



Week 6 – Enhancing the Mind-Body Connection




Enhancing the Mind-Body Connection

Week 6 – Eight Weeks to Wellness
Developed by Don Hall, DrPH, CHES

© 1997 - 2006 LifeLong Health 1



Total Health is ...




- Being physically fit
- Maintaining a healthy weight
- Balancing work, play, rest
- Being happy and content in life
- Enjoying healthy foods
- Having a low cholesterol level
- Enjoying time with family and friends
- Feeling good!
- Having lots of energy
- Volunteering to help people
- Mentoring a troubled teen
- Nurturing spiritual health

© 1997 - 2006 LifeLong Health 2

World Health Organization Definition of Health

Health is more than the absence of disease. It is also a positive quality. Health is physical, mental, social, and spiritual well-being.



WHO Charter

© 1997 - 2006 LifeLong Health 3

Mind-Body Connection


- There is a close connection between the mind and the body.
- Biofeedback can illustrate how the mind affects the physiology of the body:
 - Changes in heart rate and blood pressure
 - Skin conductance changes measured by a galvanometer
- Psychoneuroimmunology is the study of how the mind affects immunity.
- For optimum health, all dimensions of health need to be developed and work in harmony.

© 1997 - 2006 LifeLong Health 4

A Happy Mind Promotes Health

- Happiness and life satisfaction are strong predictors of long life.
- In the Alameda Co. study, unhappy people had a mortality rate 2-3 times those who were happy and satisfied with life.

Alameda County Study



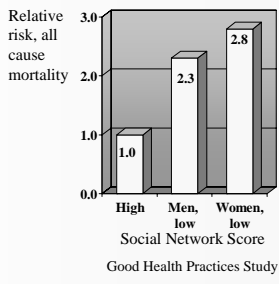
Happiness/Life Satisfaction	Men	Women
Low	12.8	9.4
High	7.1	3.3

n=4690

© 1997 - 2006 LifeLong Health 5

Social Networks – GHP Study

- Social network factors include:
 - Marriage
 - Frequent contact with family/close friends
 - Member of a church
 - Member of a club or other social group
- People lacking these social networks were 2.8 times more likely to die in the next 9-years.



Social Network Score	Relative Risk
High	1.0
Men, low	2.3
Women, low	2.8

Good Health Practices Study

© 1997 - 2006 LifeLong Health 6

Week 6 – Enhancing the Mind-Body Connection

Social Ties and Health

- People who lacked social ties included those who:
 - Were not married
 - Had little or no contact with family/friends,
 - Did not belong to or attend church regularly
 - Were not members of social groups/clubs
 - Were significantly more likely to die during next 9 years compared to people with strong social ties
 - Were more likely to die from heart disease, stroke, cancer, respiratory diseases, and digestive system diseases.



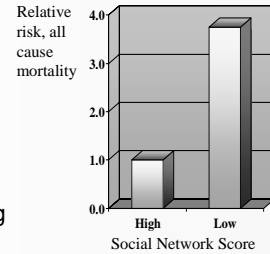
Good Health Practices Study

© 1997 - 2006 LifeLong Health

7

Social Networks – Swedish Study

- This study included 17,000 healthy men and women, followed for 6 years
- People who were most isolated and lonely (low social contact) had nearly 4 times the risk of dying during the study.



© 1997 - 2006 LifeLong Health

8

Proverb

A cheerful heart is good medicine, but a broken spirit saps a person's strength.



Proverbs 17:22 NLB

© 1997 - 2006 LifeLong Health

9

Positive Emotions Promote Health

Courage, hope, faith, sympathy, love, promote health and prolong life.

A contented mind, a cheerful spirit, is health to the body and strength to the soul.

E. G. White, p. 241

To be healthy, one must have a happy mind.

Dr. C. M. Pentz

© 1997 - 2006 LifeLong Health

10

Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death.

E. G. White, p. 241

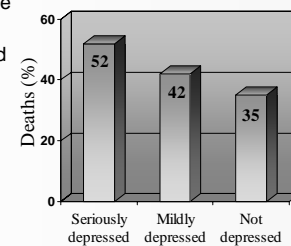
© 1997 - 2006 LifeLong Health

11

Depression Erodes Health

In a study of 1,250 people who survived a heart attack, researchers found that 10 years later...

- Over 50% of those who were seriously depressed after the heart attack died
- 42% of those who were mildly depressed died
- Only 35% of those who were not depressed died



Am J of Cardiology, July 1997

© 1997 - 2006 LifeLong Health

12

Week 6 – Enhancing the Mind-Body Connection

A Positive Outlook Promotes Health

- 839 people in a study took MMPI personality assessment.
- 30 years later researchers checked to see who was still alive.
- For every 10 points increase in pessimism (T-score), mortality increased 19%.

Results of MMPI Test	Mortality Relative Risk
Optimist	~90
Mixed	~100
Pessimist	~110

Mayo Clinic Proceedings, Aug 2002
© 1997 - 2006 LifeLong Health

What is “depression”?

