



Oklahoma

Strategic Health Priorities for 2015-2019

HEALTHY COMMUNITIES

- Safe; Resilient
- Promote Mobility
- Prevent Injury and Violence

Prevent & Reduce Falls

Encourages mobility and independence; Increases physical and mental functioning; Reduces fatal and non-fatal injuries; Prevents downward spiral and premature deaths; Reduces costs to health care system.

↓ 13%

Reduce the number of older adults who have fallen in the last year.

21,000 older adults will avoid falling each year.

↓ 44%

Reduce nursing facility falls with major injury.

1,700 nursing facility residents will avoid serious injury from a fall each year.

HEALTHY BEHAVIORS

- Tobacco Free
- Healthy Eating
- Physical Activity

Improve Nutrition

Strengthens muscles; Promotes healing; Reduces frailty; Increases capacity for rehabilitation; Reduces obesity and underweight.

↓ 4%

Reduce the number of older adults who are marginally food insecure.

3,000 older adults will not have to choose between eating regularly and purchasing medications or paying bills.

↑ 16%

Increase the number of older adults participating in physical activity.

An additional 57,000 older adults will exercise at least once per month.

Increase Physical Activity

Improves balance, coordination, and bone density; Lessens risk of cardiovascular disease, diabetes, hypertension, and obesity; Reduces risk of falls and depression; Increases independence and socialization.

HEALTH CARE

- Cognitive Aging
- Empower Caregivers
- Access to Care
- Mental & Emotional Health including Alzheimer's

↓ 15%

Reduce the number of older adults experiencing mentally unhealthy days.

15,000 fewer older adults in Oklahoma will report experiencing mentally unhealthy days.

Reduce Depression

Enhances physical, mental and social functioning; Produces better outcomes as treatment is more effective; Encourages socialization and independence; Promotes mobility and participation in activities.

↓ 0.5 DAYS

Reduce days when older adults are limited due to mental health difficulties.

This represents an additional 3 million days when older adults were not limited due to mental health each year.



Percentages and goals were established to move Oklahoma to the National average.