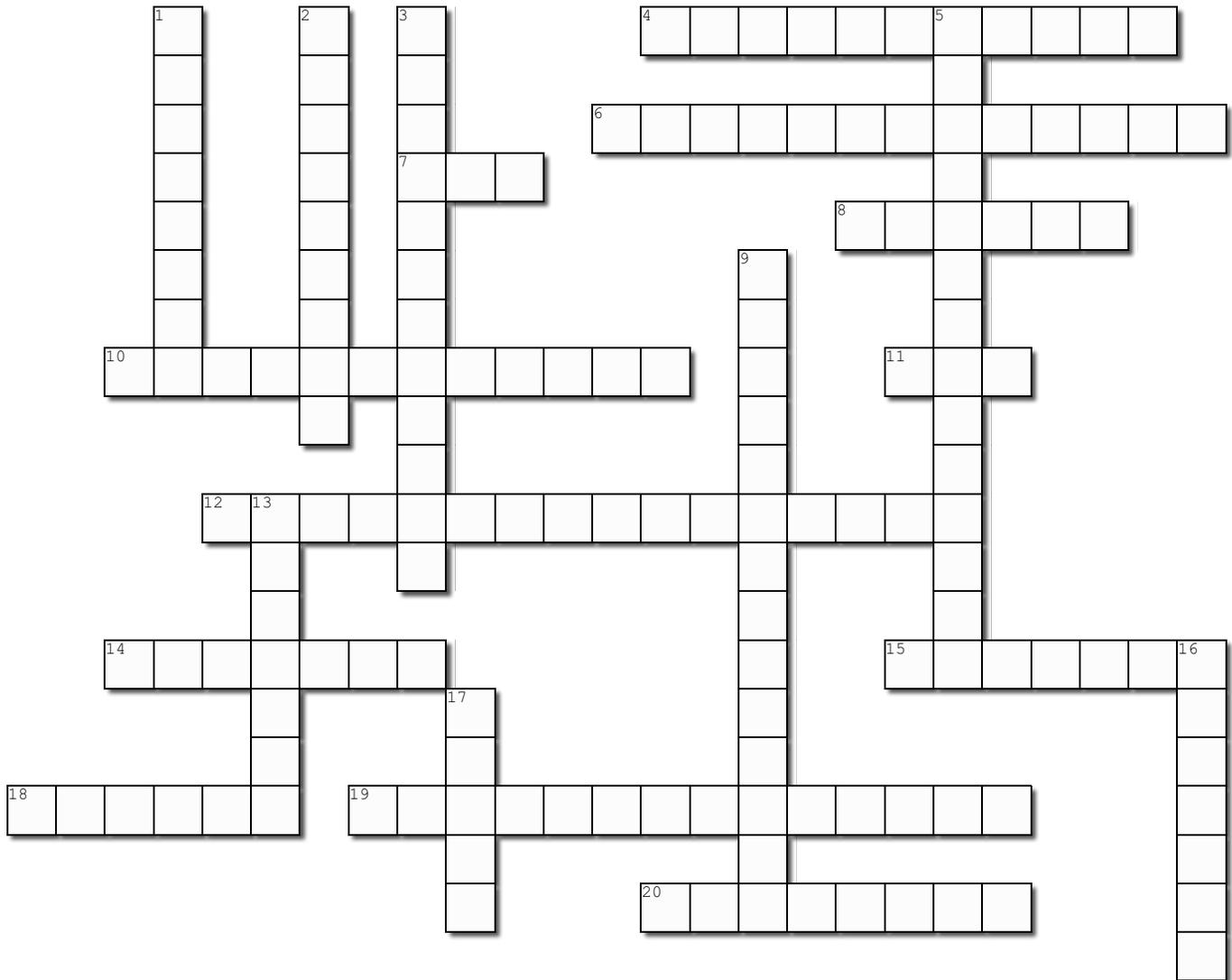


Name: _____

Fall Festival Geriatric Health Crossword Puzzle

Complete the crossword puzzle below. Resources of where to find answers can be found on the second page. Once complete, fill out the survey link at the end to enter the prize drawing.



Created using the Crossword Maker on TheTeachersCorner.net

Across

4. _____ is the most common type of Sensorineural Hearing Loss caused by the natural aging of the auditory system.
6. Dietary Approaches to Stop Hypertension (DASH) or _____-style diet are highly recommended to prevent type 2 diabetes.
7. What test is recommended around the age of 50 to check for a healthy heart?
8. One in four individuals over the age of 60 suffer from a _____ illness
10. A _____ is a medical doctor that specializes in the care of older adults.
11. What is the abbreviation of the federal organization that provides lifestyle coaching to prevent type II diabetes?
12. The best way to prevent falling in an elderly population is to stay _____. (no space)
14. What is the most common cause for a non-fatal trauma related hospital admission in elderly adults?
15. Combining _____ with aerobic exercise has the greatest reduction in diabetes risk
18. In order to prevent the spread of disease, wash your hands for at least _____ seconds
19. The number of older adults with _____ problems is expected to double to five million by 2020. (no space)
20. A diet high in _____ is important for bone health.

Down

1. What screening should men, starting at age 50, get done to check for risk of enlargement or cancer?
2. What screening should women, starting at age 50, get done to check for risk of disease or cancer?
3. A bone mass density test should be taken around the age of 65, to test for this bone thinning disease.
5. Approximately 80% of older adults have at least one _____, and 77% have at least two. (no space)
9. _____ exercises combine aerobic activity, muscle strengthening, improving balance, and improving flexibility.
13. Being physically active may reduce symptoms of arthritis, anxiety, and depression. Overall, you become more _____.
16. A bad habit of Walt Disney that increases the risk of type 2 diabetes.
17. Pursuing a new _____ can help keep you active and social.

References for answers

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5. <https://www.ncoa.org/news/resources-for-reporters/get-the-facts/healthy-aging-facts/#intraPageNav2>
6. Mozaffarian, Dariush. "Dietary and Policy Priorities for Cardiovascular Disease, Diabetes, and Obesity: A Comprehensive Review." *Circulation* vol. 133,2 (2016): 187-225. doi:10.1161/CIRCULATIONAHA.115.018585
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15. Grøntved, Anders, et al. "A Prospective Study of Weight Training and Risk of Type 2 Diabetes Mellitus in Men." *Archives of Internal Medicine*, vol. 172, no. 17, Sept. 2012, pp. 1306–1312. EBSCOhost, doi:10.1001/archinternmed.2012.3138
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17. <https://www.niddk.nih.gov/health-information/weight-management/healthy-eating-physical-activity-for-life/health-tips-for-older-adults>
18. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
19. <https://www.ncoa.org/news/resources-for-reporters/get-the-facts/healthy-aging-facts/#intraPageNav2>
20. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257679/>

Post-Survey Links

Please fill out this survey about the crossword following completion
to be entered into the prize drawing.

<https://www.surveymonkey.com/r/937YQQY>

