Healthy aging

by Carlos T. Carter, President & CEO, Urban League of Greater Pittsburgh

Why we’re promoting healthy aging so important for our Black and Latino communities?

Promoting healthy aging is important because we know that Black and Latinx older adults: 1) have a longer life expectancy than non-Hispanic Whites, 2) are more likely to have high blood pressure, 3) are more likely to have high blood pressure, 4) are twice as likely to have diabetes, 5) are two times more likely to smoke, and 6) are more likely to be obese. This means they are more likely to have health ailments such as stroke, heart disease, cancer, and high blood pressure.

The MOVE UP study was funded by the National Institute on Aging. It is an intervention aimed at changing physical activity behavior among adults older than 60. It was a randomized, controlled trial conducted at the Urban League of Greater Pittsburgh (ULGP) and the Pittsburgh Bureau of Health (PBH).

In the MOVE UP study, MOVE UP staff worked with older adults to make changes in their physical activity behavior over 12 weeks. Participants were randomized to either a MOVE UP intervention or a control group. The intervention included: 1) a weekly walking group, 2) a monthly fitness class, 3) a community-based nutrition class, and 4) a monthly health education class.

The findings of the MOVE UP study show that the intervention was effective in increasing physical activity behavior among older adults. Participants who participated in the intervention were more likely to increase their physical activity behavior than those in the control group. The intervention also helped participants to make changes in their diet behavior, such as eating more fruits and vegetables and reducing their intake of processed foods.

Dr. Steven M. Albert, MD, PhD.
What helps people lose weight?

Regular physical activity is an important component in healthy aging. Physical activity can improve physical health, help ease certain diseases and, in some cases, even prevent them. Any- one at any age can benefit from physical activity for their health. Always check with your PCP before starting a new physical activity routine.

How to Start

Who You Are

Why Should You Be Active?

• Helps you live independent
• Helps you manage stress
• Strengthens bones & muscle mass
• Improves blood pressure
• Improves balance & coordi- nation
• Increases energy levels
• Increases your activity level slowly over time

If you haven’t been active in a while...

• Warm up before and cool down after every physical activity
• Remember to drink plenty of water before, during, and after physical activity
• Don’t forget to warm up before and cool down after every physical activity

It’s Never Too Late to Start!