



Longevity

ID201 (Cardiovascular Wellness Program)

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Introduction



Purpose of Longevity surveys:

Longevity Index

- Scoring of lifestyle habits
- Find areas in your life to improve

Longevity Game

- Prediction of age based on habits and family history

The Longevity Index

<i>Read each statement and check your best assessment for how well you match it.</i>	Not true at all	Partly true	Mostly True	Totally True
1. I eat little food high in saturated fats. I consume 2-4 daily servings of fruit, 3-5 servings of vegetables, and eat multiple portions of unprocessed grains beans, and other fiber-rich foods daily.				
2. I exercise at least 5 times per week. At least 3 workouts involve continuous aerobic activity (e.g., walking, running, swimming); at least two involve resistance training that emphasizes weight-bearing exercise and range of motion.				
3. My body mass index (BMI) is less than 25.				
4. I sleep with a minimum of interruption 7-8 hours per night; I nap once a day for 20-30 minutes.				
5. I am in a marriage/partnership with someone I trust and love and with whom I share physical intimacies.				
6. I am in regular and agreeable contact with siblings, children and extended family.				
7. I maintain active friendships, some of them many years duration; I care about these old friends.				
8. I interact daily with a range of people, both in person and by phone or via e-mail. At least 3 times a week I leave my home for social interactions with friends/family.				
9. In the last year, I have made at least one new friend, a person with whom I communicate regularly.				
10. I am neither depressed nor prone to prolonged bouts of anxiety. I do not obsessively relive unhappy moments in the past. I have a hopeful attitude for the future.				
11. I continue to challenge myself to learn new things.				
12. I keep up with the events in my immediate world and the world at large. I read magazines or newspapers; I listen to the news on the radio or television; I am aware of the goings-on in my immediate neighborhood and community.				

13. I find simple joys in my life that lift my spirits. I laugh a good deal, at myself, at jokes, or with my friends.				
14. I regularly do something that stretches my mental muscles: crosswords, sudoku, or other puzzles, cards, chess, trivia or other games. I read at least six books a year.				
15. I do not harbor old grievances. I make adjustments and adapt to changing circumstances and advancing age. I accept life's losses and look to new challenges.				
16. I have stress reduction strategies—such as yoga, tai chi, golf, gardening, meditation – that I employ to reduce anxiety or pressure.				
17.. I have come to recognize that experience, wisdom, perspective, and patients are all human qualities enhanced by age.				
18. I consult my physician regularly for checkups, medication monitoring, appropriate periodic screening tests, and immunizations.				
19. I take a daily multivitamin and mineral supplement, but do not take excessive amounts of individual vitamins.				
20. If medication has been prescribed for hypertension, high cholesterol, diabetes, or other chronic ailments, I take it as instructed.				
21. I do self-exams on my breasts or testicles and am alert for changes in moles or birthmarks.				
22. If I have hearing or vision loss, I have acquired glasses or hearing aids that enable me to see and communicate.				
23. I wear a seat belt and bicycle helmet and use sunblock as				
24. I do not smoke. (If you do, deduct 3 points from your total				
25. I use alcohol in moderations. As a woman, I consume no more than one drink (1 ½ ounces of alcohol) a day; as a man, I drink no more than 3 ounces of alcohol daily.				
Count the number of boxes checked:				
Multilpy by this factor	0	1	2	3
Score tally				
Total of all 4 numbers (less 3 for smokers)				



Longevity Index Scoring

Your Score _____

Interpreting your score:

Total 30 or below

Your health is in jeopardy. If you want to enhance longevity, please make constructive changes in your lifestyle.

Total 31 to 50

Your instincts are good, but some judicious changes could pay significant dividends in terms of a longer, healthier life.

Total 51-60

Acceptable. But this is your life, so why not live it even better – and longer?

Total 61 or more

Impressive. Your life probably will be long and with continued positive lifestyles, likely have good quality.

Scorecard The Longevity Game

You can't look into a crystal ball to find out how long you will live. But you can get a rough idea of the number of years you're likely to survive based largely on your lifestyle today as well as certain givens, such as your family history. To do so, play the Longevity Game.

