



## Spotlight on: Healthy Physical Aging

“True enjoyment comes from activity of the mind and exercise of the body; the two are united.”

Alexander von Humboldt  
(1769–1859)

Prussian Naturalist & Explorer/Geographer  
First published  
*Kosmos* at age 76.

Ushering in a new year quite often inspires people to consider resolutions that represent a change in lifestyle. Frequently, these plans include adopting healthier habits. As people grow older, embracing resolutions to adopt healthier behaviors—especially those that include regular exercise and whole-

some diet practices—can translate into a lower number of preventable deaths in this country. Consequently, programs that promote physical fitness and other good health habits may be particularly advantageous to people as they age into older adulthood.



Various gerontological studies have suggested that routine exercise and good nutrition may have a more significant impact on public health than medical interventions. These findings have indicated there exists a positive correlation between healthy practices and increased longevity and quality of life for older adults. Accordingly, grantmakers who fund healthy aging issues and programs can most likely be assured that they will be making a worthwhile investment.

The concept of healthy aging is more complex than simply diet and exercise; it involves an array of dynamics including social, psychological, and environmental influences. Programs that focus on a variety of vital healthy aging issues are surfacing across the country.

The National Council on Aging (NCOA) sponsors the Center for Healthy Aging, which “encourages and assists community-based organizations serving older adults to develop and implement evidence-based health promotion/disease prevention programs.” Most areas of their website remain public domain. The site offers examples of model programs, special reports, presentation slides, tool kits, and other health promotion information. The web address is: <http://healthyagingprograms.org/>



*“Never lose sight of the fact that old age needs so little but needs that little so much.”*

*~Margaret Willour*



## Grantmakers In Aging

Your personal connection to key people, high quality resources and state-of-the-art ideas about aging and all issues related to aging

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Website: [www.GIAging.org](http://www.GIAging.org)

Website of the Month  
[www.chef.org](http://www.chef.org)



### A Sampling of Organizations, Programs, Resources, & Meetings/Conferences Dedicated to Healthy Aging

The CDC has funded a number of nonprofit organizations in an effort to support programs across the country that support and encourage healthy aging. Examples can be found at: [www.cdcg/orglinks-cdc.htm](http://www.cdcg/orglinks-cdc.htm)

#### Comprehensive Health Education Foundation (C.H.E.F.):

Featured website/resource of the month—check it out!

**Healthy Aging Partnership (HAP):** A coalition of agencies in the Puget Sound region dedicated to older adults and their health/well-being. Efforts involve a community approach to supporting elders; the focus is on the promotion of healthy aging through community partnerships. In doing so, this alliance acknowledges the role of others in providing information and resources that can foster healthy choices for people as they age.

**Books:** *Healthy at 100* by John Robbins.  
*The Longevity Bible* by Gary Small, M.D.

**Sound Steps Toolkit:** This guide, based on a two-year pilot program, provides information on replicating a successful physical activity program for older adults.

[www.4elders.org/sound\\_steps\\_toolkit.htm](http://www.4elders.org/sound_steps_toolkit.htm)

**Washington Alliance for Healthy Aging (WAHA)** will hold the 5th Annual WAHA Healthy Aging Summit on May 31, 2007 at the Tacoma Convention and Trade Center. The theme: **“Creating Healthy Aging for All: Strategies to Reduce Health Disparities.”**

**Changes...** *“They always say time changes things, but you actually have to change them yourself.”* Andy Warhol, (1928-1987)

New areas of focus for future EngAGEMENT newsletters include:

1. News/information about programs/topics that can be the focus of a discussion series on age-related issues;
2. Interviews with funders who fund aging projects/programs;
3. Ideas/suggestions on how to encourage funders to support aging-related programs/projects.

If you would like to suggest additional topics of interest, please contact Pamela Tyler at [ptyler@GIAging.org](mailto:ptyler@GIAging.org)

The EngAGEMENT Initiative, funded by The Atlantic Philanthropies, is a pilot program to introduce new funders to aging through a partnership Between GIA and Regional Associations of Grantmakers

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