

Celebrate Healthy Aging Month with Resources from ODPHP

Healthy aging doesn't start at a certain age or life stage — it's a gradual, lifelong process. Healthy habits, along with factors like access to healthy foods, quality health care, and safe housing, play a role in health and well-being throughout life and shape the course of aging. September is Healthy Aging Month, a time to encourage healthy habits at every life stage and to focus on the support older adults need to age well.

Together, we can help people make choices to maintain their health, well-being, and independence as they age by encouraging them to:

- Stay active in ways that work for them
- Eat a healthy diet of whole, nutrient-dense foods
- Lower their risk of falling
- Play an active role in their health care

This September, support healthy aging in your community with resources from ODPHP.

On this page:

- [Promote Healthy Aging Month](#)
- [Share ODPHP's Healthy Aging Resources](#)
- [Use the 4Ms of Age-Friendly Care](#)

Promote Healthy Aging Month

Use the following resources to spread the word on social media, in newsletters, in blogs, and through other communication channels.

Social media posts and graphics

Use ODPHP's social media posts and graphics to spread the word within your professional network. Be sure to use the #HealthyAgingMonth hashtag to boost your post's visibility.

This #HealthyAgingMonth, use ODPHP's Healthy Aging resources to help you provide better care and support to older adults! Explore the full list: <https://odphp.health.gov/our-work/national-health-initiatives/healthy-aging/healthy-aging-resources> (<https://odphp.health.gov/our-work/national-health-initiatives/healthy-aging/healthy-aging-resources>)

It's #HealthyAgingMonth, get tools, guidance, and health information to promote healthy aging and help people find ways to live longer and stay healthy: <https://odphp.health.gov/our-work/national-health-initiatives/healthy-aging/healthy-aging-resources> (<https://odphp.health.gov/our-work/national-health-initiatives/healthy-aging/healthy-aging-resources>)