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Prevention/wellness throughout one's lifespan

- 1 WHEREAS preventive health care in all age groups leads to an improved quality of life;
- 2 WHEREAS wide disparities exist in morbidity and mortality among Americans of various racial, ethnic, and cultural groups;
- 3 WHEREAS education, consumer empowerment, chronic disease management, and wellness programs contribute to the prevention of illness, accidents, and disease;
- 4 WHEREAS good health habits improve health over the lifespan and reduce overall health care costs;
- 5 WHEREAS retiree self-care programs have proven to decrease hospital stays, doctor visits, and health care claims;
- 6 WHEREAS our current health care system is adequately prepared to address acute care needs, but poorly prepared to serve older adults and others with chronic diseases and disabilities; and
- 7 WHEREAS environmental modifications can prevent accidents and improve quality of life;

THEREFORE, BE IT RESOLVED by the 1995 White House Conference on Aging to support policies that:

- 8 Extend health promotion/prevention programs to all, especially older adults and vulnerable populations, to improve overall well-being, prevent health problems, reduce health care costs, and help people cope with chronic conditions;
- 9 Shift the emphasis of our health system from illness care toward health management for people of all ages, particularly older adults, high-risk individuals, and underserved populations;
- 10 Increase access to and participation in health prevention, promotion, and alternative care programs that improve quality of life, reduce premature death, disability, and overall cost;
- 11 Make preventive health measures, early detection methods, and screenings available and affordable;

- 12 Encourage a total wellness approach by emphasizing fitness programs, regular dental care, nutrition assessment and counseling, stress management, medication management, and mental wellness services;
- 13 Disseminate cultural, linguistic, and age-appropriate information and educational materials on medical self-care and prevention programs.

