


Week 1 – Developing a Healthy Lifestyle




Developing a Healthy Lifestyle

Week 1 – Eight Weeks to Wellness™
Developed by Don Hall, DrPH, CHES


© 1997-2006 LifeLong Health 1

What Determines Good Health?

Four large studies attempt to answer this question



© 1997-2006 LifeLong Health 2



Health Research

1. Cancer Prevention 2 Study
1 million people studied for 6+ years
2. Alameda County Good Health Practices Study
6,900 people studied for 9+ years
3. Adventist Health Study
34,192 people studied for 12+ years
4. Healthy People 2010 Priority Health Goals
Consensus of leading health authorities and government agencies

© 1997-2006 LifeLong Health 3



7 Good Health Practices Related To Longevity


1. Get adequate rest
2. Get regular physical activity
3. Choose healthy fats
4. Eat more whole-grain breads and cereals
5. Maintain a healthy weight
6. Eat more plant based foods
7. Be free of dependence on tobacco, alcohol, and illicit drugs

© 1997-2006 LifeLong Health 4

Healthy Living Goal – 1


Get adequate rest daily

- 7 to 8 hours per day is recommended
- Also take time for relaxation and recreation daily



Good Health Practices Study

© 1997-2006 LifeLong Health 5




Adequate Sleep

- Individuals who get 7-8 hours sleep daily have:
 - Better physical health -- the body's health and reserves are restored during rest
 - Better mental/emotional health
 - Higher energy levels and productivity
 - Lower mortality rates than those who get less than this amount

© 1997-2006 LifeLong Health 6

Week 1 – Developing a Healthy Lifestyle



Effects of Fatigue

- Lack of sleep is a major stressor, affecting both physical and mental health
 - Mental memory is impaired
 - Emotional person is more easily upset or frustrated
 - Social person is more difficult to get along with
 - Productivity shows less initiative and is less efficient
 - Safety less alert, judgment impaired, more accidents occur
 - Health immune system depressed, more likely to catch a cold or the flu

© 1997-2006 LifeLong Health 7


Healthy Living Goal – 2

Get regular physical activity

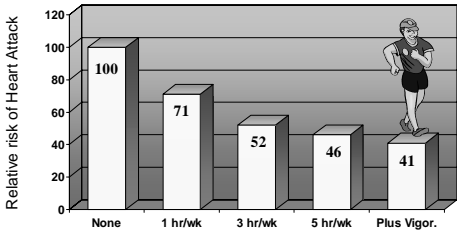
How much is enough?



© 1997-2006 LifeLong Health 8




Walking Time and Heart Health



Hours of Walking per Week	Relative risk of Heart Attack
None	100
1 hr/wk	71
3 hr/wk	52
5 hr/wk	46
Plus Vigor.	41

n=72,000 women
New England Jour. Medicine, Aug. 1999

© 1997-2006 LifeLong Health 9




Regular Exercise

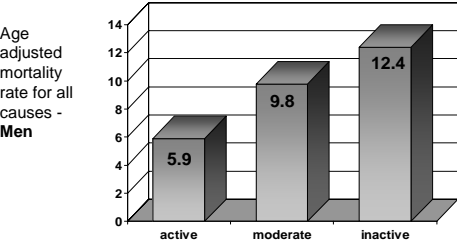
- In most studies, regular physical activity is the best predictor of longevity.
- On average, every hour you exercise increases your life span by two hours (Harvard alumni study)
- Active people are:
 - sick less often
 - have more energy
 - are more successful at weight management
 - cope better with stress and pressures
 - have less depression and a more positive self-image

Source: U.S. Surgeon General's Report on Physical Activity and Health

© 1997-2006 LifeLong Health 10




Exercise and Longevity



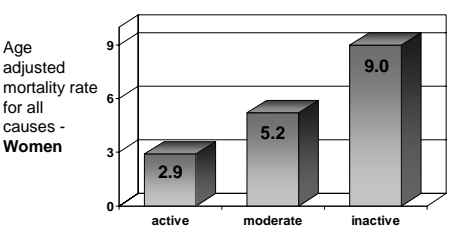
Activity Level	Age adjusted mortality rate for all causes - Men
active	5.9
moderate	9.8
inactive	12.4

Good Health Practices Study

© 1997-2006 LifeLong Health 11



Exercise and Longevity



Activity Level	Age adjusted mortality rate for all causes - Women
active	2.9
moderate	5.2
inactive	9.0