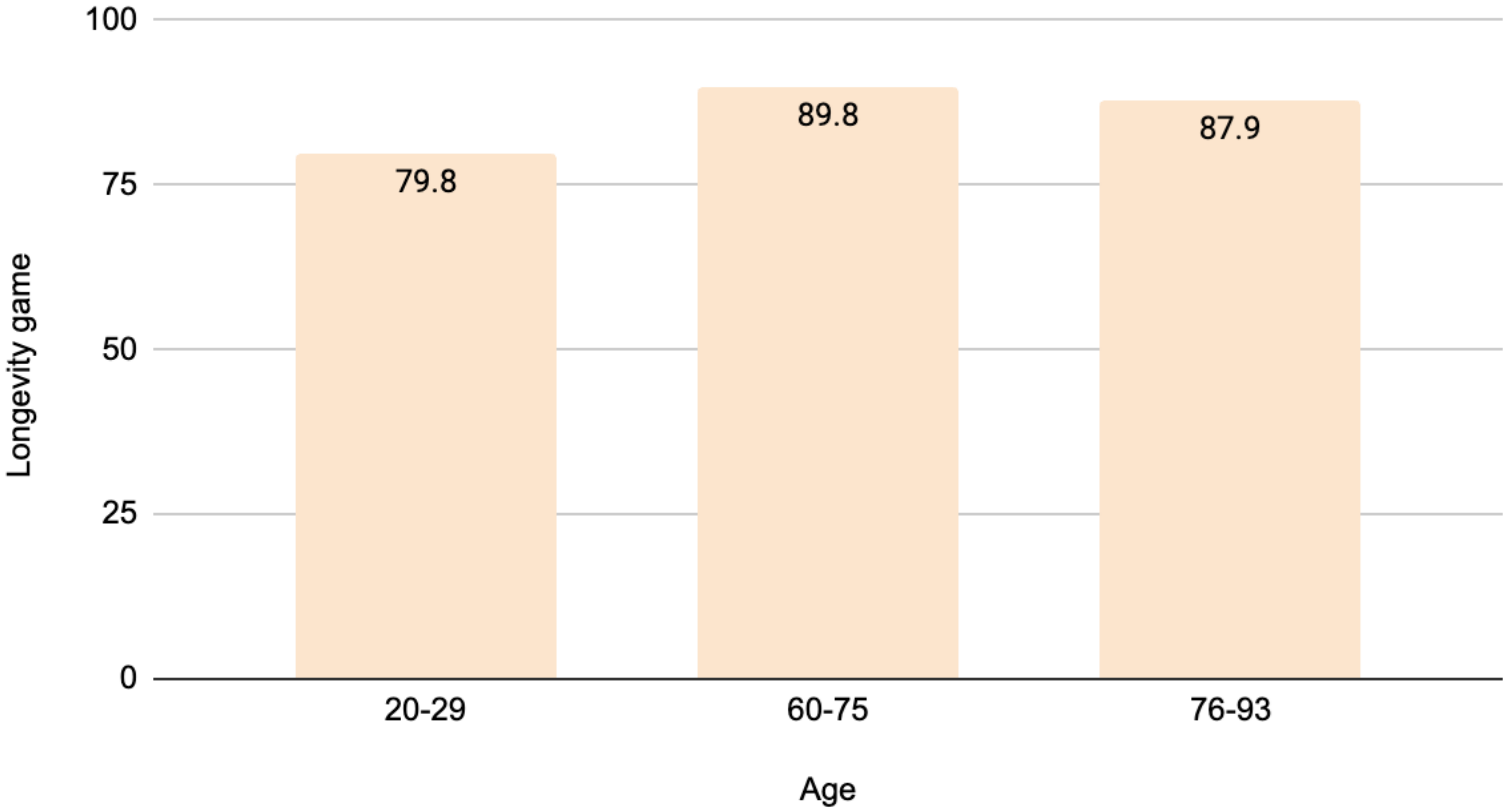
Start at the top line—age 77, the average life expectancy for adults in the United States today. For each of the 11 lifestyle areas, add or subtract years as instructed. If an area doesn't apply to you, go on to the next one. If you are not sure of the exact number to add or subtract, make a guess. Don't take the score too seriously, but do pay attention to those areas where you lose years; they could point to habits you might want to change.

