



PRESS RELEASE FOR LOCAL MEDIA

Central Michigan District Health Department

"Promoting Healthy Families, Healthy Communities"

For more information, please call: (989) 773-5921 ext. 8409

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To: Senior Newspaper

From: John A. Frisch, Senior Wellness Coordinator

RE: Press Release "Promoting Healthy Lifestyles"

Release Date: March 2008

Promoting Healthy Lifestyles

"We are encouraging seniors to live healthier lives. Healthy living can prevent diseases and certain disabilities, and it can ensure that today's seniors-as well as future generations-not only live longer, but also better."

Great improvements in medicine, public health, science, and technology have enabled today's seniors to live longer and healthier lives than previous generations. Seniors want to remain healthy and independent at home in their communities. Society wants to minimize the health care costs associated with an increasing older population. The science of aging indicates that chronic disease and disability are not inevitable. As a result, health promotion and disease prevention activities and programs are an increasing priority for older adults, their families, and the health care system.

Many seniors fail to make the connection between undertaking healthy behaviors today and the impact of these choices later in life. Studies by the National Institute on Aging, indicate that healthy eating, physical activity, mental stimulation, not smoking, active social life, moderate use of alcohol, maintaining a safe environment, social support, and regular health care are important in maintaining health and independence.

Promoting the **HEALTHY LIFESTYLES** of older people is vital in helping them to maintain health and functional independence. Providing information to seniors about disease prevention and health promotion activities will assist them and their loved ones in becoming more knowledgeable about the health problems you may face and how you can prevent, delay, or manage them. An additional resource for information is available on www.cdc.gov/healthy_people_2010, includes information on increasing the quality of life, years of healthy life, and eliminating health disparities.

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