Depression is an illness that can have lasting emotional and physical effects:

- Feelings of worthlessness, guilt, or indecision
- Difficulty concentrating
- Change in appetite or sleep habits
- Loss of energy, interest, or pleasure
- Loud, violent, troubled, agitated, slowed, or anti-social behaviors
- Drug or alcohol abuse, and
- Difficulty with interpersonal relationships.

© 1997 - 2006 LifeLong Health

Depression and Heart Attacks

- A study of 730 Danes found that depressed heart patients were ...
 - 70% more likely to have a heart attack, and
 - 60% more likely to die than those who were not depressed.

Circulation, 1997

© 1997 - 2006 LifeLong Health

A Two-Way Connection

- Mind-Body health works in both directions.
 - We’ve been looking at how mental health affects physical health.
 - Now let’s look at how physical habits can affect mental health. For example, how dependencies affect mental health.

© 1997 - 2006 LifeLong Health

Fitness Level and Risk of Depression

Gender	Low fit	High fit
Men	~9	~7
Women	~14	~9

Note: A high depression score indicates high risk

Source: *Medicine & Science in Sports & Exercise*, 38:173-78, Jan. 2006.

© 1997 - 2006 LifeLong Health

Miles Walked/Week and Well-Being

Gender	<1	20+
Men	~80	~85
Women	~73	~83

Note: A high well-being score is desirable

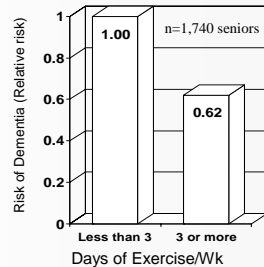
Source: *Medicine & Science in Sports & Exercise*, 38:173-78, Jan. 2006.

© 1997 - 2006 LifeLong Health

Week 6 – Enhancing the Mind-Body Connection

Exercise and Risk of Dementia

- Persons who exercised 3 or more times per week were a third less likely to develop dementia or Alzheimer's disease compared to those getting less exercise.



Source: *Annals of Internal Medicine*. 144:73-81. Jan. 17, 2006.

© 1997 - 2006 LifeLong Health

19

Exercise and Depression

- Researchers randomly divided 156 sedentary, clinically depressed persons into two groups.
 - One group received medication therapy.
 - One group ran at a moderate pace ½ hour daily.
- After 16 weeks their depression was reevaluated.
 - Exercisers improved as much as those on medication.
 - Only exercisers improved in concentration, planning, and organization.



Source: Duke University, 2001

© 1997 - 2006 LifeLong Health

20

Folic Acid and Depression

- Tufts University studied depression and blood folate levels in 3,000 people.
 - People reporting major depression:
 - had significantly lower blood folate levels than people who had never been depressed.
 - Previous research showed folate relieved depression and enhanced antidepressants.

Tufts University Health and Nutrition Letter, Aug. 2003

© 1997 - 2006 LifeLong Health

21

Depression can be Treated

- Ask your doctor for help.
- Counseling—specifically, cognitive behavior therapy is very effective.
- Regular physical activity and a healthy lifestyle help.
- If you feel depressed for 2+ weeks, seek professional help.

© 1997 - 2006 LifeLong Health

22

Dependencies and How They Affect Mind-Body Health

- What are dependencies?
 - Dependencies are learned behaviors (habits) that usurp personal control.
 - They usually build up gradually.
 - They are usually thought of as destructive to mental, emotional, social, or physical health.

© 1997 - 2006 LifeLong Health

23

How Dependencies Begin

- Dependencies can begin with pleasurable activities that become habits and eventually usurp control over our life.
- Dependencies can begin with a combined desire to avoid pain or discomfort and to gain pleasure.



© 1997 - 2006 LifeLong Health

24

Week 6 – Enhancing the Mind-Body Connection

Common Dependencies

- Caffeine
- Nicotine
- Overwork
- Alcohol
- Gambling
- Street drugs
- Prescription drugs
- Television
- Food
- And . . .



© 1997 - 2006 LifeLong Health

25

Caffeine



- In coffee, tea, and cola drinks creates a dependency over time.
 - It doubles blood adrenaline levels.
 - It increases blood sugar (you feel down when low).
- Large intakes—five to six or more cups per day—can cause symptoms. The caffeine may interfere with your ability to relax or sleep, you might feel uptight or anxious, etc.
- It's best to be free from caffeine, but if you choose to drink caffeinated beverages, limit your intake to 1 or 2 cups per day or drink "decaf".

© 1997 - 2006 LifeLong Health

26

Nicotine



- Nicotine creates one of the strongest addictions.
- Most smokers become hooked as teens and then fight the addiction the rest of their life.
- Smoking kills more than 440,000 people yearly.
- The average smoker loses 14 years of life.

