chronic health condition
- 21% of over 65 have chronic disabilities.

Source: NIA, 2000

Aging and Health



- 60% of people age 70 and older report having arthritis.
- 50% of women age 70 to 80 have difficulty walking a few blocks, climbing a flight of stairs, or doing housework.

Source: NIA, 2000

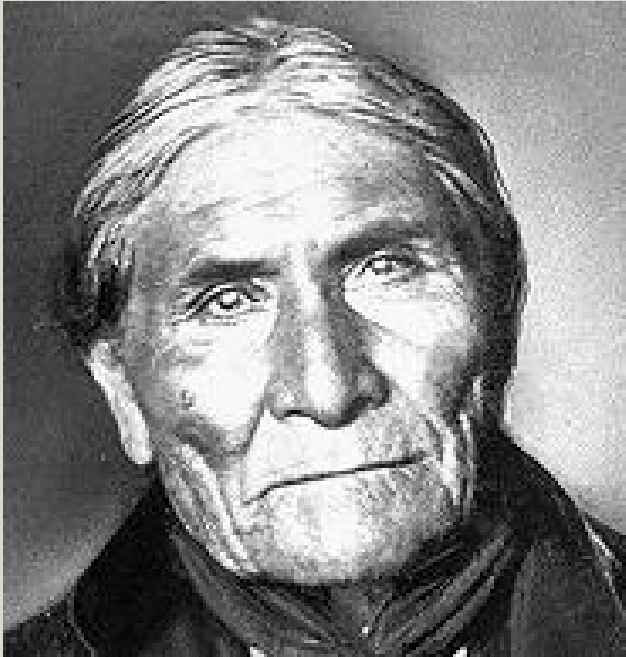
Aging and Health



- Osteoporosis is a major health threat for 28 million Americans.
- Accounts for 1.5 million fractures a year
- 24% of people over 50 who have hip fractures die within a year

Source: AGS, 2000

Aging and Health



33% or more people age 85 and older have moderate or severe cognitive impairment.

Source: NIA, 2000



Physical Activity

Physical Activity - Defined



"...All movements in everyday life, including work, recreation, exercise, and sporting activities..."

WHO, 1997

Physical Activity



Provides the greatest opportunity to extend years of active independent life, reduce disability, and improve the quality of life for older persons

Source: NIA, 2000

Physical Activity



There is no segment of the population that can benefit more from exercise than the elderly.

Source: ACSM, 2000

Physical Activity

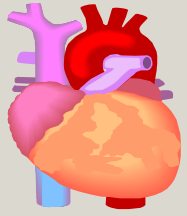


Benefits

WHO Guidelines

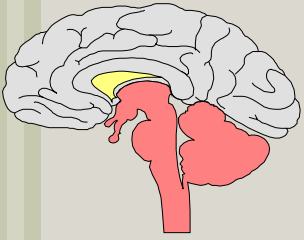
Reasons for Physical Activity

- Benefits for the individual
 - Physiological
 - Psychological
 - Social



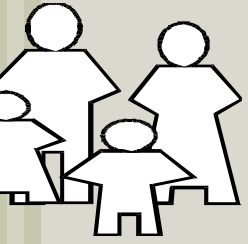
Physiological Long Term Benefits

- Aerobic/cardiovascular endurance
- Resistive training/muscle strengthening
- Flexibility
- Balance/coordination
- Velocity of movement



Psychological Long Term Benefits

- General Well Being
- Improved Mental Health
- Cognitive Improvements



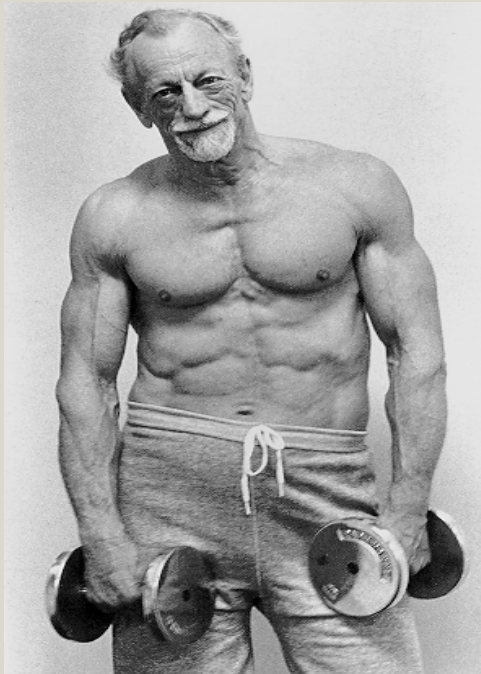
Social Long Term Benefits

- Enhanced Integration
- Formation of new friendships
- Widened Social and Cultural Networks
- Role maintenance and new role acquisition