Good Health Practices Study


© 1997-2006 LifeLong Health 12

Week 1 – Developing a Healthy Lifestyle

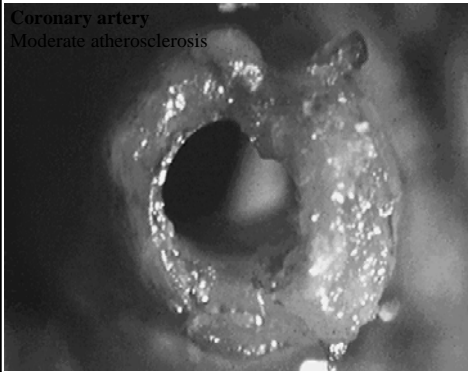
Healthy Living Goal – 3

Choose healthy fats

- Non-hydrogenated vegetable oils
- Healthy fat foods: nuts, olives, soy, avocado, flax seed
- Limit all animal and solid fats




© 1997-2006 LifeLong Health 13



Coronary artery
Moderate atherosclerosis

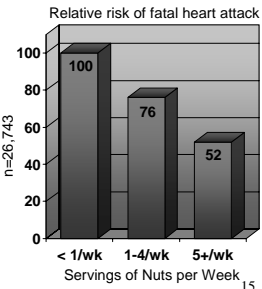
A high intake of animal fats will clog the arteries resulting in heart attacks and strokes.



Nut Consumption and Heart Disease

- Frequent consumption of nuts protects against risk of heart attacks.
- People who ate nuts frequently (5+ times/week) had a 51% reduction in heart attacks and a 48% reduction in death from heart attacks compared to those who seldom ate nuts.

Arch Intern Med, Vol. 152, p. 1416



Servings of Nuts per Week	Relative Risk (%)
< 1/wk	100
1-4/wk	76
5+/wk	52


n=26,743

© 1997-2006 LifeLong Health 15


Healthy Living Goal – 4

Eat more whole grain breads and cereals


- Eat a variety
- Eat three or more servings/day



© 1997-2006 LifeLong Health 16




Whole-Wheat Bread and Heart Disease



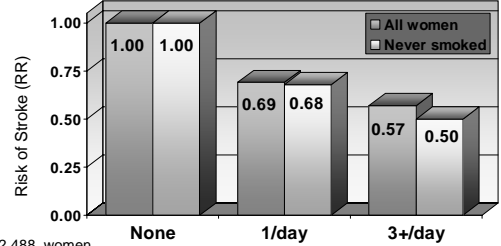
Kind of Bread Eaten	Relative Risk
White bread	1.00
Mixed	0.59
Whole-wheat bread	0.56

n=26,437

© 1997-2006 LifeLong Health Arch Intern Med Vol 152 P.1416 17



Whole Grains and Risk of Stroke




Whole-grains, Servings/day	All women (RR)	Never smoked (RR)
None	1.00	1.00
1/day	0.69	0.68
3+/day	0.57	0.50

72,488, women
12 yr follow-up


© 1997-2006 LifeLong Health JAMA Sep 27, 2000; 284:1534-40 18

Week 1 – Developing a Healthy Lifestyle



Choose a Variety of Grains

- Whole-grain breads
- Multi-grain breads
- Oatmeal breads and cereals
- Whole-grain rye
- High fiber cereals
- Brown rice
- Pasta
- Barley cereal




Three or more servings/day are recommended from whole-grain sources

© 1997-2006 LifeLong Health 19

Healthy Living Goal – 5

Achieve and maintain a healthy weight


- Body Mass Index BMI < 25
- Waist girth men < 37 in. women < 35 in.



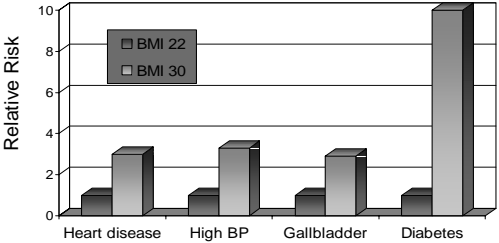
American Journal of Clinical Nutrition, Oct. 2002

Measure waist at level of navel with abdomen relaxed

© 1997-2006 LifeLong Health 20



Overweight and Health Risks



Health Condition	BMI 22 (Relative Risk)	BMI 30 (Relative Risk)
Heart disease	~1.2	~3.2
High BP	~1.2	~3.5
Gallbladder	~1.2	~3.2
Diabetes	~1.2	~10.0

© 1997-2006 LifeLong Health NEJM, Aug. 5, '99, p. 430 21



The Good News About Weight

- If you need to lose weight, losing 10-15 pounds can make big improvements to your health
 - Improved glucose levels
 - Improved blood fat levels
 - Improved blood pressure
 - Significant decrease in health risks



© 1997-2006 LifeLong Health 22




Be Active

If you can't get skinny, at least get fit!

