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November 28, 2007

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OCCUPATIONAL THERAPY: A KEY TO WELLNESS

OT Presentations Featured at 2007 National Prevention and Health Promotion Summit

Bethesda, MD—Occupational therapists highlighted their profession's contributions to prevention and wellness at the U.S. Centers for Disease Control and Prevention (CDC) 2007 National Prevention and Health Promotion Summit, held this week in Washington, DC.

American Occupational Therapy Association (AOTA) Vice President Florence Clark, PhD, OTR/L, FAOTA, joined fellow practitioner Diana Baldwin, MA, OTR/L, FAOTA, in presenting at the Summit.

"The field of occupational therapy is proving the old adage about how much an ounce of prevention is worth," said Dr. Clark. "Our interventions keep people of all ages active and participating in life. The science of occupational therapy has proven that participation in daily activities helps to maintain health."

Dr. Clark's presentation titled "*Improving the Health of the Elderly: Lifestyle Interventions*," showed that key improvements can be achieved in the health of seniors who are exposed to activities that help to maintain a healthy lifestyle.

Baldwin's presentation, titled "*Promoting Employee Health: Interventions in the Workplace*," explored how occupational therapy interventions can keep persons with arthritis productive in the workplace. Arthritis is second only to heart disease as a cause of work-related disability, which in turn generates significant financial costs to society and the individual.

The U.S. Department of Health and Human Services' Office of Disease Prevention and Health Promotion and the CDC hosted the Summit. This groundbreaking event united health professionals, business entrepreneurs, and government leaders at all levels who are dedicated to health promotion, chronic disease prevention, health preparedness, birth defects, disabilities, genomics, and wellness.

The American Occupational Therapy Association, established in 1917, represents more than 37,000 members. AOTA is an active advocate for the profession, and for individuals who can benefit from occupational therapy services.