

Chronic Health Problems as We Age

NUMBERS YOU SHOULD KNOW:



8 out of **10**
Americans 65 and older suffer
1 or more CHRONIC DISEASES



1 in **4**
older adults has
DEPRESSION, ANXIETY
or other mental health problem

THE **4** DEADLIEST DISEASES IN THE U.S.



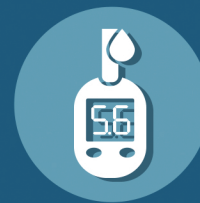
HEART DISEASE



CANCER



STROKE



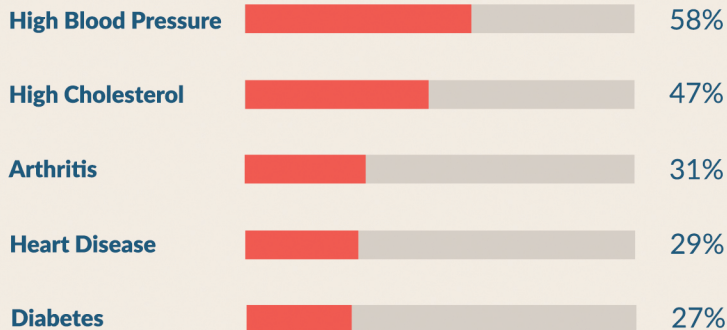
DIABETES

...can almost always be prevented through healthy choices

10 COMMON CONDITIONS IN OLDER ADULTS

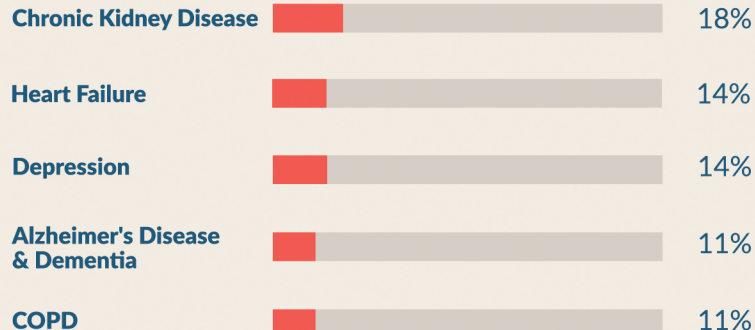
CONDITION

% OF SENIORS

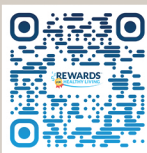


CONDITION

% OF SENIORS



Source: National Council on Aging



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