- Besides burning calories, exercise reduces your risk of diabetes, heart problems, and even cancer
- Physical activity counteracts most of the health problems of excess fat weight




© 1997-2006 LifeLong Health 23



Choose Lower Calorie Foods

- Fresh fruits
- Vegetables and salads
- Nonfat or low fat dairy or soy milk
- Choose whole-grain breads and whole grain cereals in place of white bread or refined cereals
- Choose healthier protein foods such as legumes, tofu, Gardenburger®, soy



© 1997-2006 LifeLong Health 24

Week 1 – Developing a Healthy Lifestyle

Healthy Living Goal – 6

Eat more plant-based foods


More fruits and vegetables

Less fatty meats and high cholesterol foods



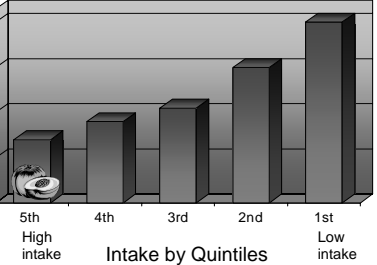
Good Health Practices Study

© 1997-2006 LifeLong Health 25




Vegetable and Fruit Consumption

Women, probability of dying, mid-life, ages 35-69
n=350,000



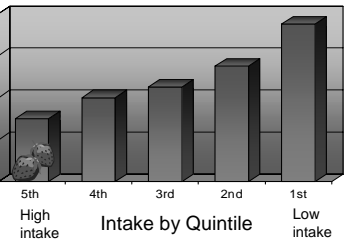
J of Hlth Educ, Vol 28, No. 5

© 1997-2006 LifeLong Health 26




Vegetable and Fruit Consumption

Men, probability of dying mid-life, ages 35-69
n=200,000



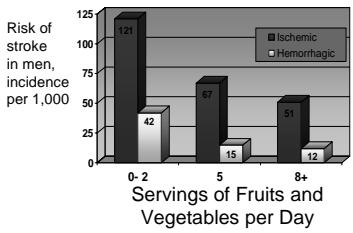
J of Hlth Educ, Vol 28, No. 5

© 1997-2006 LifeLong Health 27



Fruit and Vegetable Intake and Risk of Stroke

Risk of stroke in men, incidence per 1,000




- 20 year follow-up of 832 men
- For each increment of 3 servings of fruits or vegetables per day, there was a 45% decrease in the risk of death from stroke

Framingham Study, JAMA, Vol 273, No. 14, pp1113-17


© 1997-2006 LifeLong Health 28

Healthy Living Goal – 7

Free of dependence on tobacco, alcohol, and illicit drugs




© 1997-2006 LifeLong Health 29



Smoking and Health


- Smoking is the single greatest preventable cause of premature death.
- Last year, 20% of all deaths in the US were smoking related – more than 430,000 premature deaths.
- A smoker loses one day of life for every eight days he or she smokes.



Source: ACS, *Cancer Facts and Figures 2002*


© 1997-2006 LifeLong Health 30

Week 1 – Developing a Healthy Lifestyle




Good News about Quitting

- People who quit, regardless of age, live longer than people who continue to smoke.
- Smokers who quit before age 50 cut their risk of dying in half over the next 15 years compared to those who continue to smoke.



Source: ACS, *Cancer Facts and Figures 2002*

© 1997-2006 LifeLong Health 31




Health Benefits of Quitting

Quitting ... Results in these benefits:

- 20 minutes** Heart rate and blood pressure drop.
- 12 hours** Carbon monoxide in blood drops to normal.
- 1-2 months** Circulation and lung function improve.
- 1-9 months** Cilia lining air passageways regain normal function allowing lungs to clean its self, coughing and shortness of breath decrease.
- 1 year** Risk of a coronary is cut in half.
- 5 years** Risk of stroke is the same as a non-smoker.
- 10 years** Lung cancer risk is cut in half.
- 15 years** Risk of coronary heart disease is nearly the same as a nonsmoker's.


American Cancer Society

© 1997-2006 LifeLong Health 32




Alcohol

- Alcohol is responsible for:
 - 100,000 deaths per year from
 - ◆ cancer
 - ◆ high blood pressure
 - ◆ accidents
 - ◆ suicides
 - ◆ homicide




American Institute for Cancer Research, World Cancer Research Fund, National Research Council, Committee on Diet and Health, WHO

© 1997-2006 LifeLong Health 33




Alcohol

- Alcohol consumption is not recommended.
 - If consumed at all, limit alcoholic drinks to no more than ...
 - ◆ two drinks per day for men, and
 - ◆ one for women



American Institute for Cancer Research, World Cancer Research Fund, National Research Council, Committee on Diet and Health, WHO

