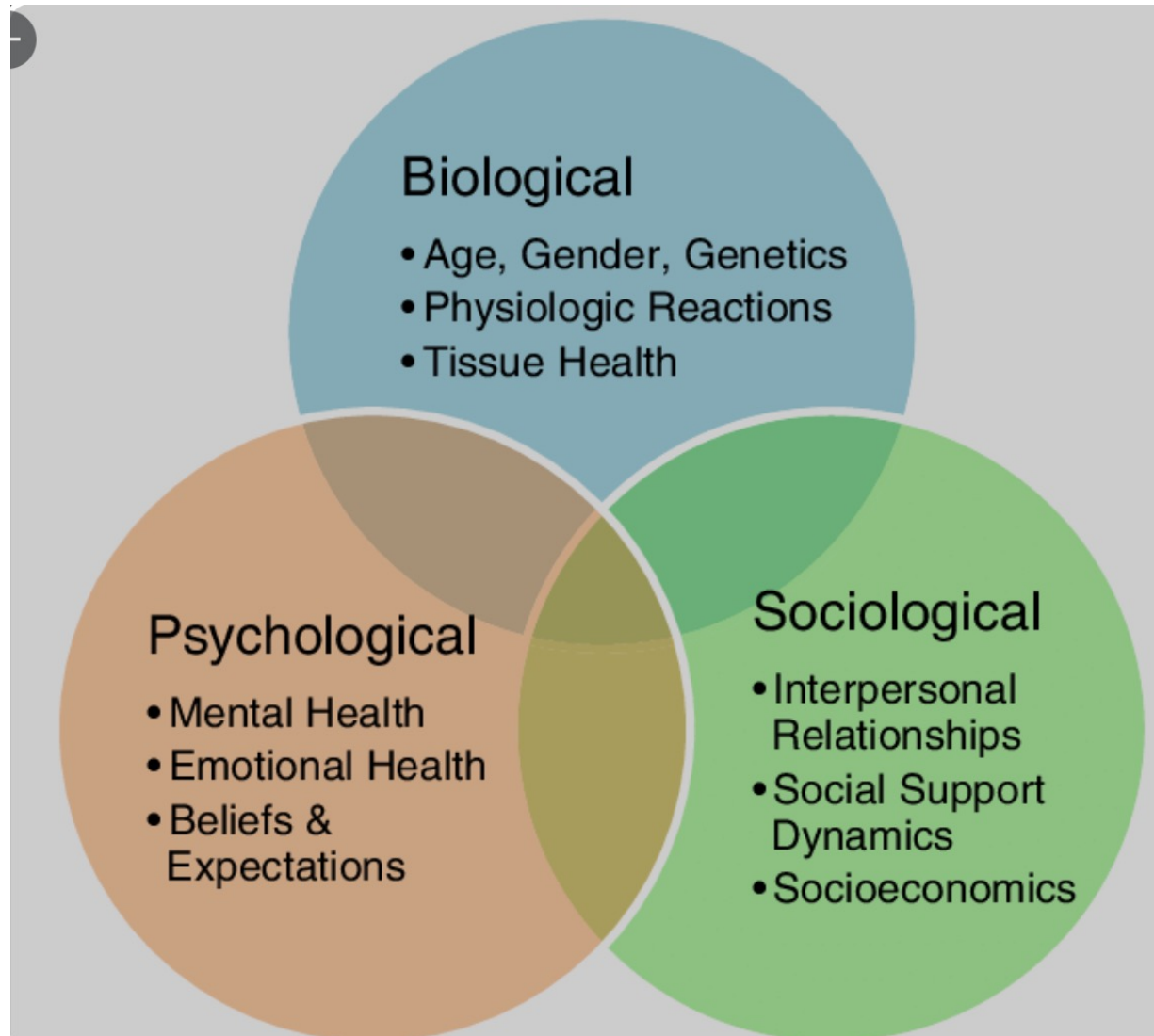




Pathways to Health & Wellness

Health & Wellness Steering Committee

An Active Approach to Wellness



Leading Causes of Death

Number of deaths for leading causes of death

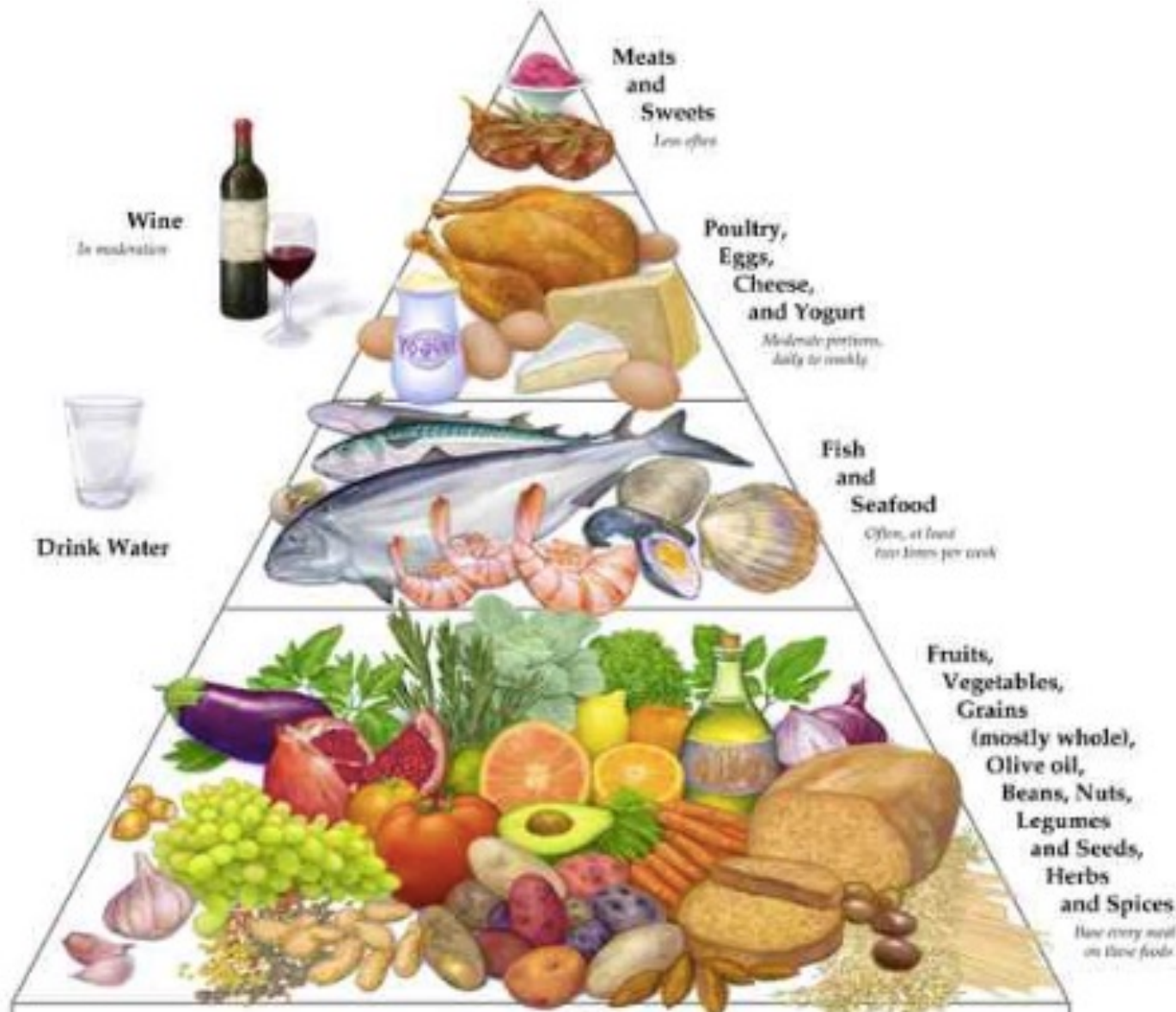
- Heart disease: 696,962
- Cancer: 602,350
- COVID-19: 350,831
- Accidents (unintentional injuries): 200,955
- Stroke (cerebrovascular diseases): 160,264
- Chronic lower respiratory diseases: 152,657
- Alzheimer's disease: 134,242
- Diabetes: 102,188
- Influenza and pneumonia: 53,544
- Nephritis, nephrotic syndrome, and nephrosis: 52,547

Source: [Mortality in the United States, 2020, data table for figure 4](#)

