

What is Healthy Aging ?

Aging & Depression

One in four older adults has a significant mental disorder, such as depression or anxiety. Often times these disorders go untreated and can be accompanied or worsened by chronic diseases and falls or fear of falling.

The Polk County Health Department has two evidence based programs that can help manage symptoms of chronic diseases and teach older adults to become more confident about managing falls.



Chronic Diseases

About 80% of older adults have at least one chronic disease, and 50% have at least two. Four chronic diseases - heart disease, cancer, stroke, and diabetes - cause almost two-thirds of all deaths each year.

The Better Choices, Better Health program is a peer-led six week program that teaches adults how to manage the symptoms and emotions that are associated with their chronic diseases.

Falling & Fear of Falling

Among older adults, falls are the number one cause of fractures, hospital admissions for trauma, loss of independence, and injury deaths. More than one-third of adults over 65 experience a fall severe enough to require medical attention.

Matter of Balance is an eight session program that teaches older adults how to overcome their fear of falling as well as strategies to avoid falls and increase activity.



These programs are provided by the Polk County Health Department. \$20 suggested donation. To find a class near you call 515-286-3767 or email tammy.keiter@polkcountyiowa.gov.

