

“10 Keys”™ to Healthy Aging Program in the UPMC Senior Community Newsletter

To help kick off Senior Center Month, CitiParks, UPMC for Life, and the CDC Prevention Research Center (PRC) at the University of Pittsburgh will join together to offer the 10 Keys to Healthy Aging program to seniors in Allegheny County.

The 10 Keys™ is an evidence-based approach for reducing risk factors for chronic disease. Rather than simply teaching prevention, the 10 Keys™ is designed to help older people set goals and develop strategies to stay healthy.

Key features of the **CitiParks** 10 Keys™ effort:

- Presentation of each Key at a CitiParks senior center (Markethouse), distributed to all sites through Google video technology. Two nurses, Kathy Williams and Barbara Brown, delivered the program. The 10 Keys™ will be delivered in 10 sessions or in a shorter format. Sessions will be recorded, archived, and available for Internet access. Seniors attending the program will receive gift cards and 10 Keys Guides, made available through UPMC for Life. CitiParks will arrange for space, recording, video technology, and publicity,
- CitiParks staff and senior center volunteers at sites will be offered the opportunity to complete the 10 Keys™ at the Pitt PRC website. They can serve as on-site supports for the program. Sites will track attendance.
- The program will be connected to community events sponsored by senior centers, such as walking clubs, sports events, healthy cooking demonstrations, smoking cessation programs, etc.
- The Pitt PRC will evaluate the program in two ways: (i) Track lower extremity strength through measures of walking speed and balance conducted at sites after each Key; and (ii) 6-month telephone post-program surveys of health behaviors. Pitt staff will work with sites for completing assessments of balance and walking speed. Pitt staff will conduct the telephone interviews.
- We will aim to reach half the daily attendees at CitiParks sites, or some 350-420 seniors.

“10 Keys”™ to Healthy Aging
1. Prevent bone loss and muscle weakness
2. Lower LDL cholesterol (<100 mg/dl)
3. Control systolic blood pressure (<120 mmHg)
4. Regulate diabetes (blood glucose <100 gm/dL)
5. Be physically active at least 2 ½ hours per week
6. Stop smoking
7. Maintain social contact at least once a week
8. Participate in cancer screening
9. Combat depression
10. Get regular immunizations