Approaches to Optimal Health

- Biological
 - **Exercise, nutrition**, sleep, avoidance of disease-causing agents, **practicing preventive medicine (immunizations)**, early treatment of diseases and medical conditions, cognitive stimulation, avoidance of “iatrogenic” (medicine-caused) complications
- Psychological
 - Attitude, viewpoint, stress management, resilience

Mediterranean Diet

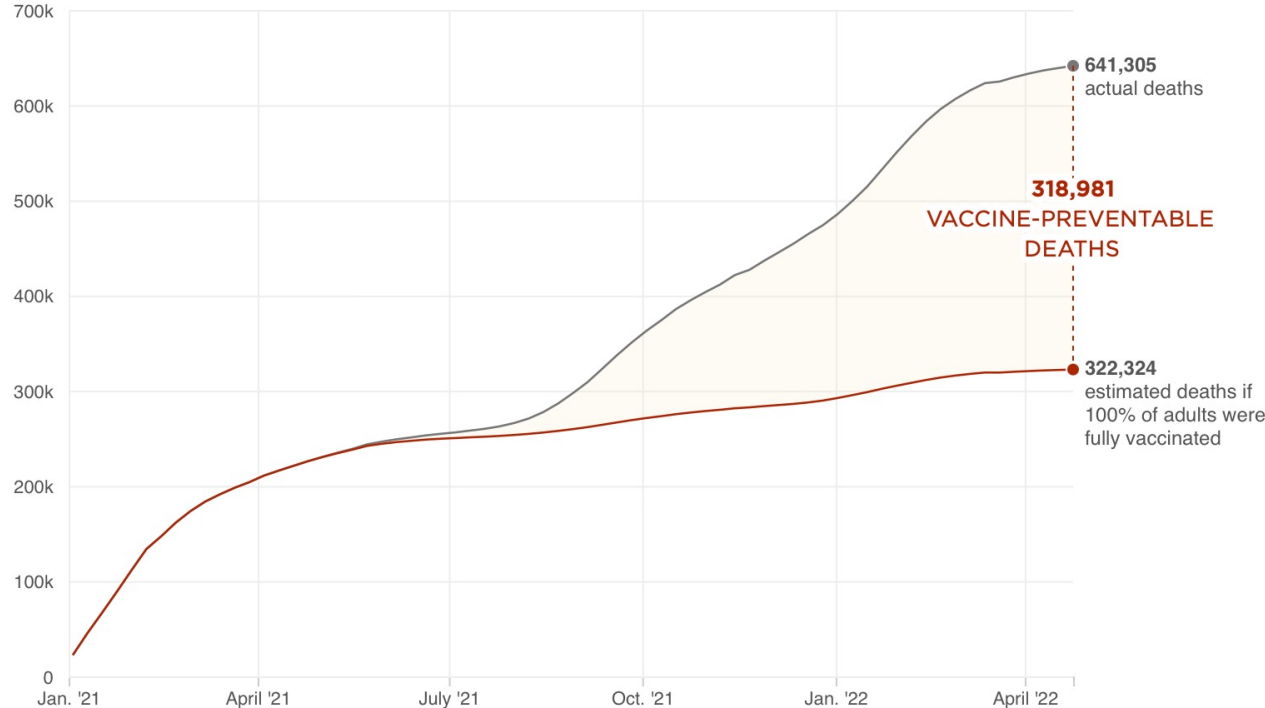


- Lower mortality
- Lower rate of heart disease
- Weight loss
- Lower risk of cancer
- Better control of diabetes

COVID Vaccines and Preventable Deaths

Nearly 319,000 COVID-19 deaths could have been averted if all adults had gotten vaccinated

Cumulative deaths among adults age 18 and older, from January 1, 2021 to April 30, 2022

