



Miami-Dade Age-Friendly Workshop Series
Parks & Outdoor Spaces
Age-Friendly Parks Cohort

Wednesday, September 7, 2016
1:45 – 2:00 pm

*Collaborating in a cohort assessment to track changes and
improvements in health related to age-friendly changes in Parks.*

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Aging-related functional decline

~50% genetically programmed

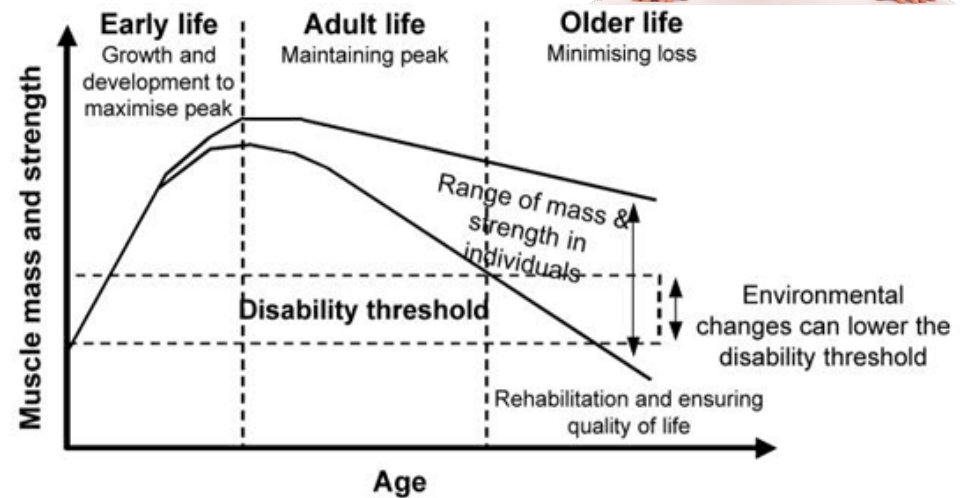
~50% lifestyle (physical activity + nutrition)

Aging-related
muscle mass loss.

Start in the 40s

22% in those >70 yrs old

~50% in those >80 yrs old



Modified WHO/HPS, Geneva 2000



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Falls, frailty, dependence

Yearly 33-35% of older adults in the community fall

40% in >75 year olds in the community

- **An older adult is treated in an ER for a fall-related injury every 15 sec.**
- **An older adult dies from a fall every 29 min.**

