



Keys to Living & Aging Well: Physical Health

5/19/22 Webinar

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Physical Health



Physical Health panel

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Elizabeth Hughes Boles, MS

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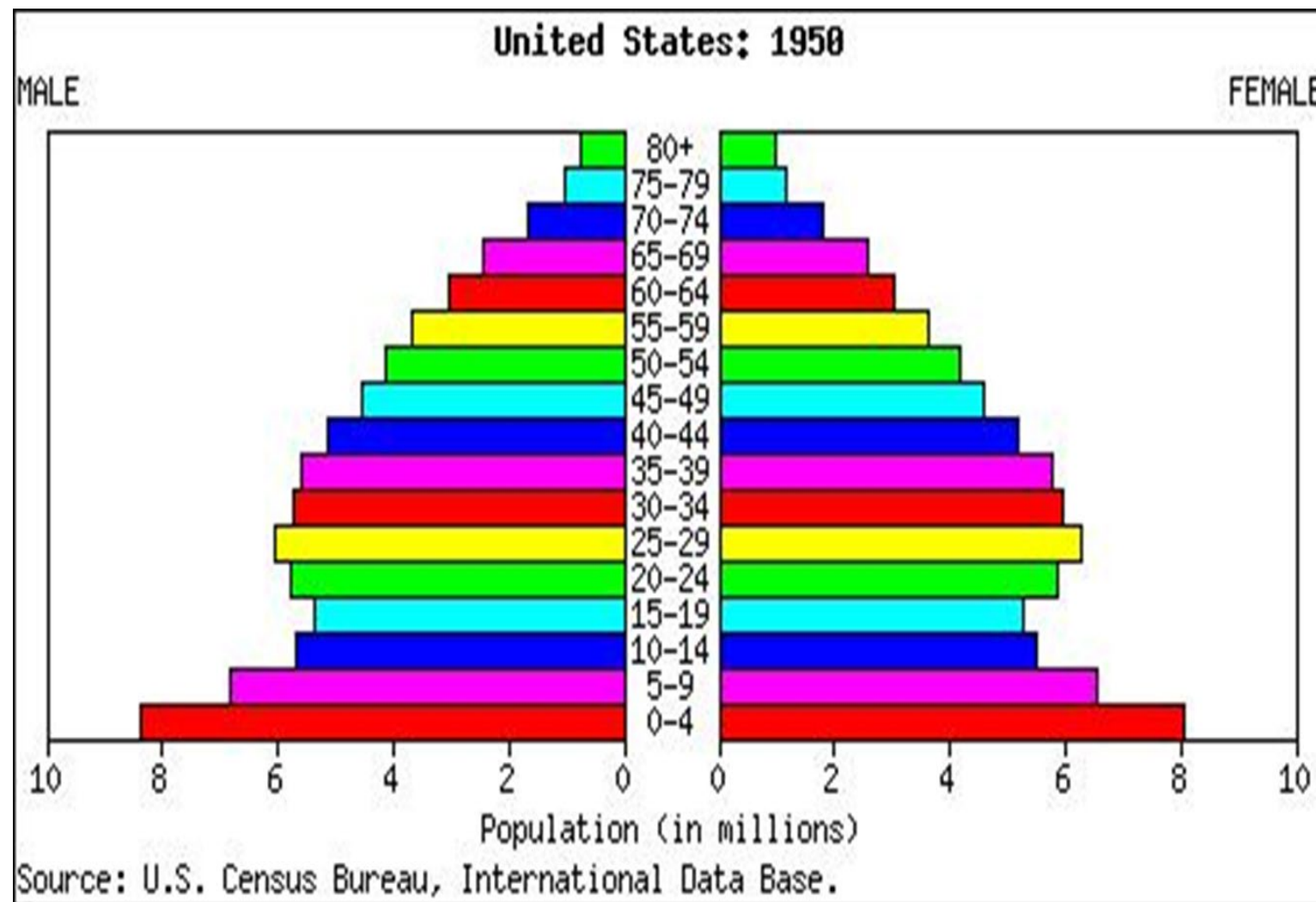


James S. Powers, MD

Vanderbilt Univ. Medical Center

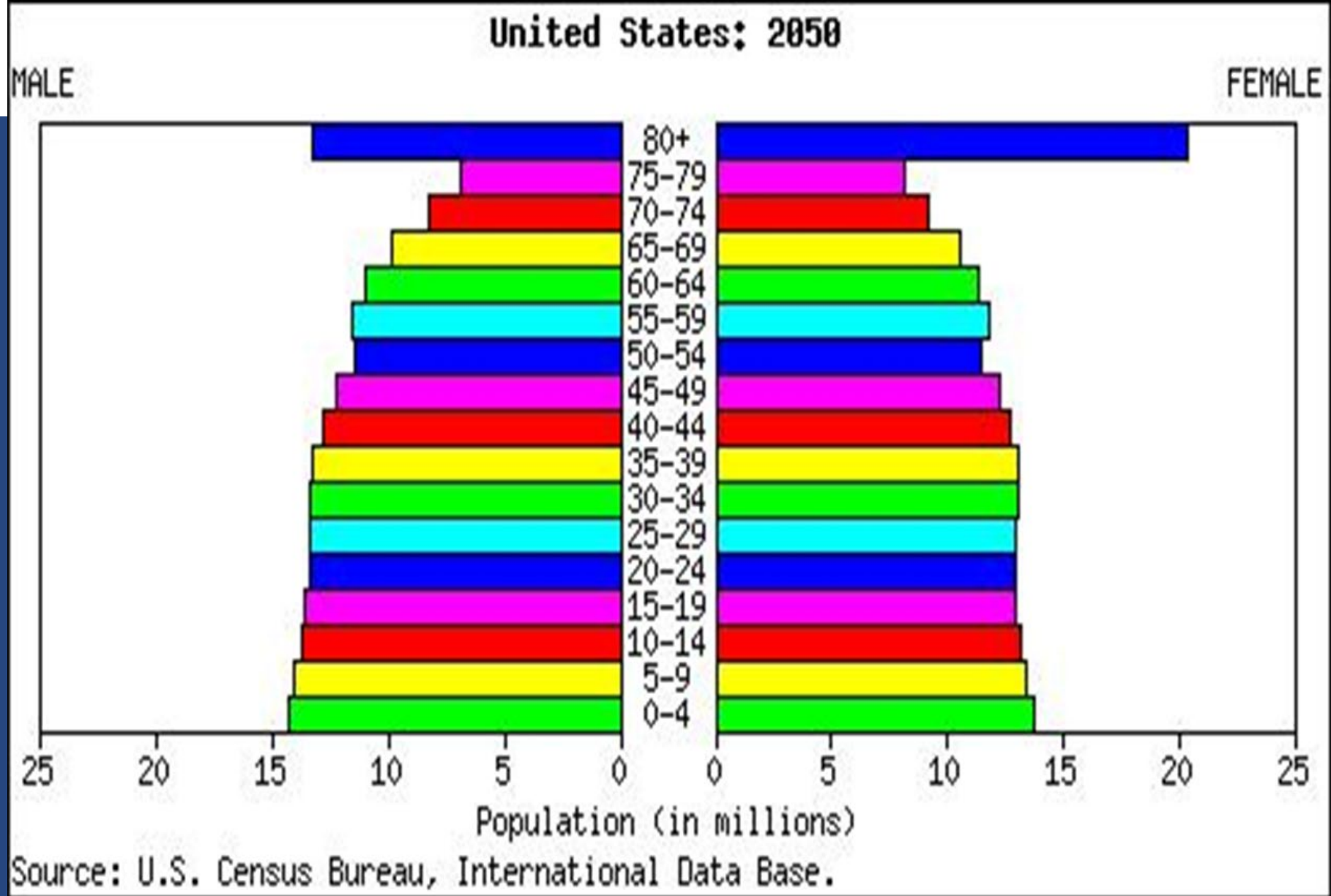
Professor of Medicine, Division of Geriatric Medicine
Assoc. Director, VA Geriatric Research, Education &
Clinical Center (GRECC)

Aging by the Numbers



Physical Health

Aging by the Numbers



Physical Health

Screening and Prevention

- Tennesseans can expect to live longer, but can expect to do so in good health without disability?
- Tennessee's Big 4
 - Obesity
 - Tobacco
 - Physical inactivity
 - Substance abuse
- Many preventative measures are underutilized including immunizations, exercise, depression screening, and counseling on geriatric health issues such as safety, falls prevention, and incontinence
- Cancer screening tests are overused among older adults. If the amount of time between screening and expected benefit is greater than the individuals remaining expected lifespan, then the preventive health measures not indicated

Successful Aging

- Aging is a biological process with loss of function, changing internal physical & chemical conditions, and increased vulnerability to illness
- **The onset, rate, and extent of the aging process is extremely variable**
- Older adults make adjustments for health related functional losses to accomplish activity
- Older adults tend to use activities that are important out of enjoyment or necessity
- The performance of activities is optimized by practicing goal relevant skills (Exercise, diet, rest, managing stress, nurturing relationships)

Successful Aging

- **Successful aging is significantly influenced by the individual**
- Life expectancy is influenced by **behavioral patterns (40%), genetics (30%), social circumstances (15%)**.
Lifestyle factors account for approximately 10 years difference in life expectancy
- **Healthy behaviors reduce risk and severity of chronic disease, help preserve physical and cognitive function, reduce and delay disability and promote healthy aging**
- **Resilience** includes the **ability to adapt to change in adversity** and **to recover from stressors**. It is a key concept and healthy aging across physical, psychological, and social domains

Successful Aging: Cognitive

- Performance declines with aging but may be accompanied by compensating increases in crystallized intelligence
- Retirement may engender a substantial shift in identity and self image
- **Socialization is vital to prevent cognitive decline and provide a sense of meaning and connectedness**
- Greater importance is placed on meaningful relationships

Successful Aging: Resilience

- Develop personal attributes such as optimism, physical conditioning
- Improved socialization
- Strengthen self-efficacy, self-esteem, and motivation

Cultural Aspects of Care

- Race, culture, and spiritual beliefs impact worldview, experience of health and illness, and health related behaviors
- The experience of care is enhanced while maintaining respect for beliefs and achieving a common understanding of health and wellness practices
- Collaborate with the patient, family, and community resources
- Major concerns
 - Latinx – diabetes
 - AA – hypertension, stroke
 - Caucasian (Scotch, Irish, Eastern European) heart disease

Stephanie C. McClure, MD, FACP
Thomas F. Frist, Jr. College of Medicine
at Belmont University

Associate Dean for Faculty & Academic Affairs

Professor of Internal Medicine & Geriatric Medicine

Health Screening Resulting in Early Detection

Importance of routine health screenings &
prevention/early detection

Physical Health

Prevention: You Can Make A Difference in Your Destiny

Aging Changes

- Lower ability to have maximal oxygen consumption
- Higher blood pressure (systolic)
- Lower bone mass
- Reduced height
- Lower weight, especially after 74 years of age
- Lower kidney function

Prevention: You Can Make A Difference in Your Destiny

Importance of Sleep & Physical Activity/Exercise for Cardiac and Brain Health

What you can do:

- Keep a healthy Social Circle; Social Engagement
- Be mindful; faith
- Eat Well: Whole Grains, Nuts, Plant-Based Diet
- No Alcohol Consumption that impairs
- No smoking

Go Do What You Need To Do: Make A Difference in Your Destiny

- Weight assessment
- Breast Cancer Screening
- Colon Cancer Screening
- Diabetes Screening
- Diabetes Eye Exam & Glaucoma Screen
- High Risk Medications
- Flu Shot, Pneumonia Shot, & COVID Shot

Cultural Aspects of Care

- Life expectancy is influenced by behavioral patterns (40%), genetics (30%), social circumstances (15%).
- African American culture
- Common to avoid or limit exercise to try to protect or save hairstyle (28-45% felt that hair impeded maintaining healthy body weight)
- My family destiny: obesity → diabetes → major stroke → deceased
- Healthy Aging vs. Hair looking good in the casket

Tips and Pearls

- Tips for making exercise part of routine – gamify...smart watches
- Everyone is different; learn what your hair likes, dislikes and how to make it flourish– No right or wrong way to explore your hair
 - Moisturize- no mineral oil or formulations with alcohol
 - Use water in moderation to simply hydrate the ends
 - Keep hair off neck: Do specific updo to keep curls intact or Afro puff
 - Brush hair and then put in ponytails, cornrows, twists, locks, plait wrap bun on top of your head
 - Embrace accessories: headbands– but don't cover entire head (creates heat)

Summary

- **Maintain a healthy social network**
- **Stimulate your brain**
- **Physical activity**
- **You are what you eat**
- **Share with your health care provider regarding your goals and wishes**
- **Squelch your stress: pray→be mindful→meditate**

Elizabeth Hughes Boles

*Director of Healthy Living
YMCA of Middle TN*

M.S. Exercise & Nutrition Science
ACE Health Coach Certified

Aging increases our risk for...

- Health issues such as high blood pressure, diabetes, heart disease, stroke, etc.
- Reduced cognitive function
- Falling and fall-related injuries
- Joint pain and inflammation

OBESITY only exacerbates these already existing challenges as we age

Obesity and Aging

*Evidence indicates that **obesity** “not only increases the onset of metabolic imbalances, but also decreases life span and impacts cellular and molecular process in a manner similar to aging.”*

Achieving a Healthy Weight

Lifestyle choices/habits are key!

- Incorporate physical activity/exercise
- Eat a healthy, balanced diet that is sustainable long-term
- Drink 8 cups of water per day
- Get 7-8 hours of sleep every night
- Practice stress management techniques and mindfulness
- Limit alcohol consumption
- Limit screen time (aka sedentary behavior)

Why do people often fail at losing weight?

- Do not see/understand the value
- “All or nothing” approach
- Setting unrealistic goals or trying to change too much too fast
- “Diet” mentality
- Obsessed with the number on the scale
- Unaware of their own self-defeating thoughts/mindset
- Home & work environments do not promote healthy choices
- No planning or accountability

Tips for getting started & being successful

- Define your “why”
- Start SMALL!
- Set SMART goals – **S**pecific, **M**easurable, **A**ppropriate, **R**ealistic, **T**imebound
- Track your food, activity & associated feelings
- Evaluate & modify (if necessary) your relationship with food & exercise
- Forget about the scale & focus on how you feel

Tips for getting started & being successful

- Pay close attention to how you talk to yourself & reframe negative thoughts into positive ones
- Audit your home & work environment
- Make a weekly plan & get into a routine
- Establish an accountability partner
- Apply the 80/20 rule

Helpful Tools & Resources

Local Resources

- The YMCA - [YMCA's Weight Loss Program, Nutrition Counseling, Personal Training](#)
- Fresh & healthy meal delivery service - [EatWell Nashville](#)

Tools

- [MyPlate](#)
- [Go, Slow, Woah Foods](#)
- MyFitnessPal (app for tracking)

Audrey Hall

Retired Nurse
AgeWell Volunteer

Questions for the Panel

Q&A



Physical Health

Upcoming Webinar Segments

Keys to Living & Aging Well

- Nutrition
- Brain Health
- Mental Health
- Financial Well-being
- Spirituality & Living with Purpose

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