

Healthy Aging Through Community Partnerships: National Policy to Local Implementation

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Eubie Blake upon his 100th birthday celebration...



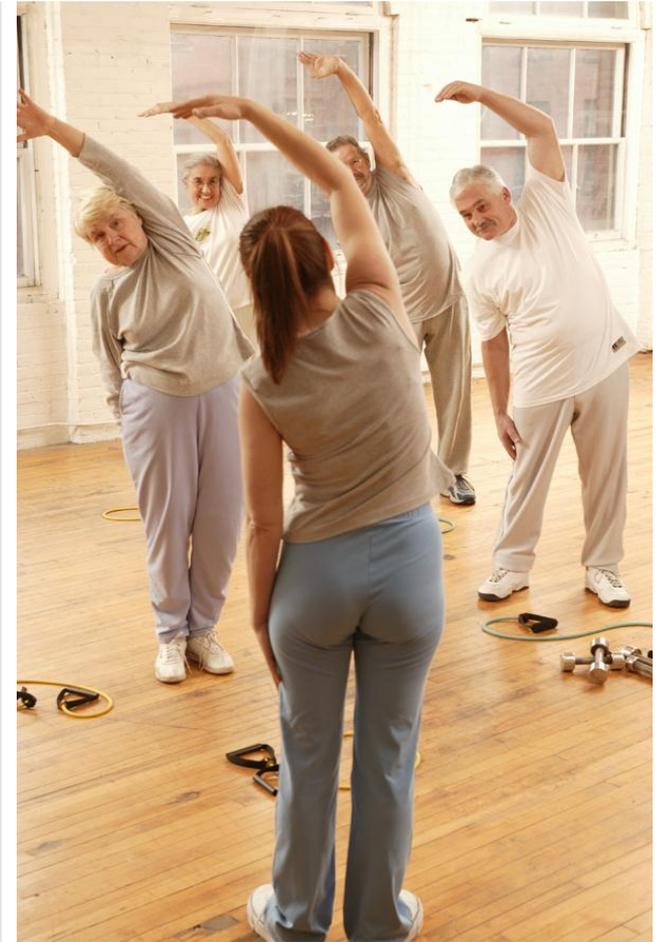
“If I’d known I would live this long,
I’d have taken better care of myself.”

Scope of the problem: “Boomer Nation”

- Demographics have changed
- The leading edge of Baby Boomers reached age 65 in 2011
- By 2030, American population >age 65 will double to 72 million
- Boomers have been more active, eat organic and seek a healthy partner
- Economic crisis has forced boomers to work longer and/or return to the workforce
- Shift from acute infectious disease to multiple chronic degenerative conditions
- Leading causes of death and disability are due to **preventable risks** and **lifestyle changes**

Drivers of CHANGE

- Research and solid scientific evidence based health promotion programs
- Self management of chronic conditions
- Physical activity
- FFF: Forbidden from Falling and Balance
- Social and cognitive engagement
- Confidence and success in self managing behaviors
- It's never too late to get started



My story: Meet my parents Miller and Maggie Watts



64 – 5 – 10 – 13 - 57



The Watts Family Village People



Fewer hip fractures . . . More hip seniors

Fond of James Brown, Ray Charles, and the 1:2



Call to action:

Your health, your way, YOU are the driver

- Collectively leverage community resources.
- Educate, train, and empower all aspects of the Village.
- Support research and evidence based programs to promote health and prevent disease.
- Create powerful broad based partnerships.
- The time is now. Boomer Nation is on the horizon!
- Seek preventable risk, healthier lifestyle, and chronic disease self management
- We are the Village!