Falls are the main cause of injury in older adults

95% of hip fractures are due to falls

40% of nursing home admissions are related to falls

~16,000 fall-related death among ≥ 65 year olds / year

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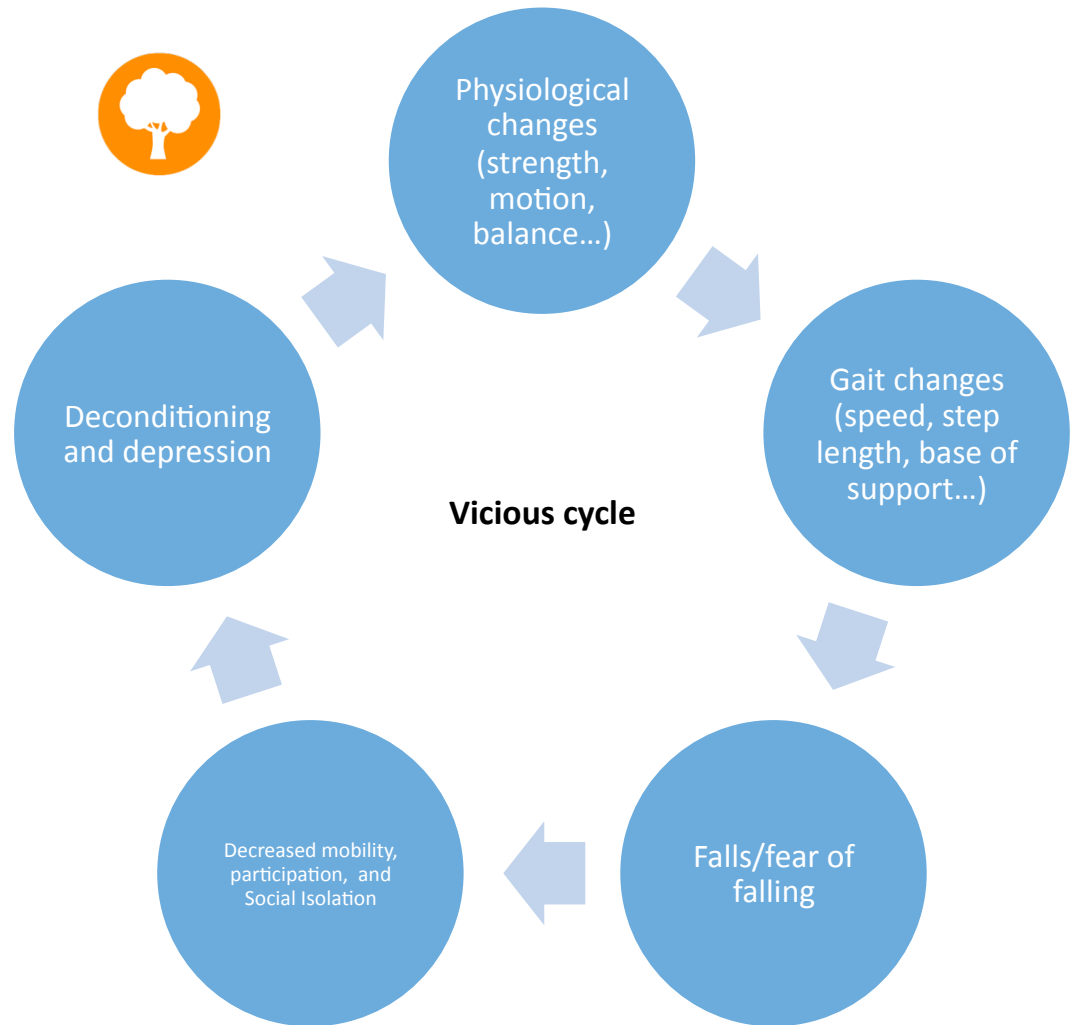
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Effects of exercise

- [Tai Chi: Moving for Better Balance](#) reduced falls by 55%.
- [Stepping On](#) reduced falls by 30%,
- [Otago Exercise Program](#) reduced falls by 35%,
- [Matter of Balance](#): \$938 decrease in medical costs/yr/participant.





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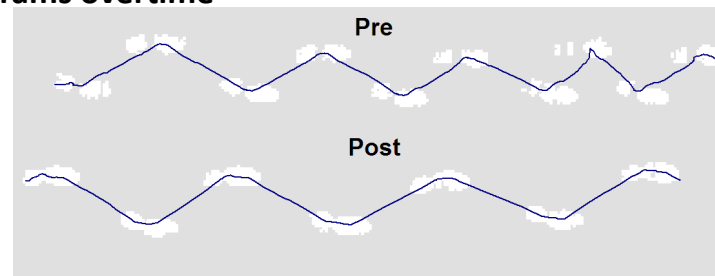
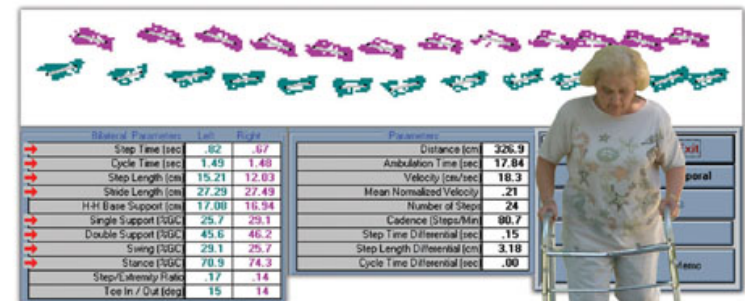
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IDEAS



**Establishing a cohort of older adults
to assess the effects of currently available programs overtime**

**Assess the needs for additional programing
Mobility screening: gait, balance and strength**





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Questions???



“The greatest health risk for older adults is living an inactive life” (WHO, 2000)



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