© 1997-2006 LifeLong Health 34



Street Drugs


- Street drugs ...
 - Kill initiative,
 - Lead to dependence,
 - Damage physical and mental health,
 - Are a major source of crime in America.
- More than 15,000 people die from a drug overdose each year.
- Annual costs to society for drug abuse is more than \$150 billion per year in
 - Lost productivity (69%)
 - Health care costs and treatment (9%)
 - Criminal justice system and welfare costs (22%)

Office of Nat. Drug Control Policy

© 1997-2006 LifeLong Health 35


Health Practices and Longevity

- Good health practices study
- Adventist health study
- Cancer prevention 2 study



© 1997-2006 LifeLong Health 36

Week 1 – Developing a Healthy Lifestyle




Lifestyle and Longevity

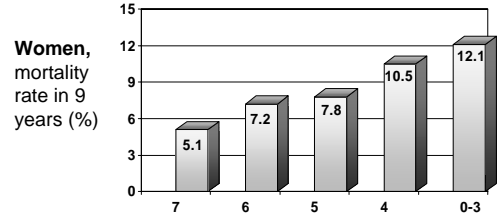
Good Health Practices Study

- People practicing good health habits lived 10-12 years longer than those who didn't.
- Those following a healthy lifestyle enjoyed a level of health equivalent to someone 20-30 years younger than those not following a healthy lifestyle.
- Mortality rates were directly related to the number of poor health practices followed.

© 1997-2006 LifeLong Health Good Health Practices Study 37



Number of Good Health Practices & Mortality Rate




Women, mortality rate in 9 years (%)

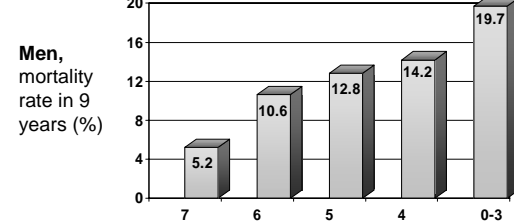
Number of Good Health Practices	Mortality Rate (%)
7	5.1
6	7.2
5	7.8
4	10.5
0-3	12.1

Good Health Practices Study

© 1997-2006 LifeLong Health 38



Number of Good Health Practices & Mortality Rate




Men, mortality rate in 9 years (%)

Number of Good Health Practices	Mortality Rate (%)
7	5.2
6	10.6
5	12.8
4	14.2
0-3	19.7

Good Health Practices Study

© 1997-2006 LifeLong Health 39




Health Practices and Length of Life

- People lived an extra 10 years who ...
 - Got regular, moderate activity,
 - Maintained a healthy weight, and
 - Ate the most fruits and vegetables, limited their meat intake, and ate nuts daily
- Compared to those who ...
 - Were sedentary, overweight, and
 - Regularly ate meats and fatty foods, ate fewer fruits and vegetables, and seldom ate nuts

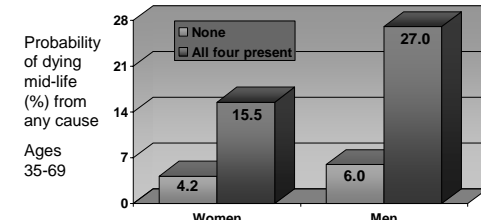
Adventist Mortality Study

© 1997-2006 LifeLong Health 40



Four Health Behaviors

Smoking ~ Overweight ~ Physical inactivity ~ Low intake of fruits and vegetables




Probability of dying mid-life (%) from any cause

Gender	None	All four present
Women	4.2	15.5
Men	6.0	27.0

Ages 35-69

Cancer prevention 2 study
J of Hlth Educ, Vol 28 (5):298-307, Oct. 1997


© 1997-2006 LifeLong Health 41



Conclusion

Do daily health choices make a difference in how long you live and in the degree of health you enjoy?

Yes, absolutely!



© 1997-2006 LifeLong Health 42

Week 1 – Developing a Healthy Lifestyle



Health is a Personal Responsibility

- Abraham Lincoln once said, “The health you enjoy is largely your choice.”
- The Eight Weeks to Wellness™ program is designed to help you take steps to achieve better health and a longer life.
- ***The choice is yours!***



© 1997-2006 LifeLong Health

43

Quiz

1. At least ___ hours of sleep are recommended daily.
2. ___ hours of walking weekly cuts heart attack risk in half.
3. Every hour of exercise increases your life span by ___ hrs.
4. Inactivity increases mortality rate ___ times v. being active.
5. You need to eat at least ___ servings of whole grains daily.
6. Persons with the best longevity have a BMI less than ___.
7. People who ate ___ servings of fruits and vegetables daily had the lowest risk of stroke (Framingham study).
8. _____ is the single greatest cause of preventable death.
9. Alcohol is responsible for about _____ deaths annually.
10. A healthy lifestyle can add ___ or more years to your life.



www.lifelonghealth.us

© 1997-2006 LifeLong Health

45