



Dietary Guidelines for Americans & MyPyramid

www.healthierus.gov

Provides information on physical fitness, prevention and nutrition

www.healthierus.gov/dietaryguidelines/index.html

Direct link to & information on the *Dietary Guidelines for Americans 2005*

www.mypyramid.gov

USDA's *MyPyramid* homepage

www.nhlbi.nih.gov/health/public/heart/hbp/dash

View/purchase NIH's updated *DASH* guide

Aging Network Information

www.aoa.gov/prof/disaster_assist/disaster_assist.asp

Information on disaster assistance

www.aoa.gov/prof/civil_rights/civil_rights.asp

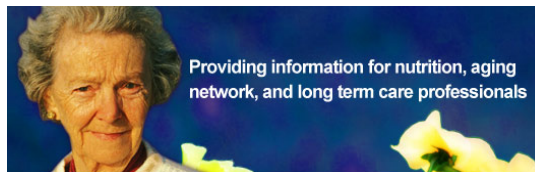
Civil rights information including details on HIPPA & non citizens

www.aoa.gov/prof/integratedcare/integrated_care.asp

AoA's Integrated Care Management Grants Program

www.aoa.gov/prof/aoaproq/aoa_programs.asp

Information on AoA Programs and links to individual programs



National Resource Center on Nutrition, Physical Activity & Aging

<http://nutritionandaging.fiu.edu>

Homepage for the National Resource Center on Nutrition, Physical Activity & Aging

http://nutritionandaging.fiu.edu/DRI_and_DGs/DRI_and_RDAs.asp

RDAs & DRIs for older adults

http://nutritionandaging.fiu.edu/features_experts.asp

Includes examples from local programs, sample documents, references, and resources to address information needs of local providers

http://nutritionandaging.fiu.edu/about_projects.asp

Information on the Center's projects & publications including the OANP Toolkit

You Can! Campaign



www.aoa.gov/youcan/youcan.asp

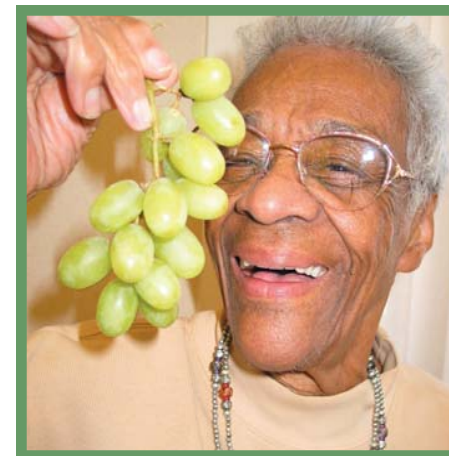
AoA's *You Can! Steps to Healthier Aging* program homepage

http://nutritionandaging.fiu.edu/You_Can/index.asp

Links to purchase the National Resource Center on Nutrition, Physical Activity & Aging *You Can! Eat Better & Move More* program guide-books & step counters

Nutrition & Aging on the web

A quick reference guide to Nutrition & Aging Organizations on the internet.





OAA Fact Sheets, E-News, Press Releases & Speeches

www.aoa.gov/press/fact/fact.asp
Includes an overview of the subjects & details related to Administration on Aging initiatives as well as resource listings & suggested readings

www.aoa.gov/press/enewsletter/enewsletter.asp
AoA eNews letter provides valuable, up-to-date key information

www.aoa.gov/press/press.asp
Provides AoA-related information including press releases, events calendar & more

Statistics

www.aoa.gov/prof/Statistics/statistics.asp
Statistical information on the aging population

<http://agingstats.gov>
Web Site of the Federal Interagency Forum on Aging-Related Statistics

Aging & Disability Resource Centers

www.aoa.gov/prof/aging_dis/aging_dis.asp
Information on ADRC grant programs & technical assistance

OAA Strategic Plan & Performance Measurement

www.aoa.gov/about/strategic/strategic.asp
AoA Strategic Action Plan for 2003-2008

www.aoa.gov/about/legbudg/performance/legbudg_performance.asp
GPRA annual performance plans & results produced from OAA administered programs

www.aoa.gov/about/legbudg/current_budg/legbudg_current_budg.asp
Fiscal year 2006 AoA budget information

www.gpra.net/default.asp
Homepage for the Performance Outcomes Measures Project

www.aoa.gov/prof/agingnet/napis/napis.asp
National Aging Program Information System (NAPIS) & State Program Report (SPR) tools, information & software

www.whitehouse.gov/omb/expectmore
Information on federal government programs, performance & planned improvements

www.aoa.gov/about/results/index.asp
Information on program results & evaluation

OAA Legislation & Budget

www.aoa.gov/about/legbudg/ledbudg.asp
AoA and OAA legislation & regulations

Resources for Elders & Family Members

www.aoa.gov/eldfam/eldfam.asp
Information to assist older persons & their caregivers in quickly obtaining information & resources on a variety of aging-related topics

www.eldercare.gov/Eldercare/Public/Home.asp
Eldercare Locator connects older Americans & their caregivers with sources of information on senior services

www.olderindians.org
Provides information about services, research data, & policies important to older Indians and their welfare as well as data & information from and about the Federal Interagency Taskforce on Older Indians

Medicare

www.aoa.gov/medicare/index.asp
Medicare Partnership Campaign website

Evidence Based Grants

www.aoa.gov/prof/evidence/evidence.asp
Information on AoA's new Evidence Based Disease Prevention Grants Program

<http://healthyagingprograms.org>
Homepage of the NCOA's Center for Healthy Aging