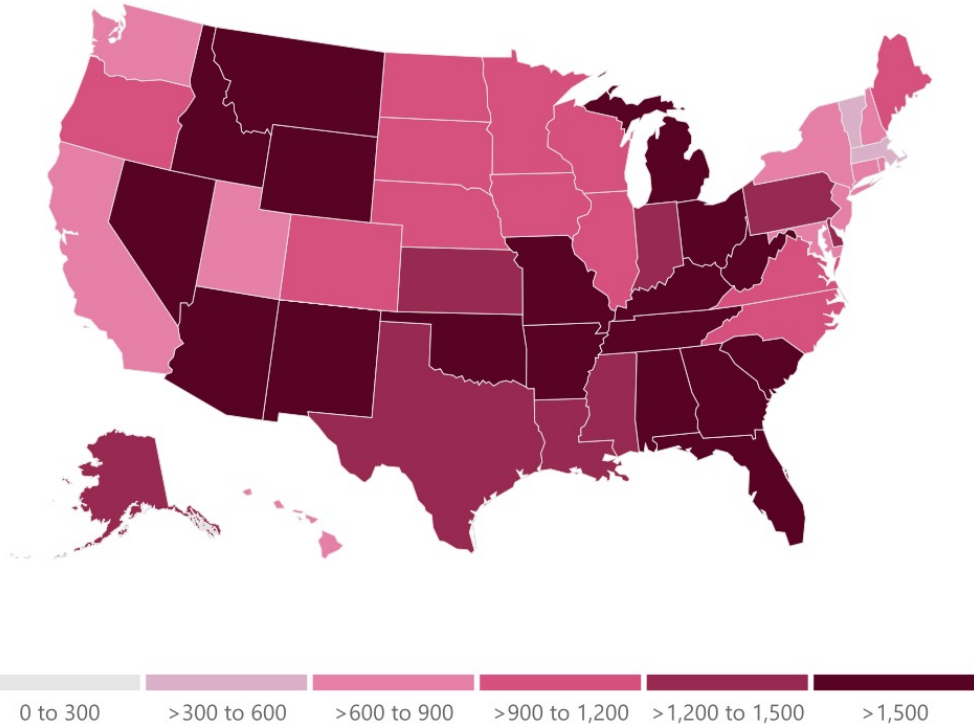


Source: Brown School of Public Health and Microsoft AI for Health, May 2022

Credit: Koko Nakajima/NPR

ESTIMATE OF VACCINE-PREVENTABLE DEATHS PER 1M (18+)

[Learn more](#)



Deaths and vaccination sources: [The New York Times](#) and [CDC](#)
Vaccine-preventable deaths: [blog post](#) and [paper](#)



