

ELDER CARE 2002 HIGHLIGHTS

There were 3,635 educational contacts in 104 group methods and 1,274 individual methods and 109 volunteers were trained reaching 1643. Topics included sodium reduction, improving your memory, food safety, weight management, family record keeping, fiber, cholesterol, sleep and sleep disorders, chocolate, aging gracefully, osteoporosis, calcium-rich foods, eye care, alzheimers and dementia, hearing loss, diabetes, heart disease, recreational ideas and exercise, triglycerides, effects of tobacco use and alcohol, eating out healthfully, home safety to prevent falls, healthy snacks, eggs and nutrition, crockpot cookery, fat and sugar reduction strategies, and drug interactions. There were eleven counties with elder care/nutrition for the elderly programs including Crosby, Floyd, Gaines, Hale, Hockley, Lynn, Mitchell, Scurry, Bailey, Lamb and Borden.

As a result of a five program series in **Borden County** on aging gracefully, respondents reported:

- Have you made any lifestyle changes as a result of the aging Gracefully educational program series offered this past year? 80% answered yes. Of those responding yes, the following changes were made (they could respond to more than one lifestyle change): 80% made a change in their diet, 40% made a change in their exercise regime.
- Have you encouraged family and friends to take more interest in their relationship with adult children/parents as a result of programming? 80% responded yes.
- As a result of an increased awareness of changing nutrition needs as you age, have you made any changes to your diet? 80% responded yes. Of those that responded yes, 80% added more fruits and vegetables to their diets, 40% reduced the amount of processed and prepackaged foods.