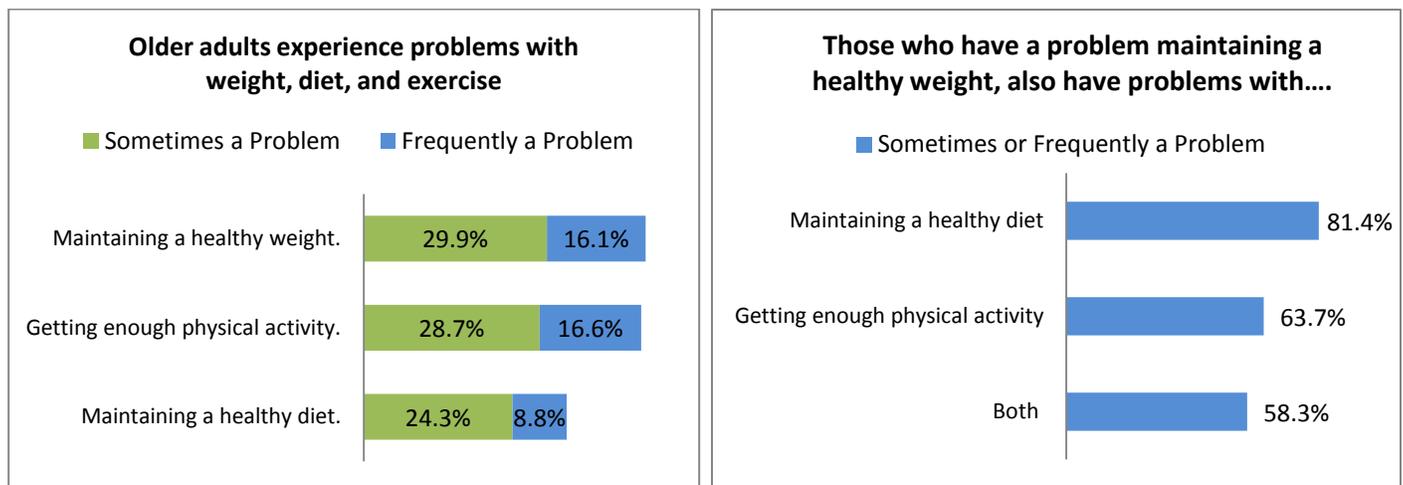


2012 Needs Assessment Issue Brief Weight, Diet, and Exercise

Maintaining a healthy weight is important for people of all ages, and a challenge for many. According to the National Center for Health Statistics, 35.7% of adults in the United States are obese. For those 60 and over, the rate is even higher—39.7%¹. Eating a healthy diet and being physically active can help, but they too can be difficult for many of us.

Because there is an increasing recognition that the health of our older adult population is linked to diet, exercise, and maintaining a healthy weight, for the first time our needs assessment efforts included gathering information on how well Erie County's older adults feel they are meeting these wellness needs. As it turns out, maintaining a healthy weight is the most common difficulty among our survey respondents with 46% indicating it is sometimes or frequently a problem. Almost as many, 45.3%, report having problems getting enough physical activity, and about 1 in 3 has problems maintaining a healthy diet. Not surprisingly, these difficulties tend to go hand in hand. Of those who have difficulty maintaining a healthy weight, 81.4% also report difficulty maintaining a healthy diet. 63.7% do not get enough physical activity. More than half, 58.3%, experience problems with both.



If you are looking for a fun way to get more physical activity into your daily routine, consider joining Club 99!

CLUB 99, in conjunction with the Department of Senior Services' Stay Fit dining program, is **"Promoting Long Term Health Assurance"** for those 60 and older by making our dining sites one stop wellness centers. With 39 sites throughout Erie County, Club 99 and Stay Fit Dining helps members attain optimal health by providing a wide array of free programs and services including:

- Hot noonday meals containing one third of daily nutritional requirements.
- Group exercise programs that build strength and balance.
- Group nutrition education sessions and individual nutrition counseling.

Exercise classes are led by Senior Fitness Coordinator, Richard Derwald or by volunteers who are seniors themselves. Join in the fun! Over 2,100 individuals are already enrolled in Club 99. To find out more about the program or to receive free training to become a class leader, call 858-6975.

¹ Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of obesity in the United States, 2009–10. NCHS data brief, no. 82. Hyattsville, MD: National Center for Health Statistics. 2012.