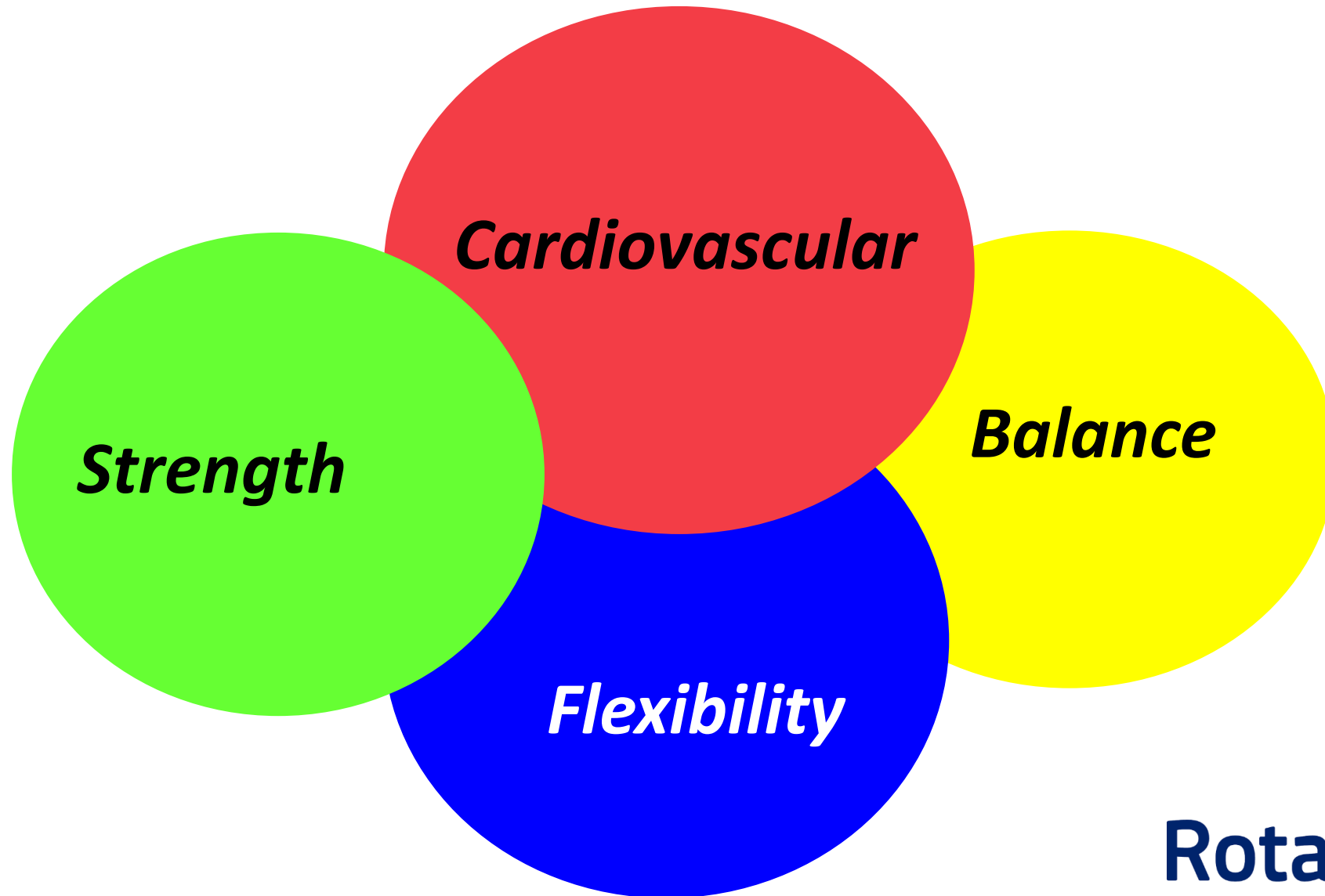
Approaches to Optimal Health

- Social
 - Support, activities, work, volunteerism, sexuality, religion, spirituality, “other-orientation” – Rotary!
- Functional
 - **Fitness (CRF)**, strength, balance, flexibility
- Societal
 - **Health education**, chronic disease self management