Disease	Increased Risk
Stroke	2X (2-3)*
Heart disease	3X (2-4)*
Lung cancer	10X (5-15)*
Other cancers	2X (2-3)*
COPD	25X (13-37)*

* range of increased mortality in due to smoking

NEJM 1997;337:1052-57

CDC, MMWR July 1, 2005

© 1997 - 2006 LifeLong Health

27

Quitting



- The best approach is never to start
- The good news . . .
 - More than 50 million Americans have quit.
 - If you stop smoking before age 50, you cut your risk of dying in the next 15 years by half!
 - Help is available to help you stop today:
 - nicotine replacement therapy
 - certain drugs (Zyban) improve quitting rates
 - smokeFree.gov—a government stop-smoking site

© 1997 - 2006 LifeLong Health

28

Alcohol



- Some dependencies develop slowly — alcohol dependency is a good example.
 - No one plans to become an alcoholic, but 18+ million lives are currently being seriously damaged due to excessive drinking.
- Alcohol is responsible for 85,000 premature deaths yearly.
- The NIH estimates the economic cost of alcohol dependency is \$148 billion each year in the US—\$616 for each man, woman, and child.

© 1997 - 2006 LifeLong Health

29

Alcohol Guidelines

- Alcohol consumption is not recommended^{1,2}
- If consumed at all, limit³ alcoholic drinks to . . .
 - No more than 2 drinks/day for men
 - No more than 1 drink/day for women
- Never drink and drive



References:
 1. American Institute for Cancer Research
 2. World Cancer Research Fund
 3. U.S. Department of Health and Human Services

© 1997 - 2006 LifeLong Health

30

Week 6 – Enhancing the Mind-Body Connection

Other Dependencies

- Compulsive TV watching can interfere with normal family interaction, physical activity, and adequate rest.
- Compulsive eating or eating to cope with stress can lead to obesity, diabetes, heart disease, and other serious problems.
- Overwork can damage relationships and leads to burn-out. Balance work with recreation and relaxation.



© 1997 - 2006 LifeLong Health

31

Take Action Break the Dependency Cycle

- The good news is that you can change!
 - When you recognize a dependency, do something about it before it gets worse.
 - Keep trying. Never give up.
 - Ask for help from people who are supportive
 - Get professional medical or counseling help.
 - Join a support group.
- While changing, commit to an overall healthy lifestyle — eat well, keep active, get enough rest, and stay balanced.

© 1997 - 2006 LifeLong Health

32

The Spiritual Dimension

Develop a spiritual life that provides:

- Peace
- Direction
- Meaning
- Fulfillment in your life

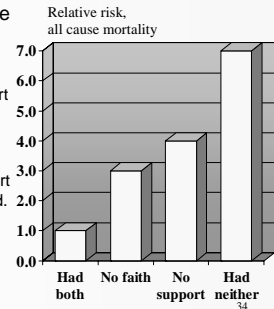


© 1997 - 2006 LifeLong Health

33

Social Support, Religion, and Survival after Heart Surgery

- Patients at the U of Texas were asked before surgery:
 - Do you participate regularly in church or in a social group?
 - Do you draw strength and comfort from your religion?
- In the next 6 months, among those:
 - Without religion to provide comfort or strength: 3 times as many died.
 - With no participation in social groups: 4 times as many died.
 - With neither social support nor religion: 7 times as many died.



© 1997 - 2006 LifeLong Health

34

Church Goes Live Longer

- Studied 2,025 persons, aged 55 and up, to see what factors would be the best predictors of longevity.
- Follow-up: 5 years
- The most significant factor predicting who was still alive? "Attending religious services."



Amer. Jour. of Public Health, Vol. 88, No. 10, 1469-1475, 1998.

© 1997 - 2006 LifeLong Health

35



Forgiveness and Health

"People who forgive easily tend to enjoy greater psychological well-being and have less depression than those who hold grudges."

Survey of 1500 people by U of Michigan, School of Public Health

"There is a physiology of forgiveness. When you do not forgive, it will chew you up."

Dr. Herbert Benson, Head of Harvard's Mind-Body Medical Institute
Newsweek, Nov. 10, 2003

© 1997 - 2006 LifeLong Health

36

Week 6 – Enhancing the Mind-Body Connection

Ways to Develop Spiritual Strength



- Give of yourself
 - tutor a child
 - help build a home for someone in need
 - help those in need (homeless, hungry, sick)
- Plan a quiet time daily for meditation, prayer, and contemplation
- Read inspirational books
- Join a community of others of like faith
- Spend time alone with nature

© 1997 - 2006 LifeLong Health

37



Everybody needs beauty as well as bread, Places to play in and pray in, Where nature may heal, And give strength to body and soul alike. *John Muir*

Quiz

1. According to the World Health Organization, what are the four dimensions of health?
2. List 4 of the the primary causes of poor health.
3. Psychoneuroimmunology is the study of what?
4. T/F Thoughts we think can affect blood circulation.
5. T/F Social interaction/support affects survival.
6. ____ is an emotion that damages the heart.
7. What is a dependency?
8. The two most destructive dependencies are __ and __.
9. T/F Alcohol in moderate use can cause brain atrophy.
10. T/F People who attend church regularly live longer than than those who don't.

© 1997 - 2006 LifeLong Health

39



www.LifeLongHealth.us

© 1997 - 2006 LifeLong Health

40