START WITH	77
1. Exercise	_____
2. Relaxation	_____
3. Driving	_____
4. Blood pressure	_____
5. 65 and working	_____
6. Family history	_____
7. Smoking	_____
8. Drinking	_____
9. Gender	_____
10. Weight	_____
11. Age	_____
YOUR FINAL SCORE:	_____

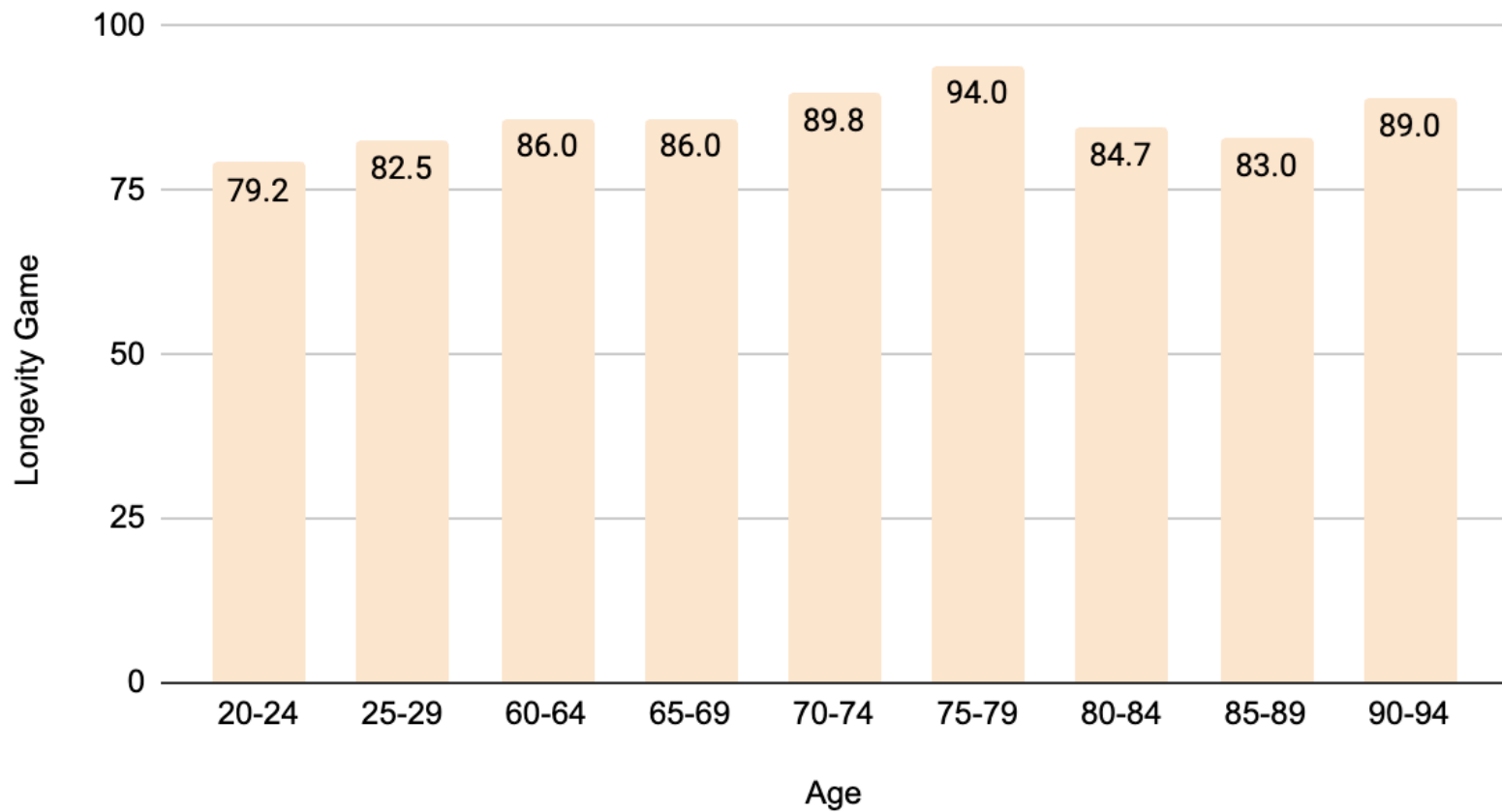
- Exercise. If your job requires regular, vigorous activity, or if you work out each day, add 3 years. If you don't get much exercise at home, on the job, or at play, subtract 3 years.
- Relaxation. If you have a laid-back approach to life (you roll with the punches), add 3 years. If you're aggressive, hard-driving, or anxious (suffer from sleepless nights, bite your nails, etc.), subtract 3 years. If you consider yourself unhappy, subtract another year.