training, access to information, **community services**, environmental design, health policies and insurance

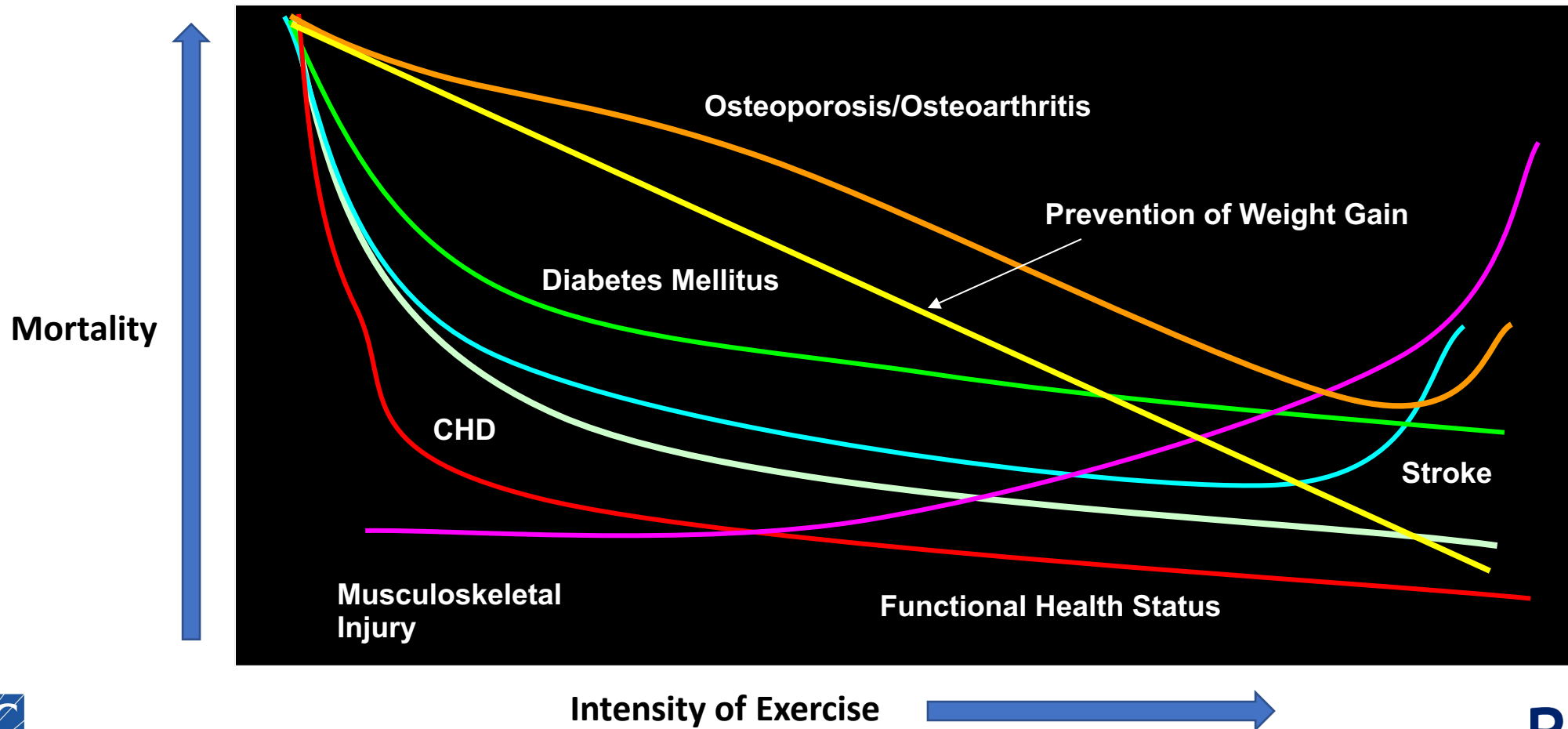
All people should accumulate at least 30 minutes of endurance type physical activity, of at least moderate intensity, on most – preferably all – days of the week.