Reasons for Physical Activity for Society

- Reduced Health and Social Care Costs
- Enhancing the Productivity of Older Adults
- Promoting a Positive and Active Image of Older Person

Who Should Be Active?



Healthy



Less-Healthy



Frail



Physical Inactivity

Physical Inactivity



- 38% of population age 55 and older is sedentary.

Source: NIA, 2000

Physical Inactivity



33% of men and 50% of women age 75 and older engage in no physical activity

Source: NIA, 2000

Physical Inactivity



Prevalence of inactivity among white women age 75 and older is 47.4%

61% among black women age 75 and older.

Source: NIA, 2000

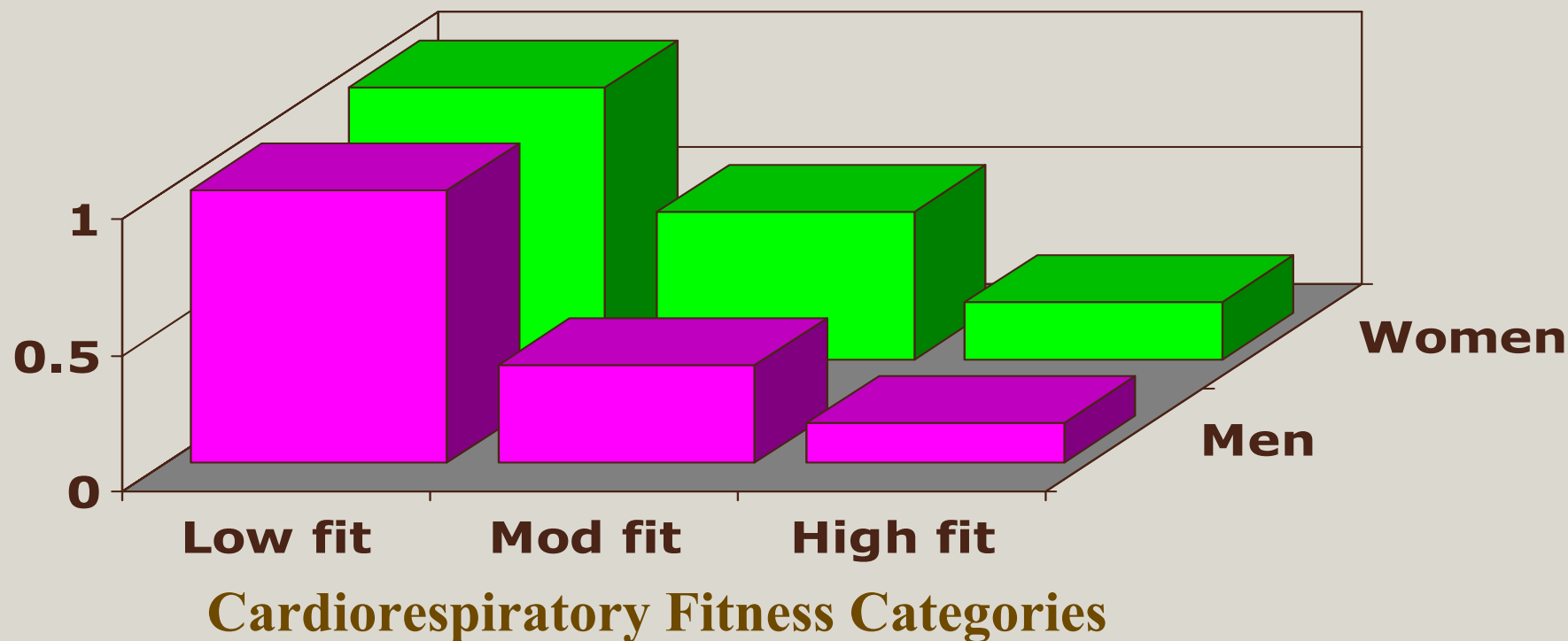
Physical Inactivity



Fewer than 50% of older adults ever receive a suggestion to exercise from their physicians

