

Aging with Attitude Regional Expo 2019: A Community Partnership Impacting Older Adults



Purpose The Aging with Attitude Regional Expo promotes positive attitudes about aging and educates older Kansans on issues that support physical, mental, and financial health.

The Situation According to the U.S. Census Bureau, 19.3% of Americans¹ and 19.5% of Kansans are age 60+². The population of the nation and of the state will grow older as the Baby Boomer generation moves into later life. As older adults are more likely to experience disability and chronic diseases, this demographic shift will have significant consequences in terms of health and wellness of the population.

What We Did K-State Extension family and consumer sciences professionals and key community partners planned and hosted the **Aging with Attitude Regional Expo** in Fort Scott, Kansas on April 26, 2019. The annual event included 8 educational sessions, including a panel discussion on the opioid crisis and 25 resource exhibits. The Expo supports on-going local program priorities focused on health and community vitality. There were over 175 people from 11 southeast Kansas counties represented plus two from Missouri.

Outcomes Program post surveys from 55% of the participants indicated the following:

- 95% learned something new.
- 83% indicated they were planning to change something in their lives.
- 92% stated they had more positive feelings toward the topic of aging.
- 94% understood there are lifestyle changes they could make that may improve or maintain their overall health and wellness.
- 98% stated they now know where to go to find more health or wellness related information.

A four-month follow-up phone survey of 22 participants (21%) indicated that as a result of attending the expo:

- 72% said they have a better understanding of aging issues today.
- 39% stated they had taken action or changed something in their life.
- 22% indicated they had made contact with a vendor following the Expo resource fair.
- Several repeat attendees report they are now using information or contacts gained from previously held Aging With Attitude Regional Expos.

Success Story

“The opioid information just blew my mind! I believe older people think this can’t happen to us, but it can!”

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Medicalodges, Fort Scott

Volunteers

Fort Scott Community College
Ambassadors
Fort Scott Community College Volleyball
Team

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Save the Date
April 24, 2020
Fort Scott, Kansas



Aging with Attitude Website: www.agingexpo/k-state.edu

References:

¹U.S. Census Bureau, Age Groups and Sex: 2010, 2010 Census Summary.

²U.S. Census Bureau, Profile of General Population and Housing Characteristics: 2010, 2010 Demographic Profile Data.