Surgeon General, 1996; CDC, 2018

Components of Physical Fitness



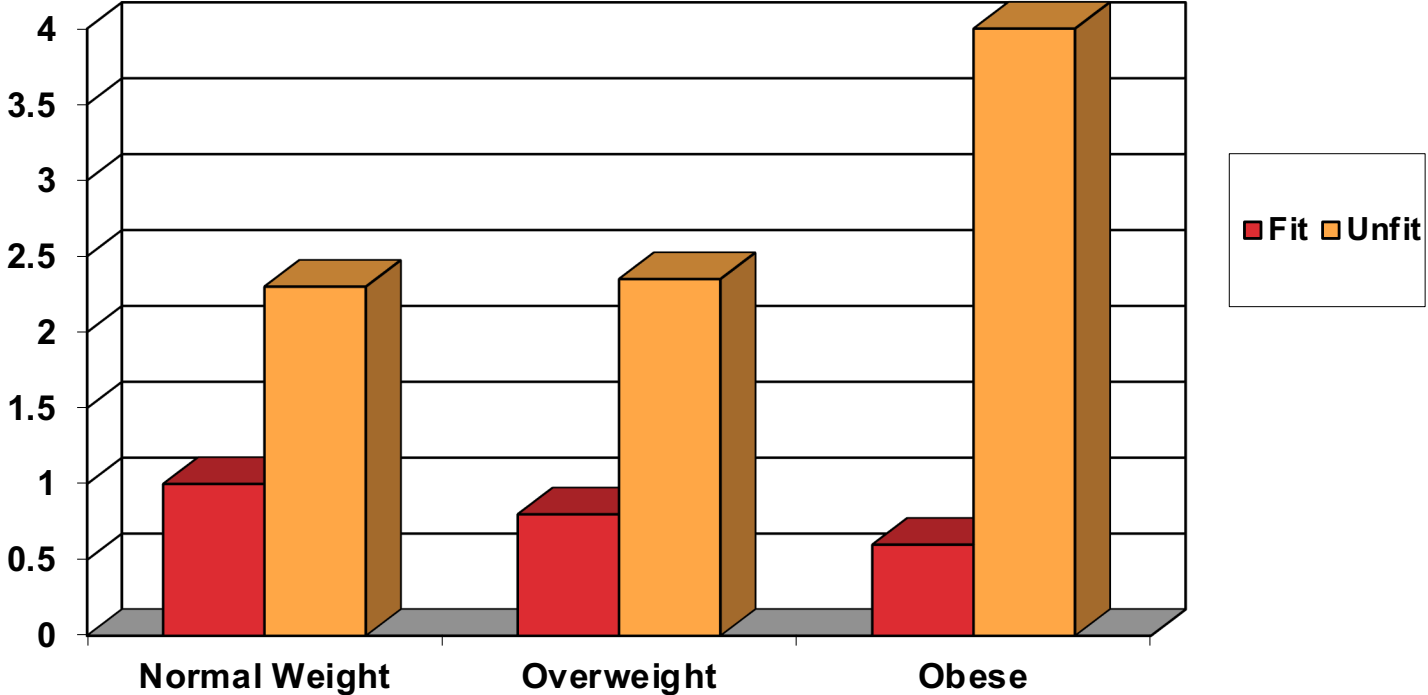
Physical Inactivity and Health



Adjusted Risk for All-Cause Mortality in Women

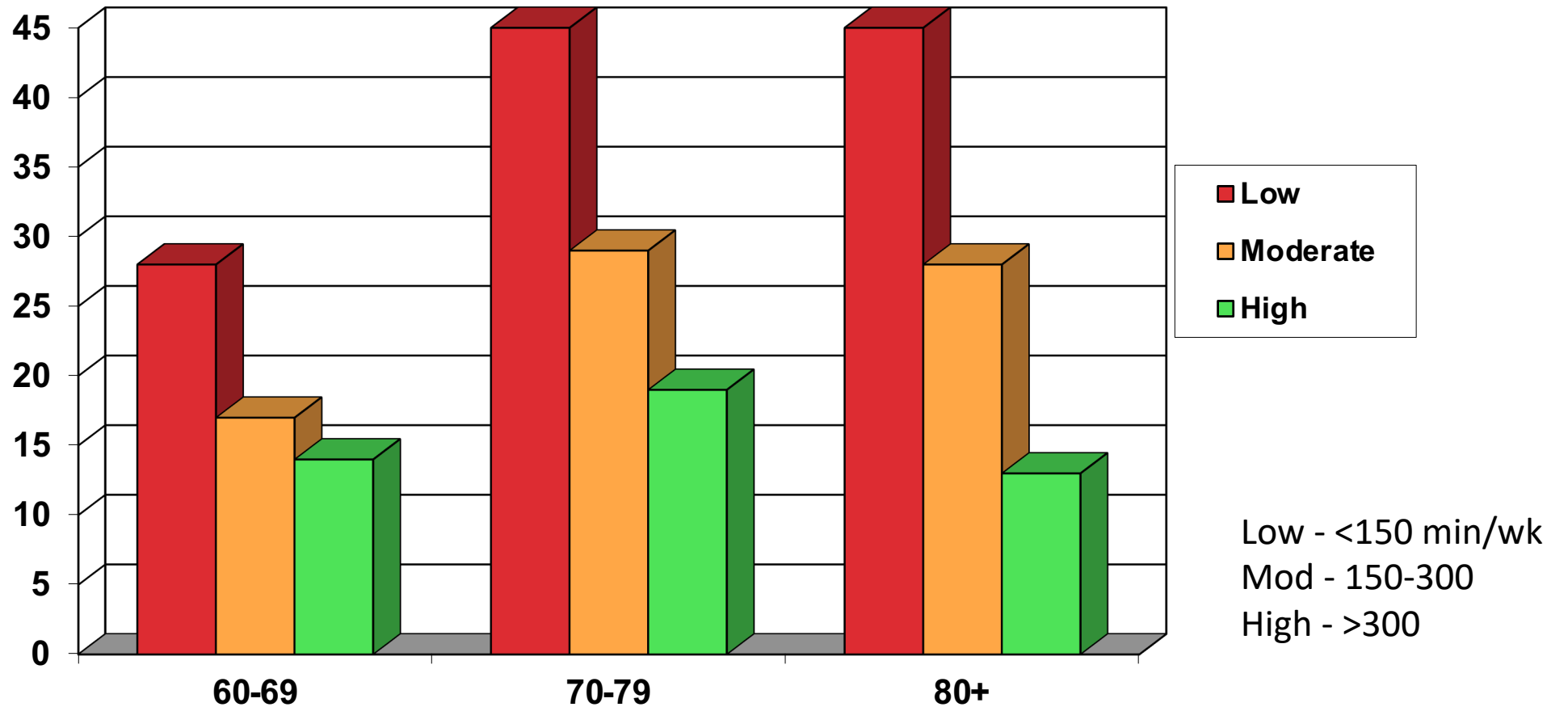
“Fit” = 150 min/wk phys. activity

Adj RR*
*adj for age,
exam year,
smoking,
& health
status



Fitness and All - Cause Mortality

All-cause deaths/10,000 person-years



Habits of 100 Yr Olds

- Regular exercise
- Eat breakfast
- Moderate weight
- Not smoking
- Not snacking
- Limit alcohol
- Sleep seven hours

