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**Subject:** AoA-funded Chronic Disease Self-Management Empowers Healthy Aging

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**September 22, 2014**

## **AoA-funded Chronic Disease Self-Management Empowers Healthy Aging**

***By Kathy Greenlee, Assistant Secretary for Aging and Administrator of ACL***

Chronic health conditions are, unfortunately, often a part of the aging process. Ninety-two percent of people over age 65 live with at least one chronic health condition, such as diabetes, heart disease, arthritis, or cancer. Seventy-seven percent live with two or more such conditions. Chronic health conditions can create challenges that affect every aspect of a person's life. However, learning to manage those conditions enables people to stay healthy, active, and engaged in their communities. The Administration on Aging (AoA) currently provides Affordable Care Act Prevention and Public Health Fund grants to a National Resource Center and 22 states to deliver evidence-based chronic disease self-management programs. These programs empower thousands of older Americans to successfully manage their chronic conditions so they can maintain their independence and dignity. [Read more.](#)

*Join us for a Falls Prevention Twitter Chat, September 23*

Tomorrow is the first day of fall. It is also National Falls Prevention Awareness Day. According to the Centers for Disease Control and Prevention, falls are the leading cause of fatal and nonfatal injuries to older adults. Falls result in more than 2.4 million injuries treated in emergency departments annually, including over 772,000 hospitalizations and more than 21,700 deaths.

Join ACL, the American Occupational Therapy Association, and the National Council on Aging for a falls prevention Twitter chat to raise awareness of how older adults can stay "Strong Today, Falls Free Tomorrow." The chat will take place Tuesday, September 23, at 2:00-3:00 p.m. EST on Twitter. Use #FallsPrevention to follow along and participate in the conversation.

For additional resources about National Falls Prevention Awareness Day, [click here.](#)

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