



# Health Promotion Programs for You

January 26, 2026

**Presented by:**

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# What will be covered today:

- Who we are
- Statistics of older adults
- Health Promotion programs and their benefits
- How to find a workshop
- Questions





The Area Agency on Aging of Suburban Cook County



Illinois Pathways  
to Health  
by AgeOptions

# Who we are:

- AgeOptions – the Area Agency on Aging for Suburban Cook County
- Illinois Pathways to Health

# What are evidence-based programs?

- Evidence-based programs (EBPs) offer proven ways to promote health and prevent disease among older adults.
- They are based on research and provide documented health benefits, so you can be confident they work!



# Older Adults and Chronic Conditions

## 10 Common Chronic Conditions for Adults 65+

Quick Facts



**80%**  
have at least 1 chronic condition



**68%**  
have 2 or more chronic conditions



**Hypertension**  
(High Blood Pressure)  
**58%**



**High Cholesterol**  
**47%**



**Arthritis**  
**31%**



**Ischemic Heart Disease**  
(or Coronary Heart Disease)  
**29%**



**Diabetes**  
**27%**



**Chronic Kidney Disease**  
**18%**



**Heart Failure**  
**14%**



**Depression**  
**14%**



**Alzheimer's Disease and Dementia**  
**11%**



**Chronic Obstructive Pulmonary Disease**  
**11%**

Source: Centers for Medicare & Medicaid Services, Chronic Conditions Prevalence State/County Table: All Fee-for-Service Beneficiaries, 2015

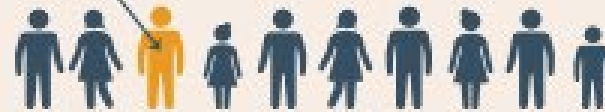
# A SNAPSHOT

# DIABETES IN THE UNITED STATES

## DIABETES

34.2  
MILLION

34.2 million  
people have  
diabetes



That's about 1 in every 10 people



1 IN 5

don't know  
they have  
diabetes

Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2020



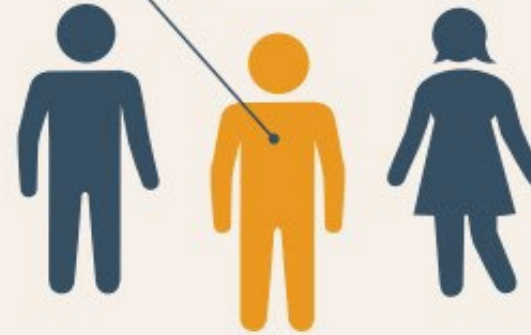
# PREDIABETES

COULD IT BE YOU?

88  
MILLION

88 million American adults — more than 1 in 3 — have prediabetes

1 IN 3



MORE THAN **8 IN 10** adults with prediabetes don't know they have it

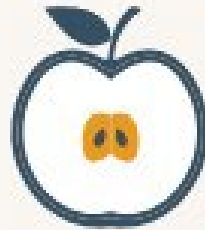
Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2020



# Prediabetes increases your risk of Type 2 Diabetes, Heart Disease, and Stroke



If you have prediabetes, losing weight by:



**EATING HEALTHY**



**BEING MORE ACTIVE**

can cut your risk of getting type 2 diabetes in

**HALF**



Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2020





# What to do?

- Frustration
- Hopelessness
- How do I manage?
- Evidence-based programs can help!



## Evidence Based Programs: Health Promotion

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- Cancer: Thriving and Surviving (English/Spanish)
- Take Charge of Your Diabetes (English/ Spanish)
- Take Charge of Your Health
- Tomando Control de su Salud
- Workplace Take Charge of Your Health
- Take Charge of Your Pain (English/ Spanish)



# Topics Covered



Physical activity  
and healthy eating



Communication  
and problem  
solving



Medication usage



Pain and stress  
management



Goal setting and  
action planning



Monitoring and  
foot care



Isolation and  
concerns with the  
fear of recurrence



# Significant Improvements

- Physical activity
- Socialize and perform household activities
- Less depression, fear and frustration or worry about health
- Decrease in pain and fatigue
- Increased confidence to manage their condition
- Shown to lower A1C
- More energy and better sleep
- Communication with providers

# Ideal Candidate

- Older adult:
  - With any ongoing health condition such as arthritis, asthma, diabetes, heart disease, etc.
  - Managing chronic pain
  - Diagnosed with cancer or a survivor
- Family members, friends and caregivers are welcome to participate



# Workshop Specifics



Meet weekly for six weeks



Sessions are 2.5 hours with a built-in break



In person workshop size: 12 - 18 participants



Virtual workshop size: 12 participants



Technical assistance is provided





# Workshop Activities





# Brainstorming

- Anyone can share
- No commenting during brainstorm
- No questions until after
- Clarification waits until after

# Self- Management Toolbox

**Physical Activity**

**Problem-Solving**

**Medications**

**Using Your Mind**

**Decision-Making**

**Understanding Emotions**

**Action Planning**

**Communication**

**Breathing Techniques**

**Healthy Eating**

**Sleep**

**Working with Providers**



# Action Planning

1. Something YOU want or decide to do
2. Achievable
3. Action-specific
4. Answer the questions:
  - What? (specific action)
  - How much? (time, distance, amount)
  - When? (time of day or which days of the week)
  - How often? (number of days in the week)
5. Confidence level of 7 or more



[ILPathwaysToHealth.Org](http://ILPathwaysToHealth.Org)







Questions?



# Thank You!



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