- Driving. Drivers under age 30 who have received traffic tickets in the past year or who have been involved in an accident should subtract 4 years. For other violations, subtract one. If you always wear seatbelts, add a year.
- Blood pressure. Although high blood pressure is a major contributor to common killers (heart attacks and strokes) it can be lowered effectively through drugs and changes in lifestyle. The problem is that rises in blood pressure can't be felt, so many victims don't know they have it and therefore never receive lifesaving treatment. If you *know* your blood pressure, add 1 year.
- 65 and working. If you are at the traditional retirement age or older and still working, add 3.
- Family history. If any grandparent has reached age 85, add 2; if all grandparents have reached age 80, add 6. If a parent died of a stroke or heart attack before age 50, minus 4. If a parent or brother or sister has (or had) diabetes since childhood, minus 3.
- Smoking. Cigarette smokers who finish more than two packs a day, minus 8; one or two packs a day, minus 6; one-half to one pack, minus 3.
- Drinking. If you drink two cocktails (or beers or glasses of wine) a day, subtract 1 year. For each additional daily libation, subtract 2.
- Gender. Women live longer than men. Females add 3 years; males subtract 3 years.
- Weight. If you avoid eating fatty foods and don't add salt to your meals, your heart will probably remain healthy longer, entitling you to add 2 years.
Now, weigh in: overweight by 50 pounds or more, minus 8; 30 to 40 pounds, minus 4; 10 to 29 pounds, minus 2.
- Age. How long you have already lived can help predict how much longer you'll survive. If you're under 30, the jury is still out. But if your age is 30 to 39, plus 2; 40 to 49, plus 3; 50 to 69, plus 4; 70 or over, plus 5.