Source: NIA, 2000

Adjusted* Odds Ratios for Development of Functional Limitations



*Adjusted for age, BMI, length of follow-up, smoking status

Blair, 1999

National Blueprint

Increasing Physical
Activity Among
Adults Aged 50 and
Older

Release Date
May 1, 2001



Participating Organizations

- 46 National Organizations including...
- The National Institute on Aging
- Centers for Disease Control and Prevention
- AARP
- The Robert Wood Johnson Foundation
- American College of Sports Medicine
- American Geriatrics Society



Barriers to Physical Activity

GENERAL

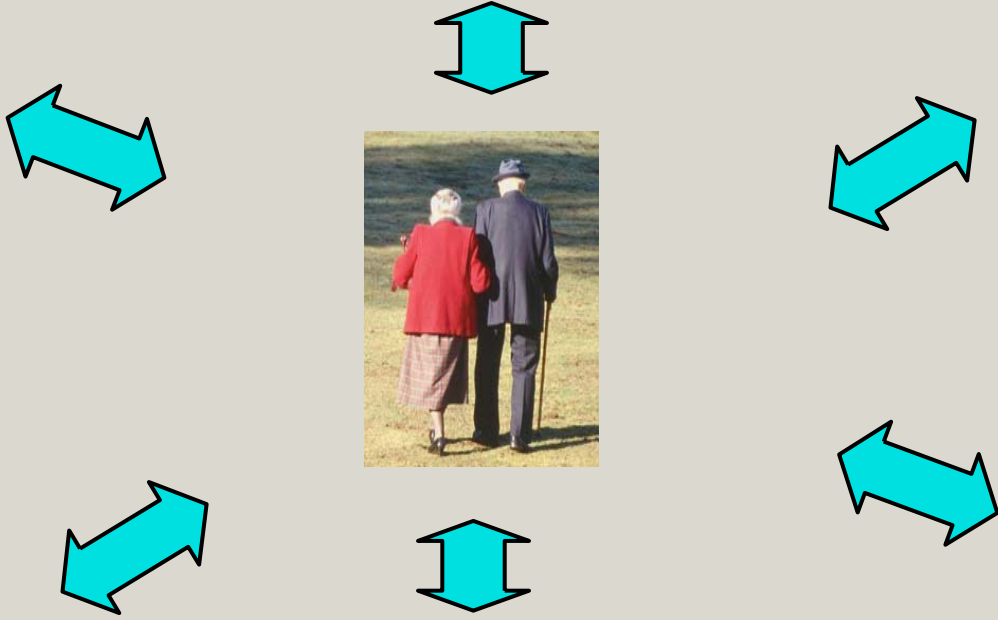
RESEARCH

MEDICAL SYSTEMS

COMMUNITY

MARKETING

WORK PLACE



Barriers - General



- No national organization to systemically address physical activity of older Americans
- Physical activity engineered out of many routine activities.

Barriers - Research



- Lack of research about how to achieve long-term increases in physical activity
- Inadequate translation of research findings into practical guidelines

Barriers - Community



- Poorly designed and unsafe environments
- Neighborhoods discourage physical activity
- Need integrated community approach to enabling physical activity.

