



**Date:** May 5, 2009

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## Healthy aging display and report highlight Older Americans month

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A healthy aging display in the Capitol May 5-6 and a new report on healthy aging from the Oregon Department of Human Services (DHS) highlight May 2009 Older Americans month and its theme of cost-effective community approaches to health and independence for older adults.

The Capitol display is open to the public today and Wednesday in the downstairs level of the building.

The report, Healthy Aging in Oregon Counties [www.healthoregon.org/hpcdp](http://www.healthoregon.org/hpcdp), includes key health issues for older adults by county; steps communities can take to promote healthy aging; and information on health risks, chronic conditions, injuries, hospitalizations and community factors affecting the health of older adults.

"The report will help local communities identify health issues and actions that make sense for them, and their efforts will help address the critical issue of keeping our aging population healthy and independent," says James Toews, DHS Seniors and People with Disabilities Division assistant director.

In 2005 one in every eight Oregonians was 65 or older, but by 2030 that number will be one in every five. Although older adults are living longer and healthier lives, they also face health and disease management challenges, including chronic diseases such as arthritis, diabetes and

heart disease. In addition, they face disabilities from injuries such as falls, which account for seven out of every 10 deaths nationally. The cost of providing health care for an older adult is also three to five times greater than for someone younger than 65.

The report supports statewide efforts to prevent and manage health conditions of an aging population with programs such as living well with chronic conditions (Stanford University's chronic disease self-management program), tai chi for falls prevention, and the Arthritis Foundation exercise programs.

DHS and Oregon Health & Science University developed the report with support from the National Association of Chronic Disease Directors.