



County of Kern
Aging and Adult Services Department
5357 Truxtun Avenue, Bakersfield, CA 93309
February, 2019

HEALTHY AGING

HEALTH STATISTICS CAN BE IMPROVED

Almost every day, new health statistics appear showing that there are health indicators we can work to improve on in Kern County.

In 2015, the UCLA Center for Health Policy's California Health Interview Survey (CHIS) found that over 32% of Kern County Medicare beneficiaries were treated for diabetes.

However, the Centers for Disease Control (CDC) indicates that a better diet and more physical activity can help to prevent type 2 diabetes, and other chronic diseases.

PARTICIPATING IN HEALTHY AGING PROGRAMS CAN BENEFIT SENIORS' HEALTH

These statistics tell us that many Kern County seniors may need assistance in finding ways to receive better nutrition and more physical activity.

The Kern County Aging and Adult Services SNAP-Ed (Healthy Aging) Health Education staff delivers evidence based programs to seniors to help them prevent or delay the onset of chronic diseases such as diabetes, by establishing healthier eating habits and being more physically active.

Programs encourage active senior participation in discussions and seniors can share their experiences and ideas.

There are also food demonstrations, bulletin boards, flyers, and other ways for participants to work together to initiate change in their communities.

**** As always, you should check with your physician before you begin any diet or exercise program.***

The SNAP-Ed programs are presented by the Kern County Aging & Adult Services Department through an agreement with the California Department of Aging. California's SNAP-Ed program is federally funded by the United States Department of Agriculture (USDA). This institution is an equal opportunity provider.

For a schedule of class locations, dates and times, please visit us on the web at <http://www.kerncounty.com/aas/snaped.aspx>

HEALTHY AGING FOOD DEMONSTRATION

Participants learn how to prepare new recipes and enjoy delicious and nutritious samples.



Lowell Place Senior Apartments



Bakersfield Senior Center

INSIDE THIS ISSUE

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What Healthy Aging Programs are available, and where?

Find out where you can join in and have fun in one of our evidence based programs such as "Eat Healthy, Be Active", "Staying Healthy Through Education and Prevention," or other programs 4

What is your level of Physical Activity?

Special points of interest:

- ◆ 2 hours and 1/2 of physical activity for individuals 60+
- ◆ Best health outcome from moderate or vigorous physical activity
- ◆ At home exercises, chair exercises etc.



Why is Physical Activity Important?

- ◆ Physical Activity can help with depression and anxiety
- ◆ Strengthen cardiovascular health

What counts as physical Activity?

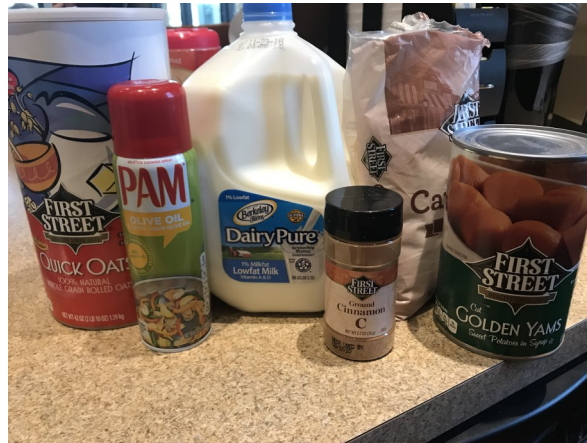
- ◆ Walking
- ◆ Gardening
- ◆ Exercise Classes

Regular physical activity is much easier than you think!

However, the overall goal is to improve one's health. Everyday acts of physical activity can include at home exercises because being active does not mean going to the gym every day. Rather, being physically active depends on the extent at which your body feels the most comfortable. The purpose of physical activity is to integrate new levels of intensity that are enjoyable to you. Mixing up the types of exercise you engage in will be of great benefit for your emotional, physical and psychological health.

Tips for increasing the amount of physical activity include regularly walking for 30 minutes, swimming, or a yoga class. You can do physical activity at home or wherever it's convenient for you. Simply making smart choices with your free time and motivating yourself to try new activities in your community.

Are you Reading NUTRITION Facts labels when grocery Shopping?



Tip: Always check the Nutrition Facts Label when shopping for packaged foods and beverages.

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition facts labels are found on a variety of packaged foods and drinks, and contain information about ingredients our foods contain. Knowing how to read a nutrition facts label is important so that we are able to make informed food choices when grocery shopping. Making informed food choices can help us make healthier food purchases.

Nutrition facts labels tell you the nutritional content of packaged food and drinks and includes terms such as:

- *Serving size* which refers to the amount of food that should be eaten at one time, or one serving
- *Servings per container* shows the total number of servings that one entire food package contains
- *Calories* refers to the total number of calories that are supplied from one serving of food
- *Percent (%) Daily Value* refers to how much of a nutrient is provided in one serving of food
- *Nutrients* include protein, fats, vitamins, minerals, and carbohydrates. The nutrition facts label helps you choose those foods that provide you with nutrients you'd like more of and which ones you



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HEALTHY AGING PROGRAMS

SNAP-ED CLASSES & FOOD DEMONSTRATIONS

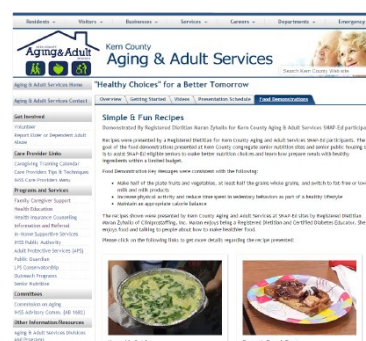
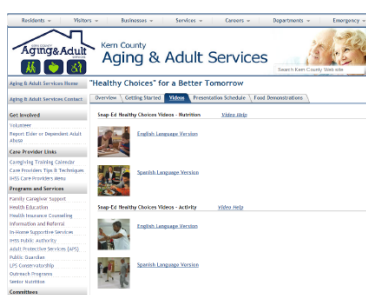


Eat Healthy • Be Active
Community Workshops

SNAP-ED EDUCATION MATERIALS



KCAASD SNAP-ED WEBSITE
<http://www.kerncounty.com/aas/snaped.aspx>



For class locations, dates and times, please visit us on the web at <http://www.kerncounty.com/aas/snaped.aspx>
For information on how your group of seniors may be able to receive services, please contact Kern County Area Agency on Aging Planner Martin Reynoso at 661-868-1061, or Health Education Assistants Alejandra Morales, 661-868-1049, Laura Bautista 868-1068, or Maria Montoya 868-0977