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.

HEALTHY BEHAVIORS
- Tobacco Free
- Healthy Eating
- Physical Activity

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

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
- Empower Caregivers
- Access to Care
- Mental & Emotional Health including Alzheimer’s

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.

Strategic Health Priorities for 2015-2019

- Reduce the number of older adults who have fallen in the last year.
  21,000 older adults will avoid falling each year.

- Reduce nursing facility falls with major injury.
  1,700 nursing facility residents will avoid serious injury from a fall each year.

- Reduce the number of older adults who are marginally food insecure.
  4%

- Increase the number of older adults participating in physical activity.
  16%

- Reduce the number of older adults experiencing mentally unhealthy days.
  15%

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

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