

# Healthy Living as You Age

Evidence-based programs that foster self-motivation,  
improve well-being and lower costs

Minnesota's Area Agencies on Aging (AAAs) are leading a transformative effort to improve community health.

The *Healthy Living as You Age* initiative builds a network of evidence-based programs to help people manage chronic conditions, prevent falls and more. The initiative leverages the AAAs' strong foundation of knowledge and experience with evidence-based health promotion programs. New partnerships with health care and community-based organizations will broaden the statewide reach and impact.

Approximately 35 percent of insured Minnesotans have at least one chronic condition and a large percentage have two or more. The cost of treating chronic diseases in Minnesota is estimated at \$5 billion annually, about 83 percent of total medical and drug spending. In addition, falling is a major threat to well-being, especially for older adults. One in five falls results in serious injury. Minnesota ranks fourth in the nation in fall-related deaths among people age 65+.

Healthy Living programs help people take an active role in their health and well-being. Participants experience improved health and quality of life and, at the same time, reduce the need for costly medical interventions.

The Healthy Living initiative:

- Increases the number, variety and location of evidence-based health promotion programs offered across the state of Minnesota.
- Engages health care providers and insurers in sharing in the cost of the programs to make them affordable to participants of all ages.
- Creates an easy-to-use, online listing of all available Healthy Living classes by type, date and location.

As managing partner for *Healthy Living as You Age*, Metropolitan Area Agency on Aging provides management information systems, contractual support, data analysis and overall project management.

## Evidence-Based Programs

- Developed at research universities/institutes
- Proven effective through scientific studies
- Supported by tested and proven training curricula

Program selection varies by region. Contact your AAA representative for information.

### FALLS PREVENTION

A Matter of Balance

Stepping On

Tai Ji Quan: Moving for Better Balance

Stay Active and Independent for Life (SAIL)

### CHRONIC DISEASE MANAGEMENT

Living Well With Chronic Conditions (CDSMP)

Tomando Control de su Salud (Spanish CDSMP)

Arthritis Self-Management Program (ASMP)

Chronic Pain Self-Management Program (CPSMP)

### DIABETES PREVENTION AND SELF MONITORING

Diabetes Self-Management Program (DSMP)

National Diabetes Prevention Program (NDPP)

For information about *Healthy Living as You Age* in your area, contact your regional AAA ([mn4a.org/aaas](http://mn4a.org/aaas)). For general information, contact **Nora Slawik, Project Manager**, at 651.917.4656 or [nslawik@metroaging.org](mailto:nslawik@metroaging.org).

