HOWARD COUNTY LOCAL HEALTH IMPROVEMENT COALITION

June 11, 2020

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Howard County Local Health Improvement Coalition





PURPOSE, AGENDA & APPROVAL OF MINUTES

GOAL: Provide Coalition members with overview of the Baltimore Longitudinal Study on Aging through the National Institute on Aging within the National Institutes of Health and discuss COVID-19 and its impact on vulnerable populations such as older adults.

AGENDA:

- A. Welcome and New Member Introductions
- B. The Balitmore Longitudinal Study the National Institute on Aging
- C. HC-LHIC Strategic Planning Updates and COVID-19 activities
- D. Member Announcements and Resource Sharing
- E. Next Steps and Wrap-up and open line for networking

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THE BALITMORE LONGITUDINAL STUDY - THE NATIONAL INSTITUTE ON AGING



Dr. Luigi Ferrucci

Scientific Director,
National Institute on Aging,
National Institutes of Health

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HOUSEKEEPING

Please use the <u>Chat Box</u> to submit questions!

Presentations and recording will be posted at www.hclhic.org

For additional information or questions contact $\underline{\text{lhic@howardcountymd.gov}}$

Promote, Preserve, Protect

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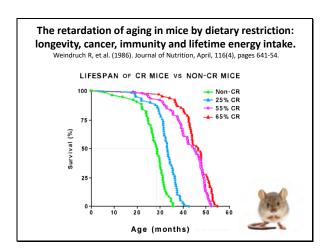
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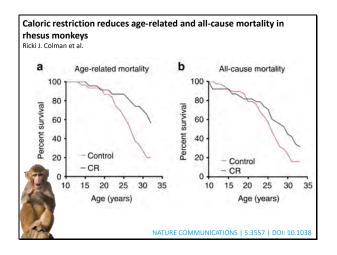


Can we age gracefully?

- 1. Eat and drink well in good company
- 2. Exercise (aerobic, resistance and core)
- 3. Fight afternoon fatigue
- 4. Change the way you think about aging
- 5. Sleep well
- 6. Avoid chronic inflammation (belly fat and oral health)
- 7. Stay connected
- 8. Don't smoke
- 9. Get busy, have fun, learn something new
- 10. See regularly your doctor
- 11. Check your hearing and vision



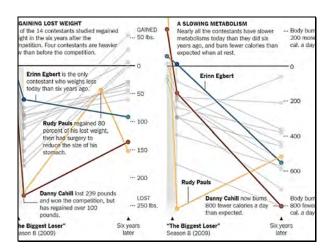


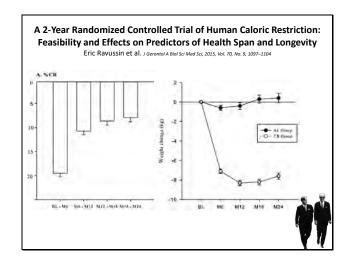


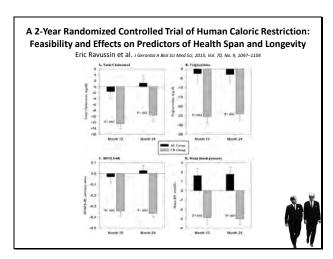
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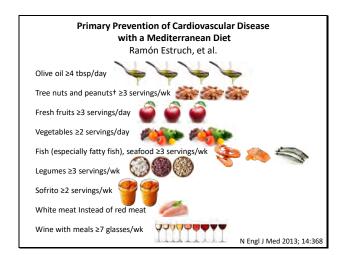


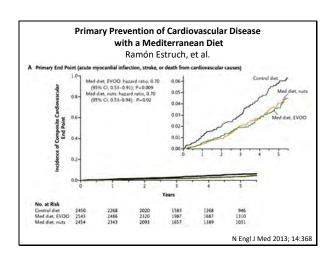


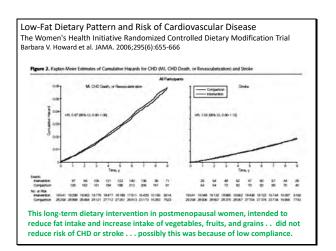


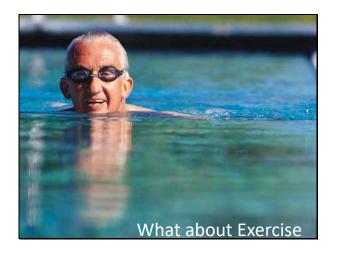












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