

2011 October

Healthy Aging

Live long and prosper.



Yolo County hiker, Eric Brazil. Courtesy Andrew Fulks.

By 2050, 20% of Yolo County's population will be age 65 or older. Between 2010 and 2050, this age group will experience the fastest rate of growth relative to all other age groups.³

As we age, a healthy lifestyle remains key to living a long, active life, and maintaining a high quality of life. Routine exercise, healthy diet, and avoiding or ending substance use (tobacco, alcohol) are beneficial at any age. If you're already doing these things—keep it up. If these things are new to you, consult your health care provider before making dramatic changes. Resolve to maintain a healthy mind and spirit as well—read, travel, learn new skills, and consider giving to the community by taking advantage of opportunities to volunteer, mentor, and teach.

Self-Reported Health Status of Seniors Age 65+, 2007⁴⁰



Breast Cancer Awareness Month • Children's Health Month • Domestic Violence Awareness Month • Down Syndrome Awareness Month • SIDS Awareness Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10 Columbus Day	11	12	13	14	15
16 Lead Poisoning Prevention Week	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Halloween					

Vaccinations: Flu, Pneumococcal, Shingles⁴⁵

- **Flu** vaccine is important for everyone, but seniors are at high risk of complications of seasonal flu. The virus that causes flu changes from year to year, so be sure to get the flu shot every year.
- **Pneumococcal** disease is a serious infection spread from person to person by droplets in the air. People 65 and older should get a pneumococcal shot. It is safe and can be given at the same time as the flu shot. Most people only need a single shot.
- **Shingles.** If you had chickenpox when you were young, the virus is still in your body. When you are older, the virus may become active and you can develop shingles. Shingles causes a rash of blisters on the body or face. It can be a very painful disease even after the rash disappears. Ask your health care provider about the shingles vaccine.

Yolo County Senior Centers

- Find resources, classes, and volunteer opportunities at your senior center:
- Davis Senior Center
(530) 757-5696
www.cityofdavis.org/cs/seniors
 - West Sacramento Senior Center
(916) 373-5819
www.cityofwestsacramento.org
 - Woodland Senior Center
(530) 661-5890
www.cityofwoodland.org

Osteoporosis⁴⁵

Millions of Americans, mostly women, have osteoporosis. The risk of osteoporosis grows as you get older. At the time of menopause, women may lose bone mass quickly for several years. After that, the loss slows down but continues. In men, the loss of bone mass is slower. The best way to keep your bones strong and healthy is by eating foods rich in calcium and vitamin D, and including regular weight-bearing exercise in your lifestyle. Consult your health care provider about osteoporosis during your annual checkup and before taking supplements to combat osteoporosis.

Falls

Injuries resulting from falls are a leading cause of hospitalization among seniors.⁴⁵ Each year, about 292 Yolo County seniors and 80,000 seniors statewide are hospitalized for non-fatal injuries resulting from falls.²⁸ For older people, a fall and broken bones can be the start of more serious medical problems. There are several things you can do to avoid falling. The National Institute on Aging web site at www.nia.nih.gov gives several tips, including ways to stay active without falling, and ways to 'fall proof' your home.

- Yolo Co. Senior Resource Guide
- Health & Wellness Information for Seniors
- National Institute on Aging
- Healthy Aging

- www.cityofdavis.org/cs/seniors/pdfs/resourceguide-2009.pdf
- www.nihseniorhealth.gov/index.html
- www.nia.nih.gov
- www.mayoclinic.com/health/healthy-aging/MY00374