Barriers – Work Place



Insufficient data about cost-to-benefit ratio to employer

Concerns about employer liability

Little information about model programs

Barriers – Medical Systems



- Inadequate medical education
- Health care professionals lack time to address physical activity
- No easy-to-use protocol for activity counseling

Barriers – Marketing and Communications



- Messages about physical activity and exercise are unclear, inconsistent, and confusing
- Need mass media campaign about physical activity and aging

Strategic Plan

GENERAL

RESEARCH

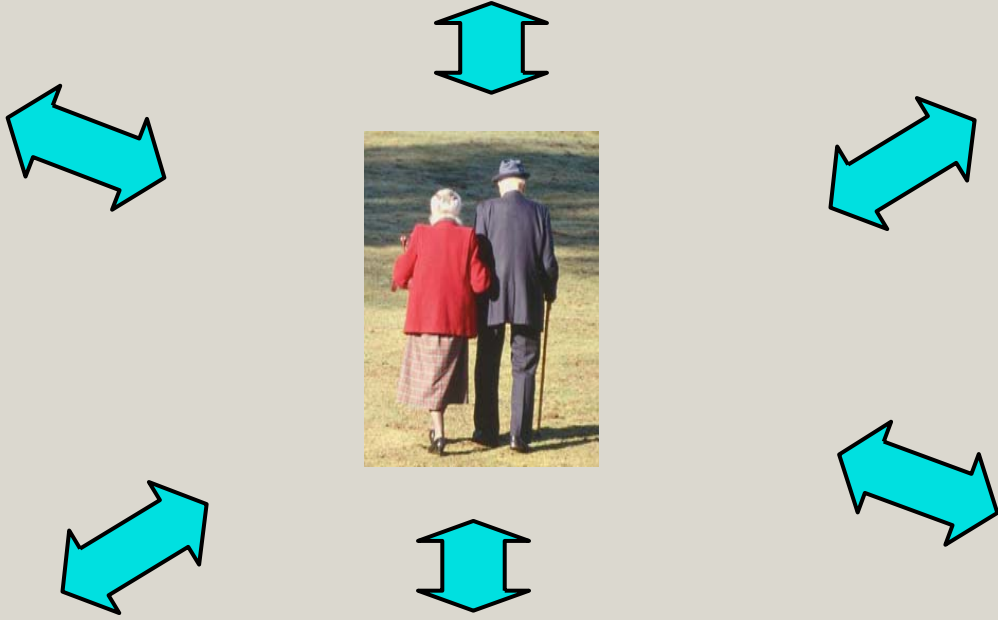
MEDICAL SYSTEMS

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WORK PLACE



Solutions - General



- Develop National Clearinghouse on Physical Activity and Aging
- Increase collaborations between public and private sector organizations

Solutions - Research



- Increase funding for behavioral research
- Study active seniors- who are they, what do they do, what are their stories
- Build translational component into funded studies

Solutions - Community



- Identify individuals in the community who can serve as resources
- Disseminate information about model programs
- Encourage non-traditional partnerships (urban planners, transportation, medical systems, physical activity specialists)

Solutions – Work Place



- Provides employers with tax incentives for physical activity programs
- Develop time sharing models of physical activity
- Work with health care provider and HMO's

Solutions – Medical Systems



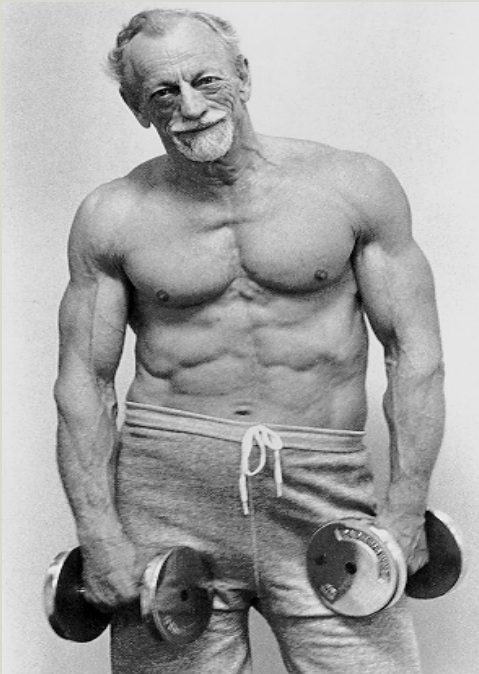
- Improve medical education
- Develop specific physical activity counseling protocols
- Encourage active referral systems

Solutions – Public Policy



- Consider incentives to states and communities that achieve measurable increases in the activity levels
- Develop HCFA/Medicare benefits guidelines related to physical activity

Call to Action



National Blueprint: Active Aging