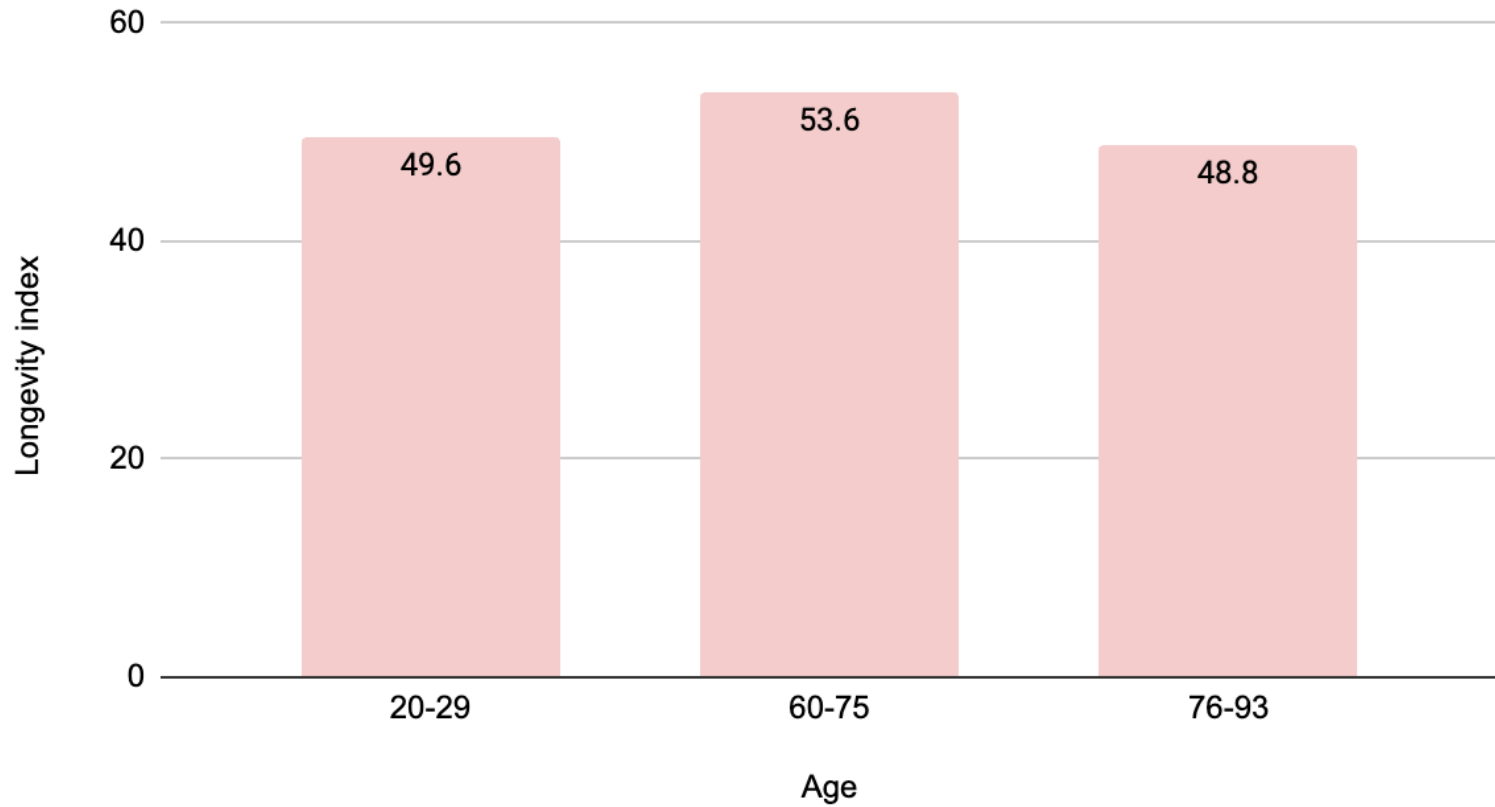
Longevity Game vs. Age



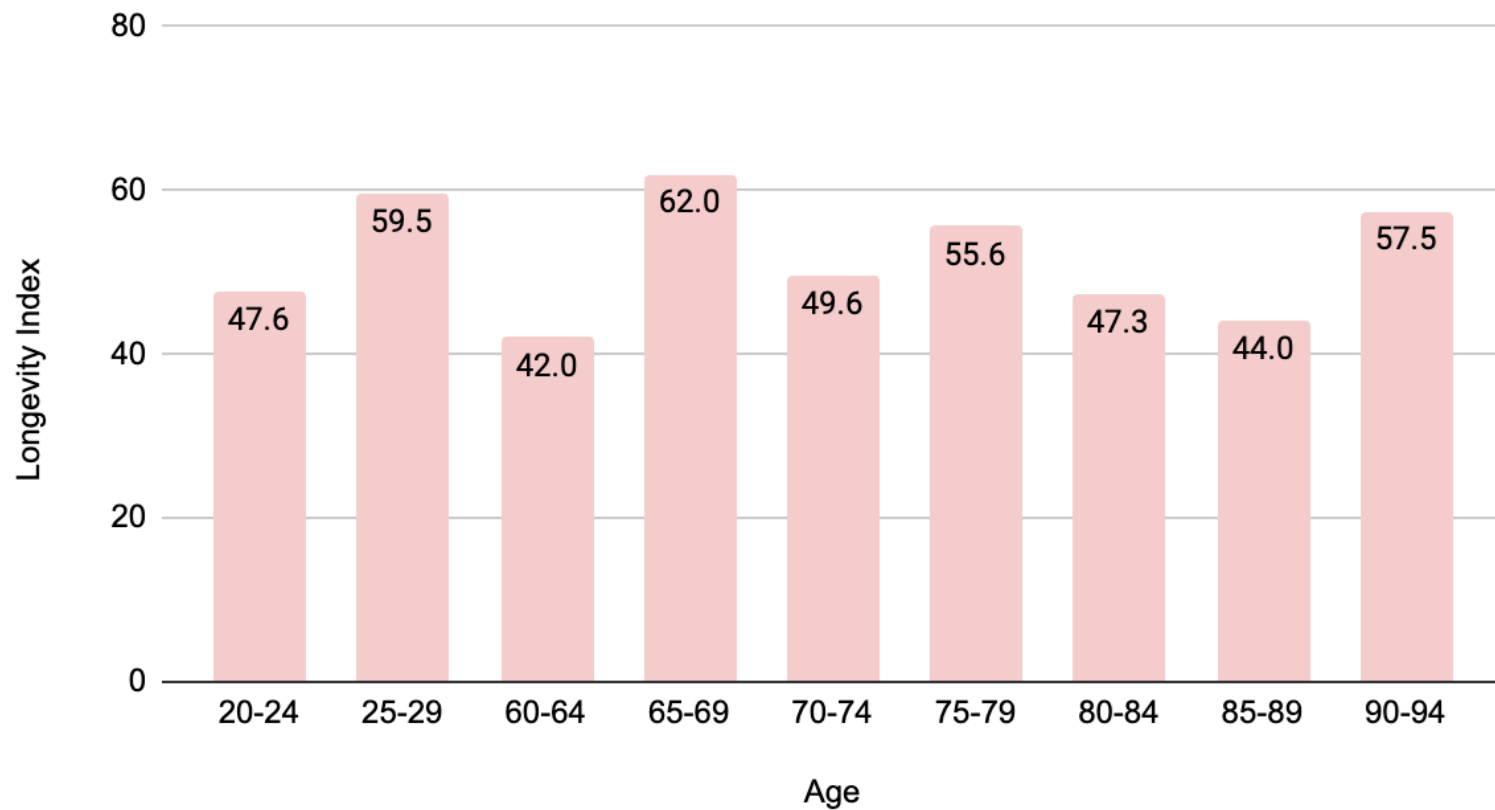
Longevity Game vs. Age



Longevity Index vs. Age



Longevity Index vs Age



Things to improve your longevity



- Healthy Diet
- Exercise
- Get enough sleep
- Avoid Tobacco
- Manage Stress
- Stimulate your brain
- Engage socially

Healthy Diet

- Bump up fiber
- Increase calcium and vitamin D
- Add more potassium
- Limit added sugars
- Replace saturated fats
- Cut back on sodium
- Eat variety of fruits and vegetables



Exercise



Cardio

- Great for the heart
- Examples: Walking, running, jumping, swimming (helps memory impairments and cognitive decline)

Strength Training

- Benefits bone strength
- Examples: Squats (like sitting to standing movement)
 - weighted or unweighted with optimal form

Flexibility and Mobility

- Supports balance
- Abilities to stretch or sit on the floor
- Examples: sitting cross-legged, walking up and down from the floor (works core and balance)

Enough Sleep

Why your body needs sleep

-Allows the cells in your muscles, organs, and brain to repair and renew each night

What is the best sleep duration for longevity?

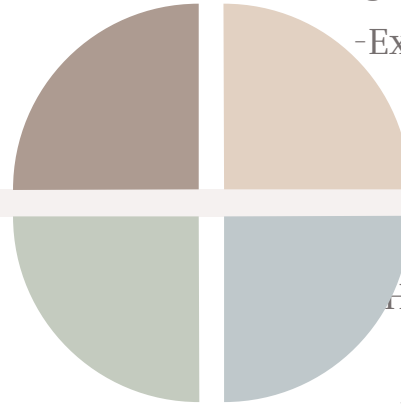
-7 to 8 hours a night
-People who sleep less or more than 7 to 8 hours had an increase risk death

Health risks of too much sleep

-Sleeping over 8 hours can lead to higher risk of strokes, higher BMI
-Excess sleepiness=Poorest quality sleep from potential sleep disorders or sleep apnea

How to sleep better at night

-Have a consistent day to night routine, even on weekends
-Avoid electronics before bed
-Don't eat or drink alcohol and caffeine close to bedtime



Avoid Tobacco



- Smoking can lead to detrimental health effects and serious diseases and illnesses that cause a health decline.
- What diseases or illnesses can it cause?
 - Cancer
 - Heart disease
 - Diabetes
 - COPD
 - Eye diseases
- Being exposed to secondhand smoke
 - Stroke
 - Lung cancer
 - Coronary heart disease

Manage Stress

- Many events and activities can induce stress in everyone's lives
- Symptoms:
 - Disbelief or shock
 - Fear, anger, sadness, worry, numbness, frustration
 - Changes in appetite energy, wants, or interests
 - Difficulty sleeping
 - Nightmares
 - Lack of concentration
 - making decisions
 - Headaches, body pains, stomach problems, and skin rashes
 - Chronic health and mental problems are worsening
 - An increase use of tobacco, alcohol, and other substances

Manage Stress

- How to healthily cope with stress:
 - Eat balanced, nutritious meals
 - Regular exercise
 - Adequate rest
 - Try to avoid alcohol, smoking, substance abuse
 - Regular doctor visits for any screenings or health concerns
 - Take breaks in you day for activities you enjoy

Stimulate Your Brain

- Physical Activity - this will increase oxygenated blood flow to the brain and improve brain health.
- Challenge your brain by learning new skills - Learning new activities helps to increase cognitive function in our brains. You can learn a new language, learn to play a new instrument, or learn a new hobby.
- Brain activities - Doing mentally stimulating activities such as reading, crossword puzzles, or Sudoku also helps with cognitive function.

Engage Socially



- **Improves Emotional Health:** Being socially active helps you feel a sense of belonging and increases self-worth levels.
- **Enhanced Cognitive Function:** There has been research done by NIH that shows that among older adults, a positive correlation between levels of social engagement and cognitive function has been found. Being active in cognitive demanding activities that are socially-oriented such as chess, board games, crafts, etc. you will more likely have improved working memory and concentration.

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