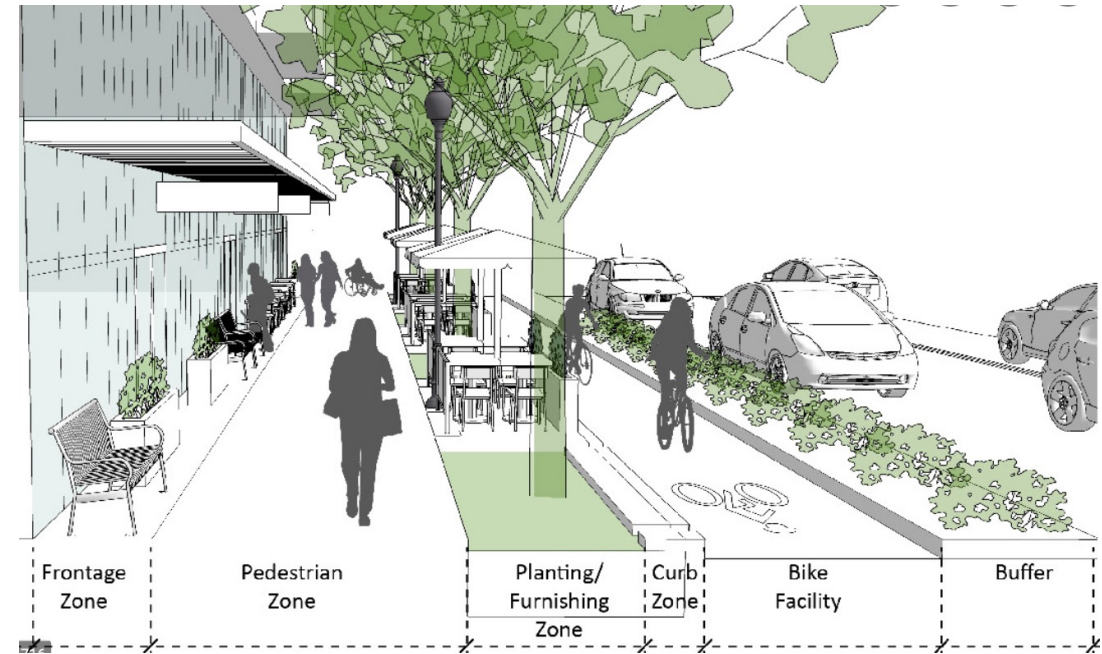


Societal Approaches

- ❑ Health education
- ❑ Chronic disease self management training
- ❑ Access to information
- ❑ Community services
- ❑ Environmental design
- ❑ Health policies and insurance

Environmental Design

- Promote community connections
 - Sidewalks/trails
 - Building design
 - Rest areas/ benches
 - Garages in back
- Street construction
 - Turns
 - Lighting
 - Sidewalks
 - Building style and set-back



Misguided Societal Approaches

- “Addiction” to medication approaches to “health”
 - Lipids
 - Hypertension
 - Diabetes
 - Depression
 - Sleep
- 30% - 40% of medical interventions are unnecessary or not supported by scientific evidence
 - Prostate cancer screening
 - Many back surgeries
 - Many MRI and CT scans

Medications - You Control Them

- Keep a list of your drugs – show it every visit
- Use only one pharmacy
- Don't ask for any drug that is advertised on TV or in magazines
- Ask how long the drug has been on the market
 - Don't take any drug until it's been out for at least 2 years
- Ask if there are other things besides taking a drug you can do
- Ask if you should stop any current drugs

Bottom Line – Pursue Health and Wellness

- Get 150 minutes (minimum) of physical activity every week
- Eat a Mediterranean diet
- Foster interesting social activities – be an active Rotarian
- Practice some form of relaxation/meditation/prayer regularly
- Use medical care wisely – ask for evidence, ask what can be done instead of medications if possible, use preventive interventions
- Be an activist in improving your communities

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Rotary

