



# THE NEWSLETTER

Health Observances for Disease Prevention



## SEPTEMBER 18

### NATIONAL HIV/AIDS AND AGING AWARENESS DAY

In 2018, research revealed that more than half of the people in the United States diagnosed with HIV were age 50 and older. And sadly, this population is less likely to get tested, which means that many older adults are living with the disease and are not aware. However, there has been an increase in the number of older adults living longer lives because they are using good self-management skills to treat their chronic disease(s).

---

#### RELATED EVIDENCE-BASED PREVENTION PROGRAM

##### Positive Self- Management Program for HIV

To locate about self-management techniques in your surrounding area visit [PSMP](#)

## SEPTEMBER 20-24

### FALLS PREVENTION AWARENESS WEEK

This week is the national health campaign observed on the first day of fall to increase awareness around falls health and injury prevention. With the support of our partners, we know that we are **CAPABLE** of growing a **MOB** of older adults, who can **SAIL** right into healthy preventative habits.

---

#### RELATED EVIDENCE-BASED PREVENTION PROGRAM

##### Community Aging in Place—Advancing Better Living for Elders

For resource tools and training info visit [CAPABLE](#)

##### Matter of Balance

Training costs, dates and webinar series' location can be found at [MOB](#)

##### Stay Active and Independent for Life

#### Upcoming Events:

*2022 TN Fall Prevention Coalition Calls:*

February 23rd

May 25th

August 24th

November 16th

Fall Prevention Coalition will also host a SAIL webinar series, week of 9/20-9/24, but for more event, workshop and training details visit SAIL. You may also reach out to **Sidney Schuttrow** at [sidney.schuttrow@tn.gov](mailto:sidney.schuttrow@tn.gov), if there are additional questions.

## **SEPTEMBER 25**

### **WORLD LUNG DAY**

It goes without saying that the COVID-19 virus has attributed to the loss of many lives, largely from respiratory causes.

In addition, many respiratory diseases are common in those, who smoke tobacco, vape, and are unvaccinated; combined with a lack of regular physical activity. In fact, tobacco smoke contains more than 4,000 chemicals, so imagine the damage that it causes to our body, but most importantly, our lungs.

Source: [FIRS](#)

---

### **RELATED EVIDENCE-BASED PREVENTION PROGRAM**

#### **Better Choices, Better Health**

Self-Management Resource programs are offered all over the world!

Find one near you by visiting [SMRC](#)