

# PHYSICAL HEALTH

ACHIEVING AND MAINTAINING THE  
BEST POSSIBLE PHYSICAL HEALTH



**AGING TEXAS WELL** MEANS THAT TEXANS PREPARE FOR AGING IN ALL ASPECTS OF LIFE AND THAT STATE AND LOCAL SOCIAL INFRASTRUCTURE FACILITATES AGING WELL THROUGHOUT THE LIFESPAN.

## TRENDS

- In 1994, nearly 40 percent (12 million) of community-dwelling older adults were limited by chronic conditions (e.g., heart disease, diabetes, arthritis) that contribute to long-term illness, diminish quality of life and greatly increase health care costs.
- Healthy lifestyle behaviors can contribute an estimated 50 percent of an individual's healthy status. Physical activity and appropriate disease management can improve the ability to function and retain independence in the face of disabling conditions while also reducing overall health care cost.
- 98 percent of people 50+ know that getting enough exercise is important to staying healthy.
- In Texas, 33 percent of people age 55 to 64 and 37 percent of those over age 65 reported no physical exercise in the past month.

Poor health is not  
an inevitable  
consequence of aging.

## POLICIES, PROGRAMS & SERVICES

- **Texercise**, a statewide fitness education campaign developed by the Texas Department on Aging, promotes the benefits of physical activity and proper nutrition and encourages positive lifestyle changes while also promoting special events and community policies that support fitness.
- Area agencies on aging provide a variety of health maintenance services to older Texans. From exercise clinics to nutrition workshops, they provide the resources and tools for creating, improving, and maintaining good physical health.
- The Governor's Advisory Council on Physical Fitness has been created to identify, develop and promote physical fitness and good nutrition and to advise the Governor on physical fitness matters.
- TDoA has partnered with the Texas Department of Health to promote physical health through statewide programs, products, and services (e.g., nutrition, disease prevention, and exercise).
- The "Promotes Fitness" campaign is a collaborative effort by AARP Texas, the Texas Volkssport Association, and TDoA to promote fitness and healthy lifestyles for people of all ages and abilities through individual education, planned community activities, and resource coordination.

## GET INVOLVED!

Help to create  
coordination between  
the aging network and  
health organizations  
for mutual goals.

- Support strategies for health promotion and disease prevention.
- Educate older adults about the importance of adopting healthy behaviors that include, but are not limited to: smoking cessation, physical exercise, nutrition, and weight control.
- Educate community decision-makers about supportive environmental choices that promote physical activity and proper nutrition (e.g. walking trails and food options).

## FOR MORE INFORMATION ON PHYSICAL HEALTH

Contact your local **Area Agency on Aging** at: **800.252.9240** for Aging Texas Well resources and services in your community. Or visit TDoA at [www.tdoa.state.tx.us](http://www.tdoa.state.tx.us) for this